

2019 FALL Swimming Lessons



Evans Pool

7201 E. Green Lake Dr. N. Seattle, WA 98115
(206) 684-4961

Want to receive regular e-mail updates from us?

Send an e-mail to evanspool-subscribe-request@talk2.seattle.gov

Personal Lessons

Need some extra help with that backstroke? Need some basic instruction on the basics of swimming? Or, are group lessons not something you are comfortable with? Sign up for our personal lessons and we will cater the lesson to your needs. \$41.75 per half hour for 1 student.

Want to add an additional student that is the same skill ability? You can add another student for an extra \$15 per class.

PERSONAL LESSON REFUND 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 \$5 or 10% of the fee - whichever is greater will be retained by the facility. If a participant drops a personal lesson with less than 14 days notice, no refund will be given.

TRANSFER POLICY: 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.

Lessons for 6 month - 4 year-olds

<u>Class</u>	<u>Day/Time</u>	<u>Start</u>	<u>End</u>	<u># Classes</u>	<u>Cost</u>	<u>Activity</u>
Parent and Child Aquatics Level 1 & 2 6mo - 4 Years Old (*Not both sessions)	Mon, 11:30 AM	9/9	10/28	8	\$64.00	24308
	Tue, 6:30 PM	9/10	10/29	8	\$64.00	24312
	Wed, 11:30 AM	9/11	10/30	8	\$64.00	24314
	Wed, 6:30 PM*	9/11	10/30	8	\$64.00	24316
	Fri, 11:30 AM	9/13	11/1	8	\$64.00	24318
	Sat, 10:00 AM	9/14	11/2	8	\$64.00	24320
	Sat, 3:00 PM	9/14	11/2	8	\$64.00	24322
	Mon, 11:30 AM	11/4	12/16	6	\$48.00	24310
	Mon, 6:30 PM*	11/4	12/16	6	\$48.00	24311
	Tue, 6:30 PM	11/5	12/17	7	\$56.00	24313
	Wed, 11:30 AM	11/6	12/18	7	\$56.00	24315
	Thu, 6:30 PM*	11/7	12/19	6	\$48.00	24317
	Fri, 11:30 AM	11/8	12/20	6	\$48.00	24319
	Sat, 10:00 AM	11/9	12/21	7	\$56.00	24321
	Sat, 3:00 PM	11/9	12/21	7	\$56.00	24323

Evans Pool FALL Swim Lessons

Lessons for 3 year-old

Class	Day/Time	Start	End	# Classes	Cost	Activity
3 Year Olds (*Not both sessions)	Mon, 11:00 AM	9/9	10/28	8	\$112.00	24324
	Mon, 6:30 PM*	9/9	10/28	8	\$112.00	24326
	Tue, 5:00 PM	9/10	10/29	8	\$112.00	24327
	Tue, 6:30 PM	9/10	10/29	8	\$112.00	24329
	Wed, 11:00 AM	9/11	10/30	8	\$112.00	24331
	Thu, 6:30 PM*	9/12	10/31	7	\$98.00	24333
	Fri, 11:00 AM	9/13	11/1	8	\$112.00	24334
	Sat, 1:00 PM	9/14	11/2	8	\$112.00	24340
	Sat, 10:00 AM	9/14	11/2	8	\$112.00	24336
	Sat, 12:00 PM	9/14	11/2	8	\$112.00	24338
	Sat, 12:30 PM	9/14	11/2	8	\$112.00	24339
	Mon, 11:00 AM	11/4	12/16	6	\$84.00	24325
	Tue, 5:00 PM	11/5	12/10	7	\$98.00	24328
	Tue, 6:30 PM	11/5	12/10	7	\$98.00	24330
	Wed, 11:00 AM	11/6	12/18	7	\$98.00	24332
	Wed, 6:30 PM*	11/6	12/18	7	\$98.00	25772
	Fri, 11:00 AM	11/8	12/20	6	\$84.00	24335
	Sat, 1:00 PM	11/9	12/21	7	\$98.00	24343
	Sat, 10:00 AM	11/9	12/21	7	\$98.00	24337
	Sat, 12:00 PM	11/9	12/21	7	\$98.00	24341
Sat, 12:30 PM	11/9	12/21	7	\$98.00	24342	

