



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# AQUATICS SCHEDULE

WEST SEATTLE YMCA

March 1, 2023 – March 31, 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00AM – 8:30AM Lap Swim (4 lanes) Walking (2 lanes)	6:00AM – 9:00AM Lap Swim (4 lanes) Walking (2 lanes)	6:00AM – 8:45AM Lap Swim (4 lanes) Walking (2 lanes)	6:00AM – 9:00AM Lap Swim (4 lanes) Walking (2 lanes)	6:00AM – 8:45AM Lap Swim (4 lanes) Walking (2 lanes)	6:00AM – 9:15AM Lap Swim (4 lanes) Walking (2 lanes)	7:00AM – 9:00AM Lap Swim (4 lanes) Walking (2 lanes)
8:30AM – 10:00AM Swim Lessons (1 lane) Lap Swim (3 lanes) Walking (2 lanes)	9:00AM – 9:45AM Swim Lessons (2 lanes) Lap Swim (4 lanes)	9:00AM – 10:00AM Aqua Fitness Instructor: Amy (4 lanes) Lap Swim (2 lanes)	9:00AM – 9:45AM Swim Lessons (2 lanes) Lap Swim (4 lanes)	9:00AM – 10:00AM Aqua Fitness Instructor: Amy (4 lanes) Lap Swim (2 lanes)	9:15AM – 10:45AM Rec Swim (2 lanes) Lap Swim (4 lanes)	9:00AM – 9:45AM Swim Lessons (3 lanes) AQ Conditioning (2 lanes) Lap Swim (1 lane)
10:00AM – 12:00PM Swim Lessons (1 lane) Rec Swim (3 lanes) Lap Swim (2 lanes)	9:45AM – 10:45AM Rec Swim/Swim Lessons (2 lanes) Lap Swim (4 lanes)	10:00AM – 12:00PM Lap Swim (4 lanes) Walking (2 lanes)	9:45AM – 10:45AM Rec Swim/Swim Lessons (2 lanes) Lap Swim (4 lanes)	10:00AM – 12:00PM Lap Swim (4 lanes) Walking (2 lanes)	11:00AM – 12:00PM Aqua Arthritis Instructor: Laura (5 lanes) Lap Swim (1 lane)	9:45AM – 12:00PM Swim Lessons (3 lanes) Lap Swim (3 lanes)
12:00PM – 1:30PM Rec Swim (5 lanes) Lap Swim (1 lane)	11:00AM – 12:00PM Aqua Arthritis Instructor: Laura (4 lanes) Lap Swim (2 lanes)		11:00AM – 12:00PM Aqua Arthritis Instructor: Laura (5 lanes) Lap Swim (1 lane)			12:00PM – 4:30PM Rec Swim (5 lanes) Lap Swim (1 lane)

**Monday–Friday: Pool is closed 12:00PM – 3:00PM**

1:30PM – 3:30PM Swim Lessons (2 lanes) Lap Swim (4 lanes)	3:00PM – 4:30PM Swim Lessons (1 lane) Lap Swim (3 lanes) Walking (2 lanes)	3:00PM – 4:30PM Swim Lessons (1 lane) Lap Swim (3 lanes) Walking (2 lanes)	3:00PM – 4:30PM Swim Lessons (1 lane) Lap Swim (3 lanes) Walking (2 lanes)	3:00PM – 4:30PM Swim Lessons (1 lane) Lap Swim (3 lanes) Walking (2 lanes)	3:00PM – 4:30PM Swim Lessons (1 lane) Lap Swim (3 lanes) Walking (2 lanes)	
3:30PM – 4:30PM Rec Swim (5 lanes) Lap Swim (1 lane)	4:30PM – 5:25PM Swim Lessons (2 lanes) Lap Swim (4 lanes)	4:30PM – 5:25PM Swim Lessons (3 lanes) Lap Swim (3 lanes)	4:30PM – 5:25PM Swim Lessons (2 lanes) Lap Swim (4 lanes)	4:30PM – 5:25PM Swim Lessons (3 lanes) Lap Swim (3 lanes)	4:30PM – 5:00PM Swim Lessons (2 lanes) Lap Swim (4 lanes)	
	5:30PM – 6:45PM Swim Team (3 lanes) Swim Lessons (2 lanes) Lap Swim (1 lane)	5:30PM – 6:45PM Swim Team (3 lanes) Swim Lessons (2 lanes) Lap Swim (1 lane)	5:30PM – 6:45PM Swim Team (3 lanes) Swim Lessons (2 lanes) Lap Swim (1 lane)	5:30PM – 6:45PM Swim Team (3 lanes) Swim Lessons (2 lanes) Lap Swim (1 lane)	5:00PM – 7:30PM Rec Swim (5 lanes) Lap Swim (1 lane)	
	6:45PM – 7:30PM Swim Team (3 lanes) Swim Lessons (2 lanes) Lap Swim (1 lane)	6:45PM – 7:30PM Swim Lessons (2 lanes) Lap Swim (4 lanes)	6:45PM – 7:30PM Swim Team (3 lanes) Swim Lessons (2 lanes) Lap Swim (1 lane)	6:45PM – 7:30PM Swim Team (3 lanes) Swim Lessons (2 lanes) Lap Swim (1 lane)		
	7:30PM – 8:30PM Rec Swim (3 lanes) Lap Swim (3 lanes)	7:30PM – 8:30PM Rec Swim (3 lanes) Lap Swim (3 lanes)	7:30PM – 8:30PM Rec Swim (3 lanes) Lap Swim (3 lanes)	7:30PM – 8:30PM Rec Swim (3 lanes) Lap Swim (3 lanes)		

