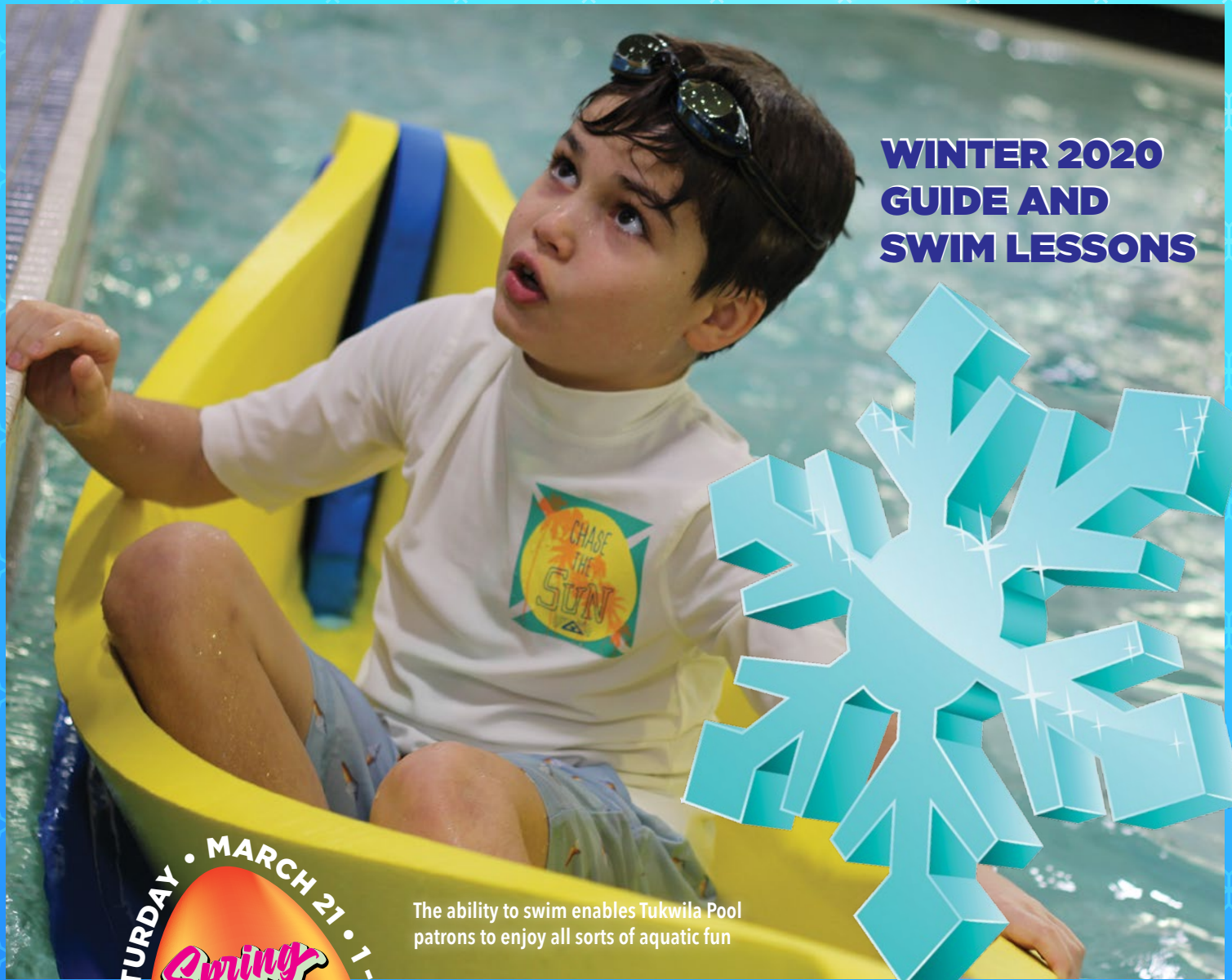


JANUARY • FEBRUARY • MARCH • APRIL



TUKWILA POOL

**WINTER 2020
GUIDE AND
SWIM LESSONS**



The ability to swim enables Tukwila Pool patrons to enjoy all sorts of aquatic fun

**Spring
Egg
Hunt**
SATURDAY • MARCH 21 • 1-3pm •
ONLY \$4 PER SWIMMER

HOURS OF OPERATION

Mondays-Thursdays: 5:45 am to 8 pm
Fridays: 5:45 am to 10 pm
Saturdays: 9 am to 3 pm (rentals 3-5 pm)
Sundays: 11 am to 6 pm

