

Rainier Beach Pool
SWIMMING LESSONS
January 8-April 8

Registration Begins:
Tuesday, December 5th, at Noon
Online: seattle.gov/parks
In Person: 8825 Rainier Ave S
By Phone: (206)386-1925

PARENT & 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-OLD LESSONS

Age: 3 years old

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.

FAMILY LESSONS

Age: 4-8 years old

Learn beginning swimming skills with your own child in a fun and relaxed atmosphere. Some of the skills covered include breath control/rhythmic breathing, kicking, floating, beginner stroke work, and life-jacket safety. Parent/guardian does NOT have to know how to swim but must be in the water with their child.

KINDER LESSONS

Ages: 4 & 5

Participants start with basic water adjustment and advance through front and back floats, flutter kick, rolling from front to back, side breathing, crawl stroke with side breathing, backstroke, whip kick, treading water, diving, and water safety skills. On the first day of class, children are sorted into groups by ability with a 6:1 student to instructor ratio to ensure safety and quality.

BEGINNING SWIMMER LESSONS

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. This class mainly focuses on floating, gliding and kicking, crawl stroke with side breathing, elementary backstroke, backstroke, whip kick, breaststroke, treading water diving and more water safety skills. We will group children by ability on the first day of class to provide the best opportunity for your child's success.

ADVANCED SWIMMER LESSONS

Ages: 6 - 16

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 and moved to a Beginning Swimmer class, if space is available. Pretests are available during Public Swims.

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.

ADULT STROKE DEVELOPMENT

Ages 16 and up

In this course, you will refine swimming strokes and build endurance. Whether you want to train for a triathlon or become better at swimming laps for fitness, this is the class for you! Deep water comfort and ability to swim 25 yards (length of the pool) without stopping is required.

CLOSURES: January 15th– Martin Luther King Day
February 19th– Presidents 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	Start Time	End Time	Start	End	# Classes	Cost	Barcode
Parent and Child Aquatics 6 months - 4 years	Monday	10:00 AM	10:30 AM	1/8	4/2	11	\$82.50	174070
	Monday	6:00 PM	6:30 PM	1/8	4/2	11	\$82.50	174071
	Tuesday	10:00 AM	10:30 AM	1/9	4/3	13	\$97.50	174078
	Tuesday	5:30 PM	6:00 PM	1/9	4/3	13	\$97.50	174079
	Wednesday	10:30 AM	11:00 AM	1/10	4/4	13	\$97.50	174080
	Wednesday	6:00 PM	6:30 PM	1/10	4/4	13	\$97.50	174081
	Thursday	10:00 AM	10:30 AM	1/11	4/5	13	\$97.50	174076
	Thursday	5:30 PM	6:00 PM	1/11	4/5	13	\$97.50	174077
	Friday	10:00 AM	10:30 AM	1/12	4/6	13	\$97.50	174068
	Friday	5:30 PM	6:00 PM	1/12	4/6	13	\$97.50	174069
	Saturday	9:00 AM	9:30 AM	1/13	4/7	13	\$97.50	174072
	Saturday	9:30 AM	10:00 AM	1/13	4/7	13	\$97.50	174073
	Sunday	9:30 AM	10:00 AM	1/14	4/8	13	\$97.50	174075
	Sunday	10:00 AM	10:30 AM	1/14	4/8	13	\$97.50	174074
3 Year Olds	Monday	10:00 AM	10:30 AM	1/8	4/2	11	\$143.00	174095
	Monday	5:00 PM	5:30 PM	1/8	4/2	11	\$143.00	174096
	Monday	6:00 PM	6:30 PM	1/8	4/2	11	\$143.00	174097
	Tuesday	10:00 AM	10:30 AM	1/9	4/3	13	\$169.00	174107
	Tuesday	10:30 AM	11:00 AM	1/9	4/3	13	\$169.00	174108
	Tuesday	4:30 PM	5:00 PM	1/9	4/3	13	\$169.00	174109
	Tuesday	5:30 PM	6:00 PM	1/9	4/3	13	\$169.00	174110
	Wednesday	10:00 AM	10:30 AM	1/10	4/4	13	\$169.00	174111
	Wednesday	10:30 AM	11:00 AM	1/10	4/4	13	\$169.00	174112
	Wednesday	5:00 PM	5:30 PM	1/10	4/4	13	\$169.00	174113
	Wednesday	6:00 PM	6:30 PM	1/10	4/4	13	\$169.00	174114
	Thursday	10:00 AM	10:30 AM	1/11	4/5	13	\$169.00	174104
	Thursday	4:30 PM	5:00 PM	1/11	4/5	13	\$169.00	174105
	Thursday	5:30 PM	6:00 PM	1/11	4/5	13	\$169.00	174106
	Friday	10:00 AM	10:30 AM	1/12	4/6	13	\$169.00	174092
	Friday	10:30 AM	11:00 AM	1/12	4/6	13	\$169.00	174093
	Friday	5:00 PM	5:30 PM	1/12	4/6	13	\$169.00	174094
	Saturday	9:00 AM	9:30 AM	1/13	4/7	13	\$169.00	174100
	Saturday	9:30 AM	10:00 AM	1/13	4/7	13	\$169.00	174101
	Saturday	2:30 PM	3:00 PM	1/13	4/7	13	\$169.00	174098
Saturday	3:00 PM	3:30 PM	1/13	4/7	13	\$169.00	174099	
Sunday	9:30 AM	10:00 AM	1/14	4/8	13	\$169.00	174103	
Sunday	10:00 AM	10:30 AM	1/14	4/8	13	\$169.00	174102	
Kinder Ages 4-5 Years Old	Monday	10:30 AM	11:00 AM	1/8	4/2	11	\$99.00	173882
	Monday	4:30 PM	5:00 PM	1/8	4/2	11	\$99.00	173883
	Monday	5:30 PM	6:00 PM	1/8	4/2	11	\$99.00	174053
	Tuesday	10:30 AM	11:00 AM	1/9	4/3	13	\$117.00	174061
	Tuesday	5:00 PM	5:30 PM	1/9	4/3	13	\$117.00	174062
	Wednesday	10:00 AM	10:30 AM	1/10	4/4	13	\$117.00	174063
	Wednesday	4:30 PM	5:00 PM	1/10	4/4	13	\$117.00	174064
	Wednesday	5:30 PM	6:00 PM	1/10	4/4	13	\$117.00	174065
	Thursday	10:30 AM	11:00 AM	1/11	4/5	13	\$117.00	174059
	Thursday	5:00 PM	5:30 PM	1/11	4/5	13	\$117.00	174060
	Friday	10:30 AM	11:00 AM	1/12	4/6	13	\$117.00	173879
	Friday	4:30 PM	5:00 PM	1/12	4/6	13	\$117.00	173880
	Friday	6:00 PM	6:30 PM	1/12	4/6	13	\$117.00	173881
	Saturday	9:00 AM	9:30 AM	1/13	4/7	13	\$117.00	174057
	Saturday	10:00 AM	10:30 AM	1/13	4/7	13	\$117.00	174054
	Saturday	2:30 PM	3:00 PM	1/13	4/7	13	\$117.00	174055
	Saturday	3:00 PM	3:30 PM	1/13	4/7	13	\$117.00	174056
Sunday	10:30 AM	11:00 AM	1/14	4/8	13	\$117.00	174058	

