



FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

SKAGIT VALLEY FAMILY YMCA AQUATIC ACTIVITY GUIDE

Schedule information is valid from **Mar. 11– Mar. 17, 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	Aqua Blast (2 lanes)	Special/ Adult Swim (2 lanes)	Aqua Blast (2 lanes)	Swim Lessons No Lanes 9:30 to 12:00	Lap Swim/ Masters (9:00–11:00)
10:00–11:00	Adult Swim/Lap Swim (Closed Tuesday the 12th, Thursday the 14th, and Friday the 15th for Clear Lake Elementary Swim Lessons)						
11:00–12:00	Arthritis Adult Swim (2 lanes)					Family Swim (12:15–1:30) (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) (1 lane)
2:00–4:15	Closed						
4:30–6:30	Chinooks Swim Team (No lanes)				Closed		
6:30–7:30	Swim Lessons				Family Swim (6:00–7:30)		
7:30–8:30	Lap Swim	Family Swim	Lap Swim	Family Swim	Open Swim (7:30)(1 lane)	City of Mount Vernon Community Swim 6:00–8:00 Saturday March 16th	