



MORFORD FAMILY ACTIVITY POOL SCHEDULE

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Opening - October 20th, 2019

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Pool opens at 6am					Pool opens at 8am	Pool opens at 10am
Adult Rec Swim 6-8:15am	Adult Rec Swim 6-10am	Adult Rec Swim 6-8:15am	Adult Rec Swim 6-10am	Adult Rec Swim 6-10am		
Aqua Fitness 8:15-9:15am	Aqua Fitness - Barre 10-11am	Aqua Fitness 8:15-9:15am	Aqua Fitness - Barre 10-11am	Wade Swim 10-1	Rec Swim 8-11am	Rec Swim 10-5:30pm
Wade Swim 10-1		Wade Swim 10-1			Wade Swim 11-1	
Pool Closed 1-2pm					Rec Swim 12-5:30pm	
Rec Swim 2-9:30pm	Rec Swim 2-9:30pm	Rec Swim 2-6:15pm	Rec Swim 2-9:30pm	Rec Swim 2-9:30pm	Pool closes at 5:30pm	
		Women's only swim 6:30-7:30pm				
Pool Closes at 9:30pm						
		Rec Swim 7:45-9:30pm				

When there are NO Swim Lessons or Aqua Fitness classes, Rec Swim will take place.
(Space may be used for private lessons/events during all Swim times).
Pool schedule is subject to change.

Swim team meets will occur on the following dates from 2:45-5:30pm. During this time both the Lap and Activity pools will be closed:
Tuesdays - September 17th, 24th. October 1st, 8th, 15th. Thursdays - October 10th, 17th.

Community swim will be offered free to all Kent residents on the first and third Sunday of each month from 1-5:30pm.
All water activities will be open during this time.

MORFORD FAMILY ACTIVITY POOL SCHEDULE

PROGRAM DESCRIPTIONS

AQUA FITNESS

A variety of aerobic movements are performed in the shallow end of the pool to provide both a cardiovascular and strength training workout. Water equipment may be used in this low-impact, high-intensity water workout.

AQUA FITNESS - BARRE

A challenging and unique workout in the shallow end of the pool designed to tone and strengthen your entire body as well as increase flexibility by using your own body weight and light free weights.

ADULT REC SWIM

During adult recreational swim, some or all of the pool may be used for general exercise and recreation. The pool is reserved for adult swimmers 18+. Prior to bringing a group of 10 or more into the pool, please make arrangements with the Aquatics Department. If arrangements are not made, capacity issues could decrease swim time. *Sammamish participants: Please note there is a 50-minute time limit. Wristbands are available an hour prior to each swim time and are required for entry.

REC SWIM

During recreational swim, some or all of the pool may be used for general exercise, recreation or water play. Available water features may be turned on during this time. All swimmers under 14 years of age must abide by the swim test policy. Prior to bringing a group of 10 or more into the pool, please make arrangements with the Aquatics Department. If arrangements are not made, capacity issues could decrease swim time. *Sammamish participants: Please note there is a 50-minute time limit. Wristbands are available an hour prior to each swim time and are required for entry.

WADE SWIM

While other activities are happening, the shallowest part of our pool is reserved for you to play with your family. This area is less than three feet deep and ideal for young children. Available water features may not be turned on due to scheduled activities. All swimmers under 14 years of age must abide by the swim test policy.

SWIM LESSONS / PRIVATE SWIM LESSONS

Group and Private swim lessons are available for all levels and ages of swimmers. Please refer to our Swim Lesson guide for more information on registration and dates. Areas of the pool will be closed to members during swim lesson times. Private lessons may be held during Lap Swim and Rec Swim times, and are scheduled based upon instructor availability.

WOMENS ONLY SWIM

Join our female staff during this time. The whole natatorium will be reserved for access to women only.

SWIM LESSONS / PRIVATE SWIM LESSONS

Group and Private swim lessons are available for all levels and ages of swimmers. Please refer to our Swim Lesson guide for more information on registration and dates. Areas of the pool will be closed to members during swim lesson times. Private lessons may be held during Lap Swim and Rec Swim times, and are scheduled based upon instructor availability..

CITY OF KENT ADAPTIVE PROGRAM

The Kent YMCA partners with the city of Kent to provide pool space for the adaptive aquatics program.

SWIM TEST POLICY

To participate in recreational swimming activities, all children **13 years of age and younger** must undergo a swim test. The swim test allows children to swim in any part of the swimming pools 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 child. 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 with a **GREEN** bracelet 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.

MODIFIED SWIM TEST

Ages 5-13 only

- While wearing a lifejacket, the child must pass the above swim test. These swimmers will be marked with a **YELLOW** bracelet.
- 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 5-7 who pass the swim test may participate with an adult, parent, or guardian actively engaged in their activity. There is a limit of two "lifejacket swimmers" per adult.
- Swimmers who cannot pass either swim test will be marked with a **RED** bracelet, must wear a U.S Coastguard approved personal flotation device and require direct adult supervision in the pool area at all times. They are restricted to the Activity pool only.

LAP SWIM TEST

- Swimmers must respectfully circle swim 150 yards (3 laps/6 lengths) non-stop using breaststroke or freestyle. Swimmers will be marked with a purple bracelet that is readily identifiable to the lifeguards. Swimmers must follow all Lap swim guidelines.

POOL RULES

- A cleansing shower is required before entering the pool.
- Street shoes are not permitted on the pool deck or shower areas.
- Diving is **not** permitted.
- Children must pass a swim check or be accompanied by an adult in the water.
- No running on the pool deck.
- Prolonged submersion and breath holding is prohibited.
- No food or chewing gum in the pool area. Plastic water bottles are ok.
- Anyone under the influence of drugs or alcohol is not permitted in the building.
- Do not use the pool 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.
- Persons wearing diapers need to have a swim diaper with a tight fitting protective covering.
- Facility age guidelines and the YMCA code of conduct apply in all instances.

CONTACT INFORMATION

STEVE BAUMGARTNER, AQUATICS DIRECTOR

P. 253 246 8516 SBAUMGARTNER@SEATTLEYMCA.ORG

TAYLOR MALUEG, LIFEGUARD SUPERVISOR

P. 253 246 8544 TMALUEG@SEATTLEYMCA.ORG

CATRYCE THOMPSON, SWIM INSTRUCTOR SUPERVISOR

P. 253 246 8515 CTHOMPSON@SEATTLEYMCA.ORG