



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



**Fall 2016 SWIMMING LESSONS**  
**September 6 — December 18**

**Registration Begins August 9 at 12:00 noon**

**On Line: [www.seattle.gov/parks](http://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	Barcode #
<b>Competitive Stroke Technique</b>	1	T & Th	4:15 - 5:00	9/6 - 10/20 *	13	\$136.50	152416
	2	T & Th	4:15 - 5:00	11/15 - 12/15 *	9	\$94.50	152417
<b>Early Afternoon Beginning/ Kinder</b>	1	Wed - Beg	2:30 - 3:00	9/14—12/14 *	11	\$77.00	152402
		Wed - Kinder	2:30 - 3:00	9/14—12/14 *	11	\$93.50	152404
		Fri - Beg	2:30 - 3:00	9/14—12/14 *	11	\$77.00	152401
		Fri - Kinder	2:30 - 3:00	9/14—12/14 *	11	93.50	152403
<b>Special Populations</b>	1	Sun	3:00 - 3:30	9/11 - 10/23	7	\$49.00	152426
		Sun	3:30 - 4:00	9/11 - 10/23	7	\$49.00	152427
	2	Sun	3:00 - 3:30	11/20 - 12/18	5	\$35.00	152429
		Sun	3:30 - 4:00	11/20 - 12/18	5	\$35.00	152430
<b>Adult Swim Tech Beg. and Int.</b>	1	M & W	7:00 - 7:30	9/12 - 10/19	12	\$84.00	152421
	2	M & W	7:00 - 7:30	11/14 - 12/14	10	\$70.00	152422
<b>Women's Swimming Lessons</b> Ages 12-Adult	1	Sat	3:30 - 4:00	9/10 - 10/22	7	\$49.00	152423
	2	Sat	3:30 - 4:00	11/19 - 12/17	5	\$35.00	152424

\* **No Lessons** - 9/15 All Staff Meeting; 10/24 - 11/13 Maintenance Closure; 11/24 & 11/25 Thanksgiving

**Private Lessons All Ages**

Southwest Pool offers private swim lessons to people who are interested in one-to-one attention. Private lessons allow for concentrated instruction to meet individual needs. The cost is \$36 per one half-hour lesson or \$48 for a semi-private lesson. Please call 206-684-7440 to schedule.

**Adult Lessons Ages 16 and up**

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 while developing lifelong and lifesaving skills.

**Special Populations Lessons Ages 6-17**

These are individual or small group lessons for children with special needs. We provide pool chair lifts and portable stairs for easy access. Please contact the pool for registration.

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**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 14 years old and have a basic knowledge of all swimming strokes. A complete background check and volunteer orientation will also be required.

**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 % 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.

**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.

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 levels 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 Beginner 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	Barcode #	
<b>Parent and Child Aquatics</b> Ages 6 mos-4 yrs	1	M & W	6:30 - 7:00	9/12 - 10/19	12	\$84.00	152328	
		T & Th	6:30 - 7:00	9/6 - 10/20 *	13	\$91.00	152329	
		Sat	11:00 - 11:30	9/10 - 10/22	7	\$49.00	152330	
		Sun	1:30 - 2:00	9/11 - 10/23	7	\$49.00	152331	
	2	M & W	6:30 - 7:00	11/14 - 12/14	10	\$70.00	152333	
		T & Th	6:30 - 7:00	11/15 - 12/15 *	10	\$70.00	152335	
		Sat	11:00 - 11:30	11/19 - 12/17	5	\$35.00	152348	
		Sun	1:30 - 2:00	11/20 - 12/18	5	\$35.00	152349	
	<b>Three Year Olds</b>	1	M & W	7:00 - 7:30	9/12 - 10/19	12	\$150.00	152350
			T & Th	4:30 - 5:00	9/6 - 10/20 *	13	\$162.50	152352
T & Th			6:30 - 7:00	9/6 - 10/20 *	13	\$162.50	152351	
Sun			1:30 - 2:00	9/11 - 10/23	7	\$87.50	152353	
2		M & W	7:00 - 7:30	11/14 - 12/14	10	\$125.00	152354	
		T & Th	4:30 - 5:00	11/15 - 12/15 *	9	\$112.50	152356	
		T & Th	6:30 - 7:00	11/15 - 12/15 *	9	\$112.50	152355	
		Sun	1:30 - 2:00	11/20 - 12/18	5	\$62.50	152357	
<b>Kinders</b> Ages 4-5	1	M & W	4:00 - 4:30	9/12 - 10/19	12	\$102.00	152365	
		M & W	5:00 - 5:30	9/12 - 10/19	12	\$102.00	152366	
		M & W	6:30 - 7:00	9/12 - 10/19	12	\$102.00	152367	
		T & Th	6:00 - 6:30	9/6 - 10/20 *	13	\$110.50	152368	
		T & Th	6:30 - 7:00	9/6 - 10/20 *	13	\$110.50	152369	
		T & Th	7:00 - 7:30	9/6 - 10/20 *	13	\$110.50	152370	
		Sat	11:00 - 11:30	9/10 - 10/22	7	\$59.50	152371	
		Sat	11:30 - 12:00	9/10 - 10/22	7	\$59.50	152372	
		Sun	1:00 - 1:30	9/11 - 10/23	7	\$59.50	152373	
	2	M & W	4:00 - 4:30	11/14 - 12/14	10	\$85.00	152374	
		M & W	5:00 - 5:30	11/14 - 12/14	10	\$85.00	152375	
		M & W	6:30 - 7:00	11/14 - 12/14	10	\$85.00	152376	
		T & Th	6:00 - 6:30	11/15 - 12/15 *	9	\$76.50	152377	
		T & Th	6:30 - 7:00	11/15 - 12/15 *	9	\$76.50	152378	
		T & Th	7:00 - 7:30	11/15 - 12/15 *	9	\$76.50	152379	
		Sat	11:00 - 11:30	11/19 - 12/17	5	\$42.50	152380	
		Sat	11:30 - 12:00	11/19 - 12/17	5	\$42.50	152381	
		Sun	1:00 - 1:30	11/20 - 12/18	5	\$42.50	152382	

