



Mary Wayte Pool

Winter 2018

January 2nd—March 31st, 2018

Recreational Swim and Swim Lesson Schedule

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

www.mercerislandpool.com



Building Hours (see page 2 for swimming schedule)

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

*Pool Closed for holidays: January 1st, April 1st
Pool Closed for swim meets: January 27th & 28th,
February 3rd, February 9th, March 3rd and 4th*



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.

Winter Recreational Swim Schedule January 2nd—March 31st, 2018

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 Adult, \$4.00 Youth, \$3.50 Senior
Monday - Thursday	7:00 – 8:00 PM	\$5.50 Adult, \$4.00 Youth, \$3.50 Senior
Friday	6:00 - 8:00 PM	\$2.00 per person
Saturday	12:00 - 1:30 PM	\$5.50 Adult, \$4.00 Youth, \$3.50 Senior
Sunday	12:00 – 2:30 PM*	\$5.50 Adult, \$4.00 Youth, \$3.50 Senior

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, Wednesday, Friday	11:30 AM–2:00 PM
Tuesday, Thursday	11:00 AM–2:00 PM (New Time)
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 – 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

Please note: all programs may be changed or combined with renters or other programs to maximize pool usage. We apologize in advance for any inconvenience this may cause.

No lap lanes Sunday after 1:30 PM

Cost	Drop In	10 – punch	1– month	Annual
Adult	\$5.50	\$50	\$60	
Senior	\$3.50	\$30	\$37.50	\$300
Disabled	\$1	\$10		\$300
Youth	\$4	\$35	\$40	
Family	\$5.50 Ad, \$4 Youth, \$3,50 Snr		\$70	

Questions? Please call (206) 588-1117

Winter Swim Lesson Schedule January 2nd—March 31st, 2018

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
Tues	9:30 am	Jan 2—Jan 23	Jan 30 - Feb 20	Feb 27—Mar 27
Thurs	9:30 AM	Jan 4—Jan 25	Feb 1—Feb 22	Mar 1—Mar 29
Sat	9:30 AM	Jan 6—Jan 20	Feb 10—Feb 24	Mar 10—Mar 31
Sun	10:00 AM	Jan 7—Jan 21	Feb 4—Feb 25	Mar 11—Mar 25

POOL CLOSED FOR EVENTS: January 27th & 28th, February 3rd, February 9th, March 3rd & 4th



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

**Winter Swim Lesson Schedule
January 2nd—March 31st, 2018**

Youth 1 lessons are for children ages three to six years and 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.

- Youth 1 Beginner—swimmers will learn breath control, floating, and floating and kicking.
- Youth 1 Intermediate—swimmers will continue to work on body position while floating and kicking, crawl stroke, and be introduced to backstroke.
- Youth 1 Advanced—the children will learn side breathing with the crawl stroke, backstroke as well as be introduced to Breast stroke and Butterfly.

Day (s)	Time	Dates	Dates	Dates
Mon	9:30 AM, 2:00 PM, 4:30 PM, 5:30 PM	Jan 8—Jan 22	Jan 29—Feb 19	Feb 26—Mar 26
Tue	10:00 AM, 6:00 PM	Jan 2—Jan 23	Jan 30—Feb 21	Feb 28—Mar 28
Wed	9:30 AM, 2:00 PM, 4:30 PM, 5:30 PM	Jan 3—Jan 24	Jan 31—Feb 20	Feb 27 - Mar 27
Thur	10:00 AM, 6:00 PM	Jan 4—Jan 25	Feb 1—Feb 22	Mar 1—Mar 29
Fri	9:30 AM, 4:30 PM, 5:30 PM	Jan 5—Jan 26	Feb 3—Feb 23	Mar 2—Mar 30
Sat	10:30 AM, 2:00 PM	Jan 6—Jan 20	Feb 10—Feb 24	Mar 10—Mar 31
Sun	10:30 AM, 11:30 AM, 3:30 PM	Jan 7—Jan 21	Feb 4—Feb 25	Mar 11—Mar 25

