

# Helene Madison Pool

## Winter 2026 Program Schedule January 4 – March 28

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00- 9:00 Lessons						
9:00- 10:00 Masters						
9:30- 11:00 Lessons	11:00- 12:00 Shallow Water Fitness & Adult/Senior Swim	11:00- 12:00 Deep Water Fitness & Adult Shallow	1 1:00- 12:00 Shallow Water Fitness & Adult/Senior Swim	11:00- 12:00 Deep Water Fitness & Adult Shallow	11:00- 12:00 Deep Water Fitness & Adult Shallow	9:00-10:00 Pool Playland
						10:00-12:00 Lessons
11:00-12:00 3- Lane Lap Swim & Pool Playland	12:00- 1:30 4- Lane Lap Swim & Adult Shallow	12:00- 1:30 4- Lane Lap Swim & Adult Shallow	12:00- 1:30 4- Lane Lap Swim & Adult Shallow	12:00- 1:30 4- Lane Lap Swim & Adult Shallow	12:00- 1:30 4- Lane Lap Swim & Adult Shallow	12:00- 1:30 4- Lane Lap Swim
						12:30-1:30 Adult Shallow
12:00-1:00 4-Lane Lap Swim	1:30- 2:30 4- Lane Lap Swim & Pool Playland	1:30- 2:30 4- Lane Lap Swim & Pool Playland	1:30- 2:30 4- Lane Lap Swim & Pool Playland	1:30- 2:30 4- Lane Lap Swim & Pool Playland	1:30- 2:30 4- Lane Lap Swim & Pool Playland	1:30-2:30 3-Lane Lap Swim & 3-Lane Jr Masters & Pool Playland  <b>*NO OPEN LANE</b>
11:00-2:00 Lessons			3:00-4:00 Pool Playland			
2:00-3:00 Recreation Swim	4:00- 7:00 Lessons	4:00- 7:00 Lessons	4:00- 7:00 Lessons	4:00- 7:00 Lessons		2:30-4:00 Recreation Swim
3:00- 4:00 4-Lane Lap Swim & Pool Playland	7:00- 8:00 4-Lane Lap Swim	7:00- 8:00 3-Lane Lap Swim & Recreation Swim	7:00- 8:00 3-Lane Lap & Deep Water Fitness	7:00- 8:00 3-Lane Lap & Recreation Swim		



**Seattle**  
Parks & Recreation

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## RECREATIONAL PROGRAMS

**Adult & Senior Swim:** This is a recreational lap swim period for adults 18 years and older. It is a great option for all skills walking or exercise. There will be four lanes for lap swimming. A double-wide lane for unstructured swimming and independent deep-water exercise.

**Adult Shallow:** Adult Shallow is time in the shallow pool set aside for recreational or fitness swimming for adults 18 or older.

**Lap Swim:** Lap Swim is a continuous lap swim for swimmers of all ages; we divide the lanes according to speed levels. Lap swim has 4 lap lanes and one double-wide lane.

**Pool Playland:** This is a recreational swim for swimmers of all ages. This swim is **shallow-end only**. Lifejackets and water toys are available for use. Children under 6 and those who do not meet our height requirement of 4 feet, must be accompanied into the water by an adult 18 years or older.

**Recreation Swim:** This recreation swim is fun for all ages. Large floats and inflatables are included with this swim. Children under 6 and those who do not meet our

height requirement of 4 feet, must be accompanied into the water by an adult 18 years or older. Swimmers under the age of 18 must successfully pass the swim test before accessing the deep end. This is a great time for float tests, too!

## FITNESS PROGRAMS

**Shallow Water Fitness:** This 45-minute water exercise class taught in shallow water. Class is designed to build strength, flexibility, and cardiovascular fitness. No swimming ability required.

**Deep Water Fitness:** This 45-minute-deep water class is designed to build strength, flexibility, and cardiovascular fitness. Deep water comfort is required. Great music keeps you working hard!

**Master Swim:** Are you a lap swimmer looking for the next level in your work out? This swim is for you. Workouts are drafted each day to provide participants with guidance for their swim. If additional guidance is needed, feel free to consult with the aquatic team.

**Coached Swim:** A fitness swim providing written workouts for various ability levels. A lifeguard will be on deck to provide feedback on technique.

## DISCOUNT SWIM PASSES!

Swim Passes are a prepaid discount admission card that provides access to many recreational choices at Seattle Parks and Recreation. Inquire about scholarships for more discount swimming.

## FEES

### RECREATIONAL SWIM PRICES:

Youth (Age 1-17)	\$6.00
Adult (18-64)	\$8.00
Senior Adults (65+)	\$6.00
Special Populations	\$6.00

### FITNESS SWIM PRICES:

Adult	\$8.50
Senior/Special Pop	\$6.50
Youth	\$6.50

### OTHER FEES:

"Just a Shower"	\$8.50
Towel Rental	\$0.50
Coin-Operated Lockers	\$0.25

### Recreational Swim Pass

(Ages 18-64) (Minimum 10 Visits)	
Youth (Ages 1-17)	\$54.00
Special Population	\$54.00
Senior Adults (65+)	\$54.00
Adults	\$72.00

### Fitness Swim Pass

(Minimum 10 visits)	
Youth (Ages 1-17)	\$58.50
Special Population	\$58.50
Senior Adult (65+)	\$58.50
Adult (Ages 18-64)	\$76.50

### 30-day FAST PASS

(Unlimited use for Rec/Fitness)	
Youth (Ages 1-17)	\$66.50
Special Population	\$66.50
Senior Adults (65+)	\$66.50
Adults (Ages 18-64)	\$91.50

**Winter Closures: 1/14 after 4pm for Staff training, 2/16 for President's Day, 2/17-2/19 after 2:30 for Lifeguard Training. 2/21 until Noon for staff training, 3/5 for City-Wide training, 3/17 after 2:30 for Staff training.**

This schedule is subject to change.

For updated information please check <https://www.seattle.gov/parks/find/pools/madison-pool>

You can also find us on Facebook at: <https://www.facebook.com/MadisonPoolSeattle/>