



Rainier Beach Pool

8825 Rainier Avenue South
Seattle WA 98118
(206) 386-1925

September 2nd - January 4th, 2026

FALL 2025 Lap Pool & Sauna Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim (5 Lanes) 9:00-10:00 AM	Lap Swim (5 Lanes) 9:00-10:00 AM	Lap Swim (5 Lanes) 9:00-10:00 AM	Lap Swim (5 Lanes) 9:00-10:00 AM		Water Fitness (Combo) 9:30-10:15 AM	Water Fitness (Combo) 9:30-10:15 AM
Water Fitness (Combo) 10:30-11:15 AM	Water Fitness (Combo) 10:30-11:15 AM	Water Fitness (Combo) 10:30-11:15 AM	Water Fitness (Combo) 10:30-11:15 AM	Water Fitness (Combo) 10:30-11:15 AM	Lap Swim (6 Lap Lanes) SPA CLOSED 12:15-1:15 PM	Lap Swim (6 Lap Lanes) SPA CLOSED 12:15-1:15 PM
	Swim Clinic Adult Drop In 11:30 AM - 12 PM		Swim Clinic Adult Drop In 11:30 AM - 12 PM		Recreation Swim 1:25-2:25 PM	Recreation Swim 1:30-2:30 PM
Adult Swim (4 Lanes) Noon-2:30 PM					Recreation Swim 3:35-4:35 PM	Recreation Swim 3:00-4:00 PM
AquaZumba® 7:10-7:55 PM	Lap Swim (6 Lanes) 7:00-8:00 PM	Recreation Swim 7:00-8:00 PM	Lap Swim (6 Lanes) 7:00-8:00 PM	Recreation Swim 7:00-8:00 PM	Recreation Swim 4:45-5:45 PM	Water Polo Adult Drop In 6:50-8:15 PM
	Lap Swim (5 Lanes) 8:00-9:00 PM	Lap Swim (5 Lanes) 8:00-9:00 PM	Lap Swim (5 Lanes) 8:00-9:00 PM	Teen Late Night 8:00-9:30 PM	Teen Late Night 8:00-9:30 PM	

Recreation Pricing

Under 1 Year of Age	Free
Youth (1-17)	\$5.50
Adult (18-64)	\$7.50
Senior (65+)	\$5.50
Special Populations	\$5.50

Fitness Pricing

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

10 Punch Rec Card

Youth (1-17)	\$50.00
Adult (18-64)	\$68.00
Senior (65+)	\$50.00
Special Populations	\$50.00

10 Punch FIT Card

Youth (1-17)	\$54.00
Adult (18-64)	\$72.00
Senior (65+)	\$54.00
Special Populations	\$54.00

30 Day Pass

Youth (1-17)	\$61.00
Adult (18-64)	\$85.00
Senior (65+)	\$61.00
Special Populations	\$61.00

ATTENTION:

Admission to All swims are sold **15 minutes prior** to each swim. Swims do sell out.

Lap Swim

Lap Swim is a continuous swim for swimmers of all ages; we divide the lanes according to speed levels. Please circle swim and observe courtesy rules.

Adult Swim

Adult Swim is time set aside for recreational swimming for adults 18 or older. We set aside one part of the pool for lap swimming and leave the rest of the pool available for less structured swimming.

Recreation Swim

Recreation swim is a time set aside for recreational swimming for swimmers of all ages to enjoy. Children younger than 6 or under 48" in height must be directly supervised in the water by an adult who is within a distance of an arm's length at all times (no more than a 2:1 ratio). All youth under the age of 13 must be accompanied by an adult.

Water Fitness (Combo)

Water fitness class taught in combination of deep and shallow water. Class is designed to build strength, flexibility, and cardiovascular fitness. Equipment is available for both deep and shallow water needs. No swimming ability is required to participate in shallow water. (Fitness swimming pricing)

Aqua Zumba®

A Latin-inspired dance exercise class in the shallow end of the pool! AZ blends the Zumba formula with aqua fitness, into a safe, challenging cardio and toning workout. Get a great cardio workout and have fun. No dance experience needed, great for all fitness levels and swimming abilities. (Fitness swimming pricing)

Teen Late Night

This is a FREE drop-in program that ranges from swim lessons, learning lifeguard skills, and recreation swim time. Ages 13-18. **E-13 form is required.**

Drop-In Swims

- Water Polo - (age 16+) Learn and play water polo. Beginners welcome. Must know how to swim and tread water. Drop in fee: \$12 (exact cash or check only)
- Adult Swim Clinic - (age 16+) For Beginner Swimmers to help overcome fears and become more comfortable in water. Drop in fee: \$12

WINTER 2026 SWIM LESSON REGISTRATION

Tuesday 11/25 at Noon for Scholarship Participants

Tuesday 12/02 at Noon for General Public

Go to seattle.gov/parks then click on
"Sign up for activities" then Sign Up/



Seattle
Parks and Recreation

Pool Closures

- 9/1 - Labor Day
- 9/25 - Staff Inservice Day
- 10/13 - Indigenous People's Day
- 10/26 - Boo Bash - RBCC
- 11/11 - Veterans' Day
- 11/16 - Cascade Swim Meet
- 11/27-28 - Thanksgiving
- 12/11 - Staff Inservice Day
- 12/25 - Christmas
- 1/1/2026 - New Years Day