



Mounger Pool
2535 32nd Ave W
Seattle WA 98199
206-684-4708



2016 SWIMMING LESSONS

May 14 - September 9

Registration Begins Tuesday, April 5th at 12:00 noon

On Line: ----- www.seattle.gov/parks

In Person: ----- **At your closest Community Center or Pool**

Parent/Child 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 & 5): *Kids will start with basic water adjustment, safety and swimming skills in a group with other 4 & 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 register a 6:1 student to instructor ratio.

Beginning Swimmer Levels 1-3 (Ages 6 – 16):

Our 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 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. Kids also work on back stroke, 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. We register an 8:1 student to instructor ratio.

Advanced Swimmer Lessons Levels 4-6 (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 pass Beginning Swimmer and be comfortable in deep water and able to swim 15 yards each of 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: Elementary Backstroke, Breaststroke and Butterfly plus continued practice in Front Crawl Stroke and Back stroke.

Increasing Endurance and Proficiency: Increased distances and refinement of previous strokes along with sidestroke taught. **Proficiency, Fitness and Water Safety:** Teaches increased mastery of technique and endurance in all the strokes plus safety and basic rescue techniques. 10:1 student instructor ratio

Adult Swim Lessons (Ages 16 and older)

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.

Note: If you are unsure of your child's ability, please have him or her 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. A minimum of four students is required for all classes. We may combine or cancel programs if not enough students sign up.

Class	Session	Days	Time	Dates	Classes	Cost	Barcode
Tots Ages 6 mos - 4 yrs. (One parent must be in the water with each tot.)	1	M/W	10 a.m.	May 16 - June 1*	5	\$35.00	149059
		M/W	4:30 p.m.	May 16 - June 1*	5	\$35.00	149060
		T/Th	4:30 p.m.	May 17 - June 2	6	\$42.00	149061
		Sat	8:30 a.m.	May 21 - June 18	5	\$35.00	149062
		Sat	2:30 p.m.	May 21 - June 18	5	\$35.00	149063
		Sun	10:30 a.m.	May 22 - June 19	5	\$35.00	149064
	2	M/W	10 a.m.	June 6-June 22	6	\$42.00	149065
		M/W	4:30 p.m.	June 6-June 22	6	\$42.00	150735
		T/Th	4:30 p.m.	June 7-June 23	6	\$42.00	149066
	3	Sat	8:30 a.m.	June 25-July 30	6	\$42.00	149067
		Sat	2:30 p.m.	June 25-July 30	6	\$42.00	149068
		Sun	10:30am	June 26-July 31	6	\$42.00	149069
		M-F	10:00 a.m.	June 27-July 8*	9	\$63.00	149070
		M/W	4:30 p.m.	June 27-July 20*	7	\$49.00	149071
		T/Th	4:30 p.m.	June 28-July 21	8	\$56.00	149072
	4	M-F	10:00 a.m.	July 11-July 22	10	\$70.00	149073
	5	M-F	10:00 a.m.	July 25-Aug 5	10	\$70.00	149074
		M/W	4:30 p.m.	July 25-Aug 17	8	\$56.00	149075
		T/Th	4:30 p.m.	July 26-Aug 18	8	\$56.00	149076
	6	Sat	8:30 a.m.	Aug 6-Sept 3	5	\$35.00	149077
		Sat	2:30 p.m.	Aug 6-Sept 3	5	\$35.00	149078
		Sun	10:30 p.m.	Aug 7-Sept 4	5	\$35.00	149079
		M-F	10:00 a.m.	Aug 8-Aug 19	10	\$70.00	149080
	7	M-F	10:00 a.m.	Aug 22-Sept 2	10	\$70.00	150736
		M/W	4:30 p.m.	Aug 22-Sept 7**	5	\$35.00	149082
		T/Th	4:30 p.m.	Aug 23-Sept 8	6	\$42.00	149083
	8	T-F	10:00 a.m.	Sept 6-Sept 9	4	\$28.00	149081

