

Aquatics

April Pool's Day

Interactive water safety demonstrations, CPR demonstrations and more! We are excited to offer the 3rd Annual April Pool's Day event in partnership with the American Red Cross, Children's Regional Medical Center and the Washington State Drowning Prevention Network.

Ages: All, maximum 60 people

Date: April 17th

Time: Safety Fair 1:30-2:30PM, Public Swim 2:30-3:30PM, Raffle 3:45PM

Cost: FREE

Si View Pool Spring Schedule May 1 – Jun 27

Pool closures: May 29 – May 31 – Maintenance closure/Memorial Day

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

SPRING • SPRING

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-7:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim (7-8)	
7:30-8:30	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics		
9-11:30	Swim Lessons Arthritis Therapy (10:50-11:30)	Swim Lessons	Swim Lessons Arthritis Therapy (10:50-11:30)	Swim Lessons	Lap Swim (8:35-9:35) Home school lesson (9:30-10:30) School district rental (10:30-11:30)	Swim Lessons (8:10-11:35)	
11:30-12:30	Lap Swim	2 Lane Lap Swim & 2 Lane Family Swim	Lap Swim	2 Lane Lap Swim & 2 Lane Family Swim	School District Rental (10:30-11:15)	Public Swim* (11:40-12:40)	
12:35-2:15	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Maintenance	Rentals available beginning at 1PM	Rentals available beginning at 12PM
2:20-3:20	Maintenance	Arthritis Therapy	Maintenance	Arthritis Therapy	Maintenance		
3:45-4:40	Swim Lessons (4:05 start)	Swim Team	Swim Lessons (4:05 start)	Swim Team	Camp Rental (3:45-4:45)		
4:40-7	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Public Swim (5-6; \$1.00)		
7:00-8:00	Public Swim	Swim Team (6:30-7:25)	Public Swim (\$1.00)	Swim Team (6:30-7:25)	Family Swim (6-7:15; \$1.00) Special needs Family Swim (7:15-8:15)		
8:00-9:00	Lap Swim	Water Aerobics (7:30-8:30)	Lap Swim	Water Aerobics (7:30-8:30)			

- Under age of 6 must have a parent in water, within arms reach
- Under age of 3 and non-potty trained must wear a swim diaper
- Family swim – parent must be in the water regardless of the age of the child
- Shower required prior to entering pool
- 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

Si View Pool Summer Schedule – Jun 28 – Sep 5

Pool Closures: Jul 4 and 5, Jul 28 – 30 (maintenance), Aug 13 – closing at 1 PM (Festival at Mount Si), Aug 14 & 15 (Festival at Mount Si)

SUMMER • SUMMER

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45-7:15	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim (7-8)	
7:15-8:15	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics		
8:20-9:15	Swim Team	Swim Team	Swim Team	Swim Team	Adult Lap Swim	Swim Lessons (8:10-11:35)	
9:20-11:35	Daily Swim Lessons	Daily Swim Lessons	Daily Swim Lessons	Daily Swim Lessons	Daily Swim Lessons	Public Swim (11:40-12:40)	
11:40-12:40	Adult Lap Swim (3 Lanes)	Adult Lap Swim (3 Lanes)	Adult Lap Swim (3 Lanes)	Adult Lap Swim (3 Lanes)	Camp Swim Rental (11:50)		
12:45-1:40	Camp Swim Rental	Camp Swim Rental	Camp Swim Rental	Camp Swim Rental	Maintenance	Rentals available starting at 1:00	Rentals available
1:40-2:40	Public Swim	Public Swim	Public Swim	Public Swim	Maintenance		
2:40-3:35	Camp Swim Rental	Arthritis Therapy	Maintenance	Arthritis Therapy	Maintenance		
3:40-4:35	Swim Team	Swim Team	Swim Team	Swim Team	Maintenance		
4:40-7	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Public Swim (5-6; \$1.00)		
7:00-8:00	Public Swim	Private Lesson (7-7:30)	Public Swim (\$1.00)	Private Lesson (7-7:30)	Family Swim (6-7:15; \$1.00) Special needs Family Swim (7:15-8:15)		
8:00-9:00	Lap Swim	Water Aerobics (7:30-8:30)	Lap Swim	Water Aerobics (7:30-8:30)			



