



Stanwood – Camano YMCA

AUG

FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Pool Schedule - Aug 25 to Aug 31 (facility closed Sept 1)
No Group Swim lessons FRI, SAT, SUN - Aug 29 to Aug 31

LAP POOL

Please see YMCA app
for electronic version of
schedule.

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 am	LAP SWIM		LAP SWIM			
6 am	5:15-9:30 AM (6)	LAP SWIM	5:15 - 9:30 AM (6)	LAP SWIM		
7 am	9:30 - 10 AM (4)	5:15 - 9:30AM (6)	9:30 - 10 AM (4)	5:15 - 9:30 AM (6)	LAP SWIM	
8 am	10-11 AM (2)	9:30 - 10 AM (4)	10 - 11 AM (2)	9:30 - 10 AM (4)	5:15 - 10 AM (6)	
9 am	11-12 PM (4)		11 - 12 PM (4)		10 - 11 AM (2)	
	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS		
	9:30 - 10 AM (2)	9:30 - 10 AM (2)	9:30 - 10 AM (2)	9:30 - 10 AM (2)		
10 am	WATER FITNESS	LAP SWIM	WATER FITNESS	LAP SWIM	WATER FITNESS	LAP SWIM
	10 - 11 AM	10 - 11:15 AM (6)	10 - 11 AM	10 - 11:15 AM (6)	10 - 11 AM	7:15 AM - 4:45 PM
	(MAX OF 46)	11:15AM-12PM (4)	(MAX OF 46)	11:15AM-12PM (4)	(MAX OF 46)	(6 lanes)
11 am	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	SWIM LESSONS	LAP SWIM	
	11:15AM-12PM (2)	11:15AM-12PM (2)	11:15AM-12PM (2)	11:15AM-12PM(2)	11 AM - 12 PM (6)	
Noon						
1 pm	LAP SWIM	POOL CLOSED	POOL CLOSED	LAP SWIM	POOL CLOSED	
		12 - 2:30 PM	12 - 2:30 PM	12 - 2:30 PM (6)	12 - 2:30 PM	
2 pm	10:15 AM - 4:45 PM	4:30 - 5 PM (3)		4:30 - 5 PM (3)		
3 pm	(6 lanes)	SHS SWIM TEAM	SHS SWIM TEAM	SHS SWIM TEAM	SHS SWIM TEAM	
		2:30 - 4:30 PM (6)	2:30 - 4:30 PM (6)	2:30 - 4:30 PM (6)	2:30 - 4:30 PM (6)	
4 pm		SWIM LESSONS	LAP SWIM	SWIM LESSONS	LAP SWIM	
		4:30 - 5 PM (3)	4:30-5 PM (6)	4:30 - 5 PM (3)	4:30-5 PM (6)	
	LAP SWIM	5 - 5:25 PM (2)	5-5:30PM (3)	5 - 5:25 PM (2)	5 - 6 PM (3)	
5 pm	4:30-5:30 PM (6)	YMCA SWIM TEAM	YMCA SWIM TEAM	YMCA SWIM TEAM	YMCA SWIM TEAM	
		5 - 6 PM (6)	5 - 6 PM (3)	5 - 6 PM (6)	5 - 6 PM (3)	
		6-6:30 PM (2)	6-6:30 PM (2)	6-6:30 PM (2)	6-6:30 PM (2)	
6 pm		SWIM LESSONS	SWIM LESSONS			
		5:30 - 6:45 PM (2)	5:30 - 6:45 PM (2)			
7 pm		LAP SWIM	LAP SWIM	LAP SWIM	LAP SWIM	
		5:30 - 6:45 PM (4)	5:30-6:30 (1)	6 - 6:30 PM (4)	6 - 6:30 PM (4)	
		6:45 - 8:45 PM (6)	6:30-6:45 (4)	6:30 - 8:45 PM (6)	6:30 - 8:45 PM (6)	
8 pm			6:45-8:45 PM (6)			

