



Mary Wayte Pool

Fall 2014

September 2nd—December 31st, 2014

**Recreational Swim and Swim Lesson
Schedule**

**Mary Wayte Pool
8815 SE 40th
Mercer Island, WA 98040
(206) 588-1117**

www.mercerislandpool.com



Hours of Operation

Monday, Wednesday, Friday 5:30 am—9:00 pm

Tuesday, Thursday 5:30 am—8:00 pm

Saturday 7:00 am—2:30 pm

Sunday 10:00 am—2:30 pm

*Pool Closed for swim meets: October 11th & 12th,
November 2nd, November 7th (after 2:00 pm) & 8th
(after 3:00 pm), November 22nd & 23rd*



Olympic Cascade Aquatics is a Mercer Island based business focusing on youth aquatics instruction and aquatic facility management. Olympic Cascade Aquatics strives to promote swimming as a lifetime sport for the community, and provide a comprehensive program for everyone to use.

The **Mercer Island—Mary Wayte Pool** was built in 1972 as part of the King County Forward Thrust Bond issue and was originally the Mercer Island District Pool. It was renamed in the early 1990's after former Mercer Island resident Mary Wayte captured two gold medals in the 1984 Olympic Games held in Los Angeles, California. She also captured two more medals in the 1988 Olympics in Seoul, South Korea. The pool was operated by King County Parks until 2002 when King County divested itself from facilities located in suburban cities. Northwest Center owned and operated the Mary Wayte Pool from 2003 until 2010. When no other operators for the pool could be found, Olympic Cascade Aquatics partnered with the Mercer Island School District and with the financial assistance of the city of Mercer Island, began to operate the pool in 2011. Olympic Cascade Aquatics continues to operate the pool for the benefit of Mercer Island residents and neighboring communities.

Holidays: Thanksgiving, November 27th & 28th, December 25th, Christmas Day, January 1st, New Year's Day

Fall Recreational Swim Schedule September 2nd—December 31st, 2014

Family Swim is a good time for kids and families to practice their swimming skills. Lap lanes are available for those families working on endurance swimming. Lifeguards will ask all young swimmers to pass a proficiency test prior to accessing the deep end.

<u>Days of the week</u>	<u>Time of the Day</u>	
Monday – Friday	12:30 - 2:00 pm	
Monday - Thursday	7:00 – 8:00 pm	
Friday	7:00 - 9:00 pm	\$2.00 per person
Saturday	1:00 - 2:30 pm	
Sunday	1:00 – 2:30 pm	

Lap Swim is a good time for training, endurance, swimming, and, if space available, deep water exercise. Lanes are separated into slow, medium, and fast to separate swimmers of different paces. We do ask swimmers to circle swim to the right if there are three or more swimmers in a lane.

<u>Days of the week</u>	<u>Time of the day</u>
Monday – Friday	5:30 - 9:00 am
Monday – Friday	11:30 am – 2:00 pm
Monday & Wednesday	8:00 – 9:00 pm (limited lanes available)
Tuesday & Thursday	7:00—8:00 pm (limited lanes available)
Saturday	7:00 – 9:00 am
Sunday	10:30 am – 1:00 pm

Senior Swim is a time reserved for our customers 60 –years and older.

<u>Days of the Week</u>	<u>Time of Day</u>
Mon, Wed, Fri	10:00—11:30 am

Cost	Drop In	10 – punch	1- month	Annual
Adult	\$5.50	\$50	\$60	\$525
Senior	\$3.50	\$30	\$37.50	\$295
Disabled	\$1	\$10		\$295
Youth	\$4	\$35	\$40	
Family	\$4 per person		\$65	\$650

Fall Swim Lesson Schedule September 6th—December 21st

The Mary Wayte Pool offers a Swim School for all ages and abilities. To be part of our swim school a \$25 annual administration fee per family is required. We also offer group lesson for home school children, day cares and day camps, and neighborhood groups. If you would like to discuss availability for your child or group and you don't see a class that fits your schedule, please let us know. We will make every effort to find something that fits your schedule.

