



DTFY AQUATICS SCHEDULE



September 9th–November 3rd, 2019

	Monday				Tuesday				Wednesday				Thursday				Friday							
	Lap Lanes		Shallow Area		Lap Lanes		Shallow Area		Lap Lanes		Shallow Area		Lap Lanes		Shallow Area		Lap Lanes		Shallow Area					
5:00	Swim Testing & Water Walking		Water Walking		Swim Testing & Water Walking		Water Walking		Swim Testing & Water Walking		Water Walking		Swim Testing & Water Walking		Water Walking		Swim Testing & Water Walking		Water Walking					
6:00			5:00 AM- 8:00 AM				5:00 AM- 8:00 AM				5:00am- 8:00am				5:00 AM- 8:00 AM									
7:00			LAP				LAP				LAP				LAP				LAP		LAP		LAP	
8:00	LAP SWIM		Aqua Fitness		LAP SWIM		Aqua Fitness		LAP SWIM		Aqua Fitness		LAP SWIM		Aqua Fitness		LAP SWIM		Aqua Fitness					
9:00			8-9 & 9-10				8-9 & 9-10				8-9 & 9-10				8-9 & 9-10				8-9 & 9-10		8-9 & 9-10			
9:30			LAP SWIM				LAP SWIM				LAP SWIM				LAP SWIM				LAP SWIM		LAP SWIM		LAP SWIM	
10:00	LAP SWIM		SWIM LESSONS & FAMILY SWIM		LAP SWIM		SWIM LESSONS & FAMILY SWIM		LAP SWIM		SWIM LESSONS & FAMILY SWIM		LAP SWIM		SWIM LESSONS & FAMILY SWIM		LAP SWIM		SWIM LESSONS & FAMILY SWIM					
11:00			10:10AM-11:50AM				10:10AM-11:50AM				10:10AM-11:50AM				10:10AM-11:50AM				10:10AM-11:50AM		10:10AM-11:50AM			
11:30			LAP				LAP				LAP				LAP				LAP		LAP		LAP	
Noon	ADULT LAP SWIM ONLY		Arthritis & Injury		Swim Team 4-6:30		Arthritis & Injury		Swim Team 4-6:30		Arthritis & Injury		Swim Team 4-6:30		Arthritis & Injury		Swim Team 4-6:30		Arthritis & Injury					
12:30			12:00-1:00				12:00-1:00				12:00-1:00				12:00-1:00				12:00-1:00		12:00-1:00			
1:00			LAP				LAP				LAP				LAP				LAP		LAP		LAP	
2:00	ADULT LAP SWIM ONLY		REC SWIM		Swim Team 4-6:30		REC SWIM		Swim Team 4-6:30		REC SWIM		Swim Team 4-6:30		REC SWIM		Swim Team 4-6:30		REC SWIM					
3:00			1:00 -4:15				1:00 -4:15				1:00 -4:15				1:00 -4:15				1:00 -4:15		1:00 -4:15			
3:30			LAP				LAP				LAP				LAP				LAP		LAP		LAP	
4:00	ADULT LAP SWIM ONLY		SWIM LESSONS		Swim Team 4-6:30		SWIM LESSONS		Swim Team 4-6:30		SWIM LESSONS		Swim Team 4-6:30		SWIM LESSONS		Swim Team 4-6:30		FAMILY SWIM & PRIVATE LESSONS					
5:00			4:20-6:50				4:20-7:10				4:20-6:50				4:20-7:10				4:20-6:50		4:20-7:10		4:00-6:45	
6:00			Swim Lessons				Aqua Fitness				Swim Lessons				Aqua Fitness				Swim Lessons		Aqua Fitness		Swim Lessons	
6:30	ADULT LAP SWIM ONLY		7:00pm-8:00pm		Swim Test & WW		7:00pm-8:00pm		Swim Test & WW		7:00pm-8:00pm		Swim Test & WW		7:00pm-8:00pm		Swim Test & WW		REC SWIM					
7:00			REC SWIM				REC SWIM				REC SWIM				REC SWIM				REC SWIM		REC SWIM			
8:00			8:00-9:30				7:15-9:30				8:00-9:30				8:00-9:30				7:15-9:30		8:00-9:30		6:50-9:30	
9:00	ADULT LAP SWIM ONLY		REC SWIM		Swim Test & WW		REC SWIM		Swim Test & WW		REC SWIM		Swim Test & WW		REC SWIM		Swim Test & WW		REC SWIM					
9:00			8:00-9:30				7:15-9:30				8:00-9:30				8:00-9:30				7:15-9:30		8:00-9:30		6:50-9:30	
9:00			LAP				LAP				LAP				LAP				LAP		LAP		LAP	

	Saturday				Sunday			
	Lap Lanes		Shallow Area		Lap Lanes		Shallow Area	
8:00	SWIM TEST & WATER WALKING		Aqua Fitness 8-9		SWIM TEST & WATER WALKING		Water Walking	
9:00			SWIM LESSONS				8:00-10:00	
10:00			9:00-12:30				REC SWIM	
11:00	LAP SWIM		ADAPTIVE SWIM LESSONS		LAP SWIM		10:00-12:00	
Noon			12:30-1:35				Water Walking	
1:00			LAP SWIM				REC SWIM	
2:00	LAP SWIM		REC SWIM		LAP SWIM		12-1	
3:00			1:40-4:00				REC SWIM	
4:00			Wtr Walk 4-4:30				1:00-5:30	
5:00	LAP SWIM		REC SWIM		LAP SWIM			
6:00			4:30-7:30					
7:00			LAP SWIM					

***Please Note: The Slide is available during all Rec Swims but will only be open if there is an adult volunteer present. If you are interested in volunteering please notify a Lifeguard.**

Pool Temperature: 83-85 degrees
 Spa Temperature: 101-104 degrees
 Shallow Area Depth: 2'-5.5'
 Lap Area Depth: 4'-5.5'
 Main Chemical: Chlorine with UV lights

****The Spa will be closed every WEDNESDAY from 2 PM-3 PM for scheduled maintenance.**

Aquatics Director: Lauren Yee lyee@seattleyymca.org
Aquatics Supervisor: Julia C. Hart jchart@seattleyymca.org
Aquatics Coordinator: Vanessa Harvey vharvey@seattleyymca.org
Lifeguard Trainer: Spencer Anderson sanderson@seattleyymca.org
ORCAS Head Swim Coach: Nolan Welfringer nwelfringer@seattleyymca.org

FAMILY SWIM IS FOR FAMILIES WITH CHILDREN UNDER THE AGE OF 6 & WILL BE HELD IN THE SHALLOW END ONLY. ALL NORMAL SUPERVISION RULES APPLY.

Please note that we reserve the right to change the schedule without notice due to special events, training, class needs and maintenance