



NORTHSHORE POOL SCHEDULE

**JAN
2022**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-11:30AM LAP SWIM 4 lanes	6:00-1:00PM LAP SWIM 4 lanes	6:00-10:55AM LAP SWIM 4 lanes	6:00-1:00PM LAP SWIM 4 lanes	6:00-10:55AM LAP SWIM 4 lanes	6:00-1:00PM LAP SWIM 4 lanes	8:00-8:45AM AQUA FIT 6 lanes
8:00-11:30AM WATER WALKING 2 lanes	6:00-9:00AM WATER WALKING 2 lanes	6:00-10:55AM WATER WALKING 2 lanes	6:00-9:00AM WATER WALKING 2 lanes	6:00-10:55AM WATER WALKING 2 lanes	6:00-10:55AM WATER WALKING 2 lanes	9:00-12:30AM LAP SWIM 4 lanes
12:15-2:30PM PRIVATE LESSONS	9:00-10:45AM GROUP SWIM LESSONS	11:00-12:00PM AQUA FIT 6 lanes	9:00-10:45AM GROUP SWIM LESSONS	11:00-12:00PM AQUA FIT 6 lanes	9:00-11:15AM PRIVATE LESSONS	9:00-12:00PM GROUP SWIM LESSONS
11:30-2:30PM LAP SWIM 2 lanes	11:10-12:00PM *REC SWIM 2 lanes	12:00-1:00PM LAP SWIM 4 lanes	11:10-12:00PM *REC SWIM 2 lanes	12:00-1:00PM LAP SWIM 4 lanes	11:20-12:10PM *REC SWIM 2 lanes	12:30-2:30PM LAP SWIM 2 lanes
11:40-12:30PM *REC SWIM 3 lanes	12:10-1:00PM *REC SWIM 2 lanes	12:00-1:00PM WATER WALKING 2 lanes	12:10-1:00PM *REC SWIM 2 lanes	12:00-1:00PM WATER WALKING 2 lanes	12:10-1:00PM *REC SWIM 2 lanes	12:40-1:30PM *REC SWIM 4 lanes
12:40-1:30PM *REC SWIM* 3 lanes	CLOSED 1:00-4:00PM					1:40-2:30PM *REC SWIM 4 lanes
1:40-2:30PM *REC SWIM* 3 lanes	4:00-7:30PM LAP SWIM 2 lanes	4:00-7:30PM LAP SWIM 3 lanes	4:00-7:30PM LAP SWIM 2 lanes	4:00-7:30PM LAP SWIM 3 lanes	4:00-6:30PM LAP SWIM 3 lanes	
	4:00-5:30PM SWIM TEAM 3 lanes	4:00-7:30PM GROUP SWIM LESSONS	4:00-5:30PM SWIM TEAM 3 lanes	4:00-7:30PM GROUP SWIM LESSONS	4:00-5:30pm SWIM TEAM 3 lanes	
	4:00-7:25PM PRIVATE LESSONS		4:00-7:25PM PRIVATE LESSONS		5:30-6:30 LAP SWIM 2 lanes	
	5:40-6:30PM *REC SWIM 2 lanes		5:40-6:30PM *REC SWIM 2 lanes		5:40-6:30PM *REC SWIM 4 lanes	
	6:40-7:30PM *REC SWIM 2 lanes		6:40-7:30PM *REC SWIM 2 lanes		6:40-7:30PM *REC SWIM 4 lanes	

REC SWIM Requires Preregistration. You can register in branch, over the phone 425 485 9797, or online at seattleyymca.org

*Updated December 15th, 2021