Parent Toddler lessons are for children six months to three-years of age. The overall philosophy of the class is for children to enjoy their experience in the water, work on basic swimming skills, and have quality time with the swimming adults. Instructors will lead the adults through a series of basic swimming skills to help the toddlers learn the fun of swimming and the start of a lifetime of enjoyment.

Day (s)	Time	Dates	Dates	Dates	Dates
Tues, Thurs	11:00 am		Oct 7—30	Nov 7—20	Dec 2—18
Sat	10:30 am	Sept 6—27	Oct 4—25*	Nov 1—15	Dec 6—20
Sun	10:30 am	Sept 7—28	Oct 5—26*		Dec 7—21

*No lessons October 11th or 12th due to a swim meet

**To register for the OCA Swim School Programs
please go to www.mercerislandpool.com or call
(206) 588-1117**



Fall Swim Lesson Schedule September 6th—December 21st, 2014

Preschool lessons are for children ages three to six years of age. Our overall philosophy of the lessons with preschoolers is children will learn to swim if they are comfortable and enjoy the experience. Students are split into three ability ranges: Preschool Beginner, Preschool Intermediate, and Preschool Advanced.

- Preschool Beginner—swimmers will learn breath control, floating, and floating and kicking.
- Preschool Intermediate—swimmers will continue to work on body position while floating and kicking, crawl stroke, and be introduced to backstroke.
- Preschool Advanced—the children will learn side breathing with the crawl stroke, as well as be introduced to Breast stroke and Butterfly.

If you are not sure which level to register your swimmer, our staff is happy to assist you.

Fall Preschool Lesson Dates and Times

Day (s)	Time	Dates	Dates	Dates	Dates
MW	2:00 PM	Sept 8 – Oct 1	Oct 6—29	Nov 3—Nov 19	Dec 1—17
MW	4:00 PM	Sept 8—Oct 1	Oct 6—29	Nov 3—19	Dec 1—17
MW	6:00 PM	Sept 8—Oct 1	Oct 6—29	Nov 3—19	Dec 1—17
TTh	9:30 AM	Sept 9—Oct 2	Oct 7—30	Nov 4—20	Dec 2—18
TTh	5:30 PM	Sept 9—Oct 2	Oct 7 – 30	Nov 4—20	Dec 2—18
Fri	5:30 PM	Sept 12—Oct 3	Oct 10—24		Dec 5—19
Sat	10:30 AM	Sept 6—27	Oct 4—25*	Nov 1—15	Dec 6—20
Sun	10:30 AM	Sept 7—28	Oct 5—26*		Dec 7—21
Sun	4:00 pm	Sept 7 –28	Oct 5 –26*		Dec 7—21

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Fall Lesson Schedule

September 6th—December 21st, 2014

Youth lessons are for ages six to twelve years of age. Our overall philosophy is children will learn the fundamentals of swimming at their own pace. Emphasis will be on quality strokes and teaching swimming as a life time sport. In Youth Beginner, the focus will be on fundamentals—the correct body position, correct head position, correct kick as well as correct arm strokes.

- Youth Beginner class will work on floating and swimming on the back and introduction of backstroke.
- Youth Intermediate, swimmers will work on side breathing with crawl stroke, strengthen the backstroke, and begin working on Breast stroke.
- Advanced Youth will be introduced to Butterfly, starts and turns, as well as swimming for distance.

If you are not sure which class is best for your swimmer, our staff is happy to help place your swimmer.

Day (s)	Time	Dates	Dates	Dates	Dates
MW	4:30 PM	Sept 8—Oct 1	Oct 6—29	Nov 3—19	Dec 1—17
MW	5:30 PM	Sept 8—Oct 1	Oct 6—29	Nov 3—19	Dec 1—17
MW	6:30 PM	Sept 8—Oct 1	Oct 6—Oct 29	Nov 3—19	Dec 1—17
TTh	6:00 PM	Sept 9—Oct 2	Oct 7— 29	Nov 3—19	Dec 1—17
TTh	6:30 PM	Sept 9—Oct 2	Oct 7—29	Nov 3—19	Dec 1—17
Friday	5:00 PM	Sept 12—Oct 3	Oct 10—24		Dec 5—19
Sat	10:00 AM	Sept 6—27	Oct 4—25*	Nov 1—15	Dec 6—20
Sun	10:00 AM	Sept 7—28	Oct 5—26*		Dec 7—21
Sun	4:30 pm	Sept 7—28	Oct 5—26*		Dec 7—21

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Fall Lesson Schedule September 6th—December 21st, 2014

Riptides is our fitness and competitive level training group. Some swimmers in this group will be training to reach our competitive team (Olympic Cascade Aquatics), while others will swim to stay in shape between other sports, or to get ready for summer swim teams. Riptides practices are set up in four levels.

