



POOL SCHEDULE

APRIL—JUNE

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Lap Swim 5-6 1 lane	Masters 5-6 3 lanes	Lap Swim 5-8:30		Lap Swim 5-6 1 lane	Masters 5-6 3 lanes	Lap Swim 5-8:30		Lap Swim 5-6 1 lane	Masters 5-6 3 lanes	Lap Swim 7-8		Lap Swim 7-9	
Masters Swim 6-7:30				Masters Swim 6-7:30				Masters Swim 6-7:30					
Lap Swim 7:30-8:30				Lap Swim 7:30-8:30				Lap Swim 7:30-8:30					
Water Fit: Deep 8:30-9:30		Water Pilates 8:30-9:30		Water Fit: Deep 8:30-9:30		Water Pilates 8:30-9:30		Water Fit: Deep 8:30-9:30		Masters/Fitness Swim 8-9			
Water Fit: Shallow 9:30-10:30		Water Fit: Shallow 9:30-10:30		Aqua Zumba 9:30-10:30		Water Fit: Shallow 9:30-10:30		Water Fit: Shallow 9:30-10:30		Lap Swim 9-10 1-2 lanes	Adult Lessons 9-10	Lap Swim 9-10 2 lanes	Adult Lessons 9-10
Lap Swim 10:30-1		Lap Swim 10:30-3 Swim Lesson 1:45-2:15 1 lane		Lap Swim 10:30-1		Lap Swim 10:30-3		Family Swim 10:30-11:30 Lap Swim 1 lane		Swim Lessons 10-12		Swim Lessons 10-12	
								Lap Swim 11:30-1		Family Swim 12-1:30 Swim Lesson 12-1 1 lane		Family Swim 12-1:30 Swim Lesson 12-1 1 lane	
								Lap Swim 1-2 2 lanes	Family Swim 1-2	Lap Swim 1:30-3:30		Lap Swim 1:30-3	
Water Fit: Senior 2-3				Water Fit: Deep 2-3				Water Fit: Senior 2-3					
Lap Swim 3-4 2 lanes	Family Swim 3-4	Lap Swim 3-4 2 lanes	Family Swim 3-4	Lap Swim 3-4 2 lanes	Family Swim 3-4	Lap Swim 3-4 2 lanes	Family Swim 3-4	Lap Swim 3-4 2 lanes	Family Swim 3-4	Family Swim 3:30-6:30		Family Swim 3-5	
Swim Team 4-6:30		Swim Team 4-5:30		Swim Team 4-5:30		Swim Team 4-5:30		Swim Team 4-6:30					
		Swim Lessons 5:30-7		Swim Lessons 5:30-7:30		Swim Lessons 5:30-7							
Lap Swim 6:30-8 1 lanes	Family Swim 6:30-8	Lap Swim 7-8 Swim Lesson until 7:15pm 2 lanes		Lap Swim 7:30-8:30		Lap Swim 7-8 Swim Lesson until 7:15pm 2 lanes		Family Swim 6:30-8:30					
Aqua Zumba 8-9		Water Fit: Deep 8-9 Lap Swim 1 lane		Adult Lap Swim 8:30-9:45		Aqua Zumba 8-9		Adult Lap Swim 8:30-9:45					
Adult Lap Swim 9-9:45		Adult Lap Swim 9-9:45				Adult Lap Swim 9-9:45				Adult Lap Swim 9-9:45			

Bellevue Eastside Swim Team practices after hours on Sunday; the YMCA still closes at 7 pm. Although it is always our intention to follow the scheduled format, classes and/or instructors may change without notice. Please see the Group Exercise, Gym, Group Cycling and Active Older Adults Schedules and Program Guides for other fitness activities.

BELLEVUE FAMILY YMCA

14230 Bel-Red Road, Bellevue, WA 98007
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Everyone is welcome. Financial assistance is available. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility.

AQUATIC DESCRIPTIONS

SWIM LESSONS

We offer group and private lessons for swimmers of all ages and abilities. The swim lesson curriculum is based on learning, developing, and improving all four of the competitive strokes: freestyle, backstroke, breaststroke, and butterfly. Students swim at their own level and advance at their own pace. In addition to learning the fundamentals of swimming technique, students are taught water safety, including basic rescue. Advanced registration is required.

WATER FITNESS: DEEP WATER

Water resistance is used to give you a great cardiovascular workout with no impact. The class is conducted entirely in the deep end of the pool (9 ft) and flotation belts are provided for comfort and safety.

WATER FITNESS: SHALLOW WATER

Walking, running, jumping, and a variety of aerobic movements are combined to create a fluid workout that increases endurance and builds strength. The class is conducted entirely in shallow water and utilizes a variety of equipment for conditioning.

WATER FITNESS: SENIORS

Participants utilize water resistance for a low impact workout in shallow water. Classes are designed to build and maintain cardiovascular strength and endurance. Flotation belts are available and may be used for comfort and safety.

WATER PILATES

Each class is uniquely structured and incorporates elements of both deep and shallow water aerobics, with movements designed to increase flexibility and agility. Flotation belts are available and may be used for comfort and safety.

FITNESS SWIM

For adults who can continuously swim 100 yards of front crawl (freestyle). The focus of this group is to improve endurance and technique through a guided workout. Swimmers also have the opportunity to learn and build non-freestyle strokes. Workouts are 1000-2000 yards in length.

MASTERS

During this hour-long workout, swimmers complete 2500-4000+ yards utilizing a variety of strokes. The group is registered with United States Masters Swimming and offers the opportunity to compete.

LAP SWIM

Lap swim hours are designated for participants seeking exercise through swimming. There is no age requirement for lap swim, but swimmers are required to show respect and courtesy to others by moving continuously in a lane of appropriate speed. Multiple swimmers are permitted in each lane and circle swimming is encouraged. Lanes designated as "slow" can also be used for water walking/jogging. "Adult lap swim" is designated for individuals age 14 and above. Lifeguards may help arrange swimmers in lanes as necessary.

FAMILY SWIM

The whole family is welcome during our family swim hours! Family swim offers time and space for young swimmers to practice their skills, or just play and have fun. Parents are required to be in the water with children under the age of 8. Children ages 8-14 who cannot pass the swim test are also required to be accompanied by a parent in the water.

CONTACT INFORMATION

Melissa Chamberlin, Aquatics Director
mchamberlin@seattleyymca.org; 425-746-9900

POOL RULES

- A cleansing shower is required before entering the pool.
- Street shoes are not permitted on the pool deck or in the shower area.
- Running, rough play, and prolonged submersion are prohibited. No diving, except in designated areas.
- No food, drink, or chewing gum in the pool area.
- Participants must wear appropriate attire that is determined based on coverage, safety, and cleanliness.
- Flotation devices and other equipment use are at the discretion of the lifeguards.
- Anyone under the influence of drugs or alcohol is not permitted on the premises.
- If you have a communicable disease that can be transmitted by water or have been ill with diarrhea or vomiting in the last two weeks, do not use the pool.
- Persons with seizure, heart or circulatory problems are advised to swim with a buddy.
- Persons wearing diapers need to have protective coverings like tight-fitting rubber pants. Diapers must be changed in designated diaper-changing areas only.
- Facility age guidelines and the YMCA code of conduct apply in all instances. Anyone refusing to follow the rules or authority of lifeguards and YMCA staff are subject to removal from the premises.