



# YMCA OF SEQUIM

## LAP POOL SCHEDULE



For Aqua-Fitness class schedule, please see our website at [www.olympicpeninsulaymca.org/schedules](http://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	<b>CLASS</b> DEEP WATER LAP: 1 Lane	<b>CLASS</b> DEEP WATER LAP: 2 Lanes	<b>CLASS</b> DEEP WATER LAP: 1 Lanes	<b>CLASS</b> DEEP WATER LAP: 2 Lane		8 AM - 11 AM Lap Swim - 5 Lanes Water Walking: 1 Lane
9:00 AM to 10:00 AM	<b>CLASS</b> SHALLOW WATER LAP: 1 Lane	<b>CLASS</b> SHALLOW WATER LAP: 2 Lane	Lap Swim 5 Lanes Water Walking: 1 Lane	<b>CLASS</b> SHALLOW WATER LAP: 2 Lane	<b>CLASS</b> DEEP WATER LAP: 2 Lane	
10:00 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
3:15 PM to 5:30 PM						
5:30 PM to 6:45 PM	<b>SEA DRAGONS</b> Water Walking: 1 Lane	<b>SEA DRAGONS</b> Water Walking: 1 Lane	<b>YOUTH SWIM LEAGUE</b> LAP: 2 Lanes	<b>SEA DRAGONS</b> Water Walking: 1 Lane	<b>YOUTH SWIM LEAGUE</b> LAP: 2 Lanes	CLOSED
6:45 PM to 7:45 PM	<b>OPEN SWIM</b> LAP: 3 Lanes	<b>OPEN SWIM</b> LAP: 3 Lanes	<b>CLASS</b> LAP: 4 Lanes	<b>OPEN SWIM</b> LAP: 3 Lanes	<b>OPEN SWIM</b> LAP: 3 Lanes	
			<b>OPEN SWIM</b> 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:

- Balance Class in the Shallow Pool from 9:00–10:00 AM on Wednesdays.
- Balance Class in the Shallow Pool from 10:00–11:00 AM on Fridays.

## 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](http://www.olympicpeninsulaymca.org/schedules)

Click on View Schedule in Sequim Pool Schedule box.

- **Aqua Fitness Schedule**

[www.olympicpeninsulaymca.org/schedules](http://www.olympicpeninsulaymca.org/schedules)

Click on View Schedule in the Group Exercise Schedules box.

- **Pool Facility Details**

[www.olympicpeninsulaymca.org/pool-facilities](http://www.olympicpeninsulaymca.org/pool-facilities)

- **The Y Code of Conduct**

[www.olympicpeninsulaymca.org/membershipolicies](http://www.olympicpeninsulaymca.org/membershipolicies)

- **For Pool Safety Guidelines**

**Lap Lane Etiquette**

**Age Guidelines**

**Frequently Asked Questions**

[www.olympicpeninsulaymca.org/pool-facilities](http://www.olympicpeninsulaymca.org/pool-facilities)

Scroll down to bottom of page.

- **Swim Lesson Information**

[www.olympicpeninsulaymca.org/swimlessons](http://www.olympicpeninsulaymca.org/swimlessons)

- **Lifeguard Training Certification**

[www.olympicpeninsulaymca.org/ymcalifeguard](http://www.olympicpeninsulaymca.org/ymcalifeguard)

- **Membership and Day Pass Prices**

[www.olympicpeninsulaymca.org/jointhey](http://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](mailto:aquatics@olympicpeninsulaymca.org).