



# AQUATICS SCHEDULE JUNE 26TH-AUGUST 2017

	Monday				Tuesday				Wednesday				Thursday				Friday																																																																																																																																																																																																																																																			
	Lap Lanes		Shallow Area		Lap Lanes		Shallow Area		Lap Lanes		Shallow Area		Lap Lanes		Shallow Area		Lap Lanes		Shallow Area																																																																																																																																																																																																																																																	
5:00	Lap Lane/Swim Test / Water Walking/Handicap Accessible lane	Lap Swim 5:00am-9:45pm	Lap	Water Walking 5:00 - 7:00	Lap Lane/Swim Test / Water Walking/Handicap Accessible lane	Lap Swim	Lap	Water Walking 5:00 - 8:00	Lap Lane/Swim Test / Water Walking/Handicap Accessible lane	Lap Swim	Lap	Water Walking 5:00 - 8:00	Lap Lane/Swim Test / Water Walking/Handicap Accessible lane	Lap Swim	Lap	Water Walking 5:00 - 8:00	Lap Lane/Swim Test / Water Walking/Handicap Accessible lane	Lap Swim	Lap	Water Walking 5:00 - 8:00																																																																																																																																																																																																																																																
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	Saturday				Sunday																											
	Lap Lanes		Shallow Area		Lap Lanes		Shallow Area																									
8:00	Swim Test / Handicap Accessible Lane	Lap Swim	LS	Aqua Fitness 8-9	Swim Test / Handicap Accessible Lane	Lap Swim	Lap Swim	Water Walking 8:00-10:00																								
9:00									Lap	Swim Lessons 9:00-12:00	Lap	Rec Swim 10:00-12:00																				
10:00													Lap	Adaptive 12:00-1:00	Lap	Wtr Walk 12-1																
11:00																	Lap	Rec Swim 1:00-4	Lap	Rec Swim 1:00-5:30												
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\*Please Note: The Slide is available during all Rec Swims but will only be open if there is an adult volunteer present. If you are interested in volunteering please notify a Lifeguard  
 \*\*The Hot Tub will regularly close at 9:30pm on weeknights for routine maintenance\*\*

For questions about Swim Lessons please contact:  
 Brendan Chase  
[bchase@seattlemca.org](mailto:bchase@seattlemca.org)

Pool Temperature: 83-85 degrees  
 Spa Temperature: 101-104 degrees  
 Shallow Area Depth: 2'-5.5'  
 Lap Area Depth: 4'-5.5'  
 Main Chemical: Chlorine with UV lights

Please note that we reserve the right to change the schedule without notice due to special events, training, class needs and maintenance.