



## THE BEACH

# Fall 2016 SWIMMING LESSONS

**September 12—December 18**

**Registration Begins:  
Tuesday, August 9, at Noon**

**Online:** [seattle.gov/parks](http://seattle.gov/parks)  
**In Person:** 8825 Rainier Ave S  
**By Phone:** 206.386.1925

**Parent/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.

**3-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, Crawl stroke 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. 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. We maintain up to a 10:1 instructor to student ratio.

**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

### CLOSURES:

- Monday, 9/5, for Labor Day
  - Thursday, 9/15 for Staff Training
  - Friday, 11/11 for Veteran's Day
  - Thursday, 11/24 & Friday, 11/25 for Thanksgiving Day and Day after Thanksgiving
- ‡ No lesson Week of 11/21— 11/27 for Thanksgiving Holiday

### REFUNDS:

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that:

- 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.
- After the start of the second lesson, no refund of any kind will be given.
- A transfer from one class to another is permitted without cost if done on the same business day as the original registration, and is subject to space availability.
- No fee is charged for a transfer initiated by Seattle Parks and Recreation Staff when done to correct an error in registration or to allow for a better recreation opportunity.

Class	Days	Times	Dates	# Classes	Cost	Barcode
<b>Parent &amp; Child Aquatics</b> <b>(6 months to 4 years old)</b>	Monday	10:00-10:30 AM	9/12 - 10/17	6	\$42.00	152969
			10/24 - 12/12	7	\$49.00	152970
		5:30-6:00 PM	9/12 - 10/17	6	\$42.00	152971
			10/24 - 12/12	7	\$49.00	152972
	Tuesday	10:00-10:30 AM	9/13 - 10/18	6	\$42.00	152973
			10/25 - 12/13	7	\$49.00	152974
		6:00-6:30 PM	9/13 - 10/18	6	\$42.00	152975
			10/25 - 12/13	7	\$49.00	152976
	Wednesday	10:30-11:00 AM	9/14 - 10/19	6	\$42.00	152977
			10/26 - 12/14	7	\$49.00	152978
		5:30-6:00 PM	9/14 - 10/19	6	\$42.00	152979
			10/26 - 12/14	7	\$49.00	152980
	Thursday	10:00-10:30 AM	9/22 - 10/20	5	\$35.00	152989
			10/27 - 12/15	7	\$49.00	152990
		6:00-6:30 PM	9/22 - 10/20	5	\$35.00	152991
			10/27 - 12/15	7	\$49.00	152992
	Friday	10:00-10:30 AM	9/16 - 10/21	6	\$42.00	152981
			10/28 - 12/16	6	\$42.00	152982
		5:30-6:00 PM	9/16 - 10/21	6	\$42.00	152983
			10/28 - 12/16	6	\$42.00	152984
Saturday	9:30-10:00 AM	9/17 - 10/22	6	\$42.00	152985	
		10/29 - 12/17	7	\$49.00	152986	
Sunday	10:00-10:30 AM	9/18 - 10/23	6	\$42.00	152987	
		10/30 - 12/18	7	\$49.00	152988	
<b>3 Year Olds</b>	Monday	10:00-10:30 AM	9/12 - 10/17	6	\$75.00	152993
			10/24 - 12/12	7	\$87.50	152994
		5:00-5:30 PM	9/12 - 10/17	6	\$75.00	152995
			10/24 - 12/12	7	\$87.50	152996
	Tuesday	10:00-10:30 AM	9/12 - 10/17	6	\$75.00	152997
			10/24 - 12/12	7	\$87.50	152998
		10:30-11:00 AM	9/13 - 10/18	6	\$75.00	152999
			10/25 - 12/13	7	\$87.50	153000
	Wednesday	10:30-11:00 AM	9/13 - 10/18	6	\$75.00	153001
			10/25 - 12/13	7	\$87.50	153002
		4:30-5:00 PM	9/13 - 10/18	6	\$75.00	153003
			10/25 - 12/13	7	\$87.50	153004
	Thursday	6:00-6:30 PM	9/13 - 10/18	6	\$75.00	153005
			10/25 - 12/13	7	\$87.50	153006
		10:00-10:30 AM	9/14 - 10/19	6	\$75.00	153007
			10/26 - 12/14	7	\$87.50	153008
	Friday	10:30-11:00 AM	9/14 - 10/19	6	\$75.00	153009
			10/26 - 12/14	7	\$87.50	153010
		5:00-5:30 PM	9/14 - 10/19	6	\$75.00	153011
			10/26 - 12/14	7	\$87.50	153012
	Saturday	5:30-6:00 PM	9/14 - 10/19	6	\$75.00	153013
			10/26 - 12/14	7	\$87.50	153014
		10:00-10:30 AM	9/22 - 10/20	5	\$62.50	153029
			10/27 - 12/15	7	\$87.50	153030
	Sunday	4:30-5:00 PM	9/22 - 10/20	5	\$62.50	153031
			10/27 - 12/15	7	\$87.50	153032
		6:00-6:30 PM	9/22 - 10/20	5	\$62.50	153033
			10/27 - 12/15	7	\$87.50	153034
	Monday	10:00-10:30 AM	9/16 - 10/21	6	\$75.00	153015
			10/28 - 12/16	6	\$75.00	153016
		10:30-11:00 AM	9/16 - 10/21	6	\$75.00	153017
			10/28 - 12/16	6	\$75.00	153018
Tuesday	5:00-5:30 PM	9/16 - 10/21	6	\$75.00	153019	
		10/28 - 12/16	6	\$75.00	153020	
	9:00-9:30 AM	9/17 - 10/22	6	\$75.00	153021	
		10/29 - 12/17	7	\$87.50	153022	
Wednesday	9:30-10:00 AM	9/17 - 10/22	6	\$75.00	153023	
		10/29 - 12/17	7	\$87.50	153024	
	2:45-3:15 PM	9/17 - 10/22	6	\$75.00	153025	
		10/29 - 12/17	7	\$87.50	153026	
Thursday	10:00-10:30 AM	9/18 - 10/23	6	\$75.00	153027	
		10/30 - 12/18	7	\$87.50	153028	

