



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF SEQUIM

LAP POOL SCHEDULE

See the back of this page for information about our activities, pool guidelines and age guidelines. Number 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 | | | | | | |
| 6:00 AM | LAP SWIM: 5 WATER WALKING: 1 | LAP SWIM: 5 WATER WALKING: 1 | LAP SWIM: 5 WATER WALKING: 1 | LAP SWIM: 5 WATER WALKING: 1 | LAP SWIM: 5 WATER WALKING: 1 | |
| 7:00 AM | AQUA FIT DEEP WATER LAP SWIM: 1 | AQUA JOG DEEP WATER LAP SWIM: 2 | AQUA FIT DEEP WATER LAP SWIM: 1 | | | LAP SWIM: 5 WATER WALKING: 1 |
| 8:00 AM | | | | AQUA FIT DEEP WATER LAP SWIM: 1 | AQUA FIT DEEP WATER LAP SWIM: 1 | SHS WOLVES SWIM TEAM LAP SWIM: 3 OPEN SWIM: 1 |
| 9:00 AM | | | | AQUA FIT SHALLOW WATER LAP SWIM: 1 | | |
| 10:00 AM | | | | | | LAP SWIM: 4 OPEN SWIM: 2 |
| 11:00 AM | LAP SWIM: 5 OPEN SWIM: 1 | LAP SWIM: 5 OPEN SWIM: 1 | LAP SWIM: 5 OPEN SWIM: 1 | | LAP SWIM: 5 OPEN SWIM: 1 | |
| NOON | | | | LAP SWIM: 5 OPEN SWIM: 1 | | NOON |
| 1:00 PM | | | | | | |
| 2:00 PM | | | | | | |
| 3:00 PM | | | | | | |
| 4:00 PM | SHS WOLVES SWIM TEAM SWIM LESSONS OPEN SWIM: 1 | SHS WOLVES SWIM TEAM SWIM LESSONS OPEN SWIM: 1 | SHS WOLVES SWIM TEAM LAP SWIM: 1 OPEN SWIM: 1 | SHS WOLVES SWIM TEAM SWIM LESSONS OPEN SWIM: 1 | SHS WOLVES SWIM TEAM SWIM LESSONS OPEN SWIM: 1 | |
| 5:00 PM | SEA DRAGONS ADULT SWIM GROUP LAP SWIM: 1 OPEN SWIM: 1 | SEA DRAGONS ADULT SWIM GROUP OPEN SWIM: 1 | SEQUIM SQUID SWIM SQUAD LAP SWIM: 2 OPEN SWIM: 1 | SEA DRAGONS ADULT SWIM GROUP OPEN SWIM: 1 | SEQUIM SQUID SWIM SQUAD LAP SWIM: 2 OPEN SWIM: 1 | |
| 6:00 PM | | | | | | |
| 7:00 PM | LAP SWIM: 4 OPEN SWIM: 2 | LAP SWIM: 4 OPEN SWIM: 2 | LAP SWIM: 4 OPEN SWIM: 2 | LAP SWIM: 4 OPEN SWIM: 2 | LAP SWIM: 4 OPEN SWIM: 2 | |
| 7:45 PM | | | | | | |

SHALLOW POOL SCHEDULE

Our Shallow Pool is open during regular pool hours and is available for Open Swim at all times except those listed below:

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.

- **Membership and Day Pass Prices**

www.olympicpeninsulaymca.org/jointhey

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

RILEY TADLOCK | LIFEGUARD COORDINATOR

aquatics@olympicpeninsulaymca.org

360-504-0535

**THE ENTIRE POOL DECK WILL BE CLOSED
FROM 2:45-5:30 ON THE FOLLOWING DAYS:**

Wednesday September 24th

Friday October 3rd

Wednesday October 8th

Wednesday October 15th

Wednesday October 22nd

This closure is due to SHS Girls home swim meets and covers the entire pool deck, including the saunas

- **Swim Lesson Information**

www.olympicpeninsulaymca.org/swimlessons

- **Lifeguard Training Certification**

www.olympicpeninsulaymca.org/ymcalifeguard

ACTIVITY DESCRIPTIONS

LAP SWIM: End to end swimming or water walking in our 25 yard pool. Patrons must rest in the corners of the lane and circle swim if more than two people are using the lane.

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

OPEN SWIM: Open to the public for miscellaneous activities

AQUA FITNESS: different exercise classes designed to offer a full body, low impact workout. Classes are drop-in and are included with membership

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

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

SHS WOLVES SWIM TEAM: Our local high school swim team. Their seasons runs from August 25-November 15

SEA DRAGONS: Adult swim group focused on improving technique and building endurance under the watchful eye of an experienced coach. Ages 18+

**THE POOL WILL BE AVAILABLE FOR LAP AND OPEN SWIM
DURING AWAY MEETS ON THE FOLLOWING DAYS:**

Friday, September 5th

Wednesday, September 10

Wednesday, September 17

Friday, October 10

Saturday, October 25th

Friday, November 7th

Saturday, November 8th

IF YOU NEED ASSISTANCE, PLEASE ASK THE LIFEGUARD THAT IS NOT ON THE STAND