

# Meadowbrook Pool



**Seattle**  
Parks & Recreation  
healthy people healthy environment strong communities

## Pool Schedule: Jan 5 -Mar 14, 2025

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5:30—6:55am 5 Lap Lanes (Exact change, check, or Quick Card only) *Canceled 9/8—9/19*		5:30—6:55am 5 Lap Lanes (Exact change, check, or Quick Card only) *Canceled 9/8—9/19*		5:30—6:55am 5 Lap Lanes (Exact change, check, or Quick Card only) *Canceled 9/8—9/19*	
7:00—8:15am SPS Rental	7:00—8:15am SPS Rental	7:00—10:30am SPS Rental	7:00—8:15am SPS Rental	7:00—8:15am SPS Rental	7:00—8:30am 5 Lap Lanes
					8:40—9:25am Deep Water Fitness & Swim Lessons
				10:00—11:00am 3 Lap Lanes & All-Ages Rec Swim	9:30—10:25am All-Ages Recreation Swim
11:10—11:55am Deep Water Fitness	11:10—11:55am Shallow Water Fitness	11:10—11:55am Deep Water Fitness	11:10—11:55am Shallow Water Fitness	11:10—11:55am Deep Water Fitness	10:30am—12:30pm Swim Lessons
12:00—3:55pm 4 Lap Lanes & Aqua Gym	12:00—3:25pm 4 Lap Lanes & Aqua Gym	12:00—3:55pm 4 Lap Lanes & Aqua Gym	12:00—3:25pm 4 Lap Lanes & Aqua Gym	12:00—3:00pm 4 Lap Lanes & Aqua Gym	12:35—1:55pm 4 Lap Lanes & Aqua Gym
					2:00—3:25pm All-Ages Recreation Swim
4:00—4:55pm 3 Lap Lanes & Junior Masters	3:30—5:00pm Excel Swim Club	4:00—4:55pm 3 Lap Lanes & Junior Masters	3:30—5:00pm Excel Swim Club	3:00—6:00pm 4 Lap Lanes & Aqua Gym	3:30—4:45pm Swim Lessons
5:00—7:00pm Swim Lessons	5:00—7:00pm Swim Lessons	5:00—7:00pm Swim Lessons	5:00—7:00pm Swim Lessons	*Canceled 1/9 and 1/30*	4:50—6:00pm 4 Lap Lanes & Aqua Gym
				6:00—7:00pm Junior Masters & Swim Lessons	
7:05—8:00pm All-Ages Recreation Swim	7:10—7:55pm Deep Water Fitness & Swim Lessons	7:05—8:00pm All-Ages Recreation Swim	7:10—7:55pm Deep Water Fitness & Swim Lessons	7:05—8:00pm All-Ages Recreation Swim	
8:05—9:00pm 4 Lap Lanes & Aqua Gym	8:00—9:00pm 4 Lap Lanes & Aqua Gym	8:05—9:00pm 4 Lap Lanes & Aqua Gym	8:00—9:00pm 4 Lap Lanes & Aqua Gym	8:05 - 9:00pm FREE Teen Late Night	
				(All teens must have an E-13 form submitted to attend)	

# Meadowbrook Pool



## Meadowbrook Pool

10515 35th Ave NE  
Seattle, WA 98125  
(206)684-4989

[SEATTLE.GOV/PARKS/FIND/POOLS/MEADOWBROOK-POOL](http://SEATTLE.GOV/PARKS/FIND/POOLS/MEADOWBROOK-POOL)

### Drop-in Program HOURS OF OPERATION:

Monday	11:00am—9:00pm
Tuesday	11:00am—9:00pm
Wednesday	11:00am—9:00pm
Thursday	11:00am—9:00pm
Friday	10:00am—9:00pm
Saturday	7:00am—6:00pm

Jan 19, Feb 16, Mar 5: Closed All Day

Facility Closed Mar 15-28 for Regular Maintenance

**FEES (Free with Scholarship - Ask at Front Desk!)**

### RECREATIONAL SWIM PRICES:

Children under 1	Free
Youth (Age 1-17)	\$6.00
Adult (Ages 18-64)	\$8.00
Senior Adults (Ages 65+)	\$6.00
Adaptive	\$6.00

### FITNESS SWIM PRICES:

Adult Fitness	\$8.50
Youth/Senior/Adaptive	\$6.50

### OTHER FEES:

"Just a Shower"	Admission Cost
Towel Rental	\$0.50
Coin-Operated Lockers	\$0.25

## Discount Quick Card!

Quick Card is a prepaid discount admission that provides access to many recreational choices at Seattle Parks and Recreation. More than 10 can be loaded at the same discount rate.

### 30-Day FAST Pass (unlimited use for Rec/Fitness):

Youth (Age 1-17)	\$66.50
Adult (Ages 18-64)	\$91.50
Senior Adults (Ages 65+)	\$66.50
Adaptive	\$66.50

### Recreation Swim Pass (Minimum 10 Visits):

Youth (Age 1-17)	\$54.00
Adult (Ages 18-64)	\$72.00
Senior Adults (Ages 65+)	\$54.00
Adaptive	\$54.00

### Fitness Swim Pass (Minimum 10 Visits):

Youth (Age 1-17)	\$58.50
Adult (Ages 18-64)	\$76.50
Senior Adults (Ages 65+)	\$58.50
Adaptive	\$58.50

## RECREATION PROGRAMS:

**Lap Swim:** Lap Swim is a continuous lap swim for swimmers of all ages; we divide the lanes according to speed levels.

**Aqua Gym:** This program is an adult fitness session that often is combined with lap swim. Music can be played to keep tempo to for water exercising. The Aquarius fitness machine is great for pullups and alternative water exercises. This space is intended for heads-up, non-lap activities to avoid collisions.

**Recreation Swim:** This is a time set aside for recreational swimming for swimmers of all ages to enjoy. Children younger than 6 or under 48" in height must be directly supervised in the water by an adult who is within arm's reach at all times.

**Teen Late Night:** This is a FREE drop-in program that ranges from swim lessons, learning lifeguard skills, and recreation swim time. Ages 13-18.

An **E-13 form** is required and can be acquired from our front desk.

## FITNESS PROGRAMS:

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

**Deep Water Fitness:** Water fitness class taught in deep water. Class is designed to build strength, flexibility, and cardiovascular fitness. Deep water comfort is required.

**Junior Masters:** A fitness swim program for children 17 and under providing written workouts for various ability levels. Must be at fitness swimming level vs learn to swim. If additional guidance is needed feel free to consult the aquatic team.

## POOL CLOSURES:

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