



YMCA OF SEQUIM

LAP POOL SCHEDULE



For Aqua-Fitness class schedule, please see our website at www.olympicpeninsulaymca.org/schedules and search under "Group Exercise Schedules".

| | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|----------------------|---|---|---|---|---|---|
| 5:00 AM to 6:00 AM | CLOSED | | | | | |
| 6:00 AM to 7:45 AM | LAP SWIM 5 Lanes Water Walking: 1 Lane | | | | | CLOSED |
| 7:45 AM to 9:00 AM | CLASS DEEP WATER LAP: 1 Lane | CLASS DEEP WATER LAP: 3 Lanes | CLASS DEEP WATER LAP: 1 Lane | | | |
| 9:00 AM to 10:00 AM | | | | CLASS DEEP WATER LAP: 2 Lanes | CLASS DEEP WATER LAP: 1 Lane | 8 AM - 11 AM LAP SWIM - 5 Lanes Water Walking: 1 Lane |
| 10:00 AM to 11:00 AM | LAP SWIM 5 Lanes Water Walking: 1 Lane | LAP SWIM 5 Lanes Water Walking: 1 Lane | LAP SWIM 5 Lanes Water Walking: 1 Lane | CLASS SHALLOW WATER LAP: 2 Lanes | LAP SWIM 5 Lanes Water Walking: 1 Lane | |
| 11:00 AM to 1:00 PM | | | | LAP SWIM 5 Lanes Water Walking: 1 Lane | | |
| 1:00 PM to 3:00 PM | CLOSED | CLOSED | CLOSED | CLOSED | CLOSED | 11 AM - 4:45 PM - OPEN SWIM LAP: 3 Lanes |
| 3:00 PM to 5:30 PM | SWIM LESSONS 2 Lap Lanes Open Swim 1 Lane | SWIM LESSONS 2 Lap Lanes Open Swim 1 Lane | SWIM LESSONS 2 Lap Lanes Open Swim 1 Lane | SWIM LESSONS 2 Lap Lanes Open Swim 1 Lane | SWIM LESSONS 2 Lap Lanes Open Swim 1 Lane | |
| 5:30 PM to 6:45 PM | SEA DRAGONS Open Swim 1 Lane | SEA DRAGONS Open Swim 1 Lane | SEQUIM SQUID SWIM SQUAD LAP: 2 Lanes | SEA DRAGONS Open Swim 1 Lane | SEQUIM SQUID SWIM SQUAD LAP: 2 Lanes | CLOSED |
| 6:45 PM to 7:45 PM | OPEN SWIM LAP: 3 Lanes | OPEN SWIM LAP: 3 Lanes | OPEN SWIM LAP: 3 Lanes | OPEN SWIM LAP: 3 Lanes | OPEN SWIM LAP: 3 Lanes | |