

SOUTHWEST POOL

SPRING—March 30—June 20



Seattle
Parks & Recreation

healthy people healthy environment strong communities

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					Lap Swim 9:30-10:30 am
Adult Swim 3 lanes Noon—1:30pm	Adult Swim 3 lanes Noon—1:30pm	Adult Swim 3 lanes Noon—1:30pm	Adult Swim 3 lanes Noon—1:30pm	Adult Swim 3 lanes Noon—2:30pm	Swim Lessons 10:30am-12:00pm
					Recreation Swim 12:15-1:15pm
Water Fitness 1:30-2:15pm	Water Fitness 1:30-2:15pm	Water Fitness 1:30-2:15pm	Water Fitness 1:30-2:15pm		Swim Lessons 1:30-2:30pm
Lap Swim 3:00-3:55pm	Swim Lessons 3:00-3:30pm School Lessons 3:30-4:00pm	Lap Swim 3:00-3:55pm	Swim Lessons 3:00-3:30pm School Lessons 3:30-4:00pm	Lap Swim 3:00-4:25pm	Adult Swim 2:35-3:30pm 3 lanes
Swim Lessons 4:00-6:00pm	Swim Lessons 4-6:00pm	Swim Lessons 4:00-6:00pm	Swim Lessons 4-6:00pm		Recreation Swim 4:30-5:45pm
Lap Swim 6:05-7:00 pm	Recreation Swim 6:05-7:00pm	Lap Swim 6:05-7:00 pm	Recreation Swim 6:05-7:00pm		
Close Early 6:00pm May 13 and 14					
Water Fitness Deep 7:05-7:50pm	Lap Swim 4 lanes 7:05-8:00pm	Water Fitness Deep 7:05-7:50pm	Lap Swim 4 lanes 7:05-8:00pm	Teen Programming 6:00– 7:00pm	

Pool Closed for Holidays and City Trainings: May 25th, June 4th and 19th
Close Early 6:00pm May 13 and 14

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March 30—June 20

2801 SW Thistle St

Seattle, Washington 98126

206-684-7440

SEATTLE.GOV/PARKS/POOLS/SOUTHWEST-POOL

LOBBY HOURS:

Monday & Wednesday Noon-8:00pm

Tuesday & Thursday Noon-8:00pm

Friday Noon-6:00pm

Saturday 9:30am-3:30pm

Pool Closed for Holidays and City Trainings:

May 25th, June 4th and 19th.

Close Early 6:00pm May 13 and 14

FEES

RECREATIONAL SWIM PRICES:

Children under 1	Free
Youth (Age 1-17)	\$6.00
Adult (Ages 18-64)	\$8.00
Senior Adults (Ages 65+)	\$6.00
Adaptive	\$6.00

FITNESS SWIM PRICES:

Adult Fitness	\$8.50
Youth/Senior/Adaptive	\$6.50

OTHER FEES:

"Just a Shower"	\$8.00
Towel Rental	\$0.50

DISCOUNT SWIM CARD!

Swim Cards are a prepaid discount admission card that provides access to many recreational choices at Seattle Parks and Recreation. 10 visits can be loaded at the discount rate.

Recreational Swim Pass (10 visits)	Unlimited 30 day pass
Youth (Age 1-17) \$54.00	Adult (Ages 18-64) \$91.50
Adaptive \$54.00	Youth, Senior, Adpt \$66.50
Adult (Ages 18-64) \$72.00	
Senior Adults (Ages 65+) \$54.00	

Fitness Swim Passes (10 visits)

Youth (Age 1-17)	\$58.50
Adaptive	\$58.50
Adult (Ages 18-64)	\$76.50
Senior Adults (Ages 65+)	\$58.50

30 Day Passes are recommended for those who attend 4 or more programs per week. Ask for details.



RECREATIONAL SWIM

Adult/Senior Adult Swim: This is a recreational lap swim period for adults 18 years and older. There is an open area for water walking or exercise.

Lap Swim: This program is designed for swimmers of all speeds, and those who want to work on conditioning. Some lanes may be reserved for personal lessons.

Recreation Public Swim: This is a recreational swim for swimmers of all ages. 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.

FITNESS PROGRAMS

Water Fitness: A water exercise class designed to build strength, flexibility, and cardiovascular fitness. It takes advantage of your buoyancy in the water and the resistance the water creates. This is a terrific exercise program regardless of your age or fitness abilities, and it allows you to exercise at your own comfort level.

Deep Water Fitness This deep water class uses specially designed buoyancy and resistance equipment that provides a demanding workout for the whole body. Tone and strengthen your muscles without impact on your joints, recover from an injury, and increase your endurance. Great music keeps you working hard! Deep water comfort required.

AMENITIES

SPA— CLOSED

SAUNA— Open during your paid program time. It will be closed between programs. Adults only. No capacity limits. Use should be based on available seating.

FITNESS ROOM—Open during your paid program time. Adults only. It will be closed between programs

SWIM LESSONS

Southwest Pool offers a variety of lessons for all age groups, ranging from Parent/Child classes to Adult Lessons. Course and registration information is available at:

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TEEN PROGRAMMING—Ages 13-18—FREE

FRIDAYS 6:00-7:00pm.

- Improve your swimming.
- Learn Pre-Lifeguarding skills.
- Have Fun in the pool.
- All skill levels welcome.
- E-13 Parent Permission form required prior to attending.