



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".

THE ENTIRE POOL DECK (INCLUDING SAUNAS AND HOT TUB) WILL BE CLOSED FROM 2:30-5:30PM FOR SWIM MEETS ON THE FOLLOWING DAYS: 9/25, 10/4, 10/9, 10/16, 10/23 GO WOLVES!

	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: 2 Lanes	CLASS DEEP WATER LAP: 1 Lane	CLASS DEEP WATER LAP: 2 Lanes	CLASS DEEP WATER LAP: 1 Lane	8 AM - 10 AM SWIM TEAM LAP: 3 Lanes Water Walking: 1 Lane
9:00 AM to 3:15 PM	Lap Swim 5 Lanes Water Walking: 1 Lane	Lap Swim 5 Lanes Water Walking: 1 Lane	Lap Swim 5 Lanes Water Walking: 1 Lane	Lap Swim 5 Lanes Water Walking: 1 Lane	Lap Swim 5 Lanes Water Walking: 1 Lane	10 AM - 11 AM Lap Swim 5 Lanes Water Walking: 1 Lane
3:15 PM to 5:30 PM	SWIM TEAM and SWIM LESSONS Water Walking: 1 Lane	SWIM TEAM and SWIM LESSONS Water Walking: 1 Lane	SWIM TEAM LAP: 1 Lane <small>CLOSED FOR SWIM MEETS ON 9/25, 10/9, 10/16, 10/23</small>	SWIM TEAM and SWIM LESSONS Water Walking: 1 Lane	SWIM TEAM LAP: 1 Lane <small>CLOSED FOR SWIM MEET ON 10/4</small>	11 AM - 4:45 PM - OPEN SWIM LAP: 3 Lanes
5:30 PM to 6:45 PM	SEA DRAGONS Water Walking: 1 Lane	SEA DRAGONS Water Walking: 1 Lane	YOUTH SWIM LEAGUE LAP: 2 Lanes	SEA DRAGONS Water Walking: 1 Lane	YOUTH SWIM LEAGUE LAP: 2 Lanes	CLOSED
6:45 PM to 7:45 PM	OPEN SWIM LAP: 3 Lanes	OPEN SWIM LAP: 3 Lanes	CLASS LAP: 4 Lanes	OPEN SWIM LAP: 3 Lanes	CLASS LAP: 4 Lanes	
7:45 PM to 8:45 PM			OPEN SWIM LAP: 3 Lanes		CLOSED	

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:

- The Shallow Pool is closed to Open Swim from 8:45 – 10:00 AM Wednesdays and Fridays.
- Half of the shallow pool is closed during Swim Lessons; 3:30–5:15 on Mondays, Tuesdays and Thursdays.

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.

- **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.

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

SWIM LEAGUE: A great workout and an opportunity to refine stroke technique. For proficient swimmers ages 6–17.

SEA DRAGONS: Similar to Swim League but for proficient swimmers ages 18+.

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

Ciera Skelly, Aquatics Manager, 360-504-0535 or aquatics@olympicpeninsulaymca.org.