



# WATERTOWN FAMILY YMCA AQUATIC CENTER

## ACTIVITY POOL & SPLASH PAD JANUARY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
AQUAFIT W/BETH 8:00-9:00 AM	FOREVER FIT W/JUDY 8:00 - 9:00 AM	AQUA MOBILITY W/CAROLYN 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	AQUA HIIT W/MELISSA 8:45 - 9:30 AM
AQUAFIT W/JUDY 9:15 - 10:15 AM	AQUA BARRE W/JUDY 9:00 - 9:30 AM	WATER WALKING W/CAROLYN 9:15 - 10:15 AM	AQUA HIIT W/JUDY 9:15 - 10:00 AM	AQUAFIT W/BETH 9:15 - 10:15 AM	OPEN SWIM & SPLASH PAD 11:30 - 1:45 PM	SWIM LESSONS 9:30 - 11:15 AM
SOCIAL VOLLEYBALL 10:30-11:30 AM	AQUA DANCE W/JUDY 9:45 - 10:30 AM	OPEN SWIM & SPLASH PAD 10:30 AM - 12:00 PM	AQUA CYCLE W/BEAR 10:30 - 11:15 AM	AQUA TABATA W/TOMMY 10:30 - 11:30 AM	BIRTHDAY PARTY 2:00 - 3:00 PM	OPEN SWIM & SPLASH PAD 11:30 - 1:45 PM
AQUA TABATA W/LISA 4:45- 5:45 PM	SWIM LESSONS 5:50 - 7:00 PM	AQUA TABATA W/LISA 5:00 - 6:00 PM	SWIM LESSONS 3:30 - 7:00 PM	SWIM SOCIAL/ VOLLEYBALL 11:30 - 12:30 PM		BIRTHDAY PARTY 2:00 - 3:00 PM
		OPEN SWIM & SPLASH PAD 6:30 - 8:30 PM		OPEN SWIM & SPLASH PAD 5:00 - 8:30PM		

**The Aquatic Center will be CLOSED DAILY  
Monday-Friday 1:00 - 3:00 PM**

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

**OPEN SWIM &  
SPLASH PAD**

**Schedule subject to change.  
Fitness Classes: Open to members 18 Years and older.**



**BIRTHDAY PARTY TIMES  
SUBJECT TO AVAILABILITY**



**BLUE SHARKS HOME SWIM MEET**  
• Sunday, January 11th  
**Aquatics facilities will CLOSE at  
11:00AM on meet days. Sauna and  
steam room will also be closed.**



# WATERTOWN FAMILY YMCA AQUATIC CENTER LAP POOL JANUARY SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM - 6 LANES 5:30 AM - 12:45 PM	LAP SWIM - 6 LANES 5:30 AM - 12:45 PM	LAP SWIM - 6 LANES 5:30 AM - 12:45 PM	LAP SWIM - 6 LANES 5:30 AM - 12:45 PM	LAP SWIM - 6 LANES 5:30 AM - 12:45 PM	SWIM LESSONS - 4 LANES 8:00 - 8:30 AM	LAP SWIM - 6 LANES 8:30 AM - 4:30 PM
LAP SWIM - 6 LANES 3:00 - 6:00 PM	LAP SWIM - 6 LANES 3:00 - 6:00 PM	LAP SWIM - 6 LANES 3:00 - 5:00 PM	LAP SWIM - 4 LANES 4:30 - 6:00 PM	LAP SWIM - 6 LANES 3:00 - 6:00 PM	LAP SWIM - 2 LANES 8:00 - 8:30 AM	
BLUE SHARKS SWIM TEAM - 6 LANES 6:00 - 8:30 PM	BLUE SHARKS SWIM TEAM - 6 LANES 6:00 - 8:30 PM	MASTERS SWIM 6 LANES 5:00 - 6:00 PM	SWIM LESSONS - 2 LANES 4:30 - 6:00 PM	BLUE SHARKS SWIM TEAM - 6 LANES 6:00 - 8:30 PM	LAP SWIM - 6 LANES 8:30 - 9:15 AM	
		BLUE SHARKS SWIM TEAM - 6 LANES 6:00 - 8:30 PM	BLUE SHARKS SWIM TEAM - 6 LANES 6:00 - 8:30 PM		SWIM LESSONS - 5 LANES 9:15 - 10:15 AM	
					LAP SWIM - 1 LANE 9:15 - 10:15 AM	
					MASTERS SWIM - 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	

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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

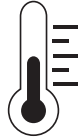
## AVERAGE TEMPERATURES



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.