Helene Madison POOL

FALL 2004

Things to Know

- Pool Dimensions: Shallow pool is 15yd x 40yd & Lap pool is 25yd x 15yd
- Water Temperature: 85˚ F
- 72 lengths = 1 mile
- Served by Metro buses #317 and #302
- Pool lift and portable steps for non-ambulatory patrons
- Family Changing room available
- Children 6 years and older must use the appropriate gender locker room.
- Children under 4 feet tall must have an adult with them at all times in the water.
- We accept MasterCard, Visa and American Express
- Please use the recycling containers or garbage cans located in the lobby, locker rooms and deck.
- Please no glass containers
- Pool closed 10/24, 10/31, 11/11, 11/25, 11/26.
- Pool closes early at 4 p.m. 12/24 & 12/31.

13401 Meridian Avenue North
Seattle, WA 98133
206-684-4979
Fax 206-417-3136

Helene Madison Pool

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Seattle, WA 98133
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Visit us online at ***www.seattle.gov/parks!***

Hours of Operation/Cashier Available

Sunday	10:30 a.m. – 6 p.m.
Monday – Thursday	Noon – 8:30 p.m.
Friday	Noon – 8 p.m.
Saturday	Pool Closed

Holiday Closures

Thurs, Nov 11, Veteran's Day

Thurs, Nov 25 & Fri, Nov 26, Thanksgiving Holiday

Fri, Dec 24 & Fri, Dec 31, Pool closes early (4 p.m.) for Christmas Eve and New Year's Eve

Swim Meet Closures

Sun, Oct 24 & Sun, Oct 31, pool closed all day

Tue, Sep 14 & Tue, Oct 19, pool closed 3 – 5:30 p.m.

Program Registration

Swim Lesson Session 1 Registration begins Thursday, August 26 @ 7 p.m.

Program Dates

September 8 – December 31, 2004

Professional Staff

Ken Bounds, *Superintendent*

Christopher Williams, *Operations Director*

Kathie Huus, *Northwest Parks & Recreation Manager*

Tom Ostrom, *Northwest Senior Recreation Coordinator*

Nancy Eisner, *Co-Aquatic Center Coordinator*

Diane Jones, *Co-Aquatic Center Coordinator*

Donna Sammons, *Assistant Aquatic Center Coordinator*

Mark Cantell, *Senior Lifeguard*

Shawn Owens, *Senior Lifeguard*

Jennifer Tramble, *Cashier*

Paul Casler, *Pool Operator*

Rentals

Madison Pool is available to rent for special events and birthday parties! For more information, call 206-684-4979 during operating hours. Please allow 2 weeks advance notice for all rental requests. Standard fee for one hour pool rental for 30 swimmers or less is $97.50. (Fee increases with additional swimmers.) We also rent the lobby for $44 per hour. Payment required to hold reservation.

Payment

You can pay for classes and other activities in person during regular facility hours, or by telephone with a credit card. We accept Visa, MasterCard and American Express. Please make checks and money orders out to City of Seattle or Madison Pool Advisory Council (staff rental fees). PLEASE NOTE: Payment is due when you register, unless we have indicated otherwise. If your check is returned for insufficient funds, your registration will be cancelled until you pay the amount due, plus a $20 fee. (Credit card or cash only.) We are working on a system that will make online registration available.

It is the policy of Seattle Parks and Recreation and the Associated Recreation Council that any person who registers for a swim class that is cancelled for any reason by the Department will receive a full refund. In the event of an unplanned cancellation of a single session of a class, that class will be rescheduled whenever possible. If it cannot be rescheduled, the participant will receive a refund. A participant may be issued a refund if he/she drops a class, and notifies the program coordinator, prior to the second class session. The prorated class fee plus a service charge of $5 or 10% of the fee, whichever is greater, will be retained by the facility. If a participant drops a class after the second session of a series, no refund will be given.

Scholarships

The City of Seattle and Madison Pool try to ensure that swim lessons are available to everyone, regardless of their ability to pay. If you are interested in receiving a low-income reduced rate, please see our pool cashier for an application. Documentation is required to receive low-income rate.

