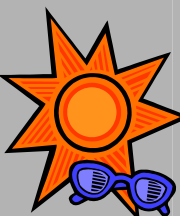


West Seattle Family YMCA 4515 36th Ave SW, Seattle WA 98126 (206) 935-6000  
**SUMMER POOL SCHEDULE: June 19 – September 1, 2006**

TIME	MON	TUES	WED	THURS	FRI	SAT	SUN					
5:30-6:00	Masters 5:30-6:40	Swim Team 5:30-6:40	Masters 5:30-6:40	Swim Team 5:30-6:40	Masters 5:30-6:40	YMCA opens at 7:00 am						
6:00-6:30	LAP	LAP	LAP	LAP	LAP							
6:30-7:00	Lap 5:30-8:30	Lap 5:30-7:30	Lap 5:30-8:30	Lap 5:30-7:30	Lap 5:30-8:30							
7:00-7:30	LAP	Water Exercise 7:30-8:30	LAP	Water Exercise 7:30-8:30	LAP	Swim Team 7-8:30	YMCA opens at 10:00 am					
7:30-8:00		Water Exercise 8:30-9:30		Water Exercise 8:30-9:30		Water Exercise 8:30-9:30		Lap 7-8:30				
8:00-8:30		Water Exercise 8:30-9:30		Water Exercise 8:30-9:30		Water Exercise 8:30-9:30		Water Exercise 8:30-9:30	Water Exercise 8:30-9:30			
8:30-9:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Parent Tot 9:30-11:00	Lessons 9:30-11:30	Lap 10-1pm					
9:00-9:30								Water Exercise 8:30-9:30	Water Exercise 8:30-9:30	Water Exercise 8:30-9:30	Water Exercise 8:30-9:30	Water Exercise 8:30-9:30
9:30-10:00								Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
10:00-10:30	LAP	LAP	LAP	LAP	Class	LAP	Lap 10-1pm					
10:30-11:00								Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
11:00-11:30								Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons
11:30-12:00	Parent Tot 11:30-12	LAP	Parent Tot 11:30-12	LAP	Camp 11-12	Adult Swim Lesson	Lap 10-1pm					
12:00-12:30	Lap 9:30-1		Lap 10:30-1		Lap 9:30-1			Lap 10:30-1	Lap 10:30-1			
12:30-1:00	Lap 9:30-1		Lap 10:30-1		Lap 9:30-1			Lap 10:30-1	Lap 10:30-1			
1:00-1:30	Arthritis Water Ex 1-2	Arthritis Water Ex 1-2	Arthritis Water Ex 1-2	Arthritis Water Ex 1-2	Arthritis Water Ex 1-2	Lap 11:30 – 6 pm	Lap 10-1pm					
1:30-2:00								Arthritis Water Ex 1-2	Arthritis Water Ex 1-2	Arthritis Water Ex 1-2	Arthritis Water Ex 1-2	Arthritis Water Ex 1-2
2:00-2:30	Open 2-4	Open 2-3:30	Camp 2-3	Open 2-3:30	Open 2-4	Open 2-5:30	Open					
2:30-3:00								LAP	LAP	LAP	LAP	LAP
3:00-3:30								LAP	LAP	LAP	LAP	LAP
3:30-4:00	Open 2-4	Open 2-6	Open 2-4	Open 2-6	Open 2-4	Open 2-6	Open 1-6					
4:00-4:30	Swim Team 4-6	Swim Lessons 3:30-6:00	Swim Team 4-6	Swim Lessons 3:30-6:00	Swim Team 4-6	Lap	Lap 1-6					
4:30-5:00								Swim Lessons 6-7:30	Swim Lessons 6-7:30	Swim Lessons 6-7:30	Swim Lessons 6-7:30	
5:00-5:30								Swim Lessons 6-7:30	Swim Lessons 6-7:30	Swim Lessons 6-7:30	Swim Lessons 6-7:30	
5:30-6:00	Class/ Swim Team 6-7	Swim Lessons 6-7:30	Swim Team 6-7	Swim Lessons 6-7:30	Swim Team 6-7	Parent Tot 4:30-5:30	Lap					
6:00-6:30								Swim Lessons 6-7:30	Swim Lessons 6-7:30	Swim Lessons 6-7:30	Swim Lessons 6-7:30	
6:30-7:00								Swim Lessons 6-7:30	Swim Lessons 6-7:30	Swim Lessons 6-7:30	Swim Lessons 6-7:30	
7:00-7:30	Open 7-9	Water Exercise 7:30-8:30	Fitness Swim Class	Water Exercise 7:30-8:30	Open 7-9	Closed at 6:00 pm	Lap 6-8 pm					
7:30-8:00								Water Exercise 7:30-8:30	Water Exercise 7:30-8:30	Water Exercise 7:30-8:30	Water Exercise 7:30-8:30	
8:00-8:30								Water Exercise 7:30-8:30	Water Exercise 7:30-8:30	Water Exercise 7:30-8:30	Water Exercise 7:30-8:30	
8:30-9:00	Lap 9-10	Lap 8:30-10	Lap 6:00-10	Lap 8:30-10	Lap 9-10	YMCA OF GREATER SEATTLE We build strong kids, strong families, strong communities.	closed at 8:00 pm					
9:00-9:30								Lap 8:30-10	Lap 6:00-10	Lap 8:30-10	Lap 9-10	
9:30-10:00								Lap 8:30-10	Lap 6:00-10	Lap 8:30-10	Lap 9-10	
10:00	closed at 10:00 pm											

No diving into the pool will be allowed (except in swim lessons and swim team).

**LAP:** 14 years of age and older. Circle swimming pattern used. Swimmers may be asked to change to a different lane, based upon swimming ability, by the lifeguard on duty. Exercises may be done in the slow lane against the wall - be cautious of LAP swimmers. Those under age 14 may be approved to swim LAPs by showing guard ability to swim continuous lengths of pool and follow LAP rules; however, they must check in with the lifeguard each time they come to swim.

**Open Swim:** All ages; children under 50 inches tall who cannot swim the width of the pool must be accompanied into the water by an adult (18+) at all times.

**Water Ex:** Some width space that the class is not using may be available for quiet exercise depending on class size. Please check with the lifeguard.

**Parent/Tot:** Parents with child(ren) through age 6. Parent free with child's membership or child free with parent membership. Does not apply to daily memberships.

**Hot Area:** Age 14 and over may use the pool and hot area during the regular schedule. Children ages 6 to 13 may use the hot area if accompanied into the area by an adult (age 18+). **Children under 6 are not allowed in the hot area at any time.**

\*\* Please allow 5 minutes set-up time when Nobody is allowed in the pool for Lifeguards to change pool configuration when needed.

**SCHEDULE MAY CHANGE WITHOUT NOTICE DUE TO SPECIAL EVENTS, TRAINING, OR MAINTENANCE**