

**Southwest Pool
2801 SW Thistle St.
Seattle WA 98126**

**FALL 2019 SWIMMING LESSONS
September 7th—December 22nd, 2019**

Registration Begins August 6th at 12:00 noon

**On Line: www.seattle.gov/parks
In Person: At your closest Community Center or Pool
Over the Phone: 206-684-7440**

Class	Session	Days	Times	Dates	Classes	Cost	Activity #
Advanced Swimmer Ages 6-16	1	M & W	4:30-5:00pm	9/9-10/9	10	\$80.00	25248
		T & Th	6:30-7:00pm	9/10-10/10*	9	\$72.00	25249
		Sun	1:30-2:00pm	9/8-10/27	8	\$64.00	25250
	2	M & W	4:30-5:00pm	10/14-11/13*	9	\$72.00	25251
		T & Th	6:30-7:00pm	10/15-11/14	10	\$80.00	25252
		Sun	1:30-2:00pm	11/3-12/22	8	\$64.00	25520
	3	M & W	4:30-5:00pm	11/18-12/18*	9	\$72.00	25518
		T & Th	6:30-7:00pm	11/19-12/19*	9	\$72.00	25519
	Swim Team Prep Ages 6-16	1	T & Th	4:15-5:00pm	9/10-10/10*	9	\$108.00
2		T & Th	4:15-5:00pm	10/15-11/14	10	\$120.00	25292
3		T & Th	4:15-5:00pm	11/19-12/19*	9	\$108.00	25291
Special Populations Ages 6-16	1	Sun	3:00-3:30pm	9/8-10/27	8	\$64.00	25289
		Sun	3:30-4:00pm	9/8-10/27	8	\$64.00	25290
	2	Sun	3:00-3:30pm	11/3-12/22	8	\$64.00	25435
		Sun	3:30-4:00pm	11/3-12/22	8	\$64.00	25437
Adult Swim Lessons	Mon	Beginning	7:00-7:30pm	9/9-10/21	7	\$56.00	25246
	Wed	Intermediate	7:00-7:30pm	9/11-10/23	7	\$56.00	25247
	Mon	Beginning	7:00-7:30pm	10/28-12/16	7	\$56.00	25517
	Wed	Intermediate	7:00-7:30pm	10/30-12/18	7	\$56.00	25516
*No lessons – 9/19, 11/11, 11/27, and 11/28							

Swimming Scholarship Fund!

As part of our commitment to water safety, Seattle Parks and Recreation – in partnership with Seattle Children’s Hospital, and the support of many caring individuals – is offering Learn to Swim Scholarships to offset the cost of swim lessons for youth ages 3 to 16.

How to donate: To make a contribution to the Learn to Swim Scholarship Fund, visit any Seattle Parks and Recreation



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. Prerequisite: Must take one session of Parent and Child Aquatics
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 strive for a 3:1 student to instructor ratio.

Kinder Lessons Ages 4 & 5
Children start with basic water adjustment, safety and swimming skills in a group with other 4 & 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 on the first day of class. To ensure safety and quality, we strive for a 6:1 student to instructor ratio.

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 him or her 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.

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 strive for an 8:1 student/teacher ratio.

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, feel comfortable in deep water and able to swim at least 15 yards without stopping while demonstrating Front Crawl Stroke with bilateral breathing, and proper whip kick on their back. Children not ready will be moved to Beginning Swimmer if there is room.

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 strive for a 10:1 student to instructor ratio.

Class	Session	Days	Times	Dates	Classes	Cost	Activity #	
Parent and Child Aquatics Ages 6 mos-4 yrs	1	M & W	6:30-7:00pm	9/9-10/9	10	\$80.00	25417	
		T & Th	6:30-7:00pm	9/10-10/10*	9	\$72.00	25284	
		Sat	11:00-11:30am	9/7-10/26	8	\$64.00	25529	
		Sun	1:30-2:00pm	9/8-10/27	8	\$64.00	25287	
	2	M & W	6:30-7:00pm	10/14-11/13*	9	\$72.00	25418	
		T & Th	6:30-7:00pm	10/15-11/14	10	\$80.00	25423	
		Sat	11:00-11:30am	11/2-12/21	8	\$64.00	25286	
		Sun	1:30-2:00pm	11/3-12/22	8	\$64.00	25530	
	3	M & W	6:30-7:00pm	11/18-12/18*	9	\$72.00	25285	
		T & Th	6:30-7:00pm	11/19-12/19*	9	\$72.00	25288	
Three Year Olds	1	M & W	6:30-7:00pm	9/9-10/9	10	\$140.00	25293	
		M & W	7:00-7:30pm	9/9-10/9	10	\$140.00	25294	
		T & Th	4:30-5:00pm	9/10-10/10*	9	\$126.00	25295	
		T & Th	6:30-7:00pm	9/10-10/10*	9	\$126.00	25296	
		Sat	11:00-11:30am	9/7-10/26	8	\$112.00	25297	
		Sun	1:00-1:30pm	9/8-10/27	8	\$112.00	25298	
		Sun	1:30-2:00pm	9/8-10/27	8	\$112.00	25299	
	2	M & W	6:30-7:00pm	10/14-11/13*	9	\$126.00	25300	
		M & W	7:00-7:30pm	10/14-11/13*	9	\$126.00	25301	
		T & Th	4:30-5:00pm	10/15-11/14	10	\$140.00	25302	
		T & Th	6:30-7:00pm	10/15-11/14	10	\$140.00	25303	
		Sat	11:00-11:30am	11/2-12/21	8	\$112.00	25540	
		Sun	1:00-1:30pm	11/3-12/22	8	\$112.00	25541	
		Sun	1:30-2:00pm	11/3-12/22	8	\$112.00	25542	
		3	M & W	6:30-7:00pm	11/18-12/18*	9	\$126.00	25543
	M & W		7:00-7:30pm	11/18-12/18*	9	\$126.00	25544	
	T & Th		4:30-5:00pm	11/19-12/19*	9	\$126.00	25545	
	T & Th		6:30-7:00pm	11/19-12/19*	9	\$126.00	25546	
	Kinders Ages 4-5	1	M & W	4:00-4:30pm	9/9-10/9	10	\$100.00	25268
			M & W	5:00-5:30pm	9/9-10/9	10	\$100.00	25269
M & W			6:30-7:00pm	9/9-10/9	10	\$100.00	25270	
T & Th			6:00-6:30pm	9/10-10/10*	9	\$90.00	25271	
T & Th			6:30-7:00pm	9/10-10/10*	9	\$90.00	25272	
T & Th			7:00-7:30pm	9/10-10/10*	9	\$90.00	25273	
Sat			11:00-11:30am	9/7-10/26	8	\$80.00	25274	
Sat			11:30am-12pm	9/7-10/26	8	\$80.00	25275	
Sun			1:00-1:30pm	9/8-10/27	8	\$80.00	25276	