Class	Days	Start Time	End Time	Start	End	# Classes	Cost	Barcode
Beginning Swimmer Ages 6-16 Years Old	Monday	6:00 PM	6:30 PM	1/8	4/2	11	\$82.50	173791
	Monday	6:30 PM	7:00 PM	1/8	4/2	11	\$82.50	173792
	Tuesday	6:00 PM	6:30 PM	1/9	4/3	13	\$97.50	173873
	Tuesday	6:30 PM	7:00 PM	1/9	4/3	13	\$97.50	173875
	Wednesday	6:00 PM	6:30 PM	1/10	4/4	13	\$97.50	173876
	Wednesday	6:30 PM	7:00 PM	1/10	4/4	13	\$97.50	173877
	Thursday	6:00 PM	6:30 PM	1/11	4/5	13	\$97.50	173871
	Thursday	6:30 PM	7:00 PM	1/11	4/5	13	\$97.50	173872
	Saturday	10:30 AM	11:00 AM	1/13	4/7	13	\$97.50	173793
	Saturday	11:30 AM	12:00 PM	1/13	4/7	13	\$97.50	173864
	Saturday	2:30 PM	3:00 PM	1/13	4/7	13	\$97.50	173865
	Saturday	3:00 PM	3:30 PM	1/13	4/7	13	\$97.50	173866
	Sunday	10:00 AM	10:30 AM	1/14	4/8	13	\$97.50	173868
	Sunday	11:00 AM	11:30 AM	1/14	4/8	13	\$97.50	173869
	Sunday	11:30 AM	12:00 PM	1/14	4/8	13	\$97.50	173870
Advanced Swimmer Ages 6-16 Years Old	Monday	5:30 PM	6:00 PM	1/8	4/2	11	\$82.50	173785
	Tuesday	5:30 PM	6:00 PM	1/9	4/3	13	\$97.50	173789
	Wednesday	5:30 PM	6:00 PM	1/10	4/4	13	\$97.50	173790
	Thursday	5:30 PM	6:00 PM	1/11	4/5	13	\$97.50	173788
	Friday	6:00 PM	6:30 PM	1/12	4/6	13	\$97.50	173784
	Saturday	11:00 AM	11:30 AM	1/13	4/7	13	\$97.50	173786
	Sunday	10:30 AM	11:00 AM	1/14	4/8	13	\$97.50	173787
Special Population Ages 6-17 Years Old	Monday	4:00 PM	4:30 PM	1/8	4/2	11	\$82.50	174085
	Tuesday	4:00 PM	4:30 PM	1/9	4/3	13	\$97.50	174089
	Tuesday	6:00 PM	6:30 PM	1/9	4/3	13	\$97.50	174090
	Wednesday	4:00 PM	4:30 PM	1/10	4/4	13	\$97.50	174091
	Thursday	4:00 PM	4:30 PM	1/11	4/5	13	\$97.50	174086
	Thursday	5:30 PM	6:00 PM	1/11	4/5	13	\$97.50	174087
	Thursday	6:00 PM	6:30 PM	1/11	4/5	13	\$97.50	174088
	Friday	4:00 PM	4:30 PM	1/12	4/6	13	\$97.50	174083
	Friday	5:30 PM	6:00 PM	1/12	4/6	13	\$97.50	174084
Beginning & Intermediate Adult Ages 16 & up	Monday	11:30 AM	12:00 PM	1/8	4/2	11	\$82.50	173777
	Monday	5:30 PM	6:00 PM	1/8	4/2	11	\$82.50	173778
	Wednesday	11:30 AM	12:00 PM	1/10	4/4	13	\$97.50	173781
	Wednesday	5:30 PM	6:00 PM	1/10	4/4	13	\$97.50	173782
	Friday	11:30 AM	12:00 PM	1/12	4/6	13	\$97.50	173776
	Saturday	11:00 AM	11:30 AM	1/13	4/7	13	\$97.50	173779
	Sunday	11:30 AM	12:00 PM	1/14	4/8	13	\$97.50	173780
Pre-Competition Ages 6-17 Years Old	Friday	6:00 PM	7:00 PM	1/12	4/6	13	\$195.00	174082
Family Lessons	Saturday	10:30 AM	11:00 AM	1/13	4/7	13	\$97.50	173878
Adult Clinic	Tuesday	8:00 PM	8:45 PM	1/9	4/3	13	\$146.25	173775
	Thursday	8:00 PM	8:45 PM	1/11	4/5	13	\$146.25	173774
Sr. Adult Ages 50 & up	Tuesday	11:30 AM	12:00 PM	1/9	4/3	13	\$97.50	173783