Waiting lists

We will create waiting lists for all filled classes. Please be sure to sign up if you are interested in a class that is full, because class openings often become available. If demand is high, we will try to form another class. Please contact us for space availability.

Class cancellations

A minimum of 4 students is required for all youth swimming classes. Programs may be combined or cancelled if minimum enrollment is not met. If a class is cancelled by the pool, the participant will be refunded. (See refund policy.)

You can make a difference!

Madison Pool Advisory Council is a group of citizens dedicated to the enrichment of our community. Its support enables us to offer a variety of programs and services for people of all ages, abilities and backgrounds.

Our Advisory Council is always looking for new members. Meetings are held on the fourth Monday evening of every month to talk about programs, policies, and financial issues. Citizen direction and participation are vital to our continued success. Advisory Council members also create scholarship opportunities through grant writing and other fundraising activities. If you'd like to get involved, please contact our staff.

2004 Fees and Charges

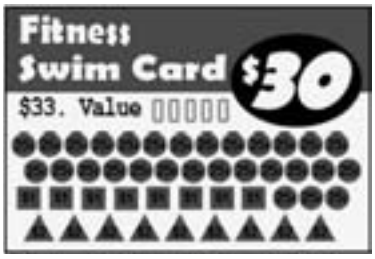
Recreation Swim Prices

Children under 1 year	Free
Youth (ages 1 – 18)	$2.25
Adult (ages 19 – 64)	$3.25
Senior Adults (65 years & up)	$2.25
Special Populations/ADA	$2.25
Recreation Swim Card ($22 value!)	$20.00
Adult Monthly F.A.S.T. Pass*	$45.00
Sr./Youth/ADA Monthly F.A.S.T. Pass*	$35.00

Fitness Prices

Adult Fitness	$3.75
Sr/Youth/ADA Fitness	$2.50
Fitness Swim Card ($33 value!)	$30.00

Fees Subject to Change



Other Fees

"Just a Shower"	$2.00
Towel Rental	50¢
Exercise Equipment Rental	$1.50
Coin-Operated Locker	25¢
Goggles	$4.00 – $8.00
Caps	$2.50 – $7.00
Swim Diaper	$1.00

***The F.A.S.T. Pass is** an unlimited personal monthly pass which allows you to access all fitness and recreational swim programs, sauna, and pool weight machine. Good at any City Pool! It's the best value for your buck!

Special Events

Community Open House

Come learn about Madison Pool! On Sept. 17, from 6 to 8 p.m., community centers and pools citywide will hold a Community Open House. Meet staff members, take facility tours, ask questions, and sign up (late registration) for fall classes and programs. Light refreshments will be served. Please call 206-684-4979 for more information.

Fri, Sep 17	**6 – 7 p.m.**	**Free!**
	7 – 8 p.m.	**$1 Public Swim**

Pumpkin Swim

Come swim with pumpkins at the Public Swim on Friday, October 29 from 7 to 8 p.m! Enjoy floating around the pool on a pumpkin or two!

Fri, Oct 29 **7 – 8 p.m.**

Fees: Adults – $3.25; Senior/Youth/ADA – $2.25

Swimming Pool Rentals

Have a Swimming Birthday Party or a pool Baptism! We rent Madison Pool for special occasions! The pool is available for rentals Saturdays from 10 a.m. to 8 p.m., Sundays before 10:30 a.m. or after 6 p.m., and Weeknights after 8:30 p.m.

Fees begin at $97.50 for a one-hour pool rental for up to 30 people. Pool rentals for over 30 people in the pool require additional lifeguards and additional fees will be charged per additional lifeguard.

We also rent the lobby for $44 per hour when the pool is closed or $25 per hour when the pool is open.

