



COLMAN POOL

**2016
PROGRAM
BROCHURE**

Please join us
for a celebration of
Colman Pool's 75th Anniversary
on Monday, July 4th.
Doors open at 10 a.m.

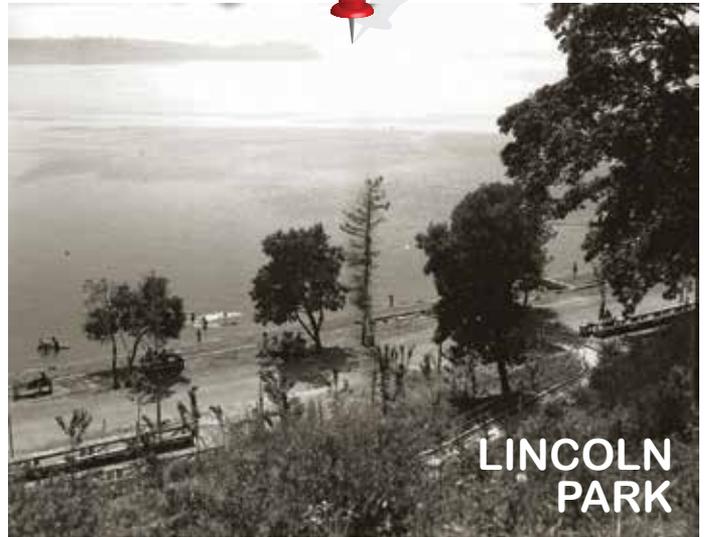
An informational talk will be
given in the lobby by mural
conservator Peter Melarky
at 10:15 a.m.

Celebration starts at 11 a.m.

Light refreshments will be served.

Free

The pool will be configured
for a family swim from
noon-1:30 p.m. and
everyone is welcome!



LINCOLN
PARK



COLMAN
POOL

EXPLORE MORE!



COLMAN POOL ♦ 206-684-7494
8603 Fauntleroy Way SW, Seattle, 98136

REGISTER ONLINE!
SEATTLE.GOV/PARKS

SEATTLE PARKS AND RECREATION

COLMAN POOL

8603 Fautleroy Way SW
Seattle, WA 98136 • 206-684-7494

MAY 28-SEPTEMBER 11

See **Register Online!** on page 6 for more detailed registration information.

OPERATING SCHEDULE

Pre-Season:..... May 28-30, June 4-5, June 11-12
and June 18-19

Regular season: June 20-September 5

Post-Season:..... September 10-11

Refer to Pool Schedule on Page 5 for specific program times.

ALL DAY SWIM MEET CLOSURES

- Thursday, July 7-Saturday, July 9
- Friday, July 15 and Saturday, July 16

HOLIDAY OPERATING SCHEDULE

(See page 5 for program times)

- Memorial Day, Monday, May 30
- Independence Day, Monday, July 4
- Labor Day, Monday, September 5

BUS INFORMATION

Lincoln Park and Colman Pool are served by Metro bus lines C, 116x, 118x, and 119x.

PARKS AND RECREATION STAFF

Jesús Aguirre..... Superintendent
 Christopher Williams..... Deputy Superintendent
 Kathy Whitman Aquatics Manager
 Bill Dougherty Sr. Aquatics Coordinator
 Wendy Van De Sompele Colman Coordinator

TABLE OF CONTENTS

General Information.....	2
Registration/Scheduling Dates.....	2
Fees and Admissions.....	3
Policies and Procedures.....	4
Pool Schedule.....	5
Rentals.....	6
Swim Lesson Information.....	6-7
Map of Lincoln Park.....	Back
Pool History.....	Back

PERSONAL LESSONS

Colman Pool 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. They are ideal for: the new swimmer, triathletes, or learning side breathing. Personal lesson rates are \$36 per class for a 1/2 hour with one student and \$48 with two students. Space is limited. To schedule please call 206-684-7494 beginning May 28.

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.

