



LAP POOL SCHEDULE

OPENING – OCTOBER 20TH, 2019

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

	Monday						Tuesday						Wednesday						Thursday						Friday						Saturday						Sunday													
	Lap Lanes						Lap Lanes						Lap Lanes						Lap Lanes						Lap Lanes						Lap Lanes						Lap Lanes													
	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6		
5 am										Lap Swim																																								
6 am										Masters Swim 6-7am																																								
7 am																																																		
8 am																																																		
9 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim			Lap Swim	Lap Swim	Lap Swim	Lap Swim			Lap Swim	Lap Swim	Lap Swim	Lap Swim			Lap Swim	Lap Swim	Lap Swim	Lap Swim			Lap Swim	Lap Swim	Lap Swim	Lap Swim																						
10 am	Lap Swim	Lap Swim	Lap Swim	Lap Swim			Lap Swim	Lap Swim	Lap Swim	Lap Swim			Lap Swim	Lap Swim	Lap Swim	Lap Swim			Lap Swim	Lap Swim	Lap Swim	Lap Swim			Lap Swim	Lap Swim	Lap Swim	Lap Swim																						
11 am					Lap Swim					Lap Swim						Lap Swim						Lap Swim																												
12 pm					Lap Swim					Lap Swim						Lap Swim						Lap Swim																												
1 pm					Lap Swim					Lap Swim						Lap Swim						Lap Swim																												
2 pm					Lap Swim					Lap Swim						Lap Swim						Lap Swim																												
3 pm	K.M. Swim Team Practice 2:45-4:15pm						K.M. Swim Team Practice 2:45-4:15pm						K.M. Swim Team Practice 2:45-4:15pm						K.M. Swim Team Practice 2:45-4:15pm						K.M. Swim Team Practice 2:45-4:15pm																									
4 pm	K.W. Swim Team Practice 4:15-6:15pm			Lap Swim			K.W. Swim Team Practice 4:15-6:15pm			Lap Swim			K.W. Swim Team Practice 4:15-6:15pm			Lap Swim			K.W. Swim Team Practice 4:15-6:15pm			Lap Swim			K.W. Swim Team Practice 4:15-6:15pm			Lap Swim																						
5 pm	SMAC Swim Team Practice 6:30-8pm						SMAC Swim Team Practice 6:30-8pm						SMAC Swim Team Practice 6:30-8pm						SMAC Swim Team Practice 6:30-8pm						SMAC Swim Team Practice 6:30-8pm			Lap Swim																						
6 pm																																																		
7 pm													Women's Only Swim 6:30-7:30pm																																					
8 pm													Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim							Lap Swim	Lap Swim	Lap Swim	Lap Swim																						
9 pm													Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim							Lap Swim	Lap Swim	Lap Swim	Lap Swim																							
10 pm																																																		

When there are NO Swim Lessons or Aqua Fitness classes, Lap Swim will take place.
(1 lane 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.

KENT YMCA
10828 SE 248th St.
Kent, WA, 98030
P 253-246-8547 www.kentymca.org

Everyone is welcome. Financial assistance is available. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility

LAP POOL SCHEDULE

PROGRAM DESCRIPTIONS

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.

LAP SWIM

All 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. *Swimmers under 14 years of age may be asked to take a swim test before using the pool without a parent or guardian.

MASTERS SWIM

Masters Swim is a free opportunity to begin or continue your passion of swimming under the guidance of an experienced coach. You will be welcomed into a community of adults in an encouraging team atmosphere. This is a great program for all ability levels—novice, triathletes and veterans are all welcome.

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.

WOMEN'S ONLY SWIM

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

SWIM TEAM PRACTICE

The Kent YMCA partners with the Seattle Metropolitan Aquatic club, Kent Meridian and Kentwood High schools to provide pool space for their swim teams to practice and compete.

CITY OF KENT ADAPTIVE PROGRAM

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

CONTACT INFORMATION

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LAP SWIM ETIQUETTE

- Circle swimming is required when there are 3+ swimmers in a lane. To swim circles effectively, watch the black center line on the bottom of each lane and stay to the right.
- 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.
- To pass another swimmer, check the left side is clear, move toward the left, pass them, and move back to the right.
- Before entering a lane with others get their attention so that you can communicate your presence.

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.