



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER POOL SCHEDULE

WEST SEATTLE YMCA

January 2, 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Masters 5s Lap 1s 5:30 - 7:00	Lap 4s 5:30 - 7:20	Masters 5s Lap 1s 5:30 - 7:00	Lap 4s 5:30 - 7:20	Masters 5s Lap 1s 5:30 - 7:00	Open at 7:00	
Lap 5s 7:00 - 8:20	Water Exercise 7:30 - 8:55	Lap 5s 7:00 - 8:20	Water Exercise 7:30 - 8:55	Lap 5s 7:00 - 8:20	SO Team 3s (7:00-8:15) Lap 3s 7:00 - 8:20	
Water Exercise 8:30 - 9:30	Water Exercise Lap 2s 9:00 - 10:00	Water Exercise 8:30 - 9:30	Rec 1t Lap 2s, 1d 9:00 - 10:00	Water Exercise 8:30 - 9:30	Water Exercise 8:30 - 9:30	Open at 10:00
Rec 1d Lap 2s, 1d 9:35 - 12:00	Lessons 1t Lap 1s, 1d 10:05 - 11:15	Lap 2s Lessons 1d 9:30 - 11:00	Lessons 1t Lap 1s, 1d 10:05 - 11:50	Lap 2s Lessons 1d 9:35 - 12:00	Lessons 1q, 1s Lap 1s 9:35 - 12:00	Lap 4s, 1d 10:00 - 12:15
Lap 2s, 2d 12:05 - 12:55	Masters \$ 2s Lap 1d, 1s 11:55 - 12:55	Lap 2d, 2s 12:05 - 12:55	Lap 2d, 2s 12:05 - 12:55	Lap 2s, 2d 12:05 - 12:55	Lap 3s Lessons 2d, 1s 12:05 - 1:00	Area Closed (3rd) 12:15 - 12:30
Arthritis Class (1:00 - 1:45) 1:00 - 2:00					Lap 4s, 1d 1:05 - 1:40	Women's Swim (3rd) 12:30 - 2:00
Rec 1t Lap 3s 2:05 - 3:55	Lap 4s Lessons 2s 2:05 - 4:25	Rec 1t Lap 3s 2:05 - 2:55	Lap 4s Lessons 2s 2:05 - 4:25	Rec 1t Lap 3s 2:05 - 3:55	Family Swim 1:45- 3:45	Area Closed (3rd) 2:00 - 2:15
Lap 4s Family lap 1s 4:00 - 4:40	Swim Team 4:30 - 5:30	Lessons 1t,1s Lap 2s 3:00 - 4:40	Swim Team 4:30 - 5:30	Lap 4s Family lap 1s 4:00 - 4:25	Lap 4s, 1d 3:50 - 5:45	Lap 4s, 1d 2:15 - 3:30
Swim Team 4:45 - 7:15	Lessons 1q, 2s 5:40 - 7:25	Swim Team 4:45 - 7:15 SO Team 2s 6:45-8:15	Lessons 1q, 2s 5:40 - 7:25	Swim Team 4:30 - 6:45	Close at 5:45	Family Swim 3:45 - 5:15
Family Swim 7:25 - 8:20	Water Exercise Lap 1s 7:35-8:30	SO Team 3s (6:45 - 8:15) Lessons 2s Lap 1s 7:20 - 8:45	Water Exercise Lap 1s 7:35-8:30	Family Swim 7:00 - 8:00		Lap 4s, 1d 5:30 - 6:30
Lap 4s, 1d 8:30 - 9:45	Lap 4s, 1d 8:35 - 9:45	Lap 4s, 1d 8:50 - 9:45	Lap 4s, 1d 8:35 - 9:45	Lap 4s, 1d 8:10 - 9:45		Water Exercise Lap 1s 6:35-7:25
						Lap 7:30-7:45
						Close at 7:45

Rec/Family Swim	May be Double, Triple or Entire Pool
Lap Swim	Single lanes reserved for Lap swim
Lessons, Team	Single, Double, Quad or Entire Pool

Schedule changes for special events, maintenance or training will be communicated via signage and social media. See back for rules, descriptions and age requirements.

Starting January 21, on Sundays the first (1st) and third (3rd) Sunday of each month the pool area will be reserved for Women's Swim from 12:30pm - 2:00pm.

SWIMMING POOL RULES

Schedule may change without notice due to special events, training or maintenance. Pool and hot areas close 15 minutes before the rest of the building. Our primary goal is always the safety of our patrons. Please be courteous to other patrons around you and bring any concerns to the lifeguard on duty. Anyone refusing to obey all the rules will be asked to leave the pool. See full list of swimming pool rules posted on deck.