Lessons for 4-5 years-old

Kinder (All Skill levels) 4 & 5 Year Olds	Mon, 6:30 PM	9/9	10/28	8	\$80.00	24543
	Tue, 11:00 AM	9/10	10/29	8	\$80.00	24545
	Tue, 4:00 PM	9/10	10/29	8	\$80.00	24547
	Wed, 6:30 PM	9/11	10/30	8	\$80.00	24549
	Thu, 11:00 AM	9/12	10/31	7	\$70.00	24552
	Thu, 4:00 PM	9/12	10/31	7	\$70.00	24556
	Sat, 10:30 AM	9/14	11/2	8	\$80.00	24562
	Mon, 6:30 PM	11/4	12/16	6	\$60.00	24544
	Tue, 11:00 AM	11/5	12/17	7	\$70.00	24546
	Tue, 4:00 PM	11/5	12/17	7	\$70.00	24548
	Wed, 6:30 PM	11/6	12/18	7	\$70.00	24550
	Thu, 11:00 AM	11/7	12/19	6	\$60.00	24553
	Thu, 4:00 PM	11/7	12/19	6	\$60.00	24559
	Sat, 10:30 AM	11/9	12/21	7	\$70.00	24564

Evans Pool FALL Swim Lessons

Lessons for 6-16 years-old

<u>Class</u>	<u>Day/Time</u>	<u>Start</u>	<u>End</u>	<u># Classes</u>	<u>Cost</u>	<u>Activity</u>
Beginning Swimmer 6-16 Year olds	Mon, 7:00 PM	9/9	10/28	8	\$64.00	24572
	Tue, 4:30 PM	9/10	10/29	8	\$64.00	24575
	Wed, 7:00 PM	9/11	10/30	8	\$64.00	24580
	Thu, 4:30 PM	9/12	10/31	7	\$56.00	24584
	Sat, 11:00 AM	9/14	11/2	8	\$64.00	24590
	Mon, 7:00 PM	11/4	12/16	6	\$48.00	24573
	Tue, 4:30 PM	11/5	12/17	7	\$56.00	24578
	Wed, 7:00 PM	11/6	12/18	7	\$56.00	24581
	Thu, 4:30 PM	11/7	12/19	6	\$48.00	24588
	Sat, 11:00 AM	11/9	12/21	7	\$56.00	24592
Advanced Swimmer 6-16 Year olds (Must have previous Advanced lesson history or Beginning completion card)	Mon, 7:30 PM	9/9	10/28	8	\$64.00	24595
	Tue, 5:00 PM	9/10	10/29	8	\$64.00	24603
	Wed, 7:30 PM	9/11	10/30	8	\$64.00	24609
	Thu, 5:00 PM	9/12	10/31	7	\$56.00	24611
	Sat, 11:30 AM	9/14	11/2	6	\$64.00	24615
	Mon, 7:30 PM	11/4	12/16	6	\$48.00	24597
	Tue, 5:00 PM	11/5	12/17	7	\$56.00	24606
	Wed, 7:30 PM	11/6	12/18	7	\$56.00	24610
	Thu, 5:00 PM	11/7	12/19	6	\$48.00	24613
	Sat, 11:30 AM	11/9	12/21	7	\$56.00	24618
Swim Team Prep 6 - 17 Years old (Must be proficient in all strokes. By instructor recommendation)	Mon, 7:30 PM	9/9	10/28	8	\$64.00	24621
	Wed, 7:30 PM	9/11	10/30	8	\$64.00	24626
	Sat, 11:30 AM	9/14	11/2	8	\$64.00	24633
	Mon, 7:30 PM	11/4	12/16	6	\$48.00	24623
	Wed, 7:30 PM	11/6	12/18	7	\$56.00	24628
	Sat, 11:30 AM	11/9	12/21	7	\$56.00	24634
Special Populations (6-17 years old) (May only choose 1 session.)	Sat, 2:30 PM	9/14	11/2	8	\$64.00	24344
	Sat, 3:00 PM	9/14	11/2	8	\$64.00	24345
	Sat, 2:30 PM	11/9	12/21	7	\$56.00	24346
	Sat, 3:00 PM	11/9	12/21	7	\$56.00	24347
Family Lessons	Sat, 2:30 PM	9/14	11/2	8	\$64.00	24566
	Sat, 2:30 PM	11/9	12/21	7	\$56.00	24568
Beginning Springboard Diving	Thu, 6:30 PM	9/12	10/31	7	\$56.00	24658
	Thu, 6:30 PM	11/7	12/19	6	\$48.00	24661
Lifeguard Training	Sat's 2:30-6pm	7-Sep	19-Oct	7	\$190.00	24011
	Sat's 2:30-6pm	2-Nov	15-Dec	7	\$190.00	24013

