



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

WINTER POOL SCHEDULE

WEST SEATTLE YMCA

January - March 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool, Sauna, and Spa Open at 5:30					Steam room Open at 6:00am.	
Masters 5s Limited Lap 1s 5:30 - 7:00	Lap 4s Water Walking 1d 5:30 - 7:20	Masters 5s Limited Lap 1s 5:30 - 7:00	Lap 4s Water Walking 1d 5:30 - 7:20	Masters 5s Limited Lap 1s 5:30 - 7:00	Open at 7:00	
Lap 5s Water Walking 1s 7:00 - 8:20	Aqua Fitness Mixed Depth 7:30 - 8:10	Lap 5s Water Walking 1s 7:00 - 8:20	Aqua Fitness Mixed Depth 7:30 - 8:10	Lap 5s Water Walking 1s 7:00 - 8:20	SO Team 2-3s 7:05-8:15	
Aqua Fitness 8:30-9:25	Aqua Fitness Aqua Jogging 8:15-8:55	Aqua Fitness 8:30-9:25	Aqua Fitness 8:15-8:55	Aqua Fitness Mixed Depth 8:30 - 9:25	Lap 1s, 1d 7:00 - 8:20	Open at 10:00
Deep Water 8:30 - 9:25	Aqua Fitness Deep Water 9:00 - 9:45	Deep Water 8:30 - 9:25	Deep Water 9:00 - 10:00		Aqua Fitness Mixed Depth 8:30 - 9:30	Lap 4s, 1d 10:00 - 12:15
Rec 1d 9:35 - 10:30	Rec - Shallow 1t 9:35 - 10:30	Rec 1d 9:35 - 10:30	Rec - Shallow 1t 9:35 - 10:30	Rec 1t Lap 3s 9:35 - 11:00	Lessons 1t, 1d Limited Lap 1s 9:35 - 11:15	1st & 3rd Sunday Area Closed 12:15 - 12:30
Lessons 1d 9:35 - 12:00 Limited Lap 2s, Water Walking 1d 10:30 - 12:00				Lap 1d, 2s, Water Walking 1d 11:05 - 12:00	Lessons 1d, 3s Limited Lap 1s 11:15 - 12:00	1st & 3rd Sunday Women's Swim Lap 3s, Rec 1t 12:30 - 2:00
Lap 1d, 2s, 1d 12:00 - 12:55					Lessons 1d, 1-2s Limited Lap 2s 12:05 - 1:30	2nd, 4th, & 5th Sunday Rec Family Swim 12:30 - 2:00
Arthritis & Injury Programs - Aqua Fitness 1:00 - 1:45						1st & 3rd Sunday Area Closed 2:00 - 2:15
Lessons 1s Lap 3s Water Walking 1d 2:00 - 2:55			Lessons 1s Lap 2s Lap - Family 1d 2:00 - 3:55	Lessons 1s Lap 3s Water Walking 1d 2:00 - 2:55	Rec Family Swim Lap 1s 1:45- 3:45	Lap 4s, 1d 2:15 - 3:30 Steam room Closed 2:30- 3:00
Lessons 1s Limited Lap 2s Rec 1d 3:00 - 4:00				Rec 1t Limited Lap 2s 3:00 - 3:55	Steam room Closed 2:30- 3:00	Rec Family Swim 3:45 - 5:15
Lap 3s Lessons 1s, 1d 4:05-4:20	Swim Team 5s Lessons 1s 4:15 - 5:15	Lap 3s Lessons 1s, 1d 4:05-4:20	Swim Team 5s Lessons 1s 4:15 - 5:15	Swim Team 5s Limited Lap 1s 4:15 - 5:45	Lap 4s Water Walking 1d 4:00 - 5:45	Lap 4s, 1d 5:30 - 6:30
Swim Team 3s Lessons 1s, 1d 4:30 - 6:30	Swim Team 3s Lessons 1t 5:20 - 6:30	Swim Team 3s Lessons 1s, 1d 4:30 - 6:30	Swim Team 3s Lessons 1t 5:20 - 6:30	Swim Team 5s Limited Lap 1-2s 5:45-7:00	Close at 5:45	Limited Lap 1s Aqua Fitness Mixed Depth 6:35-7:25
Swim Team 4s Lessons 1s Limited Lap 1s 6:30 - 7:15	Lessons 3s, 1t 6:30 - 7:30	Swim Team 4s Lessons 1s 6:30 - 7:15	Lessons 3s, 1t 6:30 - 7:30	Rec Family Swim 7:05 - 9:00	Parents Night Out \$ (2nd Sat) 6:15 - 7:15	Lap 1s 7:30-7:45
Rec Family Swim Limited Lap 1s 7:30 - 9:00	Global Aquatics 1s Aqua Fitness Mixed Depth 7:35-8:30	SO Team 3s 7:15-8:30 Lessons 2s Limited Lap 1s 6:35 -8:45	Global Aquatics 1s Aqua Fitness Mixed Depth 7:35-8:30		Teen Takeover (4th Sat) 6:30 - 8:00	
Adult Lap 4s, 1d 9:05 - 9:45	Adult Lap 5s 8:45 - 9:45	Adult Lap 4s, 1d 8:45- 9:45	Adult Lap 5s 8:45 - 9:45	Adult Lap 4s, 1d 9:05 - 9:45	Close at 5:45	Close at 7:45
Close at 9:45						

Rec/Family Swim	May be Double, Triple, Quad or Entire Pool
Lap Swim/ Water Walking	Single lanes reserved for Lap swim with some space for water walking.
Programs	Single, Double, Quad or Entire Pool

Pool will be cleared between scheduled program times for pool setup. Schedule changes for special events, maintenance or training will be communicated via signage and social media. See back for rules, descriptions and age requirements.

