OCTOBER POOL SCHEDULE

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

LAP POOL

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	Lap Lanes 6 5 4 3 2 1	Lap Lanes 6 5 4 3 2 1	Lap Lanes 6 5 4 3 2 1	Lap Lanes 6 5 4 3 2 1	Lap Lanes 6 5 4 3 2 1	Lap Lanes 6 5 4 3 2 1	Lap Lanes 6 5 4 3 2 1
	POOL DECK OPENS AT 8:00AM					POOL DECK OPENS AT 8:00AM	
6 am	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Water Walking	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Water Walking	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Water Walking	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Water Walking	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Water Walking	Lap Swim	
7 am						City of Kent – Adaptive Swim 9:00 – 11:00a	
8 am						Lap Swim Lap Swim Lap Swim Lap Swim Private Lessons Water Walking	Private Lessons Lap Swim Lap Swim Lap Swim Lap Swim Water Walking
9 am							
10 am							
11 am							
12 pm	Pool Deck Closed from 12:00 – 3:00p	Pool Deck Closed from 12:00 – 3:00p	Pool Deck Closed from 12:00 – 3:00p	Pool Deck Closed from 12:00 – 3:00p	Pool Deck Closed from 12:00 – 3:00p		
1 pm							
2 pm							
3 pm	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Water Walking	Private Swim Lessons Lap Swim Lap Swim Lap Swim Lap Swim Water Walking	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Water Walking	Private Swim Lessons Lap Swim Lap Swim Lap Swim Lap Swim Water Walking	Lap Swim Lap Swim Lap Swim Lap Swim Lap Swim Water Walking	POOL DECK CLOSES AT 2:30PM	
4 pm							
5 pm							
6 pm							
7 pm	KW Swim Practice 6:30 – 8:00p	KW Swim Practice 6:30 – 8:00p	KW Swim Practice 6:30 – 8:00p	KW Swim Practice 6:30 – 8:00p	KW Swim Practice 6:30 – 8:00p		
8 pm	KM Swim Practice 8:00 – 9:00p	KM Swim Practice 8:00 – 9:00p	KM Swim Practice 8:00 – 9:00p	KM Swim Practice 8:00 – 9:00p	KM Swim Practice 8:00 – 9:00p		
9 pm							
	POOL DECK CLOSES TO MEMBERS AT 7:30PM AND TO THE KSD SWIM TEAMS AT 9:00PM						

ACTIVITY POOL

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
POOL DECK OPENS AT 6:00AM					POOL DECK OPENS AT 8:00AM	
Aqua Fitness 8:00 – 9:00a					Water Walking 9:00 – 10:00a	
Water Walking 11:00 – 12:00p	Water Walking 11:00 – 12:00p	Water Walking 11:00 – 12:00p	Water Walking 11:00 – 12:00p	Water Walking 11:00 – 12:00p	City of Kent – Adaptive Swim 11:00 – 12:00pm	Rec Swim 11:40 – 12:30p
Pool Deck Closed from 12:00pm – 3:00pm	Pool Deck Closed from 12:00pm – 3:40pm	Pool Deck Closed from 12:00pm – 3:00pm	Pool Deck Closed from 12:00pm – 3:40pm	Pool Deck Closed from 12:00pm – 3:40pm	Rec Swim 12:40 – 1:30p	Rec Swim 12:40 – 1:30p
					Rec Swim 1:40 – 2:30p	Rec Swim 1:40 – 2:30p
Swim Basics 3:45 – 4:15p	Rec Swim 3:40 – 4:30p	Swim Basics 3:45 – 4:15p	Rec Swim 3:40 – 4:30p	Rec Swim 3:40 – 4:30p	POOL DECK CLOSES AT 2:30PM	
Swim Basics 4:30 – 5:00p	Rec Swim 4:40 – 5:30p	Swim Basics 4:30 – 5:00p	Rec Swim 4:40 – 5:30p	Rec Swim 4:40 – 5:30p		
Swim Basics 5:15 – 5:45p	Rec Swim 5:40 – 6:30p	Swim Basics 5:15 – 5:45p	Rec Swim 5:40 – 6:30p	Rec Swim 5:40 – 6:30p		
Rec Swim 3:00 – 6:00p	Rec Swim 6:40 – 7:30p	Rec Swim 3:00 – 6:00p	Rec Swim 6:40 – 7:30p	Rec Swim 6:40 – 7:30p		
Rec Swim 6:00 – 7:30p / Swim Strokes 6:00 – 6:30p / Swim Strokes 6:45 – 7:15p	KM Practice 7:30 – 9:00p	Rec Swim 6:00 – 7:30p / Swim Strokes 6:00 – 6:30p / Swim Strokes 6:45 – 7:15p	KM Practice 7:30 – 9:00p	KM Practice 7:30 – 9:00p		
KM PRACTICE		KM PRACTICE				
POOL DECK CLOSES TO MEMBERS AT 7:30PM AND TO THE KSD SWIM TEAMS AT 9:00PM						

KENT YMCA
10828 SE 248th St.
Kent, WA, 98030
P 253-248547
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