

# SOUTHWEST POOL

September 2— December 6, 2025



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

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Maintenance Closure December 7—21</b>					<b>Lap Swim</b> 9:30-10:30 am
<b>Adult Swim</b> <b>3 lanes</b> Noon—1:30pm	<b>Adult Swim</b> <b>3 lanes</b> Noon—1:30pm	<b>Adult Swim</b> <b>3 lanes</b> Noon—1:30pm	<b>Adult Swim</b> <b>3 lanes</b> Noon—1:30pm	<b>Adult Swim</b> <b>3 lanes</b> Noon—2:30pm	<b>Swim Lessons</b> 10:30am-12:00pm
					<b>Recreation Swim</b> 12:15-1:15pm
<b>Water Fitness</b> 1:30-2:15pm	<b>Water Fitness</b> 1:30-2:15pm	<b>Water Fitness</b> 1:30-2:15pm	<b>Water Fitness</b> 1:30-2:15pm		<b>Swim Lessons</b> 1:30-2:30pm
<b>Close at 2:30pm</b> <b>9/26,10/3,10/24</b>					
<b>Lap Swim</b> 3:00-3:55pm	<b>Swim Lessons</b> 3:00-3:30pm <b>School Lessons</b> 3:30-4:00pm	<b>Lap Swim</b> 3:00-3:55pm	<b>Swim Lessons</b> 3:00-3:30pm <b>School Lessons</b> 3:30-4:00pm	<b>Lap Swim</b> 3:00-4:25pm (Swim Meets 9/26,10/3,10/24)	<b>Adult Swim</b> 2:35-3:30pm 3 lanes
<b>Swim Lessons</b> 4:00-6:00pm	<b>Swim Lessons</b> 4-6:00pm	<b>Swim Lessons</b> 4:00-6:00pm	<b>Swim Lessons</b> 4-6:00pm	<b>Recreation Swim</b> 4:30-5:45pm (Swim Meets 9/26,10/3,10/24)	<b>Rentals</b> 3:30-4:30pm
<b>Lap Swim</b> 6:05-7:00 pm	<b>Recreation Swim</b> 6:05-7:00pm	<b>Lap Swim</b> 6:05-7:00 pm	<b>Recreation Swim</b> 6:05-7:00pm		
<b>Water Fitness</b> <b>Deep</b> 7:05-7:50pm	<b>Lap Swim</b> <b>4 lanes</b> 7:05-8:00pm	<b>Water Fitness</b> <b>Deep</b> 7:05-7:50pm	<b>Lap Swim</b> <b>4 lanes</b> 7:05-8:00pm	<b>Teen Programming</b> 6:00– 7:00pm (Swim Meets 9/26,10/3,10/24)	

**Pool Closed for Holidays and City Trainings: 9/25, 10/13, 11/11, 11/27 & 11/28**



## SOUTHWEST POOL

September 2—December 6

2801 SW Thistle St

Seattle, Washington 98126

206-684-7440

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

### FALL LOBBY HOURS:

Monday & Wednesday Noon-8:00pm

Tuesday & Thursday Noon-8:00pm

Friday Noon-6:00pm

Saturday 9:30am-3:30pm

**Pool Closed for Holidays and City Trainings:**

**9/25, 10/13, 11/11, 11/27 & 11/28**

**Close at 2:30pm for HS Swim Meets 9/26,10/3,10/24**

**Maintenance Closure December 7—21**

### FEES

#### RECREATIONAL SWIM PRICES:

Children under 1	Free
Youth (Age 1-17)	\$5.50
Adult (Ages 18-64)	\$7.50
Senior Adults (Ages 65+)	\$5.50
Adaptive	\$5.50

#### FITNESS SWIM PRICES:

Adult Fitness	\$8.00
Youth/Senior/Adaptive	\$6.00

#### OTHER FEES:

"Just a Shower"	\$7.50
Towel Rental	\$0.50

### DISCOUNT SWIM CARD!

Swim Cards are a prepaid discount admission card that provides access to many recreational choices at Seattle Parks and Recreation. 10 visits can be loaded at the discount rate.

Recreational Swim Pass (10 visits)	Unlimited 30 day pass
Youth (Age 1-17) \$50.00	Adult (Ages 18-64) \$85.00
Adaptive \$50.00	Youth, Senior, SP \$61.00
Adult (Ages 18-64) \$68.00	
Senior Adults (Ages 65+) \$50.00	

#### Fitness Swim Passes (10 visits)

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

30 Day Passes are recommended for those who attend 4 or more programs per week. Ask for details.



### RECREATIONAL SWIM

**Adult/Senior Adult Swim:** This is a recreational lap swim period for adults 18 years and older. There is an open area for water walking or exercise.

**Lap Swim:** This program is designed for swimmers of all speeds, and those who want to work on conditioning. Some lanes may be reserved for personal lessons.

**Recreation Public Swim:** This is a recreational swim for swimmers of all ages. 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.

### FITNESS PROGRAMS

**Water Fitness:** A water exercise class designed to build strength, flexibility, and cardiovascular fitness. It takes advantage of your buoyancy in the water and the resistance the water creates. This is a terrific exercise program regardless of your age or fitness abilities, and it allows you to exercise at your own comfort level.

**Deep Water Fitness** This deep water class uses specially designed buoyancy and resistance equipment that provides a demanding workout for the whole body. Tone and strengthen your muscles without impact on your joints, recover from an injury, and increase your endurance. Great music keeps you working hard! Deep water comfort required.

### AMENITIES

SPA— CLOSED -Repairs delayed until 2026

SAUNA— Open during your paid program time. It will be closed between programs. Adults only. No capacity limits. Use should be based on available seating.

FITNESS ROOM—Open during your paid program time. Adults only. It will be closed between programs

### SWIM LESSONS

Southwest Pool offers a variety of lessons for all age groups, ranging from Parent/Child classes to Adult Lessons. Course and registration information is available at:

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

### TEEN PROGRAMMING—Ages 13-18—FREE

FRIDAYS 6:00-7:00pm.

- Improve your swimming.
- Learn Pre-Lifeguarding skills.
- Have Fun in the pool.
- All skill levels welcome.
- E-13 Parent Permission form required prior to attending.