



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".

	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 Lanes			
9:00 AM to 10:00 AM				CLASS DEEP WATER LAP: 2 Lane	CLASS DEEP WATER LAP: 2 Lane	8 AM – 11 AM Lap Swim - 5 Lanes Water Walking: 1 Lane
10:00 AM to 11:00 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	CLASS SHALLOW WATER LAP: 2 Lane	Lap Swim 5 Lanes Water Walking: 1 Lane	
11:00 AM to 1:00 PM				Lap Swim 5 Lanes Water Walking: 1 Lane		
1:00 PM to 3:00 PM	CLOSED	CLOSED	CLOSED	CLOSED	CLOSED	11 AM – 4:45 PM - OPEN SWIM LAP: 3 Lanes
3:00 PM to 5:30 PM	SWIM LESSONS 3 Lap Lanes	SWIM LESSONS 4 Lap Lanes Water Walking: 1 Lane	SWIM LESSONS 3 Lap Lanes	SWIM LESSONS 4 Lap Lanes Water Walking: 1 Lane	Lap Swim 5 Lanes Water Walking: 1 Lane	
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	OPEN SWIM LAP: 3 Lanes	OPEN SWIM LAP: 3 Lanes	OPEN SWIM LAP: 3 Lanes	

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

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.