FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

YMCA OF SEQUIM

LAP POOL SCHEDULE

See the back of this page for our Pool Guidelines, Age guidelines, and additional information about our Aquatics Classes and Programs. Number indicates number of available lanes

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

LANES MAY BE ADJUSTED DUE TO SPECIAL PROGRAMMING OR SWIM LESSON NEEDS

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	AQUA JOG DEEP WATER LAP SWIM: 2		LAP SWIM: 5 WATER WALKING: 1
8:00 AM					AQUA FIT DEEP WATER LAP SWIM: 1	SHS WOLVES SWIM TEAM LAP SWIM: 3 OPEN SWIM: 1
9:00 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		
10:00 AM						LAP SWIM: 5 OPEN SWIM: 1
11:00 AM					LAP SWIM: 5 OPEN SWIM: 1	
NOON						
1:00 PM						
2:00 PM						LAP SWIM: 4 OPEN SWIM: 2
3:00 PM						
4:00 PM	SHS SWIM TEAM: 3 LAP SWIM: 1 SWIM LESSONS: 2	SHS SWIM TEAM: 3 LAP SWIM: 1 SWIM LESSONS: 2	SHS SWIM TEAM: 3 LAP SWIM: 1 SWIM LESSONS: 2	SHS SWIM TEAM: 3 LAP SWIM: 1 SWIM LESSONS: 2	SHS SWIM TEAM: 3 LAP SWIM: 3	
5:00 PM	SEA DRAGONS ADULT SWIM GROUP OPEN SWIM: 1	SEA DRAGONS ADULT SWIM GROUP OPEN SWIM: 1	SEQUIM SQUID YOUTH SWIM LEAGUE OPEN SWIM: 1	SEA DRAGONS ADULT SWIM GROUP OPEN SWIM: 1	SEQUIM SQUID YOUTH SWIM LEAGUE OPEN SWIM: 1	4:45PM
6:00 PM			SWIM LESSONS LAP SWIM: 3 OPEN SWIM: 2		SWIM LESSONS LAP SWIM: 3 OPEN SWIM: 2	
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:

Monday – Thursday 3:30 – 5:10 – Half or All of the Shallow Pool may be closed off for Swim Lessons

Mondays from 9:00 AM to 9:45 AM for Aqua Cardio and Conditioning

Tuesdays from 9:00 AM to 9:45 AM for AquaBox

Wednesdays from 9:00 AM to 9:45 AM for Aqua Balance and Conditioning

Wednesdays from 1:30 PM to 2:45 PM for Homeschool PE

Thursdays from 9:00 AM to 9:45 AM for AquaBox

Fridays from 10:00 AM to 10:45 AM for Aqua Cardio 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/membershippolicies

• 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:

Cort Mao **Branch Manager**
C.Mao@olympicpeninsulaymca.org
360-477-4381

• 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+

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