



AQUATICS SCHEDULE

January 7th-June 30th, 2019



	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	Water Walking 5:00 AM- 8:00 AM	LAP SWIM & WATER WALKING	LAP SWIM 5:00 AM-4:00 PM & 6:30 PM-9:45 PM	LAP SWIM 5:00 AM-4:00 PM & 6:30 PM-9:45 PM	LAP	Water Walking 5:00 AM- 8:00 AM	LAP SWIM & WATER WALKING	LAP SWIM 5:00 AM-4:00 PM & 6:30 PM-9:45 PM	LAP SWIM 5:00 AM-4:00 PM & 6:30 PM-9:45 PM	LAP	Water Walking 5:00 AM- 8:00 AM	LAP SWIM & WATER WALKING	LAP SWIM 5:00 AM-4:00 PM & 6:30 PM-9:45 PM	LAP SWIM 5:00 AM-4:00 PM & 6:30 PM-9:45 PM	LAP	Water Walking 5:00 AM- 8:00 AM																																																																																																																																																					
6:00																				Aqua Fitness 8-9 & 9-10	LAP	Aqua Fitness 8-9 & 9-10	LAP	Aqua Fitness 8-9 & 9-10	LAP	Aqua Fitness 8-9 & 9-10	LAP	Aqua Fitness 8-9 & 9-10	LAP	Aqua Fitness 8-9 & 9-10	LAP	Aqua Fitness 8-9 & 9-10	LAP	Aqua Fitness 8-9 & 9-10	LAP	Aqua Fitness 8-9 & 9-10	LAP	Aqua Fitness 8-9 & 9-10																																																																																																																																		
7:00																																							LAP SWIM LESSONS 4:00-6:40PM	LAP	Swim Lessons 10:10-11:20 ***Limited Open Rec Swim Available***	LAP	Swim Lessons 10:10-11:20 ***Limited Open Rec Swim Available***	LAP	Swim Lessons 10:10-11:20 ***Limited Open Rec Swim Available***	LAP	Swim Lessons 10:10-11:20 ***Limited Open Rec Swim Available***	LAP	Swim Lessons 10:10-11:20 ***Limited Open Rec Swim Available***	LAP	Swim Lessons 10:10-11:20 ***Limited Open Rec Swim Available***	LAP	Swim Lessons 10:10-11:20 ***Limited Open Rec Swim Available***	LAP	Swim Lessons 10:10-11:20 ***Limited Open Rec Swim Available***	LAP	Swim Lessons 10:10-11:20 ***Limited Open Rec Swim Available***	LAP	Swim Lessons 10:10-11:20 ***Limited Open Rec Swim Available***																																																																																																													
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	Saturday				Sunday																															
	Lap Lanes		Shallow Area		Lap Lanes		Shallow Area																													
8:00	LAP SWIM & WATER WALKING	LAP SWIM	Lap	Aqua Fitness 8-9	LAP SWIM & WATER WALKING	LAP SWIM	LAP SWIM	Water Walking 8:00-10:00																												
9:00									SWIM LESSONS 9:00 AM- 1:35 pm	LAP SWIM	LAP SWIM	OPEN REC SWIM 10:00-12:00																								
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7:00					SWIM LESSONS 9:00 AM- 1:35 pm	LAP SWIM	LAP SWIM	OPEN REC SWIM 4:30-7:30																												

***Please Note: The Slide and all water features are available upon request.**

Pool Temperature: 83-84 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 & Lifeguard Supervisor: Spencer Anderson
 spenceranderson@seattlemca.org
 Aquatics Coordinator: Vanessa Harvey
 Vharvey@seattlemca.org
 Swim Lessons Program Supervisor: 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.