



WATERTOWN FAMILY YMCA AQUATIC CENTER

ACTIVITY POOL & SPLASH PAD NOVEMBER 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/KATRINA 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	OPEN SWIM & SPLASH PAD 11:00-1:45 PM
AQUAFIT W/BETH 9:15-10:15 AM	AQUA BARRE W/JUDY 9:00 - 9:30 AM	WATER WALKING W/KATRINA 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	BIRTHDAY PARTY 2:00 - 3:00 PM
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	SWIM SOCIAL/ VOLLEYBALL 10:30 - 11:30 AM	BIRTHDAY PARTY 2:00 - 3:00 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		OPEN SWIM & SPLASH PAD 5:00 - 8:30PM		
	EXCEPTIONAL SWIM LESSONS 5:50 - 7:00 PM					

OPEN SWIM

Tuesday, November 25th
Wednesday, November 26th
Friday, November 28th
3:00 - 8:30 PM
Saturday, November 29th
10:00 AM - 1:45 PM

THANKSGIVING SCHEDULE CHANGES:

Wednesday, November 26th
NO Aqua Tabata w/Lisa AT 5PM
Friday, November 28th
NO Blue Sharks Practice
+ **ADDED** Tabata with Tommy 11:45 - 12:45

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



BLUE SHARKS HOME SWIM MEETS

- Saturday, November 1st
- Saturday, December 13th
- Saturday, December 20th

The Aquatics Facility will **CLOSE** at
11:00 AM on meet days. Sauna and
steam room will also be closed.



WATERTOWN FAMILY YMCA AQUATIC CENTER

LAP POOL NOVEMBER SCHEDULE

MONDAY

LAP SWIM – 6 LANES
5:30 AM – 12:45 PM

PRIVATE SWIM
LESSONS – 2 LANES
3:00 – 6:00 PM

LAP SWIM – 4 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/JUDY
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

LAP SWIM – 1 LANE
4:30 – 6:00 PM

SWIM LESSONS – 2 LANES
4:30 – 6:00 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 – 6 LANES
8:30 AM – 4:30 PM



BLUE SHARKS HOME SWIM MEETS

- Saturday, November 1st
- Saturday, December 13th
- Saturday, December 20th

The Aquatics Facility will **CLOSE** at **11:00 AM** on meet days. Sauna and steam room will also be closed.

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

Friday, November 28th
No Blue Sharks Practice
LAP SWIM – 6 LANES
3:00 – 8:30 PM

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

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



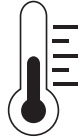
25 YARDS

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.**