

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	AM	
6:00	POOL OPENS AT 5 am					CLOSED	CLOSED	6:00	
6:30					LAP SWIM		CLOSED	6:30	
7:00		LAP SWIM		LAP SWIM		LAP SWIM		7:00	
7:30								7:30	
8:00					CLOSED			8:00	
8:30					AQUA ZUMBA® 3 LANES			8:30	
9:00		CLOSED		CLOSED	CLOSED			9:00	
9:30		AQUA FITNESS 5 LANES		AQUA FITNESS 5 LANES			SWIM LESSONS 2 LANES	9:30	
10:00		CLOSED		CLOSED			LAP SWIM	10:00	
10:30	LAP SWIM		LAP SWIM			SWIM LESSONS 4 LANES		10:30	
11:00								11:00	
11:30		MASTERS 4 LANES		MASTERS 4 LANES				11:30	
12:00						LAP SWIM (EXERCISE ONLY)		12:00	
12:30							COMMUNITY SWIM 4 LANES 10:40 am-3:30 pm Open to YMCA members and City of Sammamish residents. Reservation required.	12:30	
1:00		LAP SWIM		LAP SWIM			LAP SWIM (EXERCISE ONLY)	1:00	
1:30								1:30	
2:00						RECREATIONAL SWIM 4 LANES 1-4:30 pm		2:00	
2:30								2:30	
3:00								3:00	
3:30	CLOSED 3:45-4PM							3:30	
4:00	SWIM LESSONS 4 LANES		SWIM LESSONS 4 LANES	SWIM LESSONS 4 LANES	RECREATIONAL SWIM 4 LANES 4-8:30 pm			4:00	
4:30	LAP SWIM (EXERCISE ONLY) 2 LANES		LAP SWIM (EXERCISE ONLY) 2 LANES	LAP SWIM (EXERCISE ONLY) 2 LANES				4:30	
5:00		SWIM LESSONS 4 LANES		SWIM LESSONS 4 LANES				5:00	
5:30		LAP SWIM (EXERCISE ONLY) 2 LANES		LAP SWIM (EXERCISE ONLY) 2 LANES				5:30	
6:00	RECREATIONAL SWIM 4 LANES 7:40-8:30 pm		RECREATIONAL SWIM 4 LANES 7:40-8:30 pm	RECREATIONAL SWIM 4 LANES 7:40-8:30 pm				6:00	
6:30								6:30	
7:00								7:00	
7:30								7:30	
8:00								8:00	
8:30								8:30	
PM	View all schedules online at seattleyymca.org/schedules				Schedules may change without notice.				PM

AM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	AM
6:00	CLOSED FOR RENOVATIONS							6:00
6:30								6:30
7:00								7:00
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7:30	7:30							
8:00	8:00							
8:30	8:30							
PM	View all schedules online at seattleyymca.org/schedules						Schedules may change without notice.	