

Lifeguard Training
Ages 15 and older
Pre-test: Monday, September 26 and Wednesday, September 28.
 There will be no class on October 31.
 (Course fee includes \$35 paid directly to the American Red Cross.)

	Day	Time	Dates	# Classes	Price	Bar Code
Lifeguard Training	Monday	6–8:30 p.m.	Oct. 3–Nov. 21	8	\$160.00	152432

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.

Discount Quick Card!

Quick Card is a prepaid discount admission card for use within Seattle Parks and Recreation. To purchase a discount quick card visit any pool. A photo is taken and the time of purchase. Cards are issued to individuals and are not transferable.



- Recreation Programs: 10 admissions**
 Youth/Senior/Special Pop. (save \$4) \$33.50
 Adult (save \$5.50) \$47.00
- Fitness Programs: 10 admissions**
 Youth/Senior/Special Pop. (save \$5) \$35.00
 Adult (save \$7) \$57.50
- 30-Day Pass (Recreation and Fitness)**
 Youth/Senior/Special Pop. \$45.00
 Adult \$60.00

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 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 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.

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

10515 35th Ave NE • 206-684-4989



Fall 2016 Swim Lessons, September 12–December 17



Ready?
 Please visit our website 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 have one, go to www.seattle.gov/parks, click SPARC and follow the instructions to create or update an account. Please allow at least one week for a new account.

Go!

- Walk-in and online registration begins August 9 at Noon. You can visit us in person or online at www.seattle.gov/parks.
- Personal lesson registration begins Saturday, August 27 at 7:30 a.m. (walk-in registration only).

Register Online!

- Please Note**
- There will be no Lessons on Friday, November 11 in observance of Veteran's Day.
 - There will be no lessons November 21–26.
 - Placement testing for Advanced Swimmer is now offered. Please contact us to set up an appointment.

Swim Lessons

Parent and 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

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)

Children start with basic water adjustment, safety and swimming skills in a group with other 4 and 5 year olds. 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, Crawlstroke 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)

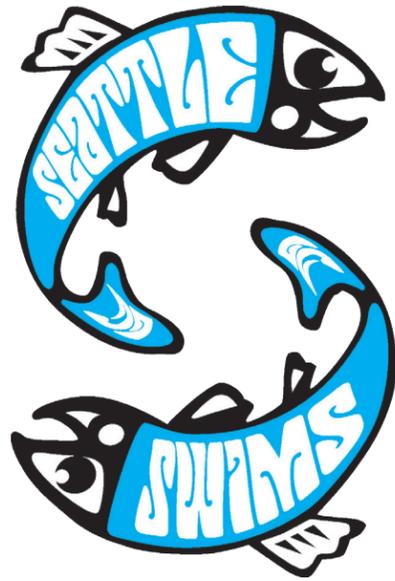
Our specially designed **Seattle Swims** Lesson Program puts the emphasis on safety, fitness and fun! Our teaching techniques utilize well organized progressions for learning, plenty of practice and instructor feedback. We will group children by ability on the first day of class to provide the best opportunity for your child's success.

Floating, Gliding 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 and receive a Certificate of Achievement in order to register. If you are uncertain if your child belongs in Advanced Swimmer please contact to the pool before registering. If you are new to Meadowbrook Pool placement testing available by appointment only. Call the pool for details.

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.

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. Please contact the pool for registration.

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.

Swim Lesson Schedule • Fall 2016 • September 12–December 17

- Registration begins Tuesday, August 9, 2016 at Noon
- Personal lesson registration begins Saturday, August 27, 2016 at 7:30 a.m.

