







# Summer Swim Schedule!

**Updated! July 5th-September 3, 2010**

- Watch for Special Schedules Fourth of July Weekend & Labor Day Weekend.
- The Recreation Pavilion will be closed Sunday, July 4<sup>th</sup> and Monday, September 7.
- **Pool Spa & Sauna will be closed 4:30-6:30pm July 9, Aug. 6 & Sept. 3 for Lifeguard Training.**
- **Pool, Spa & Sauna will be closed 4:30-9:00pm July 16 & 30 due to Swim Meets.**
- Schedule is subject to change. Visit [www.mltrec.com](http://www.mltrec.com) for latest schedule updates.

**\*\*SUMMER GROUP SWIM POLICY:** All organizations with groups of 10 or larger must reserve space in Monday-Friday Recreation Swims in advance. All other groups must wait in the public swim line and will be subject to public availability. Public maximums are subject to daily group reservation numbers. To check reservations on a particular day, please see our schedule at [www.mltrec.com](http://www.mltrec.com). To reserve space in a Recreation Swim for your organization please call the Aquatics Supervisor at 425-776-9173.

| Monday/Wednesday   | Tuesday/Thursday   | Friday  | Saturday   | Sunday   |
|--|--|---|--|--|
| 6:00-8:00am<br>Lap & River   | 6:00-8:00 am<br>Lap & River  | 6:00-8:00 am<br>Lap & River   |     |     |
| 6:00-7:00 am<br>Deep Water Fitness   | 7:10-8:10 am<br>Deep Water Fitness   | 6:00-7:00 am<br>Deep Water Fitness  |  |  |
| 7:10-8:10 am<br>Water Walk   | 7:30-9:00 am<br>Leisure Pool Only  | 7:10-8:10 am<br>Water Walk  |  |  |
| 7:30-9:00 am<br>Leisure Pool Only  | 8:30-9:30 am<br>Arthritis Aquatics Program   | 7:30-9:00 am<br>Leisure Pool  | 7:30-8:45 am<br>Leisure, Lap & Lazy River  |  |
| 8:15-9:15 am<br>Shallow Water Fitness  |   | 8:00 am*-12:00 pm<br>2 Lap Lanes Available<br><b>(Adults: 16 &amp; Older Only)</b><br>*Thru 8/20. On 8/27: 10:20-12 | 7:35-8:35 am<br>Deep Water Fitness   | 8:45 am-12:50 pm<br>Lap Lanes  |
| 9:30-10:30 am<br>Senior Fitness  | 10:20 am-12:00 pm<br>2 Lap Lanes Available<br><b>(Adults: 16 &amp; Older Only)</b> | 8:15-9:15 am<br>Shallow Water Fitness   | 8:50-10:05 am<br>Leisure Pool & Lazy River   | 8:50-10:05 am<br>Leisure Pool Only   |
| 10:20 am-12:00 pm<br>2 Lap Lanes Available<br><b>(Adults: 16 &amp; Older Only)</b> | 10:45-11:45 am<br>Senior Fitness   | 9:30-10:30 am<br>Senior Fitness   | 10:10-11:25 am<br>Leisure Pool & Lazy River  | 9:25-10:25 am<br>River Fitness   |
| <b>New!</b> \$2 Happy Hour<br>11:00am-12:00pm<br>Leisure Pool Only                 | <b>New!</b> \$2 Happy Hour<br>11:00am-12:00pm<br>Leisure Pool Only                 | <b>New!</b> \$2 Happy Hour<br>11:00am-12:00pm<br>Leisure Pool Only  | 11:30 am-12:45 pm<br>Leisure Pool & Lazy River   | 10:10-11:25 am<br>Leisure Pool Only  |
| 10:45-11:45 am<br>Arthritis Aquatics Program                                       | 12:05-1:20 pm**<br>Recreation Swim   | 10:45-11:45 am<br>Arthritis Aquatics Program  |  | 11:30 am-12:45 pm<br>Leisure Pool Only   |
| 12:05-1:20 pm**<br>Recreation Swim   | <b>CANCELLED!</b> 1:25-2:25pm<br><del>Rec Swim Happy Hour</del>                    | 12:05-1:20 pm**<br>Recreation Swim  | 1:00-2:15 pm<br>Recreation Swim  | 1:00-2:15 pm<br>Recreation Swim  |
| <b>CANCELLED!</b> 1:25-2:25pm<br><del>Rec Swim Happy Hour</del>                    | 4:15-5:30 pm<br>Leisure Pool Only  | <b>CANCELLED!</b> 1:25-2:25pm<br><del>Rec Swim Happy Hour</del>   | 2:20-3:35 pm<br>Rec Swim Party Time  | 2:20-3:35 pm<br>Rec Swim Party Time  |
| 4:15-5:30 pm<br>Leisure Pool Only  | 5:30-6:30 pm<br>Shallow Water Fitness  | 3:00-4:15 pm<br>Recreation Swim   | 3:45-6:55 pm<br>Rental Times Available<br><b>Pool, Spa, Sauna<br/>CLOSED to public</b> | 3:45-5:50 pm<br>Rental Times Available<br><b>Pool, Spa, Sauna<br/>CLOSED to public</b> |
| 5:30-6:30 pm<br>Deep Water Fitness   | 7:15-8:30 pm<br>Recreation Swim  | 4:15-7:00<br><b>Pool, Spa, Sauna<br/>CLOSED to public</b>   |  | 6:00-7:15 pm<br>Recreation Swim  |
| 7:15-8:30 pm<br>Recreation Swim  | 8:35-9:35 pm<br><b>\$2 Happy Hour!</b><br>Leisure, River & 1 Lap Lane              | 4:45-6:50 pm*<br>Rental Times Available<br><b>*No rentals 7/9, 7/16,<br/>7/30, 8/6 &amp; 9/3</b>                    |  |  |
| 8:35-9:35 pm<br><b>\$2 Happy Hour!</b><br>Leisure Pool & 2 Lap Lanes               | 8:35-9:35 pm<br>Deep Water Fitness<br><b>Max: 8 participants</b>                   |   | 7:00-8:15 pm<br>Recreation Swim  |   |
| 8:35-9:35 pm<br>River Fitness  | 8:35-9:35<br>Masters/Triathlon Training  | 7:00-8:15 pm*<br>Recreation Swim<br><b>*No swim 7/16 &amp; 7/30</b>   |  |  |

