

Aquatics

Pool Dimensions: 17 yards in length; 8 yards in width 5 yards of 3 1/2 feet depth, 12 yards of varying depth 5 ft to 9 ft

Pool Schedule December 17-January 4

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		
8:35-9:35	Lap Swim	Lap Swim (8:35-10:15)	Lap Swim	Lap Swim (8:35-10:15)	Lap Swim		
9:45-11:15	Public Swim	Gentle Water Exercise (10:20-11:20)	Public Swim	Gentle Water Exercise (10:20-11:20)	Public Swim	Lap swim 9-11:15	
11:20-12:25	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Public swim 11:30-1	Rentals available
12:30-1:30	Camp Swim	Camp Swim	Camp Swim	Camp Swim	Camp Swim	Rentals starting 1:15	Rentals available
1:30-3:00	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim		Rentals available

Pool Closures:

December 24 1:30pm closure, Christmas Eve
 December 25 Christmas
 December 31 1:30pm closure, New Year's Eve
 January 1 New Year's Day

Pool Schedule January 5-April 30

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)		
12:30-3:00	Swim Lessons	Swim Lessons	Swim Lessons	Swim Lessons	Maintenance	Rentals Starting 1:15	Rentals Available	
3:00-4:00	Maintenance	Swim Team (3:45-4:40)	Maintenance	Swim Team (3:45-4:40)	Camp Swim			
4:00-7:00	Swim Lessons	Swim Lessons & Swim Team	Swim Lessons	Swim Lessons & Swim Team	Public Swim \$1 (5-6)			
7:00-8:00	Public Swim	Lap Swim (7:35-8:35)	Public Swim \$1	Lap Swim (7:35-8:35)	Family Swim \$1 (6:05-7:20)			
8:00-9:00	Lap Swim		Lap Swim					

Pool Closures:

January 21 Martin Luther King Junior Day
 February 16- 24 Annual Maintenance
 April 5 Closing at 12p
 April 6-8 Pool Maintenance

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 steps 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.

- 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

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

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American Red Cross Programs

Lifeguard training

The purpose of the American Red Cross Lifeguarding course is to provide entry level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide care for breathing and cardiac emergencies, injuries and illnesses until emergency medical services personnel take over. Upon successful completion of the course participants will be certified in Lifeguarding, CPR for the Professional Rescuer, Automated External Defibrillator and First Aid

Prerequisites – Must be 15 years old by last scheduled day of the class; swim 300 yards of front crawl and/or breaststroke continuously demonstrating breath control and rhythmic breathing; tread water for two minutes with no hands; swim 20 yards, retrieve a 10 pound brick from 9 feet and swim 20 yards with brick.

Lifeguard Training Ages: 15+
 Min: 3 / Max: 9 T-W Dec 18-19 3PM-7PM
 Instructor: Si View Staff Th-F Dec 20-21 10AM-6PM
 Location: Si View Pool & North Annex Cost: \$160

- Course fee includes Red Cross certification fees, a libraried lifeguard training book and pocket mask. \$35 deposit fee for book to be collected at time of registration
- Please bring each day – swim suit, towel, water & snacks and participant manual
- If you have volunteered 40 hours at Si View Pool, please register in person for the discounted rate

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, 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.

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 Age: 12+
 Instructor: Si View Staff M-F
 Location: Si View Pool 7:30AM-8:30AM
 Cost: \$5.50/\$4.50 senior

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 Age: 12+
 Instructor: Creighton T/TH
 Location: Si View Pool 10:25AM-11:25AM
 Cost: \$5.50/\$4.50 senior

Aquatic Exercise Programs

Paddle Board Yoga Fitness

Outdoor SUP season is right around the corner! Come build your SUP foundation in a warm, calm, safe pool environment before it's time to go outside on the lake, river, & ocean. We will cover entering & exiting the water safely fundamentals of fitness on a stand up Paddleboard. No SUP experience required. Dress for a HOT yoga class.

