

Meadowbrook Pool

If you're not wet, we're not happy!

10515 35th Ave NE • 206-684-4989



SEATTLE PARKS
AND RECREATION

Fall 2016 at a Glance, September 6–December 31

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
6 a.m.	Lap swim* 5:45–7:15 a.m.	Lap swim* 5:45–7:15 a.m.	Lap swim* 5:45–7:15 a.m.	Lap swim* 5:45–7:15 a.m.	Lap swim* 5:45–7:15 a.m.	
6:30 a.m.						
7 a.m.						Lap Swim 7–8:30 a.m.
7:30 a.m.						
8 a.m.						
8:30 a.m.		Seattle Public Schools 7:30–11 a.m.	Seattle Public Schools 7:30–11 a.m.	Seattle Public Schools 7:30–11 a.m.	Seattle Public Schools 7:30–11:30 a.m.	Deep Water EX 8:30–9:15 a.m.
9 a.m.	Seattle Public Schools 7:30–11:30 a.m.					Family Swim 9:30–10:30 a.m.
9:30 a.m.						
10 a.m.						
10:30 a.m.						
11 a.m.		Low Impact Water EX 11:15 a.m.–Noon	Tots 11–11:30 a.m.	Low Impact Water EX 11:15 a.m.–Noon		Lessons 10:30 a.m.–Noon
11:30 a.m.						
12 p.m.	Adult Swim Noon–1:30 p.m.	Adult Swim Noon–1:30 p.m.	Adult Swim Noon–1:30 p.m.	Adult Swim Noon–1:30 p.m.	Adult swim Noon–1:30 p.m.	Adult Swim Noon–1:30 p.m.
12:30 p.m.						
1 p.m.						
1:30 p.m.	Deep Water EX 1:30–2:15 p.m.		Deep Water EX 1:30–2:15 p.m.		Deep Water EX 1:30–2:15 p.m.	Public Swim 1:30–3 p.m.
2 p.m.						
2:30 p.m.	Pool Playland/ 3–Lane Lap 2:30–3:30 p.m.		Pool Playland/ 3–Lane Lap 2:30–3:30 p.m.		Pool Playland/ 3–Lane Lap 2:30–3:30 p.m.	
3 p.m.						Lessons 3–4:30 p.m.
3:30 p.m.					Private Lessons	
4 p.m.	Lessons 3:30–5:30 p.m.	Rental 3:30–5:30 p.m.	Lessons 3:30–5:30	Rental 3:30–5:30 p.m.	Public Swim 4–5 p.m.	Family Swim 4:30–5:30 p.m.
4:30 p.m.					Private Lessons	
5 p.m.						
5:30 p.m.	Lap swim 5:30–7:30 p.m.	Lessons 5:30–7 p.m.	Lap swim 5:30–7:30 p.m.	Lessons 5:30–7 p.m.	Lap Swim† 5:30–7:30 p.m.	Lap Swim 5:30–6:30 p.m.
6 p.m.						
6:30 p.m.	Youth Masters 6:30–7:30 p.m.		Youth Masters 6:30–7:30 p.m.		Youth Masters† 6:30–7:30 p.m.	
7 p.m.		Family Swim 7–8 p.m.		Family Swim 7–8 p.m.		
7:30 p.m.	Public Swim ** 7:30–8:30 p.m.		Lessons 7:30–8 p.m.		Friday Fun Night 7:30–8:30 p.m.	
8 p.m.		Deep Water EX 8–8:45 p.m.	Deep Water EX 8–8:45 p.m.	Deep Water EX 8–8:45 p.m.		
8:30 p.m.						
9 p.m.		Adult Swim* 9–10 p.m.		Adult Swim* 9–10 p.m.		
9:30 p.m.						

*Admission for early morning lap swim and late night adult swim is by quick card, check, or exact change only. See page 3 for more information.

**Monday Public Swim ends September 26.

†High school swim meets will affect start times for Lap Swim and Masters. Please contact the pool for more details.