SPECIAL EVENTS

Third Saturdays, 1-3 pm • \$4
Jan. 18: ROCK'N Beach Party
Feb. 15: Candyland
March 21: Spring Egg Hunt
April 18: April Pools Day (FREE)

SWIM LESSON SESSIONS**4 WEEK CLASSES**

Session dates	Days of the week options	Registration starts
Jan. 6-Feb. 2	M/W • Tu/Th • Sat • Sun	Resident Dec. 26 Non-Resident Dec. 31
Feb. 3 - Mar 1	M/W • Tu/Th • Sat • Sun	Resident Jan. 27 Non-Resident Jan. 29
Mar. 2-Mar. 29	M/W • Tu/Th • Sat • Sun	Resident Feb. 24 Non-Resident Feb. 26
Mar. 30-Apr. 26	M/W • Tu/Th • Sat • Sun	Resident Mar. 23 Non-Resident Mar. 25
Apr. 27-May 24	M/W • Tu/Th • Sat • Sun	Resident Apr. 20 Non-Resident Apr. 22

*No lessons on Memorial Day, Monday, May 25

SWIM LESSON RATES

Number of lessons	Resident	Non-Resident
4 lessons (Sat/Sun)	\$29	\$34
7 lessons (M/W • Tu/Th)	\$50.75	\$59.50
8 lessons (M/W • Tu/Th)	\$58	\$68

LIFEGUARD CERTIFICATION**American Red Cross Lifeguard Certification Program *15 years and older**

(27 hours of instruction time)

Prerequisites: Participants must demonstrate certain swimming capabilities:

- Swim 300 yards continuously
- Tread water 2 minutes using only the legs
- Complete a timed event within 1 minute, 40 seconds

For all class details, visit www.TukwilaPool.org or contact Austin Stowers at 206-267-2350 or astowers@tukwilapool.org

Cost: \$220 Resident/\$250 Non-resident.

Course fees may be reimbursed upon completing 6 consecutive months of employment of Tukwila Pool.

SCHOLARSHIPS ARE AVAILABLE**SPECIAL HOLIDAY HOURS**

New Year's Day, Wednesday, Jan. 1, 7am-3pm

Memorial Day, Monday, May 25, 7am-3pm

POOL RENTAL RATES

Pricing varies by length of the rental, number of participants, Resident (Tukwila address) or Non-resident status and how much of the pool/facility is being requested. Please direct all questions, requests and scheduling to info@tukwilapool.org

***Note:** Birthday Party rentals are only available Saturdays between 3-5pm

SWIM LESSONS

Swimming is a life-long skill that is not only fun and good exercise – **it can save your life.**

The Red Cross has developed swimming lessons for kids and adults that permit everyone the opportunity to learn in a safe environment, at their own pace. Learn-to-Swim classes are taught by certified, knowledgeable, and caring instructors who can help swimmers at every level feel comfortable in the water and progress to the next level.

For more information and to register, go to www.TukwilaPool.org or call 206-267-2350 and click on **SWIM LESSONS**.

Unless otherwise noted, every Learn-to-Swim group class is offered during each of the sessions listed in the column to the right. After the sign-up-begins date, go to www.Tukwilapool.org or call 206-267-2350 for exact times and to register.

- Evening lessons are between 4 - 8pm
- Saturday lessons are between 9am - Noon
- Sunday (Women-only) lessons are between 3:30 - 4:10pm

**SCHOLARSHIPS**

We believe that swimming is an essential life skill and that all kids should have an opportunity to learn to swim.

Info@TukwilaPool.org for more information.



American Red Cross Swim Lessons

REGISTER ONLINE at www.TukwilaPool.org

Swimming gives Tukwila kids life-long health benefits

LEARN-TO-SWIM GROUP LESSONS**Minnows - 3 years to 6 years**

Students learn simple water safety skills and the basics of all four competitive strokes.

Sharks - 6 years to 13 years

Students learn basic swimming skills and develop all four competitive strokes.

Super Strokes - 6 years to 15 years

Students improve their strokes, work on endurance and prepare for team participation.

Pre-competition - 6 years - 18 years

For those who have passed Super Strokes and want to further prepare for competitive team participation.

ADULT LESSONS - 16 years and older

For adults and older teens interested in learning basic water safety and swimming skills.

OTHER LESSONS**Private and Semi-Private Lessons**

Available upon request at 206-267-2350.

