



Seattle
Parks and Recreation

Meadowbrook Pool

10515 35th Ave NE Seattle, WA 98125

(206)684-4989

Registration begins December 6th at Noon!

<http://seattle.gov/parks/find/pools/meadowbrook-pool>

Beginning Swimmer						
Our specially developed group swimming lessons allow for easy registration and let us assess placement of students on the first day. These group lessons range from introductory skills like floating and kicking and progress all the way to swimming crawl stroke and practice in deeper water.	Session	Day	Start Time	Dates	Cost	Activity#
	In this class students will work from swimming on their front to mastering a productive Crawl Stroke with side breathing, as well as the pull and kick for Elementary Back Stroke, across the width of the pool (15 yards). Ask about times to have your child assessed if you are unsure whether they have already learned these skills.	1	Mon	5:30 PM	1/9 - 2/6	\$36.00
Mon			6:30 PM	1/9 - 2/6	\$36.00	#54515
Tue			6:00 PM	1/3 - 2/7	\$54.00	#54516
Tue			6:30 PM	1/3 - 2/7	\$54.00	#54517
Wed			4:30 PM	1/4 - 2/8	\$54.00	#54520
Wed			5:00 PM	1/4 - 2/8	\$54.00	#54521
Thu			5:30 PM	1/5 - 2/9	\$54.00	#54524
Thu			6:30 PM	1/5 - 2/9	\$54.00	#54526
2		Sat	11:30 AM	1/7 - 2/11	\$54.00	#54527
		Mon	5:30 PM	2/13 - 3/20	\$45.00	#54348
		Mon	6:30 PM	2/13 - 3/20	\$45.00	#54356
		Tue	6:00 PM	2/14 - 3/21	\$54.00	#54358
		Tue	6:30 PM	2/14 - 3/21	\$54.00	#54359
		Wed	4:30 PM	2/15 - 3/22	\$54.00	#54229
	Wed	5:00 PM	2/15 - 3/22	\$54.00	#54347	
	Thu	5:30 PM	2/16 - 3/23	\$54.00	#54360	
Thu	6:30 PM	2/16 - 3/23	\$54.00	#54365		
Sat	11:30 AM	2/18 - 3/25	\$54.00	#54367		

Advanced Swimmer						
Group instruction for youth who already know how to do crawl stroke and are ready to learn more.	Session	Day	Start Time	Dates	Cost	Activity#
	Important necessary skills: -Comfortable in deep water -Able to swim 15 yards without stopping -Good Front Crawl Stroke with bilateral breathing -Proper whip kick on their back Children not ready may be removed from the Advanced level. We will make efforts to move them to Beginner Swimmer if there is room. New Strokes: Elementary Backstroke, Breaststroke and Butterfly plus continued practice in Front Crawl Stroke and Backstroke. Increasing Endurance and Proficiency: Increased distances and refinement of previous strokes along with sidestroke taught. Proficiency, Fitness and Water Safety: Teaches increased mastery of technique and endurance in all the strokes plus safety and basic rescue techniques.	1	Mon	5:00 PM	1/9 - 2/6	\$36.00
Tue			7:00 PM	1/3 - 2/7	\$54.00	#54537
Wed			4:00 PM	1/4 - 2/8	\$54.00	#54536
Wed			5:00 PM	1/4 - 2/8	\$54.00	#54538
Thu			5:30 PM	1/5 - 2/9	\$54.00	#54535
Thu			7:00 PM	1/5 - 2/9	\$54.00	#54539
Sat			10:00 AM	1/7 - 2/11	\$54.00	#54543
Sat			10:30 AM	1/7 - 2/11	\$54.00	#54534
2		Sat	11:00 AM	1/7 - 2/11	\$54.00	#54638
		Mon	5:00 PM	2/13 - 3/20	\$45.00	#54228
		Tue	7:00 PM	2/14 - 3/21	\$54.00	#54368
		Wed	4:00 PM	2/15 - 3/22	\$54.00	#54369
		Wed	5:00 PM	2/15 - 3/22	\$54.00	#54370
		Thu	5:30 PM	2/16 - 3/23	\$54.00	#54637
	Thu	7:00 PM	2/16 - 3/23	\$54.00	#54371	
	Sat	10:00 AM	2/18 - 3/25	\$54.00	#54372	
Sat	10:30 AM	2/18 - 3/25	\$54.00	#54373		
Sat	11:00 AM	2/18 - 3/25	\$54.00	#54374		

There will be no swim lessons on 1/16 and 2/20 due to holiday closures.

A full refund will be issued for any swim lesson that is cancelled for any reason by the Department.

