



Activity Pool Schedule

May 2019

Pool Temp: 88-90

Key:

Open swim is allowed

No Open Swim

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am-7am Adult Swim	5am-7am Adult Swim	5am-7am Adult Swim	5am-7am Adult Swim	5am-7am Adult Swim	8am-9am Adult Swim	10am-11am Adult Swim
Open Swim 7am-8am	Open Swim 7am-9am	Open Swim 7am-8am	Open Swim 7am-9am	Open Swim 7am-8am	Swim Lessons 9am-12:15pm	Recreational Swim 11am-5:45pm
Sassy Seniors Class 1: 8am-9am Class 2: 9am-10am	Water Fitness 9am-10am Arthritis Fitness 10am-11am	Sassy Seniors Class 1: 8am-9am Class 2: 9am-10am	Water Fitness 9am-10am Arthritis Fitness 10am-11am	Sassy Seniors Class 1: 8am-9am Class 2: 9am-10am	Recreational Swim 12:15pm-5:45pm	<p>SLIDE HOURS OF OPERATION</p> <p>The slide will be open per request during open swim hours. Slide can remain open 30 minutes at a time. Requests can only be made once every 2 hours.</p>
Loving Hands Child Care Swim Lessons 10am-10:30am	Kelli's Kind Care Swim Lessons 11:15am-11:45am					
Recreational Swim 10am-3:35pm	Recreational Swim 11am-4:00pm	Ages in Stages Swim Lessons 10am-11:30am	Recreational Swim 11am-4:00pm	Recreational Swim 10:00am-2pm	<p>Women's Only Swim Community First.</p> <p>The Matt Griffin YMCA will be hosting a women's only swim each Monday from 6:30pm-7:30pm!</p> <p>Ask about our Burkini's!</p>	
		Recreational Swim 10am-3:35pm		City of SeaTac Camp 1st & 3rd Friday of Each Month 2pm-3:30pm *open swim if 9 or fewer swimmers	<p>NO OPEN SWIM</p>	
Swim Lessons 3:45pm-6pm	Swim Lessons 4:10pm-7pm	Swim Lessons 3:45pm-6pm	Swim Lessons 4:10pm-7pm	Open Swim 3:30pm-8:50pm	<p>NO OPEN SWIM DURING SWIM LESSONS</p>	
Women's Only Swim 6:30pm-7:30pm	Recreational Swim 7pm-8:50pm	Recreational Swim 6pm-8:50pm	Recreational Swim 7pm-8:50pm			
Recreational Swim 7:30pm-8:55pm						
Adult Swim 9pm-9:45pm	Adult Swim 9pm-9:45pm	Adult Swim 9pm-9:45pm	Adult Swim 9pm-9:45pm	Adult Swim 9pm-9:45pm		



POOL INFORMATION & GUIDELINES

ABOUT THE POOL

Temperatures & Depths:

- Lap Pool: 81-83 degrees, 3'6"-6' deep
- Activity Pool: 86-88 degrees, 2'-4'4" deep
- Spa: 100-103 degrees

Main Chemicals in the Pool: Chlorine and CO2

The pool closes 15 minutes before the YMCA to allow time for people to shower and dress.

ADULT SWIM

This time is for adults 18 years of age and older desiring to improve their fitness and skills.

LAP SWIM

The number of lanes used during program times will be determined by the program size and number of participants. When two or more swimmers are in one lane, circle swimming is required. Recommended for ages 14 and older, adults have priority. Children under the age of 14 who want to swim must pass the lap swim test by swimming six lengths of the pool without any swimming aids.

OPEN SWIM

Children ages 5-13 must take the swim test if they want to swim without their parents within arms reach in the water (see swim test). Water features like the slide and mushroom will be open during portions of recreation swim.

WATER FITNESS CLASSES

- Shallow Water Aqua Fitness: Walking, running, jumping, and a variety of aerobic movements are performed in the shallow end of the pool.
- Beginning Water Aerobics: If you're new to water exercise or you would just like exercise at a more relaxed pace, this is the class for you!
- Sassy Seniors: This is a shallow water aerobics class for active older adults. The pace and exercises are designed to keep you moving.
- Arthritis: If you have Arthritis or other mobility issues, this nationally certified class will help with movement and flexibility. The class always occurs in our warm Activity Pool!

