the YMCA | 175 YEAR ANNIVERSARY

DOWNTOWN AQUATIC CENTER
LAP POOL
NOVEMBER 8TH –30TH 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** 5 LANES 8:30 – 11:45 AM
LAP SWIM 6 LANES 3:00 – 6:00 PM	**LAP SWIM** 6 LANES 3:00 – 6:00 PM	**LAP SWIM** 6 LANES 3:00 – 3:45 PM	**LAP SWIM** 6 LANES 3:00 – 6:00 PM	**LAP SWIM** 6 LANES 3:00 – 3:45 PM	**MASTERS SWIM** 6 LANES 10:30 – 11:30 AM	**SWIM LESSONS** 1 LANE 8:30 – 11:45 AM
BLUE SHARKS 6 LANES 6:00 – 8:30 PM	**BLUE SHARKS** 6 LANES 6:00 – 8:30 PM	**SWIM LESSONS** 1 LANE 3:45 – 6:00 PM	**BLUE SHARKS** 6 LANES 6:00 – 8:30 PM	**SWIM LESSONS** 1 LANE 3:45 – 6:00 PM	**LAP SWIM** 6 LANES 11:30 AM – 2:00 PM	**LAP SWIM** 6 LANES 11:45 AM – 2:00 PM
		LAP SWIM 5 LANES 3:45 – 5:00 PM		**LAP SWIM** 5 LANES 3:45 – 6:00 PM		
		MASTERS SWIM 3 LANES 5:00 – 6:00 PM		**BLUE SHARKS** 6 LANES 6:00 – 7:30 PM		
		LAP SWIM 3 LANES 5:00 – 6:00 PM		**LAP SWIM** 6 LANES 7:30 – 8:30 PM		
		BLUE SHARKS 6 LANES 6:00 – 8:30 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



OPEN ON WEDNESDAY, November 11th for Veteran's Day

CLOSED THURSDAY, November 26th for Thanksgiving



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

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DOWNTOWN AQUATIC CENTER

ACTIVITY POOL & SPLASH PAD

NOVEMBER 8TH –30TH 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** 11:15 AM – 1:45 PM	**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	**BIRTHDAY PARTY** 2:00 – 3:00 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
AQUA TABATA 5:00 – 6:00 PM		**AQUA TABATA** 5:00 – 6:00 PM		**SOCIAL VOLLEYBALL** 11:30AM–12:30PM		
				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

SCHEDULE SUBJECT TO CHANGE.
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