Riptides 8 & Under is for children approximately six to eight years of age who have completed Youth Advanced and are looking for the next challenge or to continue to improve their skills. Class is 40-minutes in length and emphasis will be on building fitness and quality strokes.

Day (s)	Time	Dates	Dates	Dates	Dates
MW	4:50PM	Sept 8—Oct 1	Oct 6—29	Nov 3—19	Dec 1—17
TTh	5:30 PM	Sept 9—Oct 2	Oct 7—30	Nov 4—20	Dec 2—18
Fri & Sun	4:50 PM	Sept 7—28	Oct 3—26*		Dec 5—21

Riptides 9, 10, 11 is for children nine to 11- years of age who wish to continue to work on their strokes and improve their fitness. Class will meet for 50-minutes and will emphasize swimming longer and faster.

Day (s)	Time	Dates	Dates	Dates	Dates
MW	5:30—6:20 PM	Sept 8—Oct 1	Oct 6—Oct 29	Nov 3—19	Dec 1—17
TTh	6:10—7:00 PM	Sept 9—Oct 2	Oct 7—Oct 30	Nov 4—20	Dec 2—18
Fri & Sun	5:30 PM	Sept 7—28	Oct 3—26*		Dec 5—21

Riptides Middle School is for middle school aged kids who are stronger and faster and may be considering competing for their high school team in a year or two, or need to stay fit between seasons of other sports. Class is one-hour of vigorous training.

Day (s)	Time	Dates	Dates	Dates	Date
MW	6:20—7:20 pm	Sept 8—Oct 1	Oct 7—Oct 29	Nov 3—19	Dec 1—17
TTh	5:30 PM	Sept 9—Oct 2	Oct 8—30	Nov 4—20	Dec 2—18

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Questions? Please call (206) 588-1117

Fall Lesson Schedule September 6th—December 21st

Riptides High School is new for this season. This group is geared toward high school aged swimmers looking to stay in shape in the off season, looking to improve their swimming skills to be lifeguards, or just like to swim and don't have time to swim year-round. Class is an hour and fifteen minutes in length and meets twice per week.

Day (s)	Time	Dates	Dates	Dates	Dates
MW	5:30 PM	Sept 8—Oct 1	Oct 7—29	Nov 3—19	Dec 1—17

Water Fitness Schedule September 2nd—December 19th, 2014

Shallow Water Fitness is a low to mid-intensity class designed to increase range of motion, cardiovascular fitness, while lowering the impact to joints. The class is a challenge for all fitness levels. Beginners are welcome and encouraged to attend.

Monday, Wednesday, Friday 7:30 – 8:30 am

Monday, Wednesday, Friday, Saturday 8:30 – 9:30 am

Deep Water Fitness is a mid to high intensity, high energy exercise class for those who prefer a zero-impact workout. The class provides a combination of aerobic and strength training exercises to create a balanced workout. *Comfort in deep water is a requirement of this class. In addition, there are others swimming regularly during the class and you may get splashed.*

Tuesday, Thursday 11:30 am – 12:30 pm

OCA Masters Swimming for competitive adult swimmers. If you are interested in training for the upcoming triathlon season, getting ready for the next Masters swim meet, or want to get back into swimming shape, we have the workout for you.

Tuesday & Thursday 6:30—7:30 pm

Wednesday 12:00—1:00 pm

Cost for Fitness Classes	Adult \$7.50 (drop-in)	\$70.00 (10 exercise card)
	Senior \$5.50 (drop-in)	\$50.00 (10 exercise card)

***Prices effective through December 31st, 2014**