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Class	Session	Days	Times	Dates	Classes	Cost	Barcode #	
<b>Beginning Swimmer</b> Ages 6-16	1	M & W	4:00 - 4:30	9/12 - 10/19	12	\$84.00	152385	
		M & W	4:30 - 5:00	9/12 - 10/19	12	\$84.00	152386	
		M & W	5:00 - 5:30	9/12 - 10/19	12	\$84.00	152387	
		T & Th	6:00 - 6:30	9/6 - 10/20 *	13	\$91.00	152388	
		T & Th	7:00 - 7:30	9/6 - 10/20 *	13	\$91.00	152389	
		Sat	10:30 - 11:00	9/10 - 10/22	7	\$49.00	152390	
		Sat	11:30 - 12:00	9/10 - 10/22	7	\$49.00	152391	
		Sun	12:30 - 1:00	9/11 - 10/23	7	\$49.00	152392	
		2	M & W	4:00 - 4:30	11/14 - 12/14	10	\$70.00	152393
	M & W		4:30 - 5:00	11/14 - 12/14	10	\$70.00	152394	
	M & W		5:00 - 5:30	11/14 - 12/14	10	\$70.00	152395	
	T & Th		6:00 - 6:30	11/15 - 12/15 *	9	\$63.00	152396	
	T & Th		7:00 - 7:30	11/15 - 12/15 *	9	\$63.00	152397	
	Sat		10:30 - 11:00	11/19 - 12/17	5	\$35.00	152398	
	Sat		11:30 - 12:00	11/19 - 12/17	5	\$35.00	152399	
	Sun		12:30 - 1:00	11/20 - 12/18	5	\$35.00	152400	
	<b>Advanced Swimmer</b> Ages 6-16		1	M & W	4:30 - 5:00	9/12 - 10/19	12	\$84.00
		T & Th		6:30 - 7:00	9/6 - 10/20 *	13	\$91.00	152405
Sun		1:30 - 2:00		9/11 - 10/23	7	\$49.00	152409	
2		M & W	4:30 - 5:00	11/14 - 12/14	10	\$70.00	152406	
		T & Th	6:30 - 7:00	11/15 - 12/15 *	9	\$63.00	152408	
		Sun	1:30 - 2:00	11/20 - 12/18	5	\$35.00	152410	

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### Swimming Scholarship Fund!

As part of our commitment to water safety, Seattle Parks and Recreation – in partnership with Seattle Children’s Hospital, Tulalip Tribes and the support of many caring individuals – is offering additional Learn to Swim Scholarships to offset the cost of swim lessons for youth ages 4 to 16.

How to donate: To make a contribution to the Learn to Swim Scholarship Fund, visit any Seattle Parks and Recreation pool or donate online to [www.arcseattle.org/get-involved/](http://www.arcseattle.org/get-involved/). Be a hero and help every child become a super swimmer!

Do you know a child who needs a scholarship? Information and application forms available at your local pool. Funding is limited. Approved scholarships can be used for:

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



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