




# WATERTOWN FAMILY YMCA AQUATIC CENTER

## ACTIVITY POOL & SPLASH PAD MARCH 31ST-APRIL 30TH SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>AFAP ARTHRITIC AQUAFIT W/KATRINA 8:00-9:00 AM</p> <p>AQUAFIT W/BETH 9:15-10:15 AM</p> <p>SOCIAL VOLLEYBALL 10:30-11:30 AM</p> <p>AQUA TABATA W/LISA 4:45- 5:45 PM</p> <p>PRIVATE LESSONS 6:00-8:30 PM</p>	<p>FOREVER FIT W/JUDY 8:00 - 9:00 AM</p> <p>AQUA BARRE W/JUDY 9:00 - 9:30 AM</p> <p>SWIM LESSONS 3:00 - 5:00 PM</p> <p>AQUA BLAST W/MELISSA 5:00 - 5:45 PM</p> <p>SWIM LESSONS 5:50 - 6:20 PM</p>	<p>AFAP ARTHRITIC AQUAFIT W/BRENDA 8:00 - 9:00 AM</p> <p>WATER WALKING W/BRENDA 9:15 - 10:15 AM</p> <p>AQUA TABATA W/BRENDA 10:30 - 11:30 AM</p> <p>OPEN SWIM &amp; SPLASH PAD 11:45 AM - 12:45 PM</p> <p>CLOSED FOR CLEANING 1:00 - 2:00 PM</p> <p>AQUA TABATA W/LISA 5:00 - 6:00 PM</p> <p>OPEN SWIM &amp; SPLASH PAD 6:30 - 8:30 PM</p>	<p>FOREVER FIT W/JUDY 8:00 - 9:00 AM</p> <p>AQUA HIIT W/BRENDA 9:15 - 10:00 AM</p> <p>OPEN SWIM &amp; SPLASH PAD 10:30 - 11:30 AM</p> <p>SWIM LESSONS 3:00 - 6:30 PM</p>	<p>AQUAFIT W/BETH 8:00 - 9:00 AM</p> <p>AQUAFIT W/BETH 9:15 - 10:15 AM</p> <p>AQUA TABATA W/KRISTEN 10:30 - 11:30 AM</p> <p>SWIM SOCIAL/ VOLLEYBALL 11:30AM - 12:30 PM</p> <p>OPEN SWIM &amp; SPLASH PAD 5:00 - 8:30PM</p>	<p>SWIM LESSONS 8:00 - 10:45 AM</p> <p>OPEN SWIM &amp; SPLASH PAD 11:00 - 1:45 PM</p> <p>BIRTHDAY PARTY 2:00 - 3:00 PM</p>	<p>WATER WALKING W/BRENDA 9:00 - 10:00 AM</p> <p>OPEN SWIM &amp; SPLASH PAD 11:00- 1:45 PM</p> <p>BIRTHDAY PARTY 2:00 - 3:00 PM</p>
<p> BIRTHDAY PARTY TIMES SUBJECT TO AVAILABILITY</p>		<p>OPEN SWIM &amp; SPLASH PAD</p>	<p><b>SUNDAY, APRIL 13TH</b> <b>NO OPEN SWIM &amp; SPLASH PAD</b> <b>EASTER EGG SPLASH EVENT</b></p> <p><b>NO CLEANING CLOSURE</b> <b>WEDNESDAY, APRIL 23RD</b></p>		<p><b>SPRING BREAK OPEN SWIM*</b></p> <p>April 21st: 12:00-4:30 PM</p> <p>April 22nd: 10:30 AM-8:30 PM</p> <p>April 23rd: 12:00-8:30 PM</p> <p>April 24th: 10:30 AM - 8:30 PM</p> <p>April 25th: 1:00-8:30 PM</p> <p>April 26th: 10:00 AM - 1:45 PM</p> <p>April 27th: 11:00 AM - 1:45 PM</p> <p>* April 22nd Aqua Blast at 5 PM will be in the lap pool.</p> <p>April 23rd Aqua Tabata at 5 PM will be in the lap pool.</p>	
<p><b>Schedule subject to Change</b> <b>Fitness Classes: Members 18 Years and older welcome</b></p>			<p>CLASS REQUIRES REGISTRATION AND FEE PRIOR TO ATTENDING</p>			



