

POOL INFORMATION

MERCER ISLAND MARY WAYTE POOL INFORMATION

Mercer Island – Mary Wayte Pool
 8815 SE 40th
 Mercer Island, WA 98040
 (206) 296-4370
 www.nwcenterpools.com

SPRING/SUMMER 2010

Pool Closed:

Monday, May 31st, Memorial Day
 Sunday, July 4th, Independence Day
 Monday, September 6th, Labor Day

RECREATIONAL SWIM SCHEDULE

All recreational swim programs may be changed, modified, or cancelled due to special events or to maximize pool usage. Please speak with the pool staff if you have any questions or concerns.

LAP SWIM is an excellent opportunity for swimmers of all abilities to exercise or work on their skills. The pool is divided into slow, medium, and fast lanes to allow for different paces and workout needs. Please circle swim with three or more swimmers. Please note: Limited space Mon. – Thurs. PM.

Monday – Friday	5:30 – 9:00 am (April 4th – June 17th)
Monday – Friday	5:30 – 8:00 am (June 21st – Sept. 3rd)
Monday – Friday	11:30 am – 2:00 pm
Monday – Thursday	8:00 – 9:00 pm
Saturday	7:00 – 9:00 am
Sunday	11:30 am – 1:00 pm

PUBLIC SWIM is a time for kids and families to practice their swimming skills or just to have fun. Floats, mask, fins and snorkels are welcome. Children wishing to swim in the deep must pass a swim test. All children under six (6) years of age or less than 3'6" in height must be accompanied by an adult into the water.

Monday – Thursday	7:00 – 8:00 pm
Friday	7:00 – 9:00 pm
Sunday	1:00 – 2:30 pm (\$2.00)
Monday – Friday	2:00 – 3:30 pm (June 21st – August 27th ONLY)

FAMILY SWIM is a time set aside for families in the shallow end of the pool. This is a great opportunity for kids and adults to practice in a quieter setting. All children under the age of 18 must be accompanied by an adult while in the water. Sun. 11:30 – 1

Monday – Friday	12:30 – 2:00 pm (shallow end only)
Friday	6:00 – 7:00 pm (shallow end only)
Saturday	8:00 – 9:00 am (shallow end only)
Sunday	11:30 am – 1:00 pm (shallow end only)

SENIOR LAP SWIM is an opportunity for seniors to come in and swim laps with other people their age. This is a great opportunity for low impact exercise and bonding with other seniors.

Senior age 60+	Monday, Wednesday, Friday 10:30 – 11:30 am
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SHALLOW WATER EXERCISE

A 60-minute, drop in, exercise class designed to increase flexibility and range of motion during an aerobic workout. This class can challenge all fitness levels. Beginners are always welcome.

Monday, Wednesday, Friday
 7:30 am - 8:30 am
 8:30 am - 9:30 am
 11:35 am - 12:35 pm

DEEP WATER EXERCISE

A zero-impact, high energy aerobic class that is great for strength, conditioning, and range of motion. This class focuses on working your core muscle groups, abs, gluts, and thighs. Come try this fun class!

Tuesday, Thursday 11:30 am – 12:30 pm

WATER WALKING is a 45-minute class designed for aerobic exercise and to improve range of motion. A great, low-impact way to exercise consistently.

Monday, Wednesday 7:15—8:00 PM

ADMINISTRATION REGISTRATION FEE applies for course registrations once a year per family and the first course registration under any account. Fee is based on course registration dates. Register for any spring or summer classes in the month of April and receive 10% off.

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SPRING LESSON SCHEDULE

Class session dates are listed below for customers planning purposes. Actual times for ages and abilities will be determined at a later date.

Mon/Wed	Tues/Thurs	Sunday	Registration Begins
April 5 – April 21	April 6 – April 22	April 11 – April 25	February 5
April 26 – May 12	April 27 – May 23	May 2 – May 23	February 26
May 17 – June 2 ¹	May 17 – June 2	June 6 – June 20	April 1
June 7 – June 16 ²	June 8 – June 17 ²	April 1	

¹ No lessons May 31st, Memorial Day

² Promo session (\$20.00 per student)

SUMMER LESSON SCHEDULE – REGISTRATION BEGINS APRIL 1ST.

Class session dates are listed below for customers planning purposes. Actual times for ages and abilities will be determined at a later date.

Mon – Fri (am)	Mon/Wed	Tues/Thurs	Sunday
June 21 – June 25	June 21 – July 7	June 22 – July 8	June 27 – July 18*
June 28 – July 2	July 12 – July 28	July 13 – July 29	July 18 – Aug 1
July 5 – July 9 ³	Aug 2 – Aug 18	Aug 3 – Aug 19	Aug 8 – Aug 22
July 12 – July 16			
July 19 – July 23			
July 26 – July 30			
Aug 2 – Aug 6			
Aug 9 – Aug 13			
Aug 16 – Aug 20			
Aug 23 – Aug 27			

ADULT GROUP LESSONS for adults ready to be comfortable and learn to swim or develop their basic skills. No experience necessary for beginners. Intermediates must float for 10 sec, glide on both front and back for 15 ft, & have a coordinated stroke on both front and back for 15 ft.

Dates: Sundays of spring and summer sessions

Beginners: 11– 11:30 am; Intermediates: 11:30—12:00 pm

PRIVATE AND SEMI-PRIVATE SWIM LESSONS

If you are looking for an opportunity for one-on-one instruction to focus on specific skills and provide an individualized lesson, Private and Semi-private lessons are a great choice. Each lesson is 30 minutes in length. Register for a single lesson or consecutive lessons. We will make every effort to provide customers with a consistent instructor of their choice. Call the pool for more information or to schedule classes.

Private lessons: \$30.00 per ½ hour; semi - private lessons: \$24.00 per student per ½ hour

ADAPTED AQUATIC LESSONS Mercer Island Pool is proud to offer lessons for children and adults with special needs. Our instructors are trained to have the knowledge and ability to provide students with the best care, instruction and safety during their lessons. The classes have a one-to-one instructor-student ratio so that all students receive individualized instruction and attention. Call for more information or to schedule lessons.

Price: \$9.00 per lesson.

MERCER ISLAND DIVE CLASS

Come learn how to dive from a 1-meter springboard in our beginning class or improve your competitive dive in our intermediate or advanced dive class. No experience necessary for beginners. Intermediates must be at least 10 years old, can do a dive or a front flip and have experience on a springboard or trampoline.

Spring & Summer: Tues/Thurs sessions any level

7:00 — 8:00 pm

Price: \$11/ per lesson

PARENT-TOT CLASSES A fun, water-exploration class for parents and children! Teach your child by example to enjoy and relax in the water. All children requiring a diaper must wear tight fitting protective coverings with elastic legs. Ages 6 mo – 3 years. All students must pre-register.

Price: 6 classes \$45.



Riptides swim team continues once again! We will continue our work on the four competitive strokes: freestyle, backstroke, breaststroke and butterfly. Each practice will incorporate proper starts, turns, or relay exchanges, all in preparation for the various NWC swim meets throughout the year. Our team is designed to give your swimmer a chance to compete on a developmental swim team. In addition to ensuring proper technique and conditioning, the Riptides emphasize the development of self-esteem, sportsmanship and teamwork to prepare the swimmer for success in both sport and life.

Spring Schedule	Advanced	Monday & Wednesday	5:30 – 7:00 pm
	Intermediate	Tuesday & Thursday	6:00 – 7:00 pm
	Beginner	Tuesday & Thursday	5:30 – 6:15 pm
Summer Schedule	Team Practice	Monday – Friday	3:30 – 5:00 pm