



BELLEVUE AQUATIC SCHEDULE

MARCH

SUNDAY		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY			
		6:00-8:50A LAP SWIM	6:00-8:50A LAP SWIM	6:00-8:50A LAP SWIM	6:00-8:20A LAP SWIM	6:00A-1:00P LAP SWIM				
		9:00-9:45A WATER EX	9:00-9:45A DEEP WATER AEROBICS	9:00-9:45A WATER EX	8:30-9:15A WATER ZUMBA					
8:00-9:40A LAP SWIM	8:00-9:40A PRIVATE LESSONS	10:00-1:00P LAP SWIM	10:00-1:00P LAP SWIM	10:00-1:00P LAP SWIM	9:30-1:00P LAP SWIM		7:00-9:40A LAP SWIM	8:00-9:40A PRIVATE LESSONS		
9:40-11:30A GROUP SWIM LESSONS		1:00-4:00P CLOSED					9:40-11:30A GROUP SWIM LESSONS			
11:30-4:30P LAP SWIM	11:30-4:30P FAMILY SWIM	4:00-5:40A LAP SWIM	4:00-5:40A PRIVATE LESSONS	4:00-5:40A LAP SWIM	4:00-5:40A PRIVATE LESSONS	4:00-5:40A LAP SWIM	4:00-5:40A PRIVATE LESSONS	4:00-5:30P LAP SWIM	11:30-4:30P LAP SWIM	11:30-4:30P FAMILY SWIM
		5:40-7:30P GROUP SWIM LESSONS		5:40-7:30P GROUP SWIM LESSONS		5:40-7:30P GROUP SWIM LESSONS		5:40-7:30P GROUP SWIM LESSONS		5:30-7:30P FAMILY SWIM
		7:30-8:30P LAP SWIM		7:30-8:30P LAP SWIM	7:30-8:30P FAMILY SWIM	7:30-8:30P LAP SWIM		7:30-8:30P LAP SWIM	7:30-8:30P FAMILY SWIM	

FOR MORE INFORMATION CONTACT ANNA PFLEGER, apfleger@seattleyymca.org

AQUATIC DESCRIPTIONS

SWIM LESSONS \$

We offer a wide range of swimming options for the whole family! Classes are divided into ability groups. Students learn at different rates and are usually in each level more than once. Trained instructors emphasize personal safety, swimming skills, endurance, and social skills while guiding students with praise and encouragement. Advanced registration is required.

PRIVATE SWIM LESSONS \$

Whether beginner or advanced, private lessons are a great option for all ages and abilities with a one-on-one personalized approach. Trained instructors emphasize personal safety, swimming skills, and endurance, while guiding students with encouragement. Swimmers of the same skill level and same household membership may sign up for a semi-private swim lesson to practice and learn skills together. Advanced registration is required.

WATER AEROBICS

A variety of aerobic movements are performed in the shallow or deep end of the pool to increase heart rate and provide both a cardiovascular and strength training workout. Water equipment may be used in this low-impact, high-intensity water workout. Drop in class. No registration required.

LAP SWIM

3 or more lap lanes are available to any members at this time. Children 14 years old and younger must complete a 25 yard continuous swim using one or a combination of the 4 approved strokes (see below for more info). Please be courteous of other swimmers and choose a lane that best fits your speed. Circle swimming is required when two or more swimmers are in one lane. Water walkers should follow lap etiquette on a space available basis.

All children 14 years and under who wish to participate in lap swim must complete a 25 yard continuous swim using one or a combination of the 4 approved strokes (front crawl, breast stroke, butterfly, or sidestroke). Children must show competency and proper technique in the strokes used during the Lap Swim Test. Fins, kickboards, and/or lifejackets may not be used during the Swim Test. Youth swimmers who can not complete the required 25 yard swim are asked to participate in Family Swim.

RECREATIONAL SWIM

The whole family is encouraged to swim together during our family swim hours. This time is perfect for young swimmers to practice their skills or just play and have fun. All swimmers 14 years and under must abide by the swim test policy.

