

Rainier Beach Pool
SWIMMING LESSONS
October 3rd—December 17th

Registration Begins: August 16th at Noon
Online: www.seattle.gov/parks
In Person: 8825 Rainier Ave
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.

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.

ADAPTIVE SWIM 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.

PRE-COMPETITION LESSONS

Ages: 6 - 16

Prerequisite: Swimmers must have passed Advanced Swimmer, Experience the challenge of competitive swimming! Instruction will focus on improving stroke technique, flip turns, racing starts, learning about "sets" and "send-offs" and overall improvement of endurance and speed. Instruction occurs from the deck and will include swimming in deep water.

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.

CLOSURES: November 12th for Veterans' Day, November 22nd and 23rd for Thanksgiving Day and Day after Thanksgiving, December 15th for In-service Training

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 & Child Aquatic Lessons Ages 6 months to 3 Years Old	Tuesday	5:30 PM	6:00 PM	10/4/22	11/1/22	5	\$40.00	51920
	Tuesday	5:30 PM	5:00 PM	11/15/22	12/13/22	5	\$40.00	51921
	Wednesday	4:00 PM	4:30 PM	10/5/22	11/2/22	5	\$40.00	51922
	Wednesday	4:00 PM	4:30 PM	11/16/22	12/14/22	5	\$40.00	51923
	Thursday	5:30 PM	6:00 PM	10/6/22	11/3/22	5	\$40.00	51924
	Saturday	10:30 AM	11:00 AM	10/8/22	11/5/22	5	\$40.00	51925
	Saturday	10:30 AM	11:00 AM	11/19/22	12/17/22	5	\$40.00	51926
3 Year Olds	Tuesday	5:30 PM	6:00 PM	10/4/22	11/1/22	5	\$70.00	51927
	Tuesday	5:30 PM	5:00 PM	11/15/22	12/13/22	5	\$70.00	51928
	Wednesday	5:30 PM	6:00 PM	10/5/22	11/2/22	5	\$70.00	51929
	Wednesday	5:30 PM	6:00 PM	11/16/22	12/14/22	5	\$70.00	51930
	Thursday	5:30 PM	6:00 PM	10/6/22	11/3/22	5	\$70.00	51931
	Saturday	11:00 AM	11:30 AM	10/8/22	11/5/22	5	\$70.00	51932
	Saturday	11:00 AM	11:30 AM	11/19/22	12/17/22	5	\$70.00	51933
Kinder Ages 4-5 Years Old	Tuesday	5:30 PM	6:00 PM	10/4/22	11/1/22	5	\$50.00	51941
	Tuesday	5:30 PM	6:00 PM	11/15/22	12/13/22	5	\$50.00	51942
	Wednesday	5:30 PM	6:00 PM	10/5/22	11/2/22	5	\$50.00	51943
	Wednesday	5:30 PM	6:00 PM	11/16/22	12/14/22	5	\$50.00	51944
	Thursday	5:30 PM	6:00 PM	10/6/22	11/3/22	5	\$50.00	51945
	Saturday	11:00 AM	11:30 AM	10/8/22	11/5/22	5	\$50.00	51946
	Saturday	11:00 AM	11:30 AM	11/19/22	12/17/22	5	\$50.00	51947

