

2016 Summer Lessons Session



**SEATTLE PARKS
AND RECREATION**

Evans Pool

7201 E. Green Lake Dr. N. Seattle, WA 98115
(206) 684-4961

Want to receive regular e-mail updates from us?

Send an e-mail to evanspool-subscribe-request@talk2.seattle.gov

Save the Dates:

- Green Lake Open Water Swim June 26th at 9am
- Summer Swim League Swim Meet 7/22 (5:30pm lap swim canceled)
- Pool closed Aug 21– Sept 5
- Discount lifejacket sale 10-2pm 5/21, 6/18, 7/16, 8/20
- Fall Registration Aug 9th at noon
- Big Day of Play August 13/ Summer Splash Aug 20
- Northwest Lifeguard Test Aug 21



Need some extra help with that backstroke? Need some basic instruction on the basics of swimming? Or are group lessons not something you are comfortable with? Sign up for our personal lessons and we will cater the lesson to your needs. \$36 per half hour for 1 student. Want to add an additional student that is the same skill ability? You can add another student for an extra \$12 per class. **Lessons are always at \$5 discount if scheduled same day used.**

PERSONAL LESSON REFUND 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.

TRANSFER POLICY: 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.



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Evans Pool Swimming

Swimming Scholarship Fund!

YOU CAN BE A SUPER HERO TOO! As part of our ongoing 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 scholarships to supplement the cost of swim lessons for youth ages 4 to 16. Adults only qualify for 50% off.

Can you make a donation? To make your donation to the Seattle Parks and Recreation swim lesson scholarship fund, visit any Seattle Parks and Recreation swimming pool, or donate online to www.arcseattle.org/get-involved/. 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? To learn more about applying, or to receive a Low-Income Scholarship application, please contact your neighborhood pool. Funding is limited. Approved scholarships can be used for Kinder (ages 4 to 5), Beginning Swimmer (ages 6 to 16) and Advanced Swimmer (ages 6 to 16, and adult lessons 16 and up)



Lessons for 6 month - 4 year-olds

Class	Day	Time	Dates	# Classes	Cost	Barcode
Parent and Child Aquatics 6mo - 4 Years Old	Monday	11:30am	6/27-8/15	7	\$49.00	150065
	Tuesday	6:30pm	6/28-8/16	8	\$56.00	150066
	Wednesday	11:30am	6/29-8/17	8	\$56.00	150067
	Thursday	6:30pm	6/30-8/18	8	\$56.00	150068
	Friday	11:30am	7/1-8/19	8	\$56.00	150069
	Saturday	10:00am	7/2-8/20	8	\$56.00	150070
	Saturday	3:00pm	7/2-8/20	8	\$56.00	150071

Lessons for 3 year-olds only

3 Year Olds	Monday	11:00am	6/27-8/15	7	\$87.50	150073
	Monday	6:30pm	6/27-8/15	7	\$87.50	150074
	Monday	7:30pm	6/27-8/15	7	\$87.50	150075
	Tuesday	4:00pm	6/28-8/16	8	\$100.00	150081
	Tuesday	6:30pm	6/28-8/16	8	\$100.00	150082
	Wednesday	11:00am	6/29-8/17	8	\$100.00	150083
	Wednesday	6:30pm	6/29-8/17	8	\$100.00	150084
	Thursday	5:00pm	6/30-8/18	8	\$100.00	150079
	Thursday	6:30pm	6/30-8/18	8	\$100.00	150080
	Friday	11:00am	7/1-8/19	8	\$100.00	150072
	Saturday	10:00am	7/2-8/20	8	\$100.00	150076
	Saturday	11:30am	7/2-8/20	8	\$100.00	150077
Saturday	3:00pm	7/2-8/20	8	\$100.00	150078	

Lessons for 4 - 5 year-olds

Kinder (All Skill levels) 4 & 5 Year Olds	Mon-Fri	9:00am	8/8-8/12	5	\$42.50	150085
	Mon-Fri	9:00am	8/15-8/19	5	\$42.50	150086
	Monday	6:30pm	6/27-8/15	7	\$59.50	150087
	Tuesday	11:00am	6/28-8/16	8	\$68.00	150091
	Tuesday	4:00pm	6/28-8/16	8	\$68.00	150092
	Wednesday	6:30pm	6/29-8/17	8	\$68.00	150093
	Thursday	11:00am	6/30-8/18	8	\$68.00	150089
	Thursday	4:00pm	6/30-8/18	8	\$68.00	150090
	Saturday	10:30am	7/2-8/20	8	\$68.00	150088

Refund Policy: Anyone who registers for a class, camp, and special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.

Anyone who registers for a for a swim lesson who requests a refund before the second class starts will receive a refund, minus a service charge of \$5 or 10% of the class fee (whichever is greater) and charged for the first day if applicable. Anyone who registers and withdraws from a class after the second class begins will receive no refund. Please read the entire policy 7.16 for specific information.

