

COLMAN POOL

2019
PROGRAM
BROCHURE



EXPLORE MORE!



SEATTLE PARKS AND RECREATION

COLMAN POOL

8603 Fautleroy Way SW
Seattle, WA 98136 ♦ 206-684-7494

MAY 11-SEPTEMBER 22

See **Register Online!** on page 6 for more detailed registration information.

OPERATING SCHEDULE

Pre-Season:..... May 11-12, 18-19, 25-27 and
June 1-2, 8-9 and 15-21

Regular season:June 22-September 2

Post-Season:..... September 7-8, 14-15 and 21-22

Refer to Pool Schedule on page 5 for
specific program times.

ALL DAY SWIM MEET CLOSURES

- ♦ Thursday, July 11-Saturday, July 13
- ♦ Friday, July 19 and Saturday, July 20

HOLIDAY OPERATING SCHEDULE

(See page 5 for program times)

- ♦ Memorial Day, Monday, May 27
- ♦ Independence Day, Thursday, July 4
- ♦ Labor Day, Monday, September 2

BUS INFORMATION

Lincoln Park and Colman Pool are served by Metro bus lines C, 116x, 118x, and 119x.

PARKS AND RECREATION STAFF

Christopher Williams..... Acting Superintendent
Justin Cutler Recreation Director
Mike Plympton Acting Aquatics Manager

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PERSONAL LESSONS

Colman Pool offers personal swim instruction for swimmers who are interested in special attention. Personal lessons allow quality instruction that can be tailored to fit individual needs. They are ideal for: the new swimmer, triathletes, or learning side breathing. Personal lesson rates are \$41.75 per class for a 1/2 hour with one student and \$55.75 with two students. Space is limited. To schedule please call 206-684-7494 beginning May 11.

POOL PERSONAL LESSON REFUND/ TRANSFER POLICY

A participant may be issued a refund if he/she drops a lesson (and notifies the program coordinator) 14 days prior to the scheduled date. A service charge of 10% of the fee will be retained by the facility. If a participant drops a personal lesson with less than 14 days' notice, no refund will be given.

Transfers will be accepted for personal lessons with at least 48 hours' notice. Any open dates or times may be considered. No transfers will be accepted with less than 48 hours' notice.

GROUP LESSON REFUND POLICY

When the withdrawal occurs before the second lesson, the session will be pro-rated and a withdrawal fee of 10% be retained by the facility.

REGISTRATION AND SCHEDULING DATES

Group Lessons (See pages 6-7)

Online registration begins:

Starting Tuesday, April 2 Noon

Walk-in (during operating hours):

Starting May 11..... 12:30-6 p.m.

No Mail-In Registration

Pool Rentals (See page 3)

Phone-in pool reservations*:

Starting Tuesday, April 9 9 a.m.

Walk-in pool reservations daily:

Starting May 11..... 12:30-6 p.m.

*To make a reservation, call 206-684-7494. Please leave a message and we will return your call as soon as we can. Full payment is due at the time of registration.

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www.seattlecan.org

Seattle Climate Action
NOW

FEES AND ADMISSIONS

RECREATIONAL SWIM FEES

| | |
|----------------------------------|--------|
| Infants (under 1 yr.) | FREE |
| Youth (Ages 1-17) | \$4.00 |
| Adults (Ages 18-64) | \$6.00 |
| Senior Adults (Ages 65+) | \$4.00 |
| Special Populations | \$4.00 |
| Scholarship Discount Pricing | \$2.25 |
| Slide (in addition to admission) | \$1.00 |

FITNESS SWIM FEES

| | |
|----------------------------------|--------|
| Adult Fitness | \$6.50 |
| Youth/Senior/Special Populations | \$4.50 |
| Scholarship Discount Pricing | \$3.50 |

ADMISSION

Colman Pool is a community gathering place with grassy sunbathing areas, deck chairs, and picnicking, so all people who enter the pool area during recreational swims need to pay admission, even if they are not swimming. Admission fees are per session and the fee must be paid for each session attended.

PAYMENT

We accept Visa, MasterCard, and American Express. Please make checks and money orders out to the City of Seattle. PLEASE NOTE: Payment is due when you register. Non-Sufficient Funds check fee \$20.

