



AQUATICS GUIDE



EXPLORE MORE!

REGISTER ONLINE!
SEATTLE.GOV/PARKS

ABOUT US

MANAGEMENT

Jesús Aguirre Superintendent
Christopher WilliamsDeputy Superintendent
Kelly GuyDirector of Recreation
Katie Gray.....Deputy Recreation Director
Kathy Whitman.....Aquatics Manager

MISSION

Seattle Parks and Recreation provides welcoming and safe opportunities to play, learn, contemplate and build community, and promotes responsible stewardship of the land.



ASSOCIATED RECREATION COUNCIL

For 40 years, the Associated Recreation Council (ARC) has provided recreation, lifelong learning

programs and community-driven leadership in partnership with Seattle Parks and Recreation. With a goal of providing equitable access to citywide programs for Seattle residents of all ages, ARC works through 36 volunteer Advisory Councils to fulfill its mission of “building community through citizen engagement and participation in recreation and lifelong learning programs.” ARC is a 501c3 nonprofit organization. For more information, go to www.arcseattle.org.

HOLIDAYS OBSERVED

- Memorial Day
- Independence Day
- Labor Day
- Veterans’ Day
- Thanksgiving Day
- Day after Thanksgiving
- Christmas Day
- New Year’s Day
- Martin Luther King, Jr Day
- Presidents’ Day

AQUATIC ADMINISTRATION

4209 W Marginal Way SW • Seattle, WA 98106
For community center and pool event information and updates, visit the web at <http://www.seattle.gov/parks/centers/>.

TABLE OF CONTENTS

About Us.....	2
Lifeguarding.....	3
Pool Information.....	4
Recreation Programs.....	5
Swimming Pools.....	6
Swim Lessons.....	7
Swimming Lessons and Specialty Courses.....	8
Fitness Programs.....	9
Fees and Charges.....	10
Summer Aquatics.....	11
Outdoor Aquatics.....	12
Special Events.....	13
General Information.....	14-15
Public Boating Programs.....	16

Aquatics Guide Updated 05/01/16



DISCLAIMER

Although we strive to be accurate, this brochure is published for information purposes only. Changes may be necessary to the content depending on levels of participation or other factors, and fees may change after City Council action on the City budget each year. Please visit www.seattle.gov/parks for updated information.

American Red Cross Lifeguard Training Course

This course is the first step for anyone interested in working in aquatics; it includes American Red Cross Lifeguard Training First Aid, and CPR, and AED for Lifeguards. Participants must be 15 years old prior to completion of course.

Pre-course test of swimming 300 yards, treading water using legs only, and retrieving brick from the bottom of the pool is required to register for class. Participants must register with proof of age after passing the pre-course test.

Printed materials and course supplies such as a pocket mask may be obtained by contacting the Seattle Red Cross at 206-323-2345. All Red Cross certification classes now include access to online resources. Books, study guides, and video scenarios may require computer access outside of class time. Seattle Parks and Recreation course fees include Red Cross certification fees and access to online materials.

Cost: \$160 + books and pocket mask (prices as of May 2016; prices subject to change)

Schedule: Visit www.seattle.gov/Parks/aquatics/employment.htm.

NW Lifeguard Test Schedule

This test is required for employment. Information on taking the NW test and grading criteria can be found at <http://www.seattle.gov/parks/aquatics/employment.htm>.



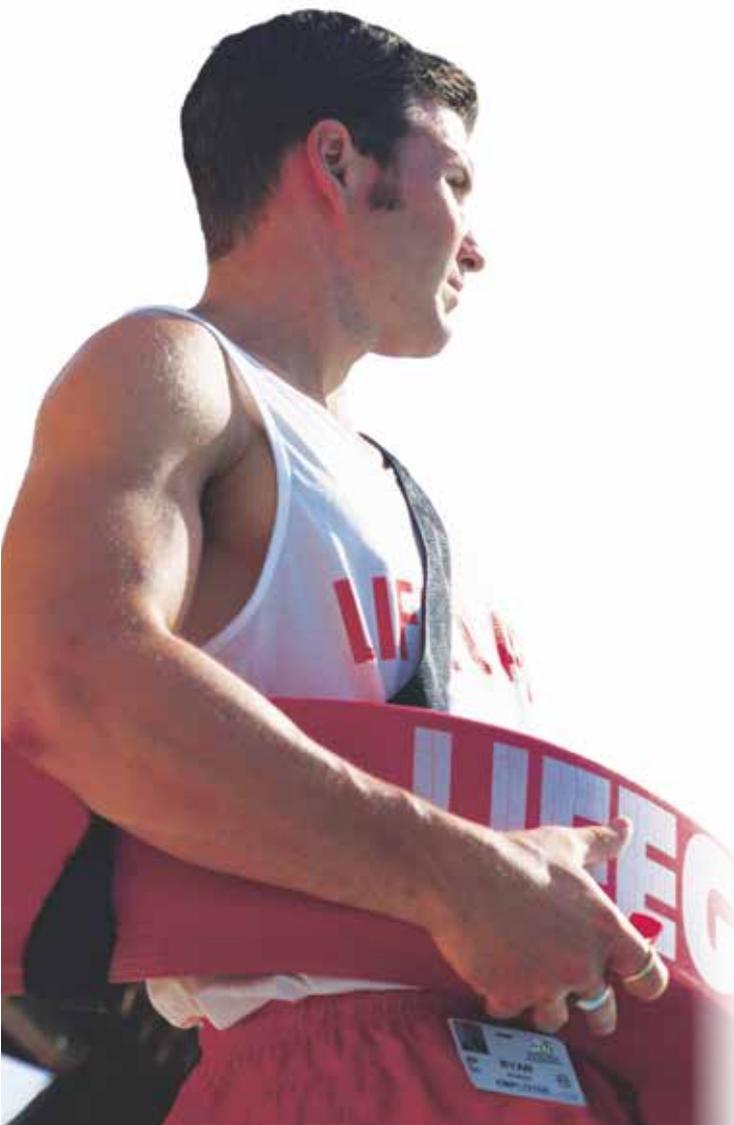
NOW HIRING LIFEGUARDS!

