



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# ACTIVITY POOL

July–August 2022

All Times Subject to Change

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Water Walking 6:45–8:45am	Water Walking 6:45–8:45am	Water Walking 6:45–8:45am	Water Walking 6:45–8:45am	Water Walking 6:45–8:45am	POOL CLOSED	POOL CLOSED
● Swim Lessons 9am–12pm	● Swim Lessons 9am–12pm	● Swim Lessons 9am–12pm	● Swim Lessons 9am–12pm	POOL CLOSED	● Swim Lessons 8:35am–12 pm	● Private Swim Lessons 8:30am–12 pm
POOL CLOSED		POOL CLOSED				● Community Swim 9:40–10:30am 10:40–11:30am 11:40am–12:30pm 12:40–1:30pm 1:40–2:30pm
★ Recreational Swim 12:40–1:30pm 1:40–2:30pm 2:40–3:30pm	Water Walking 11am–1pm	★ Swim Lessons: Swim Starters (free to members) 12:35–1:05pm	Water Walking 11am–1pm		Reserved for YMCA Programs 12:40–1:30pm	
	POOL CLOSED	Water Walking 12:30–2:30pm	POOL CLOSED		★ Recreational Swim 1:40–2:30pm	
	★ Recreational Swim 1:40–2:30pm 2:40–3:30pm	POOL CLOSED	★ Recreational Swim 1:40–2:30pm 2:40–3:30pm	★ Recreational Swim 12:40–1:30pm 1:40–2:30pm 2:40–3:30pm 3:40–4:30pm 4:40–5:30pm 5:40–6:30pm 6:40–7:30pm 7:40–8:30pm		
● Swim Lessons 4pm–7pm	● Private Swim Lessons 3:25–7:30pm	● Swim Lessons 4pm–7pm	● Private Swim Lessons 3:25–7:30pm	● Swim Lessons 4pm–7pm	● Private Swim Lessons 3:25–7:30pm	● Swim Lessons 4pm–7pm
	● Swim Lessons 4pm–7pm	● Private Swim Lessons 3:25–7:30pm	● Swim Lessons 4pm–7pm	● Private Swim Lessons 3:25–7:30pm	● Swim Lessons 4pm–7pm	● Private Swim Lessons 3:25–7:30pm
★ Recreational Swim 7:40–8:30pm	★ Recreational Swim 7:40–8:30pm	★ Recreational Swim 7:40–8:30pm	★ Recreational Swim 7:40–8:30pm	★ Recreational Swim 7:40–8:30pm	POOL CLOSED	POOL CLOSED

**AQUATIC CENTER SCHEDULE**

Monday – Friday 5am–8:30pm  
Saturday 7am–2:30pm  
Sunday 8am–2:30pm

- Sammamish Community Swim is open to YMCA members and Sammamish residents. Reservation required.
- Enrollment in swim lessons required and additional fees apply.

Visit [www.seattlemca.org](http://www.seattlemca.org) to register for Community Swim or enroll in swim lessons.

★ Included with membership—reservation required. Start a reservation by scanning this QR code with your smart device:





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# LAP POOL SCHEDULE

August 2022

All Times and Lane Assignments Subject to Change

	MONDAY						TUESDAY						WEDNESDAY						THURSDAY						FRIDAY						SATURDAY						SUNDAY					
	Lap Lanes						Lap Lanes						Lap Lanes						Lap Lanes						Lap Lanes						Lap Lanes											
5am																																										
6am	Lap Swim 5am-9:30am						Lap Swim 5am-8:45am						Lap Swim 5am-8:30am						Lap Swim 5am-8:45am						Lap Swim 5am-8:15am						Lap Swim 5am-8:45am											
7am	Lap Swim 5am-9:30am						Lap Swim 5am-8:45am						Lap Swim 5am-8:30am						Lap Swim 5am-8:45am						Lap Swim 5am-8:15am						Lap Swim 5am-8:45am											
8am	Lap Swim 5am-12pm						Lap Swim 5am-11:30am						Lap Swim 5am-12pm						Lap Swim 5am-11:30am						Lap Swim 5am-12pm						Lap Swim 7am-8:45am						Lap Swim 8am-2:30pm					
9am	Lap Swim 5am-12pm						Lap Swim 5am-11:30am						Lap Swim 5am-12pm						Lap Swim 5am-11:30am						Lap Swim 5am-12pm						Lap Swim 7am-8:45am						Lap Swim 8am-2:30pm					
10am	**Swim lessons 9:45am-11:30am						**Swim lessons 9:45am-11:30am						**Swim lessons 9:45am-11:30am						**Swim lessons 9:45am-11:30am						Lap Swim 9:45am-12pm						**Swim lessons 9am-12:30pm						Lap Swim 8am-2:30pm					
11am	**Private swim lessons 9am-11:30am						**Private swim lessons 9am-11:30am						**Private swim lessons 10:30am-12p						**Private swim lessons 10:30am-12p						**Private swim lessons 9am-12pm						**Swim lessons 9am-12:30pm						Lap Swim 8am-2:30pm					
12pm	12pm-3pm Pool closed						Lap Swim 11:45am-1pm						Masters 11:45am-12:45pm						Lap Swim 11:45am-1pm						Masters 11:45am-12:45pm						Lap Swim 12:45pm-2:30pm						Lap Swim 11:30am-2:30pm					
1pm	12pm-3pm Pool closed						1pm-3pm Pool closed						12pm-3pm Pool closed						1pm-3pm Pool closed						12pm-3pm Pool closed						Lap Swim 12:45pm-2:30pm						Lap Swim 11:30am-2:30pm					
2pm	12pm-3pm Pool closed						1pm-3pm Pool closed						12pm-3pm Pool closed						1pm-3pm Pool closed						12pm-3pm Pool closed						Lap Swim 12:45pm-2:30pm						Lap Swim 11:30am-2:30pm					
3pm	Lap Swim 3pm-3:45pm						Lap Swim 3pm-3:45pm						Lap Swim 3pm-3:45pm						Lap Swim 3pm-3:45pm						Lap Swim 3pm-3:45pm						Lap Swim 3pm-7:30pm						Lap Swim 11:30am-2:30pm					
4pm	Lap Swim 3pm-3:45pm						Lap Swim 3pm-3:45pm						Lap Swim 3pm-3:45pm						Lap Swim 3pm-3:45pm						Lap Swim 3pm-3:45pm						Lap Swim 3pm-7:30pm						Lap Swim 11:30am-2:30pm					
5pm	**Private swim lessons 4pm-7:25pm						**Private swim lessons 4pm-7:25pm						**Private swim lessons 4pm-7:25pm						**Private swim lessons 4pm-7:25pm						Lap Swim 3pm-7:30pm						Lap Swim 3pm-7:30pm						*YMCA Lifeguard training 12-2:30pm 2nd and 4th week only					
6pm	**Swim lessons 4pm-7:25pm						**Swim lessons 4pm-7:25pm						**Swim lessons 4pm-7:25pm						**Swim lessons 4pm-7:25pm						Lap Swim 3pm-7:30pm						Lap Swim 3pm-7:30pm						*YMCA Lifeguard training 12-2:30pm 2nd and 4th week only					
7pm	**Private swim lessons 4pm-7:25pm						**Private swim lessons 4pm-7:25pm						**Private swim lessons 4pm-7:25pm						**Private swim lessons 4pm-7:25pm						Lap Swim 3pm-7:30pm						Lap Swim 3pm-7:30pm						*YMCA Lifeguard training 12-2:30pm 2nd and 4th week only					
8pm	Community Partner 7:30pm-8:30pm						Community Partner 7:30pm-8:30pm						Community Partner 7:30pm-8:30pm						Community Partner 7:30pm-8:30pm						Community Partner 7:30pm-8:30pm						Community Partner 7:30pm-8:30pm											

\* Reservation Required

\*\*Reservation required and additional fees apply  
Visit [www.seattlemca.org](http://www.seattlemca.org) to sign up for swim lessons

Updated 7/25/2022