QUICK CARDS DISCOUNTS

Quick Card is a prepaid discount admission card that provides access to many recreational facilities within Seattle Parks and Recreation. TIP: Get your quick card ahead of time from one of our indoor pools!



To purchase a Quick Card visit any pool. A photo is required and taken at the time of initial purchase. Cards are issued to individuals and are not transferable.

Recreation Programs 10 Admissions

| | |
|--|---------|
| Adult (save \$6.75) | \$53.25 |
| Youth/Senior/Special Populations (save \$3.50) | \$36.50 |

Fitness Programs 10 Admissions

| | |
|--|---------|
| Adult (save \$6.50) | \$58.50 |
| Youth/Senior/Special Populations (save \$8.25) | \$36.75 |

30-Day Swim/Fitness Pass: All Fitness & Recreation Swims

| | |
|----------------------------------|------|
| Youth/Senior/Special Populations | \$45 |
| Adult | \$65 |

MERCHANDISE FOR SALE

To help meet your swimming needs, we have a large selection of swim supplies available for sale: goggles, swim caps, nose clips, ear plugs, shampoo, conditioner, swim diapers and much, much more!

PARENT/CHILD POLICY

Children under 6 years of age and those under 48 inches in height must be directly supervised in the water by an adult and must be within arm's reach and eye contact at all times. This applies to all public swims, family swims, pool playland, and pool rentals. We require a minimum ratio of one adult to two children.

DIAPER POLICY

In the interest of public health, children who are not toilet trained must wear swimming diapers or a cloth diaper with a plastic cover that has tight fitting legs. No regular disposable diapers or loose fitting swim suits are allowed. Swim diapers for sale at cashier.

OTHER AQUATIC OPPORTUNITIES

SUMMER BEACHES

| | |
|--|---|
| East Green Lake 7201 E. Green Lake Dr. | Mount Baker 2301 Lake Washington Blvd. S. |
| Madison 1900 43rd Ave. E. | Pritchard 8400 55th Ave. S. |
| Madrona 800 Lake Washington Blvd. | Seward 5900 Lake Washington Blvd. S. |
| Magnuson 7400 Sand Point Way NE | West Green Lake 7312 W. Green Lake Dr. |
| Matthews 9300 51st Ave. NE | For dates and times, please call 206-684-4075 |

OUTDOOR SWIMMING - MOUNGER POOL

Mounger Pool is a beautiful summer outdoor facility located in the heart of Magnolia. The facility has two great pools. The Big Pool has a 50-foot corkscrew slide, and the Little Pool, warmer and shallower, is great for relaxing and teaching your little tadpoles. 206-684-4708



Operation Dates

May 11 - September 8

Pool schedule

<http://www.seattle.gov/parks/aquatics/mounger.htm>

POLICIES AND PROCEDURES

FEES AND CHARGES

Parks and Recreation fees and charges are necessary for providing financial support to the Seattle Parks and Recreation for operating costs, facilities, and grounds. The revenue generated by these fees constitutes only a portion of funds required for operating and maintaining the Parks system. All fees collected from Parks and Recreation activities and concessions are used exclusively for the Parks system as these funds are deposited in the Parks and Recreation Fund, not the City General Fund.

PAYMENT

You can pay for classes and other activities in person during regular facility hours, by telephone with a credit card, or online at www.seattle.gov/parks. We accept Visa, MasterCard, and American Express. Please make checks and money orders out to the City of Seattle. PLEASE NOTE: payment is due when you register. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due plus a \$20 fee (credit card or cash are accepted for non-sufficient funds fees).

CONFIRMATIONS

Sorry, we cannot confirm class registration by mail or phone but we will notify you by phone if your class is postponed or cancelled. Log into Active Net to manage your account, register for upcoming classes, or view your scheduled activities.

CLASS CANCELLATIONS

To cover the cost of providing a program, we need a specific number of participants. If too few people sign up for a class, we must cancel it. We will notify you (at the latest) one or two days before the class start date. When possible, we will postpone a cancelled class for a week to allow for more enrollments; if the class minimum is not met by then, we will have to cancel it.

WAITING LISTS

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full as openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.



