



DOWTOWN AQUATICS SCHEDULE

**August
2022**

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Lanes	Rec	Lanes	Rec	Lanes	Rec	Lanes	Rec	Lanes	Rec
7:00-11:00AM LAP SWIM	7:00-10:00AM WATER JOG	7:00-7:40AM LAP SWIM	7:00-11:00AM WATER JOG	7:00-11:00AM LAP SWIM	7:00-10:00AM WATER JOG	7:00-7:40AM LAP SWIM	7:00-11:00AM WATER JOG	7:00-11:00AM LAP SWIM	7:00-11:00AM WATER JOG
		7:45-9:25AM LIMITED LAP SWIM				7:45-9:25AM LIMITED LAP SWIM			
	10:00-10:45 AM AQUA FIT CLASS	9:30-11:00AM LAP SWIM				10:00-10:45 AM AQUA FIT CLASS			
CLOSED 11:00AM—3:30PM									
3:30-7:35PM LIMITED LAP SWIM	3:30-7:35PM WATER JOG	3:30-7:35PM LIMITED LAP SWIM	3:30-7:35PM WATER JOG	3:30-7:35PM LIMITED LAP SWIM	3:30-7:35PM WATER JOG	3:30-7:35PM LIMITED LAP SWIM	3:30-7:35PM WATER JOG	3:30-7:35PM LIMITED LAP SWIM	3:30-7:35PM WATER JOG
	3:30-7:35 PM GROUP LESSONS		3:30-7:35PM PRIVATE LESSONS		3:30-7:35PM GROUP LESSONS		3:30-7:35PM PRIVATE LESSONS		3:30-7:35PM PRIVATE LESSONS

LIMITED LAP SWIM: The number of available lanes may be reduced to accommodate swim lessons. Please see the weekly "Plan Your Swim" schedule (posted at lobby, pool elevator, and pool deck) for a detailed view of where programs will be occurring.

Important member information:

- More than two swimmers per lane are allowed at this time, please be mindful if you see others waiting to swim.
- Schedule is subject to change.
- Please adhere to the circle swim rules when there are more than two swimmers per lane.
- Upon resting please maintain social distancing and space out accordingly.
- Pool closes 30 minutes prior to facility closure.

Weight Loss
 Maintain Fitness
 Well Being
 Health Support
 Strength Training



DOWNTOWN AQUATICS PROGRAMS

August
2022

Included With Membership

Lap Swim– All 3 lanes open. Pick from either slow, medium, or fast to swim or jog the length of our 25 meter lanes! Lanes are 4’ 6” at each end, and 5’ in the middle. Circle swimming is encouraged to accommodate all members. Accessible via ladder or through recreation area.

Water Jog– Enjoy our recreation or “rec” area of the pool. At a depth of 4 feet, this area is perfect for those who love walking, jogging, or stretching in the water! Accessible via lift chair or stairs with railing.

Aqua Fit– A variety of aerobic movements are performed in the shallow end of the pool to provide both a cardiovascular and strength training workout. Water equipment may be used in this low-impact, high-intensity water workout.

Recreation Swim– Anyone is encouraged to swim during recreational swim. Swim alone or with friends and family. Swimmers under 14 years of age may be asked to take a swim test before using the pool without a parent/guardian. Recreational Swim will be closed Mondays and Wednesdays for Group Lessons.

Coming soon: Masters Swim– Masters Swim is an opportunity to continue your passion of swimming with a community of adults in an encouraging team atmosphere. 2 events, one virtual one at the pool, will be held to gauge interest and provide an opportunity for participants to connect with our program leaders.

Fee-based Offerings

Private Swim Lessons– Private swim lessons give you individualized instruction and the opportunity to learn at your own pace. Semi-private lessons allow two participants of the same household and of similar skill levels to learn together.

Swim Basics – This class enables students, ages 3 to 5, to gain basic water safety and swimming skills. Swimmers become comfortable and confident in the water through practicing safe water habits, engaging in underwater exploration, and learning how to swim to safety if they fall into a body of water.

Swim Lessons for Teens & Adults– This class, for ages 12 and up, encompasses all stages of swim lessons. The first day of class includes an assessment of current skills and comfort in the water. Students will be introduced to a wide range of skills from swim basics to swim strokes.

WE ARE HIRING

Calling all swimmers: We are expanding our team of lifeguards and swim instructors! No prior experience required. We offer flexible hours, competitive benefits, and paid training. Apply today.

Registration for Private Lessons open

Registration for Sept./Oct. group programs open Aug.
15 at 6am

Register Online at apm.activecommunities.com/seattleyymca/ or call (206) 382-5000

Weight Loss Maintain Fitness Well Being Health Support Strength Training