

IT'S NEVER RAINY OR OVERCAST INSIDE

*It's always summer  
at Mount Rainier Pool*



**Summer 2017 Schedule (June 19 - July 15)**

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	
5:30 - 8 am	Available for rentals	Lap Swim	King Aquatics	Lap Swim	King Aquatics	Lap Swim	Swim Teams 6 - Noon <b>Swim Lessons</b> 10 - Noon Parent-Tot FITT KIDZ Boot Camp* Noon -12:30 FITT KIDZ Yogi Bears Noon -12:30 Lap Swim Noon - 1	
8 - 9 am		Lap Swim Water Exercise	Lap Swim Water Exercise	Lap Swim Water Exercise	Lap Swim Water Exercise	Lap Swim Water Exercise		
9 am - Noon		<b>Swim Lessons</b> Lap Swim 11-Noon Family Swim 11-Noon	<b>Swim Lessons</b> FITT Silver Seniors 10-11 FITT Beginner 11:30-12:30 Lap/Family Swim 11-Noon	<b>Swim Lessons</b> Lap Swim 11-Noon Family Swim 11-Noon	<b>Swim Lessons</b> Lap Swim 11-Noon Family Swim 11-Noon	<b>Swim Lessons</b> FITT Silver Seniors 10-11 FITT Beginner 11:30-12:30 Lap/Family Swim 11-Noon	<b>Swim Lessons</b> Lap Swim 11-Noon Family Swim 11-Noon	
Noon -1 pm		Senior/Family/Lap Swims	Senior/Family/Lap Swims	Senior/Family/Lap Swims	Senior/Family/Lap Swims	Senior/Family/Lap Swims	Senior/Family/Lap Swims	
1 - 2 pm		Lap/Family Swims	<b>FITT Combo Challenge 1-1:45</b> Lap/Family Swims	Lap/Family Swims	Lap/Family Swims	<b>Flow Motion</b> Lap/Family Swims	Lap/Family Swims	Open Swim 1 - 2
2 - 3:30 pm		Special Events	Special Events	Special Events	Special Events	Special Events	Special Events	
4 - 5:30 pm		<b>Swim Lessons</b> Swim Teams	<b>Swim Lessons</b> Swim Teams	<b>Swim Lessons</b> Swim Teams	<b>Swim Lessons</b> Swim Teams	<b>Swim Lessons</b> Swim Teams	<b>Swim Lessons</b> Swim Teams	\$1 Open Swim (First Saturday only) 2 - 3
5:30 - 7 pm		<b>Swim Lessons</b> & King Aquatics	<b>Swim Lessons</b> & King Aquatics	<b>Swim Lessons</b> & King Aquatics	<b>Swim Lessons</b> & King Aquatics	<b>Swim Lessons</b> & King Aquatics	Family Swim 6 - 7 pm	Available for rental 2 (3) -10
7 - 8 pm		Open Swim	Water Exercise King Aquatics	Open Swim	Water Exercise King Aquatics	Water Exercise King Aquatics	Open Swim or Pool Rental**	
8 - 9 pm	<b>FITT Boot Camp 8-8:45</b> Lap Swim Water Exercise	Open Swim	<b>FITT Boot Camp 8-8:45</b> Lap Swim Water Exercise	Open Swim	Open Swim	Lap Swim unless pool is booked with Pool Rental		

\*Flow Motion KIDZ Boot Camp begins Feb. 18. All Flow Motion classes require reservation. For price information and to register online, visit: [www.FittBalance.com](http://www.FittBalance.com)

\*\* Friday nights beginning at 7 pm may be subject to frequent changes due to pool rentals which will run to 8:30 pm  
Please call the pool to verify schedule: 206.824.4722

**SPECIAL EVENTS**

<b>Dog Swim and Pet-a-POOLooza</b> A celebration of all things pets and adoption fair	July 16 11 am - 3 pm
<b>Closure for repairs</b>	July 17 - Sept. 17

**PRICES**

Open Swim	\$3.75	SWIM PASSES	ONE YEAR	3 MONTHS
Lap Swim	\$4.50/adult	<b>Adult Swim</b>	\$430	\$125
	\$3.25/senior*	<b>Disabled Swim</b>	\$275	\$90
Water Exercise	\$6.50/adult	<b>Family Swim</b>	\$600	\$250
	\$5/senior*	<b>Senior Swim</b>	\$200	\$80
Water Exercise 10 visits	\$60/adult	<b>Youth Swim**</b>	\$300	\$100
	\$42.50/senior*	*Senior rates begin at age 55 **Youth rates end at age 18 All rates subject to change		
Pool Rental	Starting at \$90 per hour			
Flowmotion	Please visit: <a href="http://www.FittBalance.com">www.FittBalance.com</a> for specific price information			