Recreational Swims

Fee: \$5.25 Adult / \$3.75 Sr. Adult, Youth, Special Pop.

Lap Swim

Lap swim is a great time for you to work on your fitness or take a relaxing swim in a safe all-weather environment. We accommodate all swimmer levels. There are 3–6 lanes for swimming. We have lane speed indicators to minimize traffic in your lane. For lap swimming etiquette or facility specific questions just ask us!

Monday–Friday (EMLS) 5:45–7:15 a.m.

Monday/Wednesday/Friday* 5:30–7:30 p.m.

Saturday 7–8:30 a.m.

Saturday 5:30–6:30 p.m.

**Note for EMLS (Early Morning Lap Swim): Swimmers must use exact change, personal check, or Quick Card for admission to this program.*

Adult & Senior Swim

Half of the pool is set up with lanes for lap swimming. The other half is available for less structured swimming.

Monday–Saturday Noon–1:30 p.m.

Tuesday/Thursday 9–10 p.m.*

**Exact change, personal check or quick card required.*

Public Swim

Time is set aside for recreational swimming for swimmers of all ages to enjoy. Children must be 6 years old and 48" tall to be in the water without the direct supervision of an adult.

Monday (ends 9/26) 7:30–8:30 p.m.

Friday 4–5 p.m.

Monday–Saturday 1:30–3 p.m.

Pool Playland

This “gentle” public swim features water toys and noodles. This is especially good for younger kids and their big people.

Monday/Wednesday/Friday 2:30–3:30 p.m.

Family Swim

Spend quality time with the kids and create some lasting memories of fun times together. For the enjoyment and safety of everyone, all children must be accompanied in the water by an adult. Children younger than 6 years and under 48" in height must be directly supervised by an adult who is within an arm's length at all times.

Tuesday/Thursday (w/lap lane)..... 7–8 p.m.

Saturday (w/lap lane 9:30–10:30 a.m.

Saturday (w/lap lane 4:30–5:30 p.m.

Friday Fun Nights

Spend your Friday nights at Meadowbrook Pool! Adults don't have to be in the water for this swim. Regular admission and height/age requirements apply. We expect good behavior by children swimming without an adult.

Friday 7:30–8:30 p.m.

Fitness Swims

Fee: \$6.50 Adult / \$4.00 Sr. Adult

Deep Water Exercise for Seniors

We call this “exercise that feels good.” It's a deep water class that uses resistance/floatation equipment.

Monday/Wednesday/Friday 1:30–2:15 p.m.

Shallow Water Low-Impact Water Exercise

Enjoy low impact aerobics set to big band and classical music. This is great for folks wanting to stretch and move with comfort and assistance from the pool.

Tuesday/Thursday 11:15 a.m.–Noon

Youth Masters Workout

Youth workouts will offer stroke technique and training tips as well as aerobic conditioning and speed work.

Monday/Wednesday/Friday* 6:30–7:30 p.m.

High-Energy Deep Water Exercise

A zero-impact deep water workout that utilizes a floatation belt to keep your body upright and allow you full range of motion so you get the most of the water's resistance. Our high-energy class maximizes everything that's great about water exercise.

Tuesday/Wednesday/Thursday 8–8:45 p.m.

Saturday 8:30–9:15 a.m.



SPECIAL EVENT—SPOOK THE POOL!

Friday, October 28,
7:30–8:30 p.m.

POOL CLOSURES

- Pool closed for All City Retreat, Thursday, September 15.
- Holiday Pool Closures on Friday, November 11 for Veterans Day, Thursday–Friday, November 24–25 for Thanksgiving, and Monday, December 26 for Christmas.
- Pool closed* between 3–6 p.m. for High School Swim Meets on Fridays: September 16, 23 and 30; October 7 and 21; and December 2 and 9. On swim meet days lap swim will begin at 6 p.m. and Youth Masters will be cancelled.