



AQUATICS SCHEDULE

MEREDITH MATHEWS EAST MADISON YMCA

November 1st - December 4th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00AM - 11:30AM Lap Swim (3 lanes) Private Lessons (1 lane)	6:00AM - 12:00PM Lap Swim (all lanes)	6:00AM - 12:00PM Lap Swim (all lanes)	6:00AM - 7:00AM Lap Swim (all lanes)	6:00AM - 12:00PM Lap Swim (all lanes)	6:00AM - 9:30AM Lap Swim (all lanes)	8:00AM - 11:30AM Lap Swim (3 lanes) Private Lessons (1 lane)
11:40AM - 2:30PM Rec Swim (all lanes)			7:15AM - 8:15AM Aqua Fitness (all lanes)		9:45AM - 10:45AM Aqua Fitness (all lanes)	11:40AM - 2:30PM Rec Swim (all lanes)
			8:30AM - 12:00PM Lap Swim (3 lanes) Private Lessons (1 lane)		10:45AM - 12:00PM Lap Swim (3 lanes) Private Lessons (1 lane)	
Monday-Friday: Pool is closed 12:00PM - 3:00PM						
	3:00PM - 6:15PM Lap Swim (3 lanes) Private Lessons (1 lane)	3:00PM - 5:45PM Lap Swim (3 lanes) Private Lessons (1 lane)	3:00PM - 6:15PM Lap Swim (3 lanes) Private Lessons (1 lane)	3:00PM - 5:45PM Lap Swim (3 lanes) Private Lessons (1 lane)	3:00PM - 5:40PM Lap Swim (3 lanes) Private Lessons (1 lane)	
	6:30PM - 7:30PM Aqua Fitness (all lanes)	5:45PM - 7:30PM Group Lessons (2 lanes) Lap Swim (2 lanes)	6:30PM - 7:30PM Aqua Fitness (all lanes)	5:45PM - 7:30PM Group Lessons (2 lanes) Lap Swim (2 lanes)	5:40PM - 7:30PM Rec Swim (all lanes)	

Branch hours Monday - Friday: 6:00AM - 8:00PM Saturday - Sunday: 8:00AM - 3:00PM

IMPORTANT UPDATES

- Pool closes 30 minutes prior to facility closure.
- Masks must be worn at all times when not in the water.
- Reservations are no longer required for Lap Swim or Aqua Fitness. Reservations are still required for Rec Swim and Swim Lessons.
- More than two swimmers per lane are now allowed, please be mindful if you see others waiting to swim.
- Please Circle Swim when there are more than two swimmers per lane.

POOL SAFETY RULES

- A cleansing shower is required before entering the pool.
- Appropriate swimming attire must be worn in the pool.
- Swimmers wearing diapers must have a tight-fitting protective covering.
- Diapers should be changed in the locker room.
- Photography is allowed with permission of the lifeguards.
- Children under age 14 must pass a swim test or be accompanied by an adult in the water.
- No running or horseplay is allowed in the pool area.
- No food or drink (other than bottled water) is permitted on the pool deck.
- Diving is not allowed.
- Street shoes are not allowed on the pool deck or shower areas.
- Do not use the pool if you are feeling ill or have been ill with diarrhea or vomiting in the past two weeks.
- Do not swim alone if you have seizures, heart or circulatory problems.
- All swimmers must follow the YMCA Code of Conduct and facility age guidelines, as well as any instructions from the lifeguards.

AQUATICS PROGRAMS

LAP SWIM

Lap swim is for ages 16 and up. Exceptions may be made for younger participants who are proficient lap swimmers as determined by an Aquatics staff and lane availability. Participants should follow lap lane etiquette when sharing a lane. Swimmers should Circle Swim when there are more than 2 swimmers in the lane. Reservation is no longer required for lap swim.

REC SWIM

Enjoy a recreational swim time for the whole family during this scheduled activity. Youth ages 14 and under must pass a swim test to swim in the deep end. Youth ages 10 and under must pass a swim test to swim without a supervising adult in the water. Please see any lifeguard or Aquatics staff to administer a swim test. For more information on our Rec Swim Age Guidelines, go online to seattlemca.org or ask any lifeguard or Aquatics staff. Reservation is required for Rec Swim. Go online to seattlemca.org or visit the front desk to register.

GROUP SWIM LESSONS

Group Swim Lessons are currently phasing back in with our Swim Basics Program (Stages 1, 2 & 3) and Swim Strokes Program (Stages 4, 5 & 6). As we adjust our operations to meet safety protocols, elements of our swim lessons may look and feel different than they did previously. Go online to seattlemca.org for more information or to register.

PRIVATE SWIM LESSONS

Private Swim Lessons are available for all levels and ages of swimmers. Beginner students under age 11 should be accompanied in the water by a supervising adult. Go online to seattlemca.org for more information or to register.

AQUA FITNESS

This shallow water exercise class provides an exciting, low-impact cardiovascular and strength training workout. Aqua Fitness classes are led by a trained instructor with varying styles of music. All skill levels are welcome. Reservation is no longer required for Aqua Fitness.

MEREDITH MATHEWS EAST MADISON YMCA
 1700 23rd Avenue, Seattle WA 98122

SAFETY AROUND WATER

The Y is “America’s Swim Instructor” and the most accessible community resource to prevent drowning and encourage a lifelong enjoyment of swimming. YMCA of Greater Seattle partners with several local organizations to provide Water Safety lessons to underserved communities who need them the most. We rely on donations through our Annual Fund drive in order to provide this service to our community. To learn more or to make a donation go online to seattlemca.org/give.

SWIM TEST GUIDELINES

Youth ages 14 and under must pass a swim test before using the deep end of the pool during Rec Swim. Youth ages 10 and under who do not pass a swim test **MUST** be accompanied by a supervising adult in the water.

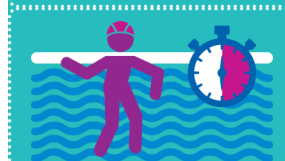
The swim test consists of 3



1: Jump into deep end of pool



2: Swim 25 yards on the front without stopping



3: Tread water or float with head above water for 30 seconds

QUESTIONS?

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