



**FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY**

# **AQUATICS POOL SCHEDULE**

**LAP, ACTIVITY, & SPA**

## Lap Swim

| MONDAY   | TUESDAY  | WEDNESDAY                                      | THURSDAY                                       | FRIDAY                                      | SATURDAY  | SUNDAY  |
|--|--|--|--|---|---|---|
| Open<br>5:00 -<br>9:00 AM                      | Open<br>5:00 -<br>6:00 AM                      | Open<br>5:00 -<br>9:00 AM                      | Open<br>5:00 -<br>6:00 AM                      | Open<br>5:00 -<br>9:00 AM                   | Open<br>7:00 -<br>8:45 AM                       | Open<br>7:00 -<br>10:00 AM                      |
| Limited<br>9:00 -<br>10:00 AM<br>Adult, Family | Limited<br>6:00 -<br>7:00 AM<br>Adult Only     | Limited<br>9:00 -<br>10:00 AM<br>Adult, Family | Limited<br>6:00 -<br>7:00 AM<br>Adult Only     | Limited<br>9:00 -<br>10:00 AM<br>Adult Only | Limited<br>8:45AM -<br>1:00 PM<br>Adult, Family | Limited<br>10:00 -<br>11:10 AM<br>Adult, Family |
| Open<br>10:00 AM -<br>12:00 PM                 | Open<br>7:00 -<br>9:00 AM                      | Open<br>10:00 AM -<br>12:00 PM                 | Open<br>7:00 -<br>9:00 AM                      | Open<br>10:00 AM -<br>4:30 PM               | Open<br>1:00 -<br>3:30 PM                       | Open<br>11:10 AM-<br>2:30 PM                    |
| Limited<br>12:00 - 1:00 PM<br>Adult Only       | Limited<br>9:00 -<br>10:00 AM<br>Adult, Family | Limited<br>12:00 -<br>1:00 PM<br>Adult Only    | Limited<br>9:00 -<br>10:00 AM<br>Adult, Family | Limited<br>4:30 -<br>9:30 PM                | Limited<br>3:30 -<br>6:30 PM<br>Family Only     | Limited<br>2:30 -<br>6:30 PM<br>Family Only     |
| Open<br>1:00 -<br>4:00 PM                      | Open<br>10:00 AM -<br>12:15 PM                 | Open<br>1:00 -<br>4:00 PM                      | Open<br>10:00 AM -<br>12:15 PM                 |   |   |   |
| Limited<br>4:00 -<br>9:00 PM<br>Adult, Family  | Open<br>1:15 -<br>4:00 PM                      | Limited<br>4:00 -<br>7:00 PM<br>Adult, Family  | Open<br>1:15 -<br>4:00 PM                      |   |   |   |
| Open<br>9:00 -<br>9:30 PM                      | Limited<br>4:00 -<br>8:00 PM<br>Adult, Family  | Open<br>7:00 -<br>9:30 PM                      | Limited<br>4:00 -<br>8:00 PM<br>Adult, Family  |   |   |   |
|  | Open<br>8:00 -<br>9:30 PM                      |  | Open<br>8:00 -<br>9:30 PM                      |   |   |   |