GROUP LESSON REFUND POLICY

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

REGISTRATION AND SCHEDULING DATES

GROUP LESSONS (See pages 6-7)

Online Registration begins:

Tuesday, April 5 Starting at Noon

Walk-in (During operating hours):

Starting May 28 12:30-6 p.m.

No Mail-In Registration

POOL RENTALS (See page 3)

Phone-in pool reservations*:

Starts Tuesday, April 12..... 9 a.m.

Walk-in pool reservations daily:

Starting May 28 12:30-6 p.m.

*To make a reservation, call 206-684-7494. Please leave a message and we will return your call as soon as we can. Full payment is due at the time of registration.

learn about ways to
reduce your carbon footprint at

www.seattlecan.org



FEES AND ADMISSIONS

RECREATIONAL SWIM FEES

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

WATER FITNESS FEES

Adults (18-64)	\$6.50
Senior Adults (65 and older)	\$4.00
Scholarship Discount Pricing	\$3.00

ADMISSION

Colman Pool is a community gathering place with grassy sunbathing areas, deck chairs, and picnicking, so all people who enter the pool area during recreational swims need to pay admission, even if not swimming.

PAYMENT

We accept Visa, MasterCard, and American Express. Please make checks and money orders out to the City of Seattle. PLEASE NOTE: Payment is due when you register. Non-Sufficient Funds check fee \$20.

DISCOUNT QUICK CARDS

Quick Card is a prepaid discount admission card that provides access to many recreational choices within Seattle Parks and Recreation. TIP: Get your quick card ahead of time from one of our indoor pools!



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.	\$33.50
(save \$4)	
Adult (save \$5.50)	\$47

Fitness Programs 10 Admissions

Youth/ Senior/ Special Pop.	\$35
(save \$5)	
Adult (save \$7.50)	\$57.50

Thirty Day Pass (Recreation and Fitness)

Youth/ Senior/ Special Pop.	\$45
Adult	\$60

MERCHANDISE FOR SALE

To help meet your swimming needs, we have a large selection of swim supplies available for sale-goggles, swim caps, nose clips, ear plugs, shampoo, conditioner, swim diapers and much, much more!

PARENT/CHILD POLICY

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. This applies to all public swims, family swims, pool playland and pool rentals. We require a minimum ratio of one adult to two children.

DIAPER POLICY

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. Swim diapers for sale at cashier.

OTHER AQUATIC OPPORTUNITIES

SUMMER BEACHES

East Green Lake 7201 East Green Lake Dr.	Mount Baker 2301 Lake Wash Blvd. S
Madison 1900 43rd Ave. East	Pritchard 8400 55th Ave. South
Madrona 800 Lake Wash Blvd.	Seward 5900 Lake Wash Blvd. S
Magnuson 7400 Sand Point Way NE	West Green Lake 7312 West Green Lake Dr.
Matthews 9300 51st Ave. NE	For dates and times, please call 206-684-4075

OUTDOOR SWIMMING - MOUNGER POOL

Mounger Pool is a beautiful summer outdoor facility located in the heart of Magnolia. The facility has two great pools. The Big Pool has a 50-foot corkscrew slide, and the Little Pool, warmer and shallower, is great for relaxing and teaching your little tadpoles. 206-684-4708



Operation Dates

May 14 through
September 11

Pool schedule

<http://www.seattle.gov/parks/aquatics/mounger.htm>

POLICIES AND PROCEDURES

FEES AND CHARGES

Parks and Recreation fees and charges are necessary to provide financial support to the 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 Parks and Recreation 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.

PAYMENT

You can pay for classes and other activities in person during regular facility hours, by telephone with a credit card, or online at www.seattle.gov/parks. We accept Visa, MasterCard, and American Express. Please make checks and money orders out to the City of Seattle. PLEASE NOTE: Payment is due when you register. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due plus a \$20 fee (credit card or cash only are accepted for Non-Sufficient Funds checks).

CONFIRMATIONS

Sorry, we cannot confirm class registration by mail or phone but we will notify you by phone if your class is postponed or cancelled. Log in to your online SPARC account to view account information and registration for upcoming classes.

