

WINTER 2018 POOL SCHEDULE UPDATED 03/17/2018 KP

AQUATICS March 1st – April 28th

MEREDITH MATHEWS EAST MADISON YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am-7:55am Open Lap Swim	5:45am-7:55am Open Lap Swim	5:45-7:55am Open Lap Swim	5:45-7:55am Open Lap Swim	5:45-7:55am Open Lap Swim		
8:00-9:00am Rec Swim	8:00-9:00am Aqua Fitness	8:00-9:00am Rec Swim	8:00-9:00am Rec Swim	8:00-9:00am Rec Swim	8:00-8:55am Open Lap Swim	
9:00-10:00 Aqua Fitness	9:00-10:00 Rec Swim	9:00-10:00 Aqua Fitness	9:00-10:00 Aqua Fitness	9:00-10:00 Aqua Fitness	9:00-9:55am Aqua Fitness	
10:05-4:10pm Open Lap Swim	10:15-11:00am Swim Lessons	10:05-4:10pm Open Lap Swim	10:15a-11:25 Swim Lessons	10:05-1:25pm Open Lap Swim	10:00-1:05 pm Swim Lessons	10:00-12:25pm Open Lap Swim
	10:15-11:00 Limited Lap Swim		10:15-11:25 Limited Lap Swim			
	11:00-4:10pm Open Lap Swim		11:30-4:10 Open Lap Swim			
Women's Locker Room Closed for Cleaning 12:30-1:00 pm Monday-Friday						
				1:30-2:30pm Swim Lessons		
				2:35 -4:10pm Lap Swim	1:15pm-3:25pm Rec Swim	12:30pm-3:25pm Rec Swim
Private Swim Lessons may take up to two lanes from 2:30pm-4:15pm						
4:15-5:20pm CAAT	4:15-5:20pm CAAT	4:15-5:20pm CAAT	4:15-5:20pm CAAT	4:15-5:20pm CAAT	3:30 - 4:45pm Open Lap Swim	3:30-4:45pm Open Lap Swim
5:25-7:05pm Swim Lessons	5:30-6:30pm Aqua Fitness	5:25-7:05pm Swim Lessons	5:30-6:30pm Aqua Fitness	5:30-6:30pm Youth Swim team	Rec Swim Note: No lap lane when there are more than 20 bathers, birthdays, trainings, or private lessons	
7:10-8:45pm Masters	6:35pm-7:30PM Swim Lessons	7:10-8:45pm Masters	6:35-7:30pm Swim Lessons	6:35-7:30pm Family Swim (no lap lane)		
	7:35pm-8:45pm Open Lap Swim		7:35-8:45pm Open Lap Swim	7:35-8:45pm Open Lap Swim		

When there are NO Swim Lessons Family Swim will take place. When there are no Community Programs, Lap Swim will take place. When there are NO Water-Ex Classes, Rec Swim will take place. (Up to 2 lanes may be used for private lessons/events during all Lap Swim times *Pool schedule is subject to change.*)

PROGRAM DESCRIPTIONS

AQUA FITNESS

Shallow water exercise, walking, running, jumping and a variety of aerobic movements are performed to increase the heart rate and provide a cardiovascular and strength training workout while utilizing the water's buoyancy and resistance. In deep water, float belts and resistance weights are used to provide a no-impact cardiovascular workout.

REC/FAMILY SWIM

Enjoy a recreational swim time for the whole family during this scheduled activity. An adult 16 years+ must accompany children in the water. All participants **13 and under must pass a swim test** to swim without an adult in the water. Please see our **Swim Test Policy**. (Adult Rec Swims are for participants 18 years of age or older.)

LAP SWIM

Lap swims are for **ages 16 and up**. Exceptions **may** be made for young adults who are proficient lap swimmers as determined by a lifeguard and lane availability. We reserve the right to use a lap lane for private swim lessons during lap time. Water walkers should follow lap etiquette on a space available basis.

MASTERS SWIM TEAM

Masters Swim is a structured and competitive-level team for swimmers ages 18 and up. A coach is in the water leading a practice (approx. 2 miles). Skill ranges from intermediate to advanced (swimmers with strong lap experience or competitive swimming experience). If you can 30-35 laps in an hour, this class is probably right for you!

The first Wednesday of each month is spent playing water polo! Anyone is welcome to join this game. Warm-up 7:15-7:45. Casual game of water polo 7:45-8:40 pm. Should be comfortable treading in deep water. There are no lap lanes available during Masters.

SWIM LESSONS / PRIVATE SWIM LESSONS

Group and Private swim lessons are available for all levels and ages of swimmers. Contact the aquatics coordinator for more information and registration. The pool will be closed to members during swim lesson times. Private lessons may be held during Adult Lap Swim and Family Swim times, and are scheduled based upon instructor availability.

COMMUNITY PROGRAMS

YMCA, school group, or other community group use. There will be no lap lanes available during program times, unless noted otherwise. Call 206.322.6969 for daily activity.

CONTACT INFORMATION

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LAP SWIM ETIQUETTE

- Circle swimming is required when there are 3+ swimmers in a lane. To swim circles effectively, watch the black center line on the bottom of each lane and stay to the right. Failure to follow rules may lead to lifeguard asking you to leave.
- When pushing off the wall, swimmers should leave adequate space between other swimmers and be careful not to push off directly in front of someone else. It will be clear to other swimmers that you are resting if you stop on the wall on the left side of the lane. Swimmers not planning to stop will move to their left to pass on the wall and push off on the right side as their direction changes.
- To pass another swimmer, move toward the left, past them, and move back to the right. Faster, more experienced swimmers should watch out for slower swimmers. Slower swimmers still need to follow lap swim etiquette but faster, more experienced swimmers should be able to pass without the slower swimmer having to worry about being in the way.
- Sometimes it can be difficult or uncomfortable getting someone's attention so that you can share the lane with them. To be effective, start by standing near the lane in hopes that you will be noticed. If you are not noticed, or you are unsure, put your feet in the left side of the lane (in the same place you would stop to rest). By this time, you should have received a sign of acknowledgement from the other swimmer, whether it is stopping to speak with you, moving and staying on one side of the lane, or swimming circles. If you are still unsure, begin swimming, but be cautious until you are sure the other swimmer has noticed you. Ask lifeguard to assist you if necessary.

SWIMMING POOL RULES

- A cleansing shower is required before entering the pool.
- Street shoes are not permitted on the pool deck or shower areas.
- Children under the age of 13 that are unable to pass the swim test must have an adult companion in the water at all times.
- Diving is NOT permitted.
- Running or rough play is not allowed.
- Prolonged submersion and breath holding are prohibited.
- Twisting jumps or flips are not allowed.
- No food, drink, or chewing gum in the pool area. Glass containers are prohibited.
- Participants must wear appropriate attire that is determined based on coverage, safety, and cleanliness.
- Flotation devices and other equipment use are at the discretion of the lifeguards.
- Anyone under the influence of alcohol or drugs is not permitted on the premises.
- Do not use the pool if you have a communicable disease that can be transmitted by water, or have been ill with diarrhea or vomiting in the last two weeks.
- Persons wearing diapers need to have a swim diaper with a tight fitting protective covering.
- Diapers must be changed in designated areas only.
- Facility age guidelines and the YMCA code of conduct apply in all instances.