

# SKAGIT VALLEY FAMILY YMCA POOL SCHEDULES

Revised 9/12/2025 | Schedule subject to change without notice  
Please check the Aquatics Homepage for any changes to the pool schedule.

## Lap Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
6am	5am - 8:30pm	5am - 8:30pm	5am - 8:30pm	5am - 8:30pm	5am - 8:30pm		
7am	Lane 3 reserved from 5:45-7:00am for SVY Tritons Swim Team					Lap Swim	
8am						7am - 3:30pm	
9am						Swim Lessons Lanes 5-6 8:15am - 12:00pm	
10am							
11am							
Noon						OPEN/LAP SWIM	OPEN/LAP SWIM
1pm						12-3:30 pm 4 Lanes Lap Swim 2 Lanes Open Swim	12-3:30 pm 4 Lanes Lap Swim 2 Lanes Open Swim
2pm							MEMBER ONLY SUNDAY (no drop-ins)  Not a member? Join today to swim on Sundays!
3pm							
4pm	<u>Swim Team Practice Schedule</u>  Mount Vernon High School: 3:00 - 4:30pm (2 lap lanes open) SVY Tritons*: 4:30 - 7:00pm (No lap lanes open) (*Beginning Sept. 3) BE/SW High School: 7:00 - 8:30pm (1 lap lane open)						
5pm							
6pm							
7pm							
8pm							
9pm							

-----Pool Closes at 8:30 pm-----

-----Pool Closes at 3:30 pm-----

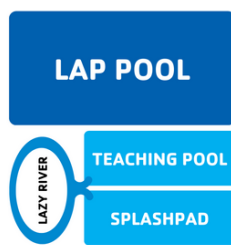
All Lap Lanes will be closed for swim meets. Swim meet schedule can be viewed on the Aquatics Homepage.

**LAP SWIM:** Lap lanes are available to all members at this time. All swimmers 14 years and under who wish to participate in lap swim must complete a 25-yard continuous swim using one or a combination of the 4 approved strokes (front crawl, breast stroke, butterfly, or sidestroke). Swimmers who cannot complete the required 25-yard swim are asked to use the Recreational Pool. Please be courteous of other swimmers and choose a lane that best fits your speed. Circle swimming (always swimming on the right side of the lane) is recommended when two or more swimmers are in one lane. Swimmers needing the stairs or lift chair have priority in Lane 1.

**OPEN SWIM:** During Open Swim in Lap Pool, half of the Lap Pool will be open for recreational swim. The deep end will be marked off with a safety line. Any swimmer under the age of 14 will be asked to complete a swim test to use the deep end of the pool.

**SWIM TEST:** A swim test is required for any swimmer ages 13 and under or any individual the lifeguard does not feel comfortable with in the lap pool or in the deep end during open swim. Anyone may be asked to pass the swim test if the lifeguard on duty feels it is warranted out of safety concerns.

**Swim Test Requirements:** The swim test will consist of jumping feet first into the deep end, treading water for 1 minute, and swimming 25 yards using a face in the water/side breathing freestyle technique. If a swimmer needs to stop or grab the lap lanes, they do not pass the swim test and are not allowed in the deep end of the lap pool. Once passed, a wrist band will be given to the swimmer which allows them to swim in the lap pool. On the way out, the swimmer should stop by the Welcome Center to have staff update their account. Welcome Center Staff will give the swimmer a stamp on their hand at all future visits and they will not have to complete the swim test again.



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## Teaching Pool

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
6am	5 - 8am	5 - 8am	5 - 8am	5 - 8am	5 - 8am		
7am	Aqua Strength & Stability 7-8am*		Aqua Strength & Stability 7-8am*		Aqua Strength & Stability 7-8am*	Lap Swim 7 - 8 am	
8am	H2O Fitness 8-9 am*	Aqua Flow 8-9 am*	H2O Fitness 8-9 am*	Aqua Flow 8-9 am*	H2O Fitness 8-9 am*		
9am	Open Swim 9am - 4pm				Open Swim	Group Swim Lessons 8:00 - 12:00pm	
10am					9-10:40am		
11am					Swim Lessons 10:40am -12:55pm		
Noon					Open Swim	OPEN/LAP SWIM	OPEN/LAP SWIM
1pm					12:55-8:30pm	12-3:30 pm	12-3:30 pm
2pm							MEMBER ONLY SUNDAY (no drop-ins)  Not a member? Join today to swim on Sundays!
3pm							
4pm							
5pm	Swim Lessons 4-7 pm	Swim Lessons 4-6:30 pm	Swim Lessons 4-7pm	Swim Lessons 4-6:30 pm			
6pm							
7pm	Open Swim 7 - 8:30pm	Open Swim 6:30 - 8:30pm	Open Swim 7 - 8:30pm	Open Swim 6:30 - 8:30pm			
8pm							
9pm							

-----Pool Closes at 8:30 pm-----

-----Pool Closes at 3:30 pm-----

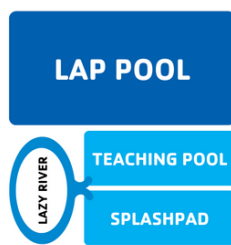
LAP SWIM: All lanes are reserved for lap swim or water walking/personal exercise time. During this time, no basketballs or other throwing toys will be allowed in the Teaching Pool. This is a great time to get some exercise before open swim! \*Private swim lessons may occur on Tuesdays/Thursdays 8-10am in the Teaching Pool. Lessons will share space with swimmers/water walkers, and no space will be reserved.