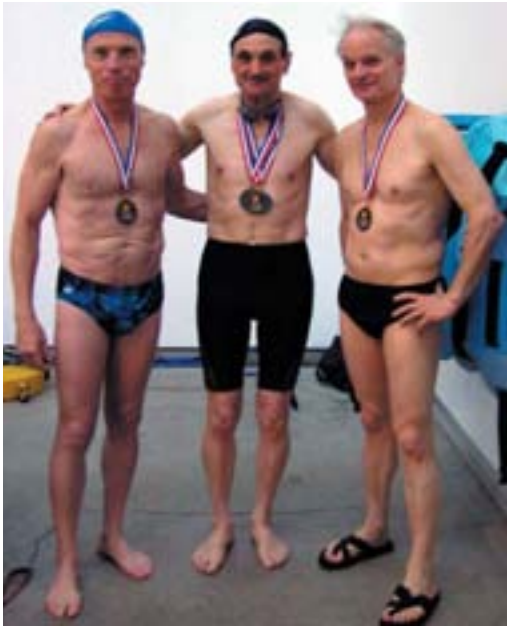
For more information, call 206-684-4979 during operating hours or visit our web site at www.seattle.gov/parks.

Seattle Parks and Recreation is pleased to offer FREE swimming instruction to children in 3rd and 4th grades. As an element of the Pro Parks Levy approved by voters in 2000, funding was provided for 3rd and 4th grade children enrolled in Seattle Public Schools. Through December 31, 2004, we are able to expand this FREE program to include children attending private schools or home-schooled students, who live within the City of Seattle. For more information on the "Learn to Swim" program, please call Madison Pool at 206-684-4979 or visit the web at

www.seattle.gov/parks/aquatics/learntoswim.htm

Volunteer Swim Instructor Aide

Looking for a way to give back to the community or engage in community service hours for high school credit? We are looking for people who can commit to a 1½ hour block of time once or twice a week during our lesson program. All volunteers must complete a background check and go through a volunteer orientation. Call 206-684-4979 for more information.



Senior Games Medal Winners

Learn To Swim Lessons:

Session 1 Registration 8/26/04@7 p.m.

L1 to 4	M/W	2:00 p.m.	9/13-10/27/04
L1 to 4	Mon	6:30 p.m.	9/13-12/13/04
L1 to 4	Tues	2:00 p.m.	9/14-12/14/04
L1 to 4	T/TH	5:00 p.m.	9/16-10/28/04
L1 to 4	T/TH	6:00 p.m.	9/14-10/28/04
L1 to 4	Wed	6:30 p.m.	9/15-12/15/04
L1 to 4	Sun	2:30 p.m.	9/12-10/17/04
L1 to 4	Sun	4:30 p.m.	9/12-10/17/04
L5 & 6	Mon	7:00 p.m.	9/13-12/13/04
L5 & 6	Wed	7:00 p.m.	9/15-12/15/04
L6	T/TH	6:00 p.m.	9/14-10/28/04

Session 2 Registration 10/28/04@7 p.m.

L1 to 4	M/W	2:00 p.m.	11/1-12/15/04
L1 to 4	T/TH	5:00 p.m.	11/2-12/16/04
L1 to 4	T/TH	6:00 p.m.	11/2-12/16/04
L1 to 4	Sun	2:30 p.m.	11/7-12/19/04
L1 to 4	Sun	4:30 p.m.	11/7-12/19/04
L6	T/TH	6:00 p.m.	11/2-12/16/04

Changes in Our Swim Lesson Program

Beginning Fall Session Madison Pool will begin using the newly-revised American Red Cross Learn-To-Swim lesson program. You will notice changes to the skills being taught in the Kinder and Beginning Youth lessons, some skills have moved and are introduced in earlier or later levels. The program has changed to a six-level program from a seven-level program. Level six is designed with "menu" options that each focus on preparing students to participate in more advance courses. Level six options are Personal Water Safety, Lifeguard Readiness and Fitness Swimmer (which was the old Swim Team Prep class.).

Each child will be evaluated and receive a progress report at the end of each session which will indicate the appropriate level to register them into for the following session.

Madison Pool Fall 2004 Lesson Information

Session I Registration is Thursday, August 26th at 7 p.m.

