



AQUATICS SCHEDULE SEPTEMBER - DECEMBER 2016

	Monday			Tuesday			Wednesday			Thursday			Friday																	
	Lap Lanes		Shallow Area	Lap Lanes		Shallow Area	Lap Lanes		Shallow Area	Lap Lanes		Shallow Area	Lap Lanes		Shallow Area															
5:00	Swim Test / Handicap Accessible lane*	Lane Available 5:00am-9:45pm	Water Walking 5:00 - 8:00	Swim Test / Handicap Accessible lane*	Lane Available 5:00am-9:45pm	Water Walking 5:00 - 9:00	Swim Test / Handicap Accessible lane*	Lane Available 5:00am-9:45pm	Water Walking 5:00 - 8:00	Swim Test / Handicap Accessible lane*	Lane Available 5:00am-9:45pm	Water Walking 5:00 - 9:00	Swim Test / Handicap Accessible lane*	Lane Available 5:00am-9:45pm	Water Walking 5:00 - 8:00															
6:00																Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap	Lap		
7:00																Aqua Blast! 8-9 & 9-10			Aqua Blast! 9:00-10:00			Aqua Blast! 8-9 & 9-10			Aqua Blast! 9:00-10:00			Aqua Blast! 8-9 & 9-10		
8:00																Swim Lessons 10:00-12:00			Swim Lessons 10:00-12:00			Swim Lessons 10:00-12:00			Swim Lessons 10:00-12:00			Swim Lessons 10:00-12:00		
9:00																Arthritis & Injury 12:00-1:00			Arthritis & Injury 12:00-1:00			Arthritis & Injury 12:00-1:00			Arthritis & Injury 12:00-1:00			Arthritis & Injury 12:00-1:00		
9:30																Open Swim 1:00 - 6:30			Open Swim 1:00 - 4:00			Open Swim 1:00 - 4:00			Open Swim 1:00 - 4:00			Open Swim 1:00 - 3:00		
10:00																Open Swim 1:00 - 6:30			Swim Lessons 4:20-7:10			Swim Lessons 4:20-6:35			Swim Lessons 4:20-7:10			Open Swim 4:00-9:45		
11:00																Open Swim 1:00 - 6:30			Open Swim 1:00 - 4:00			Open Swim 1:00 - 4:00			Open Swim 1:00 - 4:00			Open Swim 1:00 - 3:00		
11:30																Open Swim 1:00 - 6:30			Open Swim 1:00 - 4:00			Open Swim 1:00 - 4:00			Open Swim 1:00 - 4:00			Open Swim 1:00 - 3:00		
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12:30	Open Swim 1:00 - 6:30			Open Swim 1:00 - 4:00			Open Swim 1:00 - 4:00			Open Swim 1:00 - 4:00			Open Swim 1:00 - 3:00																	
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9:00	Open Swim 1:00 - 6:30			Open Swim 1:00 - 4:00			Open Swim 1:00 - 4:00			Open Swim 1:00 - 4:00			Open Swim 1:00 - 3:00																	

	Saturday			Sunday		
	Lap Lanes		Shallow Area	Lap Lanes		Shallow Area
8:00	Swim Test / Handicap Accessible Lane	Lap Swim	Aqua Blast 8-9	Swim Test / Handicap Accessible Lane	Lap Swim	Water Walking 8:00-10:00
9:00			Swim Lessons 9:00-12:00			Open Swim 10:00-12:00
10:00			Adaptive 12-1			Water Walking 12:00-1:00
11:00			Open Swim 1:00 - 4:00			Open Swim 1:00-5:45
Noon			Wtr Walk 4-4:30			
1:00			Open Swim 4:30-7:45			
2:00						
4:00						
5:00						
6:00						
7:00						

*Please Note: The Slide is available during all Rec Swims but will only be open if there is an adult volunteer present. If you are interested in volunteering please notify a Lifeguard
 The Hot Tub will regularly close at 9:30pm on weeknights for routine maintenance

