

SOUTHWEST POOL



Seattle
Parks & Recreation

June 22 through August 29, 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Summer Swim League 9:00-10:00 am	Summer Swim League 9:00-10:00 am	Summer Swim League 9:00-10:00 am	Summer Swim League 9:00-10:00 am	Summer Swim League 9:00-10:00 am	Lap Swim 9:30-10:30 am
Swim Lessons 10:00am– 12:00pm	Swim Lessons 10:00am– 12:00pm	Swim Lessons 10:00am– 12:00pm	Swim Lessons 10:00am– 12:00pm	Swim Lessons 10:00am– 11:00am	
				Day Camp 11:00am– 12:00pm	Swim Lessons 10:30am-12:00pm
Public Recreation Swim 12:05-1:30pm	Adult Swim 3 lanes Noon—1:30pm	Public Recreation Swim 12:05-1:30pm	Adult Swim 3 lanes Noon—1:30pm	Adult Swim 3 lanes Noon—2:30pm	
Water Fitness-Shallow 2:00-2:45pm	Water Fitness-Shallow 1:30-2:15pm	Water Fitness-Shallow 2:00-2:45pm	Water Fitness-Shallow 1:30-2:15pm		Adult Swim 3 lanes Noon—2:30pm
	Adult Swim 3:00-4:25pm		Public Recreation Swim 3:00-4:25pm	Adult Swim 3:00-4:25pm	
Swim Lessons 4:30– 5:30pm		Swim Lessons 4:30– 6:30pm	Swim Lessons 4:30– 5:30pm	Swim Lessons 4:30– 6:30pm	Teen Program* 4:30-5:30pm
Water Fitness-Deep 6:45-7:30pm	Water Fitness-Deep 6:45-7:30pm	Water Fitness-Deep 6:45-7:30pm	Water Fitness-Deep 6:45-7:30pm	*Closing July 3 at 4:25pm July 17 at 2:30pm	
			Revised June 30th		

Pool Closed July 4. Closing Early July 3 @ 4:25pm & July 17 @ 2:30pm

For more information visit seattle.gov/parks or call 206-684-7440



SOUTHWEST POOL

June 22-August 29

2801 SW Thistle St

Seattle, Washington 98126

206-684-7440

SEATTLE.GOV/PARKS/AQUATICS/SWPOOL.HTM

SUMMER LOBBY HOURS:

Monday & Wednesday 9:00am-5:30pm

Tuesday & Thursday 9:00am-6:00pm

Friday 9:00am-5:30pm

Saturday 9:30am-3:30pm

Pool Closed for Holidays and Maintenance: July 4th
Closing Early: July 3 @ 4:25pm & July 17 @ 2:30pm

FEES

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"	\$8.00
Towel Rental	\$0.50
Coin-Operated Lockers	\$0.25

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)	\$54.00	Adult (Ages 18-64) \$91.50
Adaptive	\$54.00	Youth, Senior, SP \$66.50
Adult (Ages 18-64)	\$72.00	
Senior Adults (Ages 65+)	\$54.00	

Fitness Swim Passes (10 visits)

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

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

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

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.

Revised June 30th.