



# AQUATICS SCHEDULE

January 1 - March 31, 2012

	Monday			Tuesday			Wednesday			Thursday			Friday						
	Lap Lanes		Shallow Area	Lap Lanes		Shallow Area	Lap Lanes		Shallow Area	Lap Lanes		Shallow Area	Lap Lanes		Shallow Area				
	(2 lanes)	(2 lanes)		(2 lanes)	(2 lanes)		(2 lanes)	(2 lanes)		(2 lanes)	(2 lanes)		(2 lanes)	(2 lanes)					
5:00	Two Lanes Available for Lap Swim 5:00am-9:45pm	Master's 5:00-6:30	Water Walking 5:00-8:00	Two Lanes Available for Lap Swim 5:00am-9:45pm	Lap Swim 5:00-9:00	Aqua Blast! 6:00-7:00	Two Lanes Available for Lap Swim 5:00am-9:45pm	Master's 5:00-6:30	Water Walking 5:00-9:00	Two Lanes Available for Lap Swim 5:00am-9:45pm	Lap Swim 5:00-9:00	Aqua Blast! 6:00-7:00	Two Lanes Available for Lap Swim 5:00am-9:45pm	Master's 5:00-6:30	Water Walking 5:00-8:00				
6:00		Lap Swim				Aqua Blast!		7:00-9:00	Lap Swim					Lap Swim			Lap Swim		
7:00		Aqua Blast! 8-9, 9-10				Aqua Blast! 9:00-10:00			Aqua Blast! 9:00-10:00			Aqua Blast! 9:00-10:00			Aqua Blast! 8-9, 9-10				
8:00		Swim Lessons and Family Swim 10:00-12:00				Swim Lessons and Family Swim 10:00-12:00			Swim Lessons and Family Swim 10:00-12:00			Swim Lessons and Family Swim 10:00-12:00			Swim Lessons and Family Swim 10:00-12:00				
9:00		Arthritis & Injury 12:00-1:00				Arthritis & Injury 12:00-1:00			Arthritis & Injury 12:00-1:00			Arthritis & Injury 12:00-1:00			Arthritis & Injury 12:00-1:00				
9:30		Rec Swim 1:00-3:30				Rec Swim 1:00-3:30			Rec Swim 1:00-3:30			Rec Swim 1:00-3:30			Rec Swim 1:00-3:30				
10:00		Homezone 1:30-3:30	Wtr Walk 3:30-4			Homezone 2:15-4:15					Homezone 2:15-4:15	Wtr Walk 3:30-4			Homezone 2:15-4:15	Wtr Walk 3:30-4		Homezone 1:30-3:30	Wtr Walk 3:30-4
11:00		Lap Swim	Family Swim 4:00-6:30			Swim Lessons 3:45-7:10		Swim Lessons 3:45-7:10			Swim Team 4:00-7:00	Family Swim 4:00-6:30			Swim Lessons 3:45-7:10	Swim Lessons 3:45-7:10		Swim Team 4:00-7:00	Family Swim 4:00-7:00
11:30		Aqua Blast! 6:30-7:30				Tween Fitness 6:00-7:00			Aqua Blast! 6:30-7:30			Tween Fitness 6:00-7:00			"Family Slide" Rec Swim 7-9:45				
Noon		Rec Swim 7:30-9:45	Rec 7:30-9:45			Rec Swim 7:15-9:45		Rec 7:15-9:45			Rec Swim 7:30-9:45	Rec 7:30-9:45			Rec Swim 7:15-9:45	Rec 7:15-9:45		Rec Swim 7:30-9:45	Rec 7:30-9:45
12:30	Slide 7:30-9*			Slide 7:15-8:30*			Slide 7:30-9*			Slide 7:15-8:30*			Slide 7-8:30*						
1:00																			
2:00																			
3:00																			
4:00																			
5:00																			
6:00																			
7:00																			
8:00																			
9:00																			

	Saturday			Sunday			
	Lap Lanes		Shallow Area	Lap Lanes		Shallow Area	
	(2 lanes)	(2 lanes)		(2 lanes)	(2 lanes)		
8:00	Two Lanes Available for Lap Swim 8:00am-7:45pm	Aqua Blast! 8-9		Two Lanes Available for Lap Swim 8:00am-4:45pm	Lap Swim	Water Walking 8:00-10:00	
9:00		Swim Lessons 9:00-12:00			Lap Swim	Family Swim 10:00-12:00	
10:00		Adaptive Aquatics 12-1			Aqua Zumba 12-1		
11:00		Rec Swim & Slide 1:00-4			Lap Swim	Rec Swim 1:00-4:45	
Noon		Wtr Walk 4-4:30			Lap Swim	Slide 2-4:30*	
1:00		Family Swim 4:30-7:45***			Swim Team 5-7pm		
2:00							
4:00							
5:00							
6:00							
7:00							

\*Please Note: The Slide will only be open if there is a volunteer available. If you are interested in volunteering please contact Becky Vrieland or Robin Jones

\*\*The Hot Tub will regularly close at 9:30pm on weeknights for routine maintenance\*\*

\*\*\*The Family Swim will end at 5:45pm on 1/7/12, 2/4/12, 3/3/12, 4/7/12 and 5/5/12 for ongoing staff training for our lifeguards.