Aquatics

Pool Fees

Water Aerobic Passes

Pass type	Youth (3-17)	Adult (18-54)	Senior (55+)	Persons with Disabilities	Family
Drop in for Lap or Public Swim	\$2.00	\$3.00	\$2.00	\$2.00	\$9.00
Drop in for Water Aerobics	\$4.00	\$5.00	\$4.00	\$4.00	N/A
10 Punch Pass*	\$18.00	\$28.00	\$18.00	\$18.00	\$54.00
1 Month Pass	\$20.00	\$30.00	\$20.00	\$20.00	\$60.00
3 Month Pass	\$50.00	\$75.00	\$50.00	\$50.00	\$150.00
6 Month Pass	\$90.00	\$135.00	\$90.00	\$90.00	\$270.00

	Adult	Youth, Senior, Disability
1 month	\$50.00	\$40.00
10 Punch	\$45.00	\$36.00

*10 punch passes expire one year from date of purchase
(Passes listed on the left are valid for lap swim, public swim, family swim and showers)

Swim Team

Swim Lesson General Information

Register Early!

- Registration for ALL Spring and Summer sessions begins on April 19th
- Register early; classes with insufficient registration may be combined or cancelled
- Class you want is full? Register for your second choice and call to be placed on a waitlist.

Registration Information

- Select a class on the conservative side of the student's skills. It is preferable that they succeed in the appropriate class rather than struggle in one that is difficult
- Skills listed are the skills that will be worked on in that level
- If your child graduates to a higher level than you have them registered for, we will make every effort to accommodate a transfer.
- Students will progress through levels at different speeds depending on age, physical coordination, practice outside of class, etc; when registering for multiple sessions we recommend that you not register for higher levels from session to session; it is best to register for the same level for 2 sessions, and then move them up to a higher level the following session.
- To receive a full refund the participant needs to be withdrawn one week prior to the first day of class; please see page 4 for further information
- Instructors can be requested, but are not guaranteed

Parent/Guardian Communication

We would like to make the most of you and your child's experience and believe it is important to communicate with you regarding progress in our swim lesson program.

We have five minutes scheduled in between lessons for communication to occur.

Staff Profile

Steven Partridge

Steven has been working at the pool since January 2009 and graduated from High school that same year. He will be going to south Seattle community college for the culinary program this fall and likes to cook, hike and relax. His favorite hobby is solving twisty puzzles and he loves to ride his bike around when it is nice out.



Missed classes

- Participants may not make up classes that they have missed; They are encouraged to attend the rest of the session
- Make up classes due to facility closure are not offered; you will receive a credit for the missed class

Swimming in clothes

- Done on the last day of EVERY session.
- Levels swimming in clothes: Pre 4, Pre 5 and Youth Levels 1-5
- We will be teaching the students how it feels to swim in clothing. On the last day, please have your child wear long pants and a t-shirt over their swim suit. Upper youth level classes will be going over safety skills

American Red Cross Guard Start Program

If you are between the ages of 11-14, come and see what being a lifeguard is all about. Learn the ins and outs of a job that can provide you with rewarding experiences. Participants must be able to complete a 50 yard continuous swim to register for the class. The last day of class will include a pizza party. Upon successful completion of the class volunteer opportunities (assisting with swim lessons and lifeguarding) are available at the Si View Pool. Join our Junior Guard team!

Min 4/ Max 8
Location: Si View Pool
Fee: \$80

Ages	Days	Dates	Times
11-14	M-TH	Jun 28 - Jul 1	9:00AM-2:00PM
11-14	M-TH	Aug 23 -26	9:00AM-2:00PM

Staff Profile

Bryce McMichael

Bryce is a senior at Mount Si High School and has been working at the pool for around 2 years. He enjoys playing soccer and skiing in his free time. He also likes to hangout with his friends and have a good laugh. Bryce has not decided on where he will be attending college the following year but will surely be attending college after graduation.



Stingrays –

Competitive Swimming

The Stingrays are a developmental swim team that competes year round with Northwest Center Pools. We use this team to get swimmers ready to compete on a United States Swimming Association team. We work on stroke technique for the four major strokes, starts and turns. We average one meet every 2 months during the school year and 3-4 meets during the summer. Competing in meets is not required. To be on swim team you must be able to do 2 lengths of crawl stroke, back stroke and breast stroke.

Ages	Days	Dates	Times	Fee
6+	T/TH	May 18 – Jun 24	3:45PM-4:40PM/ 6:30PM-7:25PM	\$64.00
6+	M-TH	Jul 6 – Aug 19 *	8:30AM – 9:25AM	\$150.00*
6+	M-TH	July 6 – Aug 19*	3:40PM-4:35PM	\$150.00*

Swim meet entries need to be turned in Tuesday of the week(s) that you plan on competing in. Competing in the meets is not required (it is encouraged)!