# WATERTOWN FAMILY YMCA AQUATIC CENTER

## LAP POOL MARCH 31ST-APRIL 30TH SCHEDULE

MONDAY

LAP SWIM - 6 LANES  
5:30 AM - 4:00 PM

PRIVATE SWIM  
LESSONS - 3 LANES  
4:00 - 6:00 PM

LAP SWIM - 3 LANES  
4:00 - 6:00 PM

LAP SWIM - 6 LANES  
6:00 - 8:30 PM

TUESDAY

LAP SWIM - 6 LANES  
5:30 - 9:00 AM

AQUA DANCE - 3 LANES  
W/ KATRINA  
9:30 - 10:30 AM

LAP SWIM - 3 LANES  
9:30 - 10:30 AM

LAP SWIM - 6 LANES  
10:30 AM - 3:00 PM

LAP SWIM - 2 LANES  
3:00 - 5:30 PM

SWIM LESSONS - 3 LANES  
5:00 - 6:30 PM

LAP SWIM - 3 LANES  
6:00 - 6:30 PM

LAP SWIM - 6 LANES  
6:30 - 8:30 PM

WEDNESDAY

LAP SWIM - 6 LANES  
5:30 AM - 1:00 PM

**CLOSED FOR CLEANING**  
**1:00 - 2:00 PM**

LAP SWIM - 6 LANES  
2:00 - 5:30 PM

MASTERS SWIM  
COACHED PRACTICE  
6 LANES  
5:30 - 6:30 PM

LAP SWIM - 6 LANES  
6:30 - 8:30 PM

THURSDAY

LAP SWIM - 6 LANES  
5:30 - 8:30 AM

AQUA DANCE  
W/ KATRINA - 3 LANES  
9:00 - 10:00 AM

LAP SWIM - 3 LANES  
9:00 - 10:00 AM

LAP SWIM - 6 LANES  
10:00 AM - 5:00 PM

AQUA CYCLE - 3 LANES  
W/BEAR  
5:00 - 5:45 PM

SWIM LESSONS - 3 LANES  
5:30 - 6:30 PM

LAP SWIM - 6 LANES  
6:30 - 8:30 PM

FRIDAY

LAP SWIM - 6 LANES  
5:30 AM - 8:30 PM

SATURDAY

LAP SWIM - 6 LANES  
6:30 - 7:00 AM

MASTERS SWIM  
UNCOACHED PRACTICE  
3 LANES  
7:00 - 8:00 AM

LAP SWIM - 3 LANES  
7:00 - 8:00 AM

SWIM LESSONS - 2 LANES  
8:00 - 10:30 AM

LAP SWIM - 4 LANES  
8:00 - 10:30 AM

LAP SWIM - 6 LANES  
10:30 AM - 4:30 PM

SUNDAY

LAP SWIM - 3 LANES  
8:30 - 9:30 AM

AQUA HITT  
W/BRENDA - 3 LANES  
8:30 - 9:00 AM

LAP SWIM - 6 LANES  
9:30A - 4:30 PM

**AQUA BLAST AT 5PM**  
**TUESDAY, APRIL 22ND**  
**WILL BE IN THE LAP POOL**

**AQUA TABATA AT 5PM**  
**WEDNESDAY, APRIL 23RD**  
**WILL BE IN THE LAP POOL**

**NO CLEANING CLOSURE**  
**WEDNESDAY, APRIL 23RD**

**Schedule subject to Change**  
**Fitness Classes: Members 18 Years and older welcome**

**CLASS REQUIRES REGISTRATION**  
**AND FEE PRIOR TO ATTENDING**

For questions contact: Kristen Lawrence, Aquatics Director / [klawrence@nnyymca.org](mailto:klawrence@nnyymca.org) / 315.755.2132