



Mary Wayte Pool

Fall 2017

August 27th—December 31st, 2017

**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

(Listed below are BUILDING HOURS, for swim hours, please look on page 3)

Monday, Wednesday,	5:30 am—9:00 pm
Friday	5:30 am—8:00 pm
Tuesday, Thursday	5:30 am—8:00 pm
Saturday	7:00 am—2:30 pm
Sunday	10:00 am—7:00 pm

Pool Closed for holidays: September 4th, November 23rd & 24th, December 25th, January 1st, 2018

Pool Closed for Swimming Events: October 7th & 8th, November 3rd (after 8:00 am) November 4th (after 1:00 pm), November 5th



Olympic Cascade Aquatics is a Mercer Island based business focusing on youth aquatic 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 re-named 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.

Fall Recreational Swim Schedule August 27th—December 31st, 2017

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	\$5.50 per adult, 4.00 per child
Monday , Wednesday	7:00 – 8:00 pm	\$5.50 per adult, 4.00 per child
Tuesday, Thursday	7:00 – 8:00 pm	\$5.50 per adult, 4.00 per child
Friday	6:00 - 8:00 pm	\$2.00 per person
Saturday	12:00 - 1:30 pm	\$5.50 per adult, 4.00 per child
Sunday	12:00 – 2:30 pm (shallow end only 1:30–2:30 pm)	\$5.50 adult \$4.00 child

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, Wednesday	5:30 - 9:00 am*
Tuesday, Thursday, 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)
Friday	7:00–8:00 pm \$2.00 per person
Saturday	7:00 – 9:00 AM
Sunday	10:30 am– 12:00 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
Adult	\$5.50	\$50	\$60
Senior	\$3.50	\$30	\$37.50
Disabled	\$1	\$10	
Youth	\$4	\$35	\$40
Family	Drop in rate		\$70

Questions? Please call (206) 588-1117

Fall Swim Lesson Schedule September 5th—December 17th, 2017

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
Thursday	9:30 am	Sept 7—28	Oct 5—26	Nov 2—16	Nov 30—Dec 14
Sat	9:30 am	Sept 9—30	Oct 14—28	Nov 4 - 18	Dec 2—16
Sun	10:00 am	Sept 10—24	Oct 1—Oct 22#	Oct 29—Nov 19#	Dec 3—17

#No lessons on the following dates due to events and holidays: October 7th & 8th November 3rd, November 5th, November 23rd and 24th

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



**Fall Swim Lesson Schedule
September 5th—December 17th, 2017**

Youth 1 lessons are for children ages three to six years and six months of age. Our overall philosophy of the lessons with young swimmers is children will learn to swim if they are comfortable and enjoy the experience. Students are split into three ability ranges: Beginner, Intermediate, and Advanced.

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

Fall Youth 1 Lesson Dates and Times

Dates	Time	Dates	Dates	Dates	Dates
Monday	9:30 am, 2:00 pm, 4:30 pm, 5:30 pm	Sept 11–25	Oct 2–Oct 23	Oct 30 –Nov 13	Nov 27–Dec 11
Tuesday	6:00 PM	Sept 5–26	Oct 3–24	Oct 31–Nov 14*	Nov 28–Dec 12
Wednesday	9:30 am, 2:00 pm, 4:30 pm	Sept 6–27	Oct 4 –25	Nov 1–15	Nov 29–Dec 13
Thursday	10:00 am or 6:00 pm	Sept 7–28	Oct 5–26	Nov 2–16	Nov 30–Dec 14
Fri	9:30 am, 4:30 pm or 5:30 PM	Sept 8–29	Oct 6–27	Nov 3–Nov 17#	Dec 1–Dec 15
Sat	10:30 am, 1:30 pm	Sept 9–30	Oct 14–28	Nov 4 - 18	Dec 2–16
Sun	10:30 AM, 3:30 pm	Sept 10–24	Oct 1–22#	Oct 29–Nov 19#	Dec 3–17

*No lessons after 3:00 pm on Tuesday, October 31st

#No lessons on the following dates due to events and holidays: October 7th & 8th November 3rd, November 5th, November 23rd and 24th

