



DOWNTOWN AQUATIC CENTER

LAP POOL

OCTOBER 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 – 8:30 AM	LAP SWIM 5 LANES 8:30 – 11:45 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 – 3:45 PM	LAP SWIM 6 LANES 3:00 – 4:45 PM	LAP SWIM 6 LANES 3:00 – 3:45 PM	SWIM LESSONS 1 LANES 8:45 – 9:30 AM	SWIM LESSONS 1 LANE 8:30 – 11:45 AM
BLUE SHARKS 6 LANES 6:00 – 8:30 PM	SWIM LESSONS 5 LANES 4:30 – 5:30 PM	SWIM LESSONS 1 LANE 3:45 – 6:00 PM	SWIM LESSONS 1 LANE 4:45 – 5:30 PM	SWIM LESSONS 1 LANE 3:45 – 6:00 PM	LAP SWIM 5 LANES 8:45 – 9:30 AM	LAP SWIM 6 LANES 11:45 AM – 2:00 PM
	LAP SWIM 1 LANE 4:30 – 5:30 PM	LAP SWIM 5 LANES 3:45 – 5:00 PM	LAP SWIM 5 LANES 4:45 – 5:30 PM	LAP SWIM 5 LANES 3:45 – 6:00 PM	LAP SWIM 6 LANES 9:30 – 10:30 AM	
	LAP SWIM 6 LANES 5:30 – 6:00 PM	MASTERS SWIM 5 LANES 5:00 – 6:00 PM	LAP SWIM 6 LANES 5:30 – 6:00 PM	BLUE SHARKS 6 LANES 6:00 – 7:30 PM	MASTERS SWIM 6 LANES 10:30 – 11:30 AM	
	BLUE SHARKS 6 LANES 6:00 – 8:30 PM	BLUE SHARKS 6 LANES 6:00 – 8:30 PM	BLUE SHARKS 6 LANES 6:00 – 8:30 PM	LAP SWIM 6 LANES 7:30 – 8:30 PM	LAP SWIM 6 LANES 11:30 AM – 2:00 PM	

Highlighted classes require registration and fee to attend.

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**

DOWNTOWN Y AQUATIC CENTER
Pumpkin Splash & Painting Bash
Registration required.

Sunday, October 25th



Open Swim
will NOT be
offered on 10/25.



Questions? Please call 315.782.3100 or contact Bear Jones, Aquatics Director | bjones@nnyymca.org | 315.755.2132



175 YEAR
ANNIVERSARY

DOWNTOWN AQUATIC CENTER ACTIVITY POOL & SPLASH PAD OCTOBER 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	SWIM LESSONS 8:30 – 11:00 AM	AQUA HIIT 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	OPEN SWIM & SPLASH PAD 11:15 AM – 1:45 PM	OPEN SWIM & SPLASH PAD 10:30 AM – 1:30 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 2:00 – 3:00 PM	BIRTHDAY PARTY 2:00 – 3:00 PM
AQUA TABATA 5:00 – 6:00 PM	SWIM LESSONS 4:15 – 7:15 PM	AQUA TABATA 5:00 – 6:00 PM	SWIM LESSONS 11:45 – 12:15 PM	SOCIAL VOLLEYBALL 11:30AM-12:30PM		
			SWIM LESSONS 4:15 – 6:45 PM	OPEN SWIM & SPLASH PAD 5:30 – 8:30 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

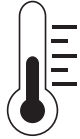
AVERAGE TEMPERATURES



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.