



AQUATIC CENTER

January 2 - February 5

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Lap Pool	Activity Pool	Lap Pool	Activity Pool	Lap Pool	Activity Pool	Lap Pool	Activity Pool	Lap Pool	Activity Pool	Lap Pool	Activity Pool	Lap Pool	Activity Pool
5 - 6:30 Lap Swim 6	Closed	5 - 8 Lap Swim 6 TriClub 6:30-7:30	Closed	5 - 6:30 Lap Swim 6	Closed	5 - 8 Lap Swim 6 TriClub 6:30-7:30	Closed	5 - 6:30 Lap Swim 6	Closed	Closed	Closed	Closed	Closed
6:30 - 7 Early Birds Lap Swim 3	6 - 8 Adult Swim 5 1/2 ft		6:30 - 7 Early Birds Lap Swim 3	6 - 8 Adult Swim 5 1/2 ft	6:30 - 7 Early Birds Lap Swim 3		7 - 8 Adult Swim 5 1/2 ft	6:30 - 7 Early Birds Lap Swim 3	7 - 8 Adult Swim 5 1/2 ft				
7 - 8 Lap Swim 6			7 - 8 Adult Swim 5 1/2 ft		7 - 8 Lap Swim 6			7 - 8 Adult Swim 5 1/2 ft					
8 - 9 Water Aerobics Lap Swim 3	8 - 9 Aerobics 5 1/2 ft	8 - 9 Water Aerobics Lap Swim 3	8 - 9 Aerobics 5 1/2 ft	8 - 9 Water Aerobics Lap Swim 3	8 - 9 Aerobics 5 1/2 ft	8 - 9 Water Aerobics Lap Swim 3	8 - 9 Aerobics 5 1/2 ft	8 - 9 Water Aerobics Lap Swim 3	8 - 9 Aerobics 5 1/2 ft	8 - 9 Lap Swim 6			
9 - 10 Water Aerobics Lap Swim 3	9 - 10 Arthritis & Injury	9 - 10 Water Aerobics Lap Swim 3	9 - 10 Aerobics 5 1/2 ft	9 - 10 Water Aerobics Lap Swim 3	9 - 10 Arthritis & Injury	9 - 10 Water Aerobics Lap Swim 3	9 - 10 Aerobics 5 1/2 ft	9 - 10 Water Aerobics Lap Swim 3	9 - 10 Arthritis & Injury	9 - 10 Water Aerobics Lap Swim 3	9 - 10 Adult Swim 5 1/2 ft		
10 - 11 Open Swim Lap Swim 3	10 - 11 Arthritis & Injury	10:15 - 11:15 Lessons Lap Swim 2	10 - 10:30 Closed	10 - 11 Open Swim Lap Swim 3	10 - 11 Arthritis & Injury	10:15 - 11:15 Lessons Lap Swim 2	10 - 10:30 Closed	10 - 11 Open Swim Lap Swim 3	10 - 11 Arthritis & Injury	10 - 12 Lessons Lap Swim 2	10 - 12 Lessons Lap Swim 2	11 - 12 Lap Swim TriClub	11 - 12 Lap Swim TriClub
11 - 12 Sassy Seniors Lap Swim 2	11 - 1 Closed		10:30 - 11:45 Wade Swim 2ft	11 - 12 Sassy Seniors Lap Swim 2	11 - 1 Closed		10:30 - 11:45 Wade Swim 2ft	11 - 12 Sassy Seniors Lap Swim 2	11 - 1 Closed				
12 - 1 Lessons Lap Swim 4			11:15 - 12 Open Swim Lap Swim 4	11:45 - 12 Closed	12 - 1 Lap Swim 6	12 - 1 Arthritis & Injury	12 - 1 Lessons Lap Swim 4	12 - 1 Lap Swim 6	12 - 1 Arthritis & Injury	12 - 1 Lap Swim 6	12 - 5 Open Swim w/Slide Lap Swim 2	12 - 2 Wade Swim 2ft	12 - 1 Family Swim Lap Swim 2
1 - 4:30 Open Swim Lap Swim 2	1 - 2 Wade Swim 2ft	1 - 3:15 Open Swim Lap Swim 2	1 - 4 Closed	1 - 2 HOME ZONE Lap Swim 2	1 - 2 Open Swim 3ft	1 - 3:15 Open Swim Lap Swim 2	1 - 3 Closed	1 - 4:30 Open Swim Lap Swim 2	1 - 2 Wade Swim 2ft	1 - 2 Lessons Lap Swim 2			2 - 5 Open Swim 3ft
	2 - 3 Closed	3:15 - 4:15 TEEN X Lap Swim 1		2 - 4:30 Open Swim Lap Swim 2	2 - 3 Closed	3:15 - 4:15 TEEN X Lap Swim 1	3 - 4 Deep Aerobics		3 - 4 Deep Aerobics	3 - 4 Wade Swim 2ft			
4:30-5:30 Lessons SWIM TEAM	4 - 5:30 Wade Swim 2ft		4:30-5:30 Lessons SWIM TEAM	4 - 5:30 Wade Swim 2ft	4:30-5:30 Lessons SWIM TEAM	4 - 5:30 Wade Swim 2ft	4:30-5:30 Lessons SWIM TEAM	4 - 5:30 Wade Swim 2ft	4:30-5:30 SWIM TEAM Lap (short lanes)	4 - 8 Open Swim 3ft			
5:30 - 7 Lessons Lap Swim 1	5:30 - 7 Open Swim 3ft	5:30-7 Lessons Lap Swim 1	5:30 - 7 Open Swim 3ft	5:30-7 Lessons Lap Swim 1	5:30 - 7 Open Swim 3ft	5:30-7 Lessons Lap Swim 1	5:30 - 7 Open Swim 3ft			5 - 6 Open Swim Lap Swim 2	5 - 6 Open Swim 3ft	5 - 6 Open Swim Lap Swim 2	5 - 6 Open Swim 3ft
7 - 8 Water Aerobics Lap Swim 3	7 - 8 Open Swim 3ft	7 - 8 Open Swim w/Slide Lap Swim 2	7 - 8 Aerobics 5 1/2 ft	7 - 8 Water Aerobics Lap Swim 3	7 - 8 Open Swim 3ft	7 - 8 Open Swim w/Slide Lap Swim 2	7 - 8 Aerobics 5 1/2 ft	5:30 - 8 Open Swim w/Slide Lap Swim 2		Closed		Closed	
8 - 9 Lap Swim 6	Closed	8 - 9 Lap Swim 6	Closed	8 - 9 Lap Swim 6	Closed	8 - 9 Lap Swim 6	Closed	8 - 9 Lap Swim 6	Closed				