REFUNDS

It is the policy of Seattle Parks and Recreation that:

- ◆ A full refund will be issued for any program or course that is cancelled for any reason by the Department or the Associated Recreation Council.
- ◆ Any person who registers for a program or course and requests a refund before the second class in the session may receive a prorated refund minus a service charge.
- ◆ Any person who schedules a standard rental of a recreation facility and who cancels at least 15 days in advance is entitled to a partial refund of approximately 50%, less booking fees.

<http://www.seattle.gov/parks/reservations/feesandcharges/refunds.htm>

SCHOLARSHIPS

Seattle Parks and Recreation wants to ensure that our group swim lessons and summer swim team are available to everyone, regardless of their ability to pay. The Parks Department offers reduced fees for those who may qualify under low-income guidelines. To apply for low-income fees, please talk to a member of our staff.

ACCOMMODATION FOR PEOPLE WITH DISABILITIES

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

NON-DISCRIMINATION POLICY

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin, or presence of any sensory, mental, or physical handicap.

MORE INFORMATION

For information about Parks and Recreation facilities, recreation programs, picnic shelters, and scheduling, please visit our web site at www.seattle.gov/parks, or call our Public Information line, 206-684-4075. For more information about programs for senior adults please call 206-684-4951. For information about programs for special populations please call 206-684-4950.

WEATHER POLICY

All swimming programs operate rain or shine, unless there is thunder and lightning. Please call the pool for details.

2019 COLMAN POOL SWIM SCHEDULE

**SWIM MEET CLOSURES
July 11-13 and July 19-20**

*Children under 6 years old and/or 4 feet tall must be accompanied in the water by an adult, within eye contact and arm's reach, at all times. At Family Swim, all youth under 18 must be accompanied in the water by an adult.

Please note that there will be a 15 minute break between programs to change pool configuration.

Admission must be paid for each session attended, regardless of your arrival time. Tickets for any session may be purchased in-person after 12:15pm on the day of use. A ticket holder line for the next session will form outside and will be admitted at the swim start time.

Youth 6-17 years old are welcome at lap swim, provided that they can swim 50 meters without stopping, are able to understand and follow lap swim rules, and do not pose a danger to themselves or others. In the instance that youth are unable to comply with lap swim rules or pose a danger to themselves or others, no refund will be provided.

HINT: Colman Pool is a very popular destination on hot, sunny days and this frequently results in long lines. To enjoy a less crowded experience, visit the pool on a day when morning clouds and afternoon clearing is forecast. You will find that there are not as many swimmers and the afternoon temperatures can be very pleasant, even if the morning was overcast.

**Preseason Schedule Weekends Only
May 11-12, 18-19, 25-27 and June 1-2, 8-9, 15-16**

| | | | |
|----------------|----------------|----------------------|---------------------|
| Sat, Sun & Hol | Noon-2:45 p.m. | Lap Swim | 8 Lanes |
| | 3-4:45 p.m. | Public Swim* | Full Pool |
| | 5-7 p.m. | Lap and Family Swim* | 4 Lanes, Slide Open |

Preseason Schedule Weekdays June 17-21

| | | | |
|---------|----------------|----------------------|---------------------|
| M-F | Noon-2:45 p.m. | Lap Swim | 8 Lanes |
| M-F | 3-4:45 p.m. | Public Swim* | Full Pool |
| M & W | 5-7 p.m. | Lap Swim | 8 Lanes |
| Tu & Th | 5-7 p.m. | Lap Swim | 4-8 Lanes |
| Tu & Th | 5-5:45 p.m. | Deep Water Exercise | Half Pool |
| F | 5-7 p.m. | Lap and Family Swim* | 4 Lanes, Slide Open |

Main Season Schedule June 22-Sept 2

| | | | |
|-------------------|----------------|----------------------|---------------------|
| Daily | Noon-1:30 p.m. | Lap Swim | 4-6 Lanes |
| M-F | Noon-1:30 p.m. | Swimming Lessons | Half Pool |
| Sat & Sun | Noon-1 p.m. | Masters Workout | 2 Lanes |
| Daily | 1:45-4:45 p.m. | Public Swim* | Full Pool |
| M & W | 5-7 p.m. | Lap Swim | 6-8 Lanes |
| Tu & Th | 5-7 p.m. | Lap Swim | 4-8 Lanes |
| Tu & Th | 5-5:45 p.m. | Deep Water Exercise | Half Pool |
| M-Th | 6-7 p.m. | Masters Workout | 2 lanes |
| F, Sat, Sun & Hol | 5-7 p.m. | Lap and Family* Swim | 4 Lanes, Slide Open |

