



# DOWNTOWN AQUATIC CENTER LAP POOL MAY 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 - 9:30 AM
LAP SWIM 6 LANES 3:00 - 8:30 PM	LAP SWIM 5 LANES 3:00 - 4:30 PM	LAP SWIM 5 LANES 3:00 - 5:00 PM	LAP SWIM 5 LANES 3:00 - 4:30 PM	LAP SWIM 6 LANES 3:00 - 8:30 PM	LAP SWIM 6 LANES 9:00 - 10:30 AM	SWIM LESSONS 3 LANES 9:30 - 11:15 AM
	SWIM LESSONS 1 LANE 3:00 - 4:30 PM	SWIM LESSONS 1 LANE 3:00 - 5:30 PM	SWIM LESSONS 1 LANE 3:00 - 4:30 PM		MASTERS SWIM 6 LANES 10:30 - 11:30 AM	LAP SWIM 3 LANES 9:30 - 11:15 AM
	SWIM LESSONS 6 LANES 4:30 - 5:30 PM	MASTERS SWIM 5 LANES 5:00 - 6:00 PM	SWIM LESSONS 6 LANES 4:30 - 5:30 PM		LAP SWIM 6 LANES 11:30 AM - 4:30 PM	LAP SWIM 6 LANES 11:15 AM - 4:30 PM
	LAP SWIM 5 LANES 5:30 - 6:30 PM	LAP SWIM 6 LANES 6:00 - 8:30 PM	LAP SWIM 5 LANES 5:30 - 6:30 PM			
	SWIM LESSONS 1 LANE 5:30 - 6:30 PM		SWIM LESSONS 1 LANE 5:30 - 6:30 PM			
	LAP SWIM 6 LANES 6:30 - 8:30 PM		LAP SWIM 6 LANES 6:30 - 8:30 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\*\*

THE AQUATIC CENTER  
**WILL BE CLOSED**  
MONDAY, MAY 25<sup>TH</sup> FOR  
**MEMORIAL DAY**

Questions? Please contact: Kristen Lawrence, Aquatics Director | [klawrence@nnyymca.org](mailto:klawrence@nnyymca.org) | 315.755.2132



**175** YEAR ANNIVERSARY

# DOWNTOWN AQUATIC CENTER ACTIVITY POOL & SPLASH PAD MAY SCHEDULE

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

Highlighted classes require registration and fee to attend.

**OPEN SWIM & SPLASH PAD**



**BIRTHDAY PARTY TIMES SUBJECT TO AVAILABILITY**

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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

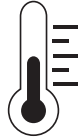
## AVERAGE TEMPERATURES



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.