Class	Days	Times	Dates	# Classes	Cost	Barcode
<b>Kinder</b> Ages 4 - 5 Years Old	Monday	10:30-11:00 AM	9/12 - 10/17	6	\$51.00	153035
			10/24 - 12/12	7	\$59.50	153036
		4:30-5:00 PM	9/12 - 10/17	6	\$51.00	153037
			10/24 - 12/12	7	\$59.50	153038
		6:00-6:30 PM	9/12 - 10/17	6	\$51.00	153039
			10/24 - 12/12	7	\$59.50	153040
	Tuesday	10:30-11:00 AM	9/13 - 10/18	6	\$51.00	153041
			10/25 - 12/13	7	\$59.50	153042
		5:00-5:30 PM	9/13 - 10/18	6	\$51.00	153043
			10/25 - 12/13	7	\$59.50	153044
	Wednesday	10:00-10:30 AM	9/14 - 10/19	6	\$51.00	153045
			10/26 - 12/14	7	\$59.50	153046
		4:30-5:00 PM	9/14 - 10/19	6	\$51.00	153047
			10/26 - 12/14	7	\$59.50	153048
		6:00-6:30 PM	9/14 - 10/19	6	\$51.00	153049
			10/26 - 12/14	7	\$59.50	153050
	Thursday	10:30-11:00 AM	9/22 - 10/20	5	\$42.50	153065
			10/27 - 12/15	7	\$59.50	153066
		5:00-5:30 PM	9/22 - 10/20	5	\$42.50	153067
	10/27 - 12/15		7	\$59.50	153068	
	Friday	10:30-11:00 AM	9/16 - 10/21	6	\$51.00	153051
			10/28 - 12/16	6	\$51.00	153052
		4:30-5:00 PM	9/16 - 10/21	6	\$51.00	153053
			10/28 - 12/16	6	\$51.00	153054
		6:00-6:30 PM	9/16 - 10/21	6	\$51.00	153055
			10/28 - 12/16	6	\$51.00	153056
	Saturday	9:00-9:30 AM	9/17 - 10/22	6	\$51.00	153057
			10/29 - 12/17	7	\$59.50	153058
		10:00-10:30 AM	9/17 - 10/22	6	\$51.00	153059
			10/29 - 12/17	7	\$59.50	153060
		2:45-3:15 PM	9/17 - 10/22	6	\$51.00	153061
			10/29 - 12/17	7	\$59.50	153062
Sunday	10:30-11:00 AM	9/18 - 10/23	6	\$51.00	153063	
		10/30 - 12/18	7	\$59.50	153064	
<b>Beginning Swimmer</b> Ages 6-16 Years Old	Monday	6:30-7:00 PM	9/12 - 10/17	6	\$42.00	153069
			10/24 - 12/12	7	\$49.00	153070
	Tuesday	5:30-6:00 PM	9/13 - 10/18	6	\$42.00	153071
			10/25 - 12/13	7	\$49.00	153072
		6:30-7:00 PM	9/13 - 10/18	6	\$42.00	153073
			10/25 - 12/13	7	\$49.00	153074
	Wednesday	6:30-7:00 PM	9/14 - 10/19	6	\$42.00	153075
			10/26 - 12/14	7	\$49.00	153076
	Thursday	5:30-6:00 PM	9/22 - 10/20	5	\$35.00	153091
			10/27 - 12/15	7	\$49.00	153092
		6:30-7:00 PM	9/22 - 10/20	5	\$35.00	153093
	10/27 - 12/15		7	\$49.00	153094	
	Saturday	10:30-11:00 AM	9/17 - 10/22	6	\$42.00	153079
			10/29 - 12/17	7	\$49.00	153080
		11:30 AM - 12:00 PM	9/17 - 10/22	6	\$42.00	153081
			10/29 - 12/17	7	\$49.00	153082
		2:45-3:15 PM	9/17 - 10/22	6	\$42.00	153083
	10/29 - 12/17	7	\$49.00	153084		
	Sunday	10:00-10:30 AM	9/18 - 10/23	6	\$42.00	153085
			10/30 - 12/18	7	\$49.00	153086
		11:00-11:30 AM	9/18 - 10/23	6	\$42.00	153087
10/30 - 12/18			7	\$49.00	153088	
11:30-12:00 PM		9/18 - 10/23	6	\$42.00	153089	
10/30 - 12/18	7	\$49.00	153090			

