



# POOL SCHEDULE

**DOWNTOWN YMCA**  
 909 4th Avenue  
 Seattle, WA 98104  
 206 382 5010

- Pool schedule and number of lanes offered is subject to change without notice.

- (#) Denotes the number of lanes offered

**MONDAY**

5:00-9:30 AM  
Lap Swim (3)

**TUESDAY**

5:00-6:00 AM  
Lap Swim (3)

6:00-7:00 AM  
Masters Swim  
Leo  
Lap Swim (0)  
REC. AREA ONLY

7:00-9:30 AM  
Lap Swim (3)

**WEDNESDAY**

5:00-9:30 AM  
Lap Swim (3)

**THURSDAY**

5:00-6:00 AM  
Lap Swim (3)

6:00-7:00 AM  
Masters Swim  
Leo  
Lap Swim (0)  
REC. AREA ONLY

7:00-9:30 AM  
Lap Swim (3)

**FRIDAY**

5:00-9:30 AM  
Lap Swim (3)

**SATURDAY**

7:00-9:00 AM  
Lap Swim (3)

9:00-10:05 AM  
Fitness Swim  
Lap Swim (0)

10:00-11:00 am  
Water Fitness  
Sherry  
REC. AREA IN USE

**SWIMMING POOL CLOSED 9:30-10:30 AM**

**SWIMMING POOL CLOSED 9:30-10:30 AM**

10:30-2:30 PM  
Lap Swim (3)

10:30-11:15 AM  
Lap Swim (3)

11:15 -12:15 PM  
Water Fitness  
Tiana  
Lap Swim (2)  
REC. AREA IN USE

12:15-2:30 PM  
Lap Swim (3)

10:30-2:30 PM  
Lap Swim (3)

10:30-11:15 AM  
Lap Swim (3)

11:15 -12:15 PM  
Water Fitness  
Miriam  
Lap Swim (2)  
REC. AREA IN USE

12:15-2:30 PM  
Lap Swim (3)

10:30-2:30 PM  
Lap Swim (3)

10:05-11:00 AM  
Lap Swim (3)

11:00-11:30 AM  
Swim Lessons  
Lap Swim (2)

11:35-12:05 PM  
Beginner  
Swim Lessons  
REC. AREA  
IN USE

11:30 -3:00 PM  
Lap Swim (3)

**SWIMMING POOL CLOSED 2:30-3:30 PM**

**SWIMMING POOL CLOSED 2:30-3:30 PM**

3:30-8:00 PM  
Lap Swim (3)

3:30-5:30 PM  
Lap Swim (3)

5:30-6:30 PM  
Fitness Swim  
Lap Swim (0)  
REC. AREA ONLY

6:30-8:00 PM  
Lap Swim (3)

3:30-6:10 PM  
Lap Swim (3)

5:00-6:05 pm  
Adult Beg. Lessons  
REC. AREA IN USE

6:10-6:45 PM  
Adult Swim Lessons  
Lap Swim (2)

6:45-8:00 PM  
Lap Swim (3)

3:30-5:00 PM  
Lap Swim (3)

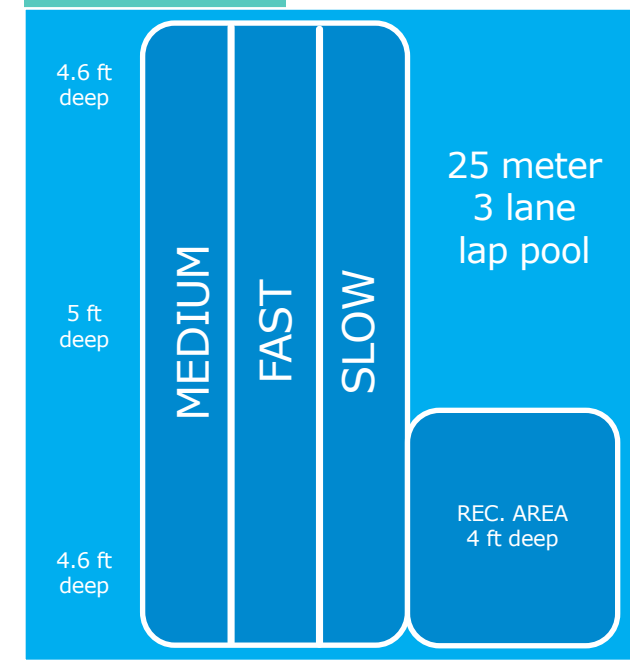
5:00-5:30 PM  
Swim Lessons  
Lap Swim (2)

5:30-6:30 PM  
Fitness Swim  
Lap Swim (0)  
REC. AREA ONLY

6:35-7:40 pm  
Beginner  
Swim Lessons  
REC. AREA  
IN USE

6:30-8:00 PM  
Lap Swim (3)

3:30-8:00 PM  
Family Swim  
Lap Swim (2)



## CLASSES & PROGRAMS

NEXT SESSION OF ADULT 8-WEEK SESSION  
Intermediate/Advanced lessons, Saturdays, 11:00-11:30 am  
Beginner lessons, Saturdays, 11:35 am-12:05 pm  
Beginner lessons, Wednesdays, 5:00-5:30 pm  
Beginner lessons, Wednesdays, 5:35-6:05 pm  
Intermediate lessons, Wednesdays, 6:10-6:40 pm  
Intermediate/Advanced lessons, Thursdays, 5:00-5:30 pm  
Beginner lessons, Thursdays, 6:35-7:05 pm  
Beginner lessons, Thursdays, 7:10-7:40 pm

Next Series start January 2018  
Registration now open  
8 once-per-week sessions  
\$77 members/\$144 non-members \*prices subject to change

Financial assistance is available  
Please contact STEVE BAUMGARTNER.  
sbaumgartner@seattleyymca.org  
Ph (206) 344-3183

### ADULTS (18+)

#### BEGINNER

For individuals who have never had swim lessons, or are uncomfortable around water. Students develop comfort with underwater exploration and learn to safely exit the water unassisted. In this stage the student will progress to swimming longer distances up to 15 feet unassisted without a flotation device. Other skills learned include directional changes, body positioning, and rhythmic breathing.

