

AQUATICS

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY		
MORNING									
5	Lap Swim 5-5:55	Lap Swim 5-8:55	Lap Swim 5-5:55	Lap Swim 5-8:55	Lap Swim 5-5:55	Lap Swim 7-9:55	Lap Swim 7-9:55		
6	Masters Swim 6-7:25		Masters Swim 6-7:25	Masters Swim 6-7:25					
7	Lap Swim 7:30-8:25		Lap Swim 7:30-8:25	Lap Swim 7:30-8:25					
8	Deep Water Fit 8:30-9:25		Deep Water Fit 8:30-9:25	Deep Water Fit 8:30-9:25					
9	Water Fit 9:30-10:25	Water Fit 9-9:55	Water Fit 9:30-10:25	Water Fit 9-9:55	Water Fit 9:30-10:25				
10	Swim Lessons 10:30-11:30	Lap Swim*2 10:30-11:30	Swim Lessons 10-11	Lap Swim*2 10-11	Swim Lessons 10-11	Lap Swim*2 10-11	Family Swim*1 10:30-11:25	Swim Lessons 10-12	Swim Lessons 10-12
AFTERNOON									
12	Lap Swim 11:30-12:55	Lap Swim 11-3:55	Lap Swim 11:30-12:55	Lap Swim 11-3:55	Lap Swim 11:30-12:55	Family Swim 12:05-3:25	Family Swim 12:05-3:25		
1	Family Swim 1-1:55		Lap Swim*2 1-1:55	Family Swim 1-1:55	Lap Swim*2 1-1:55			Family Swim 1-1:55	Lap Swim*2 1-1:55
2	Senior Fit 2-2:55		Senior Fit 2-2:55	Senior Fit 2-2:55					
3	Family Swim 3-4:55	Family Swim 3-3:55	Lap Swim*2 3-3:55	Family Swim 3-4:55	Family Swim 3-3:55	Lap Swim*2 3-3:55	Family Swim 3-3:55	Lap Swim 3:30-6:45	Lap Swim 3:30-4:55
EVENING									
4	Family Swim 3-4:55	Swim Lessons 4-6	Swim Team 4-6	Family Swim 3-4:55	Swim Lessons 4-6	Swim Team 4-6	Swim Team 4-6	Lap Swim 3:35-6:45	Lap Swim 3:35-4:55
5	Lap Swim 5-6 <i>All lanes</i> 6-6:30 <i>2 lanes</i>			Lap Swim 5-6 <i>All lanes</i> 6-6:30 <i>2 lanes</i>					
6	Swim Team 6-6:30 <i>2 lanes</i> 6:30-8:30 <i>All lanes</i>	Swim Team 6-8	Swim Team 6-8	Swim Team 6-6:30 <i>2 lanes</i> 6:30-8:30 <i>All lanes</i>	Swim Team 6-8	Swim Team 6-8	Lap Swim 6-6:55	Lap Swim 3:35-6:45	Lap Swim 3:35-4:55
7				Family Swim 7-8:30					
8	Adult Lap Swim 8:35-9:45			Water Fit*1 8:05-9			Adult Lap Swim 8:35-9:45		
9		Adult Lap Swim 9:05-9:45		Adult Lap Swim 9:05-9:45					

**Indicates available lanes for lap swim.
 **Bellevue Eastside Swim Team practices after hours on Sunday; the YMCA still closes at 7 p.m.
 Although it is always our intention to follow the scheduled format, the schedule may change without notice when necessary. Classes with low attendance may be removed from the schedule. We appreciate your cooperation. See back for class descriptions. See Group Exercise & Gym schedule for other fitness activities.*



AQUATIC DESCRIPTIONS

FAMILY SWIM. The whole family is welcome during our family swim hours. One lap lane available when participant numbers permit.

DEEP WATER AEROBICS. Water resistance is used to give you a great NO impact cardiovascular workout in the deep end of the pool, feet do not touch the bottom, and flotation belts are provided for comfort and safety. Maximum class size is 30. If class size is less than 12 participants a lap lane may be added.

WATER FIT. Walking, running, jumping and a variety of aerobic movements are performed 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 is used for conditioning. Class size maximum is 30. If class size is less than 12 participants a lap lane may be added.

SENIOR FIT. Water resistance is used to give you a great low impact cardiovascular workout in the pool, flotation belts may be provided for comfort and safety. The class will help you maintain your cardiovascular strength by utilizing the water buoyancy and resistance, all while having fun with a great bunch of people. Maximum class size is 30. If class size is less than 12 participants a lap lane may be added.

LAP SWIM. Fitness swimming in 2 to 4 lanes, circle swimming is required. Slow lanes can be used for water walking. No children under the age of 14 allowed during lap swim, unless they can pass a lap swim test of 200 continuous yards.

SWIM LESSONS. The pool is utilized for group swim lessons from youth to adult. One lap lane available when participant numbers permit.

POOL RULES

- No street shoes on pool deck.
- A cleansing shower is required before entering the pool.
- Children 6 & under and/or under 4 feet tall, must be accompanied by an adult in the water with them regardless of flotation devices or swim ability.
- Persons under 16 years old must pass a deep end test in order to swim in the deeper water without adult supervision. Please see the lifeguard for a test.

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Pool Rules Continued...

- Appropriate bathing attire is required. Jeans, cut-offs or light colored clothes & underwear can not be worn to swim in.
- Kickboards, pull buoys, water walking belts, barbells, flippers & hand paddles are for lap swim & swim exercise only, not for recreational use.
- During family swims, noodles are not allowed in the deep end.
- Children unable to pass the swim test must have an adult companion in the deep end with them at all times.
- Inflatable flotation devices are not permitted.
- No running or horseplay.
- No diving in shallow end.
- No food, gum or drinks in the pool area.
- Pool use by persons with a communicable disease is prohibited.
- Pool use by persons under the influence of drugs or alcohol is prohibited.
- Children 3 and younger must wear a swim diaper or plastic pants when in the water.
- Please remember to listen to the lifeguards.
- Persons refusing to obey the rules are subject to removal from the premises.
- Maximum number of swimmers in the pool: 80.

HOT TUB & SAUNA RULES

- A cleansing shower is required before entering whirlpool or sauna.
- Use time should be limited to under 10 minutes.
- No children under 6 years of age allowed in the whirlpool or sauna.
- Children under the age of 14 must have an adult supervising them in the whirlpool.
- No children under 14 years of age allowed in the sauna.
- Pregnant women, persons with heart, diabetic, or medical conditions should consult their physician prior to using the sauna or whirlpool.
- No exercise in the sauna or whirlpool.

CONTACT INFORMATION

Melissa Chamberlin, Aquatics Director
425-746-9077 ext. 3215
mchamberlin@seattlemca.org