



WATERTOWN FAMILY YMCA AQUATIC CENTER

ACTIVITY POOL & SPLASH PAD DECEMBER 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	OPEN SWIM & SPLASH PAD 10:30 AM - 12:00 PM	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	WATER WALKING W/KATRINA 9:15 - 10:15 AM	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	AQUA TABATA W/LISA 5:00 - 6:00 PM		OPEN SWIM & SPLASH PAD 5:00 - 8:30PM		
	EXCEPTIONAL SWIM LESSONS 5:50 - 7:00 PM	OPEN SWIM & SPLASH PAD 6:30 - 8:30 PM				



BLUE SHARKS HOME SWIM MEETS

- 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

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



BIRTHDAY PARTY TIMES
SUBJECT TO AVAILABILITY

CLASS REQUIRES REGISTRATION
AND FEE PRIOR TO ATTENDING

NO OPEN SWIM
SATURDAY
DECEMBER 6TH

HOLIDAY BREAK SCHEDULE

DECEMBER 22ND - JANUARY 2ND

POOL CLOSED

December 24th, 25th, 31st, January 1st

OPEN SWIM SCHEDULE

NO OPEN SWIM DECEMBER 6TH

- Monday: 12/22 & 12/29
12:00-4:00 PM & 6:30-8:30 PM
- Tuesday: 12/23 & 12/30
11:00 AM-2:00 PM & 3:30 - 8:30 PM
- Friday: 12/26 & 1/2
12:00-2:00 PM & 3:30-8:30 PM
- Saturday: 12/27 & 1/3
10:00 AM-1:45 PM



WATERTOWN FAMILY YMCA AQUATIC CENTER

LAP POOL DECEMBER 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

HOLIDAY-BREAK-SCHEDULE

DECEMBER 22ND - JANUARY 2ND

POOL REMAINS OPEN

1:00 - 3:00 PM - LAP SWIM 6 LANES

POOL CLOSED

December 24th, 25th, 31st, January 1st



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- Saturday, December 20th

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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

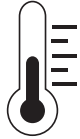
AVERAGE TEMPERATURES



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.**