



FOR YOUTH DEVELOPMENT  
FOR HEALTHY LIVING  
FOR SOCIAL RESPONSIBILITY

# SKAGIT VALLEY FAMILY YMCA AQUATIC ACTIVITY GUIDE

Schedule information is valid from **Feb 11– Feb 16, 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)	
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)	Adult Swim (2 lanes)	Aqua Blast (2 lanes)	Adult Swim (2 lanes)	Aqua Blast (2 lanes)	Lap Swim	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)</b> <b>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) (1 lane)	
2:00–4:15	High School Swim Team						Lap Swim (2:30–3:30)
4:15–5:15	Chinook Swim Team				Chinooks		
5:20–7:30	Closed				Family Swim (6:00–7:30)		
7:30–9:00	Closed	Closed	Closed	Closed	Open Swim (7:30)(1 lane)		