

2019 SUMMER 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. \$38 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 \$13 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	Fri, 11:30 AM	28-Jun	16-Aug	\$64.00	8	21314
	Mon, 11:30 AM	24-Jun	12-Aug	\$64.00	8	21290
	Sat, 10:00 AM	29-Jun	17-Aug	\$64.00	8	21315
	Sat, 3:00 PM	29-Jun	17-Aug	\$64.00	8	21323
	Thu, 6:30 PM	27-Jun	15-Aug	\$56.00	7	21310
	Tue, 6:30 PM	25-Jun	13-Aug	\$96.00	8	21301
	Wed, 11:30 AM	26-Jun	14-Aug	\$64.00	8	21303
	Wed, 7:30 PM	26-Jun	14-Aug	\$96.00	8	21307



Seattle
Parks & Recreation

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Lessons for 3 year-old

<u>Class</u>	<u>Day/Time</u>	<u>Start</u>	<u>End</u>	<u># Classes</u>	<u>Cost</u>	<u>Activity</u>
3 Year Old's	Fri, 11:00 AM	28-Jun	16-Aug	\$112.00	8	21313
	Mon, 11:30 AM	24-Jun	12-Aug	\$112.00	8	21291
	Mon, 6:30 PM	24-Jun	12-Aug	\$112.00	8	21292
	Sat, 1:00 PM	29-Jun	17-Aug	\$112.00	8	21318
	Sat, 10:00 AM	29-Jun	17-Aug	\$112.00	8	21319
	Sat, 12:00 PM	29-Jun	17-Aug	\$112.00	8	21316
	Sat, 12:30 PM	29-Jun	17-Aug	\$112.00	8	21317
	Thu, 6:30 PM	27-Jun	15-Aug	\$112.00	7	21311
	Tue, 5:00 PM	25-Jun	13-Aug	\$112.00	8	21300
	Tue, 6:30 PM	25-Jun	13-Aug	\$112.00	8	21299
	Wed, 11:30 AM	26-Jun	14-Aug	\$112.00	8	21304
	Wed, 6:30 PM	26-Jun	14-Aug	\$112.00	8	21306

Lessons for 4-5 years-old

Kinder (All Skill levels) 4 & 5 Year Old's	Mon, 6:30 PM	24-Jun	12-Aug	\$80.00	8	21284
	Mon-Fri, 9:00 AM	5-Aug	9-Aug	\$50.00	5	21330
	Mon-Fri, 9:00 AM	12-Aug	16-Aug	\$50.00	5	21331
	Sat, 10:30 AM	29-Jun	17-Aug	\$80.00	8	21287
	Thu, 11:30 AM	27-Jun	15-Aug	\$70.00	7	21289
	Thu, 4:00 PM	27-Jun	15-Aug	\$70.00	7	21288
	Tue, 4:00 PM	25-Jun	13-Aug	\$80.00	8	21285
	Wed, 6:30 PM	26-Jun	14-Aug	\$80.00	8	21286

Lessons for 6-16 years-old

Beginning Swimmer 6-16 Year Old's	Mon, 7:00 PM	24-Jun	12-Aug	\$64.00	8	21266
	Mon-Fri, 8:30 AM	5-Aug	9-Aug	\$40.00	5	21328
	Mon-Fri, 8:30 AM	12-Aug	16-Aug	\$40.00	5	21329
	Sat, 11:00 AM	29-Jun	17-Aug	\$64.00	8	21272
	Thu, 4:30 PM	27-Jun	15-Aug	\$56.00	7	21271
	Tue, 4:30 PM	25-Jun	13-Aug	\$64.00	8	21268
	Wed, 7:00 PM	26-Jun	14-Aug	\$64.00	8	21270
Advanced Swimmer 6-16 Year Old's	Mon, 7:30 PM	24-Jun	12-Aug	\$64.00	8	21295
	Sat, 11:30 AM	29-Jun	17-Aug	\$64.00	8	21321
	Thu, 5:00 PM	27-Jun	15-Aug	\$56.00	7	21309
	Tue, 5:00 PM	25-Jun	13-Aug	\$64.00	8	21298
	Wed, 7:30 PM	26-Jun	14-Aug	\$64.00	8	22466

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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>
Swim Team Prep 6 - 17 Years Old's	Mon, 7:30 PM	24-Jun	12-Aug	\$64.00	8	21296
	Sat, 11:30 AM	29-Jun	17-Aug	\$64.00	8	21320
	Wed, 7:30 PM	26-Jun	14-Aug	\$64.00	8	21308
Special Populations (6-17 years old)	Sat, 2:30 PM	29-Jun	20-Jul	\$32.00	4	21324
	Sat, 2:30 PM	27-Jul	17-Aug	\$32.00	4	21325
	Sat, 3:00 PM	27-Jul	17-Aug	\$32.00	4	21326
	Sat, 3:00 PM	29-Jun	20-Jul	\$32.00	4	21327
Family Lessons	Sat, 2:30 PM	29-Jun	17-Aug	\$64.00	8	21322
Beginning Springboard Diving	Thu, 6:30 PM	27-Jun	15-Aug	\$56.00	7	21312
Summer Swim League	Mon-Fri, 2:45 PM	24-Jun	2-Aug	\$157.50	29	21016
	Mon-Fri, 7:30 AM	24-Jun	2-Aug	\$157.50	29	21014
	Mon-Fri, 8:30 AM	24-Jun	2-Aug	\$157.50	29	21015

Lessons for 16 years-old and older

Adult Lessons	Mon, 8:00 PM	24-Jun	12-Aug	\$80.00	8	21297
	Tue, 11:30 AM	25-Jun	13-Aug	\$80.00	8	21302
	Wed, 8:00 PM	26-Jun	14-Aug	\$80.00	8	21305

Camps for 10-15 years-old

Jr. Lifeguard/SKWIM Camp	Mon/Wed/Fri, 2:30-4 PM	24-Jun-19	16-Aug-19	\$251.00	24	21293
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Refund Policy: Anyone who registers for a class, camp, and special event or program that is cancelled for any reason by Parks and Recreation or the Advisory Council will receive a full refund.

Anyone who registers for a for a swim lesson who requests a refund before the second class starts will receive a refund, minus a service charge of \$5 or 10% of the class fee (whichever is greater) and charged for the first day if applicable. Anyone who registers and withdraws from a class after the second class begins will receive no refund. Please read the entire policy 7.16 for specific information.

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.

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.