



BELLEVUE AQUATIC SCHEDULE

JANUARY

SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY		
		6:00-8:20A LAP SWIM	6:00-7:50A LAP SWIM	6:00-8:20A LAP SWIM	6:00-7:50A LAP SWIM				
8:00-11:30 LAP SWIM	8:00-8:30A PRIVATE SWIM LESSON	8:30-9:15A WATER EX	8:00-8:45A WATER EX	8:30-9:15A WATER EX	8:00-8:45A DEEP WATER EX	6:00A-1:00P LAP SWIM	8:00-8:30A PRIVATE SWIM LESSON		
	8:35-9:05A PRIVATE SWIM LESSON	9:25-1:00P LAP SWIM	9:25-1:00P LAP SWIM	9:25-1:00P LAP SWIM	9:25-1:00P LAP SWIM		8:35-9:05A PRIVATE SWIM LESSON		
	9:10-9:40 PRIVATE SWIM LESSON	1:00-4:00P CLOSED					9:10-9:40 PRIVATE SWIM LESSON		
	9:45-10:15 PRIVATE SWIM LESSON		4:00-4:30P PRIVATE SWIM LESSON		4:00-4:30P PRIVATE SWIM LESSON		4:00-4:30P PRIVATE SWIM LESSON	9:45-10:15 PRIVATE SWIM LESSON	
	10:20-10:50P PRIVATE SWIM LESSON	4:00-5:30P LAP SWIM	4:35-5:05P PRIVATE SWIM LESSON	4:00-5:30P LAP SWIM	4:35-5:05P PRIVATE SWIM LESSON	4:00-5:30P LAP SWIM	4:35-5:05P PRIVATE SWIM LESSON	10:20-10:50P PRIVATE SWIM LESSON	
	10:55-11:25P PRIVATE SWIM LESSON		5:10-5:40P PRIVATE SWIM LESSON		5:10-5:40P PRIVATE SWIM LESSON		5:10-5:40P PRIVATE SWIM LESSON	10:55-11:25P PRIVATE SWIM LESSON	
11:40-12:30P FAMILY SWIM	5:45-6:15P GROUP SWIM LESSON	5:45-6:15P GROUP SWIM LESSON	5:40-6:30P FAMILY SWIM	5:45-6:15P PRIVATE SWIM LESSON	5:45-6:15P GROUP SWIM LESSON	5:45-6:15P GROUP SWIM LESSON	4:00-7:30P LAP SWIM	5:45-6:15P PRIVATE SWIM LESSON	11:40-12:30P FAMILY SWIM
12:40-1:30P FAMILY SWIM	6:20-6:50P GROUP SWIM LESSONS	6:20-6:50P GROUP SWIM LESSONS		6:20-6:50P GROUP SWIM LESSONS	6:20-6:50P GROUP SWIM LESSONS	6:20-6:50P GROUP SWIM LESSONS		6:20-6:50P GROUP SWIM LESSONS	6:20-6:50P GROUP SWIM LESSONS
1:40-2:30P FAMILY SWIM	6:55-7:25P GROUP SWIM LESSONS	6:55-7:25P GROUP SWIM LESSONS	6:40-7:30P FAMILY SWIM	6:55-7:25P GROUP SWIM LESSONS	6:55-7:25P GROUP SWIM LESSONS	6:55-7:25P GROUP SWIM LESSONS		6:40-7:30P FAMILY SWIM	6:55-7:25P GROUP SWIM LESSONS

FOR MORE INFORMATION CONTACT ANNA PFLEGER, apfleger@seattleyymca.org

AQUATIC DESCRIPTIONS

SWIM LESSONS \$

We offer a wide range of swimming options for the whole family! Classes are divided into ability groups. Students learn at different rates and are usually in each level more than once. Trained instructors emphasize personal safety, swimming skills, endurance, and social skills while guiding students with praise and encouragement. Advanced registration is required.

PRIVATE SWIM LESSONS \$

Whether beginner or advanced, private lessons are a great option for all ages and abilities with a one-on-one personalized approach. Trained instructors emphasize personal safety, swimming skills, and endurance, while guiding students with encouragement. Swimmers of the same skill level and same household membership may sign up for a semi-private swim lesson to practice and learn skills together. Advanced registration is required.

WATER AEROBICS - SHALLOW

A variety of aerobic movements are performed in the shallow end of the pool to increase heart rate and provide both a cardiovascular and strength training workout. Water equipment may be used in this low-impact, high-intensity water workout. Drop in class. No registration required.

