

# AQUATICS

MON	TUES	WED	THUR	FRI	SAT	SUN
Lap* & Masters Swim Team 5-6:30 am	Lap* & Masters Swim 5-6:30 am	Lap* & Masters Swim Team 5-6:30 am	Lap* & Masters Swim Team 5-6:30 am	Lap* & Masters Swim Team 5-6:30 am	<b>CLOSED</b>	<b>CLOSED</b>
Lap & WW 6:30-9 am	Lap & WW 6:30-9 am	Lap & WW 6:30-8 am MS Aquatics & Lap* 8-9 am	Lap & WW 6:30-9 am	Lap & WW 6:30-9 am	Lap & WW 7-7:55 am Shallow Water Aerobics & Adult Lap* 8-9am	
Shallow Water Aerobics & Adult Lap* 9-10 am 1 lap lane avail.	Silver Splash® & Adult Lap* 9-10 am 1 lap lane avail.	Shallow Water Aerobics & Adult Lap* 9-10 am 1 lap lane avail.	Silver Splash® & Adult Lap* 9-10 am 1 lap lane avail.	Shallow Water Aerobics & Adult Lap* 9-10 am 1 lap lane avail.	Classes & Adult Lap* 1 lap lane avail. 9-12 pm	Adult Lap* & WW 9-12 pm
Family Swim, Classes, & Lap* 10-12 pm Arthritis 11-12 pm	Family Swim, Classes, & Lap* 10-12 pm	Family Swim, Classes, & Lap* 10-12 pm Arthritis 11-12 pm	Family Swim, Classes, & Lap* 10-12 pm	Family Swim, Classes, & Lap* 10-12 pm		
Adult Lap*, Senior Swim & Arthritis Class 12-1 pm	Adult Lap*, Senior Swim & Arthritis Class 12-1 pm	Adult Lap*, Senior Swim & Arthritis Class 12-1 pm	Adult Lap*, Senior Swim & Arthritis Class 12-1 pm	Adult Lap*, Senior Swim & Arthritis Class 12-1 pm	Adult Lap & Senior Swim 12-12:55 pm	Family Swim & Lap* 12-1 pm
Classes, Rec Swim & Lap* 1-3:30 pm	Classes, Rec Swim & Lap* 1-4 pm	Classes, Rec Swim & Lap* 1-3:30 pm	Classes, Rec Swim & Lap* 1-4 pm	Classes, Rec Swim & Lap* 1-4 pm	Treasure Island & Lap* 1 lap lane avail. 1:10-3 pm	Rec Swim, Lap* & Classes 1-5:45 pm
Classes & Adult Lap* 1 lap lane avail 3:30-7 pm	Swim Team & Adult Lap* 2 lap lanes avail. 4-7 pm	Classes & Adult Lap* 1 lap lane avail. 3:30-7 pm	Swim Team & Adult Lap* 2 lap lanes avail. 4-7 pm	Swim Team & Adult Lap* 2 lap lanes avail. 4-7 pm	Rec Swim & Lap* 3-6:45 pm	
Rec Swim & Lap* 7-9 pm	Aqua Power & Adult Lap* 1 lap lane min. 7:05-8:05 pm	Family Swim & Lap* 7-8 pm	Aqua Power & Adult Lap* 1 lap lane min. 7:05-8:05 pm	Rec Swim & Lap* 1 Lap lane min. 7:05-9:45 pm	<b>CLOSED</b>	<b>CLOSED</b>
	Rec Swim & Lap* 8:05-9 pm	Rec Swim & Lap* 8-9 pm	Rec Swim & Lap* 8:05-9 pm			
Adult Lap & WW 9-9:45 pm	Adult Lap* & Masters Swim Team 2 lap lanes min. 9-9:45 pm	Adult Lap & WW 9-9:45 pm	Adult Lap* & Masters Swim Team 2 lap lanes min. 9-9:45 pm			

**WW = WATER WALKING**

**Transition Time:** Please be advised that a 5 minute transition time is necessary before &/or after each program to accommodate the needs of all pool activities.

NO STREET SHOES IN SHOWERS OR ON THE POOL DECK - PLEASE DO NOT USE CELL PHONES IN THE LOCKER ROOMS OR ON THE POOL DECK - SOAP SHOWERS REQUIRED PRIOR TO ENTERING THE POOL AND THE WHIRLPOOL.

NORTHSHORE YMCA

SCHEDULE EFFECTIVE NOVEMBER 1- DECEMBER 18, 2009



## LAP

There will always be at least one lap lane available. 12 years of age or older recommended, 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 (May be used for additional programming if needed.)

## OTHER PROGRAMS & LAP\*

Number of lanes will be determined by program size/number of participants. At least 1 lane is available during these times. All lap rules apply (see above).

## ADULT LAP

18 years of age and older desiring to improve their fitness and skills. During Lap Swim times, when two or more swimmers are in one lane, circle swimming is required!

**NOTE:** This pool can accommodate 4-6 swimmers per lane, PLEASE SHARE THE SPACE! (Please see the lap lane etiquette/rules flyer).

