



# POOL SCHEDULE July 2006 - Downtown Seattle YMCA

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00 AM	Lap Swim (3) (*)						
6:00 AM	Lap Swim (3)	Masters Swim (No lap swim)	Lap Swim (3)	Masters Swim (No lap swim)	Master's Swim(2) Lap Swim (1)		
7:00 AM						7:00-9:30	
8:00 AM	Lap Swim (3) (*)					Lap Swim (3)	
9:30 AM	Lap Swim (3)	Water Fitness 101 Lap Swim (3)	Lap Swim (3)	Water Fitness 101 Lap Swim (3)	Lap Swim (3)	9:30-12:30 Lessons	
10:00 AM							
11:00	Lap Swim (3) (*)				11:00 – 12:00 Day Camp (Recreational Area)	Lap Swim (1)	
12:00 PM	Water Fitness Lap Swim (2)	Water Fitness Lap Swim (2)	Water Fitness Lap Swim (2)	Water Fitness Lap Swim (2)	Water Fitness Lap Swim (2)	Family Swim (*)	
1:00 PM					1:00 – 2:00 Day Camp (Recreational Area)		
2:00 PM	Lap Swim (3) (*)						Lap Swim (3) (*)
3:00 PM						Lap Swim (3) (*)	Family Swim
4:00 PM						1:30-6:30	
5:00 PM	5pm LESSONS Lap Swim (2)	5:30-6:30 style="background-color: lightgreen;">Water Fitness Lap Swim (2)	5pm LESSONS Lap Swim (2)	5:30-6:30 style="background-color: lightgreen;">Water Fitness Lap Swim (2)			
6:00 PM	Master's Swim(2) Lap Swim (1)	Lap Swim (3)	Master's Swim(2) Lap Swim (1)	Lap Swim (3)	Family Prime Time	Pool closes at 6:30 pm	Pool closes at 6:30 pm
7:00 PM							
8:00 PM	Lap Swim (3) (*)						
9:00 PM							

**Note: (#) is the number of Lap lanes available.** During Master Swim, no lap lanes are available unless specified.  
 (\*) means Family Swim is available in the recreation area during the program.