Women of the World Programs

Seattle Parks and Recreation is proud to offer single gender public swim and swimming lessons for women who, because of cultural or personal reasons, cannot swim in a co-ed environment.

During these programs the windows to the pool are covered

Class	Days	Start Time	End Time	Start	End	# Classes	Cost	Barcode
Tots 6 months - 3 years (Girls and Boys)	Sunday	5:30 PM	6:00 PM	1/14	4/8	13	\$97.50	174119
Kinder Ages 4 and 5 Years Old (Girls Only)	Sunday	6:00 PM	6:30 PM	1/14	4/8	13	\$117.00	174118
Beginning Swimmer Ages 6-16 Years Old (Females Only)	Sunday	5:30 PM	6:00 PM	1/14	4/8	13	\$97.50	174116
Women & Teens 12 Year Old & up (Females Only)	Sunday	6:00 PM	6:30 PM	1/14	4/8	13	\$97.50	174115



Seattle Children's
HOSPITAL · RESEARCH · FOUNDATION

YOU CAN BE A SUPER HERO TOO! As part of our ongoing commitment to water safety, Seattle Parks and Recreation—in partnership with Seattle Children's Hospital and supplemented by donations from the community made to the You Can Be A Super Hero Too campaign—is offering scholarships to supplement the cost of swim lessons for youth ages 4 to 16.



children's Hospital and supplemented by donations from the community made to the You Can Be A Super Hero Too campaign—is offering scholarships to supplement the cost of swim lessons for youth ages 4 to 16.

Can you make a donation?

To make your donation to the Seattle Parks and Recreation swim lesson scholarship fund, visit any Seattle Parks and Recreation swimming pool, or donate online to www.arcseattle.org/get-involved/. For more information, call your local pool or 206-684-7185. Be a hero and help every child become a super swimmer!

Lesson Tips of the Quarter

Practice, Practice and Practice

“My child has been in swimming lessons for a long time, why can't he/she swim?” To tackle this question, we need to think about how we get better at swimming. Swimming, like a lot of other skills, can be made better through practice.

Tip 1: **Practice as much as you can.**

The more we swim, the more it will be natural to us.

Tip 2: **Practice SLOWLY.**

Even if your end goal is to go fast, practice slow controlled strokes. Swimming slow with perfect technique works more effectively than swimming fast with poor technique. For evaluation, you can think and feel or look for what needs fixing—and that's easier to spot and fix in slow motion.

Tip 3: **Swimming is a repetition of sequential steps**

Think of a swimming stroke as a clock where different parts of the stroke are the second, minute and hour hands. To remain in perfect function, those hands individually move the right amount for a given time. Conversely, every movement has to be when it's supposed to happen. For swimming, practice makes sure that the movements (every kick, every pull, our breathing) are correct, and the timing is also correct.

Tip 4: **Don't be afraid to ask for feedback or advice.**

When you come in to practice at our public programming here at Rainier Beach Pool, do not hesitate to ask lifeguards what you can improve in your stroke. All of our lifeguards are our swim instructors, just let us know and we'll help you with it!

These are some tips to help you achieve your goals. We offer Recreation and Public Swims here (schedules available online or from staff on site) and we hope to be part of your progress in swimming here at Rainier Beach Pool!

Happy Swimming!

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, with additional funding available to Kinder, Beginning Swimmer, and Advanced Swimmer lessons.