



AQUATICS SCHEDULE

SEPTEMBER 2017 - DECEMBER 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	Lap Swim	LAP	Water Walking 5:00 - 8:00	Lap Lane/Swim Test / Water Walking/ Handicap Accessible Lane	LAP SWIM	LAP SWIM	Lap	Water Walking 5:00 - 8:00	Lap Lane/Swim Test / Water Walking/ Handicap Accessible Lane	LAP SWIM	LAP SWIM	LAP	Water Walking 5:00 - 8:00	Lap Lane/Swim Test / Water Walking/ Handicap Accessible Lane	LAP SWIM	LAP SWIM	Lap	Water Walking 5:00 - 8:00																															
6:00				Aqua Fitness 8-9 & 9-10	Swim Lessons 10:00-12:00 (limited open swim)				Arthritis & Injury 12:00-1:00	Lap Swim				Rec Swim 1:00 - 4:15	Swim Team				Swim Lessons 4:20-6:35	Aqua Fitness 6:45-7:45	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP																			
7:00																																	Aqua Fitness 8-9 & 9-10	Swim Lessons 10:00-12:00 (limited open swim)	Arthritis & Injury 12:00-1:00	Lap Swim	Rec Swim 1:00 - 4:15	Swim Team	Swim Lessons 4:20-7:10	Aqua Fitness 6:45-7:45	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP
8:00																																																			
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11:00																																																			Aqua Fitness 8-9 & 9-10
12:30				Aqua Fitness 8-9 & 9-10	Swim Lessons 10:00-12:00 (limited open swim)				Arthritis & Injury 12:00-1:00	Lap Swim				Rec Swim 1:00 - 4:15	Swim Team				Swim Lessons 4:20-7:10	Aqua Fitness 6:45-7:45	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP	LAP																				
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2:00	Aqua Fitness 8-9 & 9-10	Swim Lessons 10:00-12:00 (limited open swim)	Arthritis & Injury 12:00-1:00			Lap Swim	Rec Swim 1:00 - 4:15	Swim Team			Swim Lessons 4:20-7:10	Aqua Fitness 6:45-7:45	LAP			LAP	LAP	LAP																																	LAP
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	Saturday				Sunday								
	Lap Lanes		Shallow Area		Lap Lanes		Shallow Area						
8:00	Swim Test / Handicap Accessible Lane	Lap Swim	Lap Swim	LS	Swim Test / Lap Swim/Handicap Accessible	Lap Swim	Lap Swim	LAP SWIM	Water Walking 8:00-10:00				
9:00									Swim Lessons 9:00-12:30	Rec Swim 10:00-12:00			
10:00									Adaptive 12:30-1:30	Rec Swim 1:30-4	Wtr Walk 4-4:30	Rec Swim 1:00-5:45	
11:00													Rec Swim 4:30-7:45
Noon													
1:00									Rec Swim 4:30-7:45				
2:00													
4:00													
5:00									Rec Swim 4:30-7:45				
6:00													
7:00													

*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

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

For questions about Swim Lessons please contact:
 Brendan Chase
bchase@seattlymca.org
 Swim Team please contact:
 Nolan Welfringer- Head Coach
nwelfringer@seattlymca.org

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