Class	Day	Time	Dates	Classes	Fee
Tots (6 months to 4 years)	Monday	1:00 – 1:30 p.m.	Sep 13 – Dec 13	14	$56
	Tuesday	6:30 – 7:00 p.m.	Sep 14 – Dec 14	14	$56
	Wednesday	1:00 – 1:30 p.m.	Sep 15 – Dec 15	14	$56
	Thursday[2]	6:30 – 7:00 p.m.	Sep 16 – Dec 16	12	$48
Kinders (4 - 5 years)	Monday	6:00 – 6:30 p.m.	Sep 13 – Dec 13	14	$56
	Mon & Wed	1:30 – 2:00 p.m.	Sep 13 – Oct 27	14	$56
	Tuesday	2:30 – 3:00 p.m.	Sep 14 – Dec 14	14	$56
	Wednesday	6:00 – 6:30 p.m.	Sep 15 – Dec 15	14	$56
	Tue & Thu	5:30 – 6:00 p.m.	Sep 14 – Oct 28	14	$56
	Sunday	3:00 – 3:30 p.m.	Sep 12 – Oct 17	6	$24
Beginning Youth: Levels 1-4 (6 - 13 years)	Monday	6:30 – 7:00 p.m.	Sep 13 – Dec 13	14	$56
	Mon & Wed	2:00 – 2:30 p.m.	Sep 13 – Oct 27	14	$56
	Tuesday	2:00 – 2:30 p.m.	Sep 14 – Dec 14	14	$56
	Tue & Thu[1]	5:00 – 5:30 p.m.	Sep 16 – Oct 28	12	$48
	Tue & Thu	6:00 – 6:30 p.m.	Sep 14 – Oct 28	14	$56
	Wednesday	6:30 – 7:00 p.m.	Sep 15 – Dec 15	14	$56
	Sunday	2:30 – 3:00 p.m.	Sep 12 – Oct 17	6	$24
	Sunday	4:30 – 5:00 p.m.	Sep 12 – Oct 17	6	$24
Advanced Youth: Levels 5 & 6	Monday	7:00 – 7:30 p.m.	Sep 13 – Dec 13	14	$56
	Wednesday	7:00 – 7:30 p.m.	Sep 15 – Dec 15	14	$56
	Thursday[2]	2:00 – 2:30 p.m.	Sep 16 – Dec 16	12	$48
Adv Y: Level 6 (STP)	Tue & Thu	6:00 – 6:30 p.m.	Sep 14 – Oct 28	14	$56
Special Populations	Monday	5:30 - 6:00 p.m.	Sep 13 – Dec 13	14	$56
	Wednesday	5:30 – 6:00 p.m.	Sep 15 – Dec 15	14	$56
Adults	Monday	7:00 – 7:30 p.m.	Sep 13 – Dec 13	14	$56
	Wednesday	7:00 – 7:30 p.m.	Sep 15 – Dec 15	14	$56

Session II Registration is Thursday, October 28th at 7 p.m.

Kinders (4 – 5 years)	Mon & Wed	1:30 – 2:00 p.m.	Nov 1 – Dec 15	14	$56
	Tue & Thu[2]	5:30 – 6:00 p.m.	Nov 2 – Dec 16	12	$48
	Sunday	3:00 – 3:30 p.m.	Nov 7 – Dec 19	7	$28
Youth: Levels 1-4	Mon & Wed	2:00 – 2:30 p.m.	Nov 1 – Dec 15	14	$56
	Tue & Thu[2]	5:00 – 5:30 p.m.	Nov 2 – Dec 16	12	$48
	Tue & Thu[2]	6:00 – 6:30 p.m.	Nov 2 – Dec 16	12	$48
	Sunday	2:30 – 3:00 p.m.	Nov 7 – Dec 19	7	$28
	Sunday	4:30 – 5:00 p.m.	Nov 7 – Dec 19	7	$28
Adv Y: Level 6 (STP)	Tue & Thu	6:00 – 6:30 p.m.	Nov 2 – Dec 16	12	$48

Notes:

[1]No 5 p.m. lessons Tuesday, September 14 or Tuesday, October 19 (Swim Meets)

[2]No lessons Thurdsay, November 11 (Veteran's Day) or Thursday, November 25 (Thanksgiving Day).

