



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

Key:

Open swim is allowed

No Open Swim

## Activity Pool Schedule: June 19th—August 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-7am Adult Swim	5-7am Adult Swim	5-7am Adult Swim	5-7am Adult Swim	5-7am Adult Swim	8-9am Adult Swim	10-11am Adult Swim
Open Swim 7-8am	Open Swim 7-9am	Open Swim 7-8am	Open Swim 7-9am	Open Swim 7-8am	<b>Swim Lessons</b> 9am-12:15pm No open swim	<b>No-Limits Arthritis</b> 10-11am Family Swim
FITNESS CLASSES BEGIN AT 8:00AM MONDAYS AND WEDNESDAYS AND 10:00AM TUESDAYS AND THURSDAYS						
<b>Swim Lessons</b> 9:10-11:25am  <b>Loving Hands Child Care</b> 10-10:30am	<b>Swim Lessons</b> 9:10-11:25am	<b>Swim Lessons</b> 9:10-11:25am	<b>Swim Lessons</b> 9:10-11:25am	<b>Sassy Seniors</b> 8-9am / 9-10am	<b>Open Swim</b> 12:15pm-5:45pm	<b>Open Swim</b> 11am-5:45pm
<b>NO OPEN SWIM DURING SWIM LESSONS &amp; FITNESS CLASSES</b>						
Family Swim 11:30am-12:15pm		Family Swim 11:30am-12:15pm		Family Swim 10:00am-1:30pm		
<b>Teen Camp</b> 12:30-2pm	<b>Open Swim</b> 12:00pm-1:45pm	<b>Teen Camp</b> 12:30-2pm	<b>Discovery Camp</b> 12:30pm-2pm	<b>Sports Camp</b> 1:30-2:30pm		
<b>Open Swim</b> 2:00pm-3:45pm	<b>Mini-Camp 2-3:00pm</b>	<b>Mini Camp</b> 2-3:00pm  <b>City of SeaTac</b> 2-3:00pm	<b>Mini Camp</b> 2-3:00pm  <b>City of SeaTac</b> 2-3:00pm	<b>City of SeaTac</b> 2:30-3:30pm No open swim		
	<b>Open Swim</b> 3-4:00pm	<b>Open Swim</b> 3-3:45pm	<b>Open Swim</b> 3-4:00pm			
<b>Swim Lessons</b> 3:45-6pm	<b>Swim Lessons</b> 4:10-7pm	<b>Swim Lessons</b> 3:45-6pm	<b>Swim Lessons</b> 4:10-7pm	<b>Open Swim</b> 3:45-8:50pm	<b>Women's Only Swim</b> Women's only swim is scheduled the 2nd and 4th Saturday's of each month from 6:30-8:30pm.	
<b>NO OPEN SWIM DURING SWIM LESSONS</b>						
<b>Open Swim</b> 6-8:50pm  Session 1: 6-6:50 Session 2: 7-7:50 Session 3: 8-8:50	<b>Open Swim</b> 7-8:50pm  Session 1: 7-7:50 Session 2: 8-8:50	<b>Open Swim</b> 6-8:50pm  Session 1: 6-6:50 Session 2: 7-7:50 Session 3: 8-8:50	<b>Open Swim</b> 7-8:50pm  Session 1: 7-7:50 Session 2: 8-8:50			
<b>Adult Swim</b> 9-9:45pm	<b>Adult Swim</b> 9-9:45pm	<b>Adult Swim</b> 9-9:45pm	<b>Adult Swim</b> 9-9:45pm	<b>Adult Swim</b> 9-9:45pm	For more information, please visit the membership desk. Thank you!	