## Swim Lessons

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| MONDAY  | TUESDAY   | WEDNESDAY   | THURSDAY  | FRIDAY   | SATURDAY  | SUNDAY   |
|---|---|---|---|--|---|--|
| Preschool Group<br>Lessons<br>10:00 AM -<br>12:00PM | Preschool Group<br>Lessons<br>10:00 AM -<br>12:00PM | Preschool Group<br>Lessons<br>10:00 AM -<br>12:00PM | Preschool<br>Group Lessons<br>10:00 AM -<br>12:00PM | Parent/Child<br>10:00 AM -<br>12:00 PM             | Parent/Child<br>8:30 -<br>9:00 AM                     | Pathways: Pre-<br>Competitive<br>10:10 -<br>11:10 AM |
| Group Lessons<br>3:45 -<br>7:00 PM                  | Group Lessons<br>3:45 -<br>7:00 PM                  | Group Lessons<br>3:45 -<br>7:00 PM                  | Group Lessons<br>3:45 -<br>7:00 PM                  | Pathways: Skills<br>& Drills<br>4:35 -<br>5:15 PM  | Group Lessons<br>9:00 AM -<br>12:00 PM                |  |
| Pathways: Skills<br>& Drills<br>6:20 -<br>7:00 PM   | Pathways: Skills<br>& Drills<br>6:20 -<br>7:00 PM   | Pathways: Skills<br>& Drills<br>6:20 -<br>7:00 PM   | Pathways:<br>Skills & Drills<br>6:20 -<br>7:00 PM   | Pathways: Pre-<br>Competitive<br>5:45 -<br>6:45 PM | Pathways: Skills<br>& Drills<br>11:20 AM-<br>12:00 PM |  |
|   | Pathways:<br>Swim Fit<br>7:00 -<br>8:00 PM          |   | Pathways: Pre-<br>Competitive<br>7:00 -<br>8:00 PM  |  | Parent/Child<br>12:00 -<br>12:30 PM                   |  |
|   |   |   |   |  | Pathways: Swim<br>Fit<br>12:00 -<br>1:00 PM           |  |

## Masters Swim

| MONDAY          | TUESDAY        | WEDNESDAY       | THURSDAY       | FRIDAY         | SATURDAY | SUNDAY |
|-----------------|----------------|-----------------|----------------|----------------|----------|--------|
| 12:00 - 1:00 PM | 6:00 - 7:00 AM | 12:00 - 1:00 PM | 6:00 - 7:00 AM |                |          |        |
| 8:00 - 9:15 PM  |                |                 |                | 8:00 - 9:15 PM |          |        |

## Wade Swim

| MONDAY            | TUESDAY           | WEDNESDAY         | THURSDAY          | FRIDAY            | SATURDAY        | SUNDAY          |
|-------------------|-------------------|-------------------|-------------------|-------------------|-----------------|-----------------|
| 5:00 AM - 3:45 PM | 5:00 AM - 3:45 PM | 5:00 AM - 3:45 PM | 5:00 AM - 3:45 PM | 5:00 AM - 9:30 PM | 7:00 - 8:45 AM  | 7:00AM - 6:30PM |
| 7:00 - 9:30 PM    | 7:00 - 9:30 PM    | 7:00 - 9:30 PM    | 7:00 - 9:30 PM    |                   | 12:00 - 6:30 PM |                 |

## Family Swim

| MONDAY         | TUESDAY        | WEDNESDAY      | THURSDAY       | FRIDAY         | SATURDAY        | SUNDAY           |
|----------------|----------------|----------------|----------------|----------------|-----------------|------------------|
| 5:00 - 6:45 AM | 5:00 - 6:45 AM | 5:00 - 6:45 AM | 5:00 - 6:45 AM | 5:00 - 7:00 AM | 7:00 - 7:30 AM  | 7:00AM - 6:30 PM |
| 2:15 - 3:45 PM | 2:15 - 3:45 PM | 2:15 - 3:45 PM | 2:15 - 3:45 PM | 8:00 - 9:00 AM | 12:30 - 6:30 PM |                  |
| 7:00 - 9:30 PM | 7:00 - 9:30 PM | 7:00 - 9:30 PM | 7:00 - 9:30 PM | 2:15 - 9:30 PM |                 |                  |

## Water Walking

| MONDAY          | TUESDAY        | WEDNESDAY       | THURSDAY       | FRIDAY          | SATURDAY | SUNDAY |
|-----------------|----------------|-----------------|----------------|-----------------|----------|--------|
| 6:45 - 7:45 AM  | 6:45 - 7:45 AM | 6:45 - 7:45 AM  | 6:45 - 7:45 AM | 6:45 - 7:45 AM  |          |        |
| 12:15 - 1:10 PM |                | 12:15 - 1:10 PM |                | 12:15 - 1:10 PM |          |        |