Pool Temperature: 83-85 degrees
 Spa Temperature: 101-104 degrees
 Shallow Area Depth: 2'-5.5'
 Lap Area Depth: 4'-5.5'
 Main Chemical: Chlorine with UV lights

For questions about
 Swim Lessons please contact:
 Justin Aver, Assistant Aquatics DiOpentor
javer@seattlemca.org
 Private Swim Lessons please contact:
 Mike Callen
DTFYprivateswim@seattlemca.org
 Swim Team please contact:
 Gillian Lim
orcas@seattlemca.org

Please note that we reserve the right to change the schedule without notice due to special events, training, class needs and maintenance.

Adaptive Aquatics

Our adaptive aquatics program allows swimmers of all abilities and ages to experience swim lessons in a small structured class that is personalized to meet their needs. This class is specially designed for swimmers who might not feel most comfortable in a typical class setting. Our instructors encourage participants through a guided self discovery process that allows them to gain self confidence in the water.

Arthritis & Injury

Designed for those with limited movement, this program consists of mild water exercise emphasizing your range of motion and strength.

Aqua Blast! / Wave Runner

This Adult group water fitness program is designed to enhance each individual's quality of life and daily function. Aqua Blast utilizes the physical properties of the water to enhance agility, range of motion and cardiovascular conditioning. Walking, running, jumping and a variety of aerobic movements are performed in the shallow end of the pool to increase heart rate and provide both a cardiovascular and strength training workout. A variety of water equipment, dumbbells, noodles, etc. may be used for conditioning. No swimming ability is required as you learn a format that is safe, fun and effective.

Family Swim

This is a time for families to play together! Children 13 years old and younger are required to be accompanied by an adult with them in the water.

Lap Swim

There will always be at least one lap lane available, which lanes are available may vary. Children under 14 must take and pass the Lap Swim Test to participate. Adults have the priority at the discretion of the lifeguard. Participants must swim laps as defined by a horizontal body position. When 2 or more swimmers are in one lane, circle swimming is required.

Water Walking

This is a non-structured time for water fitness for those 14 and up. Members are welcome to use the aquatics fitness equipment to achieve a vertical water workout. This is not a recreational swim time and members may be asked to leave at the discretion of the lifeguard for non-fitness behavior.

Rec Swim

Open to all ages. Children 13 and younger are subject to the swim test policy (25 yards). Youth 12-13 who pass a swim test may be in the Y pool without a caretaker; caretakers of youth 8-11 who pass the swim test must remain in the facility; caretakers of children 7 and younger must remain in the pool area. Individuals 13 and younger who do not pass the swim test must be accompanied by an adult in the water. Children 5 and younger must be accompanied in the water by an adult at all times, regardless of their ability to pass the swim test.

Swim Team

The Dale Turner Family YMCA swim team provides a quality swim program. It encourages personal growth through self-discipline, teamwork, learning, and sportsmanship. Participants have the option to further challenge themselves with competitive swimming experiences in the PSSA league (comprised of 13 Northwest YMCA teams).

Swim Lessons

We offer a wide range of swimming options for the whole family! Swimming builds self-confidence and develops the whole person: spirit, mind & body. 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.

Slide Rules

- All riders must pass the swim test
- Riders must be between 40 - 250lbs
- Slide use is not recommended for pregnant women
- No lifejackets or loose clothing on slide.
- Feet-first sitting entry only. No running, kneeling, tumbling, horseplay, or stopping on the slide
- One person at a time. No holding of children.
- Leave the slide drop zone area immediately

Spa Regulations

For your health and safety, and due to Health Department Regulations, please abide by the following:

- Children under 6 are not allowed to use the spa. Children 6-13 must be accompanied by an adult.
- No diving, underwater submersion, shaving, swimming or exercising.
- If you have health conditions please consult your physician before using spa.
- Please limit your usage to 15 minutes at a time.