



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

## SKAGIT VALLEY FAMILY YMCA AQUATIC ACTIVITY GUIDE

Schedule information is valid from **Sep. 4- Dec. 31, 2018** and is subject to change without notice.

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:00-8:00	Lap Swim/ Masters	Lap Swim/ Masters	Lap Swim/ Masters	Lap Swim/ Masters	Lap Swim	Lap Swim/ Masters  (7:00-9:00)	<b>Open Sundays effective Sept. 8, 2018**</b>
8:00-9:00	Aqua Step (1-2 lanes)	H2O Fitness (2 lanes)	Aqua Step (1-2 lanes)	H2O Fitness (2 lanes)	Aqua Step (1-2 lanes)		
9:00-10:00	Aqua Blast (2 lanes)	Aqua Zumba (2-3 lanes) 	Aqua Blast (2 lanes)	Special/ Adult Swim (2 lanes)	Aqua Blast (2 lanes)	Swim Lessons (9:00-11:00) (1 lane)	Lap Swim/ Masters (9:00-11:00)
10:00-11:00	Adult Swim/ Lap Swim (2-3 lanes)						
11:00-12:00	Arthritis Adult Swim (2 lanes)				Family Swim (11:15-1:30) (1 lane)	Family Swim (11:15-12:45) (1 lane)	
12:00-1:00	Lap Swim						
1:00-2:00	<b>Extended Lap Swim (1:00-2:00) Is subject to changes/cancellations in late Oct/early Nov</b>				Open Swim (1:30-4:15**) (1 lane)	Open Swim (12:45-2:15)	
2:00-4:15	High School Swim Team						
4:15-5:15	Swim Lessons (begins Sept. 10) (1 lap lane/over 18 only)				Pool Rental (4:15-5:45) (No Lane)	Pool Rental (4:15-5:45) (No Lane)	
5:20-7:30	Chinook Swim Team (begins Sept. 5)				Family Swim (6:00-7:30)		
7:30-9:00**	Lap Swim	Family Swim (1 lane)	Lap Swim	Family Swim (1 lane)	Open Swim (7:30)(1 lane)	City of MV Community Swims are held the 1st and 3rd Saturdays, 6:00-8:00.	

Street clothing, including **basketball shorts**, are **not allowed** in the pool.

**\*\*Return to Fall Hours on Tuesday, September 4, 2018.**

# Skagit Valley Family YMCA Aquatics Information

## Recreational Swims:

Large groups of 12 or more coming in to a recreational swim are asked to call ahead to ensure proper staffing is available.

### —Family Swim

Recreational swimming for families. This time is geared toward families with small children. Children under 18 **MUST** be accompanied by a parental adult in the water and in the open area. To participate in recreational swimming activities, **ALL children 14 years of age and younger must undergo a Swim Test** if they are to swim in the deep center area of the pool. Children who cannot pass the Swim Test are considered non-swimmers and must be accompanied in the water by an adult, parent or guardian who is actively engaged in the children's activity. **Each adult, parent, or guardian may be responsible for 2 or less non-swimming children only.** Adults 55+ and disabled individuals are welcome to work out during this swim time.

### —Open Swim

All ages. Children, 7 years of age and younger **MUST** be accompanied by an adult in the water who is actively engaged with the child's activity, or must pass a swim test administered by the lifeguard.

## Lap, Adult and Over 55 Swims

Lap lanes are available throughout the day. Must be 14 years of age or older or be a swim team member. Adults have priority at discretion of lifeguard. Must swim laps; this is not a recreational swim time. Please check the schedule for times and lane availability. **Adult and Over 55 Swims** provide space for lap swim, individual aerobic workouts or just to putter around. **All lap swims are adult only, except by permission of the Aquatic Director.**

### Master Swimmers (ages 18 and up)

Master swimmers of all levels are welcomed and encouraged to attend during noted swim times (see front page). Come and swim and improve your strokes and your workouts with other master swimmers! Team info can be found at [www.swimsvms.org](http://www.swimsvms.org).

## Six "P-L-E-A-S" for Protection Against Recreational Water Illnesses (RWIs)

- PLEASE don't swim when you have diarrhea...this is especially important for kids in diapers.
- PLEASE don't swallow the pool water.
- PLEASE practice good hygiene.
- PLEASE take your kids on bathroom breaks often.
- PLEASE change diapers in a bathroom and not at poolside.
- PLEASE wash your child thoroughly (especially the rear end) with soap.

