




DOWNTOWN AQUATIC CENTER LAP POOL MARCH SCHEDULE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
LAP SWIM 6 LANES 5:30 AM - 1:00 PM	LAP SWIM 6 LANES 5:30 AM - 1:00 PM	LAP SWIM 6 LANES 5:30 AM - 1:00 PM	LAP SWIM 6 LANES 5:30 AM - 1:00 PM	LAP SWIM 6 LANES 5:30 AM - 1:00 PM	SWIM LESSONS 6 LANES 8:00 - 9:00 AM	LAP SWIM 6 LANES 8:30 AM - 9:30 AM
LAP SWIM 6 LANES 3:00 - 6:00 PM	LAP SWIM 6 LANES 3:00 - 4:30 PM	LAP SWIM 6 LANES 3:00 - 5:00 PM	LAP SWIM 6 LANES 3:00 - 4:00 PM	SWIM LESSONS 3 LANES 3:00 - 6:00 PM	SWIM LESSONS 2 LANES 9:00 - 9:45 AM	SWIM LESSONS 3 LANES 9:30 - 10:15 AM
BLUE SHARKS SWIM TEAM 6 LANES 6:00 - 7:30 PM	SWIM LESSONS 6 LANES 4:30 - 5:30 PM	MASTERS SWIM 6 LANES 5:00 - 6:00 PM	SWIM LESSONS 1 LANE 4:00 - 6:00 PM	LAP SWIM 3 LANES 3:00 - 6:00 PM	LAP SWIM 4 LANES 9:00 - 10:30 AM	LAP SWIM 3 LANES 9:30 - 10:15 AM
LAP SWIM 6 LANES 7:30 - 8:30 PM	LAP SWIM 6 LANES 5:30 - 6:00 PM	BLUE SHARKS SWIM TEAM 6 LANES 6:00 - 7:30 PM	LAP SWIM 5 LANES 4:00 - 6:00 PM	BLUE SHARKS SWIM TEAM 6 LANES 6:00 - 7:30 PM	MASTERS SWIM 3 LANES 10:30 - 11:30 AM	LAP SWIM 6 LANES 10:15 AM - 4:30 PM
	BLUE SHARKS SWIM TEAM 6 LANES 6:00 - 7:30 PM	LAP SWIM 6 LANES 7:30 - 8:30 PM	BLUE SHARKS SWIM TEAM 6 LANES 6:00 - 7:30 PM	LAP SWIM 6 LANES 7:30 - 8:30 PM	LAP SWIM 1 LANE 10:30 - 11:30 AM	
	LAP SWIM 6 LANES 7:30 - 8:30 PM		LAP SWIM 6 LANES 7:30 - 8:30 PM		SWIM LESSONS 2 LANES 10:45 - 11:30 AM	
					LAP SWIM 6 LANES 11:30 AM - 4:30 PM	

Highlighted classes require registration and fee to attend.

OPEN SWIM & SPLASH PAD

 BIRTHDAY PARTY TIMES
SUBJECT TO AVAILABILITY

SUNDAY, MARCH 1ST
ROTARY SWIMARATHON 
1:00 - 3:00 PM | **NO LAP SWIM**

SCHEDULE SUBJECT TO CHANGE.
Fitness classes are open to members ages 18+.

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

Questions? Please contact: Kristen Lawrence, Aquatics Director | klawrence@nnyymca.org | 315.755.2132



175 YEAR ANNIVERSARY

DOWNTOWN AQUATIC CENTER ACTIVITY POOL & SPLASH PAD MARCH SCHEDULE

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

Highlighted classes require registration and fee to attend.

OPEN SWIM & SPLASH PAD



BIRTHDAY PARTY TIMES SUBJECT TO AVAILABILITY

SCHEDULE SUBJECT TO CHANGE.
Fitness classes are open to members ages 18+.

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

EASTER EGG SPLASH

SUNDAY, MARCH 29TH | 12 - 4 PM

AGES: 2-12 Years

Registration required.
Spaces are limited.

NO OPEN SWIM.



Questions? Please 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

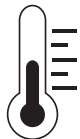
AVERAGE TEMPERATURES



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.