12236 SUP Yoga - February Age: Adults
 Min: 6 Max: 10 S Feb 03-Mar 03*
 Instructor: Lindsay Lambert 2:00PM-3:00PM
 Location: Si View Pool Total Cost: \$60.00
 *No class 2/17, 2/24

12237 SUP Yoga - March Age: Adults
 Min: 6 Max: 10 S Mar 17-Mar 31
 Instructor: Lindsay Lambert 2:00PM-3:00PM
 Location: Si View Pool Total Cost: \$60.00



Pool Fees

Program type	Adult (18-54)	Family	Youth (3-17), Senior (55+), Disability
Drop in Lap/Public/Family Swim/Shower	\$3.50	\$10	\$2.50
Drop in Water Aerobics	\$5.50		\$4.50
10 Punch Water Aerobics*	\$49.50		\$40
1 month Water Aerobics	\$54		\$45
10 Punch Pass Lap Swim/Public Swim/Family Swim/Shower*	\$32.50	\$65	\$22.50
1 Month Pass Lap Swim/Public Swim/Family Swim/Shower	\$36	\$69	\$25
3 Month Pass Lap Swim/Public Swim/Family Swim/Shower	\$100	\$165	\$70
6 Month Pass Lap Swim/Public Swim/Family Swim/Shower	\$170		\$135

*Punch passes expire one year from date of purchase.



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 \$120 (\$182 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.*



Aquatics

Swim Lesson General Information

Register Early!

- Registration for **ALL** Winter sessions programs begins on Friday, December 7th
- Register early; classes with insufficient registration may be combined or cancelled
- Class you want is full? Register for your second choice and place yourself 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 3 for further information

Instructors can be requested, but are not guaranteed

Parent/Guardian Communication

- We would like to make the most of your 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.

Make up 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 any cancelled classes

Swimming in clothes – Done on the last day of EVERY session.

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.

Levels swimming in clothes: Pre 4, Pre 5 and Youth Levels 1-3. Youth Level 4 & 5 will be learning self-rescue technique, basic rescue techniques and open water swimming safety skills.

Infant-Toddler Program

Ages 6 months – 3 ½ years

All children not fully potty trained must wear a swim diaper with a plastic diaper cover

Parent Tot - Ages 6 months – 3 years

SKILLS TAUGHT: Verbal cuing, reach & pull arms, kicking, bubble blowing, submersion, climbing out and safe entry. Students are also introduced to unassisted skills as they become ready and becoming comfortable doing the skills with the instructor. This is a parent and child program, parent is in the water with their child.

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 - 3 ½

Must take Puddle Jumpers I to register for Puddle Jumpers II; PARENT DOES NOT GET IN THE WATER 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 Program

Ages 3-6

Must turn 3 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 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: 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 Youth 5 or swim team.

Youth Swim Lessons

Ages 6-12

5 year olds can register for Youth lessons with skill mastery of Preschool lessons

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 to Youth 3.

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.



Aquatics

Lesson Schedule

(Please check our website for up to date offerings; subject to change)

Classes	M/W	T/TH	SAT
Parent Tot	6:25	12:35, 5:20	8:35, 9:10, 9:45
Puddle Jumpers 1	4:40	12:35(PJ 1&2 combo)	8:35, 9:45, 11:30
Puddle Jumpers 2	4:40	5:20 (PJ 1 & 2 combo)	9:10, 9:45, 11:30
Pre School 1	9:05, 12:35, 4:05, 4:40, 6:25	9:15, 1:10, 5:20, 5:55, 6:30	8:35, 9:10, 10:20, 11:30
Pre School 2	9:05, 12:35, 4:05, 4:40, 5:15, 6:25	9:15, 1:10, 5:20, 5:55, 6:30	8:35, 9:10, 10:20, 11:30
Pre School 3	9:40, 1:10, 4:05, 5:15, 6:25	9:50, 1:45, 5:55	8:35, 10:20
Pre School 4	9:40, 1:10, 5:15	9:50, 1:45, 5:20	9:45
Pre School 5			11:30
Youth 1	5:15, 5:50	4:45, 5:55	10:20, 10:55
Youth 2	5:15, 5:50	4:45, 5:55	10:20, 10:55
Youth 3	4:05, 5:50	4:45, 6:30	9:45, 10:55
Youth 4	4:05, 5:50	4:45, 7:05	9:10, 10:55
Youth 5	5:50	4:45, 7:05	10:55
Swim Team		3:45-4:40 or 6:35-7:30	
Homeschool sibs (age 3-5)	Mon only or Wed only - 10:15 or 2:20		
Homeschool (ages 6 & up)	Mon only or Wed only -10:50 or 1:45		
Adult			8-8:30

