



## PROGRAMS

### 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.

### AQUA FITNESS DEEP WATER – 5<sup>1</sup>/<sub>2</sub> ft Deep

Aerobic workout taking full advantage of water resistance to provide an intense cardiovascular workout. 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.

### AOA WATER 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.

### AQUA ARTHRITIS & INJURY

Class emphasizes range of motion, increased mobility and balance. This class is great for those with arthritis, injury, limited mobility, and anyone needing a low impact exercise program.

### WATER BASKETBALL

Water basketball (No instructor - member group).

### POOL PARTIES

Big Splash Parties and private pool parties are available. Please contact member services for details.

### MASTERS SWIM TEAM

Adult swim team. This group meets to practice swimming techniques, competitive swimming skills and cardio vascular health. There is a coach present. Ages 18-118

## LAP SWIM ETTIQUETTE

- Circle swimming is necessary and expected when more than two swimmers are present per lane
- 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. It will be clear to other swimmers that you are resting if you stop on the wall on the left side of the lane. Swimmers not planning to stop will move to their left to pass on the wall and push off on the right side as their direction changes.
- To pass another swimmer, move to the left, pass them, and move back to the right. Faster, more experienced swimmers should watch out for slower swimmers. This means that the slower swimmers including **water walkers** have the "right-of-way". Slower swimmers still need to follow lap swim etiquette, but faster, more experienced swimmers should be able to pass easily with caution.
- When sharing lap lanes, it can be difficult or uncomfortable getting someone's attention. To be effective, start by standing near the lane in hopes that you will be noticed. If you are not noticed, or you are unsure, put your feet in the left side of the lane (in the same place you would stop to rest). By this time, you should have received a sign of acknowledgement from the other swimmer, whether it be stopping to speak with you, moving and staying on one side of the lane, or swimming circles.
- Understand that swimmers may not want to stop to converse because they are in the middle of a workout, but some sort of sign should be recognizable. If you are still unsure, begin swimming, but be cautious until you are sure the other swimmer has noticed you.
- Lap swims are for adults. Exceptions will be made for young adults who are proficient lap swimmers (can swim 100yds non-stop without fins) as determined and approved by lifeguards.

### AUBURN VALLEY YMCA

1620 Perimeter Rd SW, Auburn, WA 98001

P 253 833 2770 F 253 833 2771 seattleyymca.org

## SAFETY RULES

- A cleansing shower is required before entering the pool
- Street shoes are not permitted on the pool deck or in the shower areas
- Facility age guidelines and the YMCA code of conduct apply in all instances
- Facility guidelines require an adult to be in the aquatic center with children 9 & under
- Anyone under the influence of drugs or alcohol is not permitted on the premises
- Children under 14 who are unable to pass the swim test must have an adult in the water with them at all times (see posted swim test)
- Diving, running and rough play is prohibited
- Prolonged submersion and breath holding are prohibited
- No food, drink, or chewing gum
- Jumping from the walls onto the mats is not permitted
- Mats are not allowed during wade swim
- Standing on, kneeling on or swimming underneath the mats is not allowed
- Participants must wear appropriate attire that is determined based on coverage, safety, and cleanliness
- Flotation devices and other equipment use are acceptable at the discretion of the lifeguards
- Do not use the pool or spa 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
- No open sores or oozing wounds allowed in any areas of the YMCA
- Persons with seizures, heart or circulatory problems are advised to swim with a buddy
- Persons wearing diapers need to have tight fitting protective coverings
- Diapers must be changed in designated diaper changing areas only
- Children under 6 are not permitted to use the spa
- Children 6-13 are only permitted to use the spa when accompanied by an adult in the water
- Spa use should be limited to 10 minutes or less
- Emergency shut off alarm is located next to the spa
- The minimum weight for slide use is 40 lbs and the maximum weight is 250 lbs
- No standing, kneeling, tumbling, horseplay, or stopping in slide tube
- One person on the slide at a time
- Enter the slide facing forward in a feet first sitting position
- Leave the slide drop zone area immediately
- Anyone refusing to follow the rules or authority of lifeguards and YMCA staff are subject to removal from the premises

**Everyone is welcome. Financial assistance is available.**

The **YMCA of Greater Seattle** is a charitable, nonprofit membership organization serving King and south Snohomish counties since 1876.