- Save lives
- Teach Swim Lessons
- Serve The Community
- Great pay starts at \$16.87 (prices as of May 2016, prices subject to change)

STEPS TO HELP YOU SUCCEED

- Find a Red Cross Lifeguard Training Course
- Complete prerequisite swim skills
- Successful completion of Northwest Lifeguard Test
- Apply for a job!

Other aquatic jobs are Swimming Pool Cashiers and Recreation Attendants for Wading Pools – call or visit us online to learn more!



POOL INFORMATION

1 BALLARD POOL

1471 NW 67th St ■ 206-684-4094
www.seattle.gov/parks/aquatics/Ballardp.htm
Served by Metro bus #15, Rapid Ride D

2 EVANS POOL

7201 E Green Lake Drive N ■ 206-684-4961
www.seattle.gov/parks/aquatics/Evanspool.htm
Served by Metro bus #16, 26 and 48

3 HELENE MADISON POOL

13401 Meridian Ave N ■ 206-684-4979
www.seattle.gov/parks/aquatics/madisonpool.htm
Served by Metro bus #317

4 MEADOWBROOK POOL

10515 35th Ave NE ■ 206-684-4989
www.seattle.gov/parks/aquatics/meadowbrookpool.htm
Served by Metro bus #65

5 MEDGAR EVERS POOL

500 23rd Ave ■ 206-684-4766
www.seattle.gov/parks/aquatics/everpool.htm
Served by Metro bus #3, 4 and 48

6 QUEEN ANNE POOL

1920 1st Ave W ■ 206-386-4282
www.seattle.gov/parks/aquatics/queenannepool.htm
Served by Metro bus #3, 4, and 13

7 RAINIER BEACH POOL

8825 Rainier Ave S ■ 206-386-1925
www.seattle.gov/parks/aquatics/rainierbeachpool.htm

8 SOUTHWEST POOL

2801 SW Thistle St ■ 206-684-7440
www.seattle.gov/parks/aquatics/swpool.htm
Served by Metro bus #22

Summer Only

9 COLMAN POOL

8603 Fauntleroy Way SW ■ 206-684-7494
www.seattle.gov/parks/aquatics/colman.htm
Served By Metro bus # Rapid Ride C, 116, 118, and 119

10 LOWERY C. "POP" MOUNGER POOL

2535 32nd Ave W ■ 206-684-4708
www.seattle.gov/parks/aquatics/mounger.htm
Served by Metro bus #19, 24, 31, and 33



Take
the
Plunge!

GET STARTED AT A POOL NEAR YOU

Some examples are:

- Swim Lessons
- Personal Swim Lessons
- Fitness Classes
- Lap Swims
- Public Swims
- Family Swims

Public Swim

Public Swim is a recreational swimming time for all ages to enjoy. Groups, such as camps or large birthday parties, need to call at least one week in advance to ensure availability.

Family Swim

This is a time for families to enjoy the pool. It's an excellent time for the young in years and the young at heart to practice swimming skills and to spend quality time together! A parent must accompany children in the water during all family swims.

Pool Playland

For children 5 and younger with an adult.

Playland is a "gentle" public swim featuring our favorite water toys. This is intended for children 5 years and younger. An adult, 18 years or older, must accompany all children in the water.

Early Morning Lap Swim

Access to Early Morning Lap Swim (EMLS) requires a QUICK Card, check, or exact change.

To obtain a QUICK Card visit your local pool during regular operating hours. Cards can then be loaded with either a 30-Day Pass or 10-Swim Recreation Pass at the pool or by phone. A photo is required

and taken at the time of initial purchase. Cards are issued to individuals and are not transferable. Cards may be reloaded at EMLS by check only.

Lap Swim

Lap Swim is a continuous lap swim for swimmers of all ages; we divide the lanes according to speed levels.

Adult and Senior Swim

Adult and Senior Swim is time set aside for recreational swimming for adults 18 or older. We set aside one part of the pool for lap swimming and leave the rest of the pool available for less structured swimming.

