



Mary Wayte Pool

Spring 2014

April 7–June 21st, 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–9:00 am

Sunday 10:00 am–2:30 pm

*Pool Closed for holidays: April 20th, Easter Sunday,
May 26th, Memorial Day*



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.

Spring Recreational Swim Schedule

April 7th—June 21st, 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	\$2.00 per person

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		\$70	\$650

Questions? Please call (206) 588-1117

Spring Swim Lesson Schedule

April 13th—June 21st, 2014

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
Sat	10:30 am	April 19—May 18	May 25—June 21
Sun	10:30 AM	April 13—May 11	May 18—June 15
MW	2:00 pm	April 14—May 12	May 19—June 16

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



Spring Swim Lesson Schedule

April 13th—June 21st

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.

Spring Preschool Lesson Dates and Times

Day (s)	Time	Dates	Dates	Dates
MW	2:00 PM	Jan 6—Jan 29	Feb 3—March 5*	March 10—April 6
MW	4:00 PM	Jan 6—Jan 29	Feb 3—March 5*	March 10—April 2
MW	6:00 PM	Jan 6—Jan 29	Feb 3—March 5*	March 10—April 2
TTh	9:30 AM	Jan 7—Jan 30	Feb 4—March 6*	March 11—April 3
TTh	5:30 PM	Jan 7—Jan 30	Feb 4—March 6*	March 11—April 3
Fri	5:30 PM	Jan 10—Jan 31	Feb 7—March 7#	March 14—April 4
Sun	10:30 AM	Jan 12—Jan 26	Feb 2—Feb 23**	March 9—March 30
Sun	4:30 PM	Jan 12—Jan 26	Feb 2—Feb 23**	March 9—March 30

Average Enrollment Costs per week (actual price varies with number of lessons):

- One day per week, per month—\$43 per student
- Two days per week, per month—\$86 per student
- Three days per week, per month—\$129 per student

Spring Lesson Schedule April 13th—June 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
MW	4:30 PM	April 14—May 14	May 19—June 18
MW	5:30 PM	April 14—May 14	May 19—June 18
MW	6:30 PM	April 14—May 14	May 19—June 18
TTh	6:00 PM	April 15—May 15	May 20—June 19
TTh	6:30 PM	April 15—May 15	May 20—June 19
Friday	5:00 PM	April 18—May 16	May 23—June 20
Sat	10:00 am	April 19—May 17	May 24—June 21
Sun	10:00 AM	April 13—May 11	May 18—June 15
Sun	5:00 pm	April 13—May 11	May 18—June 15

Average Enrollment Costs per week (actual price varies with number of lessons)

Spring Lesson Schedule April 13th—June 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
MW	4:35 PM	April 14—May 14	May 19 – June 18
TTh	6:20 PM	April 15—May 15	May 20—June 19
Fri & Sun	5:30 PM	April 13—May 16	May 18—June 20

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
MW	6:30 pm (M), 5:15 pm (W)	April 14—May 14	May 19—June 18
TTh	6:15 PM	April 15—May 15	May 20—June 19
Fri & Sun	5:30 PM	April 13—May 16	May 18—June 20

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
MW	5:30 PM	April 14 - May 14	May 19—June 18
TTh	5:30 PM	April 14 –May 14	May 19—June 19

Questions? Please call (206) 588-1117

Spring Lesson Schedule April 13th—June 21st, 2014

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
MW	5:30 PM	April 14— May 14	May 19— June 18

Prices are effective through December 31st, 2014

Water Fitness Schedule April 7th—June 21st, 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 & 8:30—9:30 am
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
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New * 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	7:00—8:00 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*

Questions? Please call (206) 588-1117

Specialty Lessons

Private and Semi-Private are available for children and adults that need help with a specific skill and can be scheduled at your convenience. Cost is \$35 per lesson for a 30-minute private lesson and \$50 per lesson for a 30-minute semi-private lesson. *Please note: Semi-private lessons work best with children of like ability.* Lessons are normally scheduled between 3:30 pm and 5:30 pm weekdays, and between 11:30 am and 2:30 pm on Sunday.

Adapted Swim Lessons are for children and adults with special needs. These 30-minute lessons are one-one-one and are designed to teach basic swimming skills. Lessons are scheduled with a qualified instructor and based on the swimmer's schedule. Cost is \$16 per lesson.

Party and Facility Rentals

Birthday Party Rentals are available some Saturday afternoons for birthday parties and special events. The rental includes two lifeguards. We can add pizza from Tony Maroni's, birthday cake, and even show a movie during the party. Please call the pool to schedule

Birthday Party	\$150/hour (up to 35 people)
	\$250/hour (up to 70 people)

Pizza Party	\$235
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Includes 1-hour pool rental, 1-hour party space rental and two large Sahara pizzas

Facility Rentals

The Mary Wayte Pool is available for swim meets, swim practices, triathlon training, and scuba training. If your group is looking for a place to train, please e-mail us at marywaytepool@gmail.com. Our staff will help you find a day and time for your group to practice at the pool