## What to Wear

- A swim suit is required for all persons.
- **Street clothing is prohibited.**
- A swim diaper is required for anyone with continence issues. Be aware that swim diapers and swim pants are not a solution for a person with diarrhea or a substitute for frequent diaper changing.

## About the Pool...

The Skagit Valley Family YMCA pool is 25 yards long and has 6 lanes. It is 3 feet deep at one end and 3 1/2 feet deep at the other with a 6 feet deep center. The chlorination system is powered by salt (and you can taste it) but the sanitizing effect is the same. Pool temperature is kept at 86°. Air temperature is usually around 75°. There are also portable stairs and a chair lift for those who need them.

Anyone using the Pool must be able to enter and exit without assistance from the YMCA Aquatic (or other) Staff, or bring someone with to assist them.

36 laps or 72 lengths = 1 mile

Note, during lap swims, Lane 1 may be used for handicap accessibility.

All lap swim lanes are adult only. To be eligible to swim in a lap lane, you must be 14 years or older or have permission from the lifeguard on duty.

Lifeguards reserve the right to move and/or remove any person in the pool at anytime.

# Skagit Valley Family YMCA Aquatic Offerings

## FALL 2018

**Those NOT participating in the Aqua Step, Aqua Blast and H2O Fitness Classes are asked to wait until an Adult/Lap Swim to enter the pool for individual exercise (unless lap swimming).**

### **Arthritis Adult Swim\* M-F 11-12:00PM**

A water exercise program designed for people with arthritis or those individuals looking for a class that focuses on joint flexibility and strength. Water temperature is maintained at 86 degrees. No swimming skills are required.

### **Aqua Step Aerobics\*\* M/W/F 8-9:00AM**

A water aerobics class that utilizes the step bench to improve cardiovascular fitness, endurance, strength, and flexibility components. No swimming skills are required.

### **Aqua Blast\*\* M/W/F 9-10:00AM**

Water exercise is an excellent low impact total body workout for adults of all ages. Class includes a cardiovascular aerobic segment, followed by strength and flexibility components. No swimming skills are required.

### **H2O Fitness \*\*\* T/TH 8:00AM-9:00AM (MUST BE COMFORTABLE IN DEEP WATER)**

A water fitness class that is designed to tone and improve muscle strength, flexibility and balance through various Yoga, Pilates, and traditional aquatic movements and flexibility components.

- \* **Beginner level, low impact class. All exercisers welcome!**
- \*\* **Beginner to mid-level class.**
- \*\*\* **Mid-level to advanced level class, endurance and muscular strength incorporated.**

**Our Aqua classes are a fun way to make friends and work out!**

**Give one a try today!  
(Swimming skills are NOT required!)**

**School-year swim lessons give your kids a head start on aquatic safety for next summer!**

### **Chinook Swim Team**

Competitive Swimming is more than just a physical activity. It is an avenue for self awareness, goal setting and confidence building as well as teamwork. With an emphasis on healthy competition, the Skagit Valley Family YMCA **Chinook Swim Team** is open to swimmers beyond Pre-Swim Team, ages 7-19. Our 2018-19 Fall/Winter Season will begin Sept. 4th, 2018. **A YMCA Membership is required.** Please see the Chinook Swim Team Flyer (also online) for practice times and more information and contact Justin Davies, Aquatic Director for joining info!

### **Pool Rentals & Parties**

The cost for a Pool Rental is \$165 for 90 minutes (suggested 60 minutes water time/20 minutes cake & gifts/10 minutes clean up) and includes two lifeguards; additional lifeguards are \$15.00 and may be required. \$50 Refundable Late Charge/Cleaning Deposit required. Please contact the Aquatic Director for reservations or more information.

#### **SKAGIT VALLEY FAMILY YMCA**

215 East Fulton Street, Mount Vernon WA 98273  
P 360 336 9622 F 360 336 9624 | [www.skagitymca.org](http://www.skagitymca.org)  
Justin Davies, Aquatic Director  
Email: [j.davies@skagitymca.org](mailto:j.davies@skagitymca.org)

#### **Facility Hours (effective Sept. 4):**

Monday-Friday 5:00 am to 9:30 pm

Saturday 7:00 am to 5:00 pm

Sunday 9:00 am to 4:00 pm

Pool closes 30 mins. prior to facility closing.