SWIMMING POOL RULES

Schedule may change without notice due to special events, training or maintenance. Pool and hot areas close 15 minutes before the rest of the building. Our primary goal is always the safety of our patrons. Please be courteous to other patrons around you and bring any concerns to the lifeguard on duty. Anyone refusing to obey all the rules will be asked to leave the pool. See full list of swimming pool rules posted on deck.

- A cleansing shower is required before entering the pool.
- Street shoes are not permitted on the pool deck or shower areas.
- **Children between the ages of 6 to 13 must pass the swim test to be in the pool without an adult.** The swim test must be taken each time a child comes to the pool. Any child in the pool without a wrist band must be actively supervised by a parent or guardian 18 years or older. They must stay within an arm's reach of the parent or guardian.
- **All children under 6 years must be accompanied by an adult at all times.**
- Running or rough play is not allowed.
- Prolonged submersion and breath holding are prohibited.
- No food, drink, or chewing gum in the pool area.
- All photography is prohibited
- Facility age guidelines and the YMCA code of conduct apply in all instances

HOT AREA RULES

Anyone refusing to obey all of the hot area rules will be removed from the area. Report any violations to the lifeguard on duty. See full list of hot area rules posted on deck.

- A cleansing shower is required before entering the spa.
- Consult your physician prior to use if you are; pregnant, have a medical condition such as heart disease, circulatory problems, diabetes, epilepsy, high blood pressure or are taking medications.
- Patrons under the age of 14 are not allowed to use the steam room or sauna because they are more susceptible to heat exhaustion.
- Children ages 6 to 13 are permitted in the hot area only if an adult is in the water. Children under 6 are not allowed in the hot area because they cannot regulate their body temperature.
- Submersion in the spa is prohibited.
- Limit hot area use to ten minutes or less; please cool off in locker room or deck before re-entering the hot area.
- No newspapers or magazines.
- No food, drink or chewing gum.
- Keep noise to a minimum. This is quiet zone.
- Electronic devices are not allowed in this area.
- Facility age guidelines and YMCA code of conduct apply to the hot area.

DESCRIPTIONS

RECREATIONAL SWIM (REC)

During recreational swim, some or all of the pool may be used for general exercise, recreation or water play. Available water features may be turned on during this time. All swimmers under 14 years of age must abide by the swim test policy. Prior to bringing a group of 10 or more into the pool, please make arrangements with the Aquatics Department. If arrangements are not made, capacity issues could decrease swim time.

RECREATIONAL - FAMILY SWIM

The whole family is encouraged to swim together during our family swim hours. This time is perfect for young swimmers to practice their skills or just play and have fun. Swimmers under 14 years of age may be asked to take a swim test before using the pool without a parent or guardian. Prior to bringing a group of 10 or more into the pool, please make arrangements with the Aquatics Department. If arrangements are not made, capacity issues could decrease swim time.

WATER WALKING

This is a non-structured time for water fitness. Members are welcome to use the aquatic fitness equipment to achieve a vertical water workout. 12 year of age or older recommended.

LAP SWIM - ADULT

Lap lanes are reserved for adult swimmers 18+. Exceptions may be made based on location with a qualifying swim test. Please be courteous of other swimmers and use circle swimming when two or more swimmers are in one lane.

Family lap swim Lap lanes are provided for families and small children to practice lap swimming. Swimmers under 14 years of age may be asked to take a swim test before using the lap pool without a parent or guardian. Please be courteous of other swimmers and use circle swimming when two or more swimmers are in one lane.

Limited lap swim During this time, other programs may be utilizing some of the lap lanes. Available lap lanes will be limited and may be designated for specific groups based on location. Please be courteous of other swimmers and use circle swimming when two or more swimmers are in one lane. *Swimmers under 14 years of age may be asked to take a swim test before using the pool without a parent or guardian.

MASTERS SWIM

Masters Swim is a free opportunity to begin or continue your passion of swimming under the guidance of an experienced coach. You will be welcomed into a community of adults in an encouraging team atmosphere. This is a great program for all ability levels—novice, triathletes and veterans are all welcome.

Swim Team Whole pool is designated for swim team, unless otherwise marked. Limited lap swim may be available during this time check in with lifeguard.

Special Olympics Team (SO Team)

Special Olympics will be using up to three lanes, when marked on the schedule.

WOMEN'S SWIM

Enjoy a special women's only swim offered twice per month. Open to women and girls ages 10 and up, and children (male or female) 6 months to 5 years can attend. All women staff present in the pool area during program. It is first come, first serve with 30 participants max. The first (1st) and third (3rd) Sundays of each month the pool area will be reserved for Women's Swim from 12:30pm - 2:00pm. Check-in begins at 12:00 pm pick up a card at the membership desk. The men's and family changing locker room pool deck doors will be locked from 12:15pm until 2:10pm. This program is free for facility members and \$5 per person for community participants.

s = single lane, d = double lane, t = triple lane, or q = quad. When a program is listed and no lanes are marked the whole pool is being used.

POOL CLOSURES

- The first (1st) and third (3rd) Sunday of each month the pool area will be reserved for Women's Swim. See description.