Pool Closed Sunday, October 24 and Sunday, October 31 for swim meets.

Tot Swim Lessons

Developed for children 6 months to 5 years of age; builds swimming readiness by emphasizing fun in the water. Parents and children participate in several guided practice sessions that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration and more. All small children are required to wear a 'swim' diaper or plastic pants under their suits in the pool.

Age: 6 months to 4 years old

Session 1

Registration is Thursday, August 26, 2004 at 7 p.m.

Mon	**1 – 1:30 p.m.**	**Sep 13 – Dec 13**	**$56**
Tue	**6:30 – 7 p.m.**	**Sep 14 – Dec 14**	**$56**
Wed	**1 – 1:30 p.m.**	**Sep 15 – Dec 15**	**$56**
Thu	**6:30 – 7 p.m.**	**Sep 16 – Dec 16**	**$48**

Kinders Swim Lesson

Water adjustment and basic skills for children 4 to 5 years old. This class helps build your child's confidence and provides a solid foundation for more advanced classes.

Session 1

Registration is Thursday, August 26, 2004 at 7 p.m.

Mon	**6 – 6:30 p.m.**	**Sep 13 – Dec 13**	**$56**
Mon, Wed	**1:30 – 2 p.m.**	**Sep 13 – Oct 27**	**$56**
Tue	**2:30 – 3 p.m.**	**Sep 14 – Dec 14**	**$56**
Tue, Thu	**5:30 – 6 p.m.**	**Sep 14 – Oct 28**	**$56**
Wed	**6 – 6:30 p.m.**	**Sep 15 – Dec 15**	**$56**
Sun	**3 – 3:30 p.m.**	**Sep 12 – Oct 17**	**$24**

Session 2

Registration is Thursday, October 28, 2004 at 7 p.m.

Mon, Wed	**1:30 – 2 p.m.**	**Nov 1 – Dec 15**	**$56**
Tue, Thu	**5:30 – 6 p.m.**	**Nov 2 – Dec 16**	**$48**

No lesson on Nov 11 & 25th due to holidays.

Sun	**3 – 3:30 p.m.**	**Nov 7 – Dec 19**	**$28**

Beginning Youth Swim Lessons

American Red Cross Learn to Swim beginning youth swim lessons, levels 1 to 4. The prerequisite for each level is the successful demonstration of the skills from the preceding level, except for Level 1, which has no prerequisite. Each level includes training in basic water safety in addition to the swimming skills.

Session 1

Registration is Thursday, August 26, 2004 at 7 p.m.

Mon	**6:30 – 7 p.m.**	**Sep 13 – Dec 13**	**$56**
Mon, Wed	**2 – 2:30 p.m.**	**Sep 13 – Oct 27**	**$56**
Tue	**2 – 2:30 p.m.**	**Sep 14 – Dec 14**	**$56**
Tue, Thu	**6 – 6:30 p.m.**	**Sep 14 – Oct 28**	**$56**
Wed	**6:30 – 7 p.m.**	**Sep 15 – Dec 15**	**$56**
Tue, Thu	**5 – 5:30 p.m.**	**Sep 16 – Oct 28**	**$48**

No lesson 9/14 & 10/19/04 for swim meet

Sun	**2:30 – 3 p.m.**	**Sep 12 – Oct 17**	**$24**
Sun	**4:30 – 5 p.m.**	**Sep 12 – Oct 17**	**$24**

Session 2

Registration is Thursday, October 28, 2004 at 7 p.m.

Mon, Wed	**2 – 2:30 p.m.**	**Nov 1 – Dec 15**	**$56**
Tue, Thu	**5 – 5:30 p.m.**	**Nov 2 – Dec 16**	**$48**

No lesson Nov 11 & 25th due to holidays.

Tue, Thu	**6 – 6:30 p.m.**	**Nov 2 – Dec 16**	**$48**

No lesson Nov 11 & 25th due to holidays.

