

Ballard Pool

Fall 2022 Drop-In Schedule September 6th to December 31st

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	5:45 to 7am Early Morning Lap Swim		5:45 to 7am Early Morning Lap Swim		5:45 to 7am Early Morning Lap Swim	
9 to 10am 6-Lane Lap Swim	8:45 to 9:45am 6-Lane Lap Swim	8:45 to 9:45am Coached Swim (Fitness Class)	8:45 to 9:45am 6-Lane Lap Swim	8:45 to 9:45am Coached Swim (Fitness Class)	8:45 to 9:45am 6-Lane Lap Swim	8 to 9:15am 6-Lane Lap Swim
10:10 to 10:55am Shallow Water Exercise	10 to 11am Swim Lessons	10 to 11am Swim Lessons	10 to 11am Swim Lessons	10 to 11am Swim Lessons	10 to 11am Swim Lessons	9:30 to 12pm Swim Lessons
11 to 12:15pm 4-Lane Lap Swim	11:10 to 11:55am Shallow Water Exercise	11:10 to 11:55am Deep Water Exercise	11:10 to 11:55am Shallow Water Exercise	11:10 to 11:55am Deep Water Exercise	11:10 to 11:55am Shallow Water Exercise	
12:15 to 1pm Swim Lessons	12 to 1:15pm Adult/Senior Swim	12 to 1:15pm Adult/Senior Swim	12 to 1:15pm Adult/Senior Swim	12 to 1:15pm Adult/Senior Swim	12 to 1:15pm Adult/Senior Swim	
1 to 2:15pm Public Swim	1:30 to 2:30pm 4-Lane Lap Swim	1:30 to 2:30pm 4-Lane Lap Swim	1:30 to 2:30pm Half Lap / Half Public Swim	1:30 to 2:30pm 4-Lane Lap Swim	1:30 to 2:30pm 4-Lane Lap Swim	
2:15 to 4pm Swim Lessons			2:30 to 3:30pm Swim Lessons			
4:15 to 5:30pm Family Swim	3:30 to 5:30pm Cascade Swim Club	3:30 to 5:30pm Cascade Swim Club	3:30 to 5pm Cascade Swim Club	3:30 to 5:30pm Cascade Swim Club	3:30 to 5:30pm Cascade Swim Club	
	5:30 to 7:15pm Swim Lessons	5:30 to 7:15pm Swim Lessons	5 to 6:15pm Swim Lessons	5:30 to 7:15pm Swim Lessons	5:30 to 6:45pm* 6-Lane Lap Swim	
			6:15 to 7:15pm Public Swim		6:50 to 7:25pm Swim Lessons	
	7:20 to 8pm Swim Lessons	7:20 to 8pm Swim Lessons	7:20 to 8pm Swim Lessons	7:20 to 8pm Swim Lessons	7:30 to 8:30pm Public Swim	
	7:30 to 8:30pm 5-Lane Lap Swim	7:30 to 8:15pm Deep Water Exercise	7:30 to 8:30pm 5-Lane Lap Swim	7:30 to 8:15pm Deep Water Exercise	* Lap Swim from 6 to 6:45pm on 9/9, 9/16, 9/23, 9/30, 10/14, and 10/21 due to high	

Address: 1471 NW 67th St. Seattle, WA 98117
Phone: (206)-684-4094

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Program Descriptions

Deep Water Exercise—A fitness class in the deep end of the pool. Classes are led by an instructor. Great class for those needing no-impact exercise.

Shallow Water Exercise— A fitness class in the shallow end of the pool. Classes are led by an instructor. Great class for those needing low-impact exercise.

Coached Swim—A fitness swim. 6 lanes are available for a guided swim workout. Staff provide workouts and give advice on improving stroke technique and performance.

Adult and Senior Swim—A recreation swim reserved for people 18 and older. 3 lap lanes are available, with the other half of the pool open for those that would like to float, jog, or swim in an unstructured setting.

Lap Swim—A recreation swim with lane lines in the water. There are different styles of lap swim available:

• 6 lane lap swim—6 lanes are available for lap swimming.

• 4 lane lap swim—4 lanes are available for lap swimming.

• Early Morning Lap Swim—6 lanes are available early in the morning. Quick Card or exact change required for entry.

Half Lap / Half Public—Pool is divided into three lap lanes and an open area for public swim. Children under the age of 6 and under 4ft tall need to have an adult in the water with them at all times while in the pool. Diving board is open for use.

Public Swim—A recreation swim for families and kids. Come play in the water with toys and floats. Children under the age of 6 and under 4ft tall need to have an adult in the water with them at all times while in the pool. Diving board and slide are available for use. Rope swing is available for the last 15 minutes of the swim.

Family Swim—A recreation swim for families. Come play in the water with toys and floats. Children under the age of 18 must have an adult in the water with them at all times while in the pool. Diving board and slide are available for use. Rope swing is available for the last 15 minutes of the swim.