

# POOL SCHEDULE

## SAMMAMISH FAMILY YMCA

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6:00-8:00						
8:00-9:00	Water Fitness 8:00-9:00am	Adult Lap Swim 6:00-10:00am	Water Fitness 8:00-9:00am	Adult Lap Swim 6:00-10:00am	Water Fitness 8:00-9:00am	
9:00-10:00	Adult Lap Swim 9:00-10:00am		Adult Lap Swim 9:00-10:00am		Adult Lap Swim 9:00-10:00am	Adult Lap Swim 9:00-10:00am
10:00-12:00						
12:15-1:00						Community Swim* 12:15-1:00pm \$3.00 per swimmer
1:30-3:50						
4:00-5:00	Pre-Competitive Youth Swim Team 4:00-5:00pm	Pre-Competitive Youth Swim Team 4:00-5:00pm	Pre-Competitive Youth Swim Team 4:00-5:00pm	Pre-Competitive Youth Swim Team 4:00-5:00pm	Pre-Competitive Youth Swim Team 4:00-5:00pm	
5:00-6:00	Youth Swim Lessons 5:00-7:15pm	Youth Swim Lessons 5:00-7:15pm	Youth Swim Lessons 5:00-7:15pm	Youth Swim Lessons 5:00-7:15pm	Adult Swim Lessons 5:15-6:00pm	
6:00-7:15					Community Swim 6:00-8:00pm* \$3.00 per swimmer	
7:15-8:15	Facility Member Family Swim 7:15-8:15pm	Facility Member Family Swim 7:15-8:15pm	Facility Member Family Swim 7:15-8:15pm	Facility Member Family Swim 7:15-8:15pm		

\*Community Swim on Friday evening and Saturday afternoon are open to program members and the public for **\$3.00 per swimmer**. Facility members are free. Please pay downstairs at the fitness desk— credit, check or exact cash.

### Water Fitness Group Exercise Class

**WHEN:** M/W/F 8:00-9:00 AM  
**COST:** Free to facility members  
 Non-members/program members \$8.00 per day

#### ALL ABILITIES

Come join Juli or Pat as they teach a fun, upbeat class appropriate for all levels! Increase your cardiovascular fitness, as well as improve your overall strength. The water provides support for the body, so the impact on joints is greatly reduced. This class takes advantage of both the shallow and deep water.

### NEW- Adult Group Swim Lessons

**WHEN:** Fridays from 5:15-6:00 pm for 5 week sessions  
**COST:** \$45.00 for Facility Members  
 \$90.00 for Program Members

#### BEGINNERS ONLY PLEASE

Learn how to swim during our Adult Group Swim Lessons! Designed for beginners to intermediates, we are here to help you in a non-threatening environment free from the hustle and bustle of open swim or children's lessons. Please contact Zack Lisson at [zlisson@seattleyymca.org](mailto:zlisson@seattleyymca.org) or call for more information!

**SAMMAMISH FAMILY YMCA  
 AQUATICS PROGRAMS**