SWIM LESSONS

We offer swim lessons for all ages. In swim lessons, you will learn how to swim, water safety, and water games and sports. Swim Lessons are available Monday through Thursday evenings or Saturday mornings. Private and Semi-Private lessons are available upon request. Please see our swim lesson flyer for more details:

- Parent/Child Swim Lessons: 6 months-3 years old
- Preschool Swim Lessons: 3-5 years old
- Youth Swim Lessons: 6-12 years old
- Teen/Adult Swim Lessons: 13 years and older

TOY TIME

Toys will be provided by the Matt Griffin Aquatics Staff during designated recreation swim hours. Please refrain from bringing your own toys for the safety of all members.

SWIM TEST

- All children **ages 6-13** must take a swim test or be marked with a red wristband as a non-swimmer.
- Children **ages 5 and under** are considered non-swimmers and must have a parent/guardian with them in the water at all times and be marked with a red wristband.
- **There is a limit of two non-swimmer children per adult.**
- To pass the swim test children must be able to swim the length of the marked swimming area.
- Children who pass the swim test will receive a green wrist band. If they pass with a lifejacket, they will receive an orange wrist band.
- Children who pass the 150 yard lap pool swim test will be marked with a purple band.
- **Rules for Supervision**

<u>Age</u>	<u>Wrist Band Color</u>	<u>Supervision</u>
0-5	Red	Adult in water
6-13	Green	Pass swim test w/o PFD
6-13	Yellow	Pass swim test w/ PFD
14+	Green	No adult needed

POOL RULES

- Showers are required before entering the water.
- Appropriate swimwear is required for all swimmers.
 - Underwear as a swimsuit is not permitted
 - No street clothes or denim
- Street shoes are not permitted on the pool deck.
- Breath holding and prolonged submersion is not permitted for safety reasons.
- Infants and toddlers are required to wear reusable swim diaper that has an elastic band around legs and waist. You may purchase one at the front desk. This is in addition to a disposable swim diaper.
- Inflatable devices are prohibited. Only U.S. Coast Guard approved lifejackets are permitted.
- For safety reasons the capacities at Matt Griffin are:
 - Lap Pool: 73 people
 - Activity Pool: 47 people
 - Spa: 11 people
- If the pool is at capacity, lifeguards will ask members to wait until space is available.

SLIDE RULES

- Swimmers 13 and younger must pass the swim test to use the slide.
- Lifejackets are not allowed on the slide.
- Maximum participant weight to use the slide is 250 lbs. as recommended by the manufacturer.

SPA RULES

- Children ages 12 and under are NOT allowed to use the spa.
- Children ages 13-17 are required to have a parent/guardian in the spa with them. If the parent/guardian leaves the spa, the child must get out.
- Adults have priority over children to use the spa. Your head must remain above water in the spa at all times.



Lap Pool Schedule

May 2019

Pool Temp: 82-83

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Lap Swim 5-7am	Adult Lap Swim 5-7am	Adult Lap Swim 5-7am	Adult Lap Swim 5-7am	Adult Lap Swim 5-7am	Adult Lap Swim 8-9:30am	Adult Lap Swim 10-11am
Lap Swim 7am-4:45pm All Lanes Open	Lap Swim 7am-4:45pm All Lanes Open	Lap Swim 7am-4:45pm All Lanes Open	Lap Swim 7am-4:45pm All Lanes Open	Lap Swim 7am-4:45pm All Lanes Open	Swim Lessons 9am-12:15pm 2 Lanes Limited Lap Swim 10:55-11:25am No Lanes Available	Lap Swim 11am-5:45pm
					Lap Swim 12:15pm-5:45pm	
Swim Lessons 4:45-6pm Lap Swim: Limited Lanes 4:45-6pm 3 Lanes Open	Swim Lessons 4:30pm-7pm No Lap Swim	Swim Lessons 4:45-6pm Lap Swim: Limited Lanes 4:45-6pm 3 Lanes Open	Swim Lessons 4:30pm-7pm No Lap Swim	Lap Swim 4:45pm-9:00pm		
W.O.S. Lap pool will be closed each Monday from 6:30-7:30pm	Lap Swim: All Lanes Open 7-8:50pm	Lap Swim: All Lanes Open 6-8pm	Lap Swim: All Lanes Open 7-8:50pm		Walking/Jogging	
			Water Hockey Rookie Night 1st Thursday of Each Month 8-9:45pm No Lap Swim		Fast Lane	
					Medium Lane	
					Slow Lane	
Adult Lap Swim 9-9:45pm	Adult Lap Swim 9-9:45pm	Water Hockey 8-9:45pm No Lap Swim	Adult Lap Swim 9-9:45pm	Adult Lap Swim 9-9:45pm	Lap Swim Policy Lap swimmers are not allowed an entire lap lane for themselves. Lap swimmers are required to share lanes when multiple swimmers are using the same lane. Please use the appropriate lanes for your intended workouts.	

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