



AQUATICS

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
	A	L	A	L	A	L	A	L	A	L	A	L	A	L
5	Rec Swim		Rec Swim		Rec Swim		Rec Swim		Rec Swim					
6														
7		Lap Swim 5:00-9:00		Lap Swim 5:00-9:00 Masters Swim 6-7am		Lap Swim 5:00-9:00		Lap Swim 5:00-9:00 Masters Swim 6-7am		Lap Swim 5:00-9:00				
8	Water Walking/ Rec Swim		Water Walking/ Rec Swim				Water Walking/ Rec Swim		Water Walking/ Rec Swim					
9	H2O Fit	H2O Fit	AOA H2O Fit	AOA H2O Fit 2 Lap lanes	H2O Fit	H2O Fit	AOA H2O Fit	AOA H2O Fit 2 Lap lanes	H2O Fit	H2O Fit	Swim Lessons 8:00-12:00	Swim Lessons 8:00-12:00	Family Swim/ Rec Swim	
10		Lap Swim/ Swim Lessons	Swim Lessons	Lap Swim/ Swim Lessons	Swim Lessons	Lap Swim/ Swim Lessons	Swim Lessons	Lap Swim/ Swim Lessons	Swim Lessons/ Family Swim <i>Limited Family Swim space available</i>	Lap Swim	<i>Limited Family Swim available</i>	<i>One lap lane available</i>		
11	Swim Lessons													
12	Water Walking		Arthritis & Injury	Lap Swim	Water Walking Hot Tub Closed		Arthritis & Injury		Water Walking		Family Swim/ Rec Swim	Lap Swim	Family Swim/ Rec Swim	Lap Swim
1	Arthritis & Injury 1:15-2:15		Family Swim/ Rec Swim	Lap Swim	Arthritis & Injury 1:15-2:15 Hot Tub closed	Lap Swim	Family Swim/ Rec Swim		Family Swim	Lap Swim/ Home Zone	Family Swim/ Rec Swim	Lap Swim	Family Swim/ Rec Swim	
2	Family Swim/ Rec Swim		Family Swim/ Home Zone	Lap Swim/ Home Zone	Family Swim Hot Tub Closed	Hot Tub Closed until 2:45	Family Swim/ Rec Swim		Family Swim/ Home Zone		Family Swim/ Rec Swim	Lap Swim	Family Swim/ Rec Swim	
3	Family Swim/ Rec Swim		Family Swim/ Home Zone	Lap Swim 10:10-4:00	Family Swim/ Rec Swim		Family Swim/ Rec Swim		Family Swim/ Home Zone	Lap Swim	Family Swim/ Rec Swim	Lap Swim	Family Swim/ Rec Swim	
4	Swim Lessons 4:00-7:00	Swim Lessons 4:00-7:00	Swim Lessons 4:00-7:00	Swim Lessons 4:00-7:00	Swim Lessons 4:00-7:00	Swim Lessons 4:00-7:00	Swim Lessons 4:00-7:00	Swim Lessons 4:00-7:00	Family Swim/ Rec Swim		Family Swim/ Rec Swim	Lap Swim	Family Swim/ Rec Swim	
5	<i>Limited Family Swim available</i>	<i>One lap lane available</i>	<i>Limited Family Swim available</i>	<i>One lap lane available</i>	<i>Limited Family Swim available</i>	<i>One lap lane available</i>	<i>Limited Family Swim available</i>	<i>One lap lane available</i>		Lap Swim/ Para Masters	Family Swim	Lap Swim	Family Swim/ Rec Swim	Lap Swim
6									Family Swim/ Rec Swim		Closes 6:30 on Sat, 5:30 on Sunday			
7	Family Swim/ Rec Swim	Guest YMCA Program 7:00-8:30	Family Swim/ Rec Swim	H2O Fit 7:15-8:00	Family Swim/ Rec Swim	Guest YMCA Program 7:00-8:30	Family Swim/ Rec Swim			Guest YMCA Program 7:00-8:30	There will always be one lap lane open at all times. Hot Tub Closed Wed 11:45-2:45 A = Activity Pool L = Lap Pool			
8	Family Swim/ Rec Swim		Family Swim Adult Lessons 8:15-9:30	Lap Swim Adult Lessons 8:15-9:30 2 lanes	Family Swim/ Rec swim		Family Swim Adult Lessons 8:15-9:30	Lap Swim Adult Lessons 8:15-9:30 2 lanes	Family Swim/ Rec Swim		Indicates times in which we intend to have the water features running.			
9		Lap Swim				Lap Swim			Lap					
9:30	Closed at 9:30 pm													

ARTHRITIS & INJURY

This class is designed for those with limited movement. Program consists of mild water exercises emphasizing range of motion and strength.

ACTIVE OLDER ADULTS

This adult group water fitness program is designed to enhance each individual's quality of life and daily function. Active Older Adults utilizes the physical properties of the water to enhance agility, range of motion and cardiovascular conditioning. Instructors help participants develop strength, balance and coordination. No swimming ability is required as you learn a format that is safe, fun and effective.

H2O FITNESS

Walking, running, jumping and a variety of aerobic movements are performed in the shallow end of the pool to increase heart rate and provide both a cardiovascular and strength training workout. A variety of water equipment, dumbbells, noodles, etc. are used for conditioning.

LAP SWIM

There will always be at least one lap lane available. Twelve years of age or older recommended. Adults have priority at discretion of lifeguard. Must swim laps; this is not a recreational swim time. Must be FISH level or above (150 yards continuous swim) and pass lap swimming test administered by a lifeguard. When 2 or more swimmers are in one lane, circle swim is required.

WATER WALKING

Non-structured time for water fitness. Members are welcome to use the aquatic fitness equipment to achieve a vertical water workout. This is not a recreational swim time and members may be asked to leave at the discretion of the lifeguard for non-fitness behavior. 12 years of age or older recommended

FAMILY SWIM

Families are welcome to have fun together in the pool during family swim. Children must be accompanied by an adult during family time, regardless of passing a swim test.

REC SWIM

To participate in recreational swimming activities, all children 13 years of age and younger must undergo a Swim Test if they are to swim in any part of the swimming area alone. Children who cannot pass the Swim Test are considered non-swimmers and must be accompanied into the water by an adult, parent or guardian who is actively engaged with the children's activity. There is a limit of 2 non-swimming children per adult. After passing the Swim Test, swimmers **eight (8) and older** may be in the swim area without direct adult supervision. An adult is required in the building for ages 8-10. Children **seven (7) and under** who pass the Swim Test still require direct adult supervision in the pool area at all times

swimming skills, endurance and social skills while guiding students with praise and encouragement.

SWIM TEST

1. Each child must demonstrate the ability to jump into the water, right themselves and swim the longest dimension of the swimming area without reaching fatigue. Swimmers will be marked with a green band that is readily identifiable to the Lifeguards.
2. After passing the Swim Test, swimmers **eight (8) and older** may be in the swim area without direct adult supervision. An adult is required in the building for ages 8-10. Children **seven (7) and under** who pass the Swim Test still require direct adult supervision in the pool area at all times

CONTACT INFORMATION

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SWIM LESSONS

We offer a wide range of swimming options for the whole family! Swimming builds self-confidence and develops the whole person: spirit, mind & body. Classes are divided into ability groups. Students learn at different rates and are usually in each level

COAL CREEK FAMILY YMCA

13750 Newcastle Golf Club Rd., Newcastle, WA 98059

P 425 282 1500 F 425 282 1501 coalcreekyymca.org

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.

more than once. Trained instructors emphasize personal safety,