


POOL SCHEDULE: SEPT 5TH – DEC 18TH 2009

TIME	MON		TUES		WED		THURS		FRI		SAT		SUN		
5:30-6:00	Masters 5:30-6:40		Swim Team		Masters 5:30-6:40		Swim Team		Masters 5:30-6:40				 YMCA OF GREATER SEATTLE We build strong kids, strong families, strong communities.		
6:00-6:30			5:30-6:40						5:30-6:40						
6:30-7:00	Lap 5:30-8:30		Lap 5:30-7:30		Lap 5:30-8:30		Lap 5:30-7:30		Lap 5:30-8:30		Swim Team 7-8:30			Lap 7-8:30	
7:00-7:30			Water Exercise 7:30-8:15				Water Exercise 7:30-8:15								
7:30-8:00															
8:00-8:30															
8:30-9:00	Water Exercise 8:30-9:30		Water Exercise 8:15-9, 9-10:00		Water Exercise 8:30-9:30		Water Exercise 8:15-9, 9-10:00		Water Exercise 8:30-9:30		Water Exercise 8:30-9:30				
9:00-9:30															
9:30-10:00	Swim Lessons 9:30-11:30		Swim Lessons 9-10:30		Swim Lessons 9:30-11:30		Swim Lessons 9-10:30		Adult III Lesson		Swim Lessons 9:30-11:30			Lap 10-8	
10:00-10:30			Lap				Lap		Parent Tot 9:30-11		Lap 9:30-11				
10:30-11:00			Arthritis Water Ex 11-11:45				Arthritis Water Ex 11-11:45								
11:00-11:30	Parent Tot 11:30-12				Parent Tot 11:30-12				Lap 9:30-1						
11:30-12:00											Lap 9:30-6				
12:00-12:30	Lap 9:30-1		Lap 10-1		Lap 9:30-1		Lap 10-1								
12:30-1:00															
1:00-1:30	Arthritis Water Ex 1-2		Arthritis Water Ex 1-2		Arthritis Water Ex 1-2		Arthritis Water Ex 1-2		Arthritis Water Ex 1-2		Adult I Lesson		Open 1-6		
1:30-2:00															
2:00-2:30	Lap 2-4:30		Lap 2-6		Lap 2-4:30		Lap 2-6		Open 2-4:30		Open 2-5:30				
2:30-3:00									Lap 2-4:30						
3:00-3:30	Swim Lessons 3-4:30				Swim Lessons 3-4:30				Child Care 3-4						
3:30-4:00															
4:00-4:30			Swim Team 4-5				Swim Team 4-5								
4:30-5:00	Swim Team 4:00-7:30				Swim Team 4:00-7:30				Swim Team 4:00-7:30		Parent tot 4:30-5:30				
5:00-5:30															
5:30-6:00															
6:00-6:30			Swim Lessons 4:30-7:30				Swim Lessons 4:30-7:30								
6:30-7:00															
7:00-7:30															
7:30-8:00	LAP Open 7-8:30		Water Exercise 7:30-8:30		Adult II 7:30-8:00		LG Class		Water Exercise 7:30-8:30		Open 7-9				
8:00-8:30															
8:30-9:00															
9:00-9:30	Lap (adult 14+ yrs) 7:30-10		Lap (adult 14+ yrs) 8:30-10		Lap (adult 14+ yrs) 7-10		Lap (adult 14+ yrs) 8:30-10		Lap (adult 14+ yrs) 9-10						
9:30-10:00															
10:00	Closed at 10:00 pm														

No diving into the pool will be allowed (except in swim lessons and swim team). 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.

Parent/Tot: Parents with child(ren) through age 6. Parent(s) free with child's membership or child free with parent membership. Does not apply to daily memberships.

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.**

** Please allow 5 minutes set-up time when Nobody is allowed in the pool for Lifeguards to change pool configuration when needed.

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