\*Family Slide first Fridays of the month 6:30-8:00pm

### For More Information Contact:

Becky Vrieland, Aquatics Director

[bvrieland@seattleyymca.org](mailto:bvrieland@seattleyymca.org)

Risa Hartman, Associate Executive Director

[rhartman@seattleyymca.org](mailto:rhartman@seattleyymca.org)

**Schedule Valid January 1 - March 31, 2012**

Pool Temperature: 83-85 degrees  
Spa Temperature: 101-104 degrees  
Shallow Area Depth: 2'-5.5'  
Lap Area Depth: 4'-5.5'  
Main Chemical: Chlorine

We reserve the right to change the schedule without notice due to special events, training, class needs and maintenance

For questions regarding our Aquatic Programs, please contact Becky Vrieland, Aquatics Director at 206-569-7006 or bvrieland@seattlemca.org.

### **Arthritis & Injury**

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

### **Aqua Blast!**

This adult group water fitness program is designed to enhance each individual's quality of life and daily function. Aqua Blast utilizes the physical properties of the water to enhance agility, range of motion and cardiovascular conditioning. Walking, running, jumping and a variety of aerobic movements are preformed 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. may be used for conditioning. No swimming ability is required as you learn a format that is safe, fun and effective.

### **Lap Swim**

There will always be at least one lap lane available. Which lap lanes are available may vary. Children under 14 must take and pass the Lap Swim Test to participate. Adults have priority at discretion of lifeguard. Participants must swim laps as defined as a horizontal body position. When 2 or more swimmers are in one lane, circle swim is required.

### **Master's Swim**

Coached, structured lap swim. Designed for those training for competition or who seek an intense lap workout.

### **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. 14

years old and older required.

### **Tween Fitness Swim**

Youth will be active, have fun and learn principles of a healthy lifestyle in this water fitness class just for tweens. A variety of equipment and activities will be used to keep youth engaged. Swimming skills not required.

### **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.

### **Family Slide Time**

A lifeguard will be in the water at the bottom of the slide to catch or assist children over 40lbs who cannot pass the swim test.

### **Rec Swim**

All ages. Children 13 years old and younger are subject to the swim test policy (25 yards). Youth 12-13 who pass a swim test may be in the YMCA pool without a parent; parents of youth 8-11 who pass the swim test must remain the facility; parents of children 7 and younger must remain in the pool area. Individuals 13 and younger who do not pass the swim test must be accompanied by an adult in the water. Children 5 and younger must be accompanied by an adult in the water, regardless of their ability to pass the swim test.

### **\$ Swim Team**

The Dale Turner Family YMCA swim team provides a quality swim program. It encourages personal growth through self-discipline, team-work, learning, and sportsmanship. Participants have the option to further challenge themselves

with competitive swimming experiences in the PSSA league (comprised of 13 Northwest YMCA teams) or CRAZE league (comprised of community pools in the Edmonds/Shoreline/ Everett area).

### **\$ 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. Students learn at different

rates and are usually in each level more than once. Trained instructors emphasize personal safety, swimming skills, endurance and social skills while guiding students with praise and encouragement.

### **\$ Home Zone**

Children ages 5-18 will enjoy fitness and sports activities led by YMCA staff.

\$ Indicates Registration Fee Applies

### **Slide Rules:**

- All riders must pass the swim test
- Riders must be between 40 - 250lbs
- Slide use is not recommended for pregnant women
- No lifejackets or loose clothing on slide.
- Feet-first sitting entry only. No running, kneeling, tumbling, horseplay, or stopping on the slide
- One person at a time. No holding of children.
- Leave the slide drop zone area immediately

### **Spa Regulations:**

For your health and safety, and due to Health Department Regulations, please abide by the following:

- Children under 6 are not allowed to use the spa. Children 6-13 must be accompanied by an adult.
- No diving, underwater submersion, shaving, swimming or exercising.
- If you have any health conditions please consult your physician before using the spa.
- Please limit your usage to 15 minutes at a time.