



DTFY AQUATICS SCHEDULE



September 10th-December 22nd, 2018

	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		Water Walking 5:00 AM- 8:00 AM		LAP SWIM & WATER WALKING		Water Walking 5:00 AM- 8:00 AM		LAP SWIM & WATER WALKING		Water Walking 5:00am- 8:00am & Aqua Fitness 6:00am-7:00am		LAP SWIM & WATER WALKING		Water Walking 5:00 AM- 8:00 AM		LAP SWIM & WATER WALKING		Water Walking 5:00 AM- 8:00 AM	
6:00	LAP SWIM		Aqua Fitness 8-9 & 9-10		LAP SWIM		Aqua Fitness 8-9 & 9-10		LAP SWIM		Aqua Fitness 8-9 & 9-10		LAP SWIM		Aqua Fitness 8-9 & 9-10		LAP SWIM		Aqua Fitness 8-9 & 9-10	
7:00	LAP SWIM until 4:20pm		SWIM LESSONS 10:10AM-11:50AM **Limited Rec Swim**		LAP SWIM		SWIM LESSONS 10:10AM-11:50AM **Limited Rec Swim**		LAP SWIM		SWIM LESSONS 10:10AM-11:50AM **Limited Rec Swim**		LAP SWIM		SWIM LESSONS 10:10AM-11:50AM **Limited Rec Swim**		LAP SWIM		REC SWIM 10:00AM-12:00PM	
8:00	LAP SWIM		Arthritis & Injury 12:00-1:00		LAP SWIM		Arthritis & Injury 12:00-1:00		LAP SWIM		Arthritis & Injury 12:00-1:00		LAP SWIM		Arthritis & Injury 12:00-1:00		LAP SWIM		Arthritis & Injury 12:00-1:00	
9:00	LAP SWIM		REC SWIM 1:00 -4:15		LAP SWIM		REC SWIM 1:00 -4:15		LAP SWIM		REC SWIM 1:00 -4:15		LAP SWIM		REC SWIM 1:00 -4:15		LAP SWIM		REC SWIM 1:00 -3:00	
10:00	LAP SWIM		SWIM LESSONS 4:20-6:35		LAP SWIM		SWIM LESSONS 4:20-7:10		LAP SWIM		SWIM LESSONS 4:20-6:35		LAP SWIM		SWIM LESSONS 4:20-7:10		LAP SWIM		REC SWIM 4:00-9:30	
11:00	LAP SWIM		Aqua Fitness 6:45-7:45		LAP SWIM		Aqua Fitness 6:45-7:45		LAP SWIM		Aqua Fitness 6:45-7:45		LAP SWIM		Aqua Fitness 6:45-7:45		LAP SWIM		REC SWIM 7:15-9:30	
11:30	LAP SWIM		REC SWIM 7:45-9:30		LAP SWIM		REC SWIM 7:15-9:30		LAP SWIM		REC SWIM 7:45-9:30		LAP SWIM		REC SWIM 7:15-9:30		LAP SWIM		REC SWIM 7:15-9:30	
Noon	LAP SWIM		WTR WLK 3:00-4:00		LAP SWIM		WTR WLK 3:00-4:00		LAP SWIM		WTR WLK 3:00-4:00		LAP SWIM		WTR WLK 3:00-4:00		LAP SWIM		WTR WLK 3:00-4:00	
12:30	LAP SWIM		SWIM LESSONS 4:20-6:35		LAP SWIM		SWIM LESSONS 4:20-7:10		LAP SWIM		SWIM LESSONS 4:20-6:35		LAP SWIM		SWIM LESSONS 4:20-7:10		LAP SWIM		REC SWIM 4:00-9:30	
1:00	LAP SWIM		Aqua Fitness 6:45-7:45		LAP SWIM		Aqua Fitness 6:45-7:45		LAP SWIM		Aqua Fitness 6:45-7:45		LAP SWIM		Aqua Fitness 6:45-7:45		LAP SWIM		REC SWIM 7:15-9:30	
2:00	LAP SWIM		REC SWIM 1:00 -4:15		LAP SWIM		REC SWIM 1:00 -4:15		LAP SWIM		REC SWIM 1:00 -4:15		LAP SWIM		REC SWIM 1:00 -4:15		LAP SWIM		REC SWIM 1:00 -3:00	
3:00	LAP SWIM		SWIM LESSONS 4:20-6:35		LAP SWIM		SWIM LESSONS 4:20-7:10		LAP SWIM		SWIM LESSONS 4:20-6:35		LAP SWIM		SWIM LESSONS 4:20-7:10		LAP SWIM		REC SWIM 4:00-9:30	
3:30	LAP SWIM		Aqua Fitness 6:45-7:45		LAP SWIM		Aqua Fitness 6:45-7:45		LAP SWIM		Aqua Fitness 6:45-7:45		LAP SWIM		Aqua Fitness 6:45-7:45		LAP SWIM		REC SWIM 7:15-9:30	
4:00	LAP SWIM		REC SWIM 7:45-9:30		LAP SWIM		REC SWIM 7:15-9:30		LAP SWIM		REC SWIM 7:45-9:30		LAP SWIM		REC SWIM 7:15-9:30		LAP SWIM		REC SWIM 7:15-9:30	
5:00	LAP SWIM		SWIM LESSONS 4:20-6:35		LAP SWIM		SWIM LESSONS 4:20-7:10		LAP SWIM		SWIM LESSONS 4:20-6:35		LAP SWIM		SWIM LESSONS 4:20-7:10		LAP SWIM		REC SWIM 4:00-9:30	
6:00	LAP SWIM		Aqua Fitness 6:45-7:45		LAP SWIM		Aqua Fitness 6:45-7:45		LAP SWIM		Aqua Fitness 6:45-7:45		LAP SWIM		Aqua Fitness 6:45-7:45		LAP SWIM		REC SWIM 7:15-9:30	
6:30	LAP SWIM		REC SWIM 7:45-9:30		LAP SWIM		REC SWIM 7:15-9:30		LAP SWIM		REC SWIM 7:45-9:30		LAP SWIM		REC SWIM 7:15-9:30		LAP SWIM		REC SWIM 7:15-9:30	
7:00	LAP SWIM		SWIM LESSONS 4:20-6:35		LAP SWIM		SWIM LESSONS 4:20-7:10		LAP SWIM		SWIM LESSONS 4:20-6:35		LAP SWIM		SWIM LESSONS 4:20-7:10		LAP SWIM		REC SWIM 4:00-9:30	
8:00	LAP SWIM		Aqua Fitness 6:45-7:45		LAP SWIM		Aqua Fitness 6:45-7:45		LAP SWIM		Aqua Fitness 6:45-7:45		LAP SWIM		Aqua Fitness 6:45-7:45		LAP SWIM		REC SWIM 7:15-9:30	
9:00	LAP SWIM		REC SWIM 7:45-9:30		LAP SWIM		REC SWIM 7:15-9:30		LAP SWIM		REC SWIM 7:45-9:30		LAP SWIM		REC SWIM 7:15-9:30		LAP SWIM		REC SWIM 7:15-9:30	

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

***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
 Assistant Aquatics Director/Lifeguard Supervisor: Brendan Chase bchase@seattlemca.org
 Swim Lessons Program Supervisor: Julia Hart jchart@seattlemca.org
 ORCAS 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