

SEPTEMBER (25th-30th) & OCTOBER WSYF POOL SCHEDULE

Time	Saturday	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	
6 am			Lap Swim 6 am – 12 pm	Lap Swim 6 am – 8:45 am	Lap Swim 6 am – 10:45 am	Lap Swim 6 am – 10:45 am	Lap Swim 6 am – 10:45 am	
7 am								
8 am	Lap Swim 8 am – 11:30 am	Lap Swim 8 am – 11:30 am		Lap Swim ends at 8:45 am				
9 am	Private Swim Lessons 9:35 am – 12:45 pm			NEW! Aqua Fitness 9 am – 10 am (Starts Oct. 5)				
10 am	Lap Swim ends at 11:30 am			Lap Swim Ends at 10:45 am	Lap Swim Ends at 10:45 am	Lap Swim Ends at 10:45 am	Lap Swim Ends at 10:45 am	
11 am	Family Rec Swim 11:40 am – 12:30 pm	Family Rec Swim 11:40am – 12:30pm		Aqua Fitness 11 am – 11:45 am	Injury & Arthritis 11 am – 11:45 am	Aqua Fitness 11 am – 11:45 am	Injury & Arthritis 11 am – 11:45 am	
12 pm – 2 pm	Family Rec Swim 12:40 am – 1:30 pm	Family Rec Swim 12:40pm – 1:30pm	Pool & Hot Tub Closes from 12 pm to 3 pm on Weekdays					
	Family Rec Swim 1:40pm – 2:30pm	Family Rec Swim 1:40pm – 2:30pm						
3 pm	Pool & Hot Tub Closes at 2:30 pm on Weekends		Lap Swim 3 pm – 7:30 pm	Lap Swim 3 pm – 7:30 pm	Lap Swim 3 pm – 7:30 pm	Lap Swim 3 pm – 7:30 pm	Lap Swim 3 pm – 6:30 pm	
			Private Swim Lessons 3:45 pm – 7:15 pm	Private & Group Swim Lessons 3:45 pm – 7:15 pm	Private Swim Lessons 3:45 pm – 7:15 pm	Private & Group Swim Lessons 3:45 pm – 7:15 pm	Private Swim Lessons 3:45 pm – 7:15 pm	
4 pm	Pool & Hot Tub Closes at 2:30 pm on Weekends							
5 pm								
6 pm							Family Rec Swim 6:40 pm – 7:30 pm	
7 pm								
			Pool & Hot Tub Closes at 7:30 pm on Weekdays					

West Seattle & Fauntleroy YMCA
 3622 SW Snoqualmie ST
 Seattle, WA, 98126
 P (206) 935-6000 seattlemca.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.



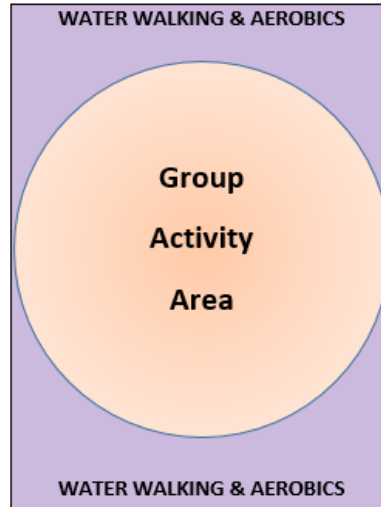
SEPTEMBER (25th-30th) & OCTOBER WSFY POOL SCHEDULE

FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

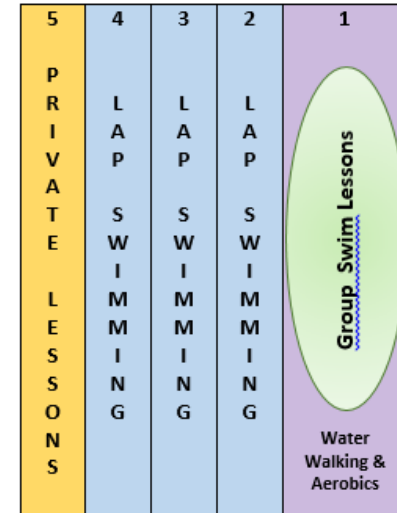
Weekdays, 6 am – 10:45 am

5	4	3	2	1
L A P	L A P	L A P	L A P	
S W I M M I N G	S W I M M I N G	S W I M M I N G	S W I M M I N G	WATER WALKING & AEROBICS

Aqua Classes, 11:00 am – 11:45 am



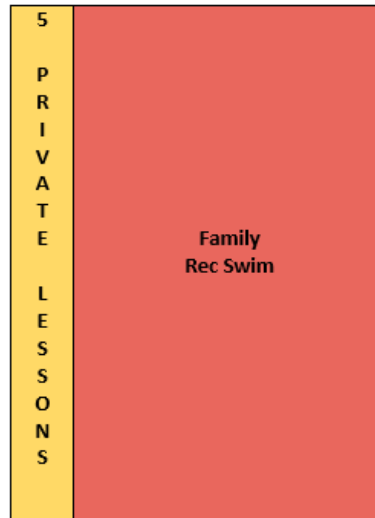
Tuesdays & Thursday 3:45 – 7: 30 pm



Wednesdays & Fridays 3:45 – 6:30 pm

5	4	3	2	1
P R I V A T E L E S S O N S	L A P S W I M M I N G	L A P S W I M M I N G	L A P S W I M M I N G	WATER WALKING & AEROBICS

Fridays 6:40 pm – 7:30 pm



Weekends 11:40 am – 2:30 pm



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