

# MEADOWBROOK POOL



IF YOU'RE NOT **WET**, WE'RE NOT **HAPPY!**

10515 35th Ave NE • 206-684-4989 • [www.seattle.gov/parks/meadowbrook-pool](http://www.seattle.gov/parks/meadowbrook-pool)

**Seattle**  
Parks & Recreation

## Spring 2020-At-A-Glance, April 13-June 13



**ARE YOU  
READY ROCKET  
TURTLES?**  
Summer Swim  
League Registration  
begins on  
Tuesday, April 7  
at Noon!

### Register Online!

#### **Please Note**

- Placement testing for Advanced Swimmer is now offered. Please contact us to set up an appointment.
- Personal lesson registration will begin on March 3 at Noon. Personal lessons will begin Monday, April 20.



#### **Ready?**

Please visit our website at [www.seattle.gov/parks/find/pools/meadowbrook-pool](http://www.seattle.gov/parks/find/pools/meadowbrook-pool) and click the tile "Sign up for classes, activities and more" and see what classes and programs are available now. Registration begins Tuesday, March 3.

#### **Set.**

Make sure you have an account. If you don't have an account, you can apply for one simply by calling or visiting any City of Seattle Pool or Community Center or by visiting us at [apm.activecommunities.com/seattle/Home](http://apm.activecommunities.com/seattle/Home)

#### **Go!**

Registration for Spring quarter begins Tuesday, March 3 at Noon. Register in person at City of Seattle Pool or register online at [apm.activecommunities.com/seattle/Home](http://apm.activecommunities.com/seattle/Home).

# Swim Lessons

## 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 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 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 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 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 maintain an 8:1 student/teacher.

## 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 and receive a Certificate of Achievement in order to register. If you are uncertain if your child belongs in Advanced Swimmer please contact to the pool before registering. If you are new to Meadowbrook Pool placement testing available by appointment only. Call the pool for details.

**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 maintain a 10:1 student to instructor ratio.

## 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.

## 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.



# Spring 2020-At-A-Glance, April 13-June 13

Session 1	Day	Times	Dates**	# Classes	50%***	Price	Bar Code
Parent and Child Aquatics	Tuesday	6:30-7 p.m.	April 14-June 9	9	\$38.25	\$74.25	36354
	Wednesday	11-11:30 a.m.	April 15-June 10	9	\$38.25	\$74.25	36355
	Thursday	6:30-7 p.m.	April 16-June 11	9	\$38.25	\$74.25	36356
	Saturday	11:30 a.m.-Noon	April 18-June 13	9	\$38.25	\$74.25	36358
Three year olds Ages 3 only (Parent & Child Aquatics Recommended)	Monday*	2-2:30 p.m.	April 13-June 8	8	\$58.00	\$114.00	36360
	Tuesday	6:30-7 p.m.	April 14-June 9	9	\$65.25	\$128.25	36361
	Wednesday	1:30-2 p.m.	April 15-June 10	9	\$65.25	\$128.25	36362
	Thursday	6:30-7 p.m.	April 16-June 11	9	\$65.25	\$128.25	36363
Kinders Ages 4 and 5	Monday*	5-5:30 p.m.	April 13-June 8	8	\$42.00	\$82.00	36347
	Tuesday	6-6:30 p.m.	April 14-June 9	9	\$47.25	\$92.25	36348
	Wednesday	2-2:30 p.m.	April 15-June 10	9	\$47.25	\$92.25	36349
	Wednesday	4:30-5 p.m.	April 15-June 10	9	\$47.25	\$92.25	36350
	Thursday	6-6:30 p.m.	April 16-June 11	9	\$47.25	\$92.25	36351
	Friday	2-2:30 p.m.	April 17-June 12	9	\$47.25	\$92.25	36352
	Saturday	10:30-11 a.m.	April 18-June 13	9	\$47.25	\$92.25	36353
Beginning Swimmer Ages 6-16	Monday*	4:30-5 p.m.	April 13-June 8	8	\$34.00	\$66.00	36341
	Monday*	5:30-6 p.m.	April 13-June 8	8	\$34.00	\$66.00	36342
	Tuesday	5:30-6 p.m.	April 14-June 9	9	\$38.25	\$74.25	36343
	Wednesday	5-5:30 p.m.	April 15-June 10	9	\$38.25	\$74.25	36344
	Thursday	5:30-6 p.m.	April 16-June 11	9	\$38.25	\$74.25	36345
	Saturday	11-11:30 a.m.	April 18-June 13	9	\$38.25	\$74.25	36346
Advanced Swimmer	Tuesday	6:30-7 p.m.	April 14-June 9	9	\$38.25	\$74.25	36337
	Wednesday	5:30-6 p.m.	April 15-June 10	9	\$38.25	\$74.25	36338
	Thursday	6:30-7 p.m.	April 16-June 11	9	\$38.25	\$74.25	36339
	Saturday	11:30 a.m.-Noon	April 18-June 13	9	\$38.25	\$74.25	36340
Adults	Wednesday	7:30 -8 p.m.	April 15-June 10	9	\$38.25	\$74.25	36336
Special Pops	Saturday	3-3:30 p.m.	April 18-June 13	9	\$38.25	\$74.25	36359
Summer Swim League*	Mon-Fri	7:30-8:30 a.m.	June 22-Aug 1	29	\$79.00	\$157.75	36797
	Mon-Fri	8:30-9:30 a.m.	June 22-Aug 1	29	\$79.00	\$157.75	36802
Personal Lessons	Mon, Wed	4 p.m.	<b>\$42 per lesson; add \$14.25 per additional child.</b> All personal lessons are scheduled for a half hour. Personal Lessons will begin on Monday, April 20.	1:1-36365			
	Tuesday	7 p.m., 7:30 p.m.		2:1-36366			
	Wednesday	5:30 p.m.		3:1-36367			
	Friday	3:30 p.m., 4 p.m.					
	Saturday	3:30 p.m.					

