



WATERTOWN FAMILY YMCA AQUATIC CENTER

ACTIVITY POOL & SPLASH PAD JULY-AUGUST SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AFAP ARTHRITIC AQUAFIT W/KATRINA 8:00-9:00 AM	FOREVER FIT W/JUDY 8:00 - 9:00 AM	AFAP ARTHRITIC AQUAFIT W/BRENDA 8:00 - 9:00 AM	FOREVER FIT W/JUDY 8:00 - 9:00 AM	AQUAFIT W/BETH 8:00 - 9:00 AM	PRIVATE SWIM LESSONS 8:00 - 11:00 AM	WATER WALKING W/BRENDA 9:10 - 10:10 AM
AQUAFIT W/BETH 9:15-10:15 AM	AQUA BARRE W/JUDY 9:00 - 9:30 AM	WATER WALKING W/BRENDA 9:15 - 10:15 AM	AQUA HIIT W/BRENDA 9:15 - 10:00 AM	AQUAFIT W/BETH 9:15 - 10:15 AM	OPEN SWIM & SPLASH PAD 11:00 - 1:45 PM	OPEN SWIM & SPLASH PAD 11:00- 1:45 PM
SOCIAL VOLLEYBALL 10:30-11:30 AM	AQUA DANCE W/JUDY 9:45 - 10:30 AM	AQUA TABATA W/BRENDA 10:30 - 11:30 AM	OPEN SWIM & SPLASH PAD 10:30 - 11:30 AM	AQUA TABATA W/KRISTEN 10:30 - 11:30 AM	BIRTHDAY PARTY 2:00 - 3:00 PM	BIRTHDAY PARTY 2:00 - 3:00 PM
AQUA TABATA W/LISA 4:45- 5:45 PM	SWIM LESSONS 3:00 - 8:30 PM		SWIM LESSONS 3:00 - 8:30 PM	SWIM SOCIAL/ VOLLEYBALL 11:30AM - 12:30 PM		
PRIVATE LESSONS 6:00-7:00 PM		OPEN SWIM & SPLASH PAD 11:45 AM - 12:45 PM		OPEN SWIM & SPLASH PAD 5:00 - 8:30PM		
OPEN SWIM & SPLASH PAD 7:30 - 8:30 PM		AQUA TABATA W/LISA 5:00 - 6:00 PM				
		OPEN SWIM & SPLASH PAD 6:30 - 8:30 PM				

**The Aquatic Center Will Be
CLOSED Daily Monday-Friday
1:00 - 3:00 PM**



**BIRTHDAY PARTY TIMES
SUBJECT TO AVAILABILITY**

**OPEN SWIM &
SPLASH PAD**

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 / 315.755.2132



WATERTOWN FAMILY YMCA AQUATIC CENTER

LAP POOL JULY-AUGUST SCHEDULE

MONDAY

LAP SWIM – 6 LANES
5:30 AM – 12:45 PM

LAP SWIM – 6 LANES
3:00 – 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 AM – 12:45 PM

LAP SWIM – 6 LANES
3:00 – 4:30 PM
AQUA BLAST
W/MELISSA – 3 LANES
5:00 – 5:50 PM

SWIM LESSONS – 3 LANES
5:00 – 5:50 PM

SWIM LESSONS – 6 LANES
5:50 – 6:45 PM

LAP SWIM – 6 LANES
6:45 – 8:30 PM

WEDNESDAY

LAP SWIM – 6 LANES
5:30 AM – 12:45 PM

LAP SWIM – 6 LANES
3:00 – 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 AM – 12:45 PM

LAP SWIM – 6 LANES
3:00 – 4:30 PM

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

SWIM LESSONS – 3 LANES
5:00 – 5:50 PM

SWIM LESSONS – 6 LANES
5:50 – 6:45 PM

LAP SWIM – 6 LANES
6:45 – 8:30 PM

FRIDAY

LAP SWIM – 6 LANES
5:30 AM – 12:45 PM

LAP SWIM – 6 LANES
3:00–8:30pm

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

LAP SWIM – 6 LANES
8:00 AM – 4:30 PM

SUNDAY

LAP SWIM – 3 LANES
8:30 – 9:30 AM

AQUA HITT
W/BRENDA – 3 LANES
8:35 – 9:05 AM

LAP SWIM – 6 LANES
9:30AM – 4:30 PM

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SAFE POOLS HAVE RULES

BE SAFE. JUMP IN. HAVE FUN.



PLEASE REMEMBER

**SHOWERS ARE REQUIRED
BEFORE ENTERING POOL**

**OUTSIDE FLOTATION DEVICES
ARE NOT ALLOWED**

LAP POOL LENGTH

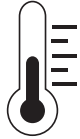
AVERAGE TEMPERATURES



25 YARDS

36 LAPS = 1 MILE

72 LENGTHS = 1 MILE



LAP POOL = 78° - 82°

ACTIVITY POOL = 86° - 88°

- Absolutely no entering the pool without a lifeguard on duty.
- **WALK PLEASE** in the pool and locker room areas.
- No Diving.
- Outside flotation devices are not permitted.
- No photography or video recording.
- Profanity will not be tolerated in the pool and locker room areas.
- Proper swim attire must be worn in the pool area.
- Children under the age of 13 must be accompanied by an adult (18 years or older) in the pool area and actively supervised at all times.
- Children under the age of 6 must be accompanied by an adult (18 years or older) in the pool and actively supervised at all times.
- Children are required to wear swim diapers under a snug fitting swimsuit if they are not completely toilet trained.
- Diaper changing is allowed in the locker room areas ONLY.
- Please do not sit or hang on racing/divider lines.
- Keep the stair entry and exit areas clear unless entering or exiting the pool.
- Breath holding techniques or activities are prohibited.
- Do not enter the pool if you have a communicable disease or open wound.
- Lifeguards have Final Discretion for the safety of all patrons.