

Competition Pool Schedule

As of August 20, 2018

Session drop-in rates, 3-month passes and annual passes are only valid for open recreation and open lap aquatic time (**those items on schedule in bold**). There are separate fees for swim lessons, water fitness, Homeschool Program, FlowRider®, U.S. Master's Swimming and other aquatic programs (those items on schedule NOT in bold).

Please visit us at www.snohomishaquatic.com for a complete list of fees, program descriptions, rules and other important facility information.

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:30 – 7 a.m.	Glacier Peak Cross Country (CP)	Snohomish School District Swim/Dive Teams (CP)	Glacier Peak Cross Country (CP)	Snohomish School District Swim/Dive Teams (CP)	Glacier Peak Cross Country (CP)
	U.S. Master's Swimming (CP)	Snohomish High School Cross Country (CP)	U.S. Master's Swimming (CP)	Snohomish High School Cross Country (CP)	U.S. Master's Swimming (CP)
5:30 a.m. – 2:30 p.m.	Open Lap (CP)	Open Lap (CP)	Open Lap (CP)	Open Lap (CP)	Open Lap (CP)
8:30 – 9:30 a.m.		U.S. Master's Swimming (CP)		U.S. Master's Swimming (CP)	
2:30 – 6 p.m.	Snohomish School District Swim/Dive Teams (CP)	Snohomish School District Swim/Dive Teams (CP)	Snohomish School District Swim/Dive Teams (CP)	Snohomish School District Swim/Dive Teams (CP)	Snohomish School District Swim/Dive Teams (CP)
5:30 – 7 p.m.	Swim Lessons (CP)		Swim Lessons (CP)		
6 – 8 p.m.	Snohomish StingRay Swim Team (CP)	Snohomish StingRay Swim Team (CP)	Snohomish StingRay Swim Team (CP) Monroe YMCA Swim Team (CP)	Snohomish StingRay Swim Team (CP)	Snohomish StingRay Swim Team (CP)
6:30 – 7:15 p.m.		Diving Lessons: Beginner (CP)		Diving Lessons: Beginner (CP)	
6:45 – 7:45 p.m.					Paddle Board Yoga* (CP)
7 – 8 p.m.	HIIT Deep (CP)	Swim Lessons (CP)	Deep Water Aerobics (CP)	Swim Lessons (CP)	
7:30 – 8:30 p.m.		Diving Lessons: Intermediate (CP)		Diving Lessons: Intermediate (CP)	
8 – 9 p.m.	Monroe High School Dive Team	U.S. Master's Swimming (CP)	Monroe High School Dive Team	U.S. Master's Swimming (CP)	Monroe High School Dive Team
		Open Lap (CP)		Open Lap (CP)	
8 – 9:30 p.m.	Sno-Peak Water Polo		Sno-Peak Water Polo		Sno-Peak Water Polo

TIME	SATURDAY	SUNDAY
6 – 8 a.m.	Snohomish Sting Ray Swimming (CP)	
7 – 8:00 a.m.	HIIT Deep (CP)	
8 – Noon	Snohomish School District Swim/Dive Teams (CP)	
9 -- 10 a.m.		Open Lap
10 -- noon		Northwest Underwater Hockey Club
9 -- Noon		Snohomish Sting Ray Swimming (CP)
Noon – 1:30 p.m.	Open Rec Swim/Dive/Lap (CP)	Open Rec Swim/Dive/Lap (CP)
2 – 3:45 p.m.	Open Rec Swim/Dive/Lap (CP)	Wibit (CP)
4 – 5:45 p.m.	Open Rec Swim/Dive/Lap (CP)	Wibit (CP)

Our 10-lane competition pool is 78-80 degrees Fahrenheit. It measures 25 yards by 25 meters and is 7-12 ½ feet deep. There are two, 1-meter diving boards.

LIFE JACKETS, FLOTATION DEVICES AND AQUATIC TOYS

Swim caps and goggles are allowed. The Snohomish Aquatic Center does have some lifejackets that are available free of charge. Tubes and other aquatic toys are also provided free for our guests to use while at the facility. Please do not bring noodles, swimmies, water wings, toys or any other flotation devices from home, as they will not be allowed in the pool.

WIBIT

On your mark, get set... have fun! Think of the Wibit as a floating play structure. Our structure includes a swing, climbing walls, a jumping platform and slides all built in. The Wibit is certain to entertain guests of all ages.

POOLSIDE LIFT

We have a portable, poolside lift to assist guests needing help getting into or out of the pool. It has a 450-pound lift capacity. Guests needing assistance should contact a lifeguard. Guests must provide an assistant or be able to transfer themselves onto the seat of the lift.

POOL RULES

Safety is our top priority. Guests 6 and under must be accompanied into the pool by a supervising guest (14+) at all times. Guests 6 and under must be within arm's reach of the supervising guest. Guests 11 and under must be supervised by a guest (14+) in the building at all times. One adult may monitor no more than three children (ages 6 and under) in the water. Guests may be subject to a simple swim assessment to determine swim ability. Swim assessment consists of stroke proficiency and ability to be in the water without assistance. Youth guests who want to lap swim or use the diving boards will be tested for competency prior to being allowed in the competition pool.