**Postseason Schedule Weekends Only
Sept 7-8, 14-15, 21-22**

| | | | |
|-----------|--------------|----------------------|---------------------|
| Sat & Sun | Noon-2:45 pm | Lap Swim | 8 Lanes |
| | 3:00-4:45 pm | Public Swim* | Full Pool |
| | 5-7 p.m. | Lap and Family Swim* | 4 Lanes, Slide Open |

GROUP LESSONS ALL LESSONS ARE 30 MINUTES



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 the water by a parent or adult. Swim diaper or tight fitting plastic pants are required.

THREE-YEAR-OLDS LESSONS (Age 3)

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 maintain a 3:1 student to instructor ratio.

KINDER LESSONS (Ages 4 and 5)

Children start with basic water adjustment, safety, and swimming skills in a group with other 4 and 5-year-olds. Children will eventually learn: front and back floats, flutter kick, rolling from front to back, side breathing, crawl stroke 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 maintain a 6:1 student to instructor ratio.

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, Kicking: Children learn to get comfortable putting their face in the water and practicing floating, gliding, and kicking on their front, back, and sides. These skills provide the

foundation for all other swimming strokes they can learn. Kids also learn about personal safety and how to recognize their limits.

Arm Strokes: Learning to roll from front to back while performing arm strokes is the next step in mastering the crawl stroke. Once kids are doing that, we move on to teaching side breathing. Kids also work on back stroke, strengthening kicking, proper body alignment, treading water, and swimming in deep water.

Side Breathing and Whip Kick: Front crawl stroke with bilateral breathing and an introduction to whip kick are among the skills taught in this level. Children continue to work on strength, endurance, and proper techniques. We maintain an 8:1 student to instructor 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: Swimmers must have passed Beginning Swimmer, be comfortable in deep water, and able to swim 15 yards without stopping. They must demonstrate good 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: Adds elementary backstroke, breaststroke, and butterfly along with continued practice in front crawl stroke.

Increasing Endurance and Proficiency: Increased distances and more refinement of the previous strokes along with sidestroke are taught in this course.

Proficiency, Fitness and Water Safety: Teaches increased mastery of technique and endurance in all the strokes plus safety and basic rescue techniques.

We maintain up to a 10:1 instructor to student ratio

REGISTER ONLINE!

READY

Please visit our web site at www.seattle.gov/parks and look for "sign up for classes, activities and more" to see what classes and programs are available for registration.

SET

If you have not already done so, you will need to create an account in order to use our new online registration system. Go to www.seattle.gov/parks and click on 'Sign Up for Activities'. Follow the instructions to create or update your account.

GO

Online registration begins on:
Tuesday, April 2 at Noon
www.seattle.gov/parks
Walk in registration begins May 11
See page 2 for details.