Session A

M/W: January 7 – February 13 \$104.50 (Parent Tot \$93.50)*

T/TH: January 8 – February 14 \$104.50 (Parent Tot \$93.50)*

SAT : January 5 – February 9 \$57 (Parent Tot \$51)

*No lessons on January 21 & 22

Session B

M/W: March 4 – April 3 \$95 (Parent Tot \$85)

T/TH: March 5 – April 4 \$95 (Parent Tot \$85)

SAT: March 2 – March 30 \$47.50 (Parent Tot \$42.50)

Session C

M/W: April 15 – May 15 \$95 (Parent Tot \$85)

T/TH: April 16 – May 16 \$95 (Parent Tot \$85)

SAT: April 20 – May 18 \$47.50 (Parent Tot \$42.50)

Private Lessons

We offer private or semi-private lessons for students 3 years and older. Private lessons have the benefit of fitting available staff schedules while providing you with a lesson option that targets your specific needs and those of your children. Call Si View Pool or e-mail Bridget bverhei@siviewpark.org to make your arrangements. Cost: \$38 per ½ hour for private lesson, \$55 per ½ hour for semi-private lesson (\$27.50 per student). Should you need to cancel your private lesson(s) a 24 hour notice is required to receive a full refund (minus \$10 processing fee).

Adult Swim Lessons

We offer lessons for adults who already have comfort in the water:

Beginner: Air exchange, submerging whole head with air exchange; front & back glide - assisted and unassisted; introduction to rolling over; kicking on front and back - with and without support; jump into deep end unassisted. Introduction to crawl stroke arms & back stroke arms; introduction to crawl stroke w/rolling & breathing; introduction to elementary back stroke arms; water safety - treading water, life-jackets and floating on back in deep water

Intermediate/Advanced: Building on skills learned in adult beginner class; crawl stroke with side breathing; refining backstroke; refining elementary back stroke; introduction to elementary back stroke legs and arm & leg coordination; breaststroke; side-stroke and butterfly. Diving - surface dives and diving from side..



Stingrays Swim Team

The Stingrays are a developmental swim team. 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. To join the swim team you must be able to do 2 lengths of crawl stroke, back stroke, breast stroke, and one length of butterfly. Successful completion of Youth 5 is recommended.

*****Swim team follows the swim lesson session dates**

Swim team Age: 6+
 Min: 3 Max: 10 T/TH
 Instructor: Si View Staff 3:45PM-4:40PM or 6:35PM-7:30PM
 Location: Si View Pool Cost: varies per session

Staff Profile

Will Huestis

Will has been working for the Si View pool as a lifeguard and swim instructor since Fall of 2015, and has loved every minute of it! He attends Bellevue College on a pre-med track. His hope is to transfer to the University of Washington and continue pre-med education there, and eventually go on to specialize in gene therapy treatment or research. In his spare time, Will likes to hike, backpack, and do basically anything that gets him outside.



Staff Profile

Elly Moon

Elly started working at Si View Pool in early 2016. She is currently enrolled in Bellevue College working towards a double major in Elementary and Special Education. A certified water safety instructor, lifeguard and lifeguard instructor, Elly loves teaching swimming to the community. When she's not at the pool or at BC, Elly can be found racing her motorcycles with her dad or hanging out with her twin brother who has special needs.

