

SOUTHWEST POOL

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2801 SW Thistle

Seattle, Washington 98126

206-684-7440

Summer HOURS OF OPERATION:

Monday & Wednesday	9:30-8:30 pm
Tuesday & Thursday	9:30-9:30 pm
Friday	9:30-8 pm
Saturday	9:30-2 pm
Sunday	11 am-6 pm

Closed Holidays:

Thursday, July 4th

FEES

RECREATIONAL SWIM PRICES:

Children under 1	Free
Youth (Age 1-17)	\$4.00
Adult (Ages 18-64)	\$6.00
Senior Adults (Ages 65+)	\$4.00
Special Populations	\$4.00

FITNESS SWIM PRICES:

Adult Fitness	\$6.50
Youth/Senior/Special Populations	\$4.50

OTHER FEES:

"Just a Shower"	\$6.00
Towel Rental	\$0.50
Coin-Operated Lockers	\$0.25

SCHOLARSHIP DISCOUNT PRICES:

(Requires proof of income and may take 4-6 weeks for approval)

Discount Recreation	\$2.25
Discount Fitness	\$3.50

QUICK CARD PRICING:

Recreational Swim Pass (minimum 10 visits)

Youth/Senior/Special Populations	\$36.50
Adult	\$53.25

Fitness Swim Pass (minimum 10 visits)

Youth/Senior/Special Populations	\$36.75
Adult	\$58.50

30 day FAST Pass (unlimited use for rec/fitness)

Youth/Senior/Special Populations	\$45.00
Adult	\$65.00

RECREATIONAL SWIM

Adult/Senior Adult Swim: This is a recreational lap swim period for adults 18 years and older. There is an open area for water walking or exercise.

Lap Swim: This program is designed for swimmers of all speeds, and those who want to work on conditioning. Some lanes may be reserved for personal lessons. *Exact change or Quick card required for Early Morning Lap Swim.

Family Swim: This is a recreational swim time for families. A parent/guardian 18 or older (in a swimsuit) must accompany youth younger than 18 into the water.

Public Swim: This is a recreational swim for swimmers of all ages. Children under 6, and those who do not meet our height requirement of 4 feet, must be accompanied into the water by an adult 18 years or older.

FITNESS PROGRAMS

Gentle Fitness: Set to music, this shallow water exercise class emphasizes improving range of motion, endurance, and flexibility through low-impact movement. Participants will work on building strength and increasing balance using the resistance of the water. This is a great class for those with arthritis and other joint conditions associated with age or injury. It is also a great class for pregnant women and people trying to manage their weight. All ages are welcome!

Adult Water Exercise: Mix it up and enjoy either end of the pool in this combo class that combines deep & shallow water exercise. From deep water running to shallow body conditioning, this total body workout will feature non-stop, high-energy water exercises. Spice up your fitness routine and splash your way to a healthier body. No swimming ability required to participate in the shallow end; participants in the deep end will use flotation equipment.

Shallow Water Exercise: A water exercise class designed to build strength, flexibility, and cardiovascular fitness. It takes advantage of your buoyancy in the water and the resistance the water creates. This is a terrific exercise program regardless of your age or fitness abilities, and it allows you to exercise at your own comfort level.

Deep Water Exercise: This deep water class uses specially designed buoyancy and resistance equipment that provides a demanding workout for the whole body. Tone and strengthen your muscles without impact on your joints, recover from an injury, and increase your endurance. Great music keeps you working hard! Deep water comfort required.

SOUTHWEST POOL

June 24th—Sept 1st 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		Early Morning Lap Swim 5:30-7:00am		Early Morning Lap Swim 5:30-7:00am		
Adult & Senior Swim 11:00am-12:30pm	Summer Swim League 7:30-9:30am	Summer Swim League 7:30-9:30am	Summer Swim League 7:30-9:30am	Summer Swim League 7:30-9:30am	Summer Swim League 7:30-9:30am	Lap Swim 9:30-10:30
	Swim Lessons 9:30am-noon	Swim Lessons 9:30am-noon	Swim Lessons 9:30am-noon	Swim Lessons 9:30am-noon	Swim Lessons 9:30am-noon	Swim Lessons 10:30-Noon
Swim Lessons 12:30-2:00pm	Adult & Senior Swim Noon—1:30pm	Adult & Senior Swim Noon—1:30pm	Adult & Senior Swim Noon—1:30pm	Adult & Senior Swim Noon—1:30pm	Adult & Senior Swim Noon—1:30pm	Lap Swim Noon-1:00pm
Family Swim 2:00-3:00pm	Public Swim 1:30-3:00 pm	Gentle Water Fitness 1:30-2:15 pm	Public Swim 1:30-3:00 pm	Gentle Water Fitness 1:30-2:15 pm	Public Swim 1:30-3:00 pm	Public Swim 1:00-2:00pm
Lessons 3:00-4:00pm	Lap Swim 3:00-4:00p	Public Swim 2:30-4:00 pm	Lap Swim 3:00-4:00p	Public Swim 2:30-4:00 pm	Lap Swim 3:00-4:00pm	Rentals Begin at 2pm Call to Schedule 206-684-7440
Public Swim 4:00-5:00pm	Swim Lessons 4:00-5:30pm	Swim Lessons 4:00-5:00pm	Swim Lessons 4:00-5:30pm	Swim Lessons 4:00-5:00pm	Lessons 4:00-4:30pm	
Lap Swim 5:00-6:00pm						Public Swim* 4:30-5:30pm
Rentals Begin at 6:00pm Call to Schedule 206-684-7440	Lap Swim 5:30-6:30pm	Lap Swim 5:00-6:00pm	Lap Swim 5:30-6:30pm	Lap Swim 5:00-6:00pm	Lap Swim * 5:30-7:00pm	
	Swim Lessons 6:30-7:30pm	Swim Lessons 6:00-7:30pm	Swim Lessons 6:30-7:30pm	Swim Lessons 6:00-7:30pm		
	Public Swim (shallow end only) 7:30-8:30pm Deep water EX 7:30-8:15pm	Public Swim 7:30-8:30pm	Public Swim (shallow end only) 7:30-8:30pm Deep water EX 7:30-8:15pm	Public Swim 7:30-8:30pm	Lap Swim * 7:00-8:00pm	
		Adult Water Exercise 8:30-9:15pm		Adult Water Exercise 8:30-9:15pm	*Summer Swim League Meets Friday July 12 and Friday July 19 4-8pm	

Holiday Closures: Thursday, July 4th

For more information visit seattle.gov/parks or call 206-684-7440

SOUTHWEST POOL—SUMMER 2019