

# SOUTHWEST POOL



**Seattle**  
Parks & Recreation  
healthy people healthy environment strong communities

## January 3 through April 1, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Schedule subject to changes based on staffing levels or COVID guidance from State and County.</p>					Lap Swim 9:30-10:30 am
					Swim Lessons 10:30am-12:00pm
<b>Adult Swim</b> 3 lanes Noon—2:30pm	<b>Adult Swim</b> 3 lanes Noon—1:30pm	<b>Adult Swim</b> 3 lanes Noon—2:30pm	<b>Adult Swim</b> 3 lanes Noon—1:30pm	<b>Adult Swim</b> 3 lanes Noon—2:30pm	<b>Public Swim</b> 12:15-1:15pm
	<b>Water Fitness</b> 1:30-2:15pm		<b>Water Fitness</b> 1:30-2:15pm		<b>Adult Swim</b> 1:30-2:30pm
<b>Lap Swim</b> 3:00-4:30pm	<b>School Lessons</b> 3:00-3:45pm	<b>Lap Swim</b> 3:00-4:30pm	<b>School Lessons</b> 3:00-3:45pm	<b>High School Swim Meet</b> 3:00-6:00pm	<b>Rentals</b> 2:30-3:30
	<b>Swim Lessons</b> 4-5:30pm		<b>Swim Lessons</b> 4-5:30pm		
<b>Lap Swim</b> 5:00-6:30pm	<b>Lap Swim</b> 5:45-6:45pm	<b>Lap Swim</b> 5:00-6:30pm	<b>Lap Swim</b> 5:45-6:45pm		
<b>Deep Water Ex</b> 7:00-7:45pm	<b>Public Swim</b> 7:00-8:00pm	<b>Deep Water Ex</b> 7:00-7:45pm	<b>Public Swim</b> 7:00-8:00pm		

Pool Closed for Holidays and City Trainings : Jan 16th, Feb 20th, Mar 23rd

For more information visit [seattle.gov/parks](http://seattle.gov/parks) or call 206-684-7440



## SOUTHWEST POOL

**JAN 3– MAR 31**

**2801 SW Thistle St**

**Seattle, Washington 98126**

**206-684-7440**

[SEATTLE.GOV/PARKS/AQUATICS/SWPOOL.HTM](http://SEATTLE.GOV/PARKS/AQUATICS/SWPOOL.HTM)

### FALL LOBBY HOURS:

Monday & Wednesday Noon-8:00pm

Tuesday & Thursday Noon-8:00pm

Friday Noon-6:00pm

Saturday 9:30am-2:30pm

**Pool Closed for Holidays and City Trainings:  
Jan 16th, Feb 20th, Mar 23rd**

### FEES

#### RECREATIONAL SWIM PRICES:

Children under 1	Free
Youth (Age 1-17)	\$4.50
Adult (Ages 18-64)	\$6.50
Senior Adults (Ages 65+)	\$4.50
Special Populations	\$4.50

#### FITNESS SWIM PRICES:

Adult Fitness	\$7.00
Youth/Senior/Special Populations	\$5.00

#### OTHER FEES:

“Just a Shower”	\$6.50
Towel Rental	\$0.50
Coin-Operated Lockers	\$0.25

## 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) \$40.50	Adult (Ages 18-64) \$71.25
Special Population \$40.50	Youth, Senior, SP \$49.75
Adult (Ages 18-64) \$58.50	
Senior Adults (Ages 65+) \$40.50	

#### Fitness Swim Passes (10 visits)

Youth (Age 1-17)	\$45.00
Special Population	\$45.00
Adult (Ages 18-64)	\$63.00
Senior Adults (Ages 65+)	\$45.00

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

**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 Exercise:** 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.

## WINTER 2023 OPERATIONS

**MODIFIED PROGRAMS:** We are working to allow as much pool use as possible and still minimize face to face contact between individuals. Swim Lessons have resumed with no restrictions.

Please make choices based on your comfort level. We cannot guarantee that any particular program will not be busy, and we do not reserve space.

**REDUCED CAPACITIES:** Some programs are running at reduced capacities to allow for safe operations based on staffing levels.

**MINIMIZE EXPOSURE:** If you have concerns about crowding in the locker rooms or shower areas, consider changing and showering at home.

**MASKING:** Optional at all Seattle Parks facilities. Individuals may use masks based on personal choice.

### AMENITIES:

**SPA– Pending Repairs** –Open during your paid program time. It will be closed between programs and during lessons. Health Dept Capacity of 12 persons. Children under 4 must have a parent/guardian in the spa with them. Youth under 13 must have a parent/guardian within arms reach.

**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.