Evans Pool Swimming

Lessons for 6 year olds and up

Class	Day	Time	Dates	# Classes	Cost	Barcode
Beginning Swimmer 6-16 Year olds	Mon-Fri	8:30am	8/8-8/12	5	\$35.00	150096
	Mon-Fri	8:30am	8/15-8/19	5	\$35.00	150097
	Monday	7:00pm	6/27-8/15	7	\$49.00	150098
	Tuesday	4:30pm	6/28-8/16	8	\$56.00	150101
	Tuesday	5:00pm	6/28-8/16	8	\$56.00	150102
	Wednesday	7:00pm	6/29-8/17	8	\$56.00	150103
	Thursday	4:30pm	6/30-8/18	8	\$56.00	150100
	Saturday	11:00am	7/2-8/20	8	\$56.00	150099
Advanced Swimmer 6-16 Year olds	Monday	7:30pm	6/27-8/15	7	\$49.00	150104
	Wednesday	7:30pm	6/29-8/17	8	\$56.00	150107
	Thursday	5:00pm	6/30-8/18	8	\$56.00	150106
	Saturday	11:30am	7/2-8/20	8	\$56.00	150105
Summer Swim League	M-F 7-10yrs	7:30-8:30am	6/27-8/6	29	\$130.00	146143
	M-F 11-18yrs	8:30-9:30am	6/27-8/6	29	\$130.00	146141
Beginning Diving (7-16 yrs old)	Tuesday	6:30-7:00pm	6/28-8/16	8	\$56.00	150109
Intermediate Diving (7-16 yrs old)	Thursday	6:30-7:00pm	6/30-8/18	8	\$56.00	150108
Special Populations (6-17 years old)	Saturday	2:30pm	7/2-8/20	8	\$56.00	150094
	Saturday	3:00pm	7/2-8/20	8	\$56.00	150095
Adult Lessons	Monday	8:00pm	6/27-8/15	7	\$49.00	150110
	Tuesday	11:30am	6/28-8/16	8	\$56.00	150112
	Wednesday	8:00pm	6/29-8/17	8	\$56.00	150113
	Thursday	11:30am	6/30-8/18	8	\$56.00	150111

Lessons/Trainings for 15 year olds and up

Lifeguard Training	Saturdays	see flyer	9/10-10/22	7	\$125.00	150868
Lifeguard Training	Saturdays	see flyer	10/29-12/17	7	\$125.00	150869
Lifeguard Renewal	Sun	see flyer	12/18	1	\$100.00	150867

How to Register for Swimming Lessons:

Registration for **SUMMER** swimming lessons begins on May 24 at noon. You can register in person during regular business hours, over the phone, or online.

To register over the phone, call 206-684-4961 or 206-684-5177

To register online: visit www.seattle.gov/parks



Lesson Tips:

- Please register for the correct age group.
- Please read lesson descriptions and prerequisites carefully to make sure your child is registered for the correct class.
- Sorry, we cannot give credits or make-up classes or for missed classes.
- A minimum of 4 students is required for all classes (except for 3 year old lessons).
- Please direct all questions/concerns to the pool cashier or deck supervisor.
- Please watch the swimming lessons from the bleacher area and away from the edge of the deck.
- Help your child develop their swimming skills and have fun by bringing them to a public or family swim to practice.

Lessons & Specialty Courses

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.

Parent & Child Aquatics (Ages 6 months – 4 years) American Red Cross Parent and Child Aquatics introduces you and your child to basic swimming skills. As parents, you learn how to safely work with your child in the water and how to prepare and encourage your child to participate fully and try the skills offered. In addition, everyone is introduced to water safety topics along with songs, games and lots of fun. Each child must be accompanied in to the water by a parent or adult. Swim diaper or tight fitting plastic pants are required.

Three-Year-Olds Lessons (Age 3) 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 & 5) Children will begin with basic water adjustment and eventually learn these skills: front and back floats, flutter kick, rolling from front to back, side breathing, Crawl stroke with bilateral breathing, backstroke, whip kick, treading water and water safety skills. We group children by ability levels on the first day of class. To ensure safety and quality, we maintain a 6:1 student to instructor ratio.

Beginning Swimmer (Ages 6 – 16) **Floating, Gliding and Kicking:** Children get comfortable putting their face in the water and practice front, side and back floating, gliding and kicking. These skills provide the foundation for all other swimming strokes **Arm Strokes:** Mastering the Crawl Stroke requires learning to roll from front to back while performing arm strokes. Once mastered we begin teaching side breathing. Students also work on strengthening kicking, proper body alignment, treading water and deep water swimming.

Side Breathing and Whip Kick: Front Crawl Stroke with bilateral breathing and an introduction to whip kick are skills taught in this level. To ensure safety and quality we maintain an 8:1 student/teacher

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: Students must pass Beginning Swimmer, feel comfortable in deep water and able to swim at least 15 yards without stopping while demonstrating 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: Elementary Backstroke, Backstroke, Breaststroke and Butterfly plus continued practice swimming Crawl Stroke. **Increasing Endurance and Proficiency:** Increased distances and refinement of previous strokes along with sidestroke taught. **Fitness and Water Safety:** Teaches increased mastery of technique and endurance in all the strokes plus safety and basic rescue techniques. To ensure safety and quality we maintain a 10:1 student to instructor ratio.

Swim Team Prep (Ages: 6 – 17) Experience the challenge of competitive swimming! This class is for students who have successfully participated in at least 2 quarters of Advanced Swimmer. Instruction will focus on improving stroke technique, flip turns, racing starts, learning about "sets" and "send-offs" and an overall improvement of endurance and speed.

DIVING (Ages: 6 – 16) 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:** Students must have successfully mastered skills in Beginning Youth Swimmer and have the ability to dive from the side of the pool in deep water. Beginning Diving 1, Intermediate Diving 2, Advanced Diving

Special Populations Lessons (Ages 6-17) These are individual or small group lessons for children with special needs. We provide pool chair lifts and portable stairs for easy access.

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 while developing lifelong and lifesaving skills.