

AQUATICS

NOVEMBER 2009 • DOWNTOWN SEATTLE YMCA



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Lap Swim 5:30am-8:30am (All Lanes)	Lap Swim 5:30-6:00am (All Lanes)	Lap Swim 5:30am-8:30am (All Lanes)	Lap Swim 5:30-6:00am (All Lanes)	Lap Swim 5:30am-8:30am (All Lanes)	Lap Swim 7:00-9:00am (All Lanes)
	Master's Swim* 6:00-7:00am (No Lap Lanes)		Master's Swim* 6:00-7:00am (No Lap Lanes)		
	Lap Swim 7:00am-8:30am (All Lanes)		Lap Swim 7:00am-8:30am (All Lanes)		
Lap Swim 11:00am-1:00pm (All Lanes)	Aqua Motion 11:15am – 12:15pm (Shallow End)	Lap Swim 11:00am-1:00pm (All Lanes)	Aqua Motion 11:15am – 12:15pm (Shallow End)	Lap Swim 11:00am-1:00pm (All Lanes)	Lap Swim 10:00-11:45am (All Lanes)
	Lap Swim 11:00am-1:00pm (All Lanes)		Lap Swim 11:00am-1:00pm (All Lanes)		
Lap Swim 4:30pm-7:30pm (All Lanes)	Lap Swim 4:30pm-5:30pm (All Lanes)	Lap Swim 4:30pm-7:30pm (All Lanes)	Lap Swim 4:30pm-5:30pm (All Lanes)	Lap Swim 4:30pm-7:30pm (All Lanes)	Lap Swim 10:00-11:45am (All Lanes)
	Fitness Swim* 5:30-6:30pm (No lanes available)		Fitness Swim* 5:30-6:30pm (No lanes available)		
	Lap Swim 6:30pm-7:30pm (All Lanes)		Lap Swim 6:30pm-7:30pm (All Lanes)		

***These programs are fee-based and require advance registration.**

Although it is always our intention to follow the above format, the pool schedule may change without notice as necessary to better accommodate our members. Please see the Group Exercise and Gym schedules for other activities.

Jesse Channel, Aquatics Coordinator, jchannel@seattleyymca.org

Juliet Boyd, Director of Health and Wellness, jboyd@seattleyymca.org

Fitness Swim: For adults who can swim 50 meters utilizing front crawl (freestyle). The focus of this class is to improve endurance and technique through a guided workout. Swimmers also have the opportunity to learn and improve non-freestyle strokes.

Tuesdays and Thursdays, 5:30 – 6:30pm

Saturdays 9:00 – 10:00am

Monthly fee: \$20 facility members, \$30 program members.

Masters Swim: You don't have to be "fast" to join Masters! Masters is for any adult swimmer interested in a more formalized swim workout. The group is registered with United States Masters Swimming and also offers the opportunity to compete.

Tuesdays and Thursdays, 6:00 – 7:00am

Monthly fee: \$20 facility members, \$30 program members

AQUA MOTION

This multi-dimensional workout emphasizes core stability, range of motion, muscle strength, and flexibility through a series of gentle movements in the water. Our instructors offer a variety of intensity levels and will help you meet your individual goals while working at your own pace.

Tuesdays and Thursdays, 11:15am – 12:15pm

LAP SWIMMING ETIQUETTE

Circle Swimming: Circle swimming is important for everyone's safety and enjoyment. Circle swim counter-clockwise, always staying to the right and leaving room for others to pass on the left. In a single lane, it is best to pass at the end of the lane.

CONTACT INFORMATION

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