Price for second-fourth sibling is \$130; must register in person or over phone to receive the sibling discount. (Discount for summer swim team only)

**When registering for Summer Swim Team, please register for either morning or afternoon practice; your child can switch practice times due to scheduling conflicts – let the coaches know*

Weekly swim team registration

Summer swim team you have the option of registering week to week. Cost for each week is \$30.00 (No sibling discount is offered for weekly swim team). Weekly swim team is M-TH and session dates follow Sessions 2-7. When signing up for weekly swim team, please sign up for morning or evening.

** All team welcoming potluck & season information (swim meets, team t-shirts and swim caps) Wednesday, June 30th in the Social Room & kitchen from 6:00PM-7:30PM.

***End of season potluck is Sunday, August 8th @ Si View (Pool from 3:45PM-4:45PM; Potluck from 4:45PM-6:00PM)
Meet dates/location
TBA

Pool Parties

Have a splashin' good time with all of your friends at the Si View Pool. For more info, see page 6.

Aquatics

Infant-Toddler Program

For ages 6 months – 3 ½ years

Parent Tot A - Ages 6 months – 17 months

SKILLS TAUGHT: Verbal cuing, reach & pull arms, kicking, bubble blowing, submersion, climbing out and safe entry. All children not fully potty trained must wear a swim diaper and plastic diaper cover. This is a parent and child program, parent is in the water with their child. Child must be 18 months to advance to Parent Tot B – Ages 18 months – 29 months

SKILLS TAUGHT: Building an re-enforcing skills from Parent Tot A; students are also introduced to unassisted skills and becoming comfortable doing the skills with the instructor.

Puddle Jumpers I – Ages 2 ½ - 3 ½

Recommend Parent Tot program at least once prior to enrolling in Puddle Jumpers I class: this will increase their comfort in the water. Only take Puddle Jumpers I once; Parent is in for the first four classes (first 2 for Saturday) and the child completes the session with the instructor only.

SKILLS TAUGHT: Water entry and exiting unassisted, blowing bubbles, aquatic breathing, submersion, assisted front floating, assisted back floating, assisted front glides, kicking assisted and unassisted with chin in water, jumping in assisted and unassisted

Puddle Jumpers II – Ages 2 ½ - 4

Must take Puddle Jumpers I to register for Puddle Jumpers II

Same skills as in a Pre 1 class, with focus on listening skills and following directions; can advance to Pre 1 when 3 years old or when comfortable with being in water

Preschool Swim Lessons

Ages 3-6 (Turn three prior to the end of the session)

PRE- 1

SKILLS TAUGHT: Blowing bubbles; humming; submerging whole head; buoyancy (assisted front float for 5 to 10 seconds); assisted back float 10 seconds; propulsion (kicking with face out of water then face in the water assisted and unassisted); Students must be comfortable submerging completely under water before advancing to Pre 2.

PRE- 2

SKILLS TAUGHT: Humming; submersion; buoyancy (front and back floating unassisted); front glides and back glides unassisted; rolling over (front float to back float / back to front comfortably) unassisted; propulsion (kicking on front and back) w/out support; Students must excel on front skills, back skills and must be comfortable rolling from front to back and back to front without making contact with the pool floor to advance to Pre 3.

PRE- 3

SKILLS TAUGHT: Main focus in this level is breathing (front glide w/ rolling over, intro to side breathing - letter "L" position for the width of pool); intro to crawl stroke and back stroke; intro to elementary back stroke (arms only for the width of pool); Students must excel in tall arms with rolling over to breathe to advance to Pre 4.

PRE-4

SKILLS TAUGHT: Crawl stroke; side breathing, kicking, arms and coordination; back stroke; elementary back stroke; intro to dolphin kick and breast stroke kick, pike and surface dives, standing dives and intro treading water. Students that excel in crawl and back stroke will advance to Youth 3.

PRE-5

SKILLS TAUGHT: Equivalent to Youth Level 4

Youth Swim Lessons

Ages 6-12

YOUTH 1

SKILL TAUGHT: Humming, submerging whole head; buoyancy; front & back glides assisted/unassisted; intro to rolling over; propulsion (kicking w/support and w/out support); jumping into the deep end unassisted. Students must be comfortable with submerging, excel on front and back skills, and be independent in skills before advancing to Youth 2.

