



Rainier Beach Pool

Swimming Lessons

April 18-June 16

Registration Begins March 7 at Noon

Online: www.seattle.gov/parks

In Person: 8825 Rainier Ave. S.

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

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

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

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.

Pre-Competition

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.

Adults

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 life-saving skills.

Adaptive

Ages: 6 - 16

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.

Closures: Mon., May 29 (Memorial Day); Thurs., June 8th (All staff training); Mon., June 19th (Juneteenth)

Refunds, Withdrawals 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	Session	Day	Times	Dates	Classes	Cost	Barcode
Parent & Child Aquatic Lessons Ages 6 months to 3 years old	1	Tuesday	5:30-6:00pm	4/18-5/9	4	\$36.00	55944
		Thursday	5:30-6:00pm	4/20-5/11	4	\$36.00	55945
		Saturday	10:30-11:00am	4/22-5/13	4	\$36.00	55946
	2	Tuesday	5:30-6:00pm	5/16-6/13	5	\$45.00	55947
		Thursday	5:30-6:00pm	5/18-6/15	4	\$36.00	55948
		Saturday	10:30-11:00am	5/20-6/17	5	\$45.00	55949
3 Year Olds	1	Tuesday	5:30-6:00pm	4/18-5/9	4	\$60.00	55950
		Wednesday	5:30-6:00pm	4/19-5/10	4	\$60.00	55951
		Thursday	5:30-6:00pm	4/20-5/11	4	\$60.00	55952
	2	Tuesday	5:30-6:00pm	5/16-6/13	5	\$75.00	55953
		Wednesday	5:30-6:00pm	5/17-6/14	5	\$75.00	55954
		Thursday	5:30-6:00pm	5/18-6/15	4	\$60.00	55955
Kinders Ages 4-5 Years Old	1	Tuesday	5:30-6:00pm	4/18-5/9	4	\$44.00	55936
		Wednesday	5:30-6:00pm	4/19-5/10	4	\$44.00	55937
		Thursday	5:30-6:00pm	4/20-5/11	4	\$44.00	55938
		Saturday	10:30-11:00am	4/22-5/13	4	\$44.00	55939
	2	Tuesday	5:30-6:00pm	5/16-6/13	5	\$55.00	55940
		Wednesday	5:30-6:00pm	5/17-6/14	5	\$55.00	55941
		Thursday	5:30-6:00pm	5/18-6/15	4	\$44.00	55942
		Saturday	10:30-11:00am	5/20-6/17	5	\$55.00	55943

Class	Session	Day	Times	Dates	Classes	Cost	Barcode
Beginning Swimmer Ages 6-16 Year Old	1	Tuesday	6:00-6:30pm	4/18-5/9	4	\$36.00	55977
		Tuesday	6:30-7:00pm	4/18-5/9	4	\$36.00	55978
		Wednesday	6:00-6:30pm	4/19-5/10	4	\$36.00	55979
		Wednesday	6:30-7:00pm	4/19-5/10	4	\$36.00	55980
		Thursday	6:00-6:30pm	4/20-5/11	4	\$36.00	55981
		Thursday	6:30-7:00pm	4/20-5/11	4	\$36.00	55982
		Saturday	11:00-11:30am	4/22-5/13	4	\$36.00	55983
		Saturday	11:30-12:00pm	4/22-5/13	4	\$36.00	55984
	2	Tuesday	6:00-6:30pm	5/16-6/13	5	\$45.00	55985
		Tuesday	6:30-7:00pm	5/16-6/13	5	\$45.00	55986
		Wednesday	6:00-6:30pm	5/17-6/14	5	\$45.00	55987
		Wednesday	6:30-7:00pm	5/17-6/14	5	\$45.00	55988
		Thursday	6:00-6:30pm	5/18-6/15	4	\$36.00	55989
		Thursday	6:30-7:00pm	5/18-6/15	4	\$36.00	55990
Saturday	11:00-11:30am	5/20-6/17	5	\$45.00	55991		
Saturday	11:30-12:00pm	5/20-6/17	5	\$45.00	55992		

Class	Session	Day	Times	Dates	Classes	Cost	
Adaptive Swim Lessons Ages 6-17 years old	1	Tuesday	6:30-7:00pm	4/18-5/9	4	\$36.00	55993
		Wednesday	6:30-7:00pm	4/19-5/10	4	\$36.00	55994
		Thursday	6:30-7:00pm	4/20-5/11	4	\$36.00	55995
		Saturday	10:30-11:00am	4/22-5/13	4	\$36.00	55996
	2	Tuesday	6:30-7:00pm	5/16-6/13	5	\$45.00	56053
		Wednesday	6:30-7:00pm	5/17-6/14	5	\$45.00	55997
		Thursday	6:30-7:00pm	5/18-6/15	4	\$36.00	55998
		Saturday	10:30-11:00am	5/20-6/17	5	\$45.00	55999
Advanced Swim Lessons Ages 6-17 years	1	Friday	6:15-6:45pm	4/21-5/12	4	\$36.00	56000
		Saturday	11:30-12pm	4/22-5/13	4	\$36.00	56001
	2	Friday	6:15-6:45pm	5/19-6/16	5	\$45.00	56002
		Saturday	11:30-12pm	5/20-6/17	5	\$45.00	56003
Pre-Competition Ages 6-16 Years Old	1	Friday	6:15-7:00pm	4/21-5/12	4	\$54.00	56004
	2	Friday	6:15-7:00pm	5/19-6/16	5	\$67.50	56005
Adults	1	Wednesday	11:30-12:00pm	4/19-5/10	4	\$36.00	56006
		Friday	11:30-12:00pm	4/21-5/12	4	\$36.00	56007
	2	Wednesday	11:30-12:00pm	5/17-6/14	5	\$45.00	56008
		Friday	11:30-12:00pm	5/19-6/16	5	\$45.00	56009

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.