

Southwest Pool

Date Opened

1974

History & Background

The Southwest Pool is a Forward Thrust Pool owned and operated by the City of Seattle. In 1989, an advisory council raised funds to add a therapy spa.

The pool offers community-oriented programming including swim lessons, water exercise, lap and open swims. There is a significant amount of facility time for Seattle Public School District programs allocated Monday to Friday. Rentals include time for both high school and private swim teams. *Free Teen Only* swim lessons are offered at the pool. The pool is located in the **Southwest Teen Life Center**.



Pool Statistics

The pool is located at 2801 SW Thistle St., Seattle, WA 98126, near Chief Seattle International High School. The pool has six, 25 yard lanes and maintains a temperature of 85°F.



State & County QuickFacts

Seattle (city), Washington

People QuickFacts	Seattle	Washington
Population, 2011 estimate	620,778	6,830,038
Population, 2010 (April 1) estimates base	608,660	6,724,540
Population, percent change, April 1, 2010 to July 1, 2011	2.0%	1.6%
Population, 2010	608,660	6,724,540
Persons under 5 years, percent, 2010	5.3%	6.5%
Persons under 18 years, percent, 2010	15.4%	23.5%
Persons 65 years and over, percent, 2010	10.8%	12.3%
Female persons, percent, 2010	50.0%	50.2%
White persons, percent, 2010 (a)	69.5%	77.3%
Black persons, percent, 2010 (a)	7.9%	3.6%
American Indian and Alaska Native persons, percent, 2010 (a)	0.8%	1.5%
Asian persons, percent, 2010 (a)	13.8%	7.2%
Native Hawaiian and Other Pacific Islander, percent, 2010 (a)	0.4%	0.6%
Persons reporting two or more races, percent, 2010	5.1%	4.7%
Persons of Hispanic or Latino origin, percent, 2010 (b)	6.6%	11.2%
White persons not Hispanic, percent, 2010	66.3%	72.5%
Living in same house 1 year & over, percent, 2007-2011	77.1%	82.3%
Foreign born persons, percent, 2007-2011	17.5%	12.8%
Language other than English spoken at home, percent age 5+, 2007-2011	21.8%	17.8%
High school graduate or higher, percent of persons age 25+, 2007-2011	92.4%	89.8%
Bachelor's degree or higher, percent of persons age 25+, 2007-2011	55.8%	31.4%
Veterans, 2007-2011	34,321	601,507
Mean travel time to work (minutes), workers age 16+, 2007-2011	25.0	25.5
Homeownership rate, 2007-2011	48.0%	64.4%
Housing units in multi-unit structures, percent, 2007-2011	50.4%	25.7%
Median value of owner-occupied housing units, 2007-2011	\$453,000	\$283,200
Households, 2007-2011	282,480	2,602,568
Persons per household, 2007-2011	2.05	2.50
Per capita money income in the past 12 months (2011 dollars), 2007-2011	\$41,695	\$30,461
Median household income, 2007-2011	\$61,856	\$58,890
Persons below poverty level, percent, 2007-2011	13.2%	12.5%
Business QuickFacts	Seattle	Washington
Total number of firms, 2007	73,997	551,340
Black-owned firms, percent, 2007	3.7%	5
American Indian- and Alaska Native-owned firms, percent, 2007	0.9%	1.2%
Asian-owned firms, percent, 2007	9.8%	6.8%
Native Hawaiian and Other Pacific Islander-owned firms, percent, 2007	0.2%	0.2%
Hispanic-owned firms, percent, 2007	2.5%	3.2%
Women-owned firms, percent, 2007	30.3%	28.7%
Manufacturers shipments, 2007 (\$1000)	7,076,203	112,053,283
Merchant wholesaler sales, 2007 (\$1000)	11,531,366	76,790,966
Retail sales, 2007 (\$1000)	15,968,835	92,968,519
Retail sales per capita, 2007	\$26.945	\$14.380

Accommodation and food services sales, 2007 (\$1000) 2,730,802 12,389,422

Geography QuickFacts

	Seattle	Washington
Land area in square miles, 2010	83.94	66,455.52
Persons per square mile, 2010	7,250.9	101.2
FIPS Code	63000	53
Counties		

(a) Includes persons reporting only one race.

(b) Hispanics may be of any race, so also are included in applicable race categories.

D: Suppressed to avoid disclosure of confidential information

F: Fewer than 100 firms

FN: Footnote on this item for this area in place of data

NA: Not available

S: Suppressed; does not meet publication standards

X: Not applicable

Z: Value greater than zero but less than half unit of measure shown

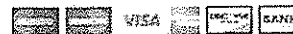
Source U.S. Census Bureau: State and County QuickFacts. Data derived from Population Estimates, American Community Survey, Census of Population and Housing, County Business Patterns, Economic Census, Survey of Business Owners, Building Permits, Consolidated Federal Funds Report, Census of Governments
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Support Swimmers Guide



Swimmers Guide
 Detail Swimming Pool Information
Southwest Pool - Seattle
 Seattle, Washington, UNITED STATES

Donate



Help keep this site online!

