



AQUATICS SCHEDULE

JANUARY 7TH-JUNE 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 SWIM & WATER WALKING	LAP SWIM 5:00 AM-9:45 PM	LAP SWIM 5:00am-9:45pm	LAP	Water Walking 5:00 AM- 8:00 AM	LAP LANE & WATER WALKING	LAP SWIM 5:00 AM-4:00 PM & 6:30 PM-9:45 PM	LAP SWIM 5:00 AM-4:00 PM & 6:30 PM-9:45 PM	LAP	Water Walking 5:00 AM- 8:00 AM	LAP SWIM & WATER WALKING	LAP SWIM 5:00 AM-4:00 PM & 6:30 PM-9:45 PM	LAP SWIM 5:00 AM-4:00 PM & 6:30 PM-9:45 PM	LAP	Water Walking 5:00 AM- 8:00 AM	LAP LANE & WATER WALKING	LAP SWIM 5:00 AM-4:00 PM & 6:30 PM-9:45 PM	LAP SWIM 5:00 AM-4:00 PM & 6:30 PM-9:45 PM	LAP	Water Walking 5:00 AM- 8:00 AM																																						
6:00				Aqua Fitness 8-9 & 9-10	Aqua Fitness 8-9 & 9-10				Aqua Fitness 8-9 & 9-10	Aqua Fitness 8-9 & 9-10																																																
7:00				LAP	Swim Lessons 10:00-11:50 w/ LIMITED Open Swim Available				LAP	Swim Lessons 10:00-11:50 w/ LIMITED Open Swim Available				LAP	Swim Lessons 10:00-11:50 w/ LIMITED Open Swim Available				LAP	Swim Lessons 10:00-11:50 w/ LIMITED Open Swim Available	LAP	Swim Lessons 10:00-11:50 w/ LIMITED Open Swim Available	LAP	Swim Lessons 10:00-11:50 w/ LIMITED Open Swim Available	LAP	Swim Lessons 10:00-11:50 w/ LIMITED Open Swim Available	LAP	Swim Lessons 10:00-11:50 w/ LIMITED Open Swim Available	LAP	Swim Lessons 10:00-11:50 w/ LIMITED Open Swim Available	LAP	Swim Lessons 10:00-11:50 w/ LIMITED Open Swim Available																										
8:00					Arthritis & Injury 12:00-1:00					Arthritis & Injury 12:00-1:00					Arthritis & Injury 12:00-1:00					Arthritis & Injury 12:00-1:00																																						
9:00					Arthritis & Injury 12:00-1:00					Arthritis & Injury 12:00-1:00					Arthritis & Injury 12:00-1:00					Arthritis & Injury 12:00-1:00																																						
9:30				LAP SWIM	LAP SWIM				LAP SWIM	OPEN REC SWIM 1:00 -4:15				LAP SWIM	LAP SWIM				LAP SWIM	LAP SWIM	OPEN REC SWIM 1:00 -4:15	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	OPEN REC SWIM 1:00 -4:15	LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	OPEN REC SWIM 1:00 -4:15	LAP SWIM	LAP SWIM	LAP SWIM																								
10:00										SWIM LESSONS 4:20-6:35											SWIM LESSONS 4:20-6:35					SWIM LESSONS 4:20-6:35					SWIM LESSONS 4:20-6:35																											
11:00										Aqua Fitness 6:45-7:45											Aqua Fitness 6:45-7:45					Aqua Fitness 6:45-7:45					Aqua Fitness 6:45-7:45																											
11:30										LP											LAP					LAP					OPEN REC SWIM 7:45-9:30				LAP	LAP	LAP	LAP	OPEN REC SWIM 7:45-9:30	LAP	LAP	LAP	LAP	OPEN REC SWIM 7:45-9:30	LAP	LAP	LAP	LAP	OPEN REC SWIM 7:45-9:30	LAP	LAP	LAP						
Noon																															OPEN REC SWIM 10:00-12:00								OPEN REC SWIM 10:00-12:00					OPEN REC SWIM 10:00-12:00					OPEN REC SWIM 10:00-12:00									
12:30	LAP	LAP	LAP			OPEN REC SWIM 1:00 -9:30	LAP	LAP			LAP	LAP	OPEN REC SWIM 1:00 -9:30			LAP	LAP	LAP													LAP								OPEN REC SWIM 1:00 -9:30					LAP					LAP				LAP	LAP	OPEN REC SWIM 1:00 -9:30	LAP	LAP	LAP
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7:00				OPEN REC SWIM 1:00 -9:30	OPEN REC SWIM 1:00 -9:30	OPEN REC SWIM 1:00 -9:30			OPEN REC SWIM 1:00 -9:30																																																	

	Saturday				Sunday									
	Lap Lanes		Shallow Area		Lap Lanes		Shallow Area							
8:00	LAP SWIM & WATER WALKING	LAP SWIM	LAP SWIM	Aqua Fitness 8-9	LAP SWIM & WATER WALKING	LAP SWIM	LAP SWIM	Water Walking 8:00-10:00						
9:00				SWIM LESSONS 9:00-12:30				OPEN REC SWIM 10:00-12:00						
10:00				ADAPTIVE SWIM 12:30-1:30				Wtr Walk 12-1						
11:00				LAP SWIM				LAP SWIM	LAP SWIM	OPEN REC SWIM 1:30-4:00	LAP SWIM	LAP SWIM	LAP SWIM	OPEN REC SWIM 1:00-5:30
Noon										Wtr Walk 4-4:30				
1:00										OPEN REC SWIM 4:30-7:30				
2:00														
4:00														
5:00														
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.**

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

****The Spa will be closed every WEDNESDAY from 2 PM-3 PM for scheduled maintenance.**

Aquatics Director: Lauren Yee lyee@seattlemca.org
 Pool Manager & Private Swim Lessons: Brendan Chase bchase@seattlemca.org
 Lifeguard Coordinator: Trinity Harris tharris@seattlemca.org
 Swim Lessons Coordinator: Julia Hart jchart@seattlemca.org
 Head Swim Coach: Nolan Welfringer nwelfringer@seattlemca.org

Lane 1 is utilized for Swim Tests and Handicap Access.

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