Fitness Class Schedule	Class	M/W	T/Th	F	Sun.
	Sassy Seniors	8-9am / 10-11am		8-9am / 10-11am	
	Arth. Fitness		10-11am / 11-12pm		
	Water Fitness	9-10am	9-10am		
	Deep Water Aq. Fitness	6-7pm			
	Mindful Motion			10-11am	
No Open Swim/ Family Swim during fitness classes	No Limits Arthritis	10-11am			10-11am

## POOL INFORMATION & GUIDELINES

### ABOUT THE POOL

Temperatures & Depths:

- Lap Pool: 81-83 degrees, 3'6"-6' deep
- Activity Pool: 86-88 degrees, 2'-4'4" deep
- Spa: 100-103 degrees

Main Chemicals in the Pool: Chlorine and CO2

The pool closes 15 minutes before the YMCA to allow time for people to shower and dress.

### ADULT SWIM

This time is for adults 18 years of age and older desiring to improve their fitness and skills.

### LAP SWIM

The number of lanes used during program times will be determined by the program size and number of participants. When two or more swimmers are in one lane, circle swimming is required. Recommended for ages 14 and older, adults have priority. Children under the age of 14 who want to swim must pass the lap swim test by swimming six lengths of the pool without any swimming aids.

### OPEN SWIM

Children ages 5-13 must take the swim test if they want to swim without their parents within arms reach in the water (see swim test). Water features like the slide and mushroom will be open during portions of recreation swim.

### WATER FITNESS CLASSES

- Shallow Water Aqua Fitness: Walking, running, jumping, and a variety of aerobic movements are performed in the shallow end of the pool.
- Beginning Water Aerobics: If you're new to water exercise or you would just like exercise at a more relaxed pace, this is the class for you!
- Sassy Seniors: This is a shallow water aerobics class for active older adults. The pace and exercises are designed to keep you moving.
- Arthritis: If you have Arthritis or other mobility issues, this nationally certified class will help with movement and flexibility. The class always occurs in our warm Activity Pool!

### SWIM LESSONS

We offer swim lessons for all ages. In swim lessons, you will learn how to swim, water safety, and water games and sports. Swim Lessons are available Monday through Thursday evenings or Saturday mornings. Private and Semi-Private lessons are available upon request. Please see our swim lesson flyer for more details:

- Parent/Child Swim Lessons: 6 months-3 years old
- Preschool Swim Lessons: 3-5 years old
- Youth Swim Lessons: 6-12 years old
- Teen/Adult Swim Lessons: 13 years and older

### TOY TIME

Toys will be provided by the Matt Griffin Aquatics Staff during designated recreation swim hours. Please refrain from bringing your own toys for the safety of all members.

### SWIM TEST

- All children **ages 5-13** must take a swim test or be marked with a red wristband as a non-swimmer.
- Children **ages 4 and under** are considered non-swimmers and must have a parent/guardian with them in the water at all times and be marked with a red wristband.
- **There is a limit of two non-swimmer children per adult.**
- To pass the swim test children must be able to swim the length of the marked swimming area.
- Children who pass the swim test will receive a green wrist band. If they pass with a lifejacket, they will receive an orange wrist band.
- Children who pass the 150 yard lap pool swim test will be marked with a purple band.
- **Rules for Supervision**

<u>Age</u>	<u>Wrist Band Color</u>	<u>Supervision</u>
5-7	Yellow	Adult in water
5-7	Green	Adult in pool area
8-10	Yellow/Green/Purple	Adult in building
11-13	Yellow/Green/Purple	No adult needed
0-13	Red	Adult in water

### POOL RULES

- Showers are required before entering the water.
- Appropriate swimwear is required for all swimmers.
  - Underwear as a swimsuit is not permitted
  - No street clothes or denim
- Street shoes are not permitted on the pool deck.
- Breath holding and prolonged submersion is not permitted for safety reasons.
- Infants and toddlers are required to wear reusable swim diaper that has an elastic band around legs and waist. You may purchase one at the front desk. This is in addition to a disposable swim diaper.
- Inflatable devices are prohibited. Only U.S. Coast Guard approved lifejackets are permitted.
- For safety reasons the capacities at Matt Griffin are:
  - Lap Pool: 73 people
  - Activity Pool: 47 people
  - Spa: 11 people
- If the pool is at capacity, lifeguards will ask members to wait until space is available.

