

MT RAINIER POOL SCHEDULE

Oct. 31, 2022 – To Be Determined

Average Pool Temperature – 83-85° F

(See Program Descriptions on 2nd Page)

Shallow End						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Water Exercise: 9:30-10:30am	Water Walking: 9:30am-1pm	Water Exercise: 9:30-10:30am	Water Walking: 9:30am-1pm	Water Exercise: 9:30-10:30am	Swim Lessons: 8- 11:15am	Not Available.
Water Walking: 10:30am-1pm		Water Walking: 10:30am-1pm		Water Walking: 10:30am-1pm	Family Swim: 11:15am- 12:15pm	
Cleaning: 1-5pm	Cleaning: 1-5pm	Cleaning: 1-5pm	Cleaning: 1-5pm	Cleaning: 1-5pm	Open Swim: 1-2:30pm	
Family Swim: 5-7pm	Family Swim: 5-6pm Water Exercise: 6-7pm	Family Swim: 5-7pm	Family Swim: 5-6pm Water Exercise: 6-7pm	Family Swim/Practice Time****: 5-7pm		

Deep End						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swimming: 9:30am-1pm	Lap Swimming: 9:30am-1pm	Lap Swimming: 9:30am-1pm	Lap Swimming: 9:30am-1pm	Lap Swimming: 9:30am-1pm	SMAC (5) **: 8-10:30am	
					Lap Swimming***: 11:15am-12:30pm	
Cleaning: 1-3pm	Cleaning: 1-3pm	Cleaning: 1-3pm	Cleaning: 1-3pm	Cleaning: 1-3pm	Open Swim: 1-2:30pm	
MRHS Teams: 3-5pm	MRHS Teams: 3-5pm	MRHS Teams: 3-5pm	MRHS Teams: 3-5pm	MRHS Teams: 3-5pm		
Dive/SMAC* 5-6pm	Dive/SMAC*: 5-6pm	Dive/SMAC*: 5-6pm	Dive/SMAC*: 5-6pm	Dive/SMAC*: 5-6pm		
SMAC: 6-7:30pm	SMAC: 6-8pm 7-8pm Lap Swim (2)	SMAC: 6-7:30pm	SMAC: 6-8pm 7-8pm Lap Swim (2)	SMAC: 6-7:30pm		

Pool Access: ADA stairs available for shallow end and chair lift available for either end of pool.

4 Lanes available for SMAC 5-6pm (weekdays) and 7-8pm on T/TH. **1 Lane available for upper-level swim lessons. *Only 4 lanes available on the Third Saturday for Wibit Setup for Open Swim. ****Practice time for Fall 2023 swim lesson participants (free).*

***Schedule subject to change. Interactive schedule is updated with schedule changes. [Click here](#) for more information.**

Mount Rainier Pool • 22722 19th Avenue So. • Des Moines, WA 98198
 206.824.4722 • www.mtrainierpool.com • info@mtrainierpool.com

SWIM DESCRIPTIONS

Lap Swim: Lap swim is available for up to six lanes of swimming with up to three swimmers per lane. All lanes may not be available due to training or other programming.

Water Exercise: Classes are offered in shallow end (3'-3.5' depth). All equipment is provided. Class is open to pass holders, daily users, and insurance membership* pass holders.

Water Walking: Area of shallow end includes use of water bells. ADA accessible with stairs and chair lift.

Family Swim: Recreational swim in shallow end that includes usage of basketball hoop, water toys and other pool equipment.

Private Swim Teams: Paid usage by competitive swim teams. For swim options past lessons.

Swim Lessons: We offer swim lessons from six months to adult. [Click here](#) for more information on swim lessons. Swim lessons are estimated to start in October.

Open Swim: Entire pool open for open swim. Must pay swim test for access to deep end. See rules below for more information. Specials: 1st Saturday - \$1 per person; 3rd Saturday – Wibit (Inflatable) Obstacle Course.

Practice Time: Free practice time for current swim lesson participants including one adult. Must be in Fall 2023 lessons. Fridays, 5-7pm only!

**Insurance memberships include (but are not limited to) Active & Fit, Prime, Renew Active, Silver and Fit, Silver Sneakers and United Healthcare. They are accepted for everything except Swim Lessons and Trainings. [Click here](#) for more information.*

AGES & POOL RULES

Age	Rules Affecting Them
3 and under	Swim diapers are required for all children 3 and under and non-toilet trained patrons. Swim diapers are sold at the front desk.
5 and under	Children 5 and under (with or without a lifejacket) must be always within arm's reach of an adult.
12 and under	Children 12 and under are required to be accompanied by a responsible adult eighteen years of age or older shall accompany the child and be always at the pool or pool deck the child uses the facility.
13 to 18	Children 13 to 18 are required to swim with a buddy.
14 and under	Children 14 and under are required to take a swim test before using the deep end of the pool. Click here for more information.
16 and older	Must provide photo identification to use or visit the pool.
62 and older	This is the age that people receive the senior discounted price for all programs.

POOL RULES: [Click here](#) to view the pool rules.

POOL RATES: [Click here](#) to view daily, 10-visit, three-month and annual pass options.

BEFORE YOU GO: Check out these tips before you visit. [Click here](#) for mor information

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