Class	Days	Start Time	End Time	Start	End	# Classes	Cost	Barcode
Beginning Swimmer Ages 6-16 Years Old	Tuesday	6:00 PM	6:30 PM	10/4/22	11/1/22	5	\$40.00	51948
	Tuesday	6:00 PM	6:30 PM	11/15/22	12/13/22	5	\$40.00	51949
	Tuesday	6:30 PM	7:00 PM	10/4/22	11/1/22	5	\$40.00	51950
	Tuesday	6:30 PM	7:00 PM	11/15/22	12/13/22	5	\$40.00	51951
	Wednesday	6:00 PM	6:30 PM	10/5/22	11/2/22	5	\$40.00	51952
	Wednesday	6:00 PM	6:30 PM	11/16/22	12/14/22	5	\$40.00	51953
	Wednesday	6:30 PM	7:00 PM	10/5/22	11/2/22	5	\$40.00	51954
	Wednesday	6:30 PM	7:00 PM	11/16/22	12/14/22	5	\$40.00	51955
	Thursday	6:00 PM	6:30 PM	10/6/22	11/3/22	5	\$40.00	51956
	Thursday	6:30 PM	7:00 PM	10/6/22	11/3/22	5	\$40.00	51957
	Saturday	11:00 AM	11:30 AM	10/8/22	11/5/22	5	\$40.00	51958
	Saturday	11:00 AM	11:30 AM	11/19/22	12/17/22	5	\$40.00	51959
	Saturday	11:30 AM	12:00 PM	10/8/22	11/5/22	5	\$40.00	51960
	Saturday	11:30 AM	12:00 PM	11/19/22	12/17/22	5	\$40.00	51961

Class	Days	Start Time	End Time	Start	End	# Classes	Cost	Barcode
Adaptive Swim Lessons Ages 6-17 Years Old	Tuesday	4:00 PM	4:30 PM	10/4/22	11/1/22	5	\$40.00	59162
	Tuesday	4:00 PM	4:30 PM	11/15/22	12/13/22	5	\$40.00	59163
	Tuesday	6:30 PM	7:00 PM	10/4/22	11/1/22	5	\$40.00	59164
	Tuesday	6:30 PM	7:00 PM	11/15/22	12/13/22	5	\$40.00	59165
	Wednesday	6:30 PM	7:00 PM	10/5/22	11/2/22	5	\$40.00	59166
	Wednesday	6:30 PM	7:00 PM	11/16/22	12/14/22	5	\$40.00	59167
	Saturday	10:30 AM	11:00 AM	10/8/22	11/5/22	5	\$40.00	59168
	Saturday	10:30 AM	11:00 AM	11/19/22	12/17/22	5	\$40.00	59169
Pre-Competition Ages 6-16 Years Old	Friday	6:15 PM	7:00 PM	10/7/22	11/4/22	5	\$80.00	51970
	Friday	6:15 PM	7:00 PM	11/18/22	12/16/22	4	\$64.00	51976

Adults	Wednesday	11:30 AM	12:00 PM	10/5/22	11/2/22	5	\$40.00	51971
	Wednesday	11:30 AM	12:00 PM	11/16/22	12/14/22	5	\$40.00	51972
	Thursday	6:30 PM	7:00 PM	10/6/22	11/3/22	5	\$40.00	51973
	Friday	11:30 AM	12:00 PM	10/7/22	11/4/22	5	\$40.00	51974
	Friday	11:30 AM	12:00 PM	11/18/22	12/16/22	5	\$40.00	51975

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.



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

Attendance

Your children's learning relies on a lot of factors, including skill level, student-teacher relationships, class control to name a few. But, the greatest factor that we often forget is attendance. If a student is in class and actively participating, they will learn more.

The first thing that comes to mind when we are asked "Why can't my kid swim?" is whether or not the child has good attendance and properly engaged in class. Registration is not enough—following through with consistent attendance, active participation and paying attention will let you reap the benefits of your classes. Below are some other ripple effects of having good attendance.

Ripple # 1: *It makes sure that every student fits their class.*

On the first day of lessons, we group kids together according to skill level and assign their teachers. Lately with some of our bigger classes, only half of all registered students show up. This does not let us see everyone's skill sets and the groupings end up wonky. When everyone shows up, it makes the process more effective and the students are set up for success.

Ripple # 2: *The student obtains and retains skills better.*

The more we do things, the more they become natural to us. The more we practice, the better we get. The same is true in swim lessons. We want them there, and we want them to keep coming. That's the best way for them to get the practice and instructions they need to be safer and better when in the water.

These are quick and easy ways to help you, other patrons and the staff make sure that we achieve our aquatic goals. We are excited to have you here at Rainier Beach Pool and Community Center.

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.