



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SKAGIT VALLEY FAMILY YMCA AQUATIC ACTIVITY GUIDE

Schedule information is valid from **Dec. 31, 2018 to January 15, 2019** 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)	Open Sundays effective Sept. 8, 2018**
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)	Adult Swim (2 lanes)	Aqua Blast (2 lanes)	Lap Swim (9:00-11:00)	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	Extended Lap Swim (1:00-2:00) Is subject to changes/cancellations				Open Swim (1:30-4:15**) (1 lane)	Open Swim (12:45-2:15)	
2:00-4:15	High School Swim Team (No lanes)						
4:30-6:30	Chinook Swim Team (No lanes)						
6:30-7:30	Closed				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.	