



# NORTHSHORE POOL SCHEDULE

Winter  
2023

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
8:00-1:00PM LAP SWIM 3-4 lanes	6:00-9:00AM LAP SWIM 4 lanes	6:00-10:55AM LAP SWIM 3-4 lanes	6:00-9:00AM LAP SWIM 4 lanes	6:00-10:55AM LAP SWIM 3-4 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
8-12:00PM PRIVATE LESSONS	9:00-10:00PM AQUA FIT 3 lanes	9-10:45AM PRIVATE LESSONS	9:00-10:00PM AQUA FIT 3 lanes	9-10:45AM PRIVATE LESSONS	9:00-12:00PM PRIVATE LESSONS	9:00-12:15PM GROUP SWIM LESSONS
1:00-4:30PM LAP SWIM 1-2 lanes	10-12:00PM PRIVATE LESSONS	11:00-12:00PM AQUA FIT 6 lanes	10-12:00PM PRIVATE LESSONS	11:00-12:00PM AQUA FIT 6 lanes		12:30-4:30PM LAP SWIM 2 lanes
12:00-4:30PM REC SWIM 2-3 lanes	9:00-1:00PM LAP SWIM 3 lanes	12:15-1:00PM LAP SWIM 3 lanes	9:00-1:00PM LAP SWIM 3 lanes	12:15-1:00PM LAP SWIM 3 lanes	9:00-1:00PM LAP SWIM 3 lanes	12:30-4:30PM REC SWIM 3 lanes
1:00-4:30PM SWIM LESSONS 2 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	12:15-1:00PM ARTHRITIS AND INJURY 3 lanes	11:00-1:00PM REC SWIM 2 lanes	1:00-2:45PM PRIVATE LESSONS
	<b>CLOSED 1:00-4:00PM</b>					
	4:00-9:00PM LAP SWIM 2-3 lanes	4:00-7:30PM LAP SWIM 3 Lanes	4:00-9:00PM LAP SWIM 2-3 lanes	4:00-7:30PM LAP SWIM 3 lanes	4:00-7:30PM LAP SWIM 2 lanes	
	4:00-5:55PM REC SWIM 2-3 lanes	4:00-7:30PM SWIM LESSONS	4:00-5:55PM REC SWIM 2-3 lanes	4:00-7:30PM SWIM LESSONS	4:00-7:30PM REC SWIM 2 lanes	
	4-6:00PM PRIVATE LESSONS *Tentative		7:30-9:00PM LAP SWIM 2 Lanes		4-6:00PM PRIVATE LESSONS *Tentative	7:30-9:00PM LAP SWIM 2 Lanes
	6:00-9:00PM SWIM TEAM	7:00-9:00PM SWIM TEAM	6:00-9:00PM 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](http://seattleyymca.org)  
Updated Dec 30th, 2022