



175 YEAR ANNIVERSARY

DOWNTOWN AQUATIC CENTER

LAP POOL

JULY 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	LAP SWIM 6 LANES 8:00 – 10:30 AM	LAP SWIM 6 LANES 8:00 AM – 2:00 PM
LAP SWIM 6 LANES 3:00 – 8:30 PM	LAP SWIM 6 LANES 3:00 – 4:00 PM	LAP SWIM 6 LANES 3:00 – 4:30 PM	LAP SWIM 6 LANES 3:00 – 4:00 PM	LAP SWIM 6 LANES 3:00 – 8:30 PM	MASTERS SWIM 6 LANES 10:30 – 11:30 AM	
	SWIM LESSONS 2 LANES 4:00 – 7:00 PM	SWIM LESSONS 2 LANES 4:30 – 5:30 PM	SWIM LESSONS 2 LANES 4:00 – 7:00 PM		LAP SWIM 6 LANES 11:30 AM – 2:00 PM	
	LAP SWIM 4 LANES 4:00 – 7:00 PM	LAP SWIM 4 LANES 4:30 – 5:00 PM	LAP SWIM 4 LANES 4:00 – 7:00 PM			
	SWIM LESSONS 2 LANES 5:00 – 6:30 PM	MASTERS SWIM 4 LANES 5:00 – 6:00 PM	SWIM LESSONS 2 LANES 5:00 – 6:30 PM			
	SWIM LESSONS 6 LANES 6:30 – 7:30 PM	LAP SWIM 2 LANES 5:30 – 6:00 PM	SWIM LESSONS 6 LANES 6:30 – 7:30 PM			
	LAP SWIM 6 LANES 7:30 – 8:30 PM	LAP SWIM 6 LANES 6:00 – 8:30 PM	LAP SWIM 6 LANES 7:30 – 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**

AQUATIC CENTER CLOSED
Saturday & Sunday
JULY 25 – 26

FITTER & FASTER
Swim Camp

WORLD'S #1 SWIM CAMP!



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



DOWNTOWN AQUATIC CENTER ACTIVITY POOL & SPLASH PAD JULY 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 BRENDA 8:00 – 9:00 AM	FOREVER FIT WITH JUDY 8:00 – 9:00 AM	AQUAFIT WITH BETH 8:00 – 9:00 AM	OPEN SWIM & SPLASH PAD 10:30 AM – 12:30 PM	HIIT WATER WALKING WITH BRENDA 9:00 – 10:00 AM
AQUAFIT WITH BETH 9:15 – 10:15 AM	AQUA BARRE WITH JUDY 9:00 – 9:30 AM	WATER WALKING WITH BRENDA 9:15 – 10:15 AM	AQUA HIIT WITH JUDY 9:15 – 10:00 AM	AQUAFIT WITH BETH 9:15 – 10:15 AM	BIRTHDAY PARTY 1:00 – 2:00 PM	OPEN SWIM & SPLASH PAD 10:30 AM – 12:30 PM
SOCIAL VOLLEYBALL 10:30 – 11:30 AM	AQUA DANCE WITH JUDY 9:45 – 10:30 AM	OPEN SWIM & SPLASH PAD 10:30 – 11:30 AM	AQUA CYCLE 10:30 – 11:15 AM	AQUA TABATA WITH TOMMY 10:30 – 11:30 AM		BIRTHDAY PARTY 1:00 – 2:00 PM
AQUA TABATA WITH LISA 5:00 – 6:00 PM	SWIM LESSONS 3:15 – 7:00 PM	AQUA TABATA WITH LISA 5:00 – 6:00 PM	SWIM LESSONS 3:15 – 7:00 PM	SOCIAL VOLLEYBALL 11:30AM-12:30PM		
				OPEN SWIM & SPLASH PAD 5:30 – 8:30 PM		

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OPEN SWIM & SPLASH PAD



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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



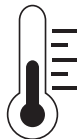
25 YARDS

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.**