## Water Exercise Classes

| MONDAY                                | TUESDAY                           | WEDNESDAY                         | THURSDAY                          | FRIDAY                            | SATURDAY                          | SUNDAY |
|---------------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|-----------------------------------|--------|
| Aqua Zumba® / H2O Fit 9:00 - 10:00 AM | AOA H2O Fit 9:00 - 10:00 AM       | H2O Fit 9:00 - 10:00 AM           | AOA H2O Fit 9:00 - 10:00 AM       | Aqua Zumba® 9:00 - 10:00 AM       | Arthritis & Injury 7:45 - 8:45 AM |        |
| Arthritis & Injury 1:15 - 2:15 PM     | Aqua Zumba® 12:15 - 1:10 PM       | Arthritis & Injury 1:15 - 2:15 PM | Aqua Zumba® 12:15 - 1:10 PM       | Arthritis & Injury 1:15 - 2:15 PM |                                   |        |
|                                       | Arthritis & Injury 1:15 - 2:15 PM |                                   | Arthritis & Injury 1:15 - 2:15 PM |                                   |                                   |        |

**\$ Fees Associated \* Ticket Required**

## SAFETY FIRST

Our pool rules include, but are not limited to, those listed below. Lifeguards reserve the right to modify the rules or restrict additional behavior to maintain the safety of the facility. Anyone refusing to follow the rules or authority of the YMCA staff, lifeguards, or other aquatic staff are subject to removal from the premises.

## POOL RULES

- A cleansing shower is required before entering the pool.
- Street shoes are not permitted on the pool deck.
- Breath holding & prolonged submersion are absolutely prohibited.
- No food, drink, chewing gum, or glass permitted on the pool deck.
- Flotation devices must be approved by the U.S. Coast Guard.
- Persons wearing diapers need to have tight fitting protective coverings.
- Diapers, swimsuits, & clothing must be changed in locker rooms for sanitary reasons.

## SPA RULES

- Spa use should be limited to 15 minutes or less at a time.
- Children 6 and under are not permitted to use the spa per Health Department Regulations. **There will be no exceptions.**
- Children 7-15 may use the spa when accompanied by a guardian in the water.
- No sleeping or head submersion is permitted in the spa.

## SLIDE RULES

- Swimmers must pass a swim test to use the slide.
- No lifejackets or baggy clothing is allowed in the slide.
- Swimmers must slide facing forward, feet first, in a sitting position.

## POOL HOURS

### MONDAY – FRIDAY

5:00AM – 9:30PM

### SATURDAY & SUNDAY

7:00AM – 6:30PM

## ABOUT OUR POOL

### CHEMICALS

Chlorine (under UV lamps)

### CAPACITY

Lap Pool: 72 people

Activity Pool: 43 people

Spa: 14 people

\*If any pool is at capacity, lifeguards may ask members to wait until space is available before entering the water.

### DEPTHS

Lap Pool: 3'6" – 4'6"

Activity Pool: 2' – 4'4"

### HANDICAP ACCESSIBILITY

Each pool has a seated lift to help with pool entries and exits. Anyone using the lifts must be able to enter and exit the pool without assistance from YMCA staff or bring someone to assist them.

### HEALTH INFORMATION

For the safety of others, please do not swim if you have:

- Open wounds (bleeding or oozing fluids).
- Green or yellow discharge from the nose.
- A fever, vomited, or diarrhea in the last **48** hours.
- Headache, earache, sore throat, listlessness, or loss of appetite.
- Shots/immunizations the same day.
- Sinus or ear infections.

### TEMPERATURES

Lap Pool: 80 – 82 Degrees

Activity Pool: 85 – 86 Degrees

Spa: 100 – 102 Degrees

## **LAP SWIM**

### **OPEN LAP SWIM**

Lap Swimming is available for all members. Please be courteous of other swimmers and choose a lane that best fits your speed or age. Circle swim is required when 2 or more swimmers are in one lane.

