



# WATERTOWN FAMILY YMCA AQUATIC CENTER

## ACTIVITY POOL & SPLASH PAD OCTOBER 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	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	SWIM LESSONS 3:30 - 5:50 PM	AQUAFIT W/BETH 9:15 - 10:15 AM	OPEN SWIM & SPLASH PAD 11:30 - 1:45 PM	PRIVATE SWIM LESSONS 10:15 - 11:00 AM
SOCIAL VOLLEYBALL 10:30-11:30 AM	AQUA DANCE W/JUDY 9:45 - 10:30 AM	AQUA TABATA W/LISA 5:00 - 6:00 PM	EXCEPTIONAL SWIM LESSONS 5:50 - 7:00 PM	AQUA TABATA W/BRENDA 10:30 - 11:30 AM	BIRTHDAY PARTY 2:00 - 3:00 PM	OPEN SWIM & SPLASH PAD 11:00- 1:45 PM
AQUA TABATA W/LISA 4:45- 5:45 PM	SWIM LESSONS 3:30 - 5:50 PM	OPEN SWIM & SPLASH PAD 6:30 - 8:30 PM		SWIM SOCIAL/ VOLLEYBALL 11:30AM - 12:30 PM		BIRTHDAY PARTY 2:00 - 3:00 PM
PRIVATE SWIM LESSONS 6:00- 8:00 PM	EXCEPTIONAL SWIM LESSONS 5:50 - 7:00 PM			OPEN SWIM & SPLASH PAD 5:00 - 8:30PM		



**BIRTHDAY PARTY TIMES**  
SUBJECT TO AVAILABILITY

OPEN SWIM &  
SPLASH PAD

**COLUMBUS DAY OPEN SWIM**  
**Monday, October 13th**  
**6:30 - 8:30 PM**

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

CLASS REQUIRES REGISTRATION  
AND FEE PRIOR TO ATTENDING

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



# WATERTOWN FAMILY YMCA AQUATIC CENTER

## LAP POOL OCTOBER SCHEDULE

### MONDAY

LAP SWIM – 6 LANES  
5:30 AM – 12:45 PM

PRIVATE SWIM  
LESSONS – 1 LANE  
3:00 – 6:00 PM

LAP SWIM – 5 LANES  
3:00 – 6:00 PM

BLUE SHARKS  
SWIM TEAM – 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

LAP SWIM – 3 LANES  
5:00 – 5:50 PM

BLUE SHARKS  
SWIM TEAM – 6 LANES  
6:00 – 8:30 PM

### WEDNESDAY

LAP SWIM – 6 LANES  
5:30 AM – 12:45 PM

LAP SWIM – 6 LANES  
3:00 – 5:00 PM

MASTERS SWIM  
6 LANES  
5:00 – 6:00 PM

BLUE SHARKS  
SWIM TEAM – 6 LANES  
6:00 – 8:30 PM

### THURSDAY

LAP SWIM – 6 LANES  
5:30 – 9:00 AM

AQUA HIIT – 3 LANES  
W/BRENDA  
9:15 – 10:00 AM

LAP SWIM – 3 LANES  
9:15 – 10:00 AM

LAP SWIM – 6 LANES  
10:15 AM – 12:45 PM

LAP SWIM – 6 LANES  
3:00 – 4:00 PM

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

BLUE SHARKS  
SWIM TEAM – 6 LANES  
6:00 – 8:30 PM

### FRIDAY

LAP SWIM – 6 LANES  
5:30 AM – 12:45 PM

LAP SWIM – 6 LANES  
3:00–6:00 PM

BLUE SHARKS  
SWIM TEAM – 6 LANES  
6:00 – 8:30 PM

### SATURDAY

SWIM LESSONS – 4 LANES  
8:00 – 8:30 AM

LAP SWIM – 2 LANES  
8:00 – 8:30 AM

LAP SWIM – 6 LANES  
8:30 – 9:15 AM

SWIM LESSONS – 5 LANES  
9:15 – 10:15 AM

LAP SWIM – 1 LANE  
9:15 – 10:15 AM

MASTERS SWIM  
UNCOACHED PRACTICE  
3 LANES  
10:30–11:30 AM

LAP SWIM – 3 LANES  
10:30–11:30 AM

LAP SWIM – 6 LANES  
11:30 AM–4:30 PM

### SUNDAY

LAP SWIM – 3 LANES  
8:30 – 9:30 AM

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

PRIVATE SWIM  
LESSONS – 2 LANES  
9:00 – 11:30 AM

LAP SWIM – 4 LANES  
9:15 – 11:30 AM

LAP SWIM – 4 LANES  
11:30 AM– 4:30 PM

**OCTOBER 2025 – FEBRUARY 2026**  
**BLUE SHARK SEASON**  
**Lap Swim ENDS at 6:00 PM**  
**MONDAY – FRIDAY**



**BLUE SHARKS HOME SWIM MEETS**  
**November 1st**  
**December 13th**  
**December 20th**

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

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

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

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

# 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



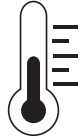
**25 YARDS**

**36 LAPS = 1 MILE**

**72 LENGTHS = 1 MILE**



### AVERAGE TEMPERATURES



**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.**