*No lessons – 9/19, 11/11, 11/27, and 11/28

Refunds, Withdraws and Transfers

Partial prorated refunds are available if you drop a class prior to the second lesson of the session. 10 % service 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.

Class	Session	Days	Times	Dates	Classes	Cost	Activity #	
Kinders Ages 4-5 (cont.)	2	M & W	4:00-4:30pm	10/14-11/13*	9	\$90.00	25277	
		M & W	5:00-5:30pm	10/14-11/13*	9	\$90.00	25278	
		M & W	6:30-7:00pm	10/14-11/13*	9	\$90.00	25279	
		T & Th	6:00-6:30pm	10/15-11/14	10	\$100.00	25280	
		T & Th	6:30-7:00pm	10/15-11/14	10	\$100.00	25281	
		T & Th	7:00-7:30pm	10/15-11/14	10	\$100.00	25282	
		Sat	11:00-11:30am	11/2-12/21	8	\$80.00	25531	
		Sat	11:30am-12pm	11/2-12/21	8	\$80.00	25532	
		Sun	1:00-1:30pm	11/3-12/22	8	\$80.00	25276	
	3	M & W	4:00-4:30pm	11/18-12/18*	9	\$90.00	25534	
		M & W	5:00-5:30pm	11/18-12/18*	9	\$90.00	25535	
		M & W	6:30-7:00pm	11/18-12/18*	9	\$90.00	25536	
		T & Th	6:00-6:30pm	11/19-12/19*	9	\$90.00	25537	
		T & Th	6:30-7:00pm	11/19-12/19*	9	\$90.00	25538	
		T & Th	7:00-7:30pm	11/19-12/19*	9	\$90.00	25539	
	Beginning Swimmer Ages 6-16	1	M & W	4:00-4:30pm	9/9-10/9	10	\$80.00	25253
			M & W	4:30-5:00pm	9/9-10/9	10	\$80.00	25254
			M & W	5:00-5:30pm	9/9-10/9	10	\$80.00	25255
Tuesday			2:30-3:00pm	9/17-11/19	10	\$80.00	25266	
T & Th			6:00-6:30pm	9/10-10/10*	9	\$72.00	25259	
T & Th			7:00-7:30pm	9/10-10/10*	9	\$72.00	25260	
Friday			2:30-3:00pm	9/20-11/22	10	\$80.00	25267	
Sat			10:30-11:00am	9/7-10/26	8	\$64.00	25261	
Sat			11:30am-12pm	9/7-10/26	8	\$64.00	25262	
Sun			12:30-1:00pm	9/8-10/27	8	\$64.00	25263	
2		M & W	4:00-4:30pm	10/14-11/13*	9	\$72.00	25256	
		M & W	4:30-5:00pm	10/14-11/13*	9	\$72.00	25257	
		M & W	5:00-5:30pm	10/14-11/13*	9	\$72.00	25523	
		T & Th	6:00-6:30pm	10/15-11/14	10	\$80.00	25264	
		T & Th	7:00-7:30pm	10/15-11/14	10	\$80.00	25265	
		Sat	10:30-11:00am	11/2-12/21	8	\$64.00	25526	
		Sat	11:30am-12pm	11/2-12/21	8	\$64.00	25527	
		Sun	12:30-1:00pm	11/3-12/22	8	\$64.00	25528	
		3	M & W	4:00-4:30pm	11/18-12/18*	9	\$72.00	25521
			M & W	4:30-5:00pm	11/18-12/18*	9	\$72.00	25522
M & W	5:00-5:30pm		11/18-12/18*	9	\$72.00	25258		
T & Th	6:00-6:30pm		11/19-12/19*	9	\$72.00	25524		
T & Th	7:00-7:30pm	11/19-12/19*	9	\$72.00	25525			

*No lessons – 9/19, 11/11, 11/27, and 11/28

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