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.

REFUNDS

It is the policy of Seattle Parks and Recreation that:

- A full refund will be issued for any program or course that is cancelled for any reason by the Department or the Associated Recreation Council.
- Any person who registers for a program or course and requests a refund before the second class in the session may receive a prorated refund minus a service charge.

- Any person who schedules a standard rental of a recreation facility and who cancels at least 15 days in advance is entitled to a partial refund of approximately 50% less booking fees.

<http://www.seattle.gov/parks/reservations/feesandcharges/refunds.htm>

SCHOLARSHIPS

Seattle Parks and Recreation wants to ensure that our group swim lessons and summer swim team are available to everyone, regardless of their ability to pay. The Parks Department offers reduced fees for those who may qualify under low income guidelines. To apply for low income fees, please talk to a member of our staff.

PARENT/CHILD POLICY

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. This applies to all public swims, family swims, pool playland, and pool rentals. We require a minimum ratio of one adult to two children.

ACCOMMODATION FOR PEOPLE WITH DISABILITIES

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, 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 not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

NON-DISCRIMINATION POLICY

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 presence of any sensory, mental or physical handicap.

MORE INFORMATION

For information about 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. For more information about programs for senior adults, please call 206-684-4951, and for information about programs for special populations, please call 206-684-4950.

WEATHER POLICY

All swimming programs operate rain or shine, unless there is thunder and lightning. Please call the pool for details.

POOL SCHEDULE

PRESEASON SCHEDULE:

Effective weekends May 28-30, June 4-5, June 11-12 and June 18-19

Noon-2:45 p.m.	Lap Swim (8 lap lanes)
3-4:45 p.m.	Public Swim (no lap lanes)
5-7 p.m.	Lap Swim (4 lanes) / Family Swim (slide open)

REGULAR SEASON POOL SCHEDULE: JUNE 20-SEPT. 5; POST-SEASON: SEPT. 10-11

Swim Meet Closures: Thursday, July 7-Saturday, July 9 • Friday, July 15 and Saturday, July 16

Time	Special Comments	Mon/Wed	Tues/Thurs	Friday	Sat/Sun	Holidays
Noon-1:30 p.m.	4 Lanes Mon-Fri 6 Lanes Sat/Sun	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
Noon-1 p.m.	Masters workout-2 lanes	---	---	---	Masters	---
<i>15-minute break for change in pool configuration from 1:30-1:45 p.m.</i>						
1:45-4:45 p.m.	Parent must be in the water with children under 6.	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim
<i>15-minute break for change in pool configuration from 4:45-5 p.m.</i>						
5-5:45 p.m.	---	---	Hydro Fit	---	---	---
5-7 p.m.	4-6 Lanes M-Th 4 Lanes Fri/Sat/Sun	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
5-7 p.m.	Parent must accompany kids during Family Swims.	Masters 6-7 p.m.	Masters 6-7 p.m.	Family Swim 5-7 p.m.	Family Swim 5-7 p.m.	Family Swim 5-7 p.m.
<i>Pool Rentals are available from 7 p.m.-Dusk. Please see page 4 for more information.</i>						

PUBLIC SWIM*

Daily 1:45-4:45 p.m.

Public swim is a recreational swimming time for all ages to enjoy. The CORKSCREW slide is open during Public Swims. Slide users must pass the swim test and pay a \$1 fee. Groups, such as camps or large birthday parties, need to call at least one week in advance to ensure availability.

*Tickets go on sale at 12:15 p.m. daily

LAP SWIM (4-6 LANES)

Daily Noon-1:30 p.m.

Daily 5-7 p.m.
Lap Swim is for the serious athlete or the recreational swimmer who simply wants to enjoy the salt water and fresh air. Our 50-meter pool offers fast, medium, and easy lanes.

FAMILY SWIM

Friday-Sunday 5-7 p.m.