RECREATION POOL

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 am	** SHARED POOL SPACE FOR WATER WALKING AND LES- SONS 10AM -12PM. LAZY RIVER AVAIL- ABLE FOR WATER WALKING MON, TUE, WED, THUR, AND FRI.	WATER WALKING** 7:30 AM - 12 PM	WATER FITNESS 7:30 - 8:30 AM (MAX OF 25)	WATER WALKING** 7:30 AM - 12 PM	WATER FITNESS 7:30 - 8:30 AM (MAX OF 25)		
8 am			WATER WALKING** 8:30 AM - 12 PM		WATER WALKING** 8:30 AM - 12 PM	WATER WALKING 7:30 - 11 AM	PRIVATE LESSONS 9- 11:30 AM Shared pool space with family swim
9 am							
10 am		SWIM LESSONS** 10 AM - 12 PM	SWIM LESSONS** 10 AM - 12 PM	SWIM LESSONS** 10 AM - 12 PM	SWIM LESSONS** 10 AM - 12 PM		
11 am							
Noon		FAMILY SWIM & BEACH SWIM 12 - 1 PM	FAMILY SWIM & BEACH SWIM* 12 - 2 PM	FAMILY SWIM & BEACH SWIM 12 - 1 PM	FAMILY SWIM & BEACH SWIM 12 - 2 PM	FAMILY SWIM & BEACH SWIM 11 AM - 1 PM	
1 pm	FAMILY SWIM 10:15 AM - 4:45 PM	WATER FITNESS 1 - 2 PM (MAX OF 46)	YMCA CAMP SWIM* 1 - 2 PM	WATER FITNESS 1 - 2 PM (MAX OF 46)		WATER FITNESS 1 - 2 PM (MAX OF 46)	FAMILY SWIM 9 AM - 4:45 PM
2 pm	BEACH SWIM 11 AM - 4 PM	WATER WALKING 2 - 2:30 PM	FAMILY SWIM 2 - 4:30 PM	WATER WALKING 2 - 2:30 PM	FAMILY SWIM 2 - 4:30 PM	FAMILY SWIM 2 - 8:45 PM	BEACH SWIM 12- 4 PM
3 pm		FAMILY SWIM 2:30 - 4:30 PM		FAMILY SWIM 2:30 - 4:30 PM		BEACH SWIM 2 - 3 PM	
4 pm							
5 pm		SWIM LESSONS 4:30 - 7:05 PM	SWIM LESSONS 4:30 - 6:45 PM	SWIM LESSONS 4:30 - 7:05 PM	SWIM LESSONS 4:30 - 6:45 PM	PRIVATE LESSONS 4 - 6:30 PM Shared pool space with family swim	*YMCA CAMP SWIM will use 1/2 the rec pool, including the lazy river. A float rope will separate the pool into two spaces.
6 pm							
7 pm		FAMILY SWIM 6 - 8:45 PM BEACH SWIM 6 - 8 PM	FAMILY SWIM 6 - 8:45 PM BEACH SWIM 6 - 8 PM	FAMILY SWIM 6 - 8:45 PM BEACH SWIM 6 - 8 PM	FAMILY SWIM 6 - 8:45 PM BEACH SWIM 6 - 8 PM	FAMILY SWIM 2 - 8:45 PM BEACH SWIM 6 - 8 PM	
8 pm							



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Pool Schedule - Sept 2 to Sept 30 (facility closed Sept 1;
Sept 28 facility open 7-11am, closing at 11am)

Please see YMCA app
for electronic version of
schedule.

