



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATICS SCHEDULE

MEREDITH MATHEWS EAST MADISON YMCA  
NOVEMBER 2022

Sunday      Monday      Tuesday      Wednesday      Thursday      Friday      Saturday

			<b>6 AM – 7 AM</b> Lap Swim (all lanes)	<b>6 AM – 9 AM</b> Lap Swim (all lanes)		
<b>8 AM - 11:30 AM</b> Lap Swim (3 Lanes) Lessons (1 Lane)			<b>7:15AM - 8:15AM</b> Aqua Fitness (2 Lanes) Lap Swim (2 Lanes)	<b>9 AM -11:15 AM</b> Lap Swim (3 lanes) Lessons (1 Lane)	<b>6 AM – 9 AM</b> Lap Swim (all lanes)	<b>7 AM – 9 AM</b> Lap Swim (all lanes)
	<b>6 AM -12 PM</b> Lap Swim (all lanes)	<b>6 AM – 12 PM</b> Lap Swim (all lanes)	<b>8:15AM – 9 AM</b> Lap Swim (all lanes)	<b>11:15 AM -12 PM</b> Lap Swim (all lanes)	<b>9 AM -11:15 AM</b> Lap Swim (3 lanes) Lessons (1 Lane)	<b>9 AM - 11:30 AM</b> Lap Swim (2 lanes) Lessons (2 Lanes)
<b>11:40AM - 4:30PM</b> Rec Swim/ Family Swim (all lanes)			<b>9 AM -11:15 PM</b> Lap Swim (3 lanes) Lessons (1 Lane)	<b>Nov 24 Thanksgiving Day 7 AM -10:30 AM</b> Lap Swim (all lanes)		
			<b>11:15 AM -12 PM</b> Lap Swim (2 lanes) Lessons (2 Lane)		<b>11:15 AM -12 PM</b> Lap Swim (all lanes)	<b>11:40AM – 4:30PM</b> Rec Swim/ Family Swim (all lanes)

Monday - Friday: Pool is closed 12 PM – 3 PM

**Nov 6  
Daylight  
Savings**  
Set clocks  
back 1 hour

<b>3 PM – 6:30 PM</b> Lap Swim (all Lanes)		<b>3 PM – 3:45 PM</b> Lap Swim (all lanes)	<b>3 PM – 3:45 PM</b> Lap Swim (all lanes)	<b>3 PM – 4 PM</b> Lap Swim (all lanes)
<b>6:30PM– 7:30PM</b> Aqua Fitness (3 Lanes) <u>Lap Swim</u> (1 Lane)	<b>3 PM – 8:30PM</b> Lap Swim (all lanes)	<b>3:45 PM – 6:30PM</b> Lap Swim (2 Lanes) Lessons (2 Lanes)	<b>3:45PM – 6:30PM</b> Lap Swim (2 Lanes) Lessons (2 Lanes)	<b>4 PM – 5:30 PM</b> Lap Swim (2 Lanes) Lessons (2 Lanes)
<b>7:30PM – 8:30PM</b> Lap Swim (all lanes)		<b>6:30 PM – 7:30 PM</b> Aqua Fitness (3 Lanes) <u>Lap Swim</u> (1 Lane)	<b>6:30PM – 8:30PM</b> Lap Swim (all lanes)	<b>5:40PM – 7:30PM</b> Rec Swim/Family Swim (all lanes)
		<b>7:30PM – 8:30PM</b> Lap Swim (all lanes)		

**EXTENDED Branch Hours:** Monday- Thursday 6AM–9PM | Friday 6AM–8PM | Saturday 7AM–5PM | Sunday 8AM–5PM

- \*\*IMPORTANT REMINDERS\*\***
- Pool closes 30 minutes prior to facility closure.
  - More than two swimmers per lane are now allowed, please be mindful if you see others waiting to swim.
  - Please Circle Swim when there are more than two swimmers per lane



# AQUATICS PROGRAMS

## LAP SWIM

Lap swim is for ages 16 and up. Exceptions may be made for younger participants who are proficient lap swimmers as determined by an Aquatics staff and lane availability. Participants should follow lap lane etiquette when sharing a lane. Swimmers should Circle Swim when there are more than 2 swimmers in the lane. Reservation is no longer required for lap swim.

## REC SWIM

Enjoy a recreational swim time for the whole family during this scheduled activity. Youth ages 14 and under must pass a swim test to swim in the deep end. Youth ages 10 and under must pass a swim test to swim without a supervising adult in the water. Please see any lifeguard or Aquatics staff to administer a swim test. For more information on our Rec Swim Age Guidelines, go online to [seattlemca.org](http://seattlemca.org) or ask any lifeguard or Aquatics staff. Reservation is required for Rec Swim. Go online to [seattlemca.org](http://seattlemca.org) or visit the front desk to register.

## GROUP SWIM LESSONS

Group Swim Lessons are currently phasing back in with our Swim Basics Program (Stages 1, 2 & 3) and Swim Strokes Program (Stages 4, 5 & 6). As we adjust our operations to meet safety protocols, elements of our swim lessons may look and feel different than they did previously. Go online to [seattlemca.org](http://seattlemca.org) for more information or to register.

## PRIVATE SWIM LESSONS

Private Swim Lessons are available for all levels and ages of swimmers. Beginner students under age 11 should be accompanied in the water by a supervising adult. Go online to [seattlemca.org](http://seattlemca.org) for more information or to register.

## AQUA FITNESS

This shallow water exercise class provides an exciting, low impact cardiovascular and strength training workout. Aqua Fitness classes are led by a trained instructor with varying styles of music. All skill levels are welcome. Reservation is no longer required for Aqua Fitness.

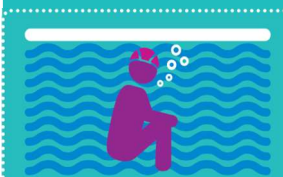
## SAFETY AROUND WATER

The Y is "America's Swim Instructor" and the most accessible community resource to prevent drowning and encourage a lifelong enjoyment of swimming. YMCA of Greater Seattle partners with several local organizations to provide Water Safety lessons to underserved communities who need them the most. We rely on donations through our Annual Fund drive in order to provide this service to our community. To learn more or to make a donation go online to [seattlemca.org/give](http://seattlemca.org/give).

## SWIM TEST GUIDELINES

Youth ages 14 and under must pass a swim test before using the deep end of the pool during Rec Swim. Youth ages 10 and under who do not pass a swim test **MUST** be accompanied by a supervising adult in the water.

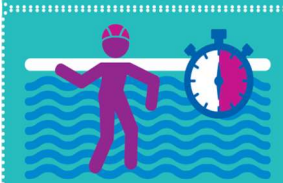
The swim test consists of 3



1: Jump into deep end of pool



2: Swim 25 yards on the front without stopping



3: Tread water or float with head above water for 30 second