### SLIDE RULES

- Swimmers 13 and younger must pass the swim test to use the slide.
- Lifejackets are not allowed on the slide.
- Maximum participant weight to use the slide is 250 lbs. as recommended by the manufacturer.

### SPA RULES

- Children must be 6 years old to be in the spa.
  - Children ages 6-13 are required to have a parent/guardian in the spa with them. If the parent/guardian leaves the spa, the child must get out.
  - Adults have priority over children to use the spa.
- Your head must remain above water in the spa at all times.



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## Lap Pool Schedule: June 19th—August 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-7am <b>Adult Lap Swim</b>	5-7am <b>Adult Lap Swim</b>	5-7am <b>Adult Lap Swim</b>	5-7am <b>Adult Lap Swim</b>	5-7am <b>Adult Lap Swim</b>	8-9am <b>Adult Lap Swim</b>	10-11am <b>Adult Lap Swim</b>
7am-3:45pm <b>Lap Swim</b> All Lanes Open	7am-4:15pm <b>Lap Swim</b> All Lanes Open	7am-3:45pm <b>Lap Swim</b> All Lanes Open	7am-4:15pm <b>Lap Swim</b> All Lanes Open	7am-9pm <b>Lap Swim</b>	<b>Swim Lessons</b> 9am-12:15pm 2 Lanes  <b>Lap Swim</b> 2 Lanes Open  <b>Lap Swim</b> 12:15pm-5:45pm	<b>Lap Swim</b> 11am-5:45pm
<b>Swim Lessons</b> 3:45-6pm 1 Lane  <b>Lap Swim</b> 3:45-6pm 3 Lanes Open	<b>Swim Team</b> 4:15-5:30pm 3 Lanes  <b>Swim Lessons</b> 4-7pm 1 Lane  <b>No Lap Swim</b>	<b>Swim Lessons</b> 3:45-6pm 1 Lane  <b>Lap Swim</b> 3:45-6pm 3 Lanes Open	<b>Swim Team</b> 4:15-5:30pm 3 Lanes  <b>Swim Lessons</b> 4-7pm 1 Lane  <b>No Lap Swim</b>			
<b>Lap Swim</b> 6-8:50pm 2 Lanes Open	<b>Lap Swim</b> <b>2 Lanes Open</b> 7-8:50pm  <b>Open Swim</b> 2 Lanes <b>Session 1:</b> 7-7:50pm <b>Session 2:</b> 8-8:50pm	<b>Lap Swim</b> 6-8:50pm 2 Lanes Open	<b>Lap Swim</b> <b>2 Lanes Open</b> 7-8pm  <b>Open Swim</b> 2 Lanes <b>Session 1:</b> 7-7:50pm  <b>Water Hockey Rookie Night</b> 1st Thursday of Each Month  8-9:45pm No Lap Swim			
<b>Open Swim</b> 8-8:50pm 2 Lanes Open		<b>Open Swim</b> 8-8:50pm 2 Lanes Open				
<b>Adult Lap Swim</b> 9-9:45pm	<b>Adult Lap Swim</b> 9-9:45pm	<b>Water Hockey</b> 8-9:45pm No Lap Swim	<b>Adult Lap Swim</b> 9-9:45pm	<b>Adult Lap Swim</b> 9-9:45pm		
					<b>Walking/Jogging</b>  <b>Fast Lane</b>  <b>Medium Lane</b>  <b>Slow Lane</b>  <b>Lap Swim Policy</b> <b>Lap swimmers are not allowed an entire lap lane for themselves. Lap swimmers are required to share lanes when multiple swimmers are using the same lane.</b>  <b>Please use the appropriate lanes for your intended workouts.</b>	

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### RECREATION SWIM

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### WATER FITNESS CLASSES

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