

Helene Madison Pool

Summer 2026 Program Schedule June 20th– August 16th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
8:00-2:00 Lessons	8:00-9:00 Summer Swim League	8:00-9:00 Summer Swim League	8:00-9:00 Summer Swim League	8:00-9:00 Summer Swim League	8:00-9:00 Summer Swim League	9:00-10:30 4-Lane Lap Swim
9:00-10:00 Cardio Current	9:00-11:00 Lessons	9:00-11:00 Lessons	9:00-11:00 Lessons	9:00-11:00 Lessons	9:00-11:00 Lessons	9:00-10:00 Pool Playland
11:00-12:00 3-Lane Lap Swim & Pool Playland	11:00-12:00 Shallow Water Fitness & Adult/Senior Swim	11:00-12:00 Deep Water Fitness & Adult Shallow	11:00-12:00 Shallow Water Fitness & Adult/Senior Swim	11:00-12:00 Deep Water Fitness & Adult Shallow	11:00-12:00 Deep Water Fitness & Adult Shallow	10:00-12:45 Lessons
12:00-1:00 4-Lane Lap Swim	12:00-1:00 4-Lane Lap Swim & Adult Shallow	12:00-1:00 4-Lane Lap Swim & Adult Shallow	12:00-1:00 4-Lane Lap Swim & Adult Shallow	12:00-1:00 4-Lane Lap Swim & Adult Shallow	12:00-1:00 4-Lane Lap Swim & Adult Shallow	12:00-1:30 4-Lane Lap Swim
						12:45-1:30 Adult Shallow
2:00-3:00 Recreation Swim	1:00-2:00 4-Lane Lap Swim & Pool Playland	1:00-2:00 4-Lane Lap Swim & Pool Playland	1:00-2:00 4-Lane Lap Swim & Pool Playland	1:00-2:00 4-Lane Lap Swim & Pool Playland	1:00-2:00 4-Lane Lap Swim & Pool Playland	1:30-2:30 3-Lane Lap Swim & 3-Lane Teen Cardio Current & Pool Playland
3:00-4:00 4-Lane Lap Swim & Pool Playland						*NO OPEN LANE*
	2:00-4:00 Recreation Swim	2:00-4:00 Recreation Swim	2:00-4:00 Recreation Swim	2:00-4:00 Recreation Swim	2:00-4:00 Recreation Swim	2:30-4:00 Recreation Swim
	4:30-7:00 Lessons	4:30-7:30 Lessons	4:30-7:00 Lessons	4:30-7:30 Lessons	4:00-6:00 Lessons	
	6:30-8:00 3-Lane Lap	6:30-8:00 3-Lane Lap	6:30-8:00 3-Lane Lap	6:30-8:00 3-Lane Lap	6:00-7:00 6-Lane Lap Swim & Adult Shallow	
	7:00-8:00 Recreation Swim	7:00-8:00 Deep Water Fitness	7:00-8:00 Recreation Swim	7:00-8:00 Deep Water Fitness	7:00-8:00 Recreation Swim	

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**.

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!

Lap Swim: Lap Swim is a continuous lap swim for swimmers of all ages; we divide the lanes according to speed levels. 4-Lane Lap has **4 lap lanes** and one double-wide lane for unstructured swimming and independent deep-water exercise. 3-Lane Lap has **3 lap lanes** with half the pool available for a fitness class or recreational swim.

FITNESS PROGRAMS

Shallow Water Fitness: This **45-minute** water exercise class is 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!

Cardio Current: Are you a lap swimmer looking for the next level in your work out? This **six-lane 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.

Teen Cardio Current: A fitness swim program for **children 17 and under** providing written workouts for various ability levels. **Must be at advanced swimming level.** An instructor will be on deck.

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
Special Population	\$6.00
Senior Adults (65+)	\$6.00
Adult (18-64)	\$8.00

Fitness Swim Prices:

Youth	\$6.50
Special Population	\$6.50
Senior	\$6.50
Adult	\$8.50

Other Fees:

"Just a Shower"	\$8.00
Towel Rental	\$0.50
Coin-Operated Locker	\$0.25

Recreational Swim Pass:

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

Summer Closures: Saturday July 4th – Independence Day, Friday July 10th SSL Meet Evening programming, Saturday July 25th SSL Meet, Saturday August 1st SSL Meet, August 17th through August 29th Preventative Maintenance

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/>