



FOR YOUTH DEVELOPMENT®  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# FALL POOL SCHEDULE

Effective September 12  
WEST SEATTLE YMCA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Masters 5s Lap 1s 5:30 - 6:55	Lap 4s, 1d 5:30 - 7:25	Masters 5s Lap 1s 5:30 - 6:55	Lap 4s, 1d 5:30 - 7:25	Masters 5s Lap 1s 5:30 - 6:55	Open at 7:00	
Lap 4s, 1d 7:00 - 8:25	Water Exercise 7:30 - 8:55	Lap 4s, 1d 7:00 - 8:25	Water Exercise 7:30 - 8:55	Lap 4s, 1d 7:00 - 8:25	Lap 4s, 1d 7:00 - 8:25	
Water Exercise 8:30 - 9:30		Water Exercise 8:30 - 9:25		Open Lap 2s, 1d 9:00 - 10:00	Water Exercise 8:30 - 9:30	Water Exercise 8:30 - 9:30
Open Lap 2s, 1d 9:35 - 12:00	Water Exercise Lap 2s 9:00 - 10:00	Lap 2s, 1d Lessons 9:30 - 11:00	Lap 2s, 1d Lessons 10:05 - 12:00	Lap 2s, 1d Lessons 9:35 - 12:00	Lessons Lap 1s 9:35 - 12:00	Lap 4s, 1d 10:00 - 12:00
	Lap 2s, 1d Lessons 10:05 - 12:00	Open Lap 2s 11:05 - 12:00				
Lap 2s, 2d 12:05 - 12:55					Lap 4s, 1d 12:05 - 1:40	Family Swim 12:05 - 2:00
Arthritis Class 1:00 - 2:00						
Lap 4s, 1d 2:05 - 4:10	Lap 4s, 1d 2:05 - 2:55	Lap 4s, 1d 2:05 - 4:10	Lap 4s, 1d 2:05 - 3:55	Lap 4s, 1d 2:05 - 2:55	Family Swim 1:45 - 3:45	Lap 4s, 1d 2:05 - 3:35
	Open Lap 4s 3:00 - 3:55			Open Lap 2s 3:00 - 4:10		
Swim Team 4:15 - 6:45	Swim Team 4:00 - 5:00	Swim Team 4:15 - 6:45	Swim Team 4:00 - 5:00	Swim Team 4:15 - 6:45	Lap 4s, 1d 3:50 - 5:45	Family Swim 3:40 - 5:25
	Lessons Lap 1s 5:05 - 7:25					Lessons Lap 1s 5:05 - 7:25
Swim Team Lap 1s 6:45 - 7:10	Water Exercise 7:30 - 8:30	Swim Team Lessons 6:45 - 7:15	Water Exercise 7:30 - 8:30	Swim Team Lap 1s 6:45 - 7:10	Close at 5:45	Lap 1s Water Exercise 6:35 - 7:45
Family Swim 7:15 - 8:15		Lessons Lap 3s 7:20 - 8:30		Water Exercise 7:30 - 8:30		Family Swim 7:15 - 8:15
Lap 4s, 1d 8:20 - 9:45	Lap 4s, 1d 8:35 - 9:45	Lap 4s, 1d 8:35 - 9:45	Lap 4s, 1d 8:35 - 9:45	Lap 4s, 1d 8:20 - 9:45		Close at 7:45

Open/Family Swim  
Lap Swim

S = Single Lane  
D = Double Lane

See back for rules, descriptions, and age requirements.

## SWIMMING POOL RULES

Schedule may change without notice due to special events, training or maintenance. Pool and hot areas close 15 minutes before the rest of the building. Our primary goal is always the safety of our patrons. Please be courteous to other patrons around you and bring any concerns to the lifeguard on duty. Anyone refusing to obey all the rules will be asked to leave the pool. See full list of swimming pool rules posted on deck.

- A cleansing shower is required before entering the pool.
- Street shoes are not permitted on the pool deck or shower areas.
- **Children between the ages of 6 and 13 must pass the swim test to be in the pool without an adult.** The swim test must be taken each time a child comes to the pool. Any child in the pool without a wrist band must be actively supervised by a parent or guardian 18 years or older. They must stay within an arm's reach of the parent or guardian.
- **All children under 6 years must be accompanied by an adult at all times.**
- Running or rough play is not allowed.
- Prolonged submersion and breath holding are prohibited.
- No food, drink, or chewing gum in the pool area.
- All photography is prohibited
- Facility age guidelines and the YMCA code of conduct apply in all instances

## HOT AREA RULES

Anyone refusing to obey all of the hot area rules will be removed from the area. Report any violations to the lifeguard on duty. See full list of hot area rules posted on deck.

- A cleansing shower is required before entering the spa.
- Consult your physician prior to use if you are; pregnant, have a medical condition such as heart disease, circulatory problems, diabetes, epilepsy, high blood pressure or are taking medications.
- Patrons under the age of 14 are not allowed to use the steam room or sauna because they are more susceptible to heat exhaustion.
- Children ages 6 to 13 are permitted in the hot area only if an adult is in the water. Children under 6 are not allowed in the hot area because they cannot regulate their body temperature.
- Submersion in the spa is prohibited.
- Limit hot area use to ten minutes or less; please cool off in locker room or deck before re-entering the hot area.
- No newspapers or magazines.
- No food, drink or chewing gum.
- Keep noise to a minimum. This is quiet zone.
- Electronic devices are not allowed in this area.
- Facility age guidelines and YMCA code of conduct apply to the hot area.

## DESCRIPTIONS

### OPEN/FAMILY SWIM

Enjoy a recreational swim time for the whole family during this scheduled activity. **An adult 18 years or older must accompany children in the water. All participants age 13 and under must pass a swim test to swim without a parent in the water.** For children who are still in the beginning stages of learning to swim, they must be actively supervised no further than an arm's length away from an adult guardian at all times. No more than two non-swimmers per adult. Lifejackets are available, if needed. This is also a great time for kids to practice what they have learned in swim lessons!

### LAP SWIM

**This is a time set aside for lap swimming only for ages 14 and older.** Exceptions may be made for youth who are proficient lap swimmers as determined by a lifeguard and lane availability. Younger lap swimmers should be able to swim non-stop crawl stroke for 75 yards. We encourage all swimmers to circle swim and work together during peak times. We reserve the right to use a lap lane for private swim lessons during lap time. During lap swim, we may also offer a double lane for **individual water exercise**. This time is for people who would like to do a water exercise on their own or with a small group. A person can walk back and forth or do a variety of different exercises and stretches in the water. There are several different water exercise equipment aides to choose from on the pool deck. We encourage all participants to work together during peak times and be courteous to the exercisers around them. Look for the signs on the pool deck to indicate which space in the pool is used for this activity.

s = single lane, d = double lane.

### MASTERS SWIM

You don't have to be a "Master" to join Masters Swimming! This program is open to all adult swimmers (fitness, triathlete, competitive, non-competitive) who are dedicated to improving their fitness through swimming. One of the greatest benefits of Masters swimming is to be able to practice with an organized group.

### WOMEN'S SWIM

Enjoy a special women's only swim offered twice per month. After closing hours, the Y stays open for women to enjoy our pools areas (swimming pool, sauna, steam room and hot tub) on the first and third Saturdays of the month from 6:15pm to 8:00pm. Open to women ages 13 and up. All women staff present during the program. Check-in begins at 5:45 pm and it is first come, first serve with 30 women max. This program is free for facility members and \$5 per person for community participants.