Class	Session	Days	Time	Dates	Classes	Cost	Barcode
Three- Year-Olds	1	T/Th	10:30 a.m.	May 17 - June 2	6	\$75.00	149084
		T/Th	6 p.m.	May 17 - June 2	6	\$75.00	149085
		Sat	10 a.m.	May 21 - June 18	5	\$62.50	149086
	2	T/Th	10:30 a.m.	June 7-June 23	6	\$75.00	149087
		T/Th	6 p.m.	June 7-June 23	6	\$75.00	149088
		M-Th	10:30 a.m.	June 20-June 23	4	\$50.00	149089
	3	Sat	10 a.m.	June 25-July 30	6	\$75.00	149090
		M-F	9 a.m.	June 27-July 8*	9	\$112.50	149091
		M-F	10:30 a.m.	June 27-July 8*	9	\$112.50	149092
		T/Th	6 p.m.	June 28-July 21	8	\$100.00	149093
	4	M-F	9 a.m.	July 11-July 22	10	\$125.00	149094
		M-F	10:30 a.m.	July 11-July 22	10	\$125.00	149095
	5	M-F	9 a.m.	July 25-Aug 5	10	\$125.00	149096
		M-F	10:30 a.m.	July 25-Aug 5	10	\$125.00	149097
		T/Th	6 p.m.	July 26-Aug 18	8	\$100.00	149098
	6	Sat	10 a.m.	Aug 6-Sept 3	5	\$62.50	149099
		M-F	9 a.m.	Aug 8-Aug 19	10	\$125.00	149100
		M-F	10:30 a.m.	Aug 8-Aug 19	10	\$125.00	149101
	7	M-F	9 a.m.	Aug 22-Sept 2	10	\$125.00	149102
		M-F	10:30 a.m.	Aug 22-Sept 2	10	\$125.00	149103
		T/Th	6 p.m.	Aug 23-Sept 8	6	\$75.00	149104
	8	T-F	9 a.m..	Sept 6-Sept 9	4	\$50.00	149105
		T-F	10:30 a.m.	Sept 6-Sept 9	4	\$50.00	149106

Class	Session	Days	Time	Dates	Classes	Cost	Barcode
Kinders Ages 4-5	1	M/W	5:30 p.m.	May 16 - June 1*	5	\$42.50	149107
		M/W	6 p.m.	May 16 - June 1*	5	\$42.50	149108
		T/Th	10 a.m.	May 17 - June 2	6	\$51.00	149109
		T/Th	5:30 p.m.	May 17 - June 2	6	\$51.00	149110
		Sat	9 a.m.	May 21 - June 18	5	\$42.50	149111
		Sat	10:30 a.m.	May 21 - June 18	5	\$42.50	149112
	2	M/W	5:30 p.m.	June 6-June 22	6	\$51.00	149113
		M/W	6 p.m.	June 6-June 22	6	\$51.00	149114
		T/Th	10 a.m.	June 7-June 23	6	\$51.00	149115
		T/Th	5:30 p.m.	June 7-June 23	6	\$51.00	149116
	3	Sat	9 a.m.	June 25-July 30	6	\$51.00	149117
		Sat	10:30 a.m.	June 25-July 30	6	\$51.00	149118
		M-F	9:30 a.m.	June 27-July 8*	9	\$76.50	149119
		M/W	5:30 p.m.	June 27-July 20*	7	\$59.50	149120
		M/W	6 p.m.	June 27-July 20*	7	\$59.50	149125
		T/Th	5:30 p.m.	June 28-July 21	8	\$68.00	149121
	4	M-F	9:30 a.m.	July 11-July 22	10	\$85.00	149122
	5	M-F	9:30 a.m.	July 25-Aug 5	10	\$85.00	149123
		M/W	5:30 p.m.	July 25-Aug 17	8	\$68.00	149124
		M/W	6 p.m.	July 25-Aug 17	8	\$68.00	149126
		T/Th	5:30 p.m.	July 26-Aug 18	8	\$68.00	149127
	6	Sat	9 a.m.	Aug 6-Sept 3	5	\$42.50	149128
		Sat	10:30 a.m.	Aug 6-Sept 3	5	\$42.50	149129
		M-F	9:30 a.m.	Aug 8-Aug 19	10	\$85.00	149130
	7	M-F	9:30 a.m.	Aug 22-Sept 2	10	\$85.00	149131
		M/W	5:30 p.m.	Aug 22-Sept 7**	5	\$42.50	149132
		M/W	6 p.m.	Aug 22-Sept 7**	5	\$42.50	149133
		T/Th	5:30 p.m.	Aug 23-Sept 8	6	\$51.00	149134
8	T-F	9:30 a.m.	Sept 6-Sept 9	4	\$34.00	149135	