PROGRAMS

SHALLOW WATER AEROBICS

Walking, running, jumping and a variety of aerobic movements are performed to increase the heart rate and provide a cardiovascular and strength training workout while utilizing the water's buoyancy and resistance.

AEROBICS 5'1/2 ft

Aerobic workout taking full advantage of water resistance to provide an intense cardiovascular workout. Resistance bells and gloves are used to increase strength. Float belts are provided for buoyancy to reduce unwanted impact.

SASSY SENIORS

Water exercise class for strengthening muscles, increasing flexibility and providing a cardiovascular workout.

ARTHRITIS & INJURY

Class designed to emphasize range of motion, increased mobility and balance. This class is great for those with arthritis, injury, limited mobility, and anyone needing a low impact exercise program.

EARLY BIRDS

Water basketball (No instructor - member group).

POOL PARTIES

Big Splash Parties and private pool parties are available. Please contact member services for details.

LAP SWIM ETTIQUETTE

- Circle swimming is necessary and expected when more than two swimmers are present per lane
- When pushing off the wall, swimmers should leave adequate space between other swimmers and be careful not to push off directly in front of someone else. It will be clear to other swimmers that you are resting if you stop on the wall on the left side of the lane. Swimmers not planning to stop will move to their left to pass on the wall and push off on the right side as their direction changes.
- To pass another swimmer, move to the left, pass them, and move back to the right. Faster, more experienced swimmers should watch out for slower swimmers. This means that the slower swimmers including **water walkers** have the "right-of-way". Slower swimmers still need to follow lap swim etiquette, but faster, more experienced swimmers should be able to pass easily with caution.
- When sharing lap lanes, it can be difficult or uncomfortable getting someone's attention. To be effective, start by standing near the lane in hopes that you will be noticed. If you are not noticed, or you are unsure, put your feet in the left side of the lane (in the same place you would stop to rest). By this time, you should have received a sign of acknowledgement from the other swimmer, whether it be stopping to speak with you, moving and staying on one side of the lane, or swimming circles.
- Understand that swimmers may not want to stop to converse because they are in the middle of a workout, but some sort of sign should be recognizable. If you are still unsure, begin swimming, but be cautious until you are sure the other swimmer has noticed you.
- Lap swims are for adults. Exceptions will be made for young adults who are proficient lap swimmers (can swim 100yds non-stop without fins) as determined and approved by lifeguards and lane availability.

AUBURN VALLEY YMCA

1620 Perimeter Rd SW, Auburn, WA 98001

P 253 833 2770 F 253 833 2771 seattleyymca.org

SAFETY RULES

- A cleansing shower is required before entering the pool
- Street shoes are not permitted on the pool deck or in the shower areas
- Facility age guidelines and the YMCA code of conduct apply in all instances
- Facility guidelines require an adult to be in the aquatic center with children 9 & under
- Anyone under the influence of drugs or alcohol is not permitted on the premises
- Children under 14 who are unable to pass the swim test must have an adult in the water with them at all times (see posted swim test)
- Diving, running and rough play is prohibited
- Prolonged submersion and breath holding are prohibited
- No food, drink, or chewing gum
- Jumping from the walls onto the mats is not permitted
- Mats are not allowed during wade swim
- Standing on, kneeling on or swimming underneath the mats is not allowed
- Participants must wear appropriate attire that is determined based on coverage, safety, and cleanliness
- Flotation devices and other equipment use are acceptable at the discretion of the lifeguards
- Do not use the pool or spa if you have a communicable disease that can be transmitted by water or have been ill with diarrhea or vomiting in the last two weeks
- No open sores or oozing wounds allowed in any areas of the YMCA
- Persons with seizures, heart or circulatory problems are advised to swim with a buddy
- Persons wearing diapers need to have tight fitting protective coverings
- Diapers must be changed in designated diaper changing areas only
- Children under 6 are not permitted to use the spa
- Children 6-13 are only permitted to use the spa when accompanied by an adult in the water
- Spa use should be limited to 10 minutes or less
- Emergency shut off alarm is located next to the spa
- The minimum weight for slide use is 40 lbs and the maximum weight is 250 lbs
- No standing, kneeling, tumbling, horseplay, or stopping in slide tube
- One person on the slide at a time
- Enter the slide facing forward in a feet first sitting position
- Leave the slide drop zone area immediately
- Anyone refusing to follow the rules or authority of lifeguards and YMCA staff are subject to removal from the premises

Everyone is welcome. Financial assistance is available.

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