

# Recreation Pool Schedule Effective Feb 5 - March 25, 2007

**Auburn Valley YMCA**  
**1620 Perimeter Rd SW**  
**Auburn, WA 98001**  
**(253) 833-2770**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
5 - 6:30 Lap 6	5 - 8 Lap 6	5 - 6:30 Lap 6	5 - 8 Lap 6	5 - 6:30 Lap 6				
6:30 - 7 Early Birds Lap 3		6:30 - 7 Early Birds Lap 3		6:30 - 7 Early Birds Lap 3				
7 - 8 Lap 6		7 - 8 Lap 6		7 - 8 Lap 6				
8 - 9 Water Workout Dorothy Lap 3	8 - 9 Water Workout Jennifer Lap 3	8 - 9 Water Workout Dorothy Lap 3	8 - 9 Water Workout Dorothy Lap 3	8 - 9 Lap 6				
9 - 10 Water Aerobics Dorothy Lap 3	9 - 10 Water Aerobics Jennifer Lap 3	9 - 10 Water Aerobics Dorothy Lap 3	9 - 10 Water Aerobics Jennifer Lap 3	9 - 10 Water Aerobics Dorothy Lap 3			9 - 10 Water Aerobics Sandy Lap 3	
10 - 11 Open Swim Lap 3	10 - 12 Lessons *** Lap 2 (Feb 20 - open swim)	10 - 11 Open Swim Lap 3	10 - 12 Lessons *** Lap 2 (Feb 22 - open swim)	10 - 11 Open Swim Lap 3			10 - 11:30 Swim Lessons	
11 - 12 Sassy Seniors Lap 3	12 - 1 Lap 6	11 - 12 Sassy Seniors Lap 3	12 - 1 Lap 6	11 - 12 Sassy Seniors Lap 3			11:30 - 6 Open Swim Lap 2 1 - 6 Slide	11 - 12 Lap 6
12 - 1 Lap 6	1 - 2 Lap 2 (Feb 20 Adult swim)	12 - 1 Lap 6	1 - 2 Lap 2 (Feb 22 - Adult Swim)	12 - 1 Lap 6				12 - 1 Family Swim Lap 3
1 - 4 Open Swim Lap 2	2 - 5 *** Open Swim Lap 2 4 - 5 slide	1 - 4 Open Swim Lap 2	2 - 5 *** Open Swim Lap 2 4 - 5 slide	1 - 4 *** Open Swim Lap 2				1 - 2 Swim Lessons
4 - 5 Swim Team		4 - 5 Swim Team		4 - 5 Swim Team				2 - 4:30 Open Swim with slide
5 - 6 Lap 6 (14 & up)		5 - 6 Lap 6 (14 & up)		5 - 6 Lap 6 (14 & up)		4:30 - 6 Family Swim		
6 - 7 Swim Lessons	5 - 6:30 Swim Lessons	6 - 7 Swim Lessons	5 - 6:30 Swim Lessons	6 - 8 Family Swim 6 - 7 Slide L - 2				
7 - 8 Water Aerobics Terri Lap 3	6:30 - 8 Open Swim with slide Lap 2	7 - 8 Water Aerobics Bonnie Lap 3	6:30 - 8 Open Swim with slide Lap 2					
8 - 9 Lap 6	8 - 9 Lap 6	8 - 9 Lap 6	8 - 9 Lap 6	8 - 9 Lap 6		Revised 1-29-07		

**Water Workout** - Water exercise class designed to help maintain cardiovascular strength by utilizing the water's buoyancy and resistance. Level 2 & 3 class

**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. Level 1 & 2 class

**Sassy Seniors** - Water exercise class to strengthen muscles, increase flexibility and provide a cardiovascular workout. Level 1

**Deep Water Aerobics** - Water resistance is used to give you a great NO impact cardiovascular workout. Water dumbbells and gloves are used to work the upper body and promote strength conditioning. Pool depth will be 5 1/2 foot. All Levels

**Arthritis** - Class designed to emphasize range of motion and increase mobility and balance. Class accredited by the Arthritis Foundation.

**Early Birds** - Water basketball after completing calisthenics and running.

**Family Swim** - Enjoy a time just for families. During this scheduled activity any adult, 18 years or older must accompany children in the water.

**Lap lanes are not available during swim lessons or swim team.**

## Pool Parties

Looking for a new way to celebrate? Try a pool party with the new Viking Ship. The Viking Ship is a sealed stationary inflatable to be used in the Recreation pool. Pool Parties could include Viking Ship, the slide, the activity pool, the recreational pool, the spa, or any of the above variations. All parties include the spa for guests to enjoy who are over 14 years old. Pool parties are available in one hour time blocks on Saturdays at 6:30 or 7:45 pm, and 6:30 pm on Sundays. All parties include certified lifeguards.