#### INTERMEDIATE

For individuals who are comfortable in the water, and able to swim and float unassisted for up to 15 feet. Students continue to gain swimming confidence, completing longer distances and integrating arm and leg actions. Having mastered fundamentals, students learn additional water safety skills and build stroke technique.

#### ADVANCED

Designed for those who have a basic understanding of crawl (freestyle) and backstroke and the endurance to swim 25 meters. Students will learn how to refine their strokes and build endurance. Ideal for those who would like to learn to breathe properly and become more efficient. There will also be opportunity to learn additional strokes as requested: elementary back stroke, breast stroke, side stroke, and or butterfly.

**WHAT TO BRING TO CLASS:** Swim suit · Goggles · Swim cap

#### PRIVATE SWIM LESSONS

Interested in learning how to swim or looking to refine your strokes in a one-on-one setting? With your motivation and goals our coaches provide feedback, drills and sets to continue your healthy lifestyle in the pool. Lessons are 30 minutes and open to every age.

| Fees:       | Facility Member | Community Participant |
|-------------|-----------------|-----------------------|
| 1-2 lesson  | \$39            | \$60                  |
| 3-5 lessons | \$38            | \$58                  |
| 6-9 lessons | \$36            | \$56                  |
| 10 lessons  | \$33            | \$54                  |

## MASTERS SWIM

Our Masters Team is joined with the Bellevue and Coal Creek YMCAs and registered with USMS as the Downtown-Bellevue Swim Team. It is an advanced level program for adults looking to maintain or improve their fitness through swimming. Coached workouts help improve endurance, speed and efficiency. Participants should be able to comfortably swim at least 100 meters of freestyle before joining. Participants swim 2500-3200 meters over the course of one hour.  
Tuesdays and Thursdays, 6:00-7:00 AM  
FREE to members

#### FITNESS SWIM

An intermediate/advanced level class for adults who can comfortably swim more than 50 meters of freestyle with steady breathing. The coached workouts focus on building endurance, efficiency, speed and having fun lap swimming. Opportunities exist for learning and improving upon all four competitive strokes. Participants swim 2000-3000 meters over the course of one hour.  
Tuesdays and Thursdays, 5:30-6:30 PM  
Saturdays, 9:00-10:05 AM  
FREE to members

#### AQUA FITNESS

This multi-dimensional workout emphasizes cardiovascular endurance, core stability, muscle strength and flexibility through a series of movements in the water. Our instructors offer a variety of intensity levels and will help you meet your individual goals while working at your own pace.  
Tuesdays and Thursdays, 11:15 AM-12:15 PM  
FREE to members

#### LAP SWIM ETIQUETTE

##### CIRCLE SWIMMING

Circle swimming is important for everyone's safety and enjoyment. Circle swim counter-clockwise, always staying to the right and leaving room for others to pass on the left. In a single lane, it is best to pass at the end of the lane. Please stand to one side to allow faster swimmers to pass.

Maximum number of swimmers per lane is 5, exceptions can be made at the lifeguard's discretion.

The SLOW lane may be used for aqua jogging until all three lanes are needed to accommodate lap swimming due to crowding during peak times.

#### OPEN SWIM ETIQUETTE

##### OPEN SWIMMING

Open swim takes place in the recreation area of the pool. Please be aware of your surroundings while enjoying your time in the pool.

#### CONTACT INFORMATION

STEVE BAUMGARTNER, AQUATICS DIRECTOR  
206 344 3183 or sbaumgartner@seattleyymca.org

REGISTRATION & MEMBER SERVICES  
206 382 5010 or downtownseattleyymca.org

DOWNTOWN SEATTLE YMCA  
909 4th Avenue, Seattle, WA 98104  
P 206 382 5010 F 206 382 7283

## YMCA OF GREATER SEATTLE SWIM TESTING POLICY

To participate in recreational swimming activities, all children 13 years of age and younger must undergo a Swim Test if they are to swim in any part of the swimming area alone. Children who cannot pass the Swim Test are considered non-swimmers and must be accompanied into the water by an adult, parent or guardian who is actively engaged with the children's activity. There is a limit of 2 non-swimming children per adult.

#### Swim Test:

1. Each child must demonstrate the ability to jump into the water, right themselves and swim the longest dimension of the swimming area without reaching fatigue. Swimmers will be marked in some way that is readily identifiable to the Lifeguards.
2. After passing the Swim Test, swimmers eight (8) and older may be in the swim area without direct adult supervision. An adult is required in the building for ages 8-10.
3. Children seven (7) and under who pass the Swim Test still require direct adult supervision in the pool area at all times.

#### Modified Swim Test for 5-13 year olds

1. Wearing a lifejacket, the child must pass the above Swim Test.
2. After passing the test, the swimmer may be in the designated area only.
  - a. Children 5-7 may participate with an adult, parent or guardian actively engaged in their activity. There is a limit of five "lifejacket swimmers" per adult.
  - b. Children 8-13 may be in the swim area without direct adult supervision. An adult is required in the building
3. Swimmers must keep the lifejacket on while in the water.