YOUTH 2

SKILLS TAUGHT: Main focus is breathing (front glide w/rolling over, intro to side breathing); intro to crawl; intro to back stroke; intro to elementary back stroke (arms only); changing direction; Intro to treading water, lifejacket intro, surface dives and deep water intro; Students must excel on breathing/rolling over and comfort in deep water to advance

YOUTH 3

SKILLS TAUGHT: Crawl stroke with side breathing; back stroke; intro to dolphin & breaststroke kick; swimming underwater; pike and surface dives; standing dives from the side; intro to open turns and treading water. Students must excel in crawl with side breathing, backstroke (kick at/near surface) and elementary back to advance to Youth 4.

YOUTH 4

SKILLS TAUGHT: Refining crawl stroke w/ side breathing; refining back stroke; refining elementary back stroke; breast stroke; butterfly; intro to sidestroke and flip turns. Students must excel in all strokes and tread water for 30 seconds to advance to Y- 5 or swim team.

YOUTH 5

SKILLS TAUGHT: Refining crawl stroke, back stroke, breast stroke; butterfly; side stroke, diving from block; flip turns. Must excel in all strokes to advance to Swim Team.

Private Lessons

Private or semi-private lessons are offered for students 3 years and older. Private lessons have the benefit of providing you with a lesson option that targets your specific needs and those of your children. Cost: \$30.00 per ½ hour for private lesson, \$40 (\$20 per student) per ½ hour for semi-private lesson. Semi-private lessons students need to be at the same level. Should you need to cancel your private lesson(s) a 24 hour notice is required to receive a refund.

Call Si View Pool or e-mail Bridget at boconnell@siviewpark.org to make your arrangements.

Coming soon to Si View Pool –

Orca Swim School!

Helping adults learn how to swim and overcome the fear of deep water.

Discounted rates for park district residents!
For more information, visit
www.orcaswimschool.com

Aquatic Exercise Programs

Need to add variety to your workout schedule?

Water exercise increases cardiovascular fitness, strength, and 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. **Come on in and give water aerobics a try...First visit is free!**



Arthritis Therapy

The Arthritis Foundation aquatics program is a recreation series of gentle activities in the pool and is open to anyone. The program is designed to help relieve the pain and stiffness caused by arthritis while providing a fun and social opportunity. No swim skills required.

Instructor: Joann (M, W), Laurel (T, TH)

Fee: \$5 (\$4 Senior)

Ages	Days	Dates	Time
12+	M/W	May 3-Jun 23	10:50AM-11:30AM
12+	T/TH	May 4-Jun 24	2:20PM-3:15PM
12+	T/TH	June 29 – Sep 2	2:40PM-3:35PM

* 1 month and 10 punch available; 1 month pass expires 30 days from date of purchase

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.

Fee: \$5 (\$4 Senior)

Morning class

Ages	Days	Dates	Time
12+	M-F	May 3 – Jun 25	7:30AM – 8:30AM
12+	M-F	Jun 28- Sep 3	7:15AM – 8:15AM

Evening class

Ages	Days	Dates	Time
12+	T/TH	May 1 – Sep 2	7:30PM – 8:30 PM

* 1 month and 10 punch available; 1 month pass expires 30 days from date of purchase



Aquatics

Session D

M/W – May 17 – Jun 16 (9 lessons) - \$63.00 (Parent Tot - \$54.00)*
 T/TH – May 18 – Jun 17 (10 lessons) - \$70.00 (Parent Tot - \$ 60.00)
 SAT – Jun 5 - Jun 26 (4 lessons) - \$28.00 (Parent Tot - \$ 24.00)
 * No lessons on May 31 - Memorial Day

Session D Schedule (offerings subject to change based on patron need)

