



**Seattle
Parks & Recreation**

Rainier Beach Pool

8825 Rainier Avenue South
Seattle WA 98118
(206) 386-1925

Mar 23—Apr 10

WINTER 2026 Lap Pool/Sauna Schedule

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim (5 Lanes) 9:00-10:00 AM	Lap Swim (5 Lanes) 9:00-10:00 AM	Lap Swim (5 Lanes) 9:00-10:00 AM	Lap Swim (5 Lanes) 9:00-10:00 AM		Water Fitness (Combo) 9:30-10:15 AM	Water Fitness (Combo) 9:30-10:15 AM
Water Fitness (Combo) 10:30-11:15 AM	Water Fitness (Combo) 10:30-11:15 AM	Water Fitness (Combo) 10:30-11:15 AM	Water Fitness (Combo) 10:30-11:15 AM	Water Fitness (Combo) 10:30-11:15 AM	Lap Swim (6 Lap Lanes) SPA CLOSED 12:15-1:15 PM	Lap Swim (6 Lap Lanes) SPA CLOSED 12:15-1:15 PM
		Adult Swim (4 Lanes) Noon-2:30 PM			Recreation Swim 1:25-2:25 PM	Recreation Swim 1:30-2:30 PM
					Recreation Swim 3:35-4:35 PM	Recreation Swim 2:45-3:45 PM
AquaZumba® 7:10-7:55 PM	Lap Swim (6 Lanes) 7:00-8:30PM	Recreation Swim 7:00-8:00PM	Lap Swim (6 Lanes) 7:00-8:30PM	Teen Late Night 7:00-8:30PM	Recreation Swim 4:45-5:45 PM	Water Polo Adult Drop In 3:45-5:00 PM
					Teen Late Night 8:00-9:30 PM	Women Only Recreation Swim 6:30-7:30 PM

Recreation Pricing	
Under 1 Year of Age	Free
Youth (1-17)	\$6.00
Adult (18-64)	\$8.00
Senior (65+)	\$6.00
Adaptive	\$6.00
Fitness Pricing	
Youth (1-17)	\$6.50
Adult (18-64)	\$8.50
Senior (65+)	\$6.50
Adaptive	\$6.50
10 Punch Rec Card	
Youth (1-17)	\$54.00
Adult (18-64)	\$72.00
Senior (65+)	\$54.00
Adaptive	\$54.00
10 Punch FIT Card	
Youth (1-17)	\$58.50
Adult (18-64)	\$76.50
Senior (65+)	\$58.50
Adaptive	\$58.50
30 Day Pass	
Youth (1-17)	\$66.50
Adult (18-64)	\$91.50
Senior (65+)	\$66.50
Adaptive	\$66.50

ATTENTION:

Admission to All swims are sold **15 minutes prior** to each swim. Swims do sell out.



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Lap Swim

Lap Swim is a continuous swim for swimmers of all ages; we divide the lanes according to speed levels. Please circle swim and observe courtesy rules.

Adult Swim

Adult Swim is time set aside for recreational swimming for adults 18 or older. We set aside one part of the pool for lap swimming and leave the rest of the pool available for less structured swimming.

Recreation Swim

Recreation swim is a time set aside for recreational swimming for swimmers of all ages to enjoy. Children younger than 6 or under 48" in height must be directly supervised in the water by an adult who is within a distance of an arm's length at all times (no more than a 2:1 ratio). All youth under the age of 13 must be accompanied by an adult.

Water Fitness (Combo)

Water fitness class taught in combination of deep and shallow water. Class is designed to build strength, flexibility, and cardiovascular fitness. Equipment is available for both deep and shallow water needs. No swimming ability is required to participate in shallow water. (Fitness swimming pricing)

Aqua Zumba®

A Latin-inspired dance exercise class in the shallow end of the pool! AZ blends the Zumba formula with aqua fitness, into a safe, challenging cardio and toning workout. Get a great cardio workout and have fun. No dance experience needed, great for all fitness levels and swimming abilities. (Fitness swimming pricing)

Teen Late Night

This is a FREE drop-in program that ranges from swim lessons, learning lifeguard skills, and recreation swim time. Ages 13-18. **E-13 form is required.**

Drop-In Swims

- Water Polo - (age 16+) Learn and play water polo. Beginners welcome. Must know how to swim and tread water. Drop in fee: \$12 (exact cash or check only)
- Adult Swim Clinic - (age 16+) For Beginner Swimmers to help overcome fears and become more comfortable in water. Drop in fee: \$12

Spring 2026 SWIM LESSON REGISTRATION

Tuesday 2/24 at Noon for Scholarship Participants

Tuesday 3/3 at Noon for General Public

Go to seattle.gov/parks then click on "Sign up for activities" then Sign Up/



Pool Closures

- 1/1 - New Years Day
- 1/19 - MLK Day
- 2/16 - President's Day
- 3/5 - Staff In-Service Training
- 4/11-19 - Facility Closure