

Rainier Beach Pool
SWIMMING LESSONS

April 18-June 11

Registration Begins:

Tuesday, March 8, Noon

Online: seattle.gov/parks

In Person: 8825 Rainier Ave S

By Phone: 206.386.1925

LITTLE DIPPERS

Ages: 6 months - 3 years

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.

Instructor leads from the deck for COVID safety or in the water but no-contact. Parent or other responsible adult in the water provides safety and support for child.

BIG DIPPERS

Age: 3 years - 6 years

For non-swimmers using parent or responsible adult to assist child in the water. Basic water skills are taught with the help of adults for safety and support.

Instructor leads from the deck or in water with no-contact. A responsible adult is in the water for child's safety and assistance.

BEGINNING SWIMMER

Ages: 6 years - 16 years

Our specially developed group swimming lessons allow for easy registration and lets us assess placement of students on the first day. These group lessons range from introductory skills like floating and kicking and progress all the way to swimming crawl stroke and practice in deeper water.

Fully vaccinated instructor may work with children from the deck and in the water. Maintaining hands free instruction when needed.

ADVANCED SWIMMER

Ages: 6 years - 16 years

Prerequisite: Swimmers must have passed Beginning Swimmer, be comfortable in deep water, and swim 25 yards of strong crawl stroke, backstroke, whip kick, and dolphin kick. Advanced swimmer adds breaststroke, butterfly, and backstroke along with longer distances and stroke refinement.

Participants who do not meet this prerequisite will be dropped from the course. Pretests are available.

PRE-COMPETITION

Ages: 6 years - 17 years

Experience the challenge of competitive swimming! Instruction will focus on improving stroke technique, flip turns, racing starts, learning about "sets" and "send-offs" and overall improvement of endurance and speed.

Instruction occurs from the deck and will include swimming in deep water.

INTERMEDIATE ADULT

Ages 16 and up

This class is for older youth and adults wanting to improve their swimming ability. Instruction is mainly led from the deck and students can practice without needing direct assistance.

If instructors need to be in the water for demonstrations. Will be maintaining hands free instruction

CLOSURE: Monday, May 30th for Memorial Day

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% withdraw 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. More information on refund policy is available on request.

We reserve the right to cancel any program that does not have the minimum number of participants enrolled.

Class	Days	Times	Dates	# Classes	Cost	Barcode
Little Dippers 6 months - 3 years old	Monday	2:30 – 3:00 PM	4/18-6/6	7	\$ 56.00	47761
	Wednesday	2:30 – 3:00 PM	4/20-6/8	8	\$ 64.00	47762
Big Dippers 3 years - 6 years	Monday	6:00 - 6:30 PM	4/18-6/6	7	\$ 56.00	47763
	Wednesday	6:00 - 6:30 PM	4/20-6/8	8	\$ 64.00	47764
	Friday	6:00 - 6:30 PM	4/22-6/10	8	\$ 64.00	47765
Beginning Swimmer 6 years - 16 years	Tuesday	6:30 - 7:00 PM	4/19-6/7	8	\$ 64.00	47766
	Wednesday	6:30 - 7:00 PM	4/20-6/8	8	\$ 64.00	47767
	Thursday	6:30 - 7:00 PM	4/21-6/9	8	\$ 64.00	47768
	Friday	6:30 - 7:00 PM	4/22-6/10	8	\$ 64.00	47769
*Advanced Swimmer 6 years - 16 years	Tuesday	6:00-6:30 PM	4/19-6/7	8	\$ 64.00	47770
	Thursday	6:00-6:30 PM	4/21-6/9	8	\$ 64.00	47771
*Pre-Competition 6 years - 17 years	Friday	6:00-6:30 PM	4/22-6/10	8	\$ 64.00	47772
Intermediate Adult 16 years & Up	Monday	11:30 - 12:00 PM	4/18-6/6	7	\$ 56.00	47773
	Wednesday	11:30 - 12:00 PM	4/20-6/8	8	\$ 64.00	47774
	Friday	11:30 - 12:00 PM	4/22-6/10	8	\$ 64.00	47775

***Enrollment requires instructor approval. Ask at a Recreation Swim to be evaluated for your best level.**

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 front desk attendant.

Approved scholarships may be used for any swimming lesson.