Any person who registers for a swim lesson and who requests a refund before the second class session may receive a prorated refund minus a 10% service charge.

Adaptive Swim Lessons

Individual or small-group lessons for children with special needs. We provide pool chair lifts and portable stairs for easy access. Please contact the pool directly for assistance with registration.

Session	Day	Start Time	Dates	Cost	Activity#
1	Sat	3:30 PM	1/7 - 1/28	\$36.00	#54226
2	Sat	3:30 PM	2/4 - 2/25	\$36.00	#54351
3	Sat	3:30 PM	3/4 - 3/25	\$36.00	#54350

Adult Swim Lessons

All abilities welcome! Small groups with similar goals are arranged so instruction can focus on the basics all the way to learning a variety of strokes and water safety. Enjoy exploring the possibilities while developing lifelong and life-saving skills.

Session	Day	Start Time	Dates	Cost	Activity#
1	Tue	7:00 PM	1/3 - 2/7	\$54.00	#54540
	Thu	7:00 PM	1/5 - 2/9	\$54.00	#54541
2	Tue	7:00 PM	2/14 - 3/21	\$54.00	#54307
	Thu	7:00 PM	2/16 - 3/23	\$54.00	#54227

Parent and Child Swim Lessons

American Red Cross Parent and Child Aquatics introduces you and your child to basic swimming skills. As parents, you learn how to safely work with your child in the water and how to prepare and encourage your child to participate fully and try the skills offered. 6 months to 4 years old.

Session	Day	Start Time	Dates	Cost	Activity#
1	Mon	5:00 PM	1/9 - 2/6	\$60.00	#54352
	Wed	10:30 AM	1/4 - 2/8	\$54.00	#54354
	Wed	4:00 PM	1/4 - 2/8	\$54.00	#54354
	Sat	10:30 AM	1/7 - 2/11	\$54.00	#54355
2	Mon	5:00 PM	2/13 - 3/20	\$45.00	#54380
	Wed	10:30 AM	2/15 - 3/22	\$54.00	#54544
	Wed	4:00 PM	2/15 - 3/22	\$54.00	#54544
	Sat	10:30 AM	2/18 - 3/25	\$54.00	#54231

Three-Year-Old Swim Lessons

Start your child learning basic swimming skills and water safety in a small group with other children. We introduce children to basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls and water safety skills. Children must have initial water comfort and be able to work in the water with an instructor.

Session	Day	Start Time	Dates	Cost	Activity#
1	Mon	5:00 PM	1/9 - 2/6	\$45.00	#54357
	Tue	5:30 PM	1/3 - 2/7	\$90.00	#54361
	Tue	6:30 PM	1/3 - 2/7	\$90.00	#54362
	Wed	4:00 PM	1/4 - 2/8	\$90.00	#54366
	Wed	5:30 PM	1/4 - 2/8	\$90.00	#54363
	Thu	6:00 PM	1/5 - 2/9	\$90.00	#54364
	Sat	10:30 AM	1/7 - 2/11	\$90.00	#54542
2	Mon	5:00 PM	2/13 - 3/20	\$75.00	#54386
	Tue	5:30 PM	2/14 - 3/21	\$90.00	#54381
	Tue	6:30 PM	2/14 - 3/21	\$90.00	#54382
	Wed	4:00 PM	2/15 - 3/22	\$90.00	#54383
	Wed	5:30 PM	2/15 - 3/22	\$90.00	#54384
	Thu	6:00 PM	2/16 - 3/23	\$90.00	#54232
	Sat	10:30 AM	2/18 - 3/25	\$90.00	#54385

Kinder Swim Lessons

Children begin with basic water adjustment and eventually learn front and back floats, flutter kick, rolling from front to back, crawl stroke and more.

Session	Day	Start Time	Dates	Cost	Activity#
1	Mon	6:00 PM	1/9 - 2/6	\$44.00	#54528
	Tue	5:30 PM	1/3 - 2/7	\$66.00	#54529
	Wed	5:30 PM	1/4 - 2/8	\$66.00	#54530
	Thu	6:00 PM	1/5 - 2/9	\$66.00	#54531
	Sat	11:00 AM	1/7 - 2/11	\$66.00	#54532
2	Mon	6:00 PM	2/13 - 3/20	\$55.00	#54230
	Tue	5:30 PM	2/14 - 3/21	\$66.00	#54375
	Wed	5:30 PM	2/15 - 3/22	\$66.00	#54376
	Thu	6:00 PM	2/16 - 3/23	\$66.00	#54377
	Sat	11:00 AM	2/18 - 3/25	\$66.00	#54378