

# Aquatics

**Pool Dimensions:** 17 yards in length; 8 yards in width 5 yards of 3 ½ feet depth, 12 yards of varying depth 5 ft to 9 ft

## Fall Pool Schedule September 3-December 31

September 3  
November 12

November 22-25

December 24  
December 25  
December 31

### Pool Closures:

**Labor Day**  
**Veteran's Day observed**  
**(no Saturday lessons on November 10)**  
**Thanksgiving & Maintenance;**  
**closing at 3p on November 21**  
**Noon closure, Christmas Eve**  
**Christmas**  
**Noon closure, New Year's Eve**

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-7:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
7:30-8:30	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Lap Swim (6:30-8)	
9-11:25	Swim Lessons & Monday only homeschool lessons	Swim Lessons Gentle Water Exercise (10:25-11:25)	Swim Lessons & Wednesday only homeschool lessons	Swim Lessons Gentle Water Exercise (10:25-11:25)	Lap Swim (8:30-9:30) School rental (9:30-11)	Swim Lessons (8:00-12:00)	
11:25-12:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Maintenance	Public Swim (12:05-1:05)	
12:30-2:30	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Maintenance	Rentals available (Starting at 1:15)	Rentals Available
2:30-3:30	Monday only homeschool lessons	Swim Lessons	Wednesday only homeschool lessons	Swim Lessons	Maintenance	<ul style="list-style-type: none"> <li>• Under age of 6 must have a parent in water, within arms reach</li> <li>• Under age of 3 and non-potty trained must wear a swim diaper</li> <li>• Family swim – parent must be in the water regardless of the age of the child</li> <li>• Shower required prior to entering pool</li> <li>• Swim test for anyone wanting to go into the deep water required; swim width of pool on front with face in the water and swim width of the pool on back</li> </ul>	
3:30-4:00	Maintenance	Swim Team (3:45-4:40)	Maintenance	Swim Team (3:45-4:40)	Camp Swim		
4:00-7	Swim Lessons	Swim Lessons & Swim Team	Swim Lessons	Swim Lessons & Swim Team	5-6 Public Swim \$1		
7:00-8:00	Public Swim	Lap Swim (7:30-8:30)	Public Swim \$1	Lap Swim (7:30-8:30)	6:05-7:20 Family Swim \$1		
8:05-9:05	Lap Swim		Lap Swim				

### Pool Fees

Program type	Adult (18-54)	Family	Youth (3-17), Senior (55+), Disability
Drop in Lap/Public/Family Swim/Shower	\$3	\$9	\$2
Drop in Water Aerobics	\$5		\$4
10 Punch Water Aerobics*	\$45		\$36
1 month Water Aerobics	\$50		\$40
10 Punch Pass Lap Swim/Public Swim/Family Swim/Shower*	\$28	\$54	\$18
1 Month Pass Lap Swim/Public Swim/Family Swim/Shower	\$30	\$60	\$20
3 Month Pass Lap Swim/Public Swim/Family Swim/Shower	\$75	\$150	\$50
6 Month Pass Lap Swim/Public Swim/Family Swim/Shower	\$135	\$270	\$90

\*Punch passes expire one year from date of purchase.

### Steps for Healthy Swimming

#### Protection Against Recreational Water Illnesses (RWIs)

- RWIs are illnesses caused by germs that can contaminate water in pools. Practice the following stapes to protect yourself and others from getting sick. For additional information, please contact the pool staff.
- PLEASE don't swallow pool water. Blow bubbles instead.
- PLEASE wait at least 45 minutes after eating before entering the pool.
- PLEASE practice good hygiene. Shower with soap before swimming and wash your hands after using the toilet or changing diapers. Germs on your body end up in the water.
- PLEASE don't bring children to class if they have been vomiting in the last 24 hours.
- PLEASE take your kids on bathroom breaks or check diapers often. Waiting to hear "I have to go" may mean that it's too late.
- PLEASE change diapers in a bathroom or a diaper-changing area and not at poolside. Germs can spread in and around the pool.
- PLEASE wash your child thoroughly (especially the rear end) with soap and water before they go swimming. Invisible amounts of fecal matter can end up in the pool.
- PLEASE don't swim when you have diarrhea. You can spread germs in the water and make other people sick.