- A cleansing shower is required before entering the pool.
- Street shoes are not permitted on the pool deck or shower areas.
- **Children between the ages of 6 to 13 must pass the swim test to be in the pool without an adult.** The swim test must be taken each time a child comes to the pool. Any child in the pool without a wrist band must be actively supervised by a parent or guardian 18 years or older. They must stay within an arm's reach of the parent or guardian.
- **All children under 6 years must be accompanied by an adult at all times.**
- Running or rough play is not allowed.
- Prolonged submersion and breath holding are prohibited.
- No food, drink, or chewing gum in the pool area.
- All photography is prohibited
- Facility age guidelines and the YMCA code of conduct apply in all instances

HOT AREA RULES

Anyone refusing to obey all of the hot area rules will be removed from the area. Report any violations to the lifeguard on duty. See full list of hot area rules posted on deck.

- A cleansing shower is required before entering the spa.
- Consult your physician prior to use if you are; pregnant, have a medical condition such as heart disease, circulatory problems, diabetes, epilepsy, high blood pressure or are taking medications.
- Patrons under the age of 14 are not allowed to use the steam room or sauna because they are more susceptible to heat exhaustion.
- Children ages 6 to 13 are permitted in the hot area only if an adult is in the water. Children under 6 are not allowed in the hot area because they cannot regulate their body temperature.
- Submersion in the spa is prohibited.
- Limit hot area use to ten minutes or less; please cool off in locker room or deck before re-entering the hot area.
- No newspapers or magazines.
- No food, drink or chewing gum.
- Keep noise to a minimum. This is quiet zone.
- Electronic devices are not allowed in this area.
- Facility age guidelines and YMCA code of conduct apply to the hot area.

DESCRIPTIONS

REC/FAMILY SWIM

Enjoy a recreational swim time for the whole family during this scheduled activity. **An adult 18 years or older must accompany children in the water. All participants age 13 and under must pass a swim test to swim without a parent in the water.** For children who are still in the beginning stages of learning to swim, they must be actively supervised no further than an arm's length away from an adult guardian at all times. No more than two non-swimmers per adult. Lifejackets are available, if needed. This is also a great time for kids to practice what they have learned in swim lessons!

LAP SWIM

This is a time set aside for lap swimming only for ages 14 and older. We reserve the right to use a lap lane for swim lessons during lap time. Exceptions may be made for youth who are proficient lap swimmers as determined by a lifeguard and lane availability. Younger lap swimmers (ages 8 -13) should be able to swim non-stop crawl stroke with good form for 75 yards. We encourage all swimmers to circle swim and work together during peak times. Please choose a lane that best fits your speed.

All swimmers under 14 years of age must abide by the **lap swim test policy**. We encourage all participants to work together during peak times and be courteous to the exercisers around them. Look for the signs on the pool deck to indicate which space in the pool is used for this activity.

Family lap swim is an opportunity for children to swim laps and practice their swim skills. Participants ages 13 and under must be accompanied by an adult 18 years or older and directly supervised during this time in the same lane. Participants ages 13 and younger who would like to swim without an adult must be able to pass the posted lap swim test.

Limited lap swim during this time, other programs may be utilizing some of the lap lanes. Available lap lanes will be limited and may be designated for specific groups based on location. Please be courteous of other swimmers and use circle swimming when two or more swimmers are in one lane.

MASTERS SWIM

You don't have to be a "Master" to join Masters Swimming! This program is open to all adult swimmers (fitness, triathlete, competitive, non-competitive) who are dedicated to improving their fitness through swimming. One of the greatest benefits of Masters swimming is to be able to practice with an organized group.

Masters \$ - Masters with Coach a paid class. There will be a coach available during this activity on Tuesday and Thursday. Register online or at member services.

Swim Team Whole pool is designated for swim team, unless otherwise marked. Limited lap swim may be available during this time check in with lifeguard.

Special Olympics Team (SO Team)

Special Olympics will be using up to three lanes, when marked on the schedule.

WOMEN'S SWIM

In January, women's swim will be offered on Saturday January 6, Saturday January 20, and Sunday January 21. Enjoy a special women's only swim. Open to women and girls ages 10 and up, and children (male or female) 6 months to 5 years can attend. All women staff present in the pool area during program. It is first come, first serve with 30 participants max.

Starting January 21, Women's swim will be moved to the first (1st) and third (3rd) Sundays of each month. The pool area will be reserved for Women's Swim from 12:30pm - 2:00pm. Check-in begins at 12:00 pm pick up a card at the membership desk. The men's and family changing locker room pool deck doors will be locked from 12:15pm until 2:10pm. This program is free for facility members and \$5 per person for community participants.

s = single lane, d = double lane, t = triple lane, or q = quad

POOL CLOSURES

- Saturday January 13, the pool and hot area will be closed 11:50am - 6:00pm for a swim meet.
- Monday January 15, the West Seattle YMCA facility will be completely closed for Martin Luther King Day.
- Sunday January 21, (3rd) the pool area will be closed 12:15pm - 2:00pm for Women's Swim. See description.