



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# POOL SCHEDULE (JANUARY 7 – MARCH 9)

## DOWNTOWN SEATTLE YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:00am-9:30am Lap Swim (3)	5:00am-6:00am Lap Swim (3)	5:00am-9:30am Lap Swim (3)	5:00am-6:00am Lap Swim (3)	5:00am-9:30am Lap Swim (3)	
	6:00am-7:00am Masters Swim (0)		6:00am-7:00am Masters Swim (0)		
	7:00am-9:30am Lap Swim (3)		7:00am-9:30am Lap Swim (3)		7:00am-9:00am Lap Swim (3)
9:30am-10:30am Pool Closed					9:00am-10:00am Masters Swim (0)
10:30am-2:30pm Lap Swim (3)	10:30am-11:15am Lap Swim (3)	10:30am-2:30pm Lap Swim (3)	10:30am-11:15am Lap Swim (3)	10:30am-2:30pm Lap Swim (3)	10:00am-3:00pm Lap Swim (3)
	11:15am-12:15pm Water Exercise <i>Steve</i> REC AREA Lap Swim (2)		11:15am-12:15pm Water Exercise <i>Steve</i> REC AREA Lap Swim (2)		11:00-11:30am Swim Lessons REC AREA (3)
	12:15pm-2:30pm Lap Swim (3)		12:15pm-2:30pm Lap Swim (3)		12:50-1:20pm Swim Lessons REC AREA (3)
2:30pm-3:30pm Pool Closed					
3:30pm-6:10pm Lap Swim (3)	3:30pm-5:30pm Lap Swim (3)	3:30pm-5:35pm Lap Swim (3)	3:30pm-5:30pm Lap Swim (3)	3:30pm-8:00pm Lap Swim (3)	
	5:00pm-5:30pm Swim Lessons Medium Lane (2)	5:35pm-6:05pm Swim Lessons REC AREA (3)	5:00pm-5:30pm Swim Lessons Medium Lane (2)		
6:10pm-6:40pm Swim Lessons Medium Lane (2)	5:30pm-6:30pm Masters Swim (0)	5:35pm-8:00pm Lap Swim (3)	5:30pm-6:30pm Masters Swim (0)		
	6:30pm-7:45pm Swim Lessons REC AREA (3)		6:35-7:05pm Swim Lessons REC AREA (3)		
6:45pm-8:00pm Lap Swim (3)	6:30pm-8:00pm Lap Swim (3)		6:30pm-8:00pm Lap Swim (3)		

When there are NO Swim Lessons, Rec Swim/Lap Swim will take place. When there are NO Water-Ex Classes, Rec Swim will take place. (#) Represents the number of lanes available for Lap swimming. **(1 lane or the Rec Area may be used for private lessons/events during all Swim times).**

*Pool schedule is subject to change.*

DOWNTOWN SEATTLE YMCA  
909 4<sup>th</sup> Ave, Seattle, WA 98104  
P 206 382 5010 www.seattleyymca.org

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

## PROGRAM DESCRIPTIONS

### WATER EXERCISE

A variety of aerobic movements are performed in the Rec Area of the pool to increase heart rate and provide both a cardiovascular and strength training workout. Water equipment may be used in this low-impact, high-intensity water workout.

### REC SWIM

Rec swim takes place in the Rec Area of the pool and is open whenever there are no scheduled activities in the Rec Area. Please be aware of your surroundings whilst using this space.

### 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/joggers may use the slow lane until all three lanes are needed to accommodate lap swimming due to crowded peak times. At this time please use the Rec Area if it is available.

### MASTERS SWIM

Begin or continue your passion for swimming under the guidance of an experienced coach. You'll be welcomed into a community of swimmers in an encouraging team atmosphere. This is a great program for all ability levels; novice, triathletes and veterans are all welcome.

### SWIM LESSONS / PRIVATE SWIM LESSONS

Group and Private swim lessons are available for all levels and ages of swimmers. Please refer to our Swim Lesson guide for more information on registration and dates. Areas of the pool will be closed to members during swim lesson times. Private lessons may be held during Lap Swim and Rec Swim times, and are scheduled based upon instructor availability.

## CONTACT INFORMATION

### STEVE BAUMGARTNER, AQUATICS DIRECTOR

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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.
- 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.
- To pass another swimmer, check the left side is clear, move toward the left, pass them, and move back to the right.
- Before entering a lane with others get their attention so that you can communicate your presence.

## SWIM TEST POLICY

All children **13 years of age and younger** must undergo a swim test if they are to swim in any part of the swimming pool alone.

Please ask the lifeguard if you require a swim test.

There are three categories:

1. Green Band Swimmers – Are allowed in all areas of the pool. If in the Lap Lanes, they must be Lap Swimming at the same pace as other Lap Swimmers.
2. Yellow Band Swimmers – Must stay in the Rec Area, no personal flotation device needed.
3. Red Band Swimmers – Children who cannot pass the swim test are considered non swimmers and must be accompanied by an adult in the water, parent or guardian who is actively engaged with the children's activity. There is a limit of 2 non swimming children per adult. Red Band Swimmers must wear a U.S Coast Guard-approved personal flotation device.

## POOL RULES

- A cleansing shower is required before entering the pool.
- Street shoes are not permitted on the pool deck or shower areas.
- Diving is **not** permitted.
- Children must pass a swim check or be accompanied by an adult in the water.
- No running on the pool deck.
- Prolonged submersion and breath holding is prohibited.
- No food or chewing gum in the pool area. Plastic water bottles are ok.
- Anyone under the influence of drugs or alcohol is not permitted in the building.
- 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.
- Facility age guidelines and the YMCA code of conduct apply in all instances.

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