GROUP LESSONS ALL LESSONS ARE 30 MINUTES

| Class | Days | Times | Dates | Classes | Cost | Barcode # |
|--------------------------------|-----------|------------------------------|--------------------|---------|---------|-----------|
| Tots Ages 6 mos-4 yrs | Tu and Th | 1 p.m. | June 25-July 25** | 8 | \$64 | 17629 |
| | Tu and Th | 1 p.m. | July 30-Aug 29 | 10 | \$80 | 17632 |
| Three-Year-Olds | M-W-F | 1 p.m. | June 24-July 5* | 6 | \$84 | 17634 |
| | M-W-F | 1 p.m. | July 8-July 18** | 4 | \$56 | 17635 |
| | M-W-F | 1 p.m. | July 22-Aug 2 | 6 | \$84 | 17636 |
| | M-W-F | 1 p.m. | Aug 5-Aug 16 | 6 | \$84 | 17638 |
| | M-W-F | 1 p.m. | Aug 19-Aug 30 | 6 | \$84 | 17639 |
| Kinders Ages 4 and 5 | M-F | Noon | June 24-July 5* | 9 | \$90 | 17620 |
| | M-F | Noon | July 8 - July 18** | 7 | \$70 | 17622 |
| | M-F | Noon | July 22-Aug 2 | 10 | \$100 | 17623 |
| | M-F | Noon | Aug 5-Aug 16 | 10 | \$100 | 17625 |
| | M-F | Noon | Aug 19-Aug 30 | 10 | \$100 | 17626 |
| Beginning Swimmer Ages 6-16 | M-F | 12:30 p.m. | June 24-July 5* | 9 | \$72 | 17614 |
| | M-F | 12:30 p.m. | July 8 - July 18** | 7 | \$56 | 17615 |
| | M-F | 12:30 p.m. | July 22-Aug 2 | 10 | \$80 | 17616 |
| | M-F | 12:30 p.m. | Aug 5-Aug 16 | 10 | \$80 | 17617 |
| | M-F | 12:30 p.m. | Aug 19-Aug 30 | 10 | \$80 | 17618 |
| Advanced Swimmer Ages 6-16 | M-F | 1 p.m. | June 24-July 5* | 9 | \$72 | 17527 |
| | M-F | 1 p.m. | July 8 - July 18** | 7 | \$56 | 17528 |
| | M-F | 1 p.m. | July 22-Aug 2 | 10 | \$80 | 17530 |
| | M-F | 1 p.m. | Aug 5-Aug 16 | 10 | \$80 | 17531 |
| | M-F | 1 p.m. | Aug 19-Aug 30 | 10 | \$80 | 17532 |
| Personal Lessons | Tu and Th | 1 p.m., 5 p.m., 5:30 p.m. | All Summer | Each | \$41.75 | --- |

*No Lesson on: July 4 - Holiday **No Lesson on: July 11, 12 and 19 - Swim Meets

HINTS FOR SWIMMING LESSONS:

- Please sign up for lessons for the correct age group.
- Please read the lesson descriptions and prerequisites carefully to make sure your child is registered for the correct class. If you are unsure of your child's ability, please have them pre-tested to ensure correct placement. If your child does not meet the age requirements or skill prerequisites, we will try to transfer them to the appropriate level if there is space available. Most children take a year or more to move from Beginning to Advanced Swimmer.
- Sorry, we cannot give refund credits or make-ups for missed classes.
- A minimum of 4 students is required for all classes. We may combine or cancel programs if not enough children sign up.
- Family members must stay away from the pool edge during lessons. Children who are not participating in lessons must be directly supervised by an adult at all times.
- Please direct questions to the pool cashier or lesson supervisor.
- Please limit shower time to conserve water and energy. It's good for us and the planet!
- Help children develop their skills and have fun by bringing them to a public or family swim.

POOL RENTALS

Have your own personal pool party and the professional supervision to go with it. Colman Pool is a 50-meter pool that includes a waterslide, diving board, lifeguards, and a breathtaking view of the Puget Sound. The pool is available for rentals beginning at 7 p.m. on the days listed below.

| Days | Dates | Times |
|-------------|----------------|----------|
| Sat and Sun | May 11- Sept 1 | 7-9 p.m. |
| Friday | June 21-Aug 30 | 7-9 p.m. |
| Mon-Thu | Aug 5-29 | 7-9 p.m. |