[www.MtRainierPool.com](http://www.MtRainierPool.com)

22722 - 19<sup>th</sup> Ave S • Des Moines • 206-824-4722

OPERATED BY THE DES MOINES POOL METROPOLITAN PARK DISTRICT

## WATER AEROBICS

A fun and refreshing way to get and stay in shape	
Monday - Friday	8:30 - 9:30 am
Tuesday/Thursday	7 - 8 pm
Monday/Wednesday	8 - 9 pm
Price: \$6.50 Adults / \$5 Seniors	

## LAP SWIM

Swim your way to better health and fitness	
Mon - Wed - Fri	5:30 - 7:15 am
Monday - Friday	8 - 9 am
Monday - Friday	11 am - 1 pm
Mon - Wed - Fri	8 - 9 pm
Saturday	Noon - 1 pm
Price: \$4.50 Adults / \$3.25 Seniors	

## OPEN SWIM

Stop in and enjoy a refreshing dip	
Monday - Friday (family)	10:30 am - 2 pm
Mon - Wed - Fri	7 - 8 pm
Mon - Wed - Fri	8 - 9 pm
Saturday	1 - 2 pm
Price: \$3.75	

## POOL RENTALS

The pool is available Saturdays and Sundays for a variety of events.

Rental includes mats, noodles, a diving board, and lifejackets upon request.

We are typically able to schedule rentals up to 3 months in advance. Payment for all rentals is due 2 weeks before event.

RATES	Cash/Check	Credit/Debit
<25 people in water	\$90	\$99
26 - 60 people in water	\$120	\$132
61 - 103 people in water	\$150	\$165
Front lobby	\$45	\$49.50



## SWIM LESSONS

### OUR PHILOSOPHY

- We believe Better Swimming is Safer Swimming
- We teach every student how to be the best swimmer they can so they are safe in all aquatic environments
- Our instructors work shorter distances and more repetitions so each student is provided the proper foundation to learn how to swim
- We have a very small (4-1) student to teacher ratio so that each student can get the most out of each lesson
- Our instructors are trained and critiqued daily

### Lessons (per class fees)

Our classes are divided into proficiency levels, not necessarily age groups

	Cash/Check	Credit/Debit
Preschool Level 1-4	\$9.75	\$10.75
Youth Level 1-4	\$9.75	\$10.75
Youth Level 5-6	\$6.60	\$7.26
Parent - Tot	\$5	\$5.50
Parent - Tot (drop in)	\$6.60	\$7.26
Adult	\$9.75	\$10.75
Private	\$39	\$42.90

#### \* Lesson payment notes

Parent-Tot classes are \$5 per lesson if you sign up for the month or \$6.60 if you want to drop in. You must pay upon registration as we do not hold spots. When you pay for lessons you are paying for month or session you sign up for.

Your total will depend on how many days a week you sign up for and how many of those days there are in the month.

For example:

$$\$9.75 \times 8 \text{ (Monday and Wednesday for the month)} = \$78$$

$$\$9.75 \times 4 \text{ (Saturday only for the month)} = \$39$$

### 2017 Lesson Registration Dates

#### Pre Registration (current students only)

Monday, Sept. 18

Monday, Oct. 16

Monday, Nov. 20

Monday, Dec. 11

#### Open Registration (open to all)

Thursday, Sept. 21

Thursday, Oct. 19

Thursday, Nov. 22

Thursday, Dec. 14

### About Levels

If your child has previous swim experience outside of our program or has been out of our lesson program more than 3 months we will require them to take a placement test to see where they fit within our lesson program. If they have never swam unassisted before they do not need a placement test and will be placed in the first level of their appropriate group.

### About Age Groups

For children 6 months to 3 years old, we offer Parent-Tot classes where both you and your child get into the water.

For our group lessons we require that students be at least 3 years of age or older. Children ages 3-5 years old will be placed in our Pre-School section classes and children 6 and older will be placed in our Youth section classes.

Teens and adults will be placed in our adult lessons.

### About Placement tests

If your child has taken lessons outside of the AMG Swim School program or has been out of our program for more than six months, we will require a placement test before sign up.

Placement tests are conducted on Mondays/Wednesdays at 7 pm or 4:45 pm and Tuesdays/Thursday at 4:45 pm. Placement tests are free and only take a few minutes.

Please show up at least 10 minutes in advance so we can have an instructor in the water for your placement test. If you show up later than the scheduled time, we cannot guarantee you will get a placement test that day.

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