

YMCA OF SEQUIM

LAP POOL SCHEDULE

See the back of this page for our Shallow Pool schedule and information about our activities, pool guidelines and age guidelines. Number of lanes indicates number of available lanes



This schedule is also available at www.olympicpeninsulaymca.org/schedules

IF THE LIFEGUARDS DIRECT YOU TO EXIT THE POOL, PLEASE DO SO IMMEDIATELY.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:00 AM	CLOSED					
6:00 AM	LAP SWIM 5 LANES	LAP SWIM 5 LANES	LAP SWIM 5 LANES	LAP SWIM 5 LANES	LAP SWIM 5 LANES	
7:00 AM	WATER WALKING 1 LANE	WATER WALKING 1 LANE	WATER WALKING 1 LANE	WATER WALKING 1 LANE	WATER WALKING 1 LANE	
8:00 AM	AQUA FIT DEEP WATER 1 LAP LANE	AQUA JOG DEEP WATER 2 LAP LANES	AQUA FIT DEEP WATER 1 LAP LANE			
9:00 AM				AQUA FIT DEEP WATER 1 LAP LANE	AQUA FIT DEEP WATER 1 LAP LANE	LAP SWIM 5 LANES WATER WALKING 1 LANE
10:00 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	AQUA FIT SHALLOW WATER 1 LAP LANE	LAP SWIM 5 LANES WATER WALKING 1 LANE	
11:00 AM				LAP SWIM 5 LANES WATER WALKING 1 LANE		
NOON						
1:00 PM	CAMP SWIM 3 LANES LAP SWIM 3 LANES	CAMP SWIM 3 LANES LAP SWIM 3 LANES	CAMP SWIM 3 LANES LAP SWIM 3 LANES	CAMP SWIM 3 LANES LAP SWIM 3 LANES	CAMP SWIM 4 LANES LAP SWIM 2 LANES	OPEN SWIM 4 LANES LAP SWIM 2 LANES ROPE SWING OPEN FROM 2:00-3:30PM DEPENDING ON STAFFING POOL CLOSSES AT 4:45PM
2:00 PM						
3:00 PM						
4:00 PM	SWIM LESSONS 3 LANES LAP SWIM 1 LANE	SWIM LESSONS 2 LANES LAP SWIM 2 LANES	SWIM LESSONS 3 LANES LAP SWIM 1 LANE	SWIM LESSONS 2 LANES LAP SWIM 2 LANES	OPEN SWIM LAP SWIM 4 LANES	
5:00 PM						CLOSED
6:00 PM	SEA DRAGONS 1 OPEN SWIM LANE	SEA DRAGONS 1 OPEN SWIM LANE	SEQUIM SQUID SWIM SQUAD 2 LAP LANES	SEA DRAGONS 1 OPEN SWIM LANE	SEQUIM SQUID SWIM SQUAD 2 LAP LANES	
7:00 PM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	OPEN SWIM	
POOL CLOSSES AT 7:45PM						

PLEASE NOTE THAT LANE CHANGES WILL START 15 MINUTES BEFORE PROGRAM TIMES.

If you need assistance, please ask the lifeguard that is NOT on the stand.

SHALLOW POOL SCHEDULE

Our Shallow Pool is open during regular pool hours and is available for Open Swim at all times with the following exceptions:

Tuesdays from 11:00 AM to 12:00 PM for toddler Swim-boree

Wednesdays from 8:45 AM to 9:45 AM for Aqua Balance and Conditioning

Fridays from 9:45 AM to 10:45 AM for Aqua Balance and Conditioning

POOL GUIDELINES

This is a flexible schedule. For the most up-to-date pool schedule, safety and age guidelines, visit our website.

• Pool Schedule

www.olympicpeninsulaymca.org/schedules

Click on View Schedule in Sequim Pool Schedule box.

• Aqua Fitness Schedule

www.olympicpeninsulaymca.org/schedules

Click on View Schedule in the Group Exercise Schedules box.

• Pool Facility Details

www.olympicpeninsulaymca.org/pool-facilities

• The Y Code of Conduct

www.olympicpeninsulaymca.org/membershipolicies

• For Pool Safety Guidelines

Lap Lane Etiquette

Age Guidelines

Frequently Asked Questions

www.olympicpeninsulaymca.org/pool-facilities

Scroll down to bottom of page.

If you have any questions about the pools or their operation, please contact:

Riley Tadlock, Lifeguard Coordinator

aquatics@olympicpeninsulaymca.org

360-504-0535

• Swim Lesson Information

www.olympicpeninsulaymca.org/swimlessons

• Lifeguard Training Certification

www.olympicpeninsulaymca.org/ymcalifeguard

• Membership and Day Pass Prices

www.olympicpeninsulaymca.org/jointhey

• Activity Descriptions:

LAP SWIM: End-to-end swimming or water walking in our 25 yard pool. Please circle swim if necessary and rest in the corners.

WATER WALKING: Like lap swim except it does not require end-to-end movement

OPEN SWIM: Open to the public for miscellaneous water activities.

SEQUIM SQUID SWIM SQUAD: A Youth Swim League designed to teach competitive swimming, refine stroke technique and build endurance while having fun! For proficient swimmers ages 6-17

SEA DRAGONS: Adult swim group focused on improving technique and building endurance. Ages 18+

SWIM LESSONS: Group or private lessons to provide swim skills to people of all ages and stages