**Swim Test** - Anyone under the age of 14 has to pass the swim test to swim in the pools alone. If a child is swimming with a parent the child has to be within arms reach of the parent.

# Activity Pool Schedule Effective Feb 5 - March 25, 2007

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6 - 7 Adult Swim 3 1/2 foot		6 - 7 Adult Swim 3 1/2 foot		6 - 7 Adult Swim 3 1/2 foot		
7 - 8 Adult Swim 5 1/2 foot	7 - 8 Adult Swim 5 1/2 foot	7 - 8 Adult Swim 5 1/2 foot	7 - 8 Adult Swim 5 1/2 foot	7 - 8 Adult Swim 5 1/2 foot		
8 - 9 Deep Aerobics Stella	8 - 9 Deep Aerobics Adrienne	8 - 9 Deep Aerobics Adrienne	8 - 9 Deep Aerobics Adrienne	8 - 9 Deep Aerobics Adrienne		
9 - 10 Arthritis Gail	9 - 10 Deep Aerobics Adrienne	9 - 10 Arthritis Gail	9 - 10 Deep Aerobics Adrienne	9 - 10 Arthritis Gail	9 - 10 Adult Swim 5 1/2 foot	
10 - 11 Arthritis Gail	10 - 11 Swim Lessons	10 - 11 Arthritis Gail	10 - 11 Swim Lessons	10 - 11 Arthritis Gail	10 - 11:30 Swim Lessons	
11 - 12 Wade Swim 2 foot		11 - 12 Wade Swim 2 foot		11 - 12 Wade Swim 2 foot	11:30 - 2 Wade Swim 1 1/2 foot	11 - 1 Family Swim 3 foot
1 - 2 Swim Lessons	1 - 2 Arthritis Patti	1 - 2 Swim Lessons	1 - 2 Arthritis Patti	1 - 2 Adult Swim 5 1/2 foot		1 - 2 Swim Lessons
2 - 3 Wade Swim 1 1/2 foot	2 - 5 Open Swim 3 foot	2 - 3 Wade Swim 1 1/2 foot	2 - 5 Open Swim 3 foot	2 - 6 Open Swim 3 foot	2 - 6 Open Swim 3 foot	2 - 4:30 Open swim 3 foot
3 - 4 Deep Aerobics Agnes		3 - 4 Deep Aerobics Agnes				4:30 - 6 Family Swim 2 foot
4 - 5 Open Swim 3 1/2 foot	5 - 6:30 Swim Lessons	4 - 5 Open Swim 3 1/2 foot	5 - 6:30 Swim Lessons			
5 - 7 Swim Lessons	6:30 - 7 Wade Swim 2 foot	5 - 7 Swim Lessons	6:30 - 7 Wade Swim 2 foot	6 - 7 Family Swim 3 foot		
7 - 8 Deep Aerobics Jessica	7 - 8 Deep Aerobics Mary	7 - 8 Deep Aerobics Mary	7 - 8 Deep Aerobics Jennie	7 - 8 Deep Aerobics Venefia		
						Revised 1-29-07

## Pool Rules

- Please take a soap shower before entering the water.
- Street shoes are to be left in the locker room.
- Walk on the pool deck.
- Horseplay or rough play is not allowed.
- Twisting jumps or flips are not allowed.
- Food, Gum, and Beverages are not allowed.
- Persons with communicable diseases may not swim.
- Persons under the influence of alcohol or drugs are not allowed in the pool.
- Diving is not permitted.
- Children unable to pass the swim test and under 4'6 must have an adult companion in the water at all times. This rule also applies for going down the slide and using Treasure Island.
- Children 3 and younger must wear a swim diaper or plastic pants when in the water.
- Blow up flotation devices made from thin plastic are not allowed.
- Jeans, cut-offs or light colored clothes, can not be worn as swim attire.
- Anyone who refuses to obey the aquatic staff can be removed from the premises.

## Mat Rules

- Jumping from the walls on to the mats is not permitted. Enter the water then climb onto the mat.
- Standing on, kneeling on or swimming underneath the mats is not allowed.
- One mat per person, with no more that 2 people on top of a mat.
- Please do not stack the mats on top of each other in the pool.
- Only 4 mats are allowed in the activity pool at one time.

## Slide Rules

- No standing, kneeling, tumbling, horseplay, or stopping in slide tubes.
- Diving from the slide tube is not permitted.
- One person on the slide at a time.
- Please leave the slide exit area immediately.
- Please slide in a feet first sitting position facing forward.
- The minimum weight is 40lbs and the maximum weight is 200lbs.