



POOL SCHEDULE

APRIL 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5am	Masters Swim 5-6:15		Masters Swim 5-6:15		Masters Swim 5-6:15		
5:30am							
6am	Masters Swim 6:15-7:30 3 lanes	Lap Swim - Limited Lanes 6:15-7:30 1 lane	Masters Swim 6:15-7:30 3 lanes	Lap Swim - Limited Lanes 6:15-7:30 1 lane	Lap Swim 5-8:25	Masters Swim 6:15-7:30 3 lanes	Lap Swim - Limited Lanes 6:15-7:30 1 lane
6:30am							
7am							
7:30am	Lap Swim 7:30-8:25		Lap Swim 7:30-8:25		Lap Swim 7:30-8:25		Lap Swim 7-9:55
8am							
8:30am	Aqua Fitness - Deep Water 8:30-9:30	Pilates - Aqua 8:30-9:30	Aqua Fitness - Deep Water 8:30-9:30	Pilates - Aqua 8:30-9:30	Aqua Fitness - Deep Water 8:30-9:30		
9am							
9:30am	Aqua Fitness 9:30-10:30	Aqua Fitness - Deep Water 9:30-10:30	Aqua Fitness 9:30-10:30	Aqua Fitness - Deep Water 9:30-10:30	Aqua Fitness 9:30-10:30		
10am							
10:30am	Lap Swim 10:35-12:55	Lap Swim 10:35-2	Lap Swim 10:35-2	Lap Swim 10:35-2	Lap Swim 10:35-2	Lap Swim 10:35-12:55	Swim Lessons \$ 10-1:25
11am							
11:30am							
12pm							
12:30pm							
1pm	AOA Aqua Fitness 1-2				AOA Aqua Fitness 1-2		
1:30pm							
2pm	Recreational Swim - Family 2:05-4:55	Lap Swim - Limited Lanes 2:05-4:55 1-2 lanes	Recreational Swim - Family 2:05-4:55	Lap Swim - Limited Lanes 2:05-4:55 1-2 lanes	Recreational Swim - Family 2:05-4:55	Lap Swim - Limited Lanes 2:05-4:55 1-2 lanes	Recreational Swim - Family 1:30-5:30
2:30pm							
3pm							
3:30pm							
4pm							
4:30pm							
5pm							
5:30pm	Swim Lessons \$ 5-7:15	Swim Lessons \$ 5-7:15	Swim Lessons \$ 5-7:15	Swim Lessons \$ 5-7:15	Swim Lessons \$ 5-7:15	Recreational Swim - Family 2:05-7 1-2 lanes	Lap Swim - Limited Lanes 2:05-7 1-2 lanes
6pm							
6:30pm							
7pm							
7:30pm	Recreational Swim - Family 7:20-8:30	Recreational Swim - Family 7:20-8:30	Lap Swim - Limited Lanes 7:20-8:30 1-2 lanes	Recreational Swim - Family 7:20-8:30	Lap Swim - Limited Lanes 7:20-8:30 1-2 lanes	Recreational Swim - Family 7-8:30	Lap Swim - Adult 18 & Over 5:35-6:45
8pm							
8:30pm							
9pm	Lap Swim - Adult 18 & Over 8:35-9:45	Lap Swim - Adult 18 & Over 8:35-9:45	Lap Swim - Adult 18 & Over 8:35-9:45	Lap Swim - Adult 18 & Over 8:35-9:45	Lap Swim - Adult 18 & Over 8:35-9:45	Lap Swim - Adult 18 & Over 8:35-9:45	Lap Swim - Adult 18 & Over 5:35-6:45
9:30pm							

Schedule may change without notice due to special events, training or maintenance. Lap swim begins and ends 5 minutes prior to any aquatics programming. Pool and hot areas close 15 minutes before building. Please see the Group Exercise, Gym, Group Cycling and Active Older Adults Schedules and Program Guides for other fitness activities.

AQUATIC DESCRIPTIONS

SWIM LESSONS \$

We offer a wide range of swimming options for the whole family! Classes are divided into ability groups. Students learn at different rates and are usually in each level more than once. Trained instructors emphasize personal safety, swimming skills, endurance, and social skills while guiding students with praise and encouragement. Advanced registration is required.

AQUA FITNESS – DEEP WATER

Using a belt or noodle to assist flotation, this zero impact workout is great for any level or type of exerciser looking for a calorie torching hour of aerobics and strength training. Flotation devices may be limited based on location. Personal flotation belts are welcome.