Women's Single-Gender Swim

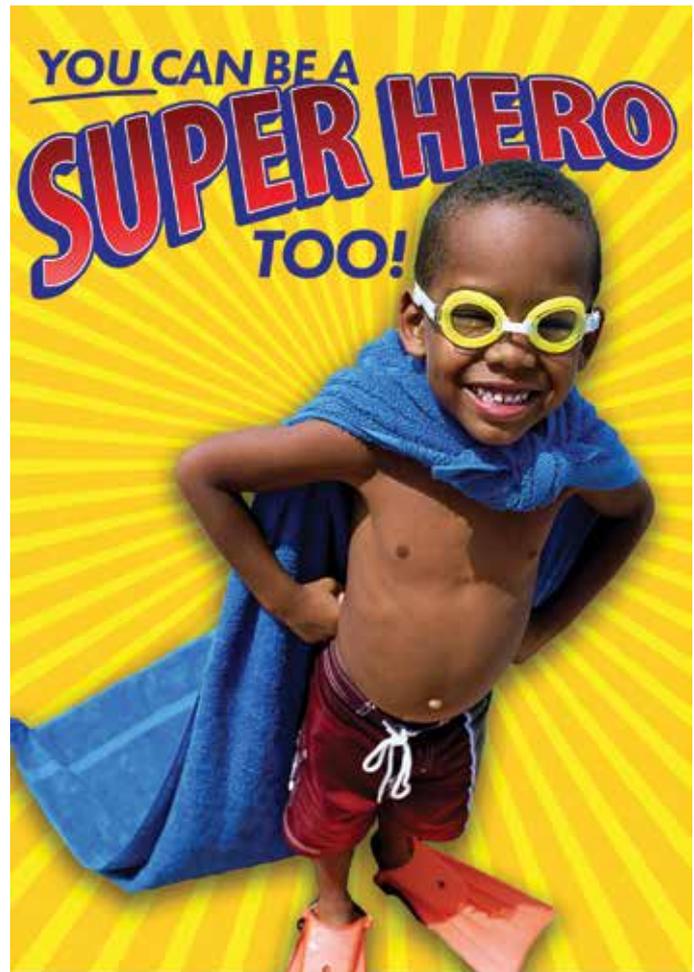
Seattle Parks and Recreation is proud to offer single gender swimming opportunities for women who (because of cultural, personal, or religious reasons) choose not to swim in a co-ed environment. During these programs the windows to the pool are covered for privacy and only female staff are employed. All women 12 years and older are welcome to participate. Meadowbrook Pool, Rainier Beach, and Southwest Pool.



SWIMMING POOLS

POOL POLICIES

- ◆ Pools are family recreation facilities. Please dress and act accordingly.
- ◆ Children under 6 years of age and those under 48" in height must be directly supervised in the water by an adult and must be within arm's length distance at all times.
- ◆ Food and drinks (other than water) are not allowed in the locker rooms or on the pool deck. Please do not bring glass containers into the locker rooms or pool deck.
- ◆ Please enter the building through the front entrance and check in with the cashier before entering pool area.
- ◆ For your children's safety, please monitor them at all times.
- ◆ Children 6 years and older must use appropriate locker rooms for their gender.
- ◆ In the interest of public health, children who are not toilet-trained must wear swimming diapers or a cloth diaper with a plastic cover that has tight-fitting legs. No regular disposable diapers or loose-fitting swim suits are allowed. Children's swim diapers are available for sale.
- ◆ It is the policy of Seattle Parks and Recreation that any person who registers for a swim class that is cancelled for any reason by the Department will receive a full refund. In the event of an unplanned cancellation of a single session of a class, that class will be rescheduled whenever possible. If it cannot be rescheduled the participant will receive a refund. A participant may be issued a refund if he/she drops a class, and notifies the program coordinator, prior to the second class session. The pro-rated class fee, plus a service charge of \$5 or 10% of the fee, (whichever is greater), will be retained by the facility. If a participant drops a class after the second session of a series, no refund will be given.



Seattle Children's
HOSPITAL • RESEARCH • RECREATION

AS PART OF OUR COMMITMENT TO WATER SAFETY, Seattle Parks and Recreation – in partnership with Seattle Children's Hospital, Tulalip Tribes and the support of many caring individuals – is offering Learn to Swim Scholarships to offset the cost of swim lessons for youth ages 4 to 16.

HOW TO DONATE: To make a contribution to the Learn to Swim Scholarship Fund, visit any Seattle Parks and Recreation pool or donate online to <https://donatenow.networkforgood.org/learntoswim>. For more information, call your local pool or 206-684-7185. **Be a hero and help every child become a super swimmer!**

DO YOU KNOW A CHILD WHO NEEDS A SCHOLARSHIP? For more information on applying or to receive a low-income scholarship application, please contact your neighborhood pool. Funding is limited. Approved scholarships can be used for Kinder lessons (ages 4 to 5), Beginning Swimmer lessons (ages 6 to 16) and Advanced Swimmer lessons (ages 6 to 16).



<https://donatenow.networkforgood.org/learntoswim>

Lesson prices vary by age and length of session. Call pools for more information.

Parent and Child Swim Lessons

Ages 6 months – 4 years

This is an American Red Cross course that helps parents introduce infants and toddlers to the swimming pool as we teach basic water adjustment and swimming movements. Songs and games create an atmosphere of fun, enjoyment, and relaxation. Each child must be accompanied into the water by a parent or adult. Swim diapers or tight fitting plastic pants are required.

Three-Year-Olds Lessons

Age 3

Start your child learning basic swimming skills and water safety in a small group with other 3 year-olds. We introduce children to basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls, and water safety skills. Children must have initial water comfort and be able to work in the water with an instructor. To ensure safety and quality, we maintain a 3:1 student to instructor ratio.

Kinder Basics

Ages 4 and 5

This gentle Kinders course is geared towards 4 and 5-year-old students who are practicing putting their face in the water and are not yet floating independently.

Beginning Swimmer

Ages 6 – 16

Our specially designed Seattle Swims Lesson Program puts the emphasis on safety, fitness, and fun! Our teaching techniques utilize well organized progressions for learning, plenty of practice, and

instructor feedback. We will group children by ability on the first day of class to provide the best opportunity for your child's success.