SESSION 1	Day	Times	Dates	#classes	Price	Bar Code
Parent & Child Aquatics 6 months–4 years	Tuesday	6:30–7 p.m.	Sept. 13–Nov. 15	10	\$70.00	152894
	Wednesday	11–11:30a.m.	Sept. 14–Nov. 16	10	\$70.00	152895
	Thursday	6:30–7 p.m.	Sept. 22–Nov. 17	9	\$63.00	152897
	Saturday	11:30 a.m.–Noon	Sept. 17–Nov. 19	10	\$70.00	152896
Three year olds Ages 3 only (Parent & Child Aquatics Class Recommended)	Monday	1:30–2 p.m.	Sept. 12–Nov. 14	10	\$125.00	152901
	Monday	5–5:30 p.m.	Sept. 12–Nov. 14	10	\$125.00	152900
	Tuesday	6:30–7 p.m.	Sept. 13–Nov. 15	10	\$125.00	152902
	Wednesday	5–5:30 p.m.	Sept. 14–Nov. 16	10	\$125.00	152903
	Thursday	6:30–7p.m.	Sept. 22–Nov. 17	9	\$112.50	152906
	Friday*	1:30–2 p.m.	Sept. 16–Nov. 18	9	\$112.50	152904
	Saturday	3:30–4 p.m.	Sept. 17–Nov. 19	10	\$125.00	152905
Kinders (Ages 4 and 5)	Monday	2–2:30 p.m.	Sept. 12–Nov. 14	10	\$85.00	152884
	Monday	4:30–5 p.m.	Sept. 12–Nov. 14	10	\$85.00	152883
	Tuesday	6–6:30 p.m.	Sept. 13–Nov. 15	10	\$85.00	152885
	Wednesday	2–2:30 p.m.	Sept. 14–Nov. 16	10	\$85.00	152887
	Wednesday	4–4:30 p.m.	Sept. 14–Nov. 16	10	\$85.00	152886
	Thursday	6–6:30 p.m.	Sept. 22–Nov. 17	9	\$76.50	152891
	Friday*	2–2:30pm	Sept. 16–Nov. 18	9	\$76.50	152888
	Saturday	10:30–11 a.m.	Sept. 17–Nov. 19	10	\$85.00	152890
	Saturday	11:30 a.m.–Noon	Sept. 17–Nov. 19	10	\$85.00	152889
Beginning Swimmer (Ages 6–16)	Monday	4–4:30 p.m.	Sept. 12–Nov. 14	10	\$70.00	152876
	Tuesday	5:30–6 p.m.	Sept. 13–Nov. 15	10	\$70.00	152877
	Wednesday	4:30–5 p.m.	Sept. 14–Nov. 16	10	\$70.00	152878
	Thursday	5:30–6 p.m.	Sept. 22–Nov. 17	9	\$63.00	152879
	Saturday	11–11:30 a.m.	Sept. 17–Nov. 19	10	\$70.00	152880
Advanced Swimmer (Ages 6–16)	Monday	5–5:30 p.m.	Sept. 12–Nov. 14	10	\$70.00	152873
	Tuesday	6:30–7 p.m.	Sept. 13–Nov. 15	10	\$70.00	152874
	Wednesday	5–5:30 p.m.	Sept. 14–Nov. 16	10	\$70.00	152875
	Thursday	6:30–7 p.m.	Sept. 22–Nov. 17	9	\$63.00	152870
	Saturday	11:30 a.m.–Noon	Sept. 17–Nov. 19	10	\$70.00	152869
Adults (Ages 16 and up)	Wednesday**	7:30–8 p.m.	Sept. 14–Nov. 16	9	\$63.00	152868
Special Pops	Saturday	3–3:30 p.m.	Sept. 17–Nov. 19	10	\$70.00	152899
MINI-SESSION	Day	Times	Dates	#classes	Price	Bar Code
Three year olds	Mon/Wed	5–5:30 p.m.	Nov. 28–Dec. 14	6	\$75.00	152907
Kinders (Ages 4 and 5)	Mon/Wed	4–4:30 p.m.	Nov. 28–Dec. 14	6	\$51.00	152892
	Tue/Thu	5:30–6 p.m.	Nov. 29–Dec. 15	6	\$51.00	152893
Beginning Swimmer (Ages 6–16)	Mon/Wed	4:30–5 p.m.	Nov. 28–Dec. 14	6	\$42.00	152881
	Tue/Thu	6–6:30 p.m.	Nov. 29–Dec. 15	6	\$42.00	152882
Advanced Swimmer (Ages 6–16)	Mon/Wed	5–5:30 p.m.	Nov. 28–Dec. 14	6	\$42.00	152871
	Tue/Thu	6:30–7 p.m.	Nov. 29–Dec. 15	6	\$42.00	152872
PERSONAL LESSONS						
Mon/Wed/Fri	3:30–4 p.m.	Personal Lessons will being Monday, September 19. \$36/Lesson add \$12 per additional child (3 Lesson Minimum)				
Mon/Wed/Fri	5–5:30 p.m.					
Tue/Thu	7–8 p.m.					
Saturday***	10:30 a.m.–Noon					
Saturday	3:30–4:30 p.m.					

*No Lessons on the following days: Veteran's Day, Friday, November 11.

**There will be no Adult Lessons on Wednesday, October 5.

***Available December 3, 10, 17

There will be swim meets on Fridays from 2:30–6 p.m. All regularly scheduled programs will be cancelled.