Lessons for 16 years-old and older

Adult Lessons	Mon, 8:00 PM	9/9	10/28	8	\$64.00	24638
	Tue, 11:30 AM	9/10	10/29	8	\$64.00	24642
	Wed, 8:00 PM	9/11	10/30	8	\$64.00	24644
	Thu, 11:30 AM	9/12	10/31	7	\$56.00	24649
	Mon, 8:00 PM	11/4	12/16	6	\$48.00	24641
	Tue, 11:30 AM	11/5	12/17	7	\$56.00	24643
	Wed, 8:00 PM	11/6	12/18	7	\$56.00	24646
	Thu, 11:30 AM	11/7	12/19	6	\$48.00	24651

Lessons & Specialty Courses

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.

Parent & Child Lessons (Ages 6 months – 4 years) Parents introduce their infants and toddlers to the swimming pool as we teach basic water adjustment and swimming movements. Songs and games create an atmosphere of fun, enjoyment and relaxation. Each child must be accompanied into the water by a parent or adult. Swim diapers 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 & 5) Students will start with basic water adjustment and eventually learn these skills: front and back floats, flutter kick, rolling from front to back, side breathing, Front Crawls Stroke with bilateral breathing, backstroke, whip kick, treading water and water safety skills. We will group children by ability levels on the first day of class. We maintain a 6:1 student to instructor ratio.

Beginning Swimmer (Ages 6 – 16) **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 plus kids learn about personal safety and how to know their limits. **Arm Strokes:** Learning to roll from front to back while performing arm strokes is the next step in mastering the crawls 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 are introduced to other strokes while continuing to increase safety, fitness and skill proficiency. **Prerequisite:** Swimmers must have passed Beginning Swimmer (have received a completion card), 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 Youth Swimmer if there is room. **Learning New Strokes:** Also adds Elementary Backstroke, Breaststroke and Butterfly along with continued practice in Front Crawl Stroke and Backstroke. **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.

Swim Team Prep (Ages: 7 – 17) Experience the fun of competitive swimming - This class is for students who have successfully completed Advanced Youth Swimmer. The coaches will emphasize improving stroke technique, turns and racing starts, building teamwork, and getting a strong workout for increased endurance.

Family Lesson (Ages: 4 – 16) For students who are not ready to be in a group setting or who need more individual attention. Swimmers will learn to swim from group instruction, parent can help child and child can help parent through the skills.

DIVING (Ages: 6 – 16) Have fun while learning critical safety habits, basic springboard diving skills and proper form while supervised by an experienced Diving Instructor. Work on skill progressions for forward and back approaches, take-offs, forward and back dives, inward dives, and more. **Prerequisite:** Students must have successfully mastered skills in Beginning Youth Swimmer and have the ability to dive from the side of the pool in deep water. Beginning Diving 1, Beginning Diving 2, Intermediate Diving

Special Populations Lessons (Ages 6-17) These are individual or small group lessons for youth with cognitive, developmental, or physical special needs. We provide pool chair lifts and portable stairs for easy access. Please contact the pool Coordinators for information at 206-684-4961.