OPEN SWIM: All lane lines are pulled out, and we allow basketballs in the Teaching Pool. Come and have fun shooting hoops!

\*Aqua fitness classes: For those looking for a low-impact workout that will exercise both the upper and lower body. Low to moderate intensity. Pre-registration is required as space is limited.

- Parents must accompany non-swimming children and children in flotation devices. If a child has a flotation device on, the child must be within arm's reach.
- Swimmers must be at least 48" to use the Teaching Pool by themselves.
- No kickboards are allowed in the Teaching Pool as they obscure the lifeguard's ability to see the bottom of the pool.
- Mermaid tails or other devices that restrict the free movement of arms or legs are not allowed.
- Be respectful of other swimmers and lifeguards
- Follow lifeguards' directions and instructions
- Anyone who refuses to obey the pool rules is subject to removal from the premises and membership restrictions.

Thank you for helping keep our aquatic center safe!



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## The Lazy River

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am	River Walk	River Walk	River Walk	River Walk	River Walk		
6am	5 - 10 am	5 - 10 am	5 - 10 am	5 - 10 am	5 - 10 am		
7am						River Walk	
8am						7 - 10 am	
9am							
10am	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	Open Swim	
11am	10am - 1pm (Water Features Off 10-12)	10am - 8:30pm (Water Features Off 10-12)	10am - 1pm (Water Features Off 10-12)	10am - 8:30pm (Water Features Off 10-12)	10am - 1pm (Water Features Off 10-12)	10am - 3:30pm (Water Features Off 10-12)	
Noon							Open Swim
1pm							12-3:30 pm
2pm	River Closed Skagit Regional Health Physical Therapy 1:00 - 5:00 pm		River Closed Skagit Regional Health Physical Therapy 1:00 - 5:00 pm		River Closed Skagit Regional Health Physical Therapy 1:00 - 5:00 pm		MEMBER ONLY SUNDAY (no drop-ins)
3pm							Not a member? Join today to swim on Sundays!
4pm							
5pm	Open Swim		Open Swim		Open Swim		
6pm	5:00 - 8:30 pm		5:00 - 8:30 pm		5:00 - 8:30 pm		
7pm							
8pm							
9pm							

-----Pool Closes at 8:30 pm-----

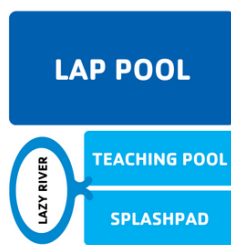
-----Pool Closes at 3:30 pm-----

**RIVER WALK:** The Lazy River will be turned on with no water features. This time is designed for walking with or against the current, providing a full-body workout with very low impact. No pool toys will be allowed in the Lazy River during this time.

**OPEN SWIM:** The Lazy River and water features will be on. This is a great time to come have fun in the Lazy River!

**PHYSICAL THERAPY:** Skagit Regional Health will have exclusive use of the Lazy River to provide aquatic therapy to their patients. If there are no appointments, the Lifeguards may open the Lazy River but may also have to close it on short notice if the next appointment arrives.

- Parents must accompany non-swimming children and children in flotation devices. If a child has a flotation device on, the child must be within arm's reach.
- Swimmers must be at least 48" to use the Lazy River by themselves.
- No jumping into lazy river from deck. Access to lazy river from Beach Area only.



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## The Splashpad

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5am							
6am							
7am							
8am						Swim Lesson 8:30-8:55am	
9am						Open Swim	
10am	Open Swim 10 am - 8:30 pm	Open Swim 10 am - 8:30 pm	Open Swim 10 am - 8:30 pm	Open Swim 10 am - 8:30 pm	Open Swim 10 am - 8:30 pm	9 am - 3:30 pm	
11am							
Noon							Open Swim 12-3:30 pm
1pm							
2pm							
3pm							
4pm							
5pm							
6pm							
7pm							
8pm							
9pm							

-----Pool Closes at 8:30 pm-----

-----Pool Closes at 3:30 pm-----

OPEN SWIM: All water features are on! A great place to bring the little ones to cool off on a hot day or a great place for exercise in the cold weather.

- Swimmers under 48" can use the Beach without a parent as long as they stay on the shallow side of the divider.
- Children who are not yet toilet trained are not allowed in the pool without swim diapers or rubber swim pants (may be purchased at the Welcome Center).
- Parents must accompany non-swimming children and children in flotation devices. If a child has a flotation device on, the child must be within arm's reach.
- Mermaid tails or other devices that restrict free movement of arms or legs are not allowed.
- Diapers must be changed at designated diaper change areas only.
- Be respectful of other swimmers and lifeguards.
- Follow lifeguards' directions and instructions.
- Anyone who refuses to obey the pool rules is subject to removal from the premises and membership restrictions. Thank you for helping keep our aquatic center safe!