



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

COTTAGE LAKE POOL SCHEDULE

June 23–September 2, 2018

(Closed Wednesday July 4th)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Shallow Water Aerobics, Lap Swim, Water Walking 9:00–10:00	Lap Swim & Water Walking 9:00–10:00	Shallow Water Aerobics, Lap Swim, Water Walking 9:00–10:00	Lap Swim & Water Walking 9:00–10:00	Shallow Water Aerobics, Lap Swim, Water Walking 9:00–10:00	Closed	Closed
Swim lessons 10:00–12:00	Swim lessons 10:00–12:00	Swim lessons 10:00–12:00	Swim lessons 10:00–12:00	Reserved for Day Camp 10:00–1:00	Lap Swim & WW 10:00–12:00	Private Party 10:00–12:00
Open Swim 12:00–2:00	Open Swim 12:00–2:00	Open Swim 12:00–2:00	Open Swim 12:00–2:00		Open Swim 12:00–2:00	Open Swim 12:00–2:00
Open Swim 2:00–4:00	Open Swim 2:00–4:00	Open Swim 2:00–4:00	Open Swim 2:00–4:00	Open Swim 1:00–3:00	Open Swim 2:00–4:00	Open Swim 2:00–4:00
Swim Lessons 4:00–7:00	Swim Lessons 4:00–7:00	Swim Lessons 4:00–7:00	Swim Lessons 4:00–7:00	Open Swim 3:00–5:00	Open Swim 2:00–4:00	Open Swim 2:00–4:00
				Open Swim 5:00–7:00	Open Swim 4:00–6:00	Private Party 4:00–6:00

FEES:	Open Swim (2 hrs. each)	Water Aerobics, Lap Swim & Water Walking	Swim Lessons (2 wks. M-TH)	Summer Family Pass (includes 2 adults and dependent children)	Private Party (2 hrs. pool & patio)
YMCA Facility Members (must present membership cards)	\$3 per person	FREE	\$80	\$150 BUY	\$250 BUY
Community Participants	\$6 per person	FREE	\$160	\$250 BUY	\$350 BUY

* Please plan to bring your own towel to the Cottage Lake Pool. There is no towel service at this location.

LAP

12 years of age or older recommended. Adults have priority at discretion of lifeguard. Must swim laps; this is not Open Swim time. Must pass lap swimming test administered by a lifeguard (150 yards continuous swim).

WATER WALKING (WW)

When all 6 lanes are available, one lane will be reserved for water walking, water jogging and water exercising.

SHALLOW WATER AEROBICS

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.

COTTAGE LAKE POOL PARTIES

Splash away with your friends in our awesome pool! Up to 40 guests will enjoy 2 hours in the pool and the party patio! A YMCA staff member will greet you and your guests and help facilitate your party. All YMCA of Greater Seattle Swim Test policies and rules apply. You can book your party online at www.seattleyymca.org. For any questions, please contact Amanda Downs at adowns@seattleyymca.org.

OPEN SWIM

Children 13 years of age and younger **MUST** pass a swim test administered by the lifeguard or be accompanied by an adult in the water who is "actively engaged" with the child's activity. Please see Swim Test Policy flyer for details.

NOTE: No inflatable devices of any kind unless US Coast Guard approved.

* Cottage Lake Pool schedule is subject to change without advanced notice. Facility Closed on Wednesday, July 4th for Independence Day.

ABOUT THE POOL

- Pool Temperature: 83 – 85 degrees
- Shallow Area Depth: 3’-4’ deep
- Deep Area Depth: 4’-5’ deep
- Main chemicals in the pool: Chlorine & CO2

We have stairs and a seated lift to help with Pool entries & exits. Anyone using the Pool must be able to enter and exit without assistance from the YMCA Aquatic (or other) Staff, or bring someone to assist them.

Any floatation devices used must be US Coast Guard approved. No inflatable devices. Toys are at the discretion of the lifeguard.

WHAT TO WEAR

- A Swim Suit is required for all persons.
- Shirts & Tank tops are not allowed unless they are made of polyester, nylon or spandex.
- Jean & Cotton clothing are prohibited.
- A swim diaper is required for anyone with continence issues. Be aware that swim diapers and swim pants are not a solution for a person with diarrhea or a substitute for frequent diaper changing.
- A swim cap or hair tie is recommended for those with long hair.

HEALTH INFORMATION

No food or glass allowed on the pool deck or patio area.

Please keep your child at home for:

- Band-Aids covering open wounds (bleeding or oozing fluids).
- Green mucus or yellow discharge from the nose.
- Had a fever, vomited or had diarrhea in the last 48 hours.
- Headache, earache, sore throat, listlessness or loss of appetite.
- Had shots/immunizations that day.
- Sinus or ear infection.

Six “P-L-E-A-S” for Protection Against Recreational Water Illnesses (RWIs):

1. PLEASE don’t swim when you have diarrhea. This is especially important for kids in diapers.
2. PLEASE don’t swallow the pool water.
3. PLEASE practice good hygiene.
4. PLEASE take your kids on bathroom breaks often.
5. PLEASE change diapers in a bathroom and not at poolside.
6. PLEASE wash your child thoroughly with soap and water before and after swimming.

COTTAGE LAKE POOL PARTIES

Private rentals are available on Saturdays and Sundays starting July 1st.

Cost: FM \$250, CM \$350

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KING COUNTY COTTAGE LAKE PARK POOL

18831 NE Woodinville-Duvall Rd, Woodinville 98077

P 425 286 0161

NORTHSHORE YMCA

11811 NE 195th ST, Bothell WA 98011

P 425 485 9797 F 425 486 7757 ymcanorthshore.org

FACILITY HOURS

- Monday-Friday: 9:00 am-7:00 pm
- Saturday: 10:00 am-6:00 pm
- Sunday: 10:00 am- 6:00 pm

SWIM LESSON REGISTRATION

To register for swim lessons at Cottage Lake Pool, please contact Northshore YMCA Member Services at 425 485 9797 or register online at: www.seattleyymca.org. For more information, please see the Swim Lesson brochure or contact [Amanda Downs at adowns@seattleyymca.org](mailto:adowns@seattleyymca.org)

NORTHSHORE YMCA REGISTRATION HOURS

All registrations will take place online or at Northshore YMCA.

- Monday-Friday: 8:00 am-8:00 pm
- Saturday: 9:00 am-5:00 pm
- Sunday: 12:00-5:00 pm

**No towel service at this site.
Please bring your own towel.**



COTTAGE LAKE POOL SWIM LESSONS

(2 week sessions; Monday-Thursday)

SESSION A	June 25-July 5 (no lesson July 4th)
SESSION B	July 9-July 19
SESSION C	July 23-August 2
SESSION D	August 6-August 16
SESSION E	August 20-August 30

REGISTRATION DATES:

FM:	June 2	7:00 am Online & In-House
CM:	June 6	8:00 am Online & In-House

FEES:	7 Lessons	8 Lessons
FM	\$70	\$80
CM	\$140	\$160

Everyone is welcome. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. **Financial assistance is available.**