Parent & Tot - 6 months to 3 years

Help your tot become comfortable in the water and learn how to teach them basic swimming skills.

Gender Specific Swim Lessons - 13 and older

Men's lessons scheduled with sufficient demand. Women's lessons available on Sundays.

WATER EXERCISE CLASSES

Water is ideal for rehabilitation and physical therapy for anyone seeking a low-impact exercise.

Water Aerobics (shallow end) M/W 9 - 10am

Water Aerobics (shallow end) Fri 6 - 7pm

Deep Water Aerobics (deep end) Tu/Th 10 - 11am

Fees: Water Aerobics – \$5 Vet/Senior; \$6.50 Adult

LAP SWIM

Swim your way to better health & fitness.

Monday - Friday 5:45am - 3pm

6:30 - 8pm

Saturday 9am - 1pm

Sunday 11am - 1pm

*Minimum 3 lanes available unless Special Event.

Fees: \$4 Youth/Vet/Senior; \$5.50 Adult Resident

\$4 Youth/Vet/Senior; \$6 Adult Non-resident

OPEN SWIM

Entire pool available, including the Slide and/or Diving Board for those who pass the deep-water test.

Saturdays and Sundays 1 - 3pm

* Holiday Open Swim 1 - 3pm

Jan. 1

Fees: \$4 Youth/Vet/Senior; \$5.50 Adult Resident

\$4 Youth/Vet/Senior; \$6 Adult Non-resident

Friday Teen Late Night 8 - 10pm

Fees: \$3

FAMILY SWIM

Half the shallow end only. An adult must be in the water supervising all children 6 years and younger.

Monday - Thursday 10am - 12:30pm

Friday 10am - 12:30pm

4 - 6pm

7 - 8pm

Saturday & Sunday 11am - 1pm

Fees: \$4 Youth/Vet/Senior; \$5.50 Adult Resident

\$4 Youth/Vet/Senior; \$6 Adult Non-resident

NO SCHOOL? COME TO THE POOL!

Tukwila School District Early Release and Holidays

1 - 3pm

Fees: \$3 Youth/Vet/Senior; \$3 Adults

School's OUT

SILVER SNEAKERS

Inquire about your eligibility by visiting www.silversneakers.com or speak to a representative at the pool: 206-267-2350

**DROP-IN AND PASS FEES**

YOUTH/VETERAN/SENIOR	ADULT
Drop-in Fees	Drop-in Fees
Lap/Open/Family Swim/Water Walk	Lap/Open/Family Swim/Water Walk
Resident \$4	Resident \$5.50
Non-resident \$4	Non-resident \$6
Water Exercise	Water Exercise
Resident \$5	Resident \$6.50
Non-resident \$5	Non-resident \$6.50
Special Events	Special Events
Resident \$4	Resident \$4
Non-resident \$4	Non-resident \$4
No School Events	No School Events
Resident \$3	Resident \$3
Non-resident \$3	Non-resident \$3

10-punch Card	10-punch Card
Resident \$34.25	Resident \$49.50
Non-resident \$36	Non-resident \$54

10-punch Water Exercise Pass	10-punch Water Exercise Pass
Resident \$42.75	Resident \$55.75
Non-resident \$45	Non-resident \$58.50

1 Month	1 Month
Resident \$37.25	Resident \$57.75
Non-resident \$47	Non-resident \$65

3 Month	3 Month
Resident \$87.75	Resident \$138.75
Non-resident \$110.50	Non-resident \$174

12 Month	12 Month
Resident \$247.25	Resident \$407
Non-resident \$312	Non-resident \$511.75

1 Month Family Pass	Resident \$102
Good for 2 adults and their kids	Non-resident \$129.75

Summer Youth Pass*	Resident \$34.25
*Youth 8 years of age and older	Non-resident \$36

June - August
Unlimited pool use during family swim, open swim and teen nights

*** RATES SUBJECT TO CHANGE**

AGE CLASSIFICATIONS: Youth: 3-17 years • Adult: 18-54 years
Senior: 55 and older • Younger than 3: Free

Proof of residency OR employment in Tukwila required for Resident Pass rate.

