



Helene Madison Pool

13401 Meridian Ave N
(206)684-4979



Spring Quarter Swim Lessons

Open Registration begins March 7th at Noon!

Parent and Child Aquatics (PACA) Ages 6 months - 3 years

American Red Cross Parent and Child Aquatics introduces you and your child to basic swimming skills. As parents, you will 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. In addition, everyone is introduced to water safety topics along with songs, games and lots of fun. Each child must be accompanied into the water by a parent or adult. Swim diaper or tight-fitting plastic pants are required.

Session	Days	Times	Dates	Classes	Cost	Activity #
A	Sunday	9:30-10:00am	04/09-05/07	5	\$ 45.00	56066
	Monday	10:00-10:30am	04/10-05/08	5	\$ 45.00	56060
	Monday	6:30-7:00pm	04/10-05/08	5	\$ 45.00	56062
	Wednesday	6:30-7:00pm	04/12-05/10	6	\$ 54.00	56064
B	Sunday	9:30-10:00am	05/14-06/18	6	\$ 54.00	56067
	Monday	10:00-10:30am	05/15-06/12	5	\$ 45.00	56061
	Monday	6:30-7:00pm	05/15-06/12	5	\$ 45.00	56063
	Wednesday	6:30-7:00pm	05/17-06/21	5	\$ 45.00	56065

Three-Year-Old Swim Lessons

Start your child learning basic swimming skills and water safety in a small group with other children. We introduce children to basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls and water safety skills. Children must have initial water comfort and be able to work in the water with an instructor.

Session	Days	Times	Dates	Classes	Cost	Activity #
A	Sunday	10:00-10:30am	04/09-05/07	5	\$ 75.00	56054
	Monday	6:30-7:00pm	04/10-05/08	5	\$ 75.00	56056
	Wednesday	6:30-7:00pm	04/12-05/10	6	\$ 90.00	56058
B	Sunday	10:00-10:30am	05/14-06/18	5	\$ 75.00	56055
	Monday	6:30-7:00pm	05/15-06/12	5	\$ 75.00	56057
	Wednesday	6:30-7:00pm	05/17-06/21	5	\$ 75.00	56059

Kinder Ages 4 - 5 years

Children start with basic water adjustment, safety, and swimming skills in a group with other 4 & 5 year olds. Children begin with basic water adjustment and eventually learn these skills: front and back floats, flutter kick, rolling from front to back, side breathing. Crawl stroke with bilateral breathing, backstroke, whip kick, treading water and water safety skills. We group children by ability levels on the first day of class.

Session	Days	Times	Dates	Classes	Cost	Activity #
A	Sunday	10:00-10:30am	04/09-05/07	5	\$ 55.00	56070
	Sunday	1:30-2:00pm	04/09-05/07	5	\$ 55.00	56074
	Monday	10:30-11:00am	04/10-05/08	5	\$ 55.00	56072
	Monday	5:00-5:30pm	04/10-05/08	5	\$ 55.00	56094
	Tuesday	4:00-4:30pm	04/11-05/09	6	\$ 66.00	56092
	Tuesday	5:00-5:30pm	04/11-05/09	6	\$ 66.00	56098
	Wednesday	5:00-5:30pm	04/12-05/10	6	\$ 66.00	56100
	Thursday	4:00-4:30pm	04/13-05/11	6	\$ 66.00	56088
	Thursday	5:00-5:30pm	04/13-05/11	6	\$ 66.00	56096
	Saturday	10:00-10:30am	04/15-05/13	5	\$ 55.00	56068
B	Sunday	10:00-10:30am	05/14-06/18	6	\$ 66.00	56071
	Sunday	1:30-2:00pm	05/14-06/18	6	\$ 66.00	56075
	Monday	10:30-11:00am	05/15-06/12	5	\$ 55.00	56073
	Monday	5:00-5:30pm	05/15-06/12	5	\$ 55.00	56095
	Tuesday	4:00-4:30pm	05/16-06/20	6	\$ 66.00	56093
	Tuesday	5:00-5:30pm	05/16-06/20	6	\$ 66.00	56099
	Wednesday	5:00-5:30pm	05/17-06/21	5	\$ 55.00	56101
	Thursday	4:00-4:30pm	05/18-06/22	5	\$ 55.00	56089
	Thursday	5:00-5:30pm	05/18-06/22	5	\$ 55.00	56097
	Saturday	10:00-10:30am	05/20-06/24	6	\$ 66.00	56069

Beginning Swimmer Learn and Play

This hour-long program invites beginning swimmers to participate in guided instruction for the first half hour and safe personal exploration for the second half hour. Instructors will lead participants through skills included in the Seattle Swims' Beginning Swimmer program and afterwards swimmers will have a chance to practice what they learned for a half hour. Families are encouraged to swim together during this time. Additional family members will need to pay separately for the cost of admission.

