

## Recreational Swim Schedule

**Lap Swim** is a good opportunity to train and exercise. Lanes are designated slow, medium, and fast to separate swimmers of different paces. If there are three or more swimmers, please circle swim to the right.

Monday – Friday 5:30 – 9:00 am\*

Monday – Friday 11:30 am – 2:00 pm

Monday & Wednesday 8:00 – 9:00 pm

Tuesday & Thursday 7:00 – 8:00 pm\*

Saturday 7:00 – 9:00 am

Sunday 10:30 am – 1:00 pm

\*Space is limited due to swim practices

**Family Swim** is a good time for kids and families to practice their swimming. The deep end availability varies day to day. **No lap lanes available Saturday and Sunday afternoon.** An adult must accompany all children under six into the water.

Mon – Fri 12:30 pm – 2:00 pm\*

Mon – Thurs 7:00 pm – 8:00 pm\*

Friday 7:00 pm – 9:00 pm^^

Saturday 1:00 – 2:30 pm

Sunday 1:00 – 2:30 pm

\*Shallow end only

^^Promo Swim \$2 per person

**Senior Swim** is good time for seniors 60 and older to swim on their own.

M/W/F 10:00 am – 11:30 am

***We will make every effort to keep swim times consistent; however, we may combine programs and limit space to ensure maximum pool usage.***

## Swim Lesson Schedule

The Mary Wayte Pool offers a variety of swim lessons for swimmers of all ages and abilities. We also offer private lessons for one-on-one instructions as well as lessons for children and adults with special needs. (Full schedule is available on our website)

*Lesson registration opens 30-days prior to the start of the session.*

***If you are not sure which class is the best fit for your swimmer, talk to our staff and we can help you with a placement test.***

**Parent – Tot Lessons** are geared toward children six months to three years of age. Parents and children get into the water together and work on basic swimming skills. Both parents are encouraged to attend.

**Preschool** lessons are for children ages three to five years –six months 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 Breaststroke and Butterfly.

**Youth** lessons are for children 5 years –six months 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 lifetime 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 Breaststroke. Advanced Youth will be introduced to Butterfly, starts and turns, as well as swimming for distance.

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

**Riptides** is for children who have completed Advanced Youth and are looking for increasing their endurance and speed. Classes are split up into 8 & Under, 9, 10, 11, Middle School, or High School. **Tryouts recommended prior to registration.**

**Private and Lessons** are available on and will be scheduled with an instructor of your choice at your convenience.

**Cost:** \$40 per lesson for Private lessons

**Adapted Swim Lessons** are for children and adults with special needs. These 30-minute one-on-one lessons are designed to help teach basic swimming skills. Lessons are scheduled with a qualified instructor based on swimmer's schedule.

**Cost:** \$20 per lesson

## Water Exercise

**Shallow Water Fitness** is a low-intensity class designed to increase range of motion, cardiovascular fitness, while minimizing impact to joints. The class is a challenge for all fitness levels. Beginners are welcome.

**MWF** 7:30 – 8:30 am  
**MWF** 8:30 – 9:30 am

**Deep Water Fitness** is a mid-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.

**Tue & Thu** 11:30 am – 12:30 pm

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

***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.*

**Pool CLOSED for Holidays & Events:**

- Holidays – Thanksgiving, 26 & 27, December 25<sup>th</sup>, January 1st

**Party Rentals**

**Birthday Party Rentals** are available 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)



**Mercer Island – Mary  
Wayte Pool  
8815 SE 40<sup>th</sup>**

**(206) 588-1117**

[www.mercerislandpool.com](http://www.mercerislandpool.com)

**Fall 2016  
Sept 6<sup>th</sup> – Dec 31<sup>st</sup>, 2016**

**Building Hours**

|               |                   |
|---------------|-------------------|
| Mon, Wed, Fri | 5:30 am - 9:00 pm |
| Tues, Thurs   | 5:30 am – 8:00 pm |
| Saturday      | 7:00am – 2:30 pm  |
| Sunday        | 10:00am - 2:30pm  |

*Building opens 10 minutes before the first program.  
Building closes 15 minutes after the last program.*