



# AQUATICS SCHEDULE

## JANUARY 7TH-JUNE 2018



	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			Water Walking 5:00 AM- 8:00 AM				Water Walking 5:00 AM- 8:00 AM				Water Walking 5:00 AM- 8:00 AM				Water Walking 5:00 AM- 8:00 AM				Water Walking 5:00 AM- 8:00 AM	
6:00																				
7:00																				
8:00			Aqua Fitness 8-9 & 9-10				Aqua Fitness 8-9 & 9-10				Aqua Fitness 8-9 & 9-10				Aqua Fitness 8-9 & 9-10				Aqua Fitness 8-9 & 9-10	
9:00																				
9:30																				
10:00			Swim Lessons 10:00-11:50 w/ LIMITED Open Swim Available				Swim Lessons 10:00-11:50 w/ LIMITED Open Swim Available				Swim Lessons 10:00-11:50 w/ LIMITED Open Swim Available				Swim Lessons 10:00-11:50 w/ LIMITED Open Swim Available				OPEN REC SWIM 10:00-12:00	
11:00																				
11:30																				
Noon			Arthritis & Injury 12:00-1:00				Arthritis & Injury 12:00-1:00				Arthritis & Injury 12:00-1:00				Arthritis & Injury 12:00-1:00				Arthritis & Injury 12:00-1:00	
12:30																				
1:00			OPEN REC SWIM 1:00 -4:15				OPEN REC SWIM 1:00 -4:15				OPEN REC SWIM 1:00 -4:15				OPEN REC SWIM 1:00 -4:15				OPEN REC SWIM 1:00 -9:30	
2:00																				
3:00																				
3:30																				
4:00			SWIM LESSONS 4:20-6:35		SWIM TEAM		SWIM LESSONS 4:20-6:35		SWIM TEAM		SWIM LESSONS 4:20-6:35		SWIM TEAM		SWIM LESSONS 4:20-6:35		SWIM TEAM			
5:00																				
6:00			Aqua Fitness 6:45-7:45				Aqua Fitness 6:45-7:45				Aqua Fitness 6:45-7:45				Aqua Fitness 6:45-7:45					
6:30																				
7:00			OPEN REC SWIM 7:45-9:30				OPEN REC SWIM 7:15 -9:30		Less -7:10		OPEN REC SWIM 7:45-9:30				OPEN REC SWIM 7:15 -9:30					
8:00																				
9:00																				

	Saturday				Sunday			
	Lap Lanes		Shallow Area		Lap Lanes		Shallow Area	
8:00			Aqua Fitness 8-9				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								
Noon								
1:00			OPEN REC SWIM 1:30-4:00				OPEN REC SWIM 1:00-5:30	
2:00								
4:00			Wtr Walk 4-4:30					
5:00			OPEN REC SWIM 4:30-7:30					
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.