



Summer Schedule

Main Pool @ Tom Taylor Family YMCA

July 1st - September 30th

10550 Harbor Hill Drive
Gig Harbor, WA 98332
(253)853-9622

	MON	TUE	WED	THU	FRI	SAT	SUN
4am	Lap Swim 6 Lanes Open 4:45am - 6:55am	Lap Swim 6 Lanes Open 4:45am - 6:55am	Lap Swim 6 Lanes Open 4:45am - 6:55am	Lap Swim 6 Lanes Open 4:45am - 6:55am	Lap Swim 6 Lanes Open 4:45am - 6:55am		
6am		Masters Swim 4 Lanes Open 6am - 7:30am		Masters Swim 4 Lanes Open 6am - 7:30am		Masters Swim 1 Lane Open 6:30am - 8am	
7am	Aqua Boot Camp Tammy 2 Lanes Open 7am - 8am		Aqua Boot Camp Tammy 1 Lanes Open 7am - 8am		Aqua Boot Camp Tammy 2 Lanes Open 7am - 8am		
8am	Aqua Boot Camp Laura 2 Lanes Open 8am - 9am	Deep Water Aerobics Linda 3 Lanes Open 8am - 9am	Aqua Boot Camp Laura 2 Lanes Open 8am - 9am	Deep Water Aerobics Linda 3 Lanes Open 8am - 9am	Aqua Boot Camp Laura 2 Lanes Open 8am - 9am	Private Swim Lessons 2 Lanes Open 8am - 9am	Lap Swim 6 Lanes Open 8am - 9am
						Deep Water Aerobics Chieko 3 Lanes Open 8am - 9am	
						Swim Lessons 2 Lanes Open 8:15am - 12pm	
9am	Swim Lessons 1 Lane Open 9am - 12pm	Swim Lessons 2 Lanes Open 9am - 12pm	Swim Lessons 1 Lane Open 9am - 12pm	Swim Lessons 2 Lanes Open 9am - 12pm	Private Swim Lessons 4 Lanes Open 9am - 11am		Private Swim Lessons 4 Lanes Open 9am - 12:30pm
11am	Deep Water Aerobics Leslie 1 Lane Open 11am - 12pm		Deep Water Aerobics Leslie 1 Lane Open 11am - 12pm		Deep Water Aerobics 3 Lanes Open 11am - 12pm		
12pm	Lap Swim 6 Lanes Open 12pm - 4pm	Lap Swim 6 Lanes Open 12pm - 3:15pm	Lap Swim 6 Lanes Open 12pm - 4pm	Lap Swim 6 Lanes Open 12pm - 3:15pm		Private Swim Lessons 5 Lanes Open 12pm - 6pm	
1pm							Swim Lessons 2 Lanes Open 1pm - 3:10pm
3pm		Swim Lessons 2 Lanes Open 3:30pm - 7pm		Swim Lessons 2 Lanes Open 3:30pm - 7pm	Private Swim Lessons 3 Lanes Open 3:30pm - 7pm		Lap Swim 6 Lanes Open 3:15pm - 6:30pm
4pm	Swim Lessons 2 Lanes Open 4pm - 7pm		Swim Lessons 2 Lanes Open 4pm - 7pm				
5pm					Swim Team 1 Lane Open 5:30pm - 7pm		
6pm						Lap Swim 6 Lanes Open 6pm - 9pm	
7pm	Swim Team 1 Lane Open 7pm - 8pm	Swim Team 1 Lane Open 7pm - 8pm	Swim Team 1 Lane Open 7pm - 8pm	Swim Team 1 Lane Open 7pm - 8pm	Lap Swim 6 Lanes Open 7pm - 9pm		
8pm	Lap Swim 6 Lanes Open 8pm - 9pm	Lap Swim 6 Lanes Open 8pm - 9pm	Lap Swim 6 Lanes Open 8pm - 9pm	Lap Swim 6 Lanes Open 8pm - 9pm			

Please note that all classes are subject to change due to demand and participation. For your safety, it is recommended you consult your physician prior to starting any exercise program.

For further schedule information, including class description, instructor names, lap lane availability or program notifications please visit us at www.ymcapk.org or on our mobile application.



Class Descriptions Tom Taylor Family YMCA

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Aqua Boot Camp - High-intensity and low impact to give you a full body workout with cardio and strength training while utilizing the pool and deck.

Deep Water Aerobics - With a focus on core muscles and cardiovascular conditioning, you'll work your whole body in this water class. Flotation belts are available and basic swim skills are recommended.

Lap Swim - Enjoy swimming for physical fitness. Lap lane etiquette is posted in pool area.

Masters Swim - For swimmers interested in meeting other swim enthusiasts including lap swimmers, tri-athletes, and competitive swimmers. A coach is on deck ready to assist participants in improving technique and strokes.

Private Swim Lessons - Private and semi-private swimming lessons are available for an additional fee.

Swim Lessons - Group swim lessons available for ages 6 months to adult. Registration required.

Swim Team - Engage in competitive swimming with a goal-focused emphasis. Swim team participation promotes sportsmanship, self-esteem, self-discipline, self-improvement, and social interaction. Participants must be at least at the Level 6 swimming level.

Swimmers under 8 years old must be accompanied by an adult in swim attire within arm's reach.

All swimmers must shower prior to entering the pool.

Special hours of operation:

- Independence Day | July 4, 7am – 1pm
- Summer Celebration | August 17, 4:45am – 5pm
- Labor Day | September 3, 7am-3pm

ALL POOLS CLOSED | September 5-14