

Rainier Beach Pool
SWIMMING LESSONS
January 10 - April 1

Registration Begins:
Online:
In Person:
By Phone:

December 6 at Noon
www.seattle.gov/parks
8825 Rainier Ave
206.386.1925

PARENT & CHILD AQUATICS
Ages: 6 months - 4 years

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. In addition, everyone is introduced to water safety topics along with songs, games and lots of fun. Each child must be accompanied in to the water by a parent or adult. Swim diaper or tight fitting plastic pants are required.

THREE-YEAR-OLD LESSONS
Age: 3 years old

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. To ensure safety and quality, we maintain a 3:1 student to instructor ratio.

KINDER LESSONS
Ages: 4 & 5

Participants start with basic water adjustment and advance through front and back floats, flutter kick, rolling from front to back, side breathing, crawl stroke with side breathing, backstroke, whip kick, treading water, diving, and water safety skills. On the first day of class, children are sorted into groups by ability with a 6:1 student to instructor ratio to ensure safety and quality.

BEGINNING SWIMMER LESSONS
Ages: 6 - 16

Our specially designed **Seattle Swims** Lesson Program puts the emphasis on safety, fitness and fun! Our teaching techniques utilize well organized progressions for learning, plenty of practice and instructor feedback. This class mainly focuses on floating, gliding and kicking, crawl stroke with side breathing, elementary backstroke, backstroke, whip kick, breaststroke, treading water diving and more water safety skills. We will group children by ability on the first day of class to provide the best opportunity for your child's success.

ADAPTIVE SWIM LESSONS
Ages 6-17

These are 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 for registration.

PRE-COMPETITION LESSONS
Ages: 6 - 16

Prerequisite: Swimmers must have passed Advanced Swimmer, Experience the challenge of competitive swimming! Instruction will focus on improving stroke technique, flip turns, racing starts, learning about "sets" and "send-offs" and overall improvement of endurance and speed. Instruction occurs from the deck and will include swimming in deep water.

ADULT LESSONS
Ages 16 and up

All ability levels 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 lifesaving skills.

CLOSURES: Monday January 2nd Observed New Year's Day, Monday January 16 for Martin Luther King Day, Monday February 20 for Presidents Day, Thursday March 23 for All Staff training

REFUNDS, WITHDRAWS AND TRANSFERS

Partial prorated refunds are available if you drop a class **prior to the second lesson of the session**. \$5 or 10 % withdraw fees apply. These fees apply to any withdraw, even if you wish to register for an alternate class. Full refund is issued if Parks cancels a program. More information on refund policy is available on request.

We reserve the right to cancel any program that does not have the minimum number of participants enrolled.

Class	Session	Day	Times	Dates	Classes	Cost	Barcode
Parent & Child Aquatic Lessons Ages 6 months to 3 years old	1	Tuesday	5:30-6:00pm	1/10-2/14	6	\$54.00	54133
		Thursday	5:30-6:00pm	1/12-2/16	6	\$54.00	54135
		Saturday	10:30-11:00am	1/14-2/18	6	\$54.00	54136
	2	Tuesday	5:30-6:00pm	2/28-3/28	5	\$45.00	54137
		Thursday	5:30-6:00pm	3/2-3/30	4	\$36.00	54139
		Saturday	10:30-11:00am	3/4-4/1	5	\$45.00	54140
3 Year Olds	1	Tuesday	5:30-6:00pm	1/10-2/14	6	\$90.00	54144
		Wednesday	5:30-6:00pm	1/11-2/15	6	\$90.00	54145
		Thursday	5:30-6:00pm	1/12-2/16	6	\$90.00	54146
	2	Tuesday	5:30-6:00pm	2/28-3/28	5	\$75.00	54147
		Wednesday	5:30-6:00pm	3/1-3/29	5	\$75.00	54148
		Thursday	5:30-6:00pm	3/2-3/30	4	\$60.00	54149
Kinders Ages 4-5 Years Old	1	Tuesday	5:30-6:00pm	1/10-2/14	6	\$66.00	54150
		Wednesday	5:30-6:00pm	1/11-2/15	6	\$66.00	54151
		Thursday	5:30-6:00pm	1/12-2/16	6	\$66.00	54152
		Saturday	10:30-11:00am	1/14-2/18	6	\$66.00	54153
	2	Tuesday	5:30-6:00pm	2/28-3/28	5	\$55.00	54154
		Wednesday	5:30-6:00pm	3/1-3/29	5	\$55.00	54155
		Thursday	5:30-6:00pm	3/2-3/30	4	\$44.00	54156
		Saturday	10:30-11:00am	3/4-4/1	5	\$55.00	54157