Session	Days	Times	Dates	Classes	Cost	Activity #
A	Wednesday	2:30-3:30pm	04/12-05/10	6	\$ 81.00	56123
	Wednesday	3:30-4:30pm	04/12-05/10	6	\$ 81.00	56126
B	Wednesday	2:30-3:30pm	05/17-06/21	5	\$ 67.50	56124
	Wednesday	3:30-4:30pm	05/17-06/21	5	\$ 67.50	56127

Beginning Swimmer Ages 6 - 16

Our specially designed Seattle Swims Lesson Program puts the emphasis on safety, fitness and fun! Our teaching techniques utilize well organized progressions for learning, plenty of practice and instructor feedback. We will group children by ability on the first day of class to provide the best opportunity for your child's success.

Session	Days	Times	Dates	Classes	Cost	Activity #
A	Sunday	10:30-11:00am	04/09-05/07	5	\$ 45.00	56130
	Sunday	1:00-1:30pm	04/09-05/07	5	\$ 45.00	56134
	Monday	4:30-5:00pm	04/10-05/08	5	\$ 45.00	56136
	Monday	5:30-6:00pm	04/10-05/08	5	\$ 45.00	56144
	Monday	6:00-6:30pm	04/10-05/08	5	\$ 45.00	56154
	Tuesday	4:30-5:00pm	04/11-05/09	6	\$ 54.00	56140
	Tuesday	5:30-6:00pm	04/11-05/09	6	\$ 54.00	56150
	Wednesday	4:30-5:00pm	04/12-05/10	6	\$ 54.00	56142
	Wednesday	5:30-6:00pm	04/12-05/10	6	\$ 54.00	56152
	Wednesday	6:00-6:30pm	04/12-05/10	6	\$ 54.00	56156
	Thursday	4:30-5:00pm	04/13-05/11	6	\$ 54.00	56138
	Thursday	5:30-6:00pm	04/13-05/11	6	\$ 54.00	56147
	Saturday	10:30-11:00am	04/15-05/13	5	\$ 45.00	56128
	Saturday	11:00-11:30am	04/15-05/13	5	\$ 45.00	56132
B	Sunday	10:30-11:00am	05/14-06/18	6	\$ 54.00	56131
	Sunday	1:00-1:30pm	05/14-06/18	6	\$ 54.00	56135
	Monday	4:30-5:00pm	05/15-06/12	5	\$ 45.00	56137
	Monday	5:30-6:00pm	05/15-06/12	5	\$ 45.00	56146
	Monday	6:00-6:30pm	05/15-06/12	5	\$ 45.00	56155
	Tuesday	4:30-5:00pm	05/16-06/20	6	\$ 54.00	56141
	Tuesday	5:30-6:00pm	05/16-06/20	6	\$ 54.00	56151
	Wednesday	4:30-5:00pm	05/17-06/21	5	\$ 45.00	56143
	Wednesday	5:30-6:00pm	05/17-06/21	5	\$ 45.00	56153
	Wednesday	6:00-6:30pm	05/17-06/21	5	\$ 45.00	56157
	Thursday	4:30-5:00pm	05/18-06/22	5	\$ 45.00	56139
	Thursday	5:30-6:00pm	05/18-06/22	5	\$ 45.00	56149
	Saturday	10:30-11:00am	05/20-06/24	6	\$ 54.00	56129
	Saturday	11:00-11:30am	05/20-06/24	6	\$ 54.00	56133

Beginning Diving Lessons Ages 6 - 17

This program is designed to teach the safe and proper way to use the springboard and introduce the diving FUNdamentals. Everyone learns how to dive at their own rate. We will be able to cover many aspects of diving including body awareness, balance, and spatial awareness in the air. Diving integrates jumping, tumbling and flexibility skills. **Prerequisite: Must have received Certificate of Achievement for Beginning Swimmer.**

Session	Days	Times	Dates	Classes	Cost	Activity #
A	Sunday	1:00-1:30pm	04/09-05/07	5	\$ 45.00	56202
	Sunday	1:30-2:00pm	04/09-05/07	5	\$ 45.00	56204
B	Sunday	1:00-1:30pm	05/14-06/18	6	\$ 54.00	56203
	Sunday	1:30-2:00pm	05/14-06/18	6	\$ 54.00	56205

Advanced Swimmer Ages 6 - 16

Swimmers who have received a card indication they have mastered "Beginning Swimmer" may sign up for "Advanced Swimmer" classes. **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.** Instructors will introduce and guide swimmers through other strokes while continuing to teach safety, fitness, and skill proficiency.

