### ACTIVITY POOL SCHEDULE

<table>
<thead>
<tr>
<th>Activity</th>
<th>Monday</th>
<th>Tuesday</th>
<th>Wednesday</th>
<th>Thursday</th>
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<tbody>
<tr>
<td>Water Walking</td>
<td>8:00–9:30a</td>
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<td>Water Walking</td>
<td>8:00–9:30a</td>
<td>Aqua Fitness</td>
<td>9:00–10:00a</td>
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<tr>
<td>Swim Basics</td>
<td>4:30–5:00p</td>
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<td>Swim Strokes</td>
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The pool deck closes at 7:30pm.
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**POOL DECK OPENS AT 6:00AM**

- **6 am**: Water Walking
- **7 am**: Lap Swim
- **8 am**: Water Walking
- **9 am**: Lap Swim
- **10 am**: Lap Swim
- **11 am**: Lap Swim
- **12 pm**: THE POOL DECK IS CLOSED 12:00PM – 3:00PM
- **2 pm**: Lap Swim
- **3 pm**: Water Walking
- **4 pm**: Lap Swim
- **5 pm**: Water Walking
- **6 pm**: Lap Swim
- **7 pm**: Women’s Only Swim
- **8 pm**: POOL DECK CLOSES AT 7:30PM

**POOL DECK OPENS AT 8:00AM**

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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.