### **LIMITED LAP SWIM**

During this time, other programs will be utilizing some of the lap lanes. The remaining lanes will be specified **18+ Only** or **Family**.

### **ADULT LAP SWIM**

Due to limited lap lanes during this time, the remaining lap lanes will be reserved for members 18 and older. Exceptions may or may not be made for black band swimmers.

### **FAMILY LAP SWIM**

Family lanes will be available during all open swim times and during some limited swim hours. Black and green band swimmers may utilize this lane without a parent or guardian. Children with yellow bands or no bands must be accompanied by an adult while using the family lane.

## **MASTERS SWIM**

The Masters Swim Program is a free opportunity to begin or continue your passion of swimming under the guidance of an experienced coach. You will be welcomed into a community of adults (18+) in an encouraging team atmosphere. This is a great program for all ability levels; novice, triathletes, and veterans are all welcome.

## **WADE SWIM**

While other activities are happening at the pool, the mushroom area is open for free swim. This area is less than 3 feet deep and ideal for young children. The mushroom may not be able to be turned on due to scheduled activities. All swimmers under 14 years of age must abide by the swim test policy.

## **FAMILY SWIM**

Members of all ages are welcome to have fun in the pool during family swim. The slide and mushroom can be turned on, and the entire activity pool is available for recreational swimming. All swimmers under 14 years of age must abide by the swim test policy.

## **LARGE GROUPS**

Prior to bringing a group of 10 or more into the pool, please make arrangements with the Aquatics Department. If arrangements are not made, capacity issues could decrease open & family swim time.

## **PRESCHOOL POOL PLAY**

This is non-structured, recreational time for preschool age swimmers and their families to enjoy the pool together. Members are welcome to use the aquatic toys, noodles, and lifejackets.

## **SWIM LESSONS**

We offer a wide range of swimming options for the whole family! Classes are divided into ability groups. Students learn at different rates and are usually in each level more than once. Trained instructors emphasize personal safety, swimming skills, endurance, and social skills while guiding students with praise and encouragement.

## **WATER EXERCISE CLASSES**

### **ACTIVE OLDER ADULTS (AOA) H2O FITNESS**

This adult group water fitness program is designed to enhance each individual's quality of life and daily function. Active Older Adults utilizes the physical properties of the water to enhance agility, range of motion, and cardiovascular conditioning. Instructors help participants develop strength, balance, and coordination. No swimming ability is required as you learn in a format that is safe, fun, and effective.

### **ARTHRITIS & INJURY**

This class is designed for those living with arthritic pain or other chronic pain or those recovering from an injury or with limited mobility. Through this class, you will work to improve your flexibility, muscle tone, and range of motion. This class takes a non-impact approach by using water resistant exercises to build strength and increase range of motion & flexibility throughout the body. You will feel the benefits of the warm water, slow-paced exercises while enjoying a fun social group setting. This is a fun filled, therapeutic class with others who understand managing pain.

Note: This class does not replace physical therapy and participants are encouraged to check in with their physician before starting.

## **AQUA ZUMBA®**

Splash your way into shape with an invigorating low-impact aquatic exercise. Known as the Zumba® 'pool party,' the Aqua Zumba® program gives new meaning to the idea of a refreshing workout. Integrating the Zumba® philosophy with traditional aquatic fitness disciplines, Aqua Zumba® blends it all together into a workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

## **AQUA FITNESS**

Walking, running, jumping, and a variety of aerobic movements are performed in the shallow end of the pool to increase heart rate and provide both a cardiovascular and strength training workout. A variety of water equipment, dumbbells, noodles, etc. are used for conditioning.

## **WATER WALKING**

This is non-structured time for water fitness. Members are welcome to use the aquatic fitness equipment to achieve a vertical water workout. This is not a recreational swim time and members may be asked to leave at the discretion of the lifeguard for non-water walking activity. 12 years of age or older recommended.