Session	Days	Times	Dates	Classes	Cost	Activity #
A	Sunday	10:30-11:00am	04/09-05/07	5	\$ 45.00	56177
	Sunday	1:00-1:30pm	04/09-05/07	5	\$ 45.00	56179
	Sunday	1:30-2:00pm	04/09-05/07	5	\$ 45.00	56181
	Monday	6:00-6:30pm	04/10-05/08	5	\$ 45.00	56183
	Tuesday	6:00-6:30pm	04/11-05/09	6	\$ 54.00	56189
	Thursday	6:00-6:30pm	04/13-05/11	6	\$ 54.00	56185
B	Sunday	10:30-11:00am	05/14-06/18	6	\$ 54.00	56178
	Sunday	1:00-1:30pm	05/14-06/18	6	\$ 54.00	56180
	Sunday	1:30-2:00pm	05/14-06/18	6	\$ 54.00	56182
	Monday	6:00-6:30pm	05/15-06/12	5	\$ 54.00	56184
	Tuesday	6:00-6:30pm	05/16-06/20	6	\$ 54.00	56190
	Thursday	6:00-6:30pm	05/18-06/22	5	\$ 45.00	56186

Adaptive Swim Lessons

Small-group or individual lessons for children with water access or individualized needs. There will be a pool chair lift and portable stairs for accessibility to the water. Limitations on how many participants will be due to the needs of individual registrants. Please contact the pool directly for registration.

Session	Days	Times	Dates	Classes	Cost	Activity #
A	Sunday	12:00-12:30pm	04/09-05/07	5	\$ 45.00	56200
	Sunday	12:30-1:00pm	04/09-05/07	5	\$ 45.00	56198
B	Sunday	12:00-12:30pm	05/14-06/18	6	\$ 54.00	56201
	Sunday	12:30-1:00pm	05/14-06/18	6	\$ 54.00	56199

Advanced Diving Lessons Ages 6 Years and Up

Build on your diving FUNdamentals. As diving is an individual sport, we will explore new dives and directions together at your own pace. Diving categories to explore include forward, back, inward, reverse and twists.

Pre-requisites: 1) Must have received a Certificate of Achievements for Beginning Swimmer. 2) Must be able to demonstrate a forward dive tuck with full approach and a back press a with a jump.

Session	Days	Times	Dates	Classes	Cost	Activity #
A	Sunday	8:00-9:00am	04/09-05/07	5	\$ 90.00	56949
B	Sunday	8:00-9:00am	05/14-06/18	6	\$108.00	56950

Adult Swim Lessons 16 Years and Up

All ability levels welcome! Small groups with similar goals are arranged so instruction can focus on the basics all the way to learning a variety of strokes and water safety. Enjoy exploring the possibilities while developing lifelong and lifesaving swim skills.

Session	Days	Times	Dates	Classes	Cost	Activity #
A	Monday	7:00-7:30pm	04/10-05/08	5	\$ 45.00	56196
	Tuesday	6:00-6:30pm	04/11-05/09	6	\$ 54.00	56194
	Thursday	6:00-6:30pm	04/13-05/11	6	\$ 54.00	56191
B	Monday	7:00-7:30pm	05/15-06/12	5	\$ 45.00	56197
	Tuesday	6:00-6:30pm	05/16-06/20	6	\$ 54.00	56195
	Thursday	6:00-6:30pm	05/18-06/22	5	\$ 45.00	56192

City of Seattle Offers Scholarships

As a part of the ongoing commitment to water safety awareness and injury prevention, Seattle Parks and Recreation has received generous donations from Seattle Children's Hospital. These contributions allow for supplemental scholarship funding in addition to our existing low-income scholarship offerings for youth group swim lessons. Please contact your local pool for more information and to receive a Low-Income Scholarship application. Funding is limited to one activity per quarter.

Scholarship Applications can be done ONLINE now at www.seattle.gov/parks/find/scholarships-and-financial-aid. If you need assistance, please contact us at the front desk.

