



RECREATION POOL

Spokane Valley YMCA

January 3 to March 30, 2018

2421 N. Discovery Place • ymcaspokane.org • 509.777.YMCA (9622)

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
5:00-7:30	Open Swim	5:00-8:30	Open Swim	5:00-7:30	Open Swim	5:00-8:30	Open Swim	5:00-7:30	Open Swim	7:00-8:30	Open Swim	9:00-12:00	Open Swim
7:30-8:30	Water Ex	6:30-7:15	Kickboxing/ Zumba	7:30-8:30	Shallow Hydro H.I.I.T	8:00-9:00	Hydro 360	7:30-8:30	Water Ex	7:00-8:00	Water Kickboxing	12:00-12:30	Safety Break
8:30-9:30	AOA	8:00-9:00	Hydro 360	8:30-9:30	AOA	9:00-10:00	AOA/ Arthritis	8:30-9:30	AOA	8:45-12:00	Swim Lessons	12:30-3:30	Open Swim
9:30-11:30	Swim Lessons	9:00-10:00	AOA/ Arthritis	9:30-11:30	Swim Lessons	10:00-1:00	Open Swim	9:30-2:00	Open Swim	12:00-12:30	No Open Swim	3:30-4:00	Slide
10:00-11:30	Swim Lessons	10:00-1:00	Open Swim	10:00-11:30	Swim Lessons	1:00-2:00	Arthritis Cardio	1:00-2:00	AOA	12:00-12:30	Safety Break	3:30-4:00	Safety Break
11:30-1:30	Open Swim	1:00-2:00	Arthritis Cardio	11:30-2:00	Open Swim	2:00-3:00	Arthritis Gentle	1:00-9:45	Open Swim	12:30-3:30	Pool Area Closed	4:00-7:45	Pool Area Closed
1:00-2:00	AOA	2:00-3:00	Arthritis Gentle	1:00-2:00	AOA Water Volleyball	2:00-3:45	Open Swim		Slide	3:30-4:00	Open Swim		Open Swim
2:00-3:00	AOA/ AOA Volleyball	2:00-3:45	Open Swim	2:00-3:00	AOA	4:00-6:55	Swim Lessons			4:00-7:00	Open Swim		Open Swim
1:00-3:45	Open Swim	4:00-6:55	Swim Lessons	1:00-3:45	Open Swim	6:30-9:45	Open Swim			7:00-7:30	Slide		Open Swim
4:00-6:55	Swim Lessons	6:30-9:45	Open Swim	4:00-6:55	Swim Lessons		Slide			7:30-9:45	Safety Break		Open Swim
6:30-9:45	Open Swim		Slide	6:30-9:45	Open Swim						Pool Area Closed		
	Slide				Slide								

Slide Hours

Monday		Tuesday		Wednesday		Thursday		Friday		Saturday		Sunday	
7:00-8:30	Slide Open	7:00-8:30	Slide Open	7:00-8:30	Slide Open	7:00-8:30	Slide Open	4:00-8:30	Slide Open	12:30-3:30	Slide Open	12:30-3:30	Slide Open

Updated Valley Pool Slide Rules We have updating our Pool Slide guidelines to be in compliance with revised safety standards from the slide manufacturer.

- RIDERS MUST BE AT LEAST 48 INCHES TALL
- ONLY ONE RIDER AT A TIME ON THE SLIDE
- ADULTS MAY NOT ACCOMPANY A CHILD ON THE SLIDE
- Feet first
- No running, standing, kneeling, rotating, tumbling or stopping in the flume. Arms & hands must remain inside flume
- Leave landing area quickly after exiting slide
- No persons under the influence of alcohol or drugs may use the slide
- No food allowed in pool area
- No drinks, except for water, allowed in or near pool
- Glass containers prohibited
- First aid kit and emergency use phone are located in the Lifeguard Office

3:30-4:00	Safety Break	3:30-4:00	Safety Break
	Pool Area Closed		Pool Area Closed
4:00-7:00	Slide Open	4:00-7:00	Slide Open
7:00-7:30	Safety Break		
	Pool Area Closed		