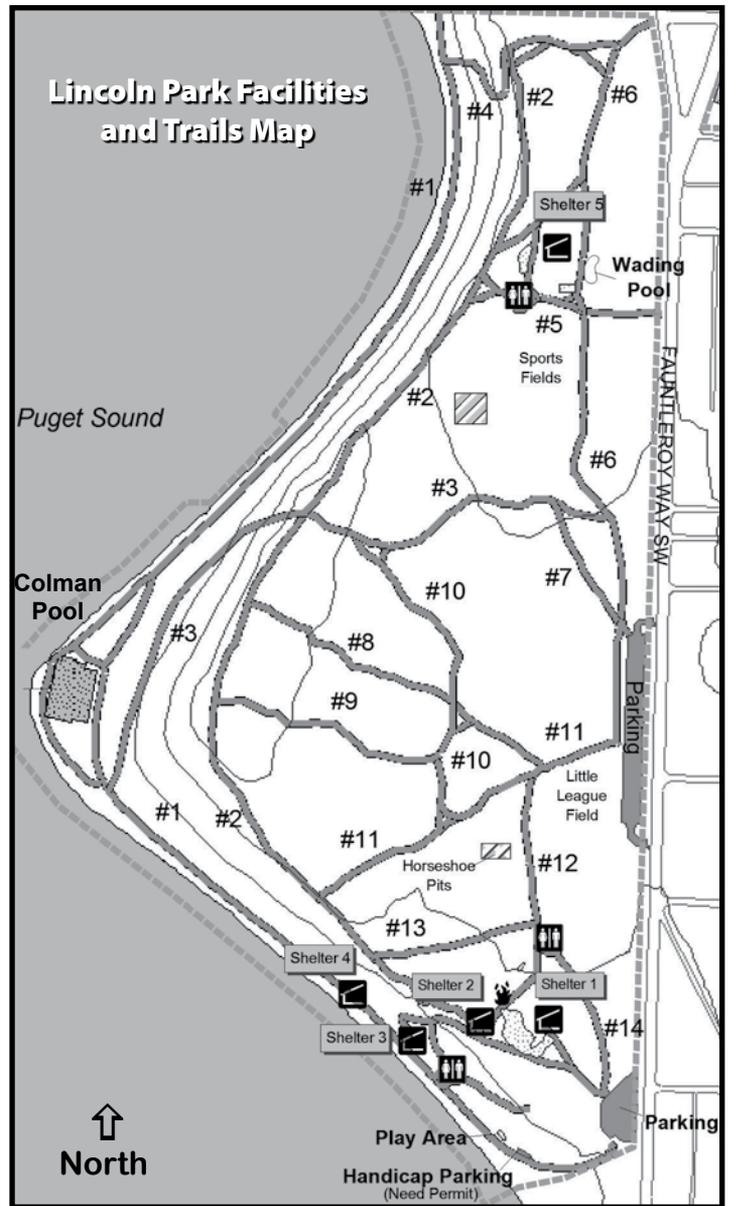
| Party Size | 1-30 | 31-60 | 61-90 | 91-150 | 151-250 |
|------------|-------|-------|-------|--------|---------|
| 1 Hour | \$301 | \$332 | \$363 | \$394 | \$425 |
| 2 Hours | \$541 | \$603 | \$665 | \$727 | \$789 |





COLMAN POOL HISTORY

Colman Pool was built in 1941 and donated to the City of Seattle by the Colman family. It is located on a scenic point of land overlooking the beach in Lincoln Park. Pool visitors park along Fauntleroy Way and enjoy a short walk through Lincoln Park to reach the pool. Prior to the construction of Colman Pool the site had been home to an unheated tide pool built by the city in 1925 for use by the public and maintained as a part of the municipal beach program. Colman Pool replaced the old Lincoln Tide Pool in 1941. This warm, saltwater pool is constructed of reinforced concrete and tile. The swimming area of the pool is 20 yards wide and 50 meters long. Depth ranges from 3½ feet to 12½ feet under the diving area. There are 8 official 7½ foot swimming lanes for competition. In addition, Colman Pool also boasts a 50' spiral slide and an official U.S.S. 1 meter adjustable board. Water for the 500,000 gallon pool comes from Puget Sound. It enters through a large number of circulation inlets. The water supply is captured and delivered to the tank by a 20-hp pump from the three wells located on the beach. These wells are 6 feet in diameter and approximately 12 feet deep. The water is maintained at a temperature of 84 to 85 degrees by automatic, gas-fired boilers. To conserve energy, state of the art thermal pool covers are used every night.



BIG DAY OF PLAY IS BACK!

Rainier Community Center, Saturday, August 17, from 11:30 a.m.-5 p.m.

Free for All Ages

From sport and game exhibitions for youth and adults to music and dance performances, Big Day of Play is a celebration of the diversity we value and provides a chance to build relationships and explore ways families can play and be active together.

12TH
ANNUAL

Green Lake Open Water Swim Sunday, June 30

Our Annual Green Lake Open Water Swim is a ½-mile or 1-mile guarded swim. Prizes are awarded for top finishers. Check-in begins at 7:30 a.m. at Green Lake Community Center.

Call 206-684-4961 for Information

Emerald City Open Water Swim Saturday, August 17

Our Annual Emerald City Open Water Swim is a ½-mile and a 1-mile guarded swim held on Lake Washington at Andrew's Bay in Seward Park. Prizes are awarded for top finishers. Check in begins at 7:30 a.m.

Call 206-684-4766 for Information

<http://www.seattle.gov/parks/aquatics/OpenWater.htm>