



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

NORTHSHORE POOL SCHEDULE

Exercise Classes & Drop In Swimming

Effective March 1, 2019

GROUP EXERCISE CLASSES

Aqua MS Mon & Wed 8-9 AM	Aqua Arthritis & Injury Mon-Sat 12-1 PM	Aqua Fitness AM Mon-Fri 9-10 AM Sat 8-9 AM	Aqua Fitness PM Tue & Thu 7:30-8:30 PM
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LAP SWIM

Lap Swim (Most lap lanes are available; choose a lane that best fits your speed)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-8:55 AM 12-1 PM 9-9:45 PM	5-8:55 AM 12-1 PM 8:30-9:45 PM	5-8:55 AM 12-1 PM 9-9:45 PM	5-8:55 AM 12-1 PM 8:30-9:45 PM	5-8:55 AM 12-1 PM 9-9:45 PM	7-7:55 AM 12-1 PM	9-9:55 AM

Lap Swim-Limited Lanes (1-2 lanes available; other programming will be using the majority of the pool)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 AM-12 PM 1-4 PM 4-7 PM (18+) 7-9 PM	10 AM-12 PM 1-4 PM 4-7:30PM (18+) 7:30-9PM	10 AM-12 PM 1-4 PM 4-7 PM (18+) 7-9 PM	10 AM-12 PM 1-4PM 4-7:30PM (18+) 7:30-9PM	10 AM-12 PM 1-4 PM 4-7:30PM (18+) 7:30-9PM	8AM-12 PM 1-6:45 PM	10 AM-5:45 PM

No lap lanes are available from 9-10 AM Mon-Fri, we encourage you to join the Aqua Fitness class at 9am.

WATER WALKING

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5-8 AM 12-1 PM 9-9:45 PM	5-8:55 AM 12-1 PM 9-9:45 PM	5-8 AM 12-1 PM 9-9:45 PM	5-8:55 AM 12-1 PM 9-9:45 PM	5-8:55 AM 12-1 PM 9-9:45 PM	7-8 AM 12-1 PM	9-10 AM

RECREATIONAL SWIM (2-3 lanes of the pool is open for recreation, general exercise, & water play)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
10 AM-12 PM 1-3:55 PM 6-9 PM	10 AM-12 PM 1-3:55 PM	10 AM-12 PM 1-3:55 PM 6-9 PM	10 AM-12 PM 1-3:55 PM	10 AM-12 PM 1-3:55 PM 7:30-8:55 PM	1-6:45 PM	1-5:45 PM

The hot tub is open during all operating hours. It does close at 9pm on Wednesday evenings for cleaning.

NORTHSHORE YMCA

11811 NE 195th ST, Bothell WA 98011

P 425 485 9797 F 425 486 7757 ymcanorthshore.org



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GROUP EXERCISE CLASSES

MS PROGRAMS-AQUA FITNESS

This water exercise class is based on an exercise-rest-exercise pattern. We provide optimal exercise conditions for those with weakened limbs, fatigue and balance challenges. This class promotes strength, stamina and flexibility. The focus is on physical, emotional and social wellbeing.

AQUA FITNESS AM

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.

AQUA FITNESS PM takes the intensity to a higher level for a fun, challenging workout.

ARTHRITIS & INJURY-AQUA FITNESS

This class is designed for those living with chronic pain, those recovering from an injury or those with limited mobility. This class takes a non-impact approach by using water resistant exercises to build strength and increase range of motion & flexibility throughout the body. You will feel the benefits of the warm water, slow-paced exercises while enjoying a fun social group setting. This is a fun filled, therapeutic class with others who understand managing pain. Note: This class does not replace physical therapy and participants are encouraged to check in with their physician before starting.

LAP SWIMMING

LAP SWIM

Most 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 WALKING

This is non-structured water fitness time for those who may be recovering from an injury, have chronic joint concerns, or are just changing up exercise routines. Participants are welcome to use aquatic fitness equipment available to achieve a vertical water workout.

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 (18+) based on location. Please be courteous of other swimmers and use circle swimming when two or more swimmers are in one lane.

NO LAP LANES:

Monday-Friday 9-10 AM

Children under the age of 14 must pass a lap swimming test (150 yds. continuous swim)

RECREATIONAL SWIM

During recreational swim, some or all of the pool may be used for general exercise, recreation, or water play. All swimmers age 13 and under must abide by the swim test policy.

SWIM TEST POLICY

All swimmers age 13 and under must check in with the lifeguard on duty and swim crawl stroke from the guard chair to the shallow end. Body position needs to be horizontal with arms coming out of the water. The face must be in the water, taking breaths as needed.

GENERAL POOL INFORMATION

ABOUT THE POOL

Pool Temp: **84** degrees

Hot Tub Temp: **100-102** degrees

Length: 25 yards; 3ft-6ft deep

Main chemicals in the pool: Chlorine (under UV lamps)

We have stairs and a seated lift to help with pool entries & exits.

Please bring an assistant if needed.

HEALTH INFORMATION

Please stay home if you or a family member have:

- * open wounds (bleeding or oozing fluids)
- * green mucus or yellow discharge from the nose
- * had a fever, vomited or had diarrhea in the last 48 hours
- * sinus or ear infection
- * had shots/immunizations that day

WHAT TO WEAR

- * a swim suit is required for all persons
- * clothing can be made of polyester, nylon, neoprene or spandex
- * No jeans, cotton, denim, flannel, wool, rayon, leather, fur, down, jute, or natural fibers
- * a swim diaper with a tight fitting protective cover and plastic pants are required for anyone with continence issues
- * a swim cap or hair tie is recommended for swimmers with long hair

CONTACT INFORMATION

Aquatic Director: Sara Jones sjones@seattlemca.org

Lifeguard Supervisor: