

SUMMER PROGRAMS

FAMILY OPEN SWIM

Day	Deep End	Shallow End
Mon Wed Fri	11am - 4pm	11am - 4pm (Fri - 6pm)
Tue Thu	1 - 4pm	1 - 4pm
Saturday	1 - 3pm	1 - 3pm
Sunday	9am - 1pm	9am - 1pm

WATER AEROBICS

Workout	Day(s)	Times
Low intensity (Shallow Pool)	Mon Wed	9 - 10am
Hydro Cardio (Deep Pool)	Tue Thu	9 - 10am
Power Plunge (Deep Pool)	Saturday	9 - 10am
High intensity (Shallow Pool)	Mon Wed Fri	7:15 - 8:15pm

SWIM CLUB

Tukwila Pool Swim Club is an excellent opportunity to strengthen stroke technique, increase endurance, master turns and racing starts, plus build teamwork. **Ages 7-18 | Resident \$50/month, Non-resident \$65/month**

Time of practice: 4 - 5pm or 5 - 6pm
 Days: Monday | Wednesday | Friday
 Summer Season: July 5 - Aug. 27
 Fall Season: Sept. 6 - Nov. 26*

**no practice Labor Day and Thanksgiving*

CARDBOARD BOAT RACES

Come build your very own cardboard boat and race it against other teams for awesome prizes. Be warned, it's harder than it looks.

Aug. 21, 1-4pm \$20 per team of five • Register team by Aug. 7 to hold spot

SUMMER YOUTH PASS

Join us this summer and enjoy unlimited access during our public swims.

- Single Youth Admission: \$4
- Summer Youth Pass (best value): unlimited access June 28 - Aug. 31
 Resident \$34.25 / Non-resident \$36

ADDITIONAL INFORMATION

For additional program information, rates, lap swim scheduling, and water walking scheduling; please visit our website at www.tukwilapool.org or scan the QR code below.



CERTIFICATION COURSES

Tukwila Pool offers American Red Cross certification courses year-round. For more class offerings, prices, and prerequisite information please visit www.tukwilapool.org





SWIM LESSONS

Four-week Swim Sessions

Session Dates	Days of the week options	Resident Registration	Non-resident Registration
July 5-31	M/W PM (8 classes) Tu/Th PM (8 classes) Sat AM (4 classes)	June 21	June 23
Aug. 2-27	M/W PM (8 classes) Tu/Th PM (8 classes) Sat AM (4 classes)	July 26	July 28

Two-week Swim Sessions

July 5-16	Mon-Fri AM (10 classes)	June 28	June 30
July 19-30	Mon-Fri AM (10 classes)	July 12	July 14
Aug. 2-13	Mon-Fri AM (10 classes)	July 26	July 28
Aug. 16-27	Mon-Fri AM (10 classes)	Aug. 9	Aug. 11

Rates

Days	Resident	Non-Resident
Monday/Wednesday	\$58	\$68
Tuesday/Thursday	\$58	\$68
Saturday	\$29	\$34
Monday-Friday	\$72.50	\$85

SWIM LESSONS DETAILS

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 enable everyone to learn at their own pace in a safe environment. 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.

To register, please visit: <http://www.tukwilapool.org/swimming-lessons>

Parent & Tot – 6 months to 3 years: Help your tot become comfortable in the water and learn how to teach them basic swimming skills.

Minnows – 3 to 6 years: Students learn simple water safety skills and the basics of all four competitive strokes.

Sharks – 6 to 13 years: Students learn basic swimming skills and develop all four competitive strokes.

Super Strokes – 6 to 15 years: Students improve their strokes, work on endurance, and prepare for team participation.

Pre-competition – 6 to 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 swimming skills and basic water safety.

Gender-specific Swim Lessons – 13 and older men's lessons scheduled with sufficient demand. Inquire at the pool. Women's lessons available on Sundays.

SCHOLARSHIPS AVAILABLE

Water Safety is an essential life skill that all kids should have the opportunity to learn. Tukwila Pool is proud to partner with the American Red Cross to help kids develop critical safety skills both in and around water.



American Red Cross

100 YEARS OF WATER SAFETY

TUKWILA POOL

Proud Participant in the Centennial Campaign

To mark a century of swimming safety education, the Red Cross is partnering with the Tukwila Pool to provide scholarships for summer swim lessons.

For eligibility questions please visit: <https://bit.ly/3bW90C2>



Register online at www.TukwilaPool.org • or call 206.267.2350 • 4414 S 144th, Tukwila, WA