**\*PLEASE NOTE:** Pool, Spa, Sauna will be closed 4:30-6:30pm on Fridays July 9, August 6 & September 3 for Lifeguard Training & from 4:30-9:00pm on Fridays July 16 & 30 for Swim Meets.

**Recreation Swim:** Leisure, river, main pool & deep end available. Includes float toys, noodles, water toys, lifejackets, basketball hoops. Camps may reserve spots in advance for this swim. **\*Public space may be limited.**

**Rec Swim Party Time:** Same fun as our Recreation Swim, but groups may reserve spots in advance for parties when combined with a room rental. Please call (425) 776-9173 to make reservations. **\*Public space may be limited.**

**Leisure Pool:** Leisure Pool (shallow area only) is available. Geysers, toddler island, floatation rings, water toys and noodles. All ages are welcome, though activity emphasis is for children 6 and under with their parents. Only \$3.00 at Happy Hour times!

**River:** Available when not in use by classes and at the Lifeguard's discretion. This area has a light current.

**Lap Lanes:** Shared lanes open for lap swimming during designated times. Kickboards & pull buoys available. Lap Lanes may not be used for other activities such as water walking. Please follow posted Lap Swimming Etiquette. Must be 16 or older to swim at **Adult Lap Lane** times.

**Pool Rules:** SAFETY WILL NOT BE COMPROMISED. Children under 4 years of age **MUST** be accompanied into the pool by an adult; adults should be within arms reach of all young children. Lifejackets available for all ages and may be required. Please be responsive to the lifeguard's requests. Each is adhering to an established set of safety rules.

## FOR YOUR HEALTH AND SAFETY:

- Infants and toddlers who are not toilet trained must wear swim diapers **AND** protective plastic diaper covers. Swim Diapers and protective plastic diaper covers are available for purchase in our lobby.
- Small children should be taken on frequent bathroom breaks to avoid contamination of the pool.
- Persons with infectious illness including vomiting and diarrhea within the past seven days may not enter the pool.

# 2010 Swimming Pool Fees

|                            | <u>MLT Resident</u> | <u>Non Resident</u> |                     | <u>MLT Resident</u> | <u>Non Resident</u> |
|----------------------------|---------------------|---------------------|---------------------|---------------------|---------------------|
| Infants under 1 year       | FREE                | FREE                | Annual Pass: Youth  | \$418.00            | \$473.00            |
| Youth* (1-15 years)        | \$ 3.50             | \$ 4.00             | Annual Pass: Adult  | \$660.00            | \$715.00            |
| Adult (16-59 years)        | \$ 4.50             | \$ 5.00             | Annual Pass: Senior | \$473.00            | \$528.00            |
| Senior (60+)/Disabled      | \$ 3.50             | \$ 4.00             |                     |                     |                     |
| Family Swim Rate           | \$13.00             | \$15.00             |                     |                     |                     |
| Leisure Pool Only          | \$ 3.25             | \$ 3.75             |                     |                     |                     |
| Leisure Pool 11-Punch Pass | \$32.45             | \$37.51             |                     |                     |                     |
| Shower Only                | \$ 1.50             | \$ 1.75             |                     |                     |                     |

\*Children under 4 must be accompanied in the water by an adult.

|                                |         |         |
|--------------------------------|---------|---------|
| 11-Punch Pass: Youth           | \$34.98 | \$40.04 |
| 11-Punch Pass: Adult           | \$44.99 | \$49.94 |
| 11-Punch Pass: Senior/Disabled | \$34.98 | \$40.04 |
| Monthly Pass: Youth            | \$38.00 | \$43.00 |
| Monthly Pass: Adult            | \$60.00 | \$65.00 |
| Monthly Pass: Senior/Disabled  | \$43.00 | \$48.00 |

## Drop-In Class Fees for Water Fitness, Masters Swimming/Triathlon Training, & Teen/Adult Intermediate Swim Lessons

|                                |         |         |
|--------------------------------|---------|---------|
| Drop-In Class: Adult           | \$ 6.25 | \$ 6.75 |
| Drop-In Class: Senior/Disabled | \$ 4.50 | \$ 5.00 |
| 11-Punch Pass: Adult           | \$62.48 | \$67.43 |
| 11-Punch Pass: Senior/Disabled | \$44.99 | \$50.05 |

## WATER FITNESS!



**Shallow Water Fitness:** A fast-paced fitness class designed to improve cardiovascular fitness. No swim skills required.