Class	Session	Days	Time	Dates	Classes	Cost	Barcode
Beginning Swimmer Levels 1-3 Ages 6-16	1	M/W	4:30 p.m.	May 16 - June 1*	5	\$35.00	149172
		M/W	5 p.m.	May 16 - June 1*	5	\$35.00	149173
		T/Th	5 p.m.	May 17 - June 2	6	\$42.00	149174
		Sat	9:30 a.m.	May 21 - June 18	5	\$35.00	149175
	2	M/W	4:30 p.m.	June 6-June 22	6	\$42.00	149177
		M/W	5 p.m.	June 6-June 22	6	\$42.00	149176
		T/Th	5 p.m.	June 7-June 23	6	\$42.00	149178
	3	Sat	9:30 a.m.	June 25-July 30	6	\$42.00	149179
		M-F	10 a.m.	June 27-July 8*	9	\$63.00	149181
		M-F	10:30 a.m.	June 27-July 8*	9	\$63.00	149180
		M/W	5 p.m.	June 27-July 20*	7	\$49.00	149182
		T/Th	5 p.m.	June 28-July 21	8	\$56.00	149183
	4	M-F	10 a.m.	July 11-July 22	10	\$70.00	149184
		M-F	10:30 a.m.	July 11-July 22	10	\$70.00	149185
	5	M-F	10 a.m.	July 25-Aug 5	10	\$70.00	149186
		M-F	10:30 a.m.	July 25-Aug 5	10	\$70.00	149187
		M/W	5 p.m.	July 25-Aug 17	8	\$56.00	149188
		T/Th	5 p.m.	July 26-Aug 18	8	\$56.00	149189
	6	Sat	9:30 a.m.	Aug 6-Sept 3	5	\$35.00	149190
		M-F	10 a.m.	Aug 8-Aug 19	10	\$70.00	149191
		M-F	10:30 a.m.	Aug 8-Aug 19	10	\$70.00	149192
	7	M-F	10 a.m.	Aug 22-Sept 2	10	\$70.00	149193
		M-F	10:30 a.m.	Aug 22-Sept 2	10	\$70.00	149194
		M/W	5 p.m.	Aug 22-Sept 7**	5	\$35.00	149195
		T/Th	5 p.m.	Aug 23-Sept 8	6	\$42.00	149196

Class	Session	Days	Time	Dates	Classes	Cost	Barcode
Advanced Swimmer Levels 4-6 Ages 6-16 (Must have passed Beginning Swimmer)	1	M/W	5 p.m.	May 16 - June 1*	5	\$35.00	149145
		T/Th	5 p.m.	May 17 - June 2	6	\$42.00	149146
		Sat	8:30 a.m.	May 21 - June 18	5	\$35.00	149147
		Sat	9:30 a.m.	May 21 - June 18	5	\$35.00	149148
	2	M/W	5 p.m.	June 6-June 22	6	\$42.00	149149
		T/Th	5 p.m.	June 7-June 23	6	\$42.00	149150
	3	Sat	8:30 a.m.	June 25-July 30	6	\$42.00	149152
		Sat	9:30 a.m.	June 25-July 30	6	\$42.00	149151
		M-F	10 a.m.	June 27-July 8*	9	\$63.00	149154
		M/W	5 p.m.	June 27-July 20*	7	\$49.00	149155
		T/Th	5 p.m.	June 28-July 21	8	\$56.00	149157
	4	M-F	10 a.m.	July 11-July 22	10	\$70.00	149158
	5	M-F	10 a.m.	July 25-Aug 5	10	\$70.00	149159
		M/W	5 p.m.	July 25-Aug 17	8	\$56.00	149164
		T/Th	5 p.m.	July 26-Aug 18	8	\$56.00	149165
	6	Sat	8:30 a.m.	Aug 6-Sept 3	5	\$35.00	149167
		Sat	9:30 a.m.	Aug 6-Sept 3	5	\$35.00	149166
		M-F	10 a.m.	Aug 8-Aug 19	10	\$70.00	149168
	7	M-F	10 a.m.	Aug 22-Sept 2	10	\$70.00	149169
		M/W	5 p.m.	Aug 22-Sept 7**	5	\$35.00	149170
		T/Th	5 p.m.	Aug 23-Sept 8	6	\$42.00	149171

Personal Lessons

Mounger Pool offers personal swim lessons to people who are interested in one-to-one attention. Personal lessons allow for concentrated instruction to meet individual needs. The cost is \$36 per one half-hour lesson. Additional participants may be added for only \$12 each.

Please call the pool beginning March 14th to schedule 206-684- 4708

Volunteer Swim Instructor Aide

Are you looking for a way to give back to the community or engage in community service hours for high school credit? We are looking for people who can commit to a one-hour block of time twice a week during our lesson program. All volunteers must be at least 15 years old and have passed swim lesson levels 1 – 6. A complete background check and volunteer orientation will also be required.

