

# Swimming Lessons COLMAN & SOUTHWEST June 27– Sept 1, 2022



Seattle  
Parks & Recreation

healthy people healthy environment strong communities



**Registration : Tues, May 24th at 12:00 noon**

Due to limited staffing capacity, Southwest and Colman pools are offering a coordinated lesson schedule. Colman will offer beginning and advanced classes for youth six years and older, while Southwest will focus on classes for younger children. Please, make sure that you are registering for your desired site.

**NO LESSONS ON JULY 4th holiday. Colman only closed: JULY 7-9 & 15-16 for swim meets.**

#### Parent and Little Dippers 6 months – 3 years

Parent and child in the water working on beginning water adjustment skills and appropriate water safety. Songs, water games and plenty of playtime included. How to hold child for: security and safety, floating, kicking, jumping. Bubble blowing. Paddling. Songs and games.

A responsible adult must be in the water for child's safety and assistance.

#### Kinders Ages 4 –5

Basic water skills . Blowing bubbles, putting the whole face (including eyes and ears) in the water. Floating, gliding, kicking and standing up. Jumping into the pool safely and floating or swimming back to the wall

#### Beginning Swimmers Ages 6 – 16

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. Skills taught eventually help a child with proper kicking on front and back, rolling over, arm strokes, breath control with combined skills that lead to crawl stroke. Jumping in and personal safety skills.

#### Advanced Swimmers Ages 6-16

**Prerequisite:** Students must feel comfortable in deep water and be able to swim at least 15 yards while demonstrating front crawl stroke with bilateral breathing and proper whip kick on their back. Refinement of crawl and backstroke, elementary backstroke, backstroke. Breaststroke and butterfly may be introduced.

Swimmers who do not meet the prerequisite skills for Advanced will be moved to Beginning Swimmers, if there is room. Otherwise, a prorated refund will be provided. If you are unsure of your child's skills, please contact the pool for an assessment.

## Register at: [seattle.gov/parks](https://seattle.gov/parks)

**In the interest of public health, children who are not toilet trained must wear swimming diapers or a cloth diaper with a plastic cover that has tight fitting legs. No regular disposable diapers or loose fitting swim suits are allowed. Swim diapers are for sale at the front counter.**

Scholarships available: [seattle.gov/parks/find/scholarships-and-financial-aid](https://seattle.gov/parks/find/scholarships-and-financial-aid)

**COLMAN Pool 206-684-7494**

**SOUTHWEST Pool 206-684-7440**



**Registration : Tues, May 24th at 12:00 noon**



## Colman Pool

Class	Days	Times	Dates	Classes	Cost	Barcode
<b>Beginning Swimmer 12:00PM (Ages 6-16)</b>	M/W	Noon	6/27-7/27*	9	\$ 72.00	48866
	M/W	Noon	8/1-8/31	10	\$ 80.00	48869
	Tu/Th	Noon	6/28-7/28**	9	\$ 72.00	48873
	Tu/Th	Noon	8/2-9/1	10	\$ 80.00	48875
<b>Beginning Swimmer 12:30PM (Ages 6-16)</b>	M/W	12:30 p.m.	6/27-7/27*	9	\$ 72.00	48853
	M/W	12:30 p.m.	8/1-8/31	10	\$ 80.00	48868
	Tu/Th	12:30 p.m.	6/28-7/28**	9	\$ 72.00	48872
	Tu/Th	12:30 p.m.	8/2-9/1	10	\$ 80.00	48874
<b>Advanced Swimmer 1:00PM (Ages 6-16)</b>	M/W	1 p.m.	6/27-7/27*	9	\$ 72.00	48854
	M/W	1 p.m.	8/1-8/31	10	\$ 80.00	48867
	Tu/Th	1 p.m.	6/28-7/28**	9	\$ 72.00	48870
	Tu/Th	1 p.m.	8/2-9/1	10	\$ 80.00	48871

\*No Lesson on: July 4 - Holiday  
 \*\*No Lesson on: July 7 - Swim Meet

## Southwest Pool

Class	Session	Days	Times	Dates	# Classes	Cost	Barcode #	
<b>Little Dippers Ages 6 mos- 3 yrs Parent Assisted</b>	1	Tu & Th	9:00-9:30 a	6/28 - 7/21	8	\$64.00	50134	
		Tu & Th	10:30-11:00 a	6/28 - 7/21	8	\$64.00	50135	
	2	Tu & Th	9:00-9:30 a	7/26 - 8/11	6	\$48.00	50136	
		Tu & Th	10:30-11:00 a	7/26 - 8/11	6	\$48.00	50137	
	3	Tu & Th	9:00-9:30 a	8/16 - 9/1	6	\$48.00	50138	
		Tu & Th	10:30-11:00 a	8/16 - 9/1	6	\$48.00	50139	
<b>Kinders Ages 4-5</b>	1	Tu & Th	9:00-9:30 a	6/28 - 7/21	8	\$80.00	50140	
		Tu & Th	10:00-10:30 a	6/28 - 7/21	8	\$80.00	50141	
	2	Tu & Th	9:00-9:30 a	7/26 - 8/11	6	\$60.00	50142	
		Tu & Th	10:00-10:30 a	7/26 - 8/11	6	\$60.00	50143	
	3	Tu & Th	9:00-9:30 a	8/16 - 9/1	6	\$60.00	50144	
		Tu & Th	10:00-10:30 a	8/16 - 9/1	6	\$60.00	50145	
	<b>Beginning Swimmer Ages 6-16</b>	1	Tu & Th	9:30-10:00 a	6/28 - 7/21	8	\$64.00	50146
		2	Tu & Th	9:30-10:00 a	7/26 - 8/11	6	\$48.00	50147
3		Tu & Th	9:30-10:00 a	8/16 - 9/1	6	\$48.00	50148	

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