



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Key:

Open swim is allowed

No Open Swim

Activity Pool Schedule: Winter 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-7am Adult Swim	5-7am Adult Swim	5-7am Adult Swim	5-7am Adult Swim	5-7am Adult Swim	8-9am Adult Swim	10-11am Adult Swim
Open Swim 7-8am	Open Swim 7-9am	Open Swim 7-8am	Open Swim 7-9am	Open Swim 7-8am	Swim Lessons 9am-12:15pm	No-Limits Arthritis 10-11am
FITNESS CLASSES BEGIN AT 8:00AM MONDAYS AND WEDNESDAYS AND 10:00AM TUESDAYS AND THURSDAYS						
Loving Hands Child Care 10-10:30am	Kindercare 10-10:30am	Open Swim 10:00am-3:45pm	Open Swim 12:00pm-4:00pm	Open Swim 10:00am-6:00pm	Open Swim 12:15pm-5:45pm	Open Swim 11am-5:45pm
NO OPEN SWIM						
Open Swim 10:30am-3:45pm	Open Swim 12:00pm-4:00pm	Ages and Stages Childcare 10am-12:30pm		City of SeaTac 2-3:30pm		
				NO OPEN SWIM *10 swimmers or more		
Swim Lessons 3:45-6pm	Swim Lessons 4:10-7pm	Swim Lessons 3:45-6pm	Swim Lessons 4:10-7pm	Open Swim 3:30pm-8:50pm	SLIDE HOURS OF OPERATION The slide will be open per request during open swim hours. Slide can remain open 30 minutes at a time. Requests can only be made once every 2 hours.	
NO OPEN SWIM DURING SWIM LESSONS						
Open Swim 6-8:50pm	Open Swim 7-8:50pm	Open Swim 6-8:50pm	Open Swim 7-8:50pm		**Women's Only Swim Women's only swim will be scheduled Mondays from 6:30-7:30pm starting October 2nd, 2017!	
W.O.S.** 6:30-7:30pm						
Adult Swim 9-9:45pm	Adult Swim 9-9:45pm	Adult Swim 9-9:45pm	Adult Swim 9-9:45pm	Adult Swim 9-9:45pm	For more information, please visit the membership desk. Thank you!	

No Open Swim/
Family Swim
during fitness
classes

FITNESS CLASS SCHEDULE

Class	M/W	T/Th	F	Sun.
Sassy Seniors	8-9am / 9-10am		8-9am / 9-10am	
Arth. Fitness		10-11am / 11-12pm		
Mindful Motion			10-11am	
No Limits Arthritis	10-11am			10-11am

POOL INFORMATION & GUIDELINES

ABOUT THE POOL

Temperatures & Depths:

- Lap Pool: 81-83 degrees, 3'6"-6' deep
- Activity Pool: 86-88 degrees, 2'-4'4" deep
- Spa: 100-103 degrees

Main Chemicals in the Pool: Chlorine and CO2

The pool closes 15 minutes before the YMCA to allow time for people to shower and dress.

ADULT SWIM

This time is for adults 18 years of age and older desiring to improve their fitness and skills.

LAP SWIM

The number of lanes used during program times will be determined by the program size and number of participants. When two or more swimmers are in one lane, circle swimming is required. Recommended for ages 14 and older, adults have priority. Children under the age of 14 who want to swim must pass the lap swim test by swimming six lengths of the pool without any swimming aids.

OPEN SWIM

Children ages 5-13 must take the swim test if they want to swim without their parents within arms reach in the water (see swim test). Water features like the slide and mushroom will be open during portions of recreation swim.

WATER FITNESS CLASSES

- Shallow Water Aqua Fitness: Walking, running, jumping, and a variety of aerobic movements are performed in the shallow end of the pool.
- Beginning Water Aerobics: If you're new to water exercise or you would just like exercise at a more relaxed pace, this is the class for you!
- Sassy Seniors: This is a shallow water aerobics class for active older adults. The pace and exercises are designed to keep you moving.
- Arthritis: If you have Arthritis or other mobility issues, this nationally certified class will help with movement and flexibility. The class always occurs in our warm Activity Pool!

SWIM LESSONS

We offer swim lessons for all ages. In swim lessons, you will learn how to swim, water safety, and water games and sports. Swim Lessons are available Monday through Thursday evenings or Saturday mornings. Private and Semi-Private lessons are available upon request. Please see our swim lesson flyer for more details:

- Parent/Child Swim Lessons: 6 months-3 years old
- Preschool Swim Lessons: 3-5 years old
- Youth Swim Lessons: 6-12 years old
- Teen/Adult Swim Lessons: 13 years and older

TOY TIME

Toys will be provided by the Matt Griffin Aquatics Staff during designated recreation swim hours. Please refrain from bringing your own toys for the safety of all members.

