



DTFY AQUATICS SCHEDULE



Modified Schedule July 2nd-8th (Closed July 4th)

	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	LAP SWIM & WATER WALKING	LAP SWIM	LAP SWIM	LAP	Water Walking 5:00 AM- 8:00 AM	CLOSED	LAP SWIM	LAP SWIM	LAP	Water Walking 5:00 AM- 8:00 AM
6:00				LAP					LAP	
7:00										
8:00					Aqua Fitness 8-9 & 9-10					Aqua Fitness 8-9 & 9-10
9:00										
9:30										
10:00				LAP	Open Swim 10am- 12pm				LAP	OPEN REC SWIM 10:00AM-12:00PM
11:00										
11:30										
Noon		Arthritis & Injury 12:00-1:00		Arthritis & Injury 12:00-1:00						
12:30										
1:00		OPEN SWIM 1:00 -3:00		OPEN REC SWIM 1:00 -3:00						
2:00										
3:00										
3:30		WTR WLK 3:00-4:00		WTR WLK 3:00-4:00						
4:00		OPEN SWIM 4:00-6:40								
5:00										
6:00										
6:30		Aqua Fitness 6:45-7:45		OPEN REC SWIM 4:00-9:30						
7:00										
8:00		OPEN REC SWIM 7:45-9:30								
9:00										

	Saturday		Sunday	
	Lap Lanes	Shallow Area	Lap Lanes	Shallow Area
8:00	LAP SWIM & WATER WALKING	LAP SWIM	LAP SWIM	Water Walking 8:00-10:00
9:00				Aqua Fitness 8-9
10:00				Open Rec Swim 9am-4pm
11:00				
Noon				
1:00				
2:00				
3:00		Wtr Walk 12-1 & Aqua Fitness		
4:00		Wtr Walk 4-4:30		
5:00		OPEN REC SWIM 1:00-5:30		
6:00		OPEN REC SWIM 4:30-7:30		
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