## **SWIM LESSONS**

coalcreekswimlessons@seattlemca.org

## **CATHERINE EARLEY**

**AQUATICS DIRECTOR**

425 282 1508 or cearley@seattlemca.org

## **PENNIE FRANTZ**

**SWIM LESSON COORDINATOR**

425 282 1514 or pfrantz@seattlemca.org

## **MELISSA RING**

**LIFEGUARD COORDINATOR**

425 282 1514 or mring@seattlemca.org

## **SWIM TEST POLICY**

To participate in recreational swimming activities, all children 13 years of age and younger must undergo a swim test. The swim test allows children to swim in any part of the swimming pools 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 child. There is a limit of 2 non-swimming children per adult.

### **SWIM TEST**

- 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 with a bracelet that is readily identifiable to the lifeguards.
- After passing the swim test, swimmers **8 and older** may be in the swim area without direct adult supervision. An adult is required in the building for ages 8-10.
- Children **7 and under** who pass the swim test still require direct adult supervision in the pool area at all times.

### **LAP SWIM TEST**

- Swimmer must respectfully circle swim 150 yards non-stop using breaststroke or freestyle. Swimmers will be marked with a black bracelet that is readily identifiable to the lifeguards.

### **MODIFIED SWIM TEST**

#### **Ages 5-13 only**

- While wearing a lifejacket, the child must pass the above swim test.
- After passing the swim test, swimmers 8 and older may be in the swim area without direct adult supervision. An adult is required in the building for ages 8-10.
- Children 5-7 who pass the swim test may participate with an adult, parent, or guardian actively engaged in their activity. There is a limit of five "lifejacket swimmers" per adult.
- Swimmers must keep the lifejacket on while in the water and may not use the slide.

## NOTABLE DATES IN MARCH

|                  |           |  |
|------------------|-----------|--|
| <b>Thursday</b>  | <b>1</b>  |  |
| <b>Friday</b>    | <b>2</b>  | First Day of Weekend Swim Lessons      |
| <b>Saturday</b>  | <b>3</b>  |  |
| <b>Sunday</b>    | <b>4</b>  |  |
| <b>Monday</b>    | <b>5</b>  |  |
| <b>Tuesday</b>   | <b>6</b>  |  |
| <b>Wednesday</b> | <b>7</b>  |  |
| <b>Thursday</b>  | <b>8</b>  |  |
| <b>Friday</b>    | <b>9</b>  |  |
| <b>Saturday</b>  | <b>10</b> |  |
| <b>Sunday</b>    | <b>11</b> |  |
| <b>Monday</b>    | <b>12</b> |  |
| <b>Tuesday</b>   | <b>13</b> |  |
| <b>Wednesday</b> | <b>14</b> |  |
| <b>Thursday</b>  | <b>15</b> |  |
| <b>Friday</b>    | <b>16</b> |  |
| <b>Saturday</b>  | <b>17</b> | Happy St. Patrick's Day!               |
| <b>Sunday</b>    | <b>18</b> |  |
| <b>Monday</b>    | <b>19</b> |  |
| <b>Tuesday</b>   | <b>20</b> | Private Swim Lesson Registration Opens |
| <b>Wednesday</b> | <b>21</b> | Last Day M/W Swim Lessons              |
| <b>Thursday</b>  | <b>22</b> | Last Day T/Th Swim Lessons             |
| <b>Friday</b>    | <b>23</b> |  |
| <b>Saturday</b>  | <b>24</b> |  |
| <b>Sunday</b>    | <b>25</b> |  |
| <b>Monday</b>    | <b>26</b> | First Day M/W Swim Lessons             |
| <b>Tuesday</b>   | <b>27</b> | First Day T/Th Swim Lessons            |
| <b>Wednesday</b> | <b>28</b> |  |
| <b>Thursday</b>  | <b>29</b> |  |
| <b>Friday</b>    | <b>30</b> |  |
| <b>Saturday</b>  | <b>31</b> |  |