YMCA SWIM TEST POLICY

Recreational Swim: To participate in recreational swimming activities, all children **14 years & under** must undergo a **Swim Test** if they are to swim in any part of the swimming area alone. Children who cannot pass the Swim Test are considered non-swimmers and must be accompanied into the water by a supervising individual (+14) who is actively engaged with the children's activity. There is a limit of 2 non-swimming children per individual.

Swim Test:

Deep water plunge with head going below surface, swim the **longest distance** of the swimming area without stopping and then tread water or float for 30 seconds.

Swimmers will be marked with a colored swim band

After passing the Swim Test, swimmers 11 and older may be in the swim area without supervising individual. A supervising individual 14 years old and up is required in the pool area for ages 10 and below. Children 10 and under who pass the Swim Test still require direct adult supervision in the pool area at all times but are not required to be in the water. Youth 15-17 who exhibit lack of comfort and/or cannot stand flat footed at deepest level with head above water, may be asked to pass swim test.

POOL RULES

- ◇ See Aquatics Center Age Guidelines for age restrictions and swim test policy requirements.
- ◇ Lifeguards have ultimate authority in the aquatics area at all times – report violation directly to lifeguard.
- ◇ Photography is allowed only with prior permission of Y staff member.
- ◇ Swim lessons taught by YMCA staff only, outside instructors NOT permitted without prior approval.
- ◇ Appropriate swim attire required at all times.
- ◇ Shower with soap and water before entering pool or hot tub.
- ◇ Protective covering required for infant diapers and adult under-garments.
- ◇ Change infant diapers in locker room only – not on pool deck.
- ◇ Consult physician before use if you have seizure, heart disease, diabetes, or circulatory problems and do not use alone.
- ◇ Do not use pool or hot tub if you have a communicable disease or had diarrhea / vomiting in past two weeks.
- ◇ No diving in pool head first unless water is at least 9 feet deep.
- ◇ No prolonged breath holding under water
- ◇ No inflatable toys except US Coast Guard approved flotation devices.
- ◇ No pool or hot tub use if under the influence of alcohol or drugs.
- ◇ No food, drinks, or gum on pool deck – water bottles okay (non-glass).
- ◇ No street shoes on pool deck or shower areas.
- ◇ No horseplay, running on pool deck, or use of profanity.
- ◇ Call 911 in an emergency! Phones and first aid kit are located at aquatics office and front desk.

HOT TUB RULES

- ◇ Children ages 11 and under are not permitted in hot tub.
- ◇ Children ages 12-13 must be supervised by an individual 14 years old or up in the hot tub area. If the parent/guardian leaves the hot tub area, the child must get out.
- ◇ Your head must remain above water at all times.
- ◇ The spa is for soaking only - no jumping, playing, toys or exercising.
- ◇ Lotions, oils, soaps and shaving are prohibited.
- ◇ Hot Tub use limited to 10 minutes in one session- cool off in the locker room or pool before re-entering.

SAUNA RULES

- ◇ Youth age 13 and under are not allowed in sauna.
- ◇ Youth ages 14 -15 must be supervised by an adult who is present in the sauna.
- ◇ Anyone 16+ has access to the sauna.
- ◇ Sauna use limited to 10 minutes in one session- cool off in the locker room or pool before re-entering.

CONTACT INFORMATION

ANNA PFLEGER, Aquatics Director
apfleger@seattleyymca.org | 425 990 6988



SPRING 1

Feb 27 - Apr 23

AQUATICS SWIM LESSON SCHEDULE

GROUP SWIM LESSON REGISTRATION INFORMATION

SESSIONS	REGISTRATION DATES			PRICES	
	FACILITY MEMBERS	COMMUNITY	CLOSES	FACILITY MEMBER	COMMUNITY
	OPENS	OPENS			
MONDAYS 2/27 - 4/17	1/15	1/18	1/13	\$119	\$203
TUESDAYS 2/28 - 4/18	1/15	1/18	1/14	\$136	\$232
WEDNESDAY 3/1 - 4/19	1/15	1/18	1/15	\$136	\$232
THURSDAYS 3/2 - 4/20	1/15	1/18	1/16	\$136	\$232
SATURDAYS 3/4 - 4/22	1/15	1/18	1/18	\$136	\$232
SATURDAYS 3/5 - 4/23	1/15	1/18	1/19	\$136	\$232

Welcoming kids and adults of all ages and abilities, swim lessons at the Y offer a clear progression track to monitor achievement while every lesson emphasizes personal safety around water.
Sessions meet once a week for 7/8 weeks.

