



Seattle
Parks and Recreation

Southwest Pool

2801 SW Thistle St. Seattle WA 98126



Winter 2023 SWIMMING LESSONS

Jan 10th—April 1st

Registration: Tuesday, December 6th at Noon

Online: www.seattle.gov/parks

In Person: At Southwest Pool

We are unable to take phone registrations at this time. 206-684-7440

Parent and Child 6 months – 3 years

Parent and child in the water working on beginning water adjustment skills and appropriate water safety. Songs, water games and plenty of playtime included. How to hold child for: security and safety, floating, kicking, jumping. Bubble blowing. Paddling. Songs and games.

A responsible adult must be in the water for child's safety and assistance.

Kinders Ages 4–5

Basic water skills . Blowing bubbles, putting the whole face (including eyes and ears) in the water. Floating, gliding, kicking and standing up. Jumping into the pool safely and floating or swimming back to the wall

Beginning Swimmers Ages 6 – 16

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. Skills taught eventually help a child with proper kicking on front and back, rolling over, arm strokes, breath control with combined skills that lead to crawl stroke. Jumping in and personal safety skills.

* No Lesson 3/23 - Citywide Training

Class	Session	Days	Times	Dates	# Classes	Cost	Barcode
Parent & Child Ages 6 mos- 3 yrs Parent Assisted	1	Tues	4:00-4:30 p	1/10-2/14	6	\$54.00	53968
		Tues	5:00-5:30 p	1/10-2/14	6	\$54.00	53969
		Thurs	4:00-4:30 p	1/12-2/16	6	\$54.00	53970
		Thurs	5:00-5:30 p	1/12-2/16	6	\$54.00	53971
		Sat	11:30a -12:00	1/14-2/18	6	\$54.00	53972
	2	Tues	4:00-4:30 p	2/21-3/28	6	\$54.00	53973
		Tues	5:00-5:30 p	2/21-3/28	6	\$54.00	53974
		Thurs	4:00-4:30 p	2/23-3/30*	5	\$45.00	53975
		Thurs	5:00-5:30 p	2/23-3/30*	5	\$45.00	53976
		Sat	11:30a-12:00	2/25-4/1	6	\$54.00	53977
Kinders Ages 4-5	1	Tues	4:00-4:30 p	1/10-2/14	6	\$66.00	53958
		Tues	5:00-5:30 p	1/10-2/14	6	\$66.00	53959
		Thurs	4:00-4:30 p	1/12-2/16	6	\$66.00	53960
		Thurs	5:00-5:30 p	1/12-2/16	6	\$66.00	53961
		Sat	11:00a-11:30	1/14-2/18	6	\$66.00	53962
	2	Tues	4:00-4:30 p	2/21-3/28	6	\$66.00	53963
		Tues	5:00-5:30 p	2/21-3/28	6	\$66.00	53964
		Thurs	4:00-4:30 p	2/23-3/30*	5	\$55.00	53965
		Thurs	5:00-5:30 p	2/23-3/30*	5	\$55.00	53966
		Sat	11:00a-11:30	2/25-4/1	6	\$66.00	53967
Beginning Youth Ages 6-16	1	Tues	4:30-5:00 p	1/10-2/14	6	\$54.00	53952
		Thurs	4:30-5:00 p	1/12-2/16	6	\$54.00	53953
		Sat	10:30a-11:00	1/14-2/18	6	\$54.00	53954
	2	Tues	4:30-5:00 p	2/21-3/28	6	\$54.00	53955
		Thurs	4:30-5:00 p	2/23-3/30*	5	\$45.00	53956
		Sat	10:30a-11:00	2/25-4/1	6	\$54.00	53957