



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

ACTIVITY POOL

MARCH 2023

All Times Subject to Change

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Water Walking 6:45-9:30am		Water Walking 6:45-9:30am		Water Walking 6:45-9:30am		Water Walking 6:45-9:30am		Water Walking 6:45-9:30am		POOL CLOSED		POOL CLOSED	
◆ Swim Lessons 9-10:50am	◆ Recreational Swim: Shallow 9:30am-12pm	◆ Swim Lessons 9-10:50am	◆ Recreational Swim: Shallow 9:30am-12pm	◆ Swim Lessons 9-10:50am	◆ Recreational Swim: Shallow 9:30am-12pm	◆ Swim Lessons 9-10:50am	◆ Recreational Swim: Shallow 9:30am-12pm	◆ Swim Lessons 9-10:50am	◆ Recreational Swim: Shallow 9:30am-12pm	Water Walking 7-9am	◆ Swim Lessons 8:30am-12:40pm	Water Walking 7-9am	◆ Swim Lessons 8:30am-12:40pm
Water Walking 12-1pm		Water Walking 12-1pm		Water Walking 12-2:30pm	◆ Swim Lessons: Swim Starters (free to members) 12:35-1:05pm	Water Walking 12-1pm		Water Walking 12-1pm		Reserved for YMCA Programs 12:40-1:30pm		◆ Community Swim 10:40-11:30am 11:40am-12:30pm 12:40-1:30pm 1:40-2:30pm 2:30-3:30pm	
POOL CLOSED		POOL CLOSED				POOL CLOSED		POOL CLOSED		POOL CLOSED		★ Recreational Swim 1:40-2:30pm 2:40-3:30pm 3:40-4:30pm	
◆ Swim Lessons 3:15-7:30pm		◆ Swim Lessons 3:15-7:30pm		◆ Swim Lessons 3:15-7:30pm		◆ Swim Lessons 3:15-7:30pm		★ Recreational Swim 3:40-4:30pm 4:40-5:30pm 5:40-6:30pm 6:40-7:30pm 7:40-8:30pm		★ Recreational Swim 1:40-2:30pm 2:40-3:30pm 3:40-4:30pm		◆ Swim Lessons 3:30-5:40 pm	
★ Recreational Swim 7:40-8:30pm		★ Recreational Swim 7:40-8:30pm		★ Recreational Swim 7:40-8:30pm		★ Recreational Swim 7:40-8:30pm		★ Recreational Swim 7:40-8:30pm		POOL CLOSED		POOL CLOSED	

AQUATIC CENTER SCHEDULE

Monday - Friday 5am-8:30pm
Saturday 7am-6:30pm
Sunday 8am-5:30pm

WATER SLIDE SCHEDULE

Open for 10 minutes in between each Recreation and Community Swim session.

- ◆ Sammamish Community Swim is open to YMCA members and Sammamish residents. Reservation required.
- ◆ Enrollment in swim lessons required and additional fees apply.

Visit www.seattleyymca.org to register for Community Swim or enroll in swim lessons.

★ Included with membership—reservation required. Start a reservation by scanning this QR code with your smart device:





LAP POOL SCHEDULE

MARCH
2023

DAY >>>	FRIDAY						SATURDAY						SUNDAY						<<< DAY
	LAP LANE						LAP LANE						LAP LANE						
TIME	1	2	3	4	5	6	1	2	3	4	5	6	1	2	3	4	5	6	TIME
5:00 am	LAP SWIM						FACILITY CLOSED						FACILITY CLOSED						5:00 am
5:30 am	LAP SWIM						LAP SWIM						LAP SWIM						5:30 am
6:00 am	LAP SWIM						LAP SWIM						LAP SWIM						6:00 am
6:30 am	LAP SWIM						LAP SWIM						LAP SWIM						6:30 am
7:00 am	LAP SWIM						LAP SWIM						LAP SWIM						7:00 am
7:30 am	LAP SWIM						LAP SWIM						LAP SWIM						7:30 am
8:00 am	LAP SWIM						LAP SWIM						LAP SWIM						8:00 am
8:30 am	LAP SWIM						LAP SWIM						LAP SWIM						8:30 am
9:00 am	AQUA ZUMBA®		LAP SWIM				SWIM LESSONS						SWIM LESSONS		LAP SWIM				9:00 am
9:30 am	LAP SWIM		LAP SWIM				SWIM LESSONS						SWIM LESSONS		LAP SWIM				9:30 am
10:00 am	LAP SWIM						LAP SWIM						LAP SWIM						10:00 am
10:30 am	LAP SWIM						LAP SWIM						LAP SWIM						10:30 am
11:00 am	LAP SWIM						LAP SWIM						LAP SWIM						11:00 am
11:30 am	LAP SWIM						LAP SWIM						LAP SWIM						11:30 am
12:00 pm	LAP SWIM						LAP SWIM						LAP SWIM						12:00 pm
12:30 pm	LAP SWIM						LAP SWIM						LAP SWIM						12:30 pm
1:00 pm	LAP SWIM						LAP SWIM						LAP SWIM						1:00 pm
1:30 pm	LAP SWIM						LAP SWIM						LAP SWIM						1:30 pm
2:00 pm	LAP SWIM						LAP SWIM						LAP SWIM						2:00 pm
2:30 pm	LAP SWIM						LAP SWIM						LAP SWIM						2:30 pm
3:00 pm	LAP SWIM						LAP SWIM						LAP SWIM						3:00 pm
3:30 pm	LAP SWIM						LAP SWIM						LAP SWIM						3:30 pm
4:00 pm	LAP SWIM						LAP SWIM						LAP SWIM						4:00 pm
4:30 pm	LAP SWIM						LAP SWIM						LAP SWIM						4:30 pm
5:00 pm	LAP SWIM						LAP SWIM						LAP SWIM						5:00 pm
5:30 pm	SWIM LESSONS		LAP SWIM				SWIM LESSONS		LAP SWIM				SWIM LESSONS		LAP SWIM				5:30 pm
6:00 pm	SWIM LESSONS		LAP SWIM				SWIM LESSONS		LAP SWIM				SWIM LESSONS		LAP SWIM				6:00 pm
6:30 pm	SWIM LESSONS		LAP SWIM				SWIM LESSONS		LAP SWIM				SWIM LESSONS		LAP SWIM				6:30 pm
7:00 pm	SWIM LESSONS		LAP SWIM				SWIM LESSONS		LAP SWIM				SWIM LESSONS		LAP SWIM				7:00 pm
7:30 pm	SWIM LESSONS		LAP SWIM				SWIM LESSONS		LAP SWIM				SWIM LESSONS		LAP SWIM				7:30 pm
8:00 pm	SWIM LESSONS		LAP SWIM				SWIM LESSONS		LAP SWIM				SWIM LESSONS		LAP SWIM				8:00 pm
8:30 pm	LAP SWIM						LAP SWIM						LAP SWIM						8:30 pm
9:00 pm	LAP SWIM						LAP SWIM						LAP SWIM						9:00 pm
9:30 pm	LAP SWIM						LAP SWIM						LAP SWIM						9:30 pm

FOR MORE INFORMATION, CONTACT: sammamishaquatics@seattleyymca.org