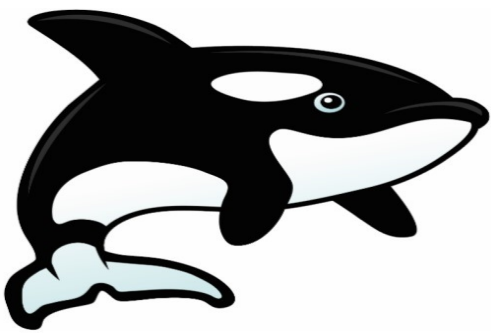


Class	Session	Days	Times	Dates	# Classes	Cost	Barcode #
Swim Team Prep	1	T & Th	4:15 – 5:00	4/7-5/7	10	\$120.00	36300
	2	T & Th	4:15 – 5:00	5/12-6/11	10	\$120.00	36299
Special Populations	1	Sun	3:00 – 3:30	4/5-5/10	6	\$48.00	36297
		Sun	3:30 – 4:00	4/5-5/10	6	\$48.00	36298
	2	Sun	3:00-3:30	5/17-6/14	5	\$40.00	36312
		Sun	3:30-4:00	5/17-6/14	5	\$40.00	36313
Adult Swim-Tech Beg & Adv	Beg	Mon	7:00 – 7:30	4/6-6/8*	9	\$72.00	36256
	Adv	Wed	7:00 – 7:30	4/8-6/10	10	\$80.00	36255

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Volunteer Swim Instructor Aide
 Are you looking for a way to give back to the community or engage in community service hours for high school credit? We are looking for people who can commit to a ninety minute block of time, once or twice a week during our lesson program. All volunteers must be at least 14 years old and have a basic knowledge of most swimming strokes. A complete background check and volunteer orientation will also be required.



Personal Lessons All Ages
 Southwest Pool offers personal swim lessons to people who are interested in one-to-one attention. Personal lessons allow for concentrated instruction to meet individual needs. The cost is \$41.75 per one half-hour lesson or \$55.75 for a semi-private lesson. Please call 206-684-7440 to schedule.

Adult Lessons Ages 16 and up
 Groups with similar goals are arranged so instruction can focus on the basics, on to learning a variety of strokes and water safety. Enjoy exploring the possibilities, while developing lifelong and lifesaving skills.
Beginning—Monday 7:00pm
Int/Advanced—Wednesday 7:00pm
 Advanced Prerequisite: 25 yards crawl stroke and some deep water comfort.

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



Southwest Pool
2801 SW Thistle St.
Seattle WA 98126



Spring 2020 SWIMMING LESSONS
April 4th– June 14th

Registration Begins Tuesday, March 3rd at 12:00pm

Online: www.seattle.gov/parks
In Person: At your closest Community Center or Pool
Over the Phone: 206-684-7440

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 strive for a 3:1 student to instructor ratio.

Kinder Lessons Ages 4 & 5
 Children start with basic water adjustment, safety and swimming skills in a group with other 4 & 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 strive for 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
Note: If you are unsure of your child's ability, please have him or her pre-tested to ensure correct placement. If your child does not meet the age requirements or skill prerequisites, we will try to transfer him or her to the appropriate level if there is space available. A minimum of four students is required for all classes. We may combine or cancel programs if not enough students sign up.

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 strive for an 8:1 student/teacher 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: Students must pass Beginning Swimmer, feel comfortable in deep water and able to swim at least 15 yards without stopping while demonstrating Front Crawl Stroke with bilateral breathing, and proper whip kick on their back. Children not ready will be moved to Beginner Swimmer if there is room.
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 strive for a 8:1 student to instructor ratio.