This is a time for families to enjoy the pool! This is 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 into the water during family swim. The CORKSCREW slide is open at this time! Users must pass the swim test and pay a \$1 fee.

MASTERS WORKOUT

Monday-Thursday 6-7 p.m.

Saturday/Sunday Noon-1 p.m.

Let our experienced coach lead you through an interval workout! Each practice will contain a variety of endurance and sprint drills, kicking and pulling sets, and stroke and training tips. This workout is for adult fitness swimmers of all ages and abilities. No registration is required.

HYDROFIT

Tuesday/Thursday 5-5:45 p.m.

This is a deep water class that uses 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.

SCHEDULE CHANGES

Monday, July 4 Holiday Schedule

Thursday, July 7-Saturday, July 9 Swim Meet Closure

Friday and Saturday, July 15-16 Swim Meet Closure

Monday, September 5 Holiday Schedule

GROUP LESSONS All Lessons Are 30 Minutes

TOT LESSONS (Ages 6 months-4 years)

Parents introduce their 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 LESSONS (Ages 4 and 5)

Kids will start with basic water adjustment, safety and swimming skills in a group with other 4 and 5 year-olds.

Kids will start with basic water adjustment and eventually learn these skills: front and back floats, flutter kick, rolling from front to back, side breathing, crawlstroke with bilateral breathing, backstroke, whip kick, treading water, and water safety skills. We will group children by ability levels on the first day of class. We maintain a 6:1 student to instructor ratio.

BEGINNING SWIMMER LEVELS 1-3 (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.

Floating, Gliding, Kicking: Children learn to get comfortable putting their face in the water and practicing floating, gliding, and kicking on their front, back, and sides. These skills provide the foundation for all other swimming strokes they can learn plus kids learn about personal safety and how to know their limits.

Arm Strokes: Learning to roll from front to back while performing arm strokes is the next step in mastering the crawl stroke. Once kids are doing that we move on to teaching side breathing. Kids also work on back stroke, strengthening kicking, proper body alignment, treading water, and swimming in deep water.

Side Breathing and Whip Kick: Front Crawl Stroke with bilateral breathing and an introduction to whip kick are among the skills taught in this level. Children continue to work on strength, endurance, and proper techniques.

We maintain an 8:1 student to instructor ratio.

ADVANCED SWIMMER LEVELS 4-6 (Ages 6-16)

Swimmers who have received a card indicating they have mastered "Beginning Youth 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.

We maintain up to a 10:1 instructor to student ratio



REGISTER ONLINE!

READY

Please visit our web site at www.seattle.gov/parks and look for SPARC to see what classes and programs are available for registration.

SET

Make sure you have an account barcode and PIN! If you don't, go to www.seattle.gov/parks, click SPARC, follow the instructions to create or update an account. Please allow at least one week for a new account.

GO

Online registration begins on:

Tuesday, April 5 at Noon

www.seattle.gov/parks

Walk-in registration beginning May 28

See page 2 for details.



