

# MEADOWBROOK POOL

10515 35<sup>TH</sup> AVE NE, SEATTLE, WA 98125  
(206) 684-4989

Registration begins Tuesday, May 24<sup>th</sup> at 12:00pm

## PARENT AND TOTS – 6MONTHS TO 3YEARS

American Red Cross Parent and Child Aquatics introduces you and your child to basic swimming skills. As parents, you learn how to safely work with your child in the water and how to prepare and encourage your child to participate fully and try the skills offered. 6 months to 3 years old.

## KINDERS – 4YEARS TO 5 YEARS

Children begin with basic water adjustment and eventually learn front and back floats, flutter kick, rolling from front to back, crawl stroke and more.

## PARENTS AND BIG DIPPERS – 4YEARS TO 7YEARS

Group lesson for swimmers who benefit from the assistance of having a parent or **responsible adult (18+) in the water** with them. Basic water skills are taught and are responsive to the skill-level of each participant. Instructors teach from in the water.

## BEGINNING – 6YEARS TO 16YEARS

Our specially developed group swimming lessons allow for easy registration and lets us assess placement of students on the first day. These group lessons range from introductory skills like floating and kicking and progress all the way to swimming crawl stroke and practice in deeper water.

## ADVANCED – 6YEARS TO 16YEARS

Group instruction for youth who already know how to do crawl stroke and are ready to learn more.

Important necessary skills: comfortable in deep water and able to swim 15 yards without stopping; demonstrate good Front Crawl Stroke with bilateral breathing, and proper whip kick on their back. Children not ready may be removed from the Advanced level. We will make efforts to move them to Beginner Swimmer if there is room.

New Strokes: Elementary Backstroke, Breaststroke and Butterfly plus continued practice in Front Crawl Stroke and Backstroke.

Increasing Endurance and Proficiency: Increased distances and refinement of previous strokes along with sidestroke taught. Proficiency, Fitness and Water Safety: Teaches increased mastery of technique and endurance in all the strokes plus safety and basic rescue techniques.

## ROCKET TURTLE SWIM SCHOOL – 6YEARS TO 17YEARS

Rocket Turtle Swim School is being offered in place of our regular Summer Swim League. It's an exciting opportunity for youth to come practice their swimming skills for a 45-minute swim session where they can improve their competitive swimming strokes. Instructors will also teach starts and flip turns to round out a fun opportunity to keep kids moving!

Kids will be successful if they are able to swim at least 25 yards (1 length) of crawl stroke and be comfortable swimming in deep water.

## SPECIAL POPULATIONS – 6YEARS TO 17YEARS

Individual or small-group lessons for children with special needs. We provide pool chair lifts and portable stairs for easy access. Please contact the pool directly for assistance with registration.