Class	Session	Days	Times	Dates	# Classes	Cost	Barcode #		
Parent Child Ages 6 mos- 4 yrs	1	M & W	6:30 – 7:00	4/6-5/6	10	\$80.00	36293		
		T & Th	6:30 – 7:00	4/7-5/7	10	\$80.00	36288		
		Sat	11:00 – 11:30	4/4-6/13*	10	\$80.00	36290		
		Sun	1:30 – 2:00	4/5-6/14	11	\$88.00	36291		
	2	M & W	6:30 – 7:00	5/11-6/10*	9	\$72.00	36289		
		T & Th	6:30 – 7:00	5/12-6/11	10	\$80.00	36292		
Three Year Olds	1	M & W	6:30 - 7:00	4/6-5/6	10	\$140.00	36301		
		M & W	7:00 – 7:30	4/6-5/6	10	\$140.00	36302		
		T & Th	4:30 – 5:00	4/7-5/7	10	\$140.00	36303		
		T & Th	6:30 - 7:00	4/7-5/7	10	\$140.00	36304		
		Sat	11:30-12:00	4/4-6/13*	10	\$140.00	36290		
		Sun	1:00 - 1:30	4/5-6/14	11	\$154.00	36306		
		Sun	1:30 - 2:00	4/5-6/14	11	\$154.00	36307		
		2	M & W	6:30 - 7:00	5/11-6/10*	9	\$126.00	36308	
	M & W		7:00 – 7:30	5/11-6/10*	9	\$126.00	36302		
	T & Th		4:30 – 5:00	5/12-6/11	10	\$140.00	36310		
	T & Th		6:30 - 7:00	5/12-6/11	10	\$140.00	36311		
	Kinders Ages 4 & 5		1	M & W	4:00 – 4:30	4/6-5/6	10	\$100.00	36275
				M & W	6:30 – 7:00	4/6-5/6	10	\$100.00	36276
		Tuesday		2:30-3:00	4/7-6/2	9	\$90.00	36287	
T & Th		6:00 – 6:30		4/7-5/7	10	\$100.00	36277		
T & Th		6:30 – 7:00		4/7-5/7	10	\$100.00	36278		
T & Th		7:00 - 7:30		4/7-5/7	10	\$100.00	36279		
Sat		11:00 – 11:30		4/4-6/13*	10	\$100.00	36280		
Sun		1:00 – 1:30		4/5-6/14	11	\$110.00	36281		
2	M & W	4:00 – 4:30	5/11-6/10*	9	\$90.00	36282			
	M & W	6:30 – 7:00	5/11-6/10*	9	\$90.00	36283			
	T & Th	6:00 – 6:30	5/12-6/11	10	\$100.00	36284			
	T & Th	6:30 – 7:00	5/12-6/11	10	\$100.00	36285			
	T & Th	7:00 - 7:30	5/12-6/11	10	\$100.00	36286			

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Class	Session	Days	Times	Dates	# Classes	Cost	Barcode #
Beginning Swimmer Ages 6-16	1	Tuesday	2:30-3:00	4/7-6/2	9	\$72.00	36273
		M & W	4:30 – 5:00	4/6-5/6	10	\$80.00	36262
		M & W	5:00 – 5:30	4/6-5/6	10	\$80.00	36263
		T & Th	6:00 – 6:30	4/7-5/7	10	\$80.00	36266
		T & Th	7:00 – 7:30	4/7-5/7	10	\$80.00	36267
		Friday	2:30-3:00	4/10-6/5	9	\$72.00	36274
		Sat	10:30 – 11:00	4/4-6/13*	10	\$80.00	36268
		Sat	11:30 – 12:00	4/4-6/13*	10	\$80.00	36269
		Sun	12:30 – 1:00	4/5-6/14	11	\$88.00	36270
		2	M & W	4:30 – 5:00	5/11-6/10*	9	\$72.00
	M & W		5:00 – 5:30	5/11-6/10*	9	\$72.00	36265
	T & Th		6:00 – 6:30	5/12-6/11	10	\$80.00	36271
	T & Th		7:00 – 7:30	5/12-6/11	10	\$80.00	36272
	Advanced Swimmer Ages 6-16	1	M & W	5:00-5:30	4/6-5/6	10	\$80.00
T & Th			6:30 – 7:00	4/7-5/7	10	\$80.00	36258
Sun			1:30 – 2:00	4/5-6/14	11	\$88.00	36259
2		M & W	5:00-5:30	5/11-6/10*	9	\$72.00	36260
		T & Th	6:30 – 7:00	5/12-6/11	10	\$80.00	36261

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Swimming Scholarship Fund!

As part of our commitment to water safety, Seattle Parks and Recreation, in partnership with Seattle Children's Hospital, and the support of many caring individuals – is offering additional Learn to Swim Scholarships to offset the cost of swim lessons for youth ages 4 to 16.

How to donate: To make a contribution to the Learn to Swim Scholarship Fund, visit any Seattle Parks and Recreation pool or donate online to www.arcseattle.org/get-involved/. Be a hero and help every child become a super swimmer! **Do you know a child who needs a scholarship?** Information and application forms available at your local pool. Funding is limited. Approved scholarships can be used for:

- Parent Child and Three Year Old
- Kinder Swimmer
- Beginning Swimmer
- Advanced Swimmer