Advanced Swimmer

Ages 6 – 16

Swimmers who have received a card indicating they have mastered "Beginning Swimmer" may sign up for "Advanced Swimmer" classes. Instructors will introduce and guide swimmers through other strokes while continuing to teach safety, fitness, and skill proficiency.

Prerequisite: Swimmers must have passed Beginner Swimmer, be comfortable in deep water and able to swim 15 yards without stopping. They must demonstrate good Front Crawl Stroke with bilateral breathing, and proper whip kick on their back. Children not ready will be moved to Beginner Swimmer if there is room.

Learning New Strokes: Also adds Elementary Backstroke, Breaststroke, and Butterfly along with continued practice in Front Crawl Stroke and Backstroke.

Increasing Endurance and Proficiency: Increased distances and more refinement of the previous strokes along with sidestroke are taught in this course.

Proficiency, Fitness and Water Safety: Teaches increased mastery of technique and endurance in all the strokes plus safety and basic rescue techniques.



SWIM LESSONS AND SPECIALTY COURSES

Swim Team Prep

Ages 6 – 17

Experience the fun of competitive swimming - this class is for advanced swimmers who are interested in preparing for swim team or just learning competitive swim skills. The coaches will emphasize improving stroke technique, turns and racing starts, building teamwork, and getting a strong workout for increased endurance. Please register for this course in advanced. Some pools may be able to accommodate students on a drop-in basis. Please ask for more information from your pool.

Prerequisite: Advanced swimming ability.

Summer Swim League

Ages 7 – 18

Summer Swim League is a novice swim team operated by Seattle Parks and Recreation. Join the Summer Swim League at your local pool to have fun, make friends, and learn competitive strokes, starts, and turns. The minimum swimming requirement is one length (25 yards) of any competitive stroke.

Diving

Ages 7 – 17

Have fun while learning critical safety habits, basic springboard diving skills, and proper form while supervised by an experienced diving instructor. Work on skill progressions for forward and back approaches, take-offs, forward and back dives, inward dives, and more. **Prerequisite:** Advanced swimming ability, ability to dive from the side, and confidence in deep water.

Jr. Lifeguarding

Ages 9 – 15

Junior Lifeguards will practice teambuilding, water rescues, and improve their swimming skills while learning about water safety, lifesaving skills, first aid, and CPR. This fun and educational camp will include in-water time and deck time. Opportunities to volunteer as Jr. Lifeguard for public swims and/or swim lessons may be available for participants upon completion of the program. **Prerequisite:** Advanced swimming ability.

Synchronized Swimming

Ages 8 – 17

A hybrid of swimming, gymnastics, and ballet. Synchronized swimming combines strength, endurance, flexibility, grace, and artistry with exceptional breath control while upside down underwater. Learn the basics of this graceful aquatic sport from an experienced synchro instructor.

Prerequisite: Advanced swimming ability or instructor approval.

Water Polo

Ages 8 – 17

Learn to play the exciting game of water polo, one of the fastest growing high school sports! Water Polo is a fun way to get in shape and improve skills such as treading water using eggbeater kick, passing, catching, dribbling, shooting, body positioning, teamwork, game strategies, and head-high crawlstroke. **Prerequisite:** Advanced swimming ability or instructor approval.

Homeschool Lessons

Ages 4 and 5, 6 – 17

Please see the Kinders, Beginning Swimmer and Advanced Swimmer lesson table for convenient weekday afternoon times.

Adult Lessons

Ages 16 and up

All ability levels welcome! Small groups with similar goals are arranged so instruction can focus on the basics all the way to learning a variety of strokes and water safety. Enjoy exploring the possibilities and develop lifelong skills.

Personal Lessons

Seattle Parks offers personal swim instruction for swimmers who are interested in special attention. Personal lessons allow quality instruction that can be tailored to fit individual needs. Payment is due at time of reservation.



Deep Water Fitness

This is a deep-water fitness class using resistance equipment that not only burns calories, but strengthens muscles while shaping and toning the entire body. This 45-minute class is great for hips, thighs, arms, and abdominals.

Shallow Water Fitness

Set to energizing music, this is a heart-pounding, muscle toning workout that is easy on your joints but still has all the benefits of a total body, aerobic workout. Participants can work at their own pace. Active class time is 45 minutes.

Masters Workout

Masters Workout is a structured workout led by experienced instructors/coaches designed to help you get in shape, stay in shape, or prepare for an important swim meet.

Water Polo

Drop-in for a fun way to get in a good workout with friends. Pre-requisite: advanced swimming skills required, including freestyle, backstroke and treading water. Instructor approval required for youth 17 and under.

Swimstrong for Fitness @ Evans Pool

Workout is a dedicated time of the day where you can swim fast sets that may not be appropriate for the general lap swim. 5 lanes are available for you to find like speed swimmers. We will provide a suggested workout for you to use but feel free to modify it to your needs. Workouts are for adults 18 and older.



Arthritis Class with Certified Instructor @ Madison Pool

This program is a low impact exercise class with aerobic exercise and stretching combined. For people with arthritis and related conditions.

Gentle Water Fitness @ Medgar Evers Pool

This water aerobics class emphasizes improving range of motion, endurance, and flexibility through low-impact movement. You will work on building strength and increasing balance using the resistance of the water. This is a great class for those with arthritis and other joint abnormalities associated with age or injury. It is also a great class for pregnant women and people trying to manage their weight. All ages are welcome.

Stretch and Flex @ Queen Anne Pool

A class designed to relieve the pain and stiffness caused by arthritis. This low-intensity class is great for folks who want to stretch and move with the added support and assistance from the water. No prior experience required.