#### Shower Hours

**M-F** 5:45AM-8:45AM  
**M-Th** 11:45AM-12:30PM  
7:30PM-8:30PM  
**F** 8:45AM-9:30AM  
5:00PM-7:00PM  
**SA** 6:30AM-8:00AM  
12:15PM-1:00PM



# Aquatics

## Aquatic Exercise Programs

### Staff Profile

#### Marshall Lewis

I recently graduated from high school and am currently attending Bellevue College. I will finish my Associates degree before entering the Marine Corps. In my free time I enjoy hiking, snowboarding, longboarding, and working on cars. I am the youngest of four boys. I originally came to the pool after seeing how much my brothers appreciated working here. This job has been an incredible learning experience and continues to keep me on my toes. It is a pleasure to watch and help these kids reach their potential.



### Staff Profile

#### Seva Schlau

I've been working at the pool at Si View for about a year and a half. I teach swim lessons and have been certified as a lifeguard, water safety instructor, and a red cross lifeguard instructor. I've really enjoyed seeing my students in swim lessons progress in skill and maturity (as well as myself) over these past couple years in this program. I'm currently enrolled at Mount Si High School as a senior, but I attend Bellevue College through the Running Start program. I'm shooting for my associates degree, but I still slow down enough to take a couple choir classes at the high school. I love hiking, swimming, reading, and exploring the woods in my free time. I especially love history, and I've spent hours learning the local history and love visiting those historically relevant places.



*Need to add variety to your workout schedule?*

*At Si View Pool we offer two types of water exercise programs –Gentle Water Exercise & Deep Water Aerobics. Water exercise increases cardiovascular fitness, strength, flexibility and promotes weight loss and increased health. No swimming ability necessary (if going in deep water you should be comfortable in deep water – deep water students use flotation). Water exercise is a drop in program, pre-registration is not required. Classes can be self-adapted to meet your specific needs. First class is FREE!*

### Deep Water Aerobics Classes

This class is a great cardiovascular workout. A no impact water exercise class, using buoyant and resistant equipment. Emphasis is on strength, range of motion and flexibility. It is a workout that can be adjusted to any participant level. Routines are diverse to hold participant interest.

Water Aerobics  
Instructor: Si View Staff  
Location: Si View Pool  
Cost: \$5/\$4 senior

Age: 12+  
M-F  
7:30AM-8:30AM

### Gentle Water Exercise

This class is geared for people with mobility and joint issues, but open to anyone interested in participating. The Gentle Water Exercise Program is designed to help ease the pain associated with joint and mobility issues through stretching, flexibility and warming movement while providing a fun and social opportunity. No swim skills required.

Gentle Water Exercise  
Instructor: Creighton  
Location: Si View Pool  
Cost: \$5/\$4 senior

Age: 12+  
T/TH  
10:25AM-11:25AM

### Indoor SUP Yoga

**Combine Yoga with Stand Up Paddle Boarding!**

SUP Yoga classes had a great response in the Spring, and we are excited to offer another opportunity this Fall. These classes take your favorite yoga routines & put them on the water. Both yoga & stand up paddle boarding are great for building better balance, coordination, endurance, and strength! This is an all levels class taught by Lindsay Lambert. The course covers entering and exiting water safely, fundamentals of fitness on a stand up paddleboard, progressions and adding challenge to your routine. No prior yoga or SUP experience is required. Dress for a HOT yoga class. All necessary equipment is provided. Space is limited, pre-registration required. Check our website for Fall 2018 class schedule.

**NEW**



## Pool Parties and Private Rentals



Visit [www.siviewpark.org](http://www.siviewpark.org)  
for reservations!

*Have a splashin' good time* with all of your friends at the Si View Pool. When you rent the pool for a private party you get the entire pool to yourself. Lifeguards and pool toys (small mats, noodles and balls), lifejackets included. Or make it a party package with one-hour pool rental, and an hour party room rental. We set up the room for you with tables and chairs, you do the decorating. Private rentals and party packages are available on Saturdays and Sundays. Rates start as low as \$110 (\$165 for party package) per hour for a group of up to 25 guests. Please call 425-831-1900 for information and to book your party. **Check pool availability online at [www.siviewpark.org](http://www.siviewpark.org)!**

