

Helene Madison Pool

Fall Transition Week 2026 Program Schedule August 25th – August 29th

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		11:00-12:00 Deep Water Fitness & Adult Shallow	11:00-12:00 Shallow Water Fitness & Adult/Senior Swim	11:00-12:00 Deep Water Fitness & Adult Shallow	11:00-12:00 Deep Water Fitness & Adult Shallow	9:00-10:30 4-Lane Lap Swim 9:00-10:00 Pool Playland
Closed	Closed	12:00-1:30 4-Lane Lap Swim & Adult Shallow	12:00-1:30 4-Lane Lap Swim & Adult Shallow	12:00-1:30 4-Lane Lap Swim & Adult Shallow	12:00-1:30 4-Lane Lap Swim & Adult Shallow	10:30-12:00 4-Lane Lap Swim
For	For	1:30-3:00 4-Lane Lap Swim & Pool Playland	1:30-3:00 4-Lane Lap Swim & Pool Playland	1:30-3:00 4-Lane Lap Swim & Pool Playland	1:30-3:00 4-Lane Lap Swim & Pool Playland	12:00-1:30 4-Lane Lap Swim 12:30-1:30 Adult Shallow
Maintenance	Maintenance	3:00-4:30 Lessons	3:00-4:30 Lessons	3:00-4:30 Lessons		1:30-2:30 3-Lane Lap Swim & 3-Lane Jr Masters & Pool Playland *NO OPEN LANE
		6:00-8:00 3-Lane Lap & Recreation Swim	6:00-7:00 4-Lane Lap Swim and Pool Playland 7:00-8:00 3-Lane Lap, Deep Water Fitness & Adult Shallow	6:00-8:00 3-Lane Lap & Recreation Swim	6:00-7:00 4- Lane Lap Swim 7:00-8:00 Recreation Swim	2:30-4:00 Recreation Swim



Seattle
Parks & Recreation

13401 Meridian Ave N
Seattle, WA 98133
206.684.4979

RECREATIONAL PROGRAMS

Adult & Senior Swim: This is a recreational lap swim period for **adults 18 years and older**. It is a great option for all skills walking or exercise. There will be four lanes for lap swimming. A double-wide lane for unstructured swimming and independent deep-water exercise.

Adult Shallow: Adult Shallow is time in the shallow pool set aside for recreational or fitness swimming for **adults 18 or older**.

Pool Playland: This is a recreational swim for swimmers of all ages. This swim is **shallow end only**. Lifejackets and water toys are available for use. **Children under 6 and those who do not meet our height requirement of 4 feet, must be accompanied into the water by an adult 18 years or older.**

Recreation Swim: This recreation swim is fun for all ages. Large floats and inflatables are included with this swim. **Children under 6 and those who do not meet our height requirement of 4 feet, must be accompanied into the water by an adult 18 years or older.** Swimmers under the age of 18 must successfully pass the swim test before accessing the deep end. This is a great time for float tests, too!

Lap Swim: Lap Swim is a continuous lap swim for swimmers of all ages; we divide the lanes according to speed levels. Lap swim has 4 lap lanes and one double-wide lane for unstructured swimming and independent deep-water exercise.

FITNESS PROGRAMS

Shallow Water Fitness: This 45-minute water exercise class is taught in shallow water. Class is designed to build strength, flexibility, and cardiovascular fitness. No swimming ability required.

Deep Water Fitness: This 45-minute-deep water class is designed to build strength, flexibility, and cardiovascular fitness. Deep water comfort is required. Great music keeps you working hard!

Masters Swim: Are you a lap swimmer looking for the next level in your work out? This six-lane swim is for you. Workouts are drafted each day to provide participants with guidance for their swim. If additional guidance is needed, feel free to consult with the aquatic team.

Jr Masters: A fitness swim program for **children 17 and under** providing written workouts for various ability levels. **Must be at advanced swimming level.** An instructor will be on deck.

DISCOUNT SWIM PASSES

Swim Passes are a prepaid discount admission card that provides access to many recreational choices at Seattle Parks and Recreation. Inquire about scholarships for more discount swimming.

FEES

Recreational Swim Prices:

Youth (Age 1-17)	\$6.00
Special Population	\$6.00
Senior Adults (65+)	\$6.00
Adult (18-64)	\$8.00

Fitness Swim Prices:

Youth	\$6.50
Special Population	\$6.50
Senior	\$6.50
Adult	\$8.50

Other Fees:

"Just a Shower"	\$8.50
Towel Rental	\$0.50
Coin-Operated Locker	\$0.25

Recreational Swim Pass:

[Minimum 10 Visits]

Youth (Ages 1-17)	\$54.00
Special Population	\$54.00
Senior Adults (65+)	\$54.00
Adults (Ages 18-64)	\$72.00

Fitness Swim Pass:

[Minimum 10 visits]

Youth (Ages 1-17)	\$58.50
Special Population	\$58.50
Senior Adult (65+)	\$58.50
Adult (Ages 18-64)	\$76.50

30-day Fast Pass:

[Unlimited use for Rec/Fitness]

Youth (Ages 1-17)	\$66.50
Special Population	\$66.50
Senior Adults (65+)	\$66.50
Adults (Ages 18-64)	\$91.50

Closures: 8/23 and 8/24 we are closed for maintenance.

This schedule is subject to change.

For updated information please check <https://www.seattle.gov/parks/find/pools/madison-pool>

You can also find us on Facebook at: <https://www.facebook.com/MadisonPoolSeattle/>