GROUP LESSONS All Lessons Are 30 Minutes

Class	Days	Times	Dates	Classes	Cost	Barcode #
Tots Ages 6 mos-4 yrs	T/Th	1 p.m.	June 28-July 28 *	9	\$63	146762
	T/Th	1 p.m.	Aug. 2-Sept. 1	10	\$70	146764
Three-Year-Olds	M-W-F	1 p.m.	June 27-July 6 *	4	\$50	146765
	M-W	1 p.m.	July 11-July 22**	5	\$62.50	146767
	M-W-F	1 p.m.	July 25-Aug. 5	6	\$75	146769
	M-W-F	1 p.m.	Aug. 8-Aug. 19	6	\$75	146771
	M-W-F	1 p.m.	Aug. 22-Sept. 2	6	\$75	146772
Kinders Ages 4 and 5	M-F	Noon	June 27-July 6 *	7	\$59.50	146774
	M-Th	Noon	July 11-July 22 **	9	\$76.50	146776
	M-F	Noon	July 25-Aug. 5	10	\$85	146777
	M-F	Noon	Aug. 8-Aug. 19	10	\$85	146779
	M-F	Noon	Aug. 22-Sept. 2	10	\$85	146780
Beginning Youth Ages 6-16 Levels 1-3	M-F	12:30 p.m.	June 27-July 6 *	7	\$49	146782
	M-Th	12:30 p.m.	July 11-July 22 **	9	\$63	146784
	M-F	12:30 p.m.	July 25-Aug. 5	10	\$70	146785
	M-F	12:30 p.m.	Aug. 8-Aug. 19	10	\$70	146786
	M-F	12:30 p.m.	Aug. 22-Sept. 2	10	\$70	146787
Advanced Youth Ages 6-16 Levels 4-6	M-F	1 p.m.	June 27-July 6 *	7	\$49	146788
	M-F	1 p.m.	July 11-July 22 **	9	\$63	146790
	M-F	1 p.m.	July 25-Aug. 5	10	\$70	146792
	M-F	1 p.m.	Aug. 8-Aug. 19	10	\$70	146794
	M-F	1 p.m.	Aug. 22-Sept. 2	10	\$70	146795
Personal Lessons	T/Th	1 p.m., 5 p.m., 5:30 p.m.	All Summer	Each	\$36	Contact Pool

*No Lesson on: July 4, 7 and 8 - Holiday and Swim Meet **No Lesson on: July 15 - Swim Meet

HINTS FOR SWIMMING LESSONS:

- Please sign up for lessons for the correct age group.
- Please read the lesson descriptions and prerequisites carefully to make sure your child is registered for the correct class. If you are unsure of your child's ability, please have them pre-tested to ensure correct placement. If your child does not meet the age requirements or skill prerequisites, we will try to transfer them to the appropriate level if there is space available. Most children take a year or more to move from Beginning to Advanced Youth.
- Sorry, we cannot give refund credits or make-ups for missed classes.
- A minimum of 4 students is required for all classes. We may combine or cancel programs if not enough children sign up.
- Family members must stay away from the pool edge during lessons. Children who are not participating in lessons must be directly supervised by an adult at all times.
- Please direct questions to the pool cashier or lesson supervisor.
- Please limit shower time to conserve water and energy. It's good for us and the planet!
- Help children develop their skills and have fun by bringing them to a public or family swim.

POOL RENTALS

Have your own personal pool party and the professional supervision to go with it. Colman Pool is a 50-meter pool that includes a waterslide, diving board, lifeguards, and a breathtaking view of the Puget Sound. The pool is available for rentals beginning at 7 p.m. on the days listed below.