Return to [START A SEARCH](#). To return to the list that brought you to this page, use the "**Back**" control of your browser.

For a list of other cities and towns with listings in [King County](#).

Note: This is a directory listing that contains everything **Swimmers Guide** knows about the facility; if you need more information about it, contact information appears in the The Basics section below. **Swimmers Guide is not connected with the facility in any way.** Before going to any facility listed in Swimmers Guide, we recommend that you **CALL FIRST**. If you find the information is incorrect in any way, PLEASE click [HERE](#) to tell the **Swimmers Guide** editors.

The Basics: [Southwest Pool - Seattle](#)

Official Web site: <http://www.seattle.gov/parks/aquatics/swpool.htm>

If the link to the facility's Web site didn't work, please let us know by clicking [HERE](#). (Opens an email message window.)

Address: 2801 S.W. Thistle Street , Roxhill , Seattle , WA , UNITED STATES (Postal Code: 98126)

Telephone: (206) 684-7440.

If the area/city code or telephone number above is incorrect, would you kindly send us a correction? Click [HERE](#).

Admission:

Visitors (adult): \$4.75, SC(65) \$3.25. Masters workout \$6.00.

[November, 2012]

If the adult, single-visit admission price to swim here has changed and you know the new price, please click [HERE](#) and tell us.

Facilities:

(Full-size, year-round)

Pool: 25y x 45f, 6 lanes, indoors, 85°F (29°C).

Diving equipment: One 1m and one 3m board.

What's On:

Masters swim team: [The Seattle Municipal Masters Swimming Program](#).

Bad link report: If a link in the "What's On" section didn't work, please tell us by clicking [HERE](#).

Locator:

County or region: King County.

Latitude, Longitude: 47.52805, -122.36859.

For a map:

See the location on the  map site.

This map link should go directly to a map centered on the location of the pool. If it no longer does, please click [HERE](#) and tell us about it.

iPhone/iPod/iPad Users: Due to differences in how the Google Maps program is implemented on PCs v. Apple hand-held devices, this map link may not work properly on iPads, iPods, iPhones, or other Apple hand-held products.

More:

Notes: For information about all the city's municipal pools, indoor and outdoor, see the City of Seattle's [Pools Web page](#).

Reviews: Have you swum here? Would you recommend this facility to other swimmers? Tell us what you think about it and we'll include your observations in this section of the listing. To send a review, just click [HERE](#).

(All reviews are subject to editing for length, appropriateness, balance, and suitability. Reviewers' identities will not be disclosed in reviews - or anywhere else.)

Other useful sites: Art Hutchinson's [Lap Swimming Etiquette 101](#).

Sensitive to chlorine byproducts in pool water?

See [Chlorine-Free Swimming](#).

If a link in the "**More**" section didn't work, please tell us by clicking [HERE](#).

If you know this facility and would like to send us a correction, an update or more information about it, please click [HERE](#) to tell us.

We'll appreciate your help - and so will everyone else who views this listing.

Return to the [top of this page](#).

The URL for this web site is <http://www.SwimmersGuide.com>

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Send your comments and suggestions to Bill Haverland or Tom Saunders at info@SwimmersGuide.com.

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SOUTHWEST POOL

HOURS OF OPERATION

Mon/Wed	Noon-8:30 pm
Tue/Thu	Noon-9:30 pm
Friday	Noon-8 pm
Saturday	9:30 am-2 pm
Sunday	11 am-6 pm

STAFF

Nancy Eisner, Aquatic Center Co-Coordinator
Diane Jones, Aquatic Center Co-Coordinator
Matt Richardson, Asst. Aquatic Center Coordinator

THINGS TO KNOW

- » Pool dimensions: 25 x 15 yards
- » Water temperature: 85° F
- » Spa temperature: 102° F
- » Sauna temperature: 160° F
- » 72 lengths = 1 mile
- » Family change room available
- » Pool lift and portable steps for non-ambulatory patrons

FACILITY AMENITIES

THERAPY SPA & SAUNA

Our therapy spa and sauna are available for use during all normal operating hours. Use of the sauna and spa are free for adults with your paid admission fee. To use just the spa or sauna during non-swim times, the cost is \$4.75 for adults and \$3.25 for youth. **Please Note:** Youth younger than 13 are not allowed into the spa without supervision by an accompanying adult. Children younger than 4 must be accompanied in the spa by an adult. **Children are not permitted in the sauna.**

LOCKER ROOM USE

Children 6 and older must use the locker room appropriate to their gender. Proper swim attire is required.

FAMILY CHANGING ROOM

We have a family changing room for those who need to help family members of the opposite gender. Please limit use to 10 minutes.

FACILITY FEES & CHARGES

Youth (1-17)	\$3.25
Adult (18-64)	\$4.75
Senior Adult (65 & over)	\$3.25
Special Populations	\$3.25
Masters Workout	\$6
Water Exercise/Hydro-fit	\$6
Sr. Adult Water Exercise	\$3.50
Spa and Sauna Use	\$4.75
Water Equipment Rental	\$1.50
"Just a shower"	\$4.75

MERCHANDISE FOR SALE

Goggles	\$5-7
Prescription Goggles	\$20
Shampoo or Conditioner	\$6
Swim Caps	\$4-8
Nose or Ear Plugs	\$4
Wave Webs	\$14
Stretch Bands	\$4.50
Dive Rings	\$5
Reusable Swim Diapers	\$7
Little Swimmer Diapers	\$1.50

POOL POLICIES

- » Children younger than 6 years or under 48" tall must be directly supervised in the water by an adult on a two-to-one ratio. The adult must stay within arm's reach of the children at all times.
- » Food and drink (other than water) are not allowed in the locker rooms or on the pool deck. Please do not bring glass containers in to the locker rooms or on the pool deck.
- » For your child's safety, please monitor him or her at all times in the facility.
- » We are not responsible for any lost or stolen items. We will keep lost and found items for three weeks. Valuables will be turned over to the Seattle police.
- » Use of cell phones and/or photographic equipment is not permitted in public changing areas. Please report immediately. SMC 18.12.040
- » Southwest Pool is a family recreation facility, so please dress and act accordingly.
- » In the interest of public health, children who are not toilet trained must wear swimming diapers or cloth diapers that have tight fitted legs. Sorry, no regular disposable or loose fitting diapers are allowed. Children's swim diapers are available for sale at the front desk.



SOUTHWEST POOL

➤ SPECIAL EVENTS

HALLOWEEN FAMILY SWIM

FREE!

Looking for activities for the entire family? Bring your little ghosts and goblins to Southwest Pool and take a dip with the pumpkins! There will be games, a penny dive, bobbing for apples, and other fun activities. Bring the entire family! Anyone under 18 years old must be accompanied in the water by an adult.

10/26 **Fri** **7-8 pm**

LOW-COST LIFEJACKET SALES AT EVANS POOL

Parks and Recreation will hold sales of low-cost lifejackets on Saturdays from 10 am-2 pm on: August 18 and September 15, 2012. The cost for lifejackets is \$20 for infant to youth sizes and \$30 for adult sizes. The pool is located at 7201 E. Green Lake Dr. N. The phone number is 684-4961.

WHY BUY A LIFEJACKET?

Drowning is the second leading cause of unintentional injury death among children ages 1-14 years old. Wearing a lifejacket saves lives.

The person for whom the jacket is being purchased must be present for proper fitting. Sorry, no refunds or returns—all sales are final.

We extend special thanks to our partners, Seattle Children's Hospital and the Coast Guard Auxiliary for their support of this event. For more information, please contact Diane Jones, at 684-7440 or email, diane.jones@seattle.gov.

VOLUNTEER SWIM INSTRUCTOR AIDE

Are you looking for a way to give back to the community or engage in community service hours for high school credit? We are looking for people who can commit to a one-hour block of time twice a week during our lesson program. All volunteers must be at least 15 years old and have passed American Red Cross swim lesson levels 1-6. A complete background check and volunteer orientation will also be required.

QUICK CARD!

Quick Card is a prepaid discount admission card that provides access to many recreational choices at Seattle Parks and Recreation.

To purchase a discount quick card, visit any pool. A photo is taken at the time of purchase. Cards are issued to individuals and are not transferable.

**Pick up a "Quick Card"
..and load it with:**

30-Day Swim Fitness/Recreation Pass! Good for 30 continuous days

- » \$55 Adult*
- » \$40 Senior/Youth /Special Populations*
- » Drop-in Activities at the International District/ Chinatown Community Center

**non-transferable*

.. or get a DISCOUNT on standard single -visit pricing at swimming pools:

RECREATION SWIMS (10 ADMISSIONS)

- » \$42.70 Adult
- » \$29.20 Senior/Youth/Spec. Pops

FITNESS SWIMS (10 ADMISSIONS)

- » \$54 Adult
- » \$31.50 Senior/Youth/Spec. Pops

Your reusable Seattle Parks and Recreation "Quick Card" will have your barcode and photo. Once you have a card, you can renew or add features at any of our pools. Sorry, family cards are not available.

There is a \$5 replacement fee for lost or stolen cards.



DAILY SCHEDULE

Closed: 9/3, 11/12, 11/22, 11/23, 12/25
Close at 3 pm: 12/24 and 12/31

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
EMLS** 6-7:30 am		EMLS** 6-7:30 am		EMLS** 6-7:30 am		
Seattle Public School Programs 7:30-Noon	Seattle Public School Programs 7:30-Noon	Seattle Public School Programs 7:30-Noon	Seattle Public School Programs 7:30-Noon	Seattle Public School Programs 7:30-Noon	Lap Swim 9:30-10:30	Adult & Sr Swim 11-12:30 pm
Adult & Sr Swim Noon-1:30 pm	Adult & Sr Swim Noon-1:30 pm	Adult & Sr Swim Noon-1:30 pm	Adult & Sr Swim Noon-1:30 pm	Adult & Sr Swim Noon-1:30 pm	Lessons 10:30-12	
Power Hour WX 1:30-2:15 pm	Senior Water Exercise (WX) 1:30-2:15 pm	Power Hour WX 1:30-2:15 pm	Senior Water Exercise (WX) 1:30-2:15 pm	Lap Swim & Family Swim 1:30-2:30 pm	Lap Swim 12-1 pm	Lessons 12:30-2 pm
Homeschool		Private Lessons		Homeschool	Public Swim 1-2 pm	Family Swim 2-3 pm
Lap Swim** 3-4 pm	Teen Swim Lessons	Lap Swim** 3-4 pm	Seattle Public Schools After School Program	Lap Swim** 3-4 pm		Special Population Lessons 3-4 pm
Lessons 4-5:30 pm	Comp Stroke and 3 Yr Old Lessons	Lessons 4-5:30 pm	Comp Stroke and 3 Yr Old Lessons	Private Lessons		Public Swim 4-5 pm
	Lap Swim 5-6 pm		Lap Swim 5-6 pm	Public Swim (\$2) 4:30-5:30 pm	RENTALS 5-8 pm Call to Schedule 206-684-7440	Lap Swim 5-6 pm
Lap Swim & Masters 5:30-6:30 pm	Lessons 6-7:30 pm	Lap Swim & Masters 5:30-6:30 pm	Lessons 6-7:30 pm	Lap Swim 5:30-7 pm Masters 6-7 pm		RENTALS 6-8 pm Call to schedule 206-684-7440
Lessons 6:30-7:30 pm		Lessons 6:30-7:30 pm		Family Swim 7-8 pm		
Public Swim & Hydro-fit 7:30-8:15 pm	Public Swim 7:30-8:30 pm	Public Swim & Hydro-fit 7:30-8:15 pm	Public Swim 7:30-8:30 pm			
	Shallow WX & Hydro-fit 8:30-9:15 pm		Shallow WX & Hydro-fit 8:30-9:15 pm	RENTALS 8-9 pm Call to schedule		

*Admission to Early Morning Lap Swim is by Quick Card or exact change only. First time Quick Card purchase must be done during regular business hours. The card may be reloaded at the EMLS with a check or exact change.

**EMLS ends 11/9 and resumes 2/20 due to High School Swim Teams.

↘ RECREATIONAL SWIMS

\$4.75 (adults); \$3.25 (youth/sr. adults/special populations)

ADULT/SENIOR ADULT SWIM

This is a recreational swim period for adults 18 years and older. Fast, medium, and easy lanes are available for fitness swimming, and there is an open area for water walking or exercise.

Please Note: All lanes will be in during busy times.

Mon-Fri Noon-1:30 pm
Sunday 11 am-12:30 pm

LAP SWIM

This program is designed for serious swimmers and those who want to work on conditioning. We have lanes set aside that designate different swimming ability levels. Some lanes may be reserved for private lessons.

M/W/F* 6-7:30 am
M/W/F 3-4 pm (ends 11/9 for HS Swim Team)
M/W 5:30-6:30 pm
T/Th 5-6 pm
Friday 1:30-2:30 pm
Friday 5:30-7 pm
Saturday 9:30-10:30 am
Saturday Noon-1 pm
Sunday 5-6 pm

* Admission to EMLS by Quick Card or exact change only.

PUBLIC SWIM

This is a recreational swim for swimmers of all ages. Lifeguards reserve the right to deny the use of flotation devices when the pool is very busy. The diving boards are alternately opened to allow for deep water swimming. Children who do not meet our height requirement of 4 feet must be accompanied into the water by an adult 18 or older. Youth younger than 18 must pass a swim test in order to swim in the deep end.

Mon-Thu 7:30-8:30 pm
(Mon. & Wed. are shallow end only.)
Friday 4:30-5:30 pm **\$2 Swim!**
Saturday 1-2 pm
Sunday 4-5 pm

FAMILY SWIM

The family float swim is a recreational time for the family. A parent/guardian must accompany youth younger than 18 in the water.

Friday 1:30-2:30 pm
Friday 7-8 pm
Sunday 2-3 pm

SOUTHWEST POOL

↘ FITNESS SWIMS

\$6 (adult); \$3.50 (youth/senior adults/special populations)

MASTERS WORKOUT

This workout is designed for anyone looking for a lap swimming focused training program. Our experienced coach supervises interval workouts of 2,000-2,500 yards and offers stroke technique and training tips as well as aerobic conditioning and speed work. There are different lanes for swimmers of different abilities. Great cross training opportunity!

Mon/Wed 5:30-6:30 pm
Friday 6-7 pm

SENIOR ADULT WATER EXERCISE

This shallow water class provides a recreational and therapeutic exercise time for senior adults. With regular attendance, participants can expect to tone up muscles, increase their strength and improve their cardiovascular system. Emphasis is on flexibility and range of motion. Exercise to popular music and enjoy great fellowship! No swimming ability necessary.

Tue/Thu 1:30-2:15 pm

ADULT AFTERNOON POWER HOUR WATER EXERCISE

This great new deep/shallow combo water fitness class is designed for adults of all ages and abilities. Set to music, this energetic workout combines stretching, cardio, resistance training and ab-dominal work. No swimming ability necessary.

Mon/Wed 1:30-2:15 pm

ADULT WATER AEROBICS

This shallow water, but high energy class set to "pump it up" music, is designed to build strength, flexibility and cardio. It takes advantage of your buoyancy and the resistance water creates. It's a terrific exercise program regardless of your age or fitness level. No swimming ability necessary.

Tue/Thu 8:30-9:15 pm

ADULT HYDRO-FIT

This deep water class uses specially designed buoyancy and resistance equipment that provides a demanding workout for the whole body. Tone and strengthen those muscles without impact on your joints, speed recovery from an injury, and increase your endurance. Great music keeps you working hard! Deep water comfort required.

Mon/Wed 7:30-8:15 pm
Tue/Thu 8:30-9:15 pm

SOUTHWEST POOL



POOL PARTIES!

We rent Southwest Pool for special occasions. The pool is available:

- » Fridays 8-10 pm
- » Sundays 6-8 pm
- » Saturdays 2-6 pm

Fees start at \$181 for one hour in the pool for up to 12 people and up to 50 for only \$25 more. Some of the amenities included in your rental are:

- » Exclusive use of the pool, spa, and sauna
- » Water basketball
- » Use of noodles and 'fishy floats'
- » 1-meter and 3-meter diving boards

We also have private rooms available for your rental. Please call for rates. Plus, we have a small refrigerator/freezer available to store your food during your rental.

For more information, please call Matt Richardson at 206-684-7440.

BOOK YOUR PARTY TODAY!

SWIMMING SCHOLARSHIP FUND!

As part of the ongoing commitment to water safety awareness and injury prevention, Seattle Parks and Recreation has received generous donations from Seattle Children's Hospital, Windemere Foundation, and Point B. These contributions allow for supplemental scholarship funding - in addition to our existing low income scholarship offerings - for youth group swim lessons. Please contact the pool for more information and to receive a Low-Income Scholarship application. Funding is limited. Approved scholarships may be used for any of the following group swimming lesson programs:

- » Kinder swimming lessons (ages 4 to 5)
- » Beginning Youth lessons (ages 6 to 16)
- » Advanced Youth lessons (ages 6 to 16)



Seattle Children's
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Closed: 9/3, 11/12, 11/22, 11/23, 12/25
Close at 3 pm: 12/24 and 12/31

SPECIALTY COURSES

Class	Session	Days	Times	Dates	# Classes	Cost	Barcode #	
Tots Ages 6 mos- 4 yrs	1	M & W	6:30 -7	9/10-10/10	10	\$65	90776	
		T & Th	6:30-7	9/11-10/11	10	\$65	90777	
		Sat	11-11:30	9/8-10/20	7	\$45.50	90694	
		Sun	1:30-2	9/9-10/21	7	\$45.50	90775	
	2	M & W	6:30-7	10/15-11/14*	9	\$58.50	90778	
		T & Th	6:30-7	10/16-11/15	10	\$65	90779	
		Sat	11-11:30	10/27-12/15	8	\$52	90780	
		Sun	1:30-2	10/28-12/16	8	\$52	90781	
	3	M & W	6:30-7	11/26-12/19	8	\$52	90782	
		T & Th	6:30-7	11/27-12/20	8	\$52	90783	
	Three Year Olds	1	M & W	7-7:30	9/10-10/10	10	\$120	90790
			T & Th	4:30-5	9/11-10/11	10	\$120	90791
2		M & W	7-7:30	10/15-11/14*	9	\$108	90792	
		T & Th	4:30-5	10/16-11/15	10	\$120	90793	
3		M & W	7-7:30	11/26-12/19	8	\$96	90794	
		T & Th	4:30-5	11/27-12/20	8	\$96	90795	
Kinders Ages 4 & 5	1	M & W	4-4:30	9/10-10/10	10	\$80	90674	
		M & W	5-5:30	9/10-10/10	10	\$80	90673	
		M & W	6:30-7	9/10-10/10	10	\$80	90675	
		T & Th	6-6:30	9/11-10/11	10	\$80	90677	
		T & Th	6:30-7	9/11-10/11	10	\$80	90676	
		T & Th	7-7:30	9/11-10/11	10	\$80	90678	
		Sat	11-11:30	9/8-10/20	7	\$56	90671	
		Sat	11:30-12	9/8-10/20	7	\$56	90670	
		Sun	1-1:30	9/9-10/21	7	\$56	90672	
	2	M & W	4-4:30	10/15-11/14*	9	\$72	90680	
		M & W	5-5:30	10/15-11/14*	9	\$72	90679	
		M & W	6:30-7	10/15-11/14*	9	\$72	90681	
		T & Th	6-6:30	10/16-11/15	10	\$80	90682	
		T & Th	6:30-7	10/16-11/15	10	\$80	90683	
		T & Th	7-7:30	10/16-11/15	10	\$80	90684	
		Sat	11-11:30	10/27-12/15	8	\$64	90686	
		Sat	11:30-12	10/27-12/15	8	\$64	90685	
		Sun	1-1:30	10/28-12/16	8	\$64	90687	
	3	M & W	4-4:30	11/26-12/19	8	\$64	90690	
		M & W	5-5:30	11/26-12/19	8	\$64	90688	
		M & W	6:30-7	11/26-12/19	8	\$64	90689	
		T & Th	6-6:30	11/27-12/20	8	\$64	90691	
		T & Th	6:30-7	11/27-12/20	8	\$64	90692	
		T & Th	7-7:30	11/27-12/20	8	\$64	90693	

SPECIALTY COURSES

Closed: 9/3, 11/12, 11/22, 11/23, 12/25
Close at 3 pm: 12/24 and 12/31

Class	Session	Days	Times	Dates	# Classes	Cost	Barcode #
Beginning Youth Ages 6-16 Levels 1-3	1	M & W	4-4:30	9/10-10/10	10	\$65	90537
		M & W	4:30-5	9/10-10/10	10	\$65	90538
		M & W	5-5:30	9/10-10/10	10	\$65	90539
		T & Th	6-6:30	9/11-10/11	10	\$65	90545
		T & Th	7-7:30	9/11-10/11	10	\$65	90542
		Sat	10:30-11	9/8-10/20	7	\$45.50	90535
		Sat	11:30-12	9/8-10/20	7	\$45.50	90534
		Sun	12:30-1	9/9-10/21	7	\$45.50	90536
	2	M & W	4-4:30	10/15-11/14*	9	\$58.50	90548
		M & W	4:30-5	10/15-11/14*	9	\$58.50	90551
		M & W	5-5:30	10/15-11/14*	9	\$58.50	90549
		T & Th	6-6:30	10/16-11/15	10	\$65	90570
		T & Th	7-7:30	10/16-11/15	10	\$65	90556
		Sat	10:30-11	10/27-12/15	8	\$52	90622
		Sat	11:30-12	10/27-12/15	8	\$52	90592
3	Sun	12:30-1	10/28-12/16	8	\$52	90655	
	M & W	4-4:30	11/26-12/19	8	\$52	90657	
	M & W	4:30-5	11/26-12/19	8	\$52	90656	
	M & W	5-5:30	11/26-12/19	8	\$52	90658	
	T & Th	6-6:30	11/27-12/20	8	\$52	90660	
T & Th	7-7:30	11/27-12/20	8	\$52	90661		
Advanced Youth Ages 6-16 Levels 4-6	1	M & W	4:30-5	9/10-10/10	10	\$65	90527
		T & Th	6:30-7	9/11-10/11	10	\$65	90528
		Sun	1:30-2	9/9-10/21	7	\$45.50	90526
	2	M & W	4:30-5	10/15-11/14*	9	\$58.50	90529
		T & Th	6:30-7	10/16-11/15	10	\$65	90530
		Sun	1:30-2	10/28-12/16	7	\$45.50	90531
3	M & W	4:30-5	11/26-12/19	8	\$52	90532	
	T & Th	6:30-7	11/27-12/20	8	\$52	90533	
Comp Stroke Levels 5 & 6	1	T & Th	4:15-5	9/11-10/11	10	\$97.50	90662
	2	T & Th	4:15-5	10/16-11/15	10	\$97.50	90663
	3	T & Th	4:15-5	11/27-12/20	8	\$78	90664
Special Populations	1	Sun	3-3:30	9/9-10/21	7	\$45.50	90784
		Sun	3:30-4	9/9-10/21	7	\$45.50	90785
	2	Sun	3-3:30	10/28-12/16	8	\$52	90786
		Sun	3:30-4	10/28-12/16	8	\$52	90787
Homeschool	1	Mon	2:30-3	9/10-12/17*	14	\$91	90669
		Fri	2:30-3	9/14-12/21**	14	\$91	90668

Closed: 9/3, 11/12, 11/22, 11/23, 12/25
 Close at 3 pm: 12/24 and 12/31

DAILY SCHEDULE

Class	Session	Days	Times	Dates	# Classes	Cost	Barcode #
Youth Diving	1	M & W	6:30-7:15	9/10-10/10	10	\$97.50	90665
	2	M & W	6:30-7:15	10/15-11/14*	9	\$87.75	90666
	3	M & W	6:30-7:15	11/26-12/19	8	\$78	90667
Teen Lessons Ages 13-17	1	Tues	3-4	9/11-10/23	7	FREE	90788
Adult Swim-Tech Begin & Int	1	M & W	7-7:30	9/10-10/10	10	\$65	90523
	2	M & W	7-7:30	10/15-11/14*	9	\$58.50	90524
	3	M & W	7-7:30	11/26-12/19	8	\$52	90525

28TH ANNUAL EMERALD CITY OPEN WATER SWIM SATURDAY, AUGUST 18

The 28th Annual Emerald City Open Water Swim is a ½-mile and a 1-mile guarded swim held on Lake Washington at Andrew's Bay in Seward Park. Prizes are awarded for top age group finishers. Swimmers wearing wetsuits will be categorized separately. Check in begins at 7:30 am ½-mile race begins at 9 am; 1-mile race follows ½-mile swim.



EARLY BIRD REGISTRATION UNTIL 8/4

\$25 (Youth, Senior, Special Pop) or \$30 (Adult) for one race
GO BIG (BOTH RACES): \$35 (Yth/Sr./Spec. Pop) or \$40 (Adult)

REGISTRATION AFTER 8/4

\$40 (Youth, Senior, Special Pop) or \$45 (Adult) for one race
GO BIG (BOTH RACES): \$50 (Yth/Sr./Spec. Pop) or \$55 (Adult)

- #8787 **Half Mile**
- #87879 **One Mile**
- #87881 **Both Races**

REGISTER BY MAIL, IN PERSON, OR ONLINE AT:

WWW.SEATTLE.GOV/PARKS

Entry Fee is NON-REFUNDABLE



➤ SPECIALTY SWIM LESSONS

SUMMER SWIM LEAGUE

Sign up for Summer Swim League 2012. **Register now!** This novice, competitive team is geared for youth 7 to 18 years of age. An emphasis is placed on fun and learning while having an opportunity to experience a real swim team. Prerequisite: 7 years old and passed youth level 4. Practices will begin Monday, June 27 and run through August 6. Cost is \$100 which includes a team swim cap and T-shirt. Reduced fee applications are available for those who qualify.

SPRINGBOARD DIVING

Try our diving class and learn the fundamentals of springboard diving, body position, proper form and technique, and safety.

Prerequisites for participants:

- » Must be at least 10 years old.
- » Must be able to perform a standing dive from the diving board.
- » Must have Red Cross level 5 (advanced youth) swimming ability.
- » A pre-test is required
- » A minimum of 4 participants needed to run the class

PRIVATE LESSONS

Southwest Pool offers private swim lessons to people who are interested in one-to-one attention. Private lessons allow for concentrated instruction to meet individual needs. The cost is \$34 per one half-hour lesson or \$44 for a semi-private lesson. Please call Nancy Eisner or Diane Jones, Aquatic Co-ordinators, at 206-684-7440 to schedule.

➤ SWIMMING LESSONS

TOT LESSONS

Ages 6 months-4 years

Under the guidance of an instructor parents introduce their infants and toddlers to the swimming pool. We teach basic water adjustment and swimming movements using songs and games, with an emphasis on enjoyment and relaxation. Each child must be accompanied into the water by a parent or adult. Swim diapers or tight fitting plastic pants are required.

THREE-YEAR-OLDS LESSONS

Children learn basic swimming skills and water safety in these small group classes. We introduce children to these swimming skills: basic water adjustment bubbles, breath-holding, front and back floats, kicking, arm pulls, and water safety skills. Children must have completed one session of Tots and must be willing to work in the water with an instructor. We maintain a 3:1 student to instructor ratio.

KINDER LESSONS

Ages 4 & 5

Participants will start with basic water adjustment and eventually learn these skills: front and back floats, flutter kick, rolling from front to back, side breathing, crawlstroke with bilateral side breathing, backstroke, whip kick, treading water, diving, and water safety. On the first day of class children are sorted into groups by ability level.

HINTS FOR SWIMMING LESSONS

- » Please sign up for lessons for the correct age group.
- » Please read the lesson descriptions and prerequisites carefully to make sure your child is registered for the correct class. If you are unsure of your child's ability, please have him or her pre-tested to ensure correct placement. If your child does not meet the age requirements or skill prerequisites, we will try to transfer him or her to the appropriate level if there is space available. Most children take a year or more to move from Beginning to Advanced Youth.
- » Sorry, we cannot give credits or make-ups for missed classes.
- » A minimum of four students is required for all classes. We may combine or cancel programs if not enough children sign up.
- » Please stay away from the pool edge during lessons and keep with you at all times children who are not participating in lessons.
- » We encourage spectators to observe from the bleacher area.
- » Please direct questions to the pool cashier or lesson supervisor.
- » Please limit shower time to conserve water and energy. It's good for us and the planet!
- » Help children develop their skills and have fun by bringing them to a public or family swim.
- » Lesson participants can use the spa after lessons to warm up for five minutes. Children must be directly supervised by a parent. Children younger than 4 yrs old must have an adult in the spa with them. Those not enrolled in lessons must pay the facility admission fee to use the spa.

BEGINNING YOUTH LESSONS LEVELS 1-3

Ages 6-16

Our American Red Cross lessons emphasize safety, fitness, and fun! We teach techniques with the use of drills and instructor feedback. All levels include safety components. We will sort children into groups by ability level on the first day of class.

Level 1: Introduction to Water Skills: Getting comfortable with the face in the water and floating and kicking on front, back, and side.

Level 2: Fundamental Aquatic Skills: Crawlstroke, turning over front to back, and intro-duction to side breathing.

Level 3: Stroke Development: Crawlstroke with bilateral side breathing, backstroke, whip kick, and diving.

ADVANCED YOUTH LESSONS LEVELS 4-6

Ages 6-16

Prerequisite: Swimmers must have passed Level 3, be comfortable in deep water, and swim 25 yards without stopping. We will move participants who do not meet this prerequisite to a Beginning Youth class if there is space available. Pretests are available during Public Swims. Please call ahead to arrange a pre-test.

Level 4: Stroke Improvement: Adds breaststroke, butterfly, and elementary backstroke to the previous skills.

Level 5: Stroke Refinement: Adds sidestroke, longer distances, and more refinement of the previous strokes.

Level 6: Skill Proficiency, Fitness Swimming & Personal Water Safety: Teaches in-creased mastery of technique and endurance in all the strokes, plus safety and rescue techniques.

SPECIAL POPULATION LESSONS

Ages 6-17 years

These are individual or small group lessons for youth with cognitive, developmental, or physical special needs. We have a comfortable pool lift and portable steps available for non-ambulatory patrons. Please call for availability and registration.

SOUTHWEST POOL

ADULT 'SWIM-TECH'

Ages 16 and older

BEGINNING AND INTERMEDIATE

Beginning through intermediate swim clinic. How long have you been putting off learning to swim as an adult? 10 years? 20 years? Do your kids swim better than you? Now is the time to make it happen. From the beginner to the more advanced swimmer, participants will learn these skills: front and back floats, flutter kick, rolling from front to back and back to front, side breathing, crawl stroke with bilateral side breathing, back crawl, whip kick, treading water, breast stroke side stroke, butterfly, diving and water safety skills. We will emphasis technique and comfort in the water.

ADVANCED

Advanced adult swim technique clinic. How do you take your swimming to the next level? This course will provide advanced instruction for the lap swimmer or masters swimmer who wants to improve technique, efficiency, endurance and learn additional competitive strokes. Focus will be on drills and individual feedback. Prerequisite of 100 yards crawl with side breathing and 25 yards of at least one other competitive stroke.

TEEN ONLY LESSONS

Ages 13-17 years

Teens who want to pick up some swimming skills and have some fun are invited to register for this free program. A half hour of directed instruction and another half hour of open time to work on their newly acquired skills or just have some fun. No prior swimming experience necessary. Participants must commit to attending all sessions and have a signed E-13 parental permission form.

FREE!