Winter Swim Lesson Schedule January 2nd—March 31st, 2018

Youth 2 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 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 2 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
Mon	4:00 PM, 5:00 PM	Jan 8—Jan 22	Jan 29—Feb 19	Feb 26—Mar 26
Tues	5:30 PM, 6:30 PM	Jan 2—Jan 23	Jan 30—Feb 21	Feb 28—Mar 28
Wed	2:30 PM, 4:00 PM, 5:00 PM	Jan 3—Jan 24	Jan 31—Feb 20	Feb 27 - Mar 27
Thurs	2:30 PM, 5:30 PM, 6:30 PM	Jan 4—Jan 25	Feb 1—Feb 22	Mar 1—Mar 29
Friday	4:00 PM, 5:00 PM	Jan 5—Jan 26	Feb 3—Feb 23	Mar 2—Mar 30
Sat	10:00 AM	Jan 6—Jan 20	Feb 10—Feb 24	Mar 10—Mar 31
Sun	10:00 AM, 11:00 AM, 3:00 PM	Jan 7—Jan 21	Feb 4—Feb 25	Mar 11—Mar 25

Winter Swim Lesson Schedule January 2nd—March 31st, 2018

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 45 - minutes in length and emphasis will be on building fitness and quality strokes.

Day (s)	Time	Dates	Dates	Dates
M,W	4:50—5:30 PM	Jan 3—Jan 24	Jan 29—Feb 21	Feb 26—Mar 28
T,Th	5:30—6:10 PM	Jan 2—Jan 25	Jan 30—Feb 22	Feb 27—Mar 30
Fri	4:50—5:30 PM	Jan 5—Jan 26	Feb 3—Feb 23	Mar 2—Mar 30
Saturday	11:00—11:40 AM	Jan 6—Jan 20	Feb 10—Feb 24	Mar 10—Mar 31
Sunday	4:50—5:30 PM	Jan 7—Jan 21	Feb 4—Feb 25	Mar 11—Mar 25

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 60-minutes and will emphasize swimming longer and faster.

Day (s)	Time	Dates	Dates	Dates
M,W	5:30—6:20 PM	Jan 3—Jan 24	Jan 29—Feb 21	Feb 26—Mar 28
T, Th	6:30—7:20 PM	Jan 2—Jan 25	Jan 30—Feb 22	Feb 27—Mar 30
Fri	5:30—6:20 PM	Jan 5—Jan 26	Feb 3—Feb 23	Mar 2—Mar 30
Saturday	11:00 AM— 11:50 AM	Jan 6—Jan 20	Feb 10—Feb 24	Mar 10—Mar 31
Sunday	5:30—6:20 PM	Jan 7—Jan 21	Feb 4—Feb 25	Mar 11—Mar 25

Questions? Please call (206) 588-1117

Riptides Middle School is for middle school aged kids who 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
M,W	6:20—7:20 PM	Jan 3—Jan 24	Jan 29—Feb 21	Feb 26—Mar 28
T, Th	5:30—6:30 PM	Jan 2—Jan 25	Jan 30—Feb 22	Feb 27—Mar 30
Sat	11:00 AM—12:00 PM	Jan 6—Jan 20	Feb 10—Feb 24	Mar 10—Mar 31
Sunday	5:30—6:30 PM	Jan 7—Jan 21	Feb 4—Feb 25	Mar 11—Mar 25

Riptides High School is for high school aged swimmers and who are training to stay fit for other sports, preparing for their high school team. Class is one-hour of vigorous training. Class runs concurrently with Riptides Middle School.

Day (s)	Times	Dates	Dates	Dates
MW	6:20—7:20 PM	Jan 3—Jan 24	Jan 29—Feb 21	Feb 26—Mar 28
TTh	5:30—6:30 PM	Jan 2—Jan 25	Jan 30—Feb 22	Feb 27—Mar 30
Sat	11:00 AM—12:00 PM	Jan 6—Jan 20	Feb 10—Feb 24	Mar 10—Mar 31
Sun	5:30—6:30 PM	Jan 7—Jan 21	Feb 4—Feb 25	Mar 11—Mar 25

Adult Lessons are geared toward beginner swimmers. We keep classes small to provide the greatest amount of individual attention. Classes are offered multiple times per week so there are options for everyone.

Monday, Wednesday 6:30—6:55 PM

Saturday 9:30—9:55 AM

POOL CLOSED FOR EVENTS: January 27th & 28th, February 3rd, February 9th, March 3rd & 4th

Winter Fitness Schedule

January 2nd—March 31st, 2018

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

Questions? Please call (206) 588-1117

Winter Fitness Schedule January 2nd—March 31st, 2018

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

Water Fitness Fees	Drop In	10 – punch
Adult	\$7.50	\$70
Senior	\$5.50	\$50

All punch cards expire December 31st, 2018.

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 \$45 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: December 26th (for January), January 26th (for February), and February 26th (for March).

Adapted Swim Lessons are for children and adults with special needs. These 30-minute lessons are 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 \$25 per lesson.

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