

# AQUATICS

	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
5:00	(2 Lanes)	(2 Lanes)		(2 Lanes)	(2 Lanes)		(2 Lanes)	(2 Lanes)		(2 Lanes)	(2 Lanes)		(2 Lanes)	(2 Lanes)	
6:00	Lap Swim	Master's 5:15 - 6:30	Water Walking 5:00 - 9:00	Lap Swim	Lap Swim	H2O Fitness 6:00 - 7:00	Lap Swim	Master's 5:15 - 6:30	Water Walking 5:00 - 9:00	Lap Swim	Lap Swim	H2O Fitness 6:00 - 7:00	Lap Swim	Master's 5:15 - 6:30	Water Walking 5:00 - 9:00
7:00		Lap Swim 6:30 - 9:00				Water Walking 5:00 - 9:00		Lap Swim 6:30 - 9:00				Water Walking 5:00 - 9:00		Lap Swim 6:30 - 9:00	
8:00	Lap Swim	Active Older Adults 9:00 - 10:00		Lap Swim	Active Older Adults 9:00 - 10:00		Lap Swim	Active Older Adults 9:00 - 10:00		Lap Swim	Active Older Adults 9:00 - 10:00		Lap Swim	Active Older Adults 9:00 - 10:00	
9:00		Active Older Adults 9:00 - 10:00			Active Older Adults 9:00 - 10:00			Active Older Adults 9:00 - 10:00			Active Older Adults 9:00 - 10:00			Active Older Adults 9:00 - 10:00	
10:00	Lap Swim	Lap Swim	Swim Lessons & Family Swim 10:00 - 12:00	Lap Swim	Lap Swim	Swim Lessons & Limited Family Swim 10:00 - 12:00	Lap Swim	Lap Swim	Swim Lessons & Family Swim 10:00 - 12:00	Lap Swim	Lap Swim	Swim Lessons & Limited Family Swim 10:00 - 12:00	Lap Swim	Lap Swim	Swim Lessons & Limited Family Swim 10:00 - 12:00
11:00		Lap Swim													
NOON	Lap Swim	Fall Prevention	Arthritis & Injury 12:00 - 1:00	Lap Swim	Senior Swim	Arthritis & Injury 12:00 - 1:00	Lap Swim	Senior Swim	Arthritis & Injury 12:00 - 1:00	Lap Swim	Senior Swim	Arthritis & Injury 12:00 - 1:00	Lap Swim	Senior Swim	Arthritis & Injury 12:00 - 1:00
12:30		Fall Prevention													
1:00	Lap Swim	HomeZone & Family Swim 1:00 - 3:30		Lap Swim	Lap Swim	Special Needs & Recreation Swim 1:00 - 3:30	Lap Swim	HomeZone & Family Swim 1:00 - 3:30		Lap Swim	Lap Swim	Special Needs & Recreation Swim 1:00 - 3:30	Lap Swim	Lap Swim	Recreation Swim 1:00 - 3:30
2:00		HomeZone & Family Swim 1:00 - 3:30						Special Needs & Recreation Swim 1:00 - 3:30							
3:00	Lap Swim	Lap Swim	Family Swim 4:00 - 7:00	Lap Swim	Lap Swim	Swim Lessons 4:00 - 7:00	Lap Swim	Lap Swim	Family Swim 4:00 - 7:00	Lap Swim	Lap Swim	Swim Lessons 4:00 - 7:00	Lap Swim	Lap Swim	Family Swim 4:00 - 7:00
4:00															
5:00	Lap Swim	Aqua Power 7:00 - 8:00		Lap Swim	Lap Swim	Tween Fitness 6:00 - 7:00	Lap Swim	Aqua Power 7:00 - 8:00		Lap Swim	Lap Swim	Tween Fitness 6:00 - 7:00	Lap Swim	Lap Swim	Recreation Swim 7:00 - 9:40
6:00		Aqua Power 7:00 - 8:00						Tween Fitness 6:00 - 7:00							
7:00	Lap Swim	Lap Swim	Recreation Swim 8:00 - 9:40	Lap Swim	Lap Swim	Recreation Swim 7:00 - 9:40	Lap Swim	Lap Swim	Recreation Swim 8:00 - 9:40	Lap Swim	Lap Swim	Recreation Swim 7:00 - 9:40	Lap Swim	Lap Swim	Recreation Swim 7:00 - 9:40
7:30															
8:00	Lap Swim	Lap Swim	Slide open 8:00 - 9:00	Lap Swim	Lap Swim	Slide open 7:00 - 8:30	Lap Swim	Lap Swim	Slide open 8:00 - 9:00	Lap Swim	Lap Swim	Slide open 7:00 - 8:30	Lap Swim	Lap Swim	Slide open 7:00 - 8:30
8:30															
9:00	Lap Swim	Lap Swim	Slide open 8:00 - 9:00	Lap Swim	Lap Swim	Slide open 7:00 - 8:30	Lap Swim	Lap Swim	Slide open 8:00 - 9:00	Lap Swim	Lap Swim	Slide open 7:00 - 8:30	Lap Swim	Lap Swim	Slide open 7:00 - 8:30
9:45															

