



Mary Wayte Pool

Summer 2014

June 22nd—August 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	5:30 am—10:00 pm
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 Thursday, July 4th, Aug 21st—24th



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 1992 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.

Summer Recreational Swim Schedule

June 22nd—July 30th

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	2:00—3:00 pm	
Monday & Wednesday	7:00—8:00 pm	
Tuesday & Thursday	6:00—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 - 8:00 am
Monday - Friday	11:30 am - 2:00 pm
Monday & Wednesday	8:00—9:00 pm
Saturday	7:00 - 9:00 am
Sunday	11:30 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	10:30—11:30 am

Please note: all programs may be changed or combined with other renters and programs to maximize pool usage.

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

Summer Swim Lesson Schedule

June 22nd - August 1st

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	Price	Dates	Price	Dates	Price	Date	Price
Sun	10:30 AM	June 22— July 6	\$19.50	July 13— July 27	\$19.50				
Sat	10:30 am	June 28— July 12	\$19.50	July 19— July 26	\$13.00				
M—F	11:00 am	June 23— June 27	\$32.50	June 30— July 3*	\$26.00	July 7— July 11	\$32.50	July 14— July 18	\$32.50
				July 21— July 25	\$32.50	July 28— Aug 1st	\$32.50	Aug 4— Aug 8	\$32.50

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



Summer Swim Lesson Schedule June 22nd—August 20th

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.

Class	Day (s)	Time	Dates	Dates	Dates
Preschool	M—F	11:00 am	June 23—June 27	June 20—July 3*	July 7—July 11
			July 14—July 18	July 21—July 25	July 28—Aug 1
Preschool	MW	4:00 PM	June 23—July 6	July 14—July 30	Aug 4—Aug 20
Preschool	MW	6:00 pm	June 23—July 9	July 14—July 30	Aug 4—Aug 20
Preschool	TTh	4:00 pm	June 24—July 10	July 15—July 31	Aug 4—Aug 19
Preschool	TTh	5:30 PM	June 24—July 10	July 15—July 31	Aug 4—Aug 19
Preschool	Fri	5:30 PM	June 27—July 11*	July 18—Aug 1	
Preschool	Sun	10:30 AM	June 22—July 6	July 13—July 27	
Preschool	Sat	10:30 am	June 28—July 12	July 19—July 26	

* Pool Closed, Friday, July 4th, Independence Day

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

Summer Lesson Schedule June 22nd—August 20th

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.

Youth Lessons

Youth	M—F	10:30 or 11:30 am	June 23—June 25	June 30—July 3*	July 7—July 11	
		July 14—July 18	July 21—July 25	July 28—Aug 1	Aug 4—Aug 8	
Youth	MW	4:30 PM	June 23—July 9	July 14—July 30	Aug 4—Aug 20	
Youth	MW	5:30 PM	June 23—July 9	July 14—July 30	Aug 4—Aug 20	
Youth	MW	6:30 PM	June 23—July 9	July 14— July 30	Aug 4—Aug 20	
Youth	TTh	4:30 PM	June 24—July 10	July 15—July 31	Aug 4—Aug 19	
Youth	TTh	6:00 PM	June 24—July 10	July 15—July 31	Aug 4—Aug 19	
Youth	TTh	6:30 PM	June 24—July 10	July 15—July 31	Aug 4—Aug 10	
Youth	Fri	5:00 PM	June 27—July 11*	July 18—Aug 1		
Youth	Sun	10:00 AM	June 22—July 6	July 13—July 27		*
Youth	Sat	10:00 am	June 28—July 12	July 19—July 26		Average

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

- One day per week, per month—\$43 per student

Summer Lesson Schedule

June 22nd—August 20th

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.

Class	Time	Dates
Riptides 8 & under	MWF (3:30—4:15)	June 23—Aug 1

- **Riptides 9, 10, 11** is for children eight to ten years of age who have completed Riptides 1 and 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.

Class	Time	Dates
Riptides 9, 10, 11	MTThF (4:00—5:30 pm)	June 23—Aug 1

Riptides 12 and over is for middle school and high 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.

Class	Time	Dates
Riptides 12 & Over	M—F (3:30—5:00 pm)	June 23—Aug 1

Questions? Please call (206) 588-1117

Summer Fitness Schedule

June 22nd—August 31st

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

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

Senior \$5.50 (drop-in) \$50.00 (10 exercise card)

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.

***NEW* Adult Lessons** will be available beginning in June. Classes will be for all abilities 18 and older. Want to learn how to swim? Improve your strokes? Classes will meet Monday and Wednesday at 7:00 pm.

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 instruc-

Party and Facility Rentals

Birthday Party Rentals are available Saturday afternoons for birthday parties and special events. The rental includes two lifeguards. We can add pizza from Sahara Pizza, 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 pizzas from Sahara Pizza

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