Sun	**2:30 – 3 p.m.**	**Nov 7 – Dec 19**	**$28**
Sun	**4:30 – 5 p.m.**	**Nov 7 – Dec 19**	**$28**

Advanced Youth Swim Lessons

American Red Cross Learn to Swim lessons. Level 5, Stroke Refinement, provides further coordination and refinement of strokes. Level 6, Swimming and Skill Proficiency, refines the strokes so students swim them with ease, efficiency, power and smoothness over greater distances. Level 6 is designed with "menu" options that each focus on preparing students to participate in more advanced courses, including the Water Safety Instructor and Lifeguard Training courses. These options will be offered during the Fall session: Personal Water Safety, Lifeguard Readiness, Fitness Swimmer (STP).

Session 1: Levels 5 & 6

Registration is Thursday August 26, 2004 at 7 p.m.

Mon	**7 – 7:30 p.m.**	**Sep 13 – Dec 13**	**$56**
Wed	**7 – 7:30 p.m.**	**Sep 15 – Dec 15**	**$56**

Session 1: Level 6 – Fitness Swimmer

Registration is Thursday August 26, 2004 at 7 p.m.

Tue, Thu	**6 – 6:30 p.m.**	**Sep 14 – Oct 28**	**$56**

Session 2: Level 6 – Fitness Swimmer

Registration is Thursday October 28, 2004 at 7 p.m.

Tue, Thu	**6 – 6:30 p.m.**	**Nov 2 – Dec 16**	**$48**

No lessons on Nov 11 & 25 due to holidays.

Homeschool Student Swim Lessons

These American Red Cross Learn to Swim lessons are offered Monday through Thursday afternoons for Homeschool Students. Each level includes training in basic water safety in addition to swimming skills.

Session 1

Registration is Thursday, August 26, 2004 @ 7 p.m.

Mon, Wed	**2 – 2:30 p.m.**	**Sep 13 – Oct 27**	**$56**
Level 1 – 4			
Tue	**2 – 2:30 p.m.**	**Sep 14 – Dec 14**	**$56**
Level 1 – 4			
Thu	**2 – 2:30 p.m.**	**Sep 16 – Dec 16**	**$48**
Level 5 & 6			

No lessons on Nov 11 & 25 due to holidays.

Special Populations Swim Lessons

30-minute swim lessons for participants with special needs. Participants may be placed in a small group lesson or receive 1:1 instruction based on individual needs.

Session 1

Registration is Thursday, August 26, 2004 at 7 p.m.

Mon	**5:30 – 6 p.m.**	**Sep 13 – Dec 13**	**$56**
Wed	**5:30 – 6 p.m.**	**Sep 15 – Dec 15**	**$56**

Adult Swim Lessons

All levels of instruction for ages 14 years old and older. Lessons are structured around the needs of the participants.

Registration is Thursday, August 26, 2004 at 7 p.m.

Session 1

Mon	**7 – 7:30 p.m.**	**Sep 13 – Dec 13**	**$56**
Wed	**7 – 7:30 p.m.**	**Sep 15 – Dec 15**	**$56**

Private Swim Lessons

Half-hour 1:1 private or 2:1 semi-private lessons allow for customized instruction to meet individual needs. Other times may be available if instructors can be scheduled. Call Madison pool at 684-4979 for further information.

1:1 half-hour lesson $22 each class

2:1 half-hour lesson $32 each class

Payment required to register.

Session 1

Private 1:1 lessons can be scheduled for the whole session or by individual dates.

Mon – Fri	**3 – 3:30 p.m.**	**Sep 8 – Dec 31**
Mon – Fri	**4:30 – 5 p.m.**	**Sep 8 – Dec 31**
Mon, Wed	**5 – 5:30 p.m.**	**Sep 8 – Dec 31**
MWF	**2:30 – 3 p.m.**	**Sep 8 – Dec 31**

American Red Cross Lifeguarding

The purpose of this course is to provide entry-level lifeguard candidates with the skills and knowledge to prevent, recognize and respond to emergencies and to provide care for injuries until advanced medical personnel arrive. Candidates will receive Lifeguard Training, First Aid and CPR certification with successful completion of the course. **Attendance is required at all classes and successfully passing all tests and skills are required to obtain certifications.**

Call now to be put on the class list. Payment is due on November 7, 2004 after successfully passing pre-test.

Fees: $90

Age: 15 years and older

Sundays	**10:30 a.m. – 4:30 p.m.**	**Nov 7 – Dec 12**
	and	
Mondays	**6 – 9 p.m.**	**Dec 6 & 13**

Water Fitness & Recreation Swimming

Arthritis Water Exercise Class

The Arthritis Foundation Aquatic Program is a recreational exercise class conducted in a heated pool. This program provides an opportunity for people with arthritis to network and have fun. Participants are led by a trained instructor through a series of exercises, which use the water's buoyancy and resistance to help improve joint flexibility. The warm water and gentle movements can also help to relieve pain and stiffness. Anyone with movement limitations are welcome. It is not necessary to know how to swim. ***A completed participant application form with a Doctor's release is required to participate.***

New Time! **Tue, Thu** **1 – 2 p.m.**

Water Exercise

An exercise program in shallow water that incorporates aerobics, strengthening, stretching and flexibility techniques. This class is done to music. No swimming is required. ***No class Nov 11 & 25.**

Sun	**10:30 – 11:30 a.m.**
Mon, Wed	**Noon – 1 p.m.**
Tue, Thu*	**7 – 8 p.m.**

Hydro-Fit Deep Water Exercise

A non-impact deep water class that incorporates muscular strengthening, aerobic conditioning, and abdominal toning exercises. This suspended deep water class uses flotation equipment for buoyancy and water resistance. This class is done to music.

Mon, Wed	**7:30 – 8:15 p.m.**
TTh	**Noon – 12:45 p.m.**

Deep Water Jogging Class

Deep water jogging is a non-impact exercise program held in the deep end of the pool designed to give the participant an aerobic workout while developing muscle tone and endurance. A flotation belt is used to keep the head above the water, however, participants should be comfortable in deep water. The class is lead by an instructor and is done to music.

Fridays	**Noon – 12:45 p.m.**

Did you know?

All of the classes and swims on this page are drop-in classes — no registration required!

Adult Masters Workout

A coached workout for the experienced swimmer. Focus is on speed, strength, and endurance.

Tue, Thu	**6:30 – 7:30 p.m.**
Sun	**10:30 – 11:30 a.m.**

Adult & Senior Lap Swim

A recreational swim for adults ages 18 years and over. Four lap lanes are available. A two-lane area is open for personal fitness or rehab exercises. On Tuesdays, Thursdays and Fridays from Noon to 12:45 p.m. the deep end of the two-lane area will be closed for deep water exercise classes. ***The shallow pool is occasionally reserved for classes during this time.***

Mon – Fri	**Noon – 2:30 p.m.**
Tue, Thu	**7:30 – 8:30 p.m.**
Sun	**11:30 a.m. – 1 p.m.**

Lap Swim

A continuous lap swim in lanes designated as Slow, Medium, and Fast. Swimmers follow a posted set of lap swim guidelines. This swim is for all age lap swimmers.

MWF	**6 – 7 p.m.**
Sun	**5 – 6 p.m.**

Public Swim

This a recreational swim for all ages. **Children under 4 feet tall and under 6 years old must be accompanied by an adult into the water and remain within arms length of the child at all times.**

Mon, Wed	**7:30 – 8:30 p.m.**
Fri	**7 – 8 p.m.**
Sun	**1 – 2:30 p.m.**

Family Swim

This swim is for the whole family. A great swim for families to play together. Flotation toys are allowed in the shallow end at the lifeguard's discretion. ***Youth under 18 years of age must be accompanied into the pool by an adult.***

*Shallow end of pool only on Fridays at 6 p.m., Sundays at 5 p.m., and Monday – Friday at 3:30 p.m.