LAP POOL

		Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 am	ALL LAP SWIM TIME HAS SHARED LANES. (#) AFTER TIME INDICATES THE NUMBER OF LANES FOR ACTIVITY.						
6 am		LAP SWIM		LAP SWIM		LAP SWIM	
7 am		5:15 – 10 AM (6) 10 – 11 AM (2)		5:15 – 10 AM (6) 10 – 11 AM (2)		5:15 – 10 AM (6) 10 – 11 AM (2)	LAP SWIM 7:15 – 9 AM
8 am			LAP SWIM		LAP SWIM		
9 am			5:15 AM – 2:30 PM (6 lanes)		5:15 AM – 2:30 PM (6 lanes)		YMCA SWIM TEAM* 9-10 AM (3) 10-10:30 AM (2) NOT SEPT 6
10 am	LAP SWIM 10:15 AM – 4:45 PM (6 lanes)	WATER FITNESS 10 – 11 AM (MAX OF 46)	4:30 – 5 PM (3 lanes)	WATER FITNESS 10 – 11 AM (MAX OF 46)	4:30 – 5 PM (3 lanes)	WATER FITNESS 10 – 11 AM (MAX OF 46)	
11 am		LAP SWIM 11 AM – 12 PM (6)		LAP SWIM 11 AM – 12 PM (6)		LAP SWIM 11 AM – 12 PM (6)	
Noon	SEPT 14 ONLY: LAP SWIM 10:15 AM – 1 PM (6) WiBit SUNDAY 2 – 4 PM	POOL CLOSED 12 – 2:30 PM		POOL CLOSED 12 – 2:30 PM		POOL CLOSED 12 – 2:30 PM	LAP SWIM 9 – 10 AM (3 lanes) 10 AM – 12 PM (4) 12 – 4:45 PM (6)
1 pm							
2 pm		SHS SWIM TEAM 2:30 – 4:30 PM (6)	SHS SWIM TEAM 2:30 – 4:30 PM (6)	SHS SWIM TEAM 2:30 – 4:30 PM (6)	SHS SWIM TEAM 2:30 – 4:30 PM (6)	SHS SWIM TEAM 2:30 – 4:30 PM (6)	
3 pm	SEPT 28 ONLY: LAP SWIM 7 – 11 AM (6 lanes) Facility closes at 11AM.		SWIM LESSONS* 4:30 – 5 PM (3) 5 – 5:25 PM (2) NOT SEPT 2		SWIM LESSONS* 4:30 – 5 PM (3) 5 – 5:25 PM (2) NOT SEPT 4	LAP SWIM 4:30-5 PM (4) 5 – 6 PM (3)	*NO SWIM LESSONS or YMCA SWIM TEAM first week of Sept. Programming resumes on Monday, Sept 8. Lap lanes available Sept 2 – 6 during normally scheduled group lesson and YMCA swim team pool time.
4 pm		LAP SWIM 4:30-5:30 PM (6)	YMCA SWIM TEAM* 5 – 6 PM (6) 6-6:30 PM (2) NOT SEPT 2	YMCA SWIM TEAM* 5 – 6 PM (6) 6-6:30 PM (2) NOT SEPT 3	YMCA SWIM TEAM* 5 – 6 PM (6) 6-6:30 PM (2) NOT SEPT 4	YMCA SWIM TEAM* 5 – 6 PM (3) 6-6:30 PM (2) NOT SEPT 5	
5 pm							
6 pm		SWIM LESSONS 5:30 – 6:45 PM (2)		SWIM LESSONS* 5:30 – 6:45 PM (2) NOT SEPT 3			
7 pm		LAP SWIM 5:30 – 6:45 PM (4) 6:45 – 8:45 PM (6)	LAP SWIM 6 – 6:30 PM (4) 6:30 – 8:45 PM (6)	LAP SWIM 6-6:30 PM (2) 6:30-6:45 (4) 6:45-8:45 PM (6)	LAP SWIM 5 – 6 PM (0 lanes) 6 – 6:30 PM (4) 6:30 – 8:45 PM (6)	LAP SWIM 6 – 6:30 PM (4) 6:30 – 8:45 PM (6)	
8 pm							

