

SOUTHWEST POOL

January 5— March 28, 2026



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 |
| Close at 2:30pm Jan 9, 16, 23, 30 | | | | | |
| 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 (Swim Meets Jan 9, 16, 23, 30) | 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 (Swim Meets Jan 9, 16, 23, 30) | 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 | | |
| | | | | | |
| 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 (6:30pm on meet dates) | |

Pool Closed for Holidays and City Trainings: 1/1, 1/19, 2/16, 3/5

SOUTHWEST POOL—WINTER 2026

SOUTHWEST POOL



SOUTHWEST POOL

January 5—March 28

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:

1/1, 1/19, 2/16, 3/5

Close at 2:30 pm for HS Swim Meets

1/9, 1/16, 1/23, 1/30

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.