Class	Days	Times	Dates	# Classes	Cost	Barcode
<b>Advanced Swimmer</b> Ages 6-16 Years Old	Monday	5:30-6:00 PM	9/12 - 10/17	6	\$42.00	153095
			10/24 - 12/12	7	\$49.00	153096
	Tuesday	6:00-6:30 PM	9/13 - 10/18	6	\$42.00	153097
			10/25 - 12/13	7	\$49.00	153098
	Wednesday	5:30-6:00 PM	9/14 - 10/19	6	\$42.00	153099
			10/26 - 12/14	7	\$49.00	153100
	Thursday	6:00-6:30 PM	9/22 - 10/20	5	\$35.00	153109
			10/27 - 12/15	7	\$49.00	153110
	Friday	6:00-6:30 PM	9/16 - 10/21	6	\$42.00	153101
			10/28 - 12/16	6	\$42.00	153102
	Saturday	11:00-11:30 AM	9/17 - 10/22	6	\$42.00	153103
			10/29 - 12/17	7	\$49.00	153104
		2:45-3:15 PM	9/17 - 10/22	6	\$42.00	153105
			10/29 - 12/17	7	\$49.00	153106
Sunday	10:30-11:00 AM	9/18 - 10/23	6	\$42.00	153107	
		10/30 - 12/18	7	\$49.00	153108	
<b>Pre-Competition</b> Ages 6-17 Years Old	Friday	6:00-7:00 PM	9/16 - 10/21	6	\$84.00	153111
			10/28 - 12/16	6	\$84.00	153112
<b>Special Population</b> Ages 6-17 Years Old	Monday	4:00-4:30 PM	9/12 - 10/17	6	\$42.00	153113
			10/24 - 12/12	7	\$49.00	153114
	Tuesday	4:00-4:30 PM	9/13 - 10/18	6	\$42.00	153115
			10/25 - 12/13	7	\$49.00	153116
		5:30-6:00 PM	9/13 - 10/18	6	\$42.00	153117
			10/25 - 12/13	7	\$49.00	153118
	Wednesday	4:00-4:30 PM	9/14 - 10/19	6	\$42.00	153119
			10/26 - 12/14	7	\$49.00	153120
	Thursday	4:00-4:30 PM	9/22 - 10/20	5	\$35.00	153125
			10/27 - 12/15	7	\$49.00	153126
		5:30-6:00 PM	9/22 - 10/20	5	\$35.00	153127
			10/27 - 12/15	7	\$49.00	153128
		6:00-6:30 PM	9/22 - 10/20	5	\$35.00	123129
			10/27 - 12/15	7	\$49.00	123130
	Friday	4:00- 4:30 PM	9/16 - 10/21	6	\$42.00	153121
			10/28 - 12/16	6	\$42.00	153122
5:30-6:00 PM		9/16 - 10/21	6	\$42.00	153123	
		10/28 - 12/16	6	\$42.00	153124	
<b>Beginning &amp; Intermediate Adult</b> Ages 16 & up	Monday	11:30 AM-12:00	9/12 - 10/17	6	\$42.00	153131
			10/24 - 12/12	7	\$49.00	153132
		6:00-6:30 PM	9/12 - 10/17	6	\$42.00	153133
			10/24 - 12/12	7	\$49.00	153134
	Wednesday	11:30 AM-12:00	9/14 - 10/19	6	\$42.00	154023
			10/26 - 12/14	7	\$49.00	154024
		6:00-6:30 PM	9/14 - 10/19	6	\$42.00	153135
			10/26 - 12/14	7	\$49.00	153136
	Thursday	11:30 AM-12:00	9/22 - 10/20	5	\$35.00	153141
			10/27 - 12/15	7	\$49.00	153142
	Saturday	11:00-11:30 AM	9/17 - 10/22	6	\$42.00	153137
			10/29 - 12/17	7	\$49.00	153138
Sunday	11:30 AM - 12:00 PM	9/18 - 10/23	6	\$42.00	153139	
		10/30 - 12/18	7	\$49.00	153140	
<b>Adult Stroke Development</b>	Tues- Int	8:00-8:30 PM	9/13 - 10/18	6	\$42.00	153143
			10/25 - 12/13	7	\$49.00	153144
	Thurs- Adv	8:00-8:30 PM	9/22 - 10/20	5	\$35.00	153145
			10/27 - 12/15	7	\$49.00	153146

## **Do you know a swimmer who needs a scholarship?**

**To learn more about applying or to receive a Low-Income Scholarship application, please speak to a lifeguard or front desk attendant.**

**Approved scholarships may be used for any swimming lesson, with additional funding available to Kinder, Beginning Swimmer, and Advanced Swimmer lessons.**