Improve Your Balance @ Queen Anne Pool

This water exercise class will help improve your balance, give you better lower body strength, and help you prevent falls. No prior experience required.

Aqua Zumba® @ Rainier Beach and Queen Anne Pools

A Latin-inspired dance exercise class in the shallow end of the pool! Zumba® moves combined with aqua fitness, into a safe, challenging cardio and toning workout. No dance experience needed, great for all fitness levels and swimming abilities.

FEES AND CHARGES

Recreational Swims

Infants (Younger than 1 yr.)	FREE
Youth (1 – 17)	\$ 3.75
Adults (18 – 64)	\$ 5.25
Senior Adults (65 and older)	\$ 3.75
Special Populations	\$ 3.75
Scholarship Discount Pricing*	\$ 2.00
Slide (in addition to admission)	\$ 1.00

Fitness Programs

Youth (1-17)	\$ 4.00
Adults (18 – 64)	\$ 6.50
Senior Adults (65 and older)	\$ 4.00
Special Populations	\$ 4.00
Scholarship Discount Pricing*	\$ 3.00

*NEW discounted pricing for those who qualify under Seattle Parks and Recreation or SPR Scholarship based on income and family size. To apply, see front desk.

Other Fees

Shower Only**	\$5.25
Towel Rental	\$0.50
Coin-operated lockers	\$0.25

**Shower Only: You can take a shower at the pool for \$5.25 (Adults) or \$3.75 (Youth/Senior/Special Pops). Our family changing rooms are reserved for this purpose. Changing room use is limited to 20 minutes. Shower use is restricted to 10 minutes and are not available during lesson times.

Discount Quick Cards

Quick Card is a prepaid discount admission card that provides access to many recreational choices within Seattle Parks and Recreation.

To purchase a Quick Card visit any pool. A photo is required and taken at the time of initial purchase. Cards are issued to individuals and are not transferable.

Recreation Programs 10 Admissions

Youth/Senior/Special Pop. (save \$4.00)	\$33.50
Adult (save \$5.50)	\$47.00

Fitness Programs 10 Admissions

Youth/Senior/Special Pop. (save \$5.00)	\$35.00
Adult (save \$7.50)	\$57.50

Thirty Day Pass (Recreation and Fitness)

Youth/Senior/Special Pop.	\$45.00
Adult	\$60.00

Prices as of May 2016; all prices subject to change.

Swimming Discount Pricing
for those who qualify based on **income** and **family size**

#1 Apply!
Complete Scholarship Form with copy of 1040 documentation

#2 Get Approved!
Parks Scholarship Office will review, process and approve. Parks Scholarship cycle is June to June of each year.

#3 Join Us!
Once approved, drop-in programs available at discounted pricing! Ask about discounted group swim lessons!

Discount Swimming:
 ~ \$2 Recreation ~
Public Swim, Family Swim, Lap Swim, Pool Playland
 ~ \$3 Fitness ~
Water Exercise, Masters, Swimstrong

For more information on pool schedules, location, and pricing, please visit:
<http://www.seattle.gov/parks/aquatics/currentschedule.htm>

SEATTLE PARKS AND RECREATION
Effective January 2015

SWIMMING SCHOLARSHIP FUND!

As part of the ongoing commitment to water safety awareness and injury prevention, one organization has provided a generous donation which will allow for supplemental scholarship funding in addition to our existing low income scholarship offerings for youth group swim lessons. Special thanks to Seattle Children’s Hospital for their support of youth swimming lessons in Seattle! Please contact the pool for more information and to receive a Low-Income Scholarship application. Funding is limited. Approved scholarships may be used for any of the following group swimming lesson programs including Kinder (ages 4 to 5), Beginning Swimmer (ages 6 to 16) and Advanced Swimmer (ages 6 to 16).



Seattle Children’s
HOSPITAL • RESEARCH • FOUNDATION

OUTDOOR POOLS

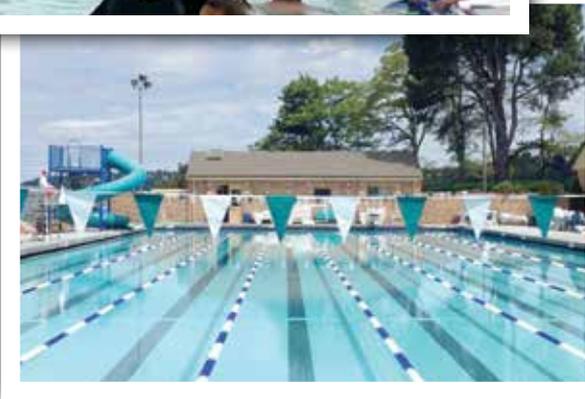
Parks operates two unique outdoor pools for summer fun. Each offers swimming lessons, family swimming, water exercise programs, and special events. You can rent the whole pool for your own special event!

Lowery C. “Pop” Mounger Pool

2535 32nd Avenue W • 206-684-4708

Open daily—summer only

Mounger Pool is really two pools in one place. The “big pool” has a 50-foot corkscrew slide and the warmer, shallower “little pool” is great for relaxing and for teaching little ones. Call the pool to reserve it for your own birthday party or other special event!



Colman Pool

8603 Fauntleroy Way SW • 206-684-7494

Open daily—Summer only

The unique Colman Pool enjoys a spectacular view of Puget Sound from its prime location on the beach in West Seattle’s Lincoln Park. It features heated salt water and a giant tube slide!