PRIVATE & SEMI PRIVATE LESSON REGISTRATION INFORMATION

SESSIONS	REGISTRATION DATES			PRICES			
	FACILITY MEMBERS	COMMUNITY	CLOSES	FACILITY MEMBER		COMMUNITY	
	OPENS	OPENS		PRIVATE	SEMI	PRIVATE	SEMI
ONE 30 MINUTE CLASS	1/15	1/18	24 hours before class	\$50	\$80	\$75	\$105

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

AQUATICS REFUND POLICY:

CREDIT/REFUND REQUESTS:

If a member wishes to cancel a class or program they may do so at any time. However, to receive a full refund they must cancel 14 days prior to the programs start date. When special circumstances arise where participation is not possible (i.e. family emergency) the participant may request for consideration of a credit or refund. Requests may be submitted via email to info@seattlemca.org.

MAKEUP LESSONS:

Due to the size and demand of our program, we are unable to offer make up swim lessons.

POOL CLOSURE:

A swim lesson system credit voucher will be given for any missed class due to pool or building closure.

FOR MORE INFORMATION CONTACT ANNA PFLEGER apfleger@seattlemca.org



SPRING 1
Feb 27 - Apr 23

GROUP SWIM LESSON SCHEDULE

Swim Starters: Ages 6 mo - 3 years
Child with adult lessons teach your infants and toddlers to be comfortable in the water while adults learn about water safety.

Swim Basic-Preschool: Ages 3 - 5 years
Teaching kids personal water safety and how achieve basic swimming competency.

Swim Basics-Youth: Ages 5 - 12 years
Kids will become comfortable in the pool, develop personal safety, and progress through aquatic skills.

Swim Strokes: Ages 5 to 12 years
Kids will progress through aquatic skills that refines stroke techniques that focus on all major competitive strokes.
Kids must be able to swim 25 yards.

Aquatic Conditioning: Ages 5 - 21 years
This program focuses on building endurance and stroke technique on all major competitive strokes.
Kids must be able to swim 4 laps.

Teen & Adult: Ages 12 and up
Beginner, Intermediate, and Advanced.
Intermediate Complete 25 yard front crawl. Advanced must be able to swim 4 laps non-stop.

MONDAY: 5:45 - 7:25 PM	5:45 - 6:15 pm	YOUTH BASICS	
	6:20 - 6:50 pm	SWIM STROKES	
	6:55 - 7:25 pm	TEEN & ADULT BASICS	
TUESDAY: 5:45 - 7:25 PM	5:45 - 6:15 pm	PRESCHOOL BASICS	
	6:20 - 6:50 pm	YOUTH BASICS	
	6:55 - 7:25 pm	SWIM STROKES	
WEDNESDAY: 5:45 - 7:25 PM	5:45 - 6:15 pm	YOUTH BASICS	
	6:20 - 6:50 pm	PRESCHOOL BASICS	
	6:55 - 7:25 pm	TEEN & ADULT BASIC + INTERMEDIATE	
THURSDAY: 5:45 - 7:25 PM	5:45 - 6:15 pm	PRESCHOOL BASICS	
	6:20 - 6:50 pm	SWIM STROKES	
	6:55 - 7:25 pm	YOUTH BASICS	
SATURDAY: 9:45 - 11:25 AM	9:45 - 10:15 am	PRESCHOOL BASICS	
	10:20 - 10:50 am	YOUTH BASICS	
	10:55 - 11:25 am	TEEN & ADULT BASICS	PARENT & CHILD BASICS
SUNDAY: 9:45 - 11:25 AM	9:45 - 10:15 am	YOUTH BASICS	
	10:20 - 10:50 am	TEEN & ADULT BASICS	SWIM STROKES
	10:55 - 11:25 am	AQUATIC CONDITIONING	PARENT & CHILD BASICS