

Tub
or
Pool
 January - April

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 - 10:00	Adult Lap 5:00 - 10:00					Pool Closed	
	Masters 5:45 - 6:45	Swim-4-Tri 6:45 - 7:45	Masters 5:45 - 6:45	Swim-4-Tri 6:45 - 7:45	Masters 5:45 - 6:45	Adult Lap Swim 7:00 - 2:00	Adult Lap Swim 9:00 - 2:00
10:00 - 12:15	Closed					Pool Closed	
12:15 - 2:00	Adult Lap Swim						
2:00 - 4:00	Pool Closed						
4:00 - 5:30	2 Lap Lanes + Pre-Comp 2 Lanes + Swim Team 2 Lanes (4:30 - 5:30)						
5:30 - 7:00	Lap Swim						
7:00 - 10:00	Pool Closed / Aquatic Team Programs						

Pool Schedule

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:00 - 9:00	Adult Lap Swim / Ageless H ₂ O 7:45 - 8:30					Pool Closed	
9:00 - 12:00	Open Swim + Lap Swim	Swim Lessons + Open Swim + 1 Lap Lane + Deep H ₂ O Ex 9:15-10:15	Open Swim + 1 Lap Lane + Par-Tot 10:45 - 11:15	Swim Lessons + Open Swim + 1 Lap Lane + Deep H ₂ O Ex 9:15-10:15	Open Swim + Lap Swim	Adult Lap Swim 7:00 - 11:00 + Adult Swim Lessons 8:00 - 9:00	Adult Lap Swim 9:00 - 11:00
11:30 - 12:00	Preschool Swim Lessons + Open Swim + 1 Lap Lane					Open Swim + 2 Lap Lane 11:00 - 9:00 pm	
12:00 - 1:00	Adult Lap Swim						
1:00 - 3:30	Open Swim + Lap Swim	Swim Lessons+ Open Swim + 1 Lap Lane	Open Swim + 1 Lap Swim	Swim Lessons+ Open Swim + 1 Lap Lane	Open Swim + Lap Swim		
3:30 - 4:00	Preschool Swim Lessons + Open Swim + 1 Lap Lane						
4:00 - 4:30	Open Swim + 1 Lap Lane + Swim Lessons	Open Swim+ 1 Lap Lane 4:00 - 5:15 + Swim Lessons 4-7	Open Swim + 1 Lap Lane + Swim Lessons	Open Swim+ 1 Lap Lane 4:00 - 5:15 + Swim Lessons 4-7	Open Swim + 1 Lap Lane + 2 Swim Team 5:30 - 7:00		
4:30 - 7:30	Swim Lessons + Swim Team + Open Swim NO LAP 5:30-6:15 NO OPEN 6:15 - 7:30	Swim Team 4:30 - 6:00 Open Swim NO LAP 4:30 - 5:15 NO OPEN 5:15 - 6:00 Evening H ₂ O 6:45 - 7:30 + 1 Lap +Open	Swim Lessons + Swim Team + 1 Lap Lane NO OPEN 5:30-6:15 NO LAP 6:15 - 7:30	Swim Team 4:30 - 6:00 Open Swim NO OPEN 4:30 - 5:15 NO LAP 5:15 - 6:00 Evening H ₂ O 6:45 - 7:30 + 1 Lap +Open	Special Olympics Feb. - May 5:30 - 7:00 NO LAP		
7:30 - 9:00	Open Swim + Lap Swim + Aqua Zumba (Wed only) 7:30-8:30						
9:00 - 10:00	Adult Lap Swim						

January - April



ALL SCHEDULES SUBJECT TO CHANGE

For most up to date pool schedule please check www.samena.com

SPECIAL OLYMPICS "SAMENA SPLASHERS" SWIM TEAM

Athlete's train with a coach, receive stroke instruction, and practice to enhance their skills throughout the season. Participants must be able to swim on their own or unassisted with a lifejacket the length of the pool.

Day: Friday
Dates: January 27- Pizza Party Kick off
 February 3 - May 25 Practices
Time: 5:30 - 6:15pm Juniors
 6:15 - 7:00pm Seniors
Cost: \$75
King County Regional Meet: April 21

Special Olympics Volunteers Needed!

WA State Summer Games: June 2
Location: Indoor Pool
Contact: Stephanie Segovia
 (425) 746-1160 ext 115
stephanies@samena.com