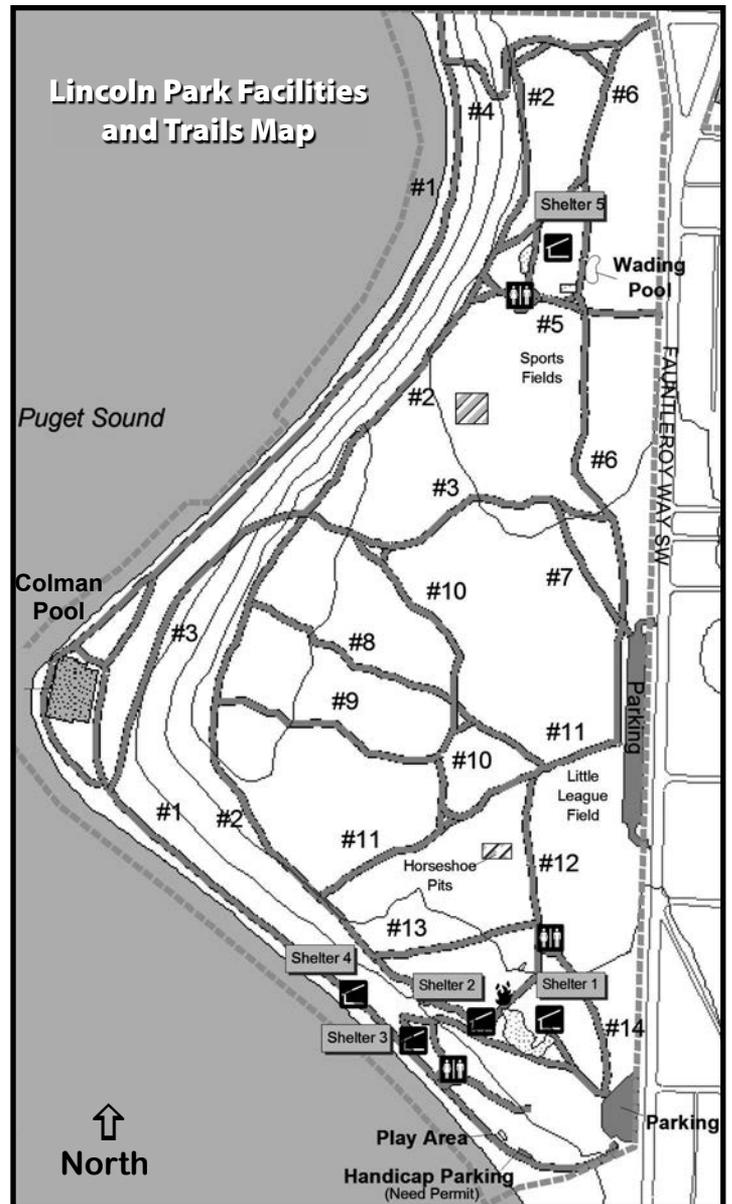
Days	Dates	Times
Saturday and Sunday	May 28-Sept. 4	7-9 p.m.
Friday	June 24-Sept. 2	7-9 p.m.
Monday-Thursday	Aug. 1-Sept. 1	7-9 p.m.

Party Size	1-30	31-60	61-90	91-150	151-250
1 Hour	\$255	\$280	\$305	\$330	\$355
2 Hours	\$460	\$510	\$560	\$610	\$660



COLMAN POOL HISTORY

Colman Pool was built in 1941 and donated to the City of Seattle by the Colman family. It is located on a scenic point of land overlooking the beach in Lincoln Park. Pool visitors park along Fauntleroy Way and enjoy a short walk through Lincoln Park to reach the pool. Prior to the construction of Colman Pool the site had been home to an unheated tide pool built by the city in 1925 for use by the public and maintained as a part of the municipal beach program. Colman Pool replaced the old Lincoln Tide Pool in 1941. This warm, saltwater pool is constructed of reinforced concrete and tile. The swimming area of the pool is 20 yards wide and 50 meters long. Depth ranges from 3½ feet to 12½ feet under the diving area. There are 8 official 7½ foot swimming lanes for competition. In addition, Colman Pool also boasts a 50' spiral slide and an official U.S.S. 1 meter adjustable board. Water for the 500,000 gallon pool comes from Puget Sound. It enters through a large number of circulation inlets. The water supply is captured and delivered to the tank by a 20-hp pump from the three wells located on the beach. These wells are 6 feet in diameter and approximately 12 feet deep. The water is maintained at a temperature of 84 to 85 degrees by automatic, gas-fired boilers. To conserve energy, state of the art thermal pool covers are used every night.



Rainier Community Center, August 13, from Noon-6 p.m. Presented by Get Moving Initiative

From sport and game exhibitions for youth and adults to music and dance performances, Big Day of Play is a celebration of the diversity we value and a chance to build relationships and explore ways families can play and be active together.

Green Lake Open Water Swim Sunday, June 26

Our Annual Green Lake Open Water Swim is a ½-mile or 1-mile guarded swim. Prizes are awarded for top finishers. Check-in begins at 7:30 a.m. at Green Lake Community Center.

Call 206-684-4961 for Information

Emerald City Open Water Swim Saturday, August 20

Our 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. Prizes are awarded for top finishers. Check in begins at 7:30 a.m.

Call 206-684-4766 for Information

<http://www.seattle.gov/parks/aquatics/OpenWater.htm>