RECREATION POOL

	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
7 am			WATER FITNESS 7:30 – 8:30 AM (MAX OF 25)		WATER FITNESS 7:30 – 8:30 AM (MAX OF 25)		
8 am							SWIM LESSONS* 8:45 AM – 12 PM NOT SEPT 6
9 am		WATER WALKING 8:15 AM – 12 PM	WATER WALKING 8:30 AM – 12 PM	WATER WALKING 8:15 AM – 12 PM	WATER WALKING 8:30 AM – 12 PM	WATER WALKING 8:15 AM – 12 PM	
10 am	FAMILY SWIM 10:15 AM – 4:45 PM BEACH SWIM 11 AM – 4 PM Sept 28 only: FAMILY SWIM 7 – 11 AM BEACH SWIM 9 – 11 AM Facility closes at 11AM.						
11 am							
Noon		FAMILY SWIM & BEACH SWIM 12 – 1 PM		FAMILY SWIM & BEACH SWIM 12 – 1 PM		FAMILY SWIM & BEACH SWIM 12 – 1 PM	FAMILY SWIM 12 PM – 4:45 PM
1 pm		WATER FITNESS 1 – 2 PM (MAX OF 46)	POOL CLOSED 12 – 4 PM	WATER FITNESS 1 – 2 PM (MAX OF 46)	POOL CLOSED 12 – 4 PM	WATER FITNESS 1 – 2 PM (MAX OF 46)	BEACH SWIM 12 PM – 4 PM
2 pm		WATER WALKING 2 – 2:30 PM		WATER WALKING 2 – 2:30 PM		WATER WALKING 2 – 2:30 PM	Sept 6 only: FAMILY SWIM 9AM-4:45 PM BEACH SWIM 12 PM – 4 PM
3 pm		FAMILY SWIM 2:30 – 4:30 PM		FAMILY SWIM 2:30 – 4:30 PM		FAMILY SWIM 2:30 – 8:45 PM	
4 pm		SWIM LESSONS 4:30 – 7:10 PM	SWIM LESSONS 4 – 6:45 PM	SWIM LESSONS 4:30 – 7:10 PM	SWIM LESSONS 4– 6:45 PM	SWIM LESSONS 3:30 – 6:15 PM Shared pool space	
5 pm							
6 pm		FAMILY SWIM 6 – 8:45 PM BEACH SWIM 6 – 8 PM	FAMILY SWIM 6 – 8:45 PM BEACH SWIM 6 – 8 PM	FAMILY SWIM 6 – 8:45 PM BEACH SWIM 6 – 8 PM	FAMILY SWIM 6 – 8:45 PM BEACH SWIM 6 – 8 PM	FAMILY SWIM 2 – 8:45 PM BEACH SWIM 6 – 8 PM	
7 pm							
8 pm							



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Pool Schedule – Aug 25 to Sept 30 (closed Labor Day)

POOL RULES & REGULATIONS

The following rules have been established for the safety of our members and guests and to comply with Health Department regulations. The YMCA is not responsible for lost or stolen items. Anyone refusing to obey pool rules may be asked to leave the premises.

- Please take a cleansing shower, including your hair, before entering the pool.
- Please do not engage lifeguards in conversation, unless it is an emergency situation. Always respect and adhere to the lifeguard's instructions.
- Walk. Refrain from running on the pool deck. For your safety, dunking, pushing, diving, extended breath holding, rough play, or inappropriate language is prohibited.
- Anyone with exposed, open wounds, open blisters, or cuts should refrain from using the pool.
- If you have had a communicable disease or have been ill with vomiting or diarrhea within the past two weeks, please refrain from entering the water.
- Appropriate swim attire must be worn. Street clothes and cut-offs do not qualify as swim attire.
- No food or drink allowed on the pool deck. Glass containers are not permitted on the pool deck.
- Alcohol, drugs, and tobacco products are prohibited on YMCA grounds. Anyone under the influence of alcohol or drugs is prohibited from using the pool.
- If you have seizure, heart, or circulatory problems please swim with a buddy.
- Swimmers with red wristbands, must be within arms reach of an adult at all times.
- Children under the age of 12 must take a swim test prior to swimming.
- Swimmers in diapers must wear a protective covering, in addition to the swim diaper. Changing of diapers must occur in locker room or restroom.

SWIM TEST & WRIST BAND POLICY

Every child 11 years of age and under must take the swim test. Drowning events are quick, quiet and happen when we least expect it!

- Children who pass the swim test will be issued a green band.
- Children who do not pass or opt out of the swim test will be issued a red band.
- Children who are wearing a red band must be within arms reach of a swimming individual (14+) at all times. The swim test is as follows:
 1. 25 yards (one length) of continuous front crawl, demonstrating good technique and breathing.
 2. Independently climb out of the pool, jump back in.
 3. Thirty seconds of treading, the swimmer's head must stay above water for the whole time.

Red Band: Non-swimmer

Swimmers marked with a red band are required to have a supervising individual (14+) in the water within arms reach at all times. Supervising individual (14+) must actively supervise children regardless of wearing a life jacket.

- Must remain in the shallow area of the pool.
- Adults with multiple children with red wristbands must stay within arms reach of all the children.

Green Band: Swimmer

Swimmers marked with a green band have successfully passed the swim test and are allowed to:

- Swim in the lap lanes
- Use the water slide
- Swim in the deep end

If the swimmer is under 12 they must be accompanied by a supervising individual (14+) in the pool area.