For a complete list of pool locations, please see map on page 6.

NEIGHBORHOOD FUN FOR KIDS!

Wading Pools

Wading pool hotline: 206-684-7796

Updated daily by 9 am

Parks provides wading pools all over the city to cool your feet and let your little one splash and play.

We will plan to open the wading pools on sunny days when the temperature is forecast to be 70 degrees or above. On most days we will fill them half full, which is a 50% water savings....but on the busiest days they will be filled to the top!

Info: <http://www.seattle.gov/parks/Aquatics/wadingpools.htm>.

Free Summer Beach Program Swimming Lessons

Seattle Parks and Recreation offers free beginning swimming lessons at all nine beaches on weekdays from 12:15 – 12:45 p.m. Pritchard, Seward, Mt. Baker, and Madrona offer Monday and Thursday evening lessons from 6 – 6:30 p.m. For more information call 206-684-4078.

For a complete list of wading pools and sparyparks, please see map on page 4.



OUTDOOR AQUATICS

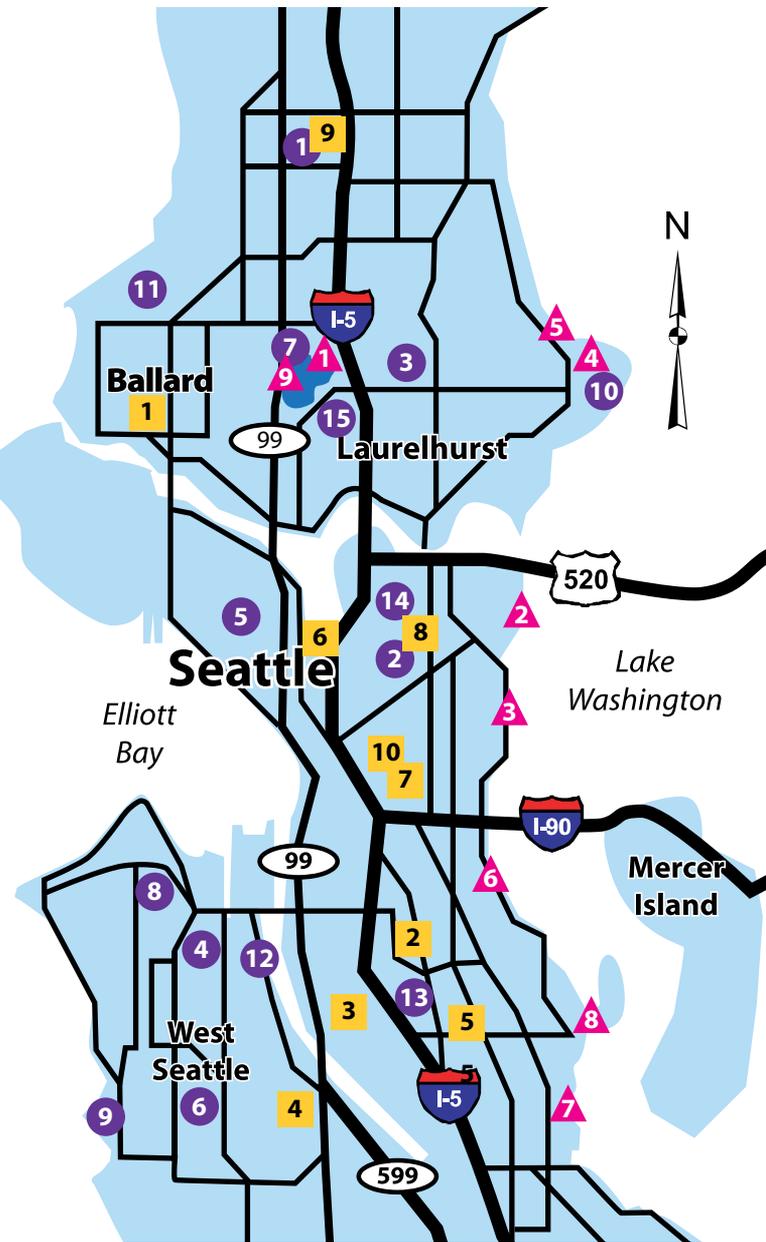
SUMMER WADING POOLS

- 1 **Bitter Lake Community Ctr**, 13035 Linden Ave. N
- 2 **Cal Anderson Park**, 1635 11th Ave.
- 3 **Dahl Playfield**, 7700 25th Ave. NE
- 4 **Delridge Community Ctr**, 4501 Delridge Way SW
- 5 **East Queen Anne Playground**, 160 Howe St.
- 6 **E.C. Hughes Playground**, 2805 SW Holden St.
- 7 **Green Lake Park**, N 73rd St. and W Green Lake Dr. N
- 8 **Hiawatha Community Ctr**, 2700 California Ave. SW
- 9 **Lincoln Park**, 8600 Fauntleroy Way SW
- 10 **Magnuson Park**, 7400 Sand Point Way NE
- 11 **Soundview Playfield**, 1590 NW 90th St.
- 12 **South Park Community Ctr**, 8319 8th Ave. S
- 13 **Van Asselt Community Ctr**, 2820 S Myrtle St.
- 14 **Volunteer Park**, 1400 E Galer St.
- 15 **Wallingford Playfield**, 4219 Wallingford Ave. N