Class	Session	Days	Time	Dates	Classes	Cost	Barcode
Adult Ages 16+	1	M/W	8 p.m.	May 16 - June 1*	5	\$52.50	149138
		Sat	8:30 a.m.	May 21 - June 18	5	\$35.00	149139
	2	M/W	8 p.m.	June 6-June 22	6	\$63.00	149140
	3	Sat	8:30 a.m.	June 25-July 30	6	\$42.00	149141
		M/W	8 p.m.	June 27-July 20*	7	\$73.50	149142
	5	M/W	8 p.m.	July 25-Aug 3	4	\$42.00	149143
6	Sat	8:30 a.m.	Aug 6-Sept 3	5	\$35.00	149144	
Specialty	Jr LG	M-F	8-9:30 a.m.	Aug 8-Aug 12	5	\$65.00	149777
		M-F	8-9:30 a.m.	Aug 15- Aug 19	5	\$65.00	149778
	Synchro	M-F	8:45-9:30 a.m.	Aug22-Aug 26	5	\$52.50	149776
Competi- tive Stroke	1	T/Th	8-8:45pm	May 17-June 2	6	\$63.00	149197
	2	T/Th	8-8:45pm	June 7-June 23	6	\$63.00	149198
	3	T/Th	8-8:45pm	June 28-July21	8	\$84.00	149199
	4	T/Th	8-8:45pm	July 26-Aug 4	4	\$42.00	149200
Summer Swim League	1	M-F	7:30-8:30am	June 27-Aug 5	29	\$130.00	149201
	2	M-F	8:30-9:30am	June 27-Aug 5	29	\$130.00	149200
	Starts & Turns	M (7-10 yrs)	2:30pm	Jun 27-Aug 1*	5	\$35.00	149782
		W (11-17 yrs)	2:30pm	Jun 29-Aug 3	6	\$42.00	149181

Junior Lifeguarding Ages 11-15

This is an introduction to lifeguarding, teamwork, and basic water safety. This fun, interactive class is perfect for the future lifeguard or volunteer. Must be able to: Swim 25 yards front crawl with side breathing. Tread water for 1 minute. Submerge and swim underwater for 10 feet.

Mon – Fri • 8 – 9:30 a.m. Aug 8 – 12

Intro to Synchronized Swimming

Ages 9-17

A hybrid of swimming, gymnastics, and ballet, synchronized swimming combines strength, endurance, flexibility, grace, and artistry with exceptional breath control. Learn the basics of this graceful aquatic sport. Participants will show off their new skills in a performance scheduled at the end of the week!

Prerequisite: Advanced Swimmer ability or instructor approval.

Competitive Stroke Workout

Experience the fun of competitive swimming! Coaches will emphasize improving skills in all major competitive strokes, building teamwork and having a good time. Advanced Swimmer skill level required. Perfect as a Summer Swim League alternative. Ages 7-17

Tues/Thurs• 8 – 9:45 p.m.

A pre-test is highly recommended for placement in competitive classes. If your child is not at the correct level then they will not be able to participate and will be offered an opportunity to register for an appropriate level providing there is space available.

Hints for Swimming Lessons

Registration begins online Tuesday, April 5 at noon.

- 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 him or her 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 Swimmer.
- Sorry, we cannot give refund credits or make-up lessons for missed classes.

Swim Team League

Summer Swim League is a novice swim team operated by Seattle Parks and Recreation.

Join the Mounger Swim Team and have fun, make friends, and learn competitive strokes, starts and turns. The minimum swimming requirement is one length (25 yards) of any competitive stroke. For ages 7 – 18. Sign up for the workout that best fits your schedule.

Monday – Friday • June 27–Aug. 5

\$130 - Fee includes Mounger Penguins T-Shirt

No Class Monday July 4th

First Workout.....7:30 – 8:30 a.m.

Second Workout..... 8:30 – 9:30 a.m.

Starts and Turns clinic for SSL participants.

This class is intended for current Mounger SSL participants only. You will get personalized instruction in this 30 minute class to improve your racing dives and turns with a Mounger coach.

Ages 7-10 - Mon• 2:30 – 3:00p.m.

Ages 11-17 - Wed• 2:30 – 3:00p.m.

- We may combine or cancel programs if not enough children sign up.
- Family members must stay away from the pool edge during lessons and keep children who are not participating in lessons with them 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 for the planet!
- Help children develop their skills and have fun by bringing them to a public or family swim.
- Swimming lessons operate rain or shine, unless there is thunder and lightning.

Swimming Scholarship Fund!

As part of the ongoing commitment to water safety awareness and injury prevention, Seattle Parks and Recreation has received generous donations from Seattle Children's Hospital. These contributions allow for supplemental scholarship funding in addition to our existing low income scholarship offerings for youth group swim lessons. 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:

- »» Kinder swimming lessons (ages 4 to 5)
- »» Beginning Youth lessons (ages 6 to 16)
- »» Advanced Youth lessons (ages 6 to 16)



Refunds, Withdraws and Transfers

Partial prorated refunds are available if you drop a class **prior to the second lesson of the session**. \$5 or 10 % withdraw fees apply. These fees apply to any withdraw, even if you wish to register for an alternate class. Full refund is issued if Parks cancels a program. Refund policy available on request.

We reserve the right to cancel any program that does not have the minimum number of participants enrolled.