

# SOUTHWEST POOL



**Seattle**  
Parks & Recreation

healthy people healthy environment strong communities

**Sept 7th– Dec 22nd, 2019**

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Early Morning Lap Swim</b> 5:30-7:00am		<b>Early Morning Lap Swim</b> 5:30-7:00am		
<b>Adult Swim 3 lanes</b> 11:00 - 12:30pm						<b>Lap Swim 3 lanes</b> 9:30-10:30am
<b>Group Lessons</b> 12:30-2:00pm No Spa & Sauna	<b>Adult Swim 3 lanes</b> Noon—1:30pm	<b>Adult Swim 3 lanes</b> Noon—1:30pm	<b>Adult Swim 3 lanes</b> Noon—1:30pm	<b>Adult Swim 3 lanes</b> Noon—1:30pm	<b>Adult Swim 3 lanes</b> Noon—1:30pm	<b>Group Lessons</b> 10:30-Noon No Spa & Sauna
<b>Family Swim</b> 2:00-3:00pm	<b>Deep/Shallow Fusion</b> 1:30-2:15 pm	<b>Gentle Fitness</b> 1:30-2:15pm	<b>Deep/Shallow Fusion</b> 1:30-2:15pm	<b>Gentle Fitness</b> 1:30-2:15pm	<b>Deep/Shallow Fusion</b> 1:30-2:15pm	<b>Lap Swim 3 lanes</b> Noon-1:00pm
<b>Lessons</b> 3:00-4:00pm No Spa & Sauna	<b>Lap Swim &amp; Personal Lessons</b> 3:00-4:00pm	<b>Lessons</b> 2:30-3pm No Spa & Sauna	<b>Lap Swim &amp; Personal Lessons</b> 3:00-4:00pm	<b>Middle School OST Program</b> 3:00-4:00pm	<b>*Family &amp; Lap Swim</b> 3:00-4:00pm	
<b>Public Swim</b> 4:00-5:00pm	<b>Group Lessons</b> 4:00-5:30pm No Spa & Sauna	<b>Lessons &amp; Comp Stroke</b> 4:00-5:00pm No Spa & Sauna	<b>Group Lessons</b> 4:00-5:30pm No Spa & Sauna	<b>Lessons &amp; Comp Stroke</b> 4:00-5:00pm No Spa & Sauna	<b>Lessons</b> 4-4:30pm No Spa & Sauna	
<b>Lap Swim 3 Lanes</b> 5:00-6:00pm	<b>Lap Swim &amp; Masters Workout</b> 5:30-6:30pm	<b>Lap Swim 3 Lanes</b> 5:00-6:00pm	<b>Lap Swim &amp; Masters Workout</b> 5:30-6:30pm	<b>Lap Swim 3 Lanes</b> 5:00-6:00pm	<b>*Public Swim</b> 4:30-5:30pm	
	<b>Group Lessons</b> 6:30-7:30pm No Spa & Sauna	<b>Group Lessons</b> 6:00-7:30pm No Spa & Sauna	<b>Group Lessons</b> 6:30-7:30pm No Spa & Sauna	<b>Group Lessons</b> 6:00-7:30pm No Spa & Sauna	<b>*Lap Swim Masters</b> 5:30-7:00pm	
	<b>Public Swim (shallow end only)</b> 7:30-8:30pm <b>Deep Water Ex</b> 7:30-8:15pm	<b>Public Swim</b> 7:30-8:30pm	<b>Public Swim (shallow end only)</b> 7:30-8:30pm <b>Deep Water Ex</b> 7:30-8:15pm	<b>Public Swim</b> 7:30-8:30pm	<b>Family Swim</b> 7:00-8:00pm	
		<b>Shallow WX</b> 8:30-9:15pm		<b>Shallow WX</b> 8:30-9:15pm	<b>*Pool closed 3-6pm</b> For a swim meet 9/20, 9/27, 10/4, 10/11 10/18, 10/25	

SOUTHWEST POOL WILL BE CLOSED ALL DAY: 9/19, 11/11, 11/28 — CLOSED 3-6PM: 9/20, 9/27, 10/4, 10/11, 10/18, 10/25

For more information go to [seattle.gov/parks](http://seattle.gov/parks) or call 206-684-7440

**SOUTHWEST POOL—FALL 2019**

# SOUTHWEST POOL



## SOUTHWEST POOL

2801 SW Thistle St

Seattle, Washington 98126

206-684-7440

[SEATTLE.GOV/PARKS/AQUATICS/SWPOOL.HTM](http://SEATTLE.GOV/PARKS/AQUATICS/SWPOOL.HTM)

### Fall HOURS OF OPERATION:

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

### Pool closed:

All day: 9/19, 11/11, 11/28

Closed 3-6pm: 9/20, 9/27, 10/4, 10/11, 10/18, 10/25

## 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 2-3 weeks for approval)

Discount Recreation	\$2.25
Discount Fitness	\$3.50

## DISCOUNT QUICK CARD!

Quick Card is a prepaid discount admission card that provides access to many recreational choices at Seattle Parks and Recreation. More than 10 can be loaded at same discount rate.

Recreational Swim Pass	30 day FAST Pass
(Minimum 10 visits)	(Unlimited use for rec/fitness)
Youth (Age 1-17) \$36.50	Youth (Age 1-17) \$45.00
Special Population \$36.50	Special Population \$45.00
Adult (Ages 18-64) \$53.20	Adult (Ages 18-64) \$65.00
Senior Adults (Ages 65+) \$36.50	Senior Adults (Ages 65+) \$45.00

### Fitness Swim Passes

(Minimum 10 visits)	
Youth (Age 1-17)	\$36.70
Special Population	\$36.70
Adult (Ages 18-64)	\$58.50
Senior Adults (Ages 65+)	\$36.70



## 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.**

**Masters Workout:** This coached workout is designed for anyone looking for a lap swimming focused training program. Masters is a great cross-training opportunity.

**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!

**Deep/Shallow Fusion:** 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.