



NORTHSHORE POOL SCHEDULE

Summer
2022

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

You can register for swim lessons in branch,
over the phone at 425 485 9797, or online at seattleyymca.org
Updated June 15th, 2022