Branch hours Monday – Thursday 6:00AM – 9:00PM | Friday 6:00AM – 8:00PM | Saturday 7:00AM – 5:00PM | Sunday 8:00AM – 5:00PM



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# AQUATICS PROGRAMS

WEST SEATTLE YMCA

## 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.

## WATER WALKING

Water walking is a low-impact cardio exercise. This means it's gentler on bones and joints, making it a safe exercise option for seniors, those who are pregnant, people recovering from an injury, or anyone new to water exercise.

Certain lanes are designated as "Walking" lanes at various times during the day.

## REC SWIM

Enjoy a recreational swim time for the whole family during this drop-in activity. Youth ages 14 and under must pass a swim test to swim in the deep end. Please see any lifeguard or Aquatics staff to administer a swim test. For more information on our Rec Swim Age Guidelines, go online to [seattleyymca.org](http://seattleyymca.org) or ask any lifeguard or Aquatics staff.

## 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.

Registration for Group Swim Lessons opens on the 15th of the previous month. Go online to [seattleyymca.org](http://seattleyymca.org) for more information or to register.

## PRIVATE SWIM LESSONS

Private Swim Lessons are available for all levels and ages of swimmers.

Registration for Private Swim Lessons opens on the 15th of the previous month. Go online to [seattleyymca.org](http://seattleyymca.org) for more information or to register.

## SWIM TEAM

Y Swim Team is a developmental program run by trained coaches focusing on improving swimmers' competitive skills and endurance.

Swim Team embraces the Y core values of respect, responsibility, caring, and honesty, promotes progression at an individual level, and encourages commitment, self-discipline, sportsmanship, time management, and leadership.

## AQUA FITNESS

This shallow water exercise class provides an exciting, low-impact cardiovascular and strength training workout. Exercises are done in both the shallow end and the deep end of the pool. All Aqua Fitness classes are led by a trained instructor. All skill levels are welcome. Reservation is no longer required for Aqua Fitness.

## AQUA ARTHRITIS & INJURY

This class is designed for those living with chronic pain, those recovering from an injury or those with limited mobility. This class takes a non-impact approach by using water resistance exercises to build strength and increase range of motion and flexibility throughout the body.

Note: This program does not replace physical therapy and participants are encouraged to check in with their physician before starting the class.

## PATHWAYS: AQUATIC CONDITIONING

Aquatic Conditioning is one offering from the competitive pathway students can pursue following YMCA Swim Lessons. The program focuses on continuing to build endurance and stroke technique on all major competitive strokes and encourages swimming as part of a healthy lifestyle.

Registration for Aquatic Conditioning opens on the 15th of the previous month. Go online to [seattleyymca.org](http://seattleyymca.org) for more information or to register.

## POOL SAFETY RULES

- A cleansing shower is required before entering the pool.
- Appropriate swimming attire must be worn in the pool.
- Swimmers wearing diapers must have a tight-fitting protective covering.
- Diapers should be changed in the locker room.
- Photography is allowed with permission of the lifeguards.
- Children under age 15 must pass a swim test or be accompanied by an adult in the water.
- No running or horseplay is allowed in the pool area.
- No food or drink (other than bottled water) is permitted on the pool deck.
- Diving is not allowed.
- Street shoes are not allowed on the pool deck or shower areas.
- Do not use the pool if you are feeling ill or have been ill with diarrhea or vomiting in the past two weeks.
- Do not swim alone if you have seizures, heart or circulatory problems.
- All swimmers must follow the YMCA Code of Conduct and facility age guidelines, as well as any instructions from the lifeguards.

## QUESTIONS?

**Nick Darnell**

Aquatics Director

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