AQUA FITNESS

A variety of aerobic movements are performed in the shallow end 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.

AOA AQUA FITNESS

This adult group water fitness program is designed to enhance each individual's quality of life and daily function. Active Older Adults utilizes the physical properties of the water to enhance agility, range of motion, and cardiovascular conditioning. Instructors help participants develop strength, balance, and coordination. No swimming ability is required as you learn in a format that is safe, fun, and effective.

PILATES – AQUA

Each class is uniquely structured and incorporates elements of both deep and shallow water aerobics with movements designed to increase flexibility and agility. Wear a buoyancy belt to assist in flotation if needed

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.

LAP SWIM

2 or more lap lanes are available to any members at this time. Please be courteous of other swimmers and choose a lane that best fits your speed or age. Circle swimming is required when two or more swimmers are in one lane. Water walkers should follow lap etiquette on a space available basis.

LAP SWIM – LIMITED LANES

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. Please be courteous of other swimmers and use circle swimming when two or more swimmers are in one lane.

All children under the age of 13 who wish to participate in lap swim must complete a 200 yard continuous swim using one or a combination of the 6 approved strokes (crawl, back, breast, butterfly, elementary back or sidestroke). Children must show competency and proper technique in the strokes used during the Lap Swim Test. Fins, kickboards, and/or lifejackets may not be used during the Swim Test. Youth swimmers who can not complete the required 200 yard swim are asked to participate in Family Swim.

LAP SWIM – ADULT 18 & OVER

During this time, lap lanes are reserved for adult swimmers 18 and older. Please be courteous of other swimmers and use circle swimming when two or more swimmers are in one lane.

RECREATIONAL SWIM – FAMILY

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. All swimmers under 14 years of age must abide by the swim test policy.

YMCA SWIM TEST POLICY

Recreational Swim – Family:

To participate in recreational swimming activities, all children **13 years of age and younger** must undergo a **Swim Test** if they are to swim in any part of the swimming area alone. Children who cannot pass the Swim Test are considered non-swimmers and must be accompanied into the water by an adult, parent, or guardian who is actively engaged with the children's activity. There is a limit of 2 non-swimming children per adult.

Swim Test:

Each child must demonstrate the ability to jump into the water, right themselves, and swim the **longest dimension** of the swimming area without reaching fatigue. Swimmers will be marked in some way that is readily identifiable to the Lifeguards.

After passing the Swim Test, swimmers 8 and older may be in the swim area without direct adult supervision. An adult is required in the building for ages 8-10. Children 7 and under who pass the Swim Test still require direct adult supervision in the pool area at all times.

CONTACT INFORMATION

KASEY BARGA, Aquatics Director
kbarga@seattlemca.org | 425 746 9900

POOL RULES

- Facility age guidelines and the YMCA code of conduct apply in all instances. Anyone refusing to follow the rules or authority of lifeguards and staff are subject to removal from the premises.
- Everyone must take a cleansing soap shower before using the pool, whirlpool or sauna.
- Street shoes are not permitted on the pool deck or in the shower area.
- No food, drink, or chewing gum in the pool area.
- Participants must wear appropriate attire that is determined based on coverage, safety, and cleanliness.
- Anyone under the influence of drugs or alcohol is not permitted on the premises.
- Running, rough play, and prolonged submersion are prohibited.
- No diving, except in designated areas.
- Flotation devices and other equipment use are at the discretion of the lifeguards.
- 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, do not use the pool or whirlpool.
- Persons with seizure, heart or circulatory problems are advised to swim with a buddy and seek physician's advice before using the whirlpool or sauna.
- Persons wearing diapers need to have protective coverings such as tight fitting rubber pants. Diapers must be changed in designated diaper changing areas only.

WHIRLPOOL RULES

- Children ages 6 and under are not permitted in whirlpool.
- Children ages 7-13 are required to have a parent/guardian in the spa with them. If the parent/guardian leaves the spa, the child must get out.
- Your head must remain above water at all times.
- The whirlpool is for soaking only - no jumping, playing, toys or exercising.
- Lotions, oils, soaps and shaving are prohibited.

SAUNA RULES

- Youth age 13 and under are not allowed in sauna. Youth ages 14 - 17 must be supervised by an adult who is present in the sauna.