	SATURDAY			SUNDAY		
8:00	Lap Swim	H2O Fitness		Facility Closed Open at 10:00am		
9:00		Swim Lessons 9:00 - 12:00		Lap Swim	Water Walking	
10:00	8:00 - 5:45	Swim Lessons 9:00 - 12:00		Lap Swim	Family Swim 11:00 - 1:00	
11:00		Swim Lessons 9:00 - 12:00			Family Swim 11:00 - 1:00	
NOON	Lap Swim	Water Walking 12:00 - 1:00		10:00 - 4:45	Recreation Swim 1:00 - 4:45	
12:30		Water Walking 12:00 - 1:00			Recreation Swim 1:00 - 4:45	
1:00	Lap Swim	Recreation Swim 1:00 - 5:45		Lap Swim	Slide open 2:00 - 4:30	
2:00		Recreation Swim 1:00 - 5:45			Slide open 2:00 - 4:30	
3:00	Lap Swim	Slide open 1:30 - 4:00		Lap Swim	Swim Team 5:00 - 6:00	
4:00		Slide open 1:30 - 4:00			Swim Team 5:00 - 6:00	
5:00	Lap Swim	Slide open 1:30 - 4:00		Lap Swim	Swim Team 5:00 - 6:00	
6:00		Slide open 1:30 - 4:00			Swim Team 5:00 - 6:00	

## WHAT'S NEW!

Swim Team Practice Wednesdays, Fridays 4:30-6:30, Sundays 5-6  
Special Needs Swim Tuesdays 1-3:30

## ABOUT THE POOL

Pool Temperature: 82-85 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 MORE INFORMATION CONTACT:

**Becky Vrieland**, Aquatics Director  
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**Sean Klever**, Director of Total Health Operations  
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For questions regarding our Aquatic Programs, please contact Becky Vrieland, Aquatics Director at 206-569-7006 or bvrieland@seattleyymca.org.

### **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 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. are used for conditioning.

### **Aqua Power**

A higher intensity level, deep & shallow water workout consisting of aqua jogging, intervals and more to pump up your heart and strengthen your body!

### **Lap Swim**

There will always be at least one lap lane available. 14 years of age or older required when not a "family" or "rec" time as well. 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), pass lap swimming test administered by a lifeguard. 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.

### **Senior Swim**

Two lanes are reserved at this time. Seniors are encouraged to swim laps or water walk. This runs concurrent with the Arthritis & Injury class for those who seek more autonomy and less structure than the class setting.

### **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.

### **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 9-11 who pass the swim test must remain the facility; parents of children 8 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.

### **Special Needs Swim**

While always welcome, this time is designed to be especially designed for our members with special needs to come swim.

### **\$ Fall Prevention Class**

This class, taught by an occupational therapist, focuses on balance and lower extremity strength to help prevent falling. Pre and post testing is done for each session.

### **\$ Home Zone & Kid's U**

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

### **\$ Swim Team**

The Dale Turner Family YMCA swim team pro-vides 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 (Puget Sound Swimming Association) league, comprised of 13 North-west YMCA teams.

### **\$ 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.

\$ 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 7 are not allowed to use the spa. Children 7-15 must be accompanied by an adult.
- No diving, underwater submersion, shaving, swimming or exercising.
- If you have any health condition please consult your physician before using the spa.
- Please limit your usage to 15 minutes at a time.