CLASSES	M/W	T/TH	SAT
Parent Tot A	6:25	5:55	8:10, 8:45
Parent Tot B	6:25	5:55	8:10, 8:45
Puddle Jumpers I	10:15, 4:40	10:15, 1:40	9:20, 10:30, 11:05
Puddle Jumpers II	9:40, 12:30, 5:15	10:50, 5:20	9:20, 11:05
Pre 1	9:05, 12:30, 4:05, 4:40, 6:25	9:05, 1:40, 5:55, 6:30	9:20, 10:30, 11:05
Pre 2	9:05, 10:15, 1:05, 1:40, 4:40 (x2), 5:15, 6:25	9:05, 12:30, 1:40, 5:20, 6:30	9:20, 10:30, 11:05
Pre 3	9:05, 9:40, 12:30, 1:05, 4:05, 5:15	9:40, 10:15, 12:30, 1:05, 5:20, 5:55	9:55, 10:30
Pre 4	9:40, 1:05, 5:15	9:40, 10:15, 1:05, 5:20, 5:55	9:55
Pre 5	10:15, 6:25	9:05, 12:30, 1:05, 5:55	10:30
Youth 1	5:15	5:20	9:55
Youth 2	4:40, 5:50	4:45	9:55, 11:05
Youth 3	4:05, 5:50	4:45	9:20, 9:55
Youth 4	4:05, 5:50	4:45, 6:30	8:45
Youth 5	5:50	4:45	8:45
Home school		9:40 (all levels)	
Swim Team		3:45 or 6:30 (55 min)	

Session E

M/W – Jun 28 – Jul 26 (8 lessons) \$56.00 (Parent Tot \$48.00)*
 T/TH – Jun 29 – Jul 27 (9 lessons) \$63.00 (Parent Tot \$54.00)
 SAT – Jul 10- Aug7 (5 lessons) \$35.00 (Parent Tot \$30.00)
 * No lesson Jul 5

Session F

M/W – Aug 2 – Aug 25 (8 lessons) \$56.00 (Parent Tot \$48.00)
 T/TH – Aug 3 – Aug 26 (8 lessons) \$ 56.00 (Parent Tot \$48.00)
 (Saturday lessons will resume on September 11th)

Sessions E & F (offerings subject to change based on patron need)

CLASSES	M/W	T/TH	SAT
Parent Tot A	6:25	5:55	8:10, 8:45
Parent Tot B	6:25	5:55	8:10, 8:45
Puddle Jumpers I	5:50	5:55	9:20, 10:30, 11:05
Puddle Jumpers II	5:50	6:30	9:20, 10:30
Pre 1	5:15, 6:25	5:20, 6:30	9:20, 11:05
Pre 2	5:15, 5:50, 6:25	5:20, 6:30	9:20, 10:30, 11:05
Pre 3	5:15	5:20, 5:55	9:55, 11:05
Pre 4	5:50	5:55, 6:30	10:30
Pre 5	5:50		8:10
Youth 1	5:15	5:20	9:55
Youth 2	4:40, 5:15	4:45	9:55
Youth 3	4:40, 6:25	4:45, 6:30	9:55
Youth 4	4:40	4:45, 5:55	8:45
Youth 5	4:40	4:45	8:45
Private Lesson	5:15-5:45	7:00-7:30	
Swim Team		3:45 or 6:30(55 min)	

Fish School

**Jun 2 – Jun 24
 (4 lessons) - \$15.00**

Class will be taught by American Red Cross Water Safety Instructor students who are in the process of earning their American Red Cross certification. All Water Safety Instructor students are currently employed at Si View and have already been teaching for 2 or more sessions. Classes will be instructed from 4:40 PM – 7 PM – Monday through Thursday (class time – ½ hour). A special schedule for this week will be posted on our website by May 12th.

Morning Lessons – ½ hour lesson

**All sessions run for one week;
 5 lessons; \$35.00 (exception: no lesson on July 5th)**

Session 1
 Jun 28 – Jul 2

Session 2
 Jul 6 – Jul 9 (4 lessons - \$28.00)

Session 3
 Jul 12 – 16

Session 4
 Jul 19 – 23
 (No lessons week of July 26 – pool closed July 28-30 for maintenance)

Session 5
 Aug 2 – 6

Session 6
 Aug 9 – August 13

Session 7
 Aug 16 – 20

Session 8
 Aug 23 – Aug 27

**Morning session offerings –
 Sessions 1-8 (offerings subject to change based on patron need)**

Level	Sessions 1-8
Puddle Jumpers 1	11:05
Puddle Jumpers 2	10:30
Pre 1	9:55, 11:05
Pre 2	9:55, 11:05
Pre 3	9:55, 10:30
Pre 4	10:30, 11:05
Pre 5	10:30
Youth 1	10:30
Youth 2	9:20, 11:05
Youth 3	9:20, 9:55
Youth 4	9:20, 9:55
Youth 5	9:20
Private Lesson DEEP END ONLY	9:20
Private Lesson	11:45-12:15