Lesson	Day	Start Times	End Times	Start Day	End Day	Classes	Price	Activity Code
Parent and Tots	Mon	9:45 AM	10:15 AM	27-Jun	22-Aug	8	\$ 64.00	49598
	Wed	9:45 AM	10:15 AM	29-Jun	24-Aug	9	\$ 72.00	49599
	Sat	10:30 AM	11:00 AM	2-Jul	27-Aug	9	\$ 72.00	49600
Kinders	Mon	3:30 PM	4:00 PM	27-Jun	22-Aug	8	\$ 80.00	49602
	Mon	5:00 PM	5:30 PM	27-Jun	22-Aug	8	\$ 80.00	49603
	Tue/Thu	5:30 PM	6:00 PM	28-Jun	21-Jul	8	\$ 80.00	49605
	Tue/Wed/Thu	9:45 AM	10:15 AM	28-Jun	14-Jul	9	\$ 90.00	49606
	Tue/Wed/Thu	9:45 AM	10:15 AM	19-Jul	4-Aug	9	\$ 90.00	49608
	Tue/Wed/Thu	9:45 AM	10:15 AM	9-Aug	25-Aug	9	\$ 90.00	49611
	Tue/Wed/Thu	3:30 PM	4:00 PM	28-Jun	14-Jul	9	\$ 90.00	49607
	Tue/Wed/Thu	3:30 PM	4:00 PM	19-Jul	4-Aug	9	\$ 90.00	49609
	Tue/Wed/Thu	3:30 PM	4:00 PM	9-Aug	25-Aug	9	\$ 90.00	49612
	Tue/Wed/Thu	5:00 PM	5:30 PM	19-Jul	4-Aug	9	\$ 90.00	49610
Tue/Wed/Thu	5:00 PM	5:30 PM	9-Aug	25-Aug	9	\$ 90.00	49613	
Parents and Big Dippers	Mon	10:15 AM	10:45 AM	27-Jun	22-Aug	8	\$ 64.00	49633
Beginning	Mon	4:00 PM	4:30 PM	27-Jun	22-Aug	8	\$ 64.00	49634
	Mon	4:30 PM	5:00 PM	27-Jun	22-Aug	8	\$ 64.00	49635
	Sat	11:00 AM	11:30 AM	2-Jul	27-Aug	9	\$ 72.00	49636
	Sat	11:30 AM	12:00 PM	2-Jul	27-Aug	9	\$ 72.00	49637
	Tue/Thu	9:45 AM	10:15 AM	28-Jun	21-Jul	8	\$ 64.00	49946
	Tue/Thu	9:45 AM	10:15 AM	26-Jul	25-Aug	10	\$ 80.00	49949
	Tue/Thu	5:30 PM	6:00 PM	26-Jul	25-Aug	10	\$ 80.00	49642
	Tue/Wed/Thu	10:15 AM	10:45 AM	28-Jun	14-Jul	9	\$ 72.00	49638
	Tue/Wed/Thu	10:15 AM	10:45 AM	19-Jul	4-Aug	9	\$ 72.00	49643
	Tue/Wed/Thu	10:15 AM	10:45 AM	9-Aug	25-Aug	9	\$ 72.00	49646
	Tue/Wed/Thu	4:00 PM	4:30 PM	28-Jun	14-Jul	9	\$ 72.00	49639
	Tue/Wed/Thu	4:00 PM	4:30 PM	19-Jul	4-Aug	9	\$ 72.00	49644
	Tue/Wed/Thu	4:00 PM	4:30 PM	9-Aug	25-Aug	9	\$ 72.00	49647
	Tue/Wed/Thu	4:30 PM	5:00 PM	28-Jun	14-Jul	9	\$ 72.00	49640
	Tue/Wed/Thu	4:30 PM	5:00 PM	19-Jul	4-Aug	9	\$ 72.00	49645
	Tue/Wed/Thu	4:30 PM	5:00 PM	9-Aug	25-Aug	9	\$ 72.00	49648
Tue/Wed/Thu	5:00 PM	5:30 PM	28-Jun	14-Jul	9	\$ 72.00	49641	
Advanced	Mon	9:45 AM	10:15 AM	27-Jun	22-Aug	8	\$ 64.00	49948
	Sat	10:30 AM	11:00 AM	2-Jul	27-Aug	9	\$ 72.00	49947
Rocket Turtle Swim School	Mon-Fri	7:30 AM	8:15 AM	27-Jun	6-Aug	29	\$ 123.25	49654
	Mon-Fri	8:15 AM	9:00 AM	27-Jun	6-Aug	29	\$ 123.25	49655
	Mon-Fri	9:00 AM	9:45 AM	27-Jun	6-Aug	29	\$ 123.25	49656
Special Populations	Fri	3:30 PM	4:00 PM	1-Jul	22-Jul	4	\$ 32.00	49618
	Fri	3:30 PM	4:00 PM	29-Jul	26-Aug	5	\$ 40.00	49622
	Fri	3:30 PM	4:00 PM	12-Aug	26-Aug	3	\$ 24.00	49626
	Fri	4:00 PM	4:30 PM	1-Jul	22-Jul	4	\$ 32.00	49619
	Fri	4:00 PM	4:30 PM	29-Jul	26-Aug	5	\$ 40.00	49623
	Fri	4:00 PM	4:30 PM	12-Aug	26-Aug	3	\$ 24.00	49627
	Fri	4:30 PM	5:00 PM	1-Jul	22-Jul	4	\$ 32.00	49620
	Fri	4:30 PM	5:00 PM	29-Jul	26-Aug	5	\$ 40.00	49624
	Fri	4:30 PM	5:00 PM	12-Aug	26-Aug	3	\$ 24.00	49628
	Fri	5:00 PM	5:30 PM	1-Jul	22-Jul	4	\$ 32.00	49621
	Fri	5:00 PM	5:30 PM	29-Jul	26-Aug	5	\$ 40.00	49625
	Fri	5:00 PM	5:30 PM	12-Aug	26-Aug	3	\$ 24.00	49629

Online registration begins May 24<sup>th</sup> at 12:00pm. You can access the online registration through our [Active Net](#) website.

At this time, there are no limitations in place due to the COVID-19 pandemic. Please be aware that this is subject to change due to evolving guidance from public health institutions.

Link to registration site:  
<https://anc.apm.activecommunities.com/seattle>