



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

POOL – OPEN & LAP SWIM TIMES

April 2018
Updated April 4

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------|-----------------------------------|--------------------------------------------------------|-----------------------------|-----------------------------------|-------------------------|
| | Open Swim 5-7:30 am | Open Swim 5-9 am | Open Swim 5-7:30 am | Open Swim 5-9 am | Open Swim 5-7:30 am | Open Swim 7-7:30 am |
| Open Swim 10 am-2:20 pm | Open Swim 8:30-9:15 am | | Open Swim 8:30-10:30 am | Open Swim 10:15-12:15 pm | Open Swim 8:30-9:15 am | Open Swim 12-6:45 pm |
| Slide Open Noon-2 pm | Open Swim 11:30 am- 3:55 pm | Open Swim 10:15 am- 4:30 pm | Senior Slide Time Last Wed of month 8:30-8:45 am | Open Swim 2:30-4:30 pm | Slide Open 5-7:30 pm | Slide Open 2:30-4 pm |
| Family Swim 2:20-5:45 pm | Open Swim 7-9:45 pm | | Open Swim Noon -1 pm | Open Swim 7-9:45 pm | Open Swim 11:30 am- 9:45 pm | Slide Open 4:30-6 pm |
| | Slide Open 7:10-9 pm | | Open Swim 2-3:55 pm | | | |
| | | Open Swim 7-9:45 pm | Open Swim 7-9:45 pm | | | |
| | | | Slide Open 7:10-9 pm | | | |
| Lap Lanes: At least one lap lane is open at all times during facility hours. Sundays from 2:30-5:45 pm, lap lanes are only available for Ages 15+ Mondays and Wednesdays from 5:30-7:30 pm, lap lanes are only available for Ages 15+ | | | | | | |

Family Swim: Time for families to practice lesson skills with their children or to enjoy a calmer pool environment together. **This once a week opportunity does require children under 14 to be in the water with a supervising individual.** Enjoy this time together!

Busy Times and Closures: During high usage times, aquatics staff will determine the best use of pool space. The pool and spa close 15 minutes before the branch closes.

Spa Regulations: Spa rules are posted near the spa. The additional guidelines below are for your health and safety.

- Children under the age of seven are **not allowed** to enter the spa for any reason. They may **not** put their feet or any other body part in the water.
- Children age 7-13 may use the spa only when directly supervised by a responsible adult age 18+ that is in the spa area.

Swim Test and Wristband Policy: All children under the age of 12 who do not pass a height test of 54 inches at the armpits will be subject to a swim test.

- All children under the age of 12 must also wear a colored wristband indicating their swimming ability.
- Children under the age of 7 must be accompanied by a supervising individual 14 years of age or older in the water.
- Children who meet the slide requirements but do not pass the general swim test will receive a wrist band indicating that they can use the slide.
- Please see the lifeguard on duty BEFORE entering the water to receive the appropriate colored wristband.

General Slide Rules: Children under 12 who are at least 42" tall at the armpits and meet the manufacturers requirements listed below will be given a **yellow wristband** for slide use.

- To pass the test they must swim 5 yards on front then rollover and swim 5 yards on their back.
- Youth 11 and under must be 54" at the armpit OR pass slide swim test
- PFDs and loose clothing are not permitted on slide
- Only one person on the slide at a time
- Feet first only
- Please do not stop inside of the flume (tube)
- Slider shall leave the splash pool promptly

Big Slide Rules

- All sliders must weigh no more than 250 pounds
- Sliders must be at least 5 years old and 44" tall (3' 8")
- Sliders between 44" and 54" tall must pass a swim test.

Small Slide Rules

- All sliders must weigh no more than 150 pounds
- Sliders must be between the ages of 3 and 12 years old and 36" tall (3')

Shower Before Entering The Pool: Anyone entering the pool will be required to shower off before entering.

Street Shoes Are Not Allowed on the Pool Deck: We do not allow shoes that are worn outside on the pool deck. If you are a frequent visitor we recommend that you carry an extra pair of flip flops in your swim bag.



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POOL – FITNESS CLASSES, LESSONS & PROGRAMS

April 2018
Updated April 2

| Sunday | Monday | Tuesday | Wednesday | Thursday | Friday | Saturday |
|----------------------------------------|-------------------------------------------------------------------------|------------------------------------------------|-----------------------------------------------|--------------------------------------------------------|------------------------------------------------|-----------------------------------------|
| | Shallow Water Exercise 7:30-8:30 am | | Shallow Water Exercise 7:30-8:30 am | | Shallow Water Exercise 7:30-8:25 am | |
| | Aqua Interval 9:15-10:15 am | SilverSneakers® Splash 9:15-10:15 am | | SilverSneakers® Splash 9:15-10:15 am | Shallow Water Exercise 9:15-10:15 am | \$ Swim Lessons 9:05-11:55 am |
| | Aqua Yoga 10:15-11:15 am | | Aqua Zumba® 11 am-12 pm | | Aqua Yoga 10:15-11:15 am | |
| | | | Aqua Interval 1-2 pm | \$ Homeschool 12:30-2:30 pm (starts 9/21) | | |
| \$ Swim Lessons 2:40-5:30 pm | \$ Swim Lessons 4-6:50 pm | \$ Swim Lessons 4:35-6:50 pm | \$ Swim Lessons 4-6:50 pm | \$ Swim Lessons 4-6:50 pm | | |
| | (Scooter's program is available during evening lessons Monday-Thursday) | | | | | |
| | \$ Swim Team 5:30-7:30 pm | | \$ Swim Team 5:30-7:30 pm | \$ Swim Team 7:30-8:20 pm | | |

Scooters: This program allows you to get a longer workout in while your child plays and participates in swim lessons. You can drop your child off in Child Watch or Adventure Zone up to 90 minutes prior to their swim lesson, we'll escort them to their lesson and you pick them up! All children must be completely potty trained. **This program is free and available to Facility Members only.** Not all lesson times run during Scooters, see the lesson schedule for available class times.

Water Exercise Classes: All water exercise classes are included in your membership. Please see the Group Exercise Class Schedule for complete descriptions.

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\$ Denotes a class or program that requires a fee and pre-registration.

CLASSES & INSTRUCTORS MAY CHANGE DEPENDING ON INSTRUCTOR AVAILABILITY AND CLASS ATTENDANCE.

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YMCA OF SNOHOMISH COUNTY

Mill Creek Family Branch

13723 Puget Park Drive, Everett, WA 98208

P 425 337 0123 www.ymca-snoc.org/millcreek

The Y is for everyone. Financial assistance is available.

* Program Member must pay annual program membership fee of \$25 per individual or \$50 per family to participate. Please see the program guide or visit our website for details.