



POOL SCHEDULE: January 2nd – June 17th 2012

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN
5:30-6:00	Masters 5:30-7	Lap 5:30-7:30	Masters 5:30-7	Lap 5:30-7:30	Masters 5:30-7	Open 7:00	Open 10:00
6:00-6:30							
6:30-7:00							
7:00-7:30	Lap 5:30-8:30	Water Ex 7:30-8:15	Lap 5:30-8:30	Water Ex 7:30-8:15	Lap 5:30-8:30	Lap 7-8:30	
7:30-8:00							
8:00-8:30	Water Ex 8:30-9:30	Water Ex 8:15-9:00	Water Ex 8:30-9:30	Water Ex 8:15-9:00	Water Ex 8:30-9:30	Water Ex 8:30-9:30	
8:30-9:00							
9:00-9:30	Swim Lessons 9:30-11:30	Seattle Schools	Swim Lessons 9:30-11:30	Seattle Schools	Open Swim 9:30-11:00	Swim L e s s o n s 9:30-12:00	Lap 10:00-7:45
9:30-10:00		Water Ex 9:00-10:00		Water Ex 9:00-10:00			
10:00-10:30							
10:30-11:00	Open 11:30-12	Arthritis 11:00-11:45	Open 11:30-12	Arthritis 11:00-11:45			
11:00-11:30							
11:30-12:00	Lap 9:30-1:00	Lap 10:00-1:00	Lap 9:30-1:00	Lap 10:00-1:00	Lap 9:30-1:00		
12:00-12:30							
12:30-1:00	Arthritis Water Exercise 1:00 – 2:00					Lap 9:30-5:45	Lap 10:00-7:45
1:00-1:30							
1:30-2:00	Lap 2:00-4:30	Lap 2:00-6:00	Lap 2:00-4:30	Lap 2:00-6:00	Open Swim 2:00-4:30	Open Swim 2:00-5:00	Open Swim 1:00-6:00
2:00-2:30							
2:30-3:00	Swim Lessons 3:00-4:30	Swim Team 4:00-5:00	Swim Lessons 3:00-4:30	Swim Team 4:00-5:00	Child Care 3:00-4		
3:00-3:30							
3:30-4:00	Swim Team 4:00-7:30	Swim Lessons 4:30-7:30	Swim Team 4:00-5:00	Swim Lessons 4:30-7:30	Swim Team 4:00-7:30		Swim Team 4:30-6:30
4:00-4:30							
4:30-5:00							
5:00-5:30	Open Swim 7:00-8:30	Water Ex 7:30-8:30	Prenatal Water X 7-8	Adult 7:30-8	Water Ex 7:30-8:30	Open Swim 7:00-9:00	Water Ex 6:30-7:30
5:30-6:00							
6:00-6:30	Lap (adult 14+years) 7:30-9:45	Lap (adult 14+years) 8:30-9:45	Lap (adult 14+years) 7:30-9:45	Lap (adult 14+years) 8:30-9:45	Lap (adult 14+years) 9:00-9:45		
6:30-7:00							
6:30-7:00	Closed at 9:45 pm Monday - Friday					Closed 5:45pm	Closed 7:45pm
7:00-7:30							
7:30-8:00							
8:00-8:30							
8:30-9:00							
9:00-9:30							
9:30-10:00							

No diving into the pool will be allowed (except Y Programs). All Children under 8 years must be accompanied by an adult at all times.

LAP: 14 years of age and older. Circle swimming pattern used. Swimmers may be asked to change to a different lane, based upon swimming ability, by the lifeguard on duty. Exercises may be done in the slow lane against the wall - be cautious of LAP swimmers. Those under age 14 may be approved to swim LAPs by showing lifeguards the ability to swim continuous lengths of pool and follow LAP rules. They must check in with the lifeguard each time they come to swim. Adult lap swimming during evening times is for 14+ yrs lap swimmers.

Open Swim: All children under 14 years old must pass the swim test to swim without an adult (18+). Maximum 2 non-swimmers per adult.

Water Ex: Some width space that the class is not using may be available for **quiet** exercise depending on class size. *Please check with the lifeguard.*

Hot Area: Age 14 and over may use the pool and hot area during the regular schedule. Children ages 6 to 13 may use the hot area if accompanied into the area by an adult (age 18+). **Children under 6 are not allowed in the hot area at any time.**

SCHEDULE MAY CHANGE WITHOUT NOTICE DUE TO SPECIAL EVENTS, TRAINING OR MAINTENANCE