Class	Session	Day	Times	Dates	Classes	Cost	Barcode
Beginning Swimmer Ages 6-16 Year Old	1	Tuesday	6:00-6:30pm	1/10-2/14	6	\$54.00	54158
		Tuesday	6:30-7:00pm	1/10-2/14	6	\$54.00	54159
		Wednesday	6:00-6:30pm	1/11-2/15	6	\$54.00	54160
		Wednesday	6:30-7:00pm	1/11-2/15	6	\$54.00	54161
		Thursday	6:00-6:30pm	1/12-2/16	6	\$54.00	54162
		Thursday	6:30-7:00pm	1/12-2/16	6	\$54.00	54163
		Saturday	11:00-11:30am	1/14-2/18	6	\$54.00	54164
		Saturday	11:30-12:00pm	1/14-2/18	6	\$54.00	54165
	2	Tuesday	6:00-6:30pm	2/28-3/28	5	\$45.00	54166
		Tuesday	6:30-7:00pm	2/28-3/28	5	\$45.00	54167
		Wednesday	6:00-6:30pm	3/1-3/29	5	\$45.00	54168
		Wednesday	6:30-7:00pm	3/1-3/29	5	\$45.00	54169
		Thursday	6:00-6:30pm	3/2-3/30	4	\$36.00	54170
		Thursday	6:30-7:00pm	3/2-3/30	4	\$36.00	54171
Saturday	11:00-11:30am	3/4-4/1	5	\$45.00	54172		
Saturday	11:30-12:00pm	3/4-4/1	5	\$45.00	54173		

Class	Session	Day	Times	Dates	Classes	Cost	Barcode
Adaptive Swim Lessons Ages 6-17 years old	1	Tuesday	6:30-7:00pm	1/10-2/14	6	\$54.00	54178
		Wednesday	6:30-7:00pm	1/11-2/15	6	\$54.00	54179
		Thursday	6:30-7:00pm	1/12-2/16	6	\$54.00	54180
		Saturday	10:30-11:00am	1/14-2/18	6	\$54.00	54181
	2	Tuesday	6:30-7:00pm	2/28-3/28	5	\$45.00	54182
		Wednesday	6:30-7:00pm	2/28-3/28	5	\$45.00	54183
		Thursday	6:30-7:00pm	3/1-3/29	4	\$36.00	54184
		Saturday	10:30-11:00am	3/4-4/1	5	\$45.00	54185
Pre-Competition Ages 6-16 Years Old	1	Friday	6:15-7:00pm	1/13-2/17	6	\$81.00	54189
	2	Friday	6:15-7:00pm	3/3-3/31	5	\$67.50	54190
Adults	1	Wednesday	11:30-12:00pm	1/11-2/15	6	\$54.00	54186
		Friday	11:30-12:00pm	1/13-2/17	6	\$54.00	54187
	2	Wednesday	11:30-12:00pm	3/1-3/29	5	\$45.00	54188
		Friday	11:30-12:00pm	3/3-3/31	5	\$45.00	54191

YOU CAN BE A SUPER HERO TOO! As part of our ongoing commitment to water safety, Seattle Parks and Recreation—in partnership with Seattle Children's

Hospital and supplemented by donations from the community made to the You Can Be A Super Hero Too campaign—is offering scholarships to supplement the cost of swim lessons for youth ages 4 to 16.



Can you make a donation?

To make your donation to the Seattle Parks and Recreation swim lesson scholarship fund, visit any Seattle Parks and

Recreation swimming pool, or donate online to www.arcseattle.org/get-involved/. For more information, call your local pool or 206-684-7185. Be a hero and help every child become a super swimmer!

Lesson Tips of the Quarter

Attendance

Your children's learning relies on a lot of factors, including skill level, student-teacher relationships, class control to name a few. But, the greatest factor that we often forget is attendance. If a student is in class and actively participating, they will learn more.

The first thing that comes to mind when we are asked "Why can't my kid swim?" is whether or not the child has good attendance and properly engaged in class. Registration is not enough—following through with consistent attendance, active participation and paying attention will let you reap the benefits of your classes. Below are some other ripple effects of having good attendance.

Ripple # 1: *It makes sure that every student fits their class.*

On the first day of lessons, we group kids together according to skill level and assign their teachers. Lately with some of our bigger classes, only half of all registered students show up. This does not let us see everyone's skill sets and the groupings end up wonky. When everyone shows up, it makes the process more effective and the students are set up for success.

Ripple # 2: *The student obtains and retains skills better.*

The more we do things, the more they become natural to us. The more we practice, the better we get. The same is true in swim lessons. We want them there, and we want them to keep coming. That's the best way for them to get the practice and instructions they need to be safer and better when in the water.

These are quick and easy ways to help you, other patrons and the staff make sure that we achieve our aquatic goals. We are excited to have you here at Rainier Beach Pool and Community Center.

Happy Swimming!

Do you know a swimmer who needs a scholarship?

To learn more about applying or to receive a Low-Income Scholarship application, please speak to a front desk attendant.

Approved scholarships may be used for any swimming lesson, with additional funding available to Kinder, Beginning Swimmer, and Advanced Swimmer lessons.