



NORTHSHORE POOL SCHEDULE

**FALL
2022**

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

You can register for swim lessons in branch,
over the phone at 425 485 9797, or online at seattleyymca.org
Updated September 29th, 2022