Fall Swim Lesson Schedule September 5th–December 17th, 2017

Youth 2 lessons are for ages six-years-six months to fourteen 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 2 Beginner class will work on floating and swimming on the back and introduction of backstroke.
- Youth 2 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
Monday	4:00 pm, or 5:00 pm	Sept 11–25	Oct 2–Oct 23	Oct 30 –Nov 13	Nov 27–Dec 11
Tuesday	5:30 or 6:30 pm	Sept 5–26	Oct 3–24	Nov 7–Nov 14*	Nov 28–Dec 12
Wednesday	4:00 pm, or 5:00 pm	Sept 6 –27	Oct 4 –25	Nov 1–15	Nov 29–Dec 13
Thursday	5:30 or 6:30 pm	Sept 7–28	Oct 5–26	Nov 2–16	Nov 30–Dec 14
Friday	4:00 Or 5:00 PM	Sept 8–29	Oct 6– 27	Nov 3–17#	Dec 1–15
Sat	10:00 am or 2:00 pm	Sept 9–30	Oct 14–28#	Nov 4 - 18#	Dec 2–16
Sun	10:00, 11:00 am or 3:30 PM	Sept 10–24	Oct 1–22#	Oct 29–19#	Dec 3–17

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Fall Swim Lesson Schedule September 5th—December 17th, 2017

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. **Tryout recommended.**

Day (s)	Time	Dates	Dates	Dates	Dates
Mon & Wed	4:50–5:30 pm	Sept 6–27	Oct 2– 25	Oct 30–Nov 15	Nov 27 –Dec 13
Tues & Thurs	5:30 - 6:10 pm	Sept 5–28	Oct 3– 26	Nov 7–Nov 16*	Nov 28–Dec 14
Friday	4:50–5:30 pm	Sept 8–29	Oct 6–27	Nov 3–Nov 17#	Dec 1–Dec 15
Saturday	11:00–11:40 am	Sept 9–30	Oct 14–28	Nov 4 - 18	Dec 2–16
Sunday	5:30–6:10 pm	Sept 10–24	Oct 1–22#	Oct 29–Nov 19#	Dec 3–17

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. **Tryout s recommended prior to registration.**

Day (s)	Time	Dates	Dates	Dates	Dates
Mon & Wed	5:30–6:20 pm	Sept 6–27	Oct 2–25	Oct 30–Nov 15	Nov 27 –Dec 13
Tues & Thurs	6:30–7:20 pm	Sept 5–28	Oct 3–26	Nov 7–Nov 16*	Nov 28–Dec 14
Friday	5:30 –6:20 pm	Sept 8–29	Oct 6–27	Nov 3–Nov 17#	Dec 1–Dec 15
Saturday	11:00–11:50 am	Sept 9–30	Oct 14–28	Nov 4 - 18	Dec 2–16
Sunday	5:40–6:30 pm	Sept 10–24	Oct 1–22#	Oct 29–Nov 19#	Dec 3–17

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Riptides Middle School & High School is for middle school aged kids and above 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. **Tryout recommended.**

Day (s)	Time	Dates	Dates	Dates	Dates
Mon & Wed	6:20 - 7:20 pm	Sept 6–27	Oct 2–25	Oct 30–Nov 15	Nov 27 -Dec 13
Tues & Thur	5:30–6:30 pm	Sept 5–28	Oct 3–26	Nov 7–Nov 16*	Nov 28–Dec 14
Sunday	5:30–6:30 pm	Sept 10–24	Oct 1– 22#	Oct 29–Nov 19#	Dec 3–17

Adult Lessons is geared toward beginner swimmers. Class emphasis is on comfort in the water, learning to float, swimming freestyle and swimming on the back.

Day (s)	Time	Dates	Dates	Dates	Dates
Monday	6:30 pm	Sept 11–25	Oct 2–Oct 23	Oct 30 -Nov 13	Nov 27–Dec 11
Wednesday	6:30 pm	Sept 6–27	Oct 4 -25	Nov 1–15	Nov 29–Dec 13
Saturday	9:00 am	Sept 9–30	Oct 14–28#	Nov 4 - 18	Dec 2–16

*No lessons after 3:00 pm on Tuesday, October 31st

#No lessons on the following dates due to events and holidays: October 7th & 8th, November 3rd, November 5th, November 23rd and 24th

Questions? Please call (206) 588-1117

Fall Fitness Schedule

August 27th—December 31st, 2017

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 1:00—2:00 pm

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)

**Prices effective through December 31st, 2017*

Specialty Lessons

Private Lessons are available for children and adults that need help with a specific skill and can be scheduled at your convenience. Cost is \$40 per lesson for a 30-minute private lesson 1-on-1 with one of our experienced instructors. Lessons are normally scheduled outside of group lesson times and registration is done **on-line only**. Registration opens at 9:00 AM on the following dates: June 26th (for July), July 26th (for August) and August 26th (for September)

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.

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	\$250
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Includes 1-hour pool rental, 1-hour party space rental and two large Sahara pizzas