SWIM TEST

- All children **ages 5-13** must take a swim test or be marked with a red wristband as a non-swimmer.
- Children **ages 4 and under** are considered non-swimmers and must have a parent/guardian with them in the water at all times and be marked with a red wristband.
- **There is a limit of two non-swimmer children per adult.**
- To pass the swim test children must be able to swim the length of the marked swimming area.
- Children who pass the swim test will receive a green wrist band. If they pass with a lifejacket, they will receive an orange wrist band.
- Children who pass the 150 yard lap pool swim test will be marked with a purple band.
- **Rules for Supervision**

<u>Age</u>	<u>Wrist Band Color</u>	<u>Supervision</u>
5-7	Yellow	Adult in water
5-7	Green	Adult in pool area
8-10	Yellow/Green/Purple	Adult in building
11-13	Yellow/Green/Purple	No adult needed
0-13	Red	Adult in water

POOL RULES

- Showers are required before entering the water.
- Appropriate swimwear is required for all swimmers.
 - Underwear as a swimsuit is not permitted
 - No street clothes or denim
- Street shoes are not permitted on the pool deck.
- Breath holding and prolonged submersion is not permitted for safety reasons.
- Infants and toddlers are required to wear reusable swim diaper that has an elastic band around legs and waist. You may purchase one at the front desk. This is in addition to a disposable swim diaper.
- Inflatable devices are prohibited. Only U.S. Coast Guard approved lifejackets are permitted.
- For safety reasons the capacities at Matt Griffin are:
 - Lap Pool: 73 people
 - Activity Pool: 47 people
 - Spa: 11 people
- If the pool is at capacity, lifeguards will ask members to wait until space is available.

SLIDE RULES

- Swimmers 13 and younger must pass the swim test to use the slide.
- Lifejackets are not allowed on the slide.
- Maximum participant weight to use the slide is 250 lbs. as recommended by the manufacturer.

SPA RULES

- Children must be 6 years old to be in the spa.
 - Children ages 6-13 are required to have a parent/guardian in the spa with them. If the parent/guardian leaves the spa, the child must get out.
 - Adults have priority over children to use the spa.
- Your head must remain above water in the spa at all times.



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Lap Pool Schedule: Winter 2017

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Lap Swim 5-7am	Adult Lap Swim 5-7am	Adult Lap Swim 5-7am	Adult Lap Swim 5-7am	Adult Lap Swim 5-7am	MT. Rainier Swim Team 8-9:30am NO LAP SWIM	Adult Lap Swim 10-11am
Lap Swim 7am-2:45pm All Lanes Open	Lap Swim 7am-4:45pm All Lanes Open	Lap Swim 7am-3:45pm All Lanes Open	Lap Swim 7am-4:15pm All Lanes Open	Lap Swim 7am-2:45pm	Swim Lessons 9am-12:15pm 2 Lanes Lap Swim 2 Lanes Open	Lap Swim 11am-5:45pm
Mount Rainier Swim Team 2:45-4:45pm	Mount Rainier Swim Team 2:45-4:45pm	Mount Rainier Swim Team 2:45-4:45pm	Mount Rainier Swim Team 2:45-4:45pm	Mount Rainier Swim Team 2:45-4:45pm	Lap Swim 12:15pm-5:45pm	
NO LAP SWIM: ALL LANES CLOSED						
Swim Lessons 4:45-6pm 1 Lane	Swim Lessons 4:45-7pm 1 Lane	Swim Lessons 4:45-6pm 1 Lane	Swim Lessons 4:45-7pm 1 Lane	Lap Swim 4:45pm-9:00pm	<p style="text-align: center;">Mount Rainier Swim Team</p> <p>Dates lap pool will be open from 2:45-4:45pm: 12/18-12/30/2017</p> <p style="text-align: center;">Walking/Jogging</p> <p style="text-align: center;">Fast Lane</p> <p style="text-align: center;">Medium Lane</p> <p style="text-align: center;">Slow Lane</p> <p style="text-align: center;">Lap Swim Policy</p> <p>Lap swimmers are not allowed an entire lap lane for themselves. Lap swimmers are required to share lanes when multiple swimmers are using the same lane.</p> <p>Please use the appropriate lanes for your intended workouts.</p>	
Lap Swim 4:45-6pm 3 Lanes Open	Lap Swim 4:45-7pm 3 Lanes Open	Lap Swim 4:45-6pm 3 Lanes Open	Lap Swim 4:45-7pm 3 Lanes Open			
Lap Swim All Lanes Open 6-8:50pm	Lap Swim 2 Lanes Open 7-8:50pm	Lap Swim All Lanes Open 6-8pm	Lap Swim All Lanes Open 7-8pm *only on Thursdays M/T/W/F 7-8:50pm			
W.O.S. 6:30-7:30pm Lap pool will be closed each Monday from 6:30-7:30pm			Water Hockey Rookie Night 1st Thursday of Each Month 8-9:45pm No Lap Swim			
Adult Lap Swim 9-9:45pm	Adult Lap Swim 9-9:45pm	Water Hockey 8-9:45pm No Lap Swim	Adult Lap Swim 9-9:45pm	Adult Lap Swim 9-9:45pm		

PLEASE SEE BACK SIDE FOR SWIM TEAM SCHEDULE

Mount Rainier Swim Team Schedule

Day	Date	Times
M	11/13	M-F: 2:45-4:45pm
T	11/14	Saturdays: 8-9:30am
W	11/15	
T	11/16	
F	11/17	
Sa.	11/18	
M	11/20	
T	11/21	
W	11/22	
M	11/27	
T	11/28	
W	11/29	
Th	11/30	
Sa.	12/02	
M	12/04	
W	12/06	
F	12/08	
Sa.	12/09	
M	12/11	
T	12/12	
W	12/13	
F	12/15	
12/18/17-12/30/17: 8:00am-10:00am		
T	1/02/18	
W	1/03/18	
F	1/05/18	
M	1/08/18	
W	1/10/18	
Th	1/11/18	
Sa.	1/13/18	
M	1/15/18	
W	1/17/18	
F	1/19/18	

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****Dates will be updated through 2/14/18**