LAP SWIM

3 or more lap lanes are available to any members at this time. Children 14 years old and younger must complete a 25 yard continuous swim using one or a combination of the 4 approved strokes (see below for more info). Please be courteous of other swimmers and choose a lane that best fits your speed. Circle swimming is required when two or more swimmers are in one lane. Water walkers should follow lap etiquette on a space available basis.

All children 14 years and under who wish to participate in lap swim must complete a 25 yard continuous swim using one or a combination of the 4 approved strokes (front crawl, breast stroke, butterfly, or sidestroke). Children must show competency and proper technique in the strokes used during the Lap Swim Test. Fins, kickboards, and/or lifejackets may not be used during the Swim Test. Youth swimmers who can not complete the required 25 yard swim are asked to participate in Family Swim.

RECREATIONAL SWIM

The whole family is encouraged to swim together during our family swim hours. This time is perfect for young swimmers to practice their skills or just play and have fun. All swimmers 14 years and under must abide by the swim test policy. Registration is required.

YMCA SWIM TEST POLICY

Recreational Swim: To participate in recreational swimming activities, all children **14 years & under** must undergo a **Swim Test** if they are to swim in any part of the swimming area alone. Children who cannot pass the Swim Test are considered non-swimmers and must be accompanied into the water by a supervising individual (+14) who is actively engaged with the children's activity. There is a limit of 2 non-swimming children per individual.

Swim Test:

Deep water plunge with head going below surface, swim the **longest dimension** of the swimming area without stopping and then tread water or float for 30 seconds.

Swimmers will be marked with a colored swim band

After passing the Swim Test, swimmers 11 and older may be in the swim area without supervising individual. A supervising individual 14 years old and up is required in the pool area for ages 10 and below. Children 10 and under who pass the Swim Test still require direct adult supervision in the pool area at all times but are not required to be in the water. Youth 15-17 who exhibit lack of comfort and/or cannot stand flat footed at deepest level with head above water, may be asked to pass swim test.

POOL RULES

- ◇ See Aquatics Center Age Guidelines for age restrictions and swim test policy requirements.
- ◇ Lifeguards have ultimate authority in the aquatics area at all times - report violation directly to lifeguard.
- ◇ Photography is allowed only with prior permission of Y staff member.
- ◇ Swim lessons taught by YMCA staff only, outside instructors NOT permitted without prior approval.
- ◇ Appropriate swim attire required at all times.
- ◇ Shower with soap and water before entering pool or hot tub.
- ◇ Protective covering required for infant diapers and adult under-garments.
- ◇ Change infant diapers in locker room only - not on pool deck.
- ◇ Consult physician before use if you have seizure, heart disease, diabetes, or circulatory problems and do not use alone.
- ◇ Do not use pool or hot tub if you have a communicable disease or had diarrhea / vomiting in past two weeks.
- ◇ No diving in pool head first unless water is at least 9 feet deep.
- ◇ No prolonged breath holding under water
- ◇ No inflatable toys except US Coast Guard approved flotation devices.
- ◇ No pool or hot tub use if under the influence of alcohol or drugs.
- ◇ No food, drinks, or gum on pool deck - water bottles okay (non-glass).
- ◇ No street shoes on pool deck or shower areas.
- ◇ No horseplay, running on pool deck, or use of profanity.
- ◇ Call 911 in an emergency! Phones and first aid kit are located at aquatics office and front desk.

HOT TUB RULES

- ◇ Children ages 11 and under are not permitted in hot tub.
- ◇ Children ages 12-13 must be supervised by an individual 14 years old or up in the hot tub area. If the parent/guardian leaves the hot tub area, the child must get out.
- ◇ Your head must remain above water at all times.
- ◇ The spa is for soaking only - no jumping, playing, toys or exercising.
- ◇ Lotions, oils, soaps and shaving are prohibited.
- ◇ Hot Tub use limited to 10 minutes in one session- cool off in the locker room or pool before re-entering.

SAUNA RULES (CLOSED UNTIL FURTHER NOTICE ACCORDING TO GOVERNOR)

- ◇ Youth age 13 and under are not allowed in sauna. Youth ages 14 -17 must be supervised by an adult who is present in the sauna.
- ◇ Sauna use limited to 10 minutes in one session- cool off in the locker room or pool before re-entering.

CONTACT INFORMATION

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