Sun*	**5 – 6 p.m.**
Sun – Fri*	**3:30 – 4:30 p.m.**
Fri*	**6 – 7 p.m.**

Fall 2004 Time Table

Time	Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
5 – 6 a.m.		Cascade Swim	Cascade Swim	Cascade Swim	Cascade Swim	Cascade Swim	
6 – 7 a.m.		Roosevelt H.S.	Roosevelt H.S.	Roosevelt H.S.	Roosevelt H.S.	Roosevelt H.S.	
10:00 a.m.		SP Schools	SP Schools	SP Schools	SP Schools	SP Schools	Pool Closed Available for Rentals 10 a.m. – 8 p.m.
10:30 a.m.	Masters 10:30–11:30 Water Exercise 10:30–11:30						
11:30 a.m.	Adult Lap Swim 11:30 a.m. – 1 p.m.						
Noon		Adult Lap Swim Noon – 2:30 Water X Noon – 1	Adult Lap Swim Noon – 2:30 Hydro-Fit Noon –12:45	Adult Lap Swim Noon – 2:30 Water X Noon – 1	Adult Lap Swim Noon – 2:30 Hydro-Fit Noon–12:45	Adult Lap Swim Noon–2:30 Aqua Jog Noon–12:45	
1:00 p.m.	Public Swim 1–2:30	Tots 1 – 1:30	Arthritis Water X 1 – 2	Tots 1 – 1:30	Arthritis Water X 1 – 2		
1:30 p.m.		Kinders 1:30–2		Kinders 1:30–2			
2:00 p.m.		Home School	Home School	Home School	Home School Adv		
2:30 p.m.	Youth Lessons	Private Lessons	Kinders Lessons	Private Lessons	Kinders Lessons	Private Lessons	
3:00 p.m.	Kinders Lessons	Private Lessons	Private Lessons	Private Lessons	Private Lessons	Private Lessons	
3:30 p.m.	Family Swim 3:30 – 4:30	Family Swim Shallow 3:30 – 4:30 Cascade 3:30 – 6	Family Swim Shallow 3:30 – 4:30 Cascade 3:30 – 6	Family Swim Shallow 3:30 – 4:30 Cascade 3:30 – 6	Family Swim Shallow 3:30 – 4:30 Cascade 3:30 – 6	Family Swim Shallow 3:30 – 4:30 Cascade 3:30 – 6	
4:30 p.m.	Youth Lessons	Private Lessons	Private Lessons	Private Lessons	Private Lessons	Private Lessons	
5:00 p.m.	Lap & Family Swim 5 – 6	Private Lessons	Youth Lessons	Private Lessons	Youth Lessons		
5:30 p.m.		Special Pop Lessons	Kinder Lessons	Special Pop Lessons	Kinder Lessons		
6:00 p.m.		Lap Swim 6 – 7 Kinders 6 – 6:30	Youth Lessons 6 – 6:30 Adv Youth (STP) 6 – 6:30	Lap Swim 6– 7 Kinders 6 – 6:30	Youth Lessons 6 – 6:30 Adv Youth (STP) 6 – 6:30	Lap Swim 6 – 7 Family Swim 6 – 7	
6:30 p.m.		Youth Lessons 6:30 – 7	Masters 6:30 – 7:30 Tot Lessons 6:30 – 7	Youth Lessons 6:30 – 7	Masters 6:30 – 7:30 Tot Lessons 6:30 – 7		
7:00 p.m.		Adult Lessons 7 – 7:30 Adv Youth Lessons 7 – 7:30	Water Exercise 7 - 8 p.m.	Adult Lessons 7 – 7:30 Private Lessons 7 - 7:30 p.m.	Water Exercise 7 – 8 p.m.	Public Swim 7 – 8 p.m.	
7:30 p.m.		Hydro-Fit 7:30 – 8:15 Public Swim 7:30 – 8:30	Adult Lap Swim 7:30 - 8:30	Hydro-Fit 7:30 - 8:15 Public Swim 7:30 – 8:30	Adult Lap Swim 7:30 – 8:30		