

SOUTHWEST POOL

FALL—August 31– December 31 (CLOSED 9/7-19)



Seattle
Parks & Recreation

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Maintenance Closure September 7—19					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
Close at 2:30pm on Swim Meet Dates					
Lap Swim 3:00-3:55pm	Swim Lessons 3:00-3:30pm	Lap Swim 3:00-3:55pm	Swim Lessons 3:00-3:30pm	Lap Swim 3:00-4:25pm	Adult Swim 2:35-3:30pm 3 lanes
	School Lessons 3:30-4:00pm		School Lessons 3:30-4:00pm		
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	Rentals 3:30-4:30pm
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		High School Swim Meet Friday Dates: -Sept 25 -Oct 9 -Oct 16 -Oct 23 -Dec 11 -Dec 18
Close Early 6:00pm Wed, Oct 7, Nov 18					
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: Sept 7-19, Sept 24, Oct 12, Nov 11, 26, 27, Dec 10
Close Early 6:00pm Wed, Oct 7, Nov 18

SOUTHWEST POOL—FALL 2026



SOUTHWEST POOL

August 31—December 19

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 Maintenance, Holidays and Training:
Sept 7-19, Sept 24, Oct 12, Nov 11, 26, 27, Dec 10**

Close Early 6:00pm Wed, Oct 7, Nov 18

Close Early 2:30pm Fri Sep 25; Oct 9,16,23; Dec 11,18

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:

SEATTLE.GOV/PARKS/POOLS/SOUTHWEST-POOL

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.