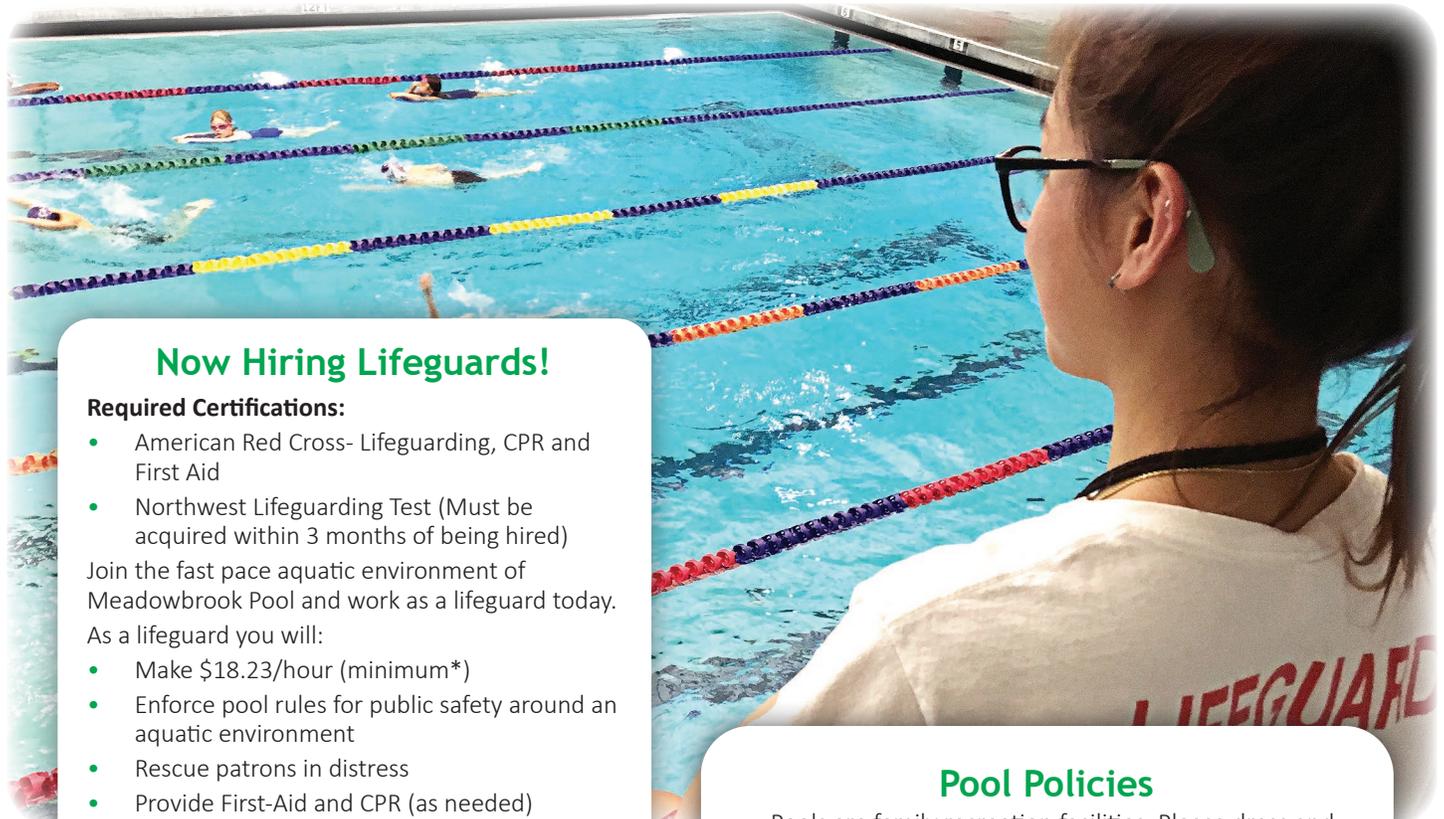
**Please note:**

- \* No lessons on the following day:  
Memorial Day, Monday, May 25
- \*\* Beginning Swimmers must receive a certificate of achievement before registering for Advanced Swimmer.
- \*\*\* 50% discount for eligible scholarship applicants.



50% discount for eligible scholarship applicants. Apply before the first day of registration. Please inquire at the front desk.

# Now Hiring Lifeguards!



## Now Hiring Lifeguards!

### Required Certifications:

- American Red Cross- Lifeguarding, CPR and First Aid
- Northwest Lifeguarding Test (Must be acquired within 3 months of being hired)

Join the fast pace aquatic environment of Meadowbrook Pool and work as a lifeguard today.

As a lifeguard you will:

- Make \$18.23/hour (minimum\*)
- Enforce pool rules for public safety around an aquatic environment
- Rescue patrons in distress
- Provide First-Aid and CPR (as needed)
- Train to teach Seattle Swims swimming lessons
- Enjoy the aquatic environment and so much more!

\*All temporary lifeguards receive an additional 5% pay in lieu of benefits.

For information on how to become a lifeguard, visit [www.redcross.org](http://www.redcross.org). There are many classes offered around the city.

## Pool Policies

- Pools are family recreation facilities. Please dress and act accordingly.
- Children under 6 years of age and those under 48" in height must be directly supervised in the water by an adult and must be within arm's length distance at all times.
- Food and drinks (other than water) are not allowed in the locker rooms or on the pool deck. Please do not bring glass containers into the locker rooms or pool deck.