SUMMER SPRAYPARKS

- 1 **Ballard Commons Park**, 5701 22nd Ave. NW
- 2 **Beacon Mountain at Jefferson Park**, 3901 Beacon Ave. S
- 3 **Georgetown Playfield**, 750 S Homer St.
- 4 **Highland Park**, 1100 SW Cloverdale St.
- 5 **John C. Little Park**, 6961 37th Ave. S
- 6 **Lake Union Park**, 860 Terry Ave. N
- 7 **Lower Judkins Park**, 2150 S Norman St.
- 8 **Miller Community Ctr**, 330 19th Ave. E
- 9 **Northacres Park**, 12800 1st Ave. NE
- 10 **Pratt Park**, 1800 S Main St



SUMMER BEACHES

- 1 **East Green Lake**, 7201 E Green Lake Dr.
- 2 **Madison**, 1900 43rd Ave. E
- 3 **Madrona**, 800 Lake Wash Blvd.
- 4 **Magnuson**, 7400 Sand Point Way NE
- 5 **Matthews**, 9300 51st Ave. NE
- 6 **Mount Baker**, 2301 Lake Wash Blvd. S
- 7 **Pritchard**, 8400 55th Ave. South
- 8 **Seward**, 5900 Lake Wash Blvd. S
- 9 **West Green Lake**, 7312 W Green Lake Dr.

For dates and times, please call 206-684-4075.



Annual Green Lake Open Water Swim

Evans Pool

Last Sunday in June

Our Annual Green Lake Open Water Swim is a ½-mile straight course and the 1-mile oval course. Check in begins at 7:30 a.m. at Green Lake Community Center. ½-Mile swim begins at 9 a.m., 1-mile race begins after last swimmer finishes. Call 206-684-4961 for more information or visit <http://www.seattle.gov/parks/aquatics/GreenLakeOWS.htm>.



OPEN WATER SWIM

Annual Emerald City Open Water Swim

Medgar Evers Pool

Third Saturday in August

The Annual Emerald City Open Water Swim is a ½-mile and a 1-mile guarded swim held on Lake Washington at Andrew's Bay in Seward Park. Check in begins at 7:30 a.m. ½-mile race begins at 9 a.m. 1-mile race follows ½-mile swim. Register by mail, in person, or online at: www.seattle.gov/parks.



APRIL POOLS DAY

3rd Saturday of April • All Pools

With the beautiful weather we've been experiencing and summer fast approaching, there is no better time than now to start preparing for how to stay safe and get the most enjoyment out of swimming and water recreation season. This month, all eight of our indoor pools will host April Pools Day events for families and community members. These events will include FREE public swims, water and boat safety information, and fun activities for kids.



Don't miss this opportunity to teach your family how to enjoy summer safely. April Pools Day water safety topics will include: Preventing open water drowning Lifejacket use and promotion Cold water awareness Basic water rescue for children Events and activities will vary by pool location. See table below for information on Seattle Parks and Recreation events or click here for information on all pool facilities participating in King County. See more at: <http://parkways.seattle.gov/2016/04/04/celebrate-april-pools-day-2016-free-water-activities-and-safety-information/#sthash.HJdvaIrm.dpuf>



Polar Bear Plunge

Matthews Beach

January 1 at Noon

We jump in the water at High Noon as a group to welcome in the New Year with a sense of renewal and rejuvenation. Options available for "Polar Bear Cubs" as well. Call Meadowbrook Pool for more information.

GENERAL INFORMATION

Registration and Questions



FIRST CHOICE: Online registration using the SPARC system
Go to: www.seattle.gov/parks and click on SPARC



SECOND CHOICE: Register by phone. Your local community center or swimming pool can also assist with registration.
Call: 206-684-5177



THIRD CHOICE: You can pay for classes and other activities in person.

Payment

We accept Visa, MasterCard, and American Express. Please make checks and money orders out to City of Seattle. Please note: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due plus a \$20 fee. Registration is not complete and a spot in the class cannot be held without payment in full. Rentals may be paid by telephone with a credit card.

Fees and charges

ARC-Our Advisory Council provides the programs and activities listed in this brochure under an agreement with Seattle Parks and Recreation. Fees are used to offset the cost of providing the programs. Program charges include a user fee paid to Seattle Parks and Recreation to defray operating costs. Washington State sales tax is also included where applicable.

City-Fees and charges are necessary to provide financial support to Seattle Parks and Recreation for the operating costs of programs, facilities and grounds. The revenue generated by these fees constitutes only a portion of funds required for operating and maintaining the Parks system. All fees collected from activities and concessions are used exclusively for the Parks system as these funds are deposited in the Parks and Recreation Fund, not the City General Fund. Swimming pool fees and charges are set by City Council.

Confirmations

You may log into your SPARC account to confirm your registration. We will notify you by phone if

your class is postponed or cancelled. Sorry, we cannot confirm class registration by mail or phone.

Group Lesson Refund Policy

When withdrawing from a group lesson before the second lesson, the session will be pro-rated and a withdraw fee will be assessed. The withdraw fee will be 10% or \$5, whichever is greater.

Refunds

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- ◆ Anyone who registers for a class or program that is cancelled for any reason by Parks and Recreation will receive a full refund.
- ◆ Anyone who registers for a facility rental, and who requests a refund 14 days or more before its start (or before the second class of a session), may receive a refund, minus a service charge.
- ◆ Anyone who registers for a facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second class of a session), will not receive a refund.
- ◆ The entire policy, #7.16, is available online.