**Deep Water Fitness:** A total body workout with no impact. Floatation equipment provided.

**River Fitness:** Use of river current, water resistance and weights for a complete body workout.

**Water Walk:** Includes various walking techniques in shallow water. No swim skills required.

**Arthritis Aquatic Program:** Warm water helps relieve pain & stiffness and increases flexibility.

# Summer Swim Instruction!

### Terrace Tots: 9 months-3 years

Parents participate with infant or toddler.

### Pre-School: 3-5 years

Six levels offered with a max. of 6 per class.

### Advanced & Comp Skills: 5-14 years

Four levels offered with a max. of 8 per class.

### Puddle Jumpers: 34 months-3 years

Tots start class w/parent and transition to being in water with instructor only.

### School Age: 6-12 years

Five levels offered with a max. of 7 per class.

### Adult/Teen: 12 years & older

Learn at your own pace.

**Adaptive Aquatics Program:** This program is designed to integrate children with special needs into our swim lesson program.

Learn to swim in our modern, warm-water pool. A positive and fun experience is provided by an enthusiastic, well-trained and caring staff.

Please call or visit our website or the Pavilion for the times of specific classes. Our knowledgeable staff can help you with class placement if you are unsure where your child should go. On-line registration is also available on open registration dates. Visit [www.mltrec.com](http://www.mltrec.com) for more information!

### Swim Registration:

Mountlake Terrace residents may register one day prior to printed registration date.

Walk-in 4-8 pm; Phone-in 6-7.

Non-Res: Walk-in 8 am-8 pm; Phone-in 2-7 pm.

| <u>Daily Lessons</u> | <u>Days</u> | <u>Lessons</u> | <u>Fee R/N</u> | <u>Resident Reg</u> | <u>Open Reg</u> |
|----------------------|-------------|----------------|----------------|---------------------|-----------------|
| 6/28-7/9             | M-F         | 10             | \$63/\$68      | 6/16                | 6/17            |
| 7/12-7/23            | M-F         | 10             | \$63/\$68      | 7/7                 | 7/8             |
| 7/26-8/6             | M-F         | 10             | \$63/\$68      | 7/21                | 7/22            |
| 8/9-8/20             | M-F         | 10             | \$63/\$68      | 8/4                 | 8/5             |
| 8/23-9/3             | M-F         | 10             | \$63/\$68      | 8/18                | 8/19            |
| <u>Twice-a-Week</u>  | <u>Days</u> | <u>Lessons</u> | <u>Fee R/N</u> | <u>Resident Reg</u> | <u>Open Reg</u> |
| 6/28-7/28            | M/W         | 10             | \$63/\$68      | 6/16                | 6/17            |
| 6/29-7/29            | T/Th        | 10             | \$63/\$68      | 6/16                | 6/17            |
| 8/3-9/2              | M/W         | 10             | \$63/\$68      | 7/28                | 7/29            |
| 8/4-9/3              | T/Th        | 10             | \$63/\$68      | 7/28                | 7/29            |
| <u>Once-a-Week</u>   | <u>Days</u> | <u>Lessons</u> | <u>Fee R/N</u> | <u>Resident Reg</u> | <u>Open Reg</u> |
| 7/10-8/28            | Sat         | 8              | \$50/\$54      | 6/16                | 6/17            |
| 7/11-8/29            | Sun         | 8              | \$50/\$54      | 6/16                | 6/17            |

# Aqua Kids Day Camp!

Kids ages 4-7 can join us in the pool for summer camp fun! No swim skills are required, but children must like to be in the water. Camp runs 9:00am-12:00pm, Monday-Friday each week of summer starting June 28th. Please see our summer programs brochure or call for more details.

*We also offer American Red Cross Babysitters Training and GuardStart classes for kids 11-14. Please call the Pavilion or visit our website for more details!*

# Swimming Pool Rentals – Celebrate with us!



**Indoor Pool:** Half of the pool the full pool, or the Teach Pool may be rented. Half pool rentals share use of the leisure pool and deep pool. All rentals include tubes, mats, basketball hoops, water walk, noodles and lifejackets. Please stop by or call our Front Desk (425-776-9173) for more details.

**After-Hours Rentals:** After-hour rentals and overnights are not available June-August. Call now for bookings September-December!



## Mountlake Terrace Recreation Pavilion

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425-776-9173 • [www.mltrec.com](http://www.mltrec.com)