- Please enter the building through the front entrance and check in with the cashier before entering pool area.
- For your children's safety, please monitor them at all times.
- Children 6 years and older must use appropriate locker rooms for their gender.
- 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 suits are allowed. Children's swim diapers are available for sale.
- It is the policy of Seattle Parks and Recreation that any person who registers for a swim class that is cancelled for any reason by the Department will receive a full refund. In the event of an unplanned cancellation of a single session of a class, that class will be rescheduled whenever possible. If it cannot be rescheduled the participant will receive a refund. A participant may be issued a refund if he/she drops a class and notifies the program coordinator prior to the second class session. The pro-rated class fee, plus a service charge of 10% of the fee will be retained by the facility. If a participant drops a class after the second session of a series, no refund will be given.

## Swim More—Pay Less!

Quick Card is a prepaid discount admission card for use within Seattle Parks and Recreation. To purchase a discount quick card visit any pool. A photo is taken and the time of purchase. Cards are issued to individuals and are not transferable.

### Recreation Programs: 10 admissions

Youth/Senior/Special Pop .....	\$37.00
Adult.....	\$54.00

### Fitness Programs: 10 admissions

Youth/Senior/Special Pop. (save \$5).....	\$37.00
Adult.....	\$59.00

### 30-Day Pass (Recreation and Fitness)

Youth/Senior/Special Pop .....	\$45.25
Adult.....	\$65.25

Recreation & Fitness times can be found separately in the SPRING At-A-Glance.