Pool Personal Lesson Refund/Transfer Policy

A participant may be issued a refund if he/she drops a lesson, and notifies the program coordinator, 14 days prior to the scheduled date. A service charge of \$5 or 10% of the fee, whichever is greater, will be retained by the facility. If a participant drops a personal lesson with less than 14 days notice, no refund will be given. Transfers will be accepted for personal lessons with at least 48 hours notice. Any open dates or times may be considered. No transfers will be accepted with less than 48 hours notice.

Class cancellations

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We'll notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Scholarships

Seattle Parks and Recreation wants to ensure that our activities, classes and sports are available to everyone, regardless of their ability to pay. To apply for a scholarship, please talk to a member of our staff.

Anti-discrimination

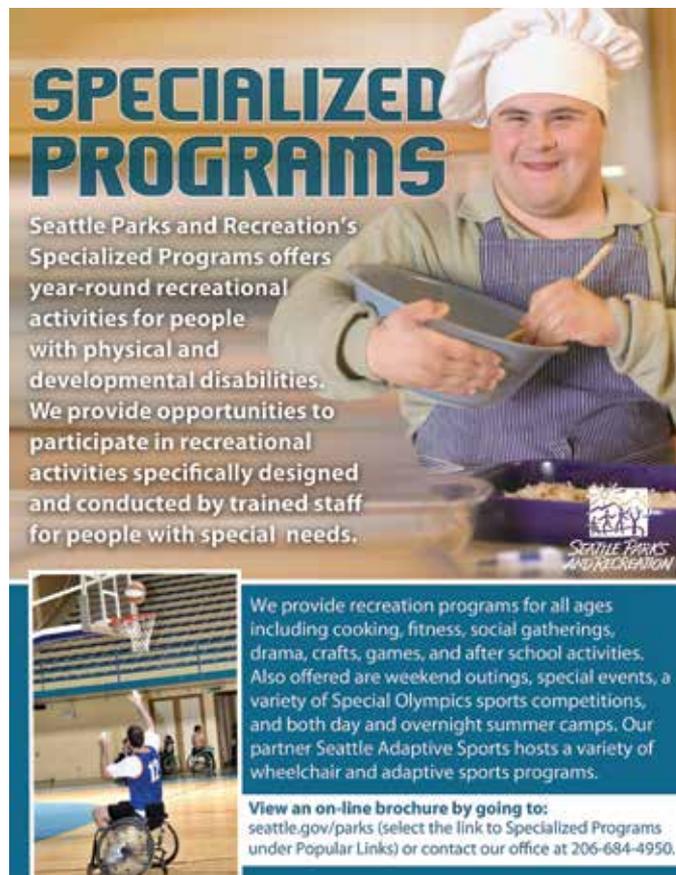
As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or the presence of any sensory, mental, or physical handicap.

Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodations, please call 206-615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area that is not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Specialized Programs

For information on programs for youth/adults with disabilities, please call the Special Populations Office at 206-684-4950, or visit the web at: www.cityofseattle.net/parks/SpecialPops/index.htm.



SPECIALIZED PROGRAMS

Seattle Parks and Recreation's Specialized Programs offers year-round recreational activities for people with physical and developmental disabilities. We provide opportunities to participate in recreational activities specifically designed and conducted by trained staff for people with special needs.

We provide recreation programs for all ages including cooking, fitness, social gatherings, drama, crafts, games, and after school activities. Also offered are weekend outings, special events, a variety of Special Olympics sports competitions, and both day and overnight summer camps. Our partner Seattle Adaptive Sports hosts a variety of wheelchair and adaptive sports programs.

View an on-line brochure by going to: seattle.gov/parks (select the link to Specialized Programs under Popular Links) or contact our office at 206-684-4950.



Interested in teaching?

We're always looking for top quality instructors to offer unique courses. We choose class offerings based on participants' interest and space availability. If you have a special talent, skill, or knowledge you would like to share with others in a class or workshop format, please contact your local community center.

More information

For information about Seattle Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075.

PUBLIC BOATING PROGRAMS

MOUNT BAKER ROWING AND SAILING CENTER

mount.baker@seattle.gov
www.seattle.gov/parks/boats/Mtbaker.htm
www.mbrsc.org
3800 Lake Washington Blvd S • Seattle, WA 98118
Phone: 206-386-1913



GREEN LAKE SMALL CRAFT CENTER

www.greenlakecrew.org
www.seattlecanoekayak.club
www.seattle.gov/parks/boats/Grnlake.htm
5900 W Green Lake Way N • Seattle, WA 98103
Phone: 206-684-4074



Seattle Parks and Recreation operates two Public Boating Centers. Mount Baker Rowing and Sailing Center lies on the shores of Lake Washington just south of I-90 Bridge and Green Lake Small Craft Center is on the south end of Green Lake near the Aqua Theater. Rowing, Sailing, Paddling, Summer Camps, Regattas and Special Events are hosted at both centers. Contact us or visit our website for details. Both centers are home to very active after-school youth rowing programs, and adult rowing. Green Lake also hosts the Seattle Canoe and Kayak Club. A Float Test* is required for all small craft programs. All equipment is provided, including life jackets.

*FLOAT TEST: Every participant must successfully pass a float test prior to the first water session of a small craft class. It is also a membership requirement for boating organizations sponsored by Seattle Parks and Recreation. In deep water, while wearing long pants and a long-sleeved shirt, you must float, tread water or swim in place for 10 minutes. In the final minute of the test you must put on a life vest while continuing to tread water. A 10-minute float test is valid for three years. Float tests must be taken at public swimming pools or public beaches under the supervision of a lifeguard certified by the American Red Cross. Regular pool admission is charged.