

Helene Madison Pool

Winter Program Schedule January 9- April 1

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday*	Saturday
9:00- 10:00 Masters						
9:30- 11:00 Lessons	10:00- 11:00 Lessons					
11:00-1:00 4- Lane Lap Swim	11:00- 12:00 Shallow WX & Adult/Senior Swim	11:00- 12:00 Deep WX & Adult/Senior Shallow Swim	11:00- 12:00 Shallow WX & Adult/Senior Swim	11:00- 12:00 Deep WX & Adult/Senior Shallow Swim	11:00- 12:00 Deep WX & Adult/Senior Shallow Swim	
11:00- 12:00 Pool Playland						10:00-11:30 Lessons
12:00-2:00 Lessons	12:00- 2:30 4- Lane Lap Swim	12:00- 2:30 4- Lane Lap Swim	12:00- 2:30 4- Lane Lap Swim	12:00- 2:30 4- Lane Lap Swim	12:00- 2:30 4- Lane Lap Swim	12:00- 1:30* 4- Lane Lap Swim
2:00-3:00 Public Swim		Pool Playland 1:30- 2:30	Pool Playland 1:30- 2:30	Pool Playland 1:30- 2:30		1:30- 3:00 Public Swim
3:00- 4:00 4-Lane Lap Swim & Pool Playland			Pool Playland 3:00- 3:30 & 4:00- 4:30			
	4:30- 6:30 Lessons	4:00- 6:30 Lessons	4:30- 6:30 Lessons	4:00- 6:30 Lessons		
	6:30- 7:30 4-Lane Lap Swim	6:30- 7:30 Public Swim w/3 Lane Lap	6:30- 7:30 4-Lane Lap Swim	6:30- 7:30 Public Swim w/3 Lane Lap		



Seattle
Parks & Recreation

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13401 Meridian Ave N
Seattle, WA 98133
(206)684-4979

Holiday Closures: MLK Day, January 16 and President’s Day, February 20

Planned Building Closures: Helene Madison Pool will be closed January 28 and January 29 due to Swim Meet

*4-Lane Lap Swim will be cancelled on Saturday, January 14 and Saturday, March 11

◆Friday Programs for March 10, 17, 24 and 31 will be cancelled. Friday Programs will resume in on April 7

RECREATIONAL SWIM

Adult & Senior Swim: This is a recreational lap swim period for adults 18 years and older. It is a great option for all skills walking or exercise. There will be four lanes for lap swimming. A double-wide lane for unstructured swimming and independent deep-water exercise.

Lap Swim: This program is designed for swimmers of all speeds, and those who want to work on conditioning. Lap swim has 4 lap lanes and one double-wide lane.

Pool Playland: This is a recreational swim for swimmers of all ages. This swim is **shallow-end only**. Lifejackets and water toys are available for use. Children under 6 and those who do not meet our height requirement of 4 feet, must be accompanied into the water by an adult 18 years or older.

Public Swim: This recreation swim is fun for all ages. Large floats and inflatables are included with this swim. Children under 6 and those who do not meet our height requirement of 4 feet, must be accompanied into the water by an adult 18 years or older. Swimmers under the age of 18 must successfully pass the swim test

before accessing the deep end. This is a great time for float tests, too!

FITNESS PROGRAMS

Shallow Water Exercise: This 45-minute water exercise class is designed to build strength, flexibility, and cardiovascular fitness. It takes advantage of your buoyancy in the water and the resistance the water creates. This is a terrific exercise program regardless of your age or fitness abilities, and it allows you to exercise at your own comfort level.

Deep Water Exercise: This 45-minute-deep water class uses specially designed buoyancy and resistance equipment that provides a demanding workout for the whole body. Tone and strengthen your muscles without impact on your joints, recover from an injury, and increase your endurance. Great music keeps you working hard!

Master Swim: Are you a lap swimmer looking for the next level in your work out? This swim is for you. Workouts are drafted each day to provide participants with guidance for their swim. If additional guidance is needed, feel free to consult with the aquatic team.

DISCOUNT SWIM PASSES!

Swim Passes are a prepaid discount admission card that provides access to many recreational choices at Seattle Parks and Recreation. Inquire about scholarships for more discount swimming.

FEES

RECREATIONAL SWIM PRICES:

Youth (Age 1-17)	\$4.50
Adult (18-64)	\$6.50
Senior Adults (65+)	\$4.50
Special Populations	\$4.50

FITNESS SWIM PRICES:

Adult	\$7.00
Senior/Special Pop	\$5.00
Youth	\$5.00

OTHER FEES:

“Just a Shower”	\$6.25
Towel Rental	\$0.50
Coin-Operated Lockers	\$0.25

Recreational Swim Pass

(Ages 18-64) (Minimum 10 Visits)

Youth (Ages 1-17)	\$40.50
Special Population	\$40.50
Senior Adults (65+)	\$40.50
Adults	\$58.50

Fitness Swim Pass

(Minimum 10 visits)

Youth (Ages 1-17)	\$45.00
Special Population	\$45.00
Senior Adult (65+)	\$45.00
Adult (Ages 18-64)	\$63.00

30-day FAST PASS

(Unlimited use for Rec/Fitness)

Youth (Ages 1-17)	\$49.75
Special Population	\$49.75
Senior Adults (65+)	\$49.75
Adults (Ages 18-64)	\$71.25

This schedule is subject to change.

For updated information please check <https://www.seattle.gov/parks/find/pools/madison-pool>

You can also find us on Facebook at: <https://www.facebook.com/MadisonPoolSeattle/>