TUKWILA POOL

4414 S 144th St, Tukwila, WA

Visit us online at www.TukwilaPool.org • 206.267.2350

JANUARY 1 - APRIL 30

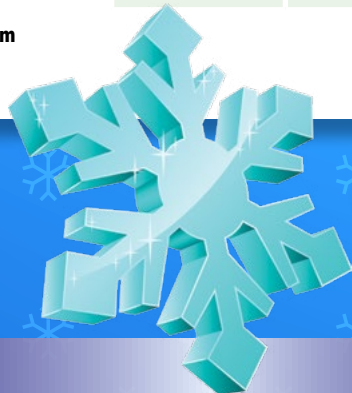
LAP POOL

PROGRAMMING AND SCHEDULES SUBJECT TO CHANGE

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am-3pm	Lap Swim 5:45am-3pm (Lane 6: Special use shared lane*)	Lap Swim* 5:45am-3pm Water Aerobics 10-11am	Lap Swim* 5:45am-3pm (Lane 6: Special use shared lane*)	Lap Swim* 5:45am-3pm Water Aerobics 10-11am	Lap Swim 5:45am-3pm (Lane 6: Special use shared lane*)	Closed until 9am	Closed until 11am
12:30-3pm	Lap Swim 12:30-3pm (Lane 6: Special use shared lane*)	Lap Swim 12:30-3pm (Lane 6: Special use shared lane*)	Lap Swim 12:30-3pm (Lane 6: Special use shared lane*)	Lap Swim 12:30-3pm (Lane 6: Special use shared lane*)	Lap Swim 12:30-3pm (Lane 6: Special use shared lane*)	Open Swim or Special Event on third Saturdays 1-3pm	Open Swim 1-3pm
3-6:30pm	Swim Teams 3-6:30pm	Swim Teams 3-6:30pm	Swim Teams 3-6:30pm	Swim Teams 3-6:30pm	Swim Teams 3-6:30pm	Party Rentals 3-5pm	Women-only Gender Swim 3-4:30pm
6:30-8pm	Lap Swim* 6:30-8pm	Lap Swim* 6:30-8pm	Lap Swim* 6:30-8pm	Lap Swim* 6:30-8pm	Lap Swim* 6:30-8pm	Closed After 5pm	Men-only Gender Swim 4:30-6pm
	Swim Teams 6:30-7pm	Swim Teams 6:30-7pm	Swim Teams 6:30-7pm	Swim Teams 6:30-7pm	Swim Teams 6:30-7pm		Closed After 6pm
	Swim Lessons 7-8pm	Swim Lessons 7-8pm	Swim Lessons 7-8pm	Swim Lessons 7-8pm	Open Swim Teen Night 7-10pm		
8-10pm	*Lane 6 offers swimmers the option to water walk, run, or practice other forms of exercise						

SHALLOW POOL

HOURS	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:45am-1pm	Water Walking 5:45 am-12:30pm Water Aerobics 9-10 am	Water Walking 5:45 am-12:30pm	Water Walking 5:45 am-12:30pm Water Aerobics 9-10 am	Water Walking 5:45 am-12.30pm	Water Walking 5:45 am-12.30pm	Closed until 9am	Closed until 11am
	Open Swim 10am-12:30pm *Half shallow end	Open Swim 10am-12:30pm *Half shallow end	Open Swim 10am-12:30pm *Half shallow end	Open Swim 10am-12:30pm *Half shallow end	Open Swim 10am-12:30pm *Half shallow end	Open Swim 11am-1pm *Half shallow end	Open Swim 11am-1pm
12:30-2:30pm	Open Swim 12:30-2:30pm *Half shallow end	Open Swim 12:30-2:30pm *Half shallow end	Open Swim 12:30-2:30pm *Half shallow end	Open Swim 12:30-2:30pm *Half shallow end	Open Swim 12:30-6pm *Half shallow end	Open Swim or Special Event on third Saturdays 1-3pm	Open Swim 1-3pm
4-8pm	Swim Lessons 4-8pm	Swim Lessons 4-8pm	Swim Lessons 4-8pm	Swim Lessons 4-8pm	Open Swim until 6pm Water Aerobics 6-7pm	Party Rentals 3-5pm	Women-only Gender Swim 3-4:30pm
	Open Swim 7-8pm *Half shallow end	Open Swim 7-8pm *Half shallow end	Open Swim 7-8pm *Half shallow end	Open Swim 7-8pm *Half shallow end	Open Swim 7-8pm *Half shallow end	Closed After 5pm	Men-only Gender Swim 4:30-6pm
8-10pm	SCHEDULE UPDATES/CHANGES WILL BE POSTED @ www.TukwilaPool.org				Open Swim Teen Night 7-10pm		Closed After 6pm



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