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
 FOR SOCIAL RESPONSIBILITY

LAP POOL

Spokane Valley YMCA

January 3 to March 30, 2018

2421 N. Discovery Place • ymca.spokane.org • 509.777.YMCA (9622)

Monday	
5:00-10:00	Lap Swim 3 Lap Lanes Available
7:30-8:30	Hydro 360 2 Lap Lanes Available
9:00-10:00	Hydro 360 2 Lap Lanes Available
10:00-3:30	Lap Swim/Open Swim 3 Lap Lanes Available
4:00-5:30	SAS Practice 1 Lap Lanes Available
4:00-6:30	Swim Lessons 1 Lap Lanes Available
5:30-6:30	Water Exercise 1 Lap Lanes Available
6:00-7:00	Novice Swim Team 1 Lap Lane Available
7:15-8:00	Adult Swim Lessons \$ 2 Lap Lanes Available
7:00-9:45	Open Swim 2 Lap Lanes Available

Tuesday	
5:00-10:00	Lap Swim 3 Lap Lanes Available
8:00-9:00	Deep Water 2 Lap Lanes Available
9:00-10:00	Water Exercise 3 Lap Lanes Available
10:00-3:30	Lap Swim/Open Swim 3 Lap Lanes Available
4:00-5:30	SAS Practice 1 Lap Lanes Available
4:00-6:30	Swim Lessons 1 Lap Lanes Available
6:00-7:00	Novice Swim Team 1 Lap Lane Available
7:00-9:00	SAS Practice 2 Lap Lanes Available
7:00-9:45	Open Swim 2 Lap Lanes Available

Wednesday	
5:00-10:00	Lap Swim 3 Lap Lanes Available
7:30-8:30	Water Ex 2 Lap Lanes Available
9:00-10:00	Deep Core Challenge 3 Lap Lanes Available
10:00-3:30	Lap Swim/Open Swim 3 Lap Lanes Available
4:00-5:30	SAS Practice 1 Lap Lanes Available
4:00-6:30	Swim Lessons 1 Lap Lanes Available
5:30-6:30	Hydro H.I.T 1 Lap Lanes Available
6:00-7:00	Novice Swim Team 1 Lap Lane Available
7:15-8:00	Adult Swim Lessons \$ 2 Lap Lanes Available
7:00-9:45	Open Swim 2 Lap Lanes Available

Thursday	
5:00-10:00	Lap Swim 3 Lap Lanes Available
8:00-9:00	Deep Water 2 Lap Lanes Available
9:00-10:00	Water Exercise 3 Lap Lanes Available
10:00-3:30	Lap Swim/Open Swim 3 Lap Lanes Available
4:00-5:30	SAS Practice 1 Lap Lanes Available
4:00-6:30	Swim Lessons 1 Lap Lanes Available
7:00-9:00	SAS Practice 2 Lap Lanes Available
7:00-9:45	Open Swim 2 Lap Lanes Available

Friday	
5:00-10:00	Lap Swim 3 Lap Lanes Available
7:30-8:30	Water Ex 2 Lap Lanes Available
9:00-10:00	Water Exercise 3 Lap Lanes Available
3:30-6:00	SAS Practice 1 Lap Lanes Available
6:00- 9:45	Lap Swim/ Open Swim 1 Lap Lanes Available

Saturday	
7:00-12:00	Lap Swim 1 Lap Lane Available
12:00-12:30	Safety Break
Pool Area Closed	
12:30-3:30	Lap Swim 3 Lap Lanes Available
3:30-4:00	Safety Break
Pool Area Closed	
4:00-7:00	Lap Swim 3 Lap Lanes Available
7:00-7:30	Safety Break
Pool Area Closed	
7:30-9:45	Lap Swim 3 Lap Lanes Available

Sunday	
9:00-12:00	Lap Swim 3 Lap Lanes Available
12:00-12:30	Safety Break
Pool Area Closed	
12:30-3:30	Lap Swim 1 Lap Lanes Available
3:30-4:00	Safety Break
Pool Area Closed	
4:00-6:00	Lap Swim 1 Lap Lanes Available
6:00-7:45	Lap Swim 1 Lap Lanes Available

1 Lap Lane Available - 1 lap lane available for lap swim

Safety Breaks - Aquatics areas are closed to all participants. This includes the Spa.

Limited Space - Part of the pool may be taken by classes

Schedule subject to change at any time.