## WATER WALKING (WW)

When all 6 lanes are available, one lane will be reserved for water walking, water jogging and water exercising.

## FAMILY SWIM

Recreational swimming for families. This time is geared toward families with small children. Children under 18 MUST be accompanied by an adult in the water and in the open area.

## RECREATIONAL (REC) SWIM

All ages. Children, 13 years of age and younger MUST be accompanied by an adult in the water who is actively engaged with the child's activity, or must pass a swim test administered by the lifeguard. Please see Swim Test Policy flyer for details. (May be used for additional programming if needed.)

## SENIOR SWIM

This time and space is set aside for older adults. An open area is available for less structured swimming as well as 3-4 lanes of lap.

## WHIRLPOOL/HOT TUB

For your child's health and safety, and due to Health Dept. Regulations, those under 7 are NOT allowed. NO EXCEPTIONS! Those 7-14 must be accompanied by an adult in the whirlpool.

**NOTE:** If you are bringing in a group of 10 or more, prior arrangements must be made with the Aquatics Department. No inflatable devices of any kind unless US Coast Guard approved.

## ABOUT THE POOL

Pool Temperature: 83 - 85 degrees

Spa Temperature: 100 - 102 degrees

Shallow Area Depth: 3' - 4' deep

Deep Area Depth: 4'-6' deep

Main chemicals in the pool - Chlorine & CO<sub>2</sub>

We have stairs and a seated lift to help with Pool entries & exits.

Anyone using the Pool or Spa must be able to enter and exit without assistance from the YMCA Aquatic (or other) Staff, or bring someone with to assist them.

## HEALTH INFORMATION

Please keep your child at home for:

- Band-Aids covering open wounds (bleeding or oozing fluids).
- Green mucus or yellow discharge from the nose.
- Had a fever, vomited or had diarrhea in the last 48 hours.
- Headache, earache, sore throat, listlessness or loss of appetite.
- Had shots/immunizations that day.
- Sinus or ear infection.

**Everyone is welcome. Financial assistance is available.**

**The YMCA of Greater Seattle** is a charitable, non-profit membership organization serving King and south Snohomish counties since 1876.

## WATER FITNESS CLASSES

### Masters Swim Team

Masters is FREE for members age 18 years and older. It is a coached, non competitive program. We offer an early morning and late evening practice. Come try it out!

### Arthritis Foundation YMCA Aquatic Program

This class is designed for those with limited movement. Program consists of mild water exercises emphasizing range of motion and strength.

### MS Aquatics

This water exercise class is based on an exercise-rest-exercise pattern. We provide optimal exercise conditions for people with weakened limbs, fatigue, and balance challenges. This class promotes strength, stamina, and flexibility. Focus is on physical, emotional and social wellbeing.

### Silver Splash®

Are you looking for a way to start your day off great? Join us in a water exercise class, designed with you in mind. We help you maintain your cardiovascular strength by utilizing the water's buoyancy and resistance, all while having fun with a great bunch of people.

### Aqua Power

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

### Shallow Water Aerobics

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.

**NOTE:** Before starting any new exercise program it is always recommended to consult your physician, go at your own pace and inform your instructor if you have any medical, health or other special concerns or needs.

## SWIM LESSONS

### Parent/Child - Ages 6 - 36 mo.

**H2O-TOTS:** Water Adjustment

**PERCH:** Basic skills

### Preschool - Ages 3 - 5 Years

**PARENT - PIKE:** Beginning skills with parent

**PIKE:** Beginning skills

**EEL:** Advanced Beginning skills

**RAY:** Intermediate skills

**STARFISH:** Advanced skills

### School Age - Ages 6 - 12

**POLLIWOG:** Beginning skills

**GUPPY:** Advanced Beginner skills

**MINNOW:** Intermediate skills

**FISH:** Advanced Intermediate skills

**FLYING FISH:** Advanced skills

**SHARK:** Advanced and creative skills

### Adult - Ages 13+

**Beginner Adult:** Basic skills

**Intermediate Adult:** Technique training

**Advanced Adult:** Fitness training

## WHAT TO WEAR

- A Swim Suit is required for all persons.
- Shirts & Tank tops are not allowed unless they are made of polyester, nylon or spandex.
- Jean & Cotton clothing are prohibited.
- A swim diaper is required for anyone with continence issues. Be aware that swim diapers and swim pants are not a solution for a person with diarrhea or a substitute for frequent diaper changing.
- A swim cap or hair tie is recommended for swimmers with long hair.

## SIX "P-L-E-As" FOR PROTECTION AGAINST RECREATIONAL WATER ILLNESSES (RWIS)

PLEASE don't swim when you have diarrhea...this is especially important for kids in diapers.

PLEASE don't swallow the pool water.

PLEASE practice good hygiene.

PLEASE take your kids on bathroom breaks often.

PLEASE change diapers in a bathroom and not at poolside.

PLEASE wash your child thoroughly (especially the rear end) with soap and water before and after swimming.