



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL SCHEDULE

AQUATICS February 6th – May 31st

MEREDITH MATHEWS EAST MADISON YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 – 7:55 Adult Lap Swim (all lanes)	5:45 – 7:55 Adult Lap Swim (all lanes)	5:45 – 7:55 Adult Lap Swim (all lanes)	5:45 – 7:55 Adult Lap Swim (all lanes)	5:45 – 7:55 Adult Lap Swim (all lanes)		
8:00 – 9:00 H2O Aerobics Low Impact	8:00 – 8:30 H2O Aerobics Arthritis	8:00 – 9:00 H2O Aerobics Low Impact	8:00 – 8:30 H2O Aerobics Arthritis	8:00 – 9:00 H2O Aerobics Combo	8:00 – 8:55 Adult Lap Swim	
9:00 – 10:00 H2O Aerobics Deep Water	8:30 – 9:30 H2O Aerobics Shallow Water	9:00 – 10:00 H2O Aerobics Deep Water	8:30 – 9:30 H2O Aerobics Shallow Water	9:00 – 10:00 Swim Lessons/ Aqua Pilates	9:00 – 10:00 H2O Aerobics	
10:05 – 3:55 Adult Lap Swim (1 lane may be used for private lessons)	9:35 – 5:25 Adult Lap Swim (1 lane may be used for private lessons)	10:05 – 3:10 Adult Lap Swim (1 lane may be used for private lessons)	9:35-10:05 School Rental 10:10-5:25 Adult Lap Swim	10:05- 1:25 Adult Lap Swim	10:00 – 1:00 Swim Lessons	10:00 – 1:00 Adult Lap Swim
4:00 – 5:20 Family Swim (1 lane may be used for private lessons)	5:30 – 6:30 H2O Aerobics *1 lap lane at instructors discretion	3:15 – 4:00pm Special Olympics (2 lap lanes)	5:30 – 6:30 H2O Aerobics *1 lap lane at instructors discretion	1:30 – 2:15 Pool Rental	12:30-1:00 pm 2 lap lanes	1:00 – 3:00 Family Swim
5:25 – 7:05 Swim Lessons	6:30 – 7:35 Swim Lessons	4:00 – 5:20 Family Swim (1 lane may be used for private lessons)	6:30 – 7:35 Swim Lessons	2:20 – 6:30 Adult Lap Swim 5:30 – 6:30 Adult Swim Clinic	1:00 – 3:00 Family Swim (1 lane may be used for private lessons)	3:00 – 4:45 Adult Lap Swim
7:15 – 8:45 Masters Swim	7:40-8:45 Adult Lap Swim	5:25 – 7:05 Swim Lessons	7:40-8:45 Adult Lap Swim	6:30 – 8:45 Family Swim	3:00 – 4:45 Adult Lap Swim	
		7:15 – 8:45 Masters Swim				

SWIM LESSON START DATES : FEBRUARY 12TH, MARCH 27TH, MAY 14TH

MEREDITH MATHEWS EAST MADISON YMCA

1700 23RD Ave, Seattle, WA 98122

P 206 322 6969 F 206 322 6868 meredithmathewsymca.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.

PROGRAM DESCRIPTIONS

SHALLOW WATER AEROBICS

Walking, running, jumping and a variety of aerobic movements are performed to increase the heart rate and provide a cardiovascular and strength training workout while utilizing the water's buoyancy and resistance.

DEEP WATER AEROBICS

Uses water resistance to provide a no-impact cardiovascular workout. Resistance weights are used to increase strength. Float belts are provided for buoyancy.

FAMILY/OPEN SWIM

Enjoy a recreational swim time for the whole family during this scheduled activity. An adult 18 years+ must accompany children in the water. All participants 13 and under must pass a swim test to swim without a parent in the water.

ADULT LAP SWIM

Lap swims are for ages 16 and up. Exceptions may be made for young adults who are proficient lap swimmers as determined by a lifeguard and lane availability. We reserve the right to use a lap lane for private swim lessons during lap time. Water walkers should follow lap etiquette on a space available basis.

MASTERS SWIM TEAM

A structured, adult swim team for swimmers 18 and older. Masters skill level ranges from intermediate to advanced. This is non-competitive group.

SWIM LESSONS

Swim lessons are available for all levels and ages of swimmers. See the membership services desk or contact the aquatics director for more information and registration.

PROGRAMS/SCHOOL RENTALS

YMCA, school or other community group use. There will be no lap lanes available during program times, unless noted otherwise. Call 322.6969 for daily activity.

PRIVATE SWIM LESSONS

We reserve the right to hold private swim lessons during lap and open swim. See the membership services desk or contact the aquatics director for more information and registration.

CONTACT INFORMATION

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TIARRA FEREDAY, AQUATICS COORDINATOR

206 322 6969 or tfereday@seattleyymca.org

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LAP SWIM ETIQUETTE

- Swimming circles is necessary when there are 3+ swimmers in a lane. To swim circles effectively, watch the black center line on the bottom of each lane and stay to the right.
- When pushing off the wall, swimmers should leave adequate space between other swimmers and be careful not to push off directly in front of someone else. It will be clear to other swimmers that you are resting if you stop on the wall on the left side of the lane. Swimmers not planning to stop will move to their left to pass on the wall and push off on the right side as their direction changes.
- To pass another swimmer move toward the left, past them, and move back to the right. Faster, more experienced swimmers should watch out for slower swimmers. Slower swimmers still need to follow lap swim etiquette but faster, more experienced swimmers should be able to pass without the slower swimmer having to worry about being in the way.
- Sometimes it can be difficult or uncomfortable getting someone's attention so that you can share the lane with them. To be effective, start by standing near the lane in hopes that you will be noticed. If you are not noticed, or you are unsure, put your feet in the left side of the lane (in the same place you would stop to rest). By this time, you should have received a sign of acknowledgement from the other swimmer, whether it be stopping to speak with you, moving and staying on one side of the lane, or swimming circles. If you are still unsure, begin swimming, but be cautious until you are sure the other swimmer has noticed you.

SWIMMING POOL RULES

- A cleansing shower is required before entering the pool.
- Street shoes are not permitted on the pool deck or shower areas.
- Children under the age of 13 that are unable to pass the swim test must have an adult companion in the water at all times.
- Diving is permitted in the deep end only.
- Running or rough play is not allowed.
- Prolonged submersion and breath holding are prohibited.
- Twisting jumps or flips are not allowed.
- 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 alcohol or drugs are not permitted on the premises.
- Do not use the pool 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.
- Persons wearing diapers need to have tight fitting protective coverings.
- Diapers must be changed in designated areas only.
- Facility age guidelines and the YMCA code of conduct apply in all instances.

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