

LATE SPRING 2026 SWIM LESSONS (EXACT TIMES)

1. Saturday, 2. Monday/Wednesday, 3. Tuesday/Thursday & 4. Friday Options

1. Saturday Mornings (June 6th – August 1st)

7:45am – 8:30am

- Adult

8:30am – 8:55am

- Preschool Aquatics 1
- Preschool Aquatics 3
- Learn-to-Swim 2
- Learn-to-Swim 3 (30-minute class)

9:00am - 9:25am

- Parent and Child 1
- Preschool Aquatics 2
- Learn-to-Swim 1
- Learn-to-Swim 4 (30-minute class)

9:30am - 9:55am

- Preschool Aquatics 1
- Learn-to-Swim 2
- Learn-to-Swim 3 (30-minute class)
- Learn-to-Swim 6 (30-minute class)

10:00am - 10:25am

- Parent and Child 1/2
- Preschool Aquatics 2
- Learn-to-Swim 1
- Learn-to-Swim 5 (30-minute class)

10:30am – 10:55am

- Preschool Aquatics 1
- Preschool Aquatics 3
- Learn-to-Swim 2
- Learn-to-Swim 3 (30-minute class)

11:00am - 11:25am

- Parent and Child 1
- Preschool Aquatics 2
- Learn-to-Swim 1
- Learn-to-Swim 4 (30-minute class)

11:30am – 12:00pm

- Learn-to-Swim 6 (30-minute class)

2. Monday/Wednesday Evenings (May 27th – June 22nd)

4:00pm – 4:25pm

- Preschool Aquatics 3
- Learn-to-Swim 1
- Learn-to-Swim 2
- Learn-to-Swim 3 (30-minute class)

4:30pm - 5:00pm

- Preschool Aquatics 1
- Learn-to-Swim 1
- Learn-to-Swim 2
- Learn-to-Swim 6 (30-minute class)

5:00pm - 5:25pm

- Parent & Child 1/2
- Preschool Aquatics 2
- Learn-to-Swim 2
- Learn-to-Swim 5 (30-minute class)

5:30pm – 5:55pm

- Preschool Aquatics 1
- Learn-to-Swim 1
- Learn-to-Swim 2
- Learn-to-Swim 4 (30-minute class)

6:00pm – 6:45pm

- Adult

MORE INFORMATION

For more information, visit our swim lesson page at mtrainierpool.com, or call us at 206.824.4722.

LATE SPRING 2026 SWIM LESSONS (EXACT TIMES)

3. Tuesday/Thursday Evenings (May 28th – June 23rd)

4:00pm – 4:25pm

- Preschool Aquatics 2
- Preschool Aquatics 3
- Learn-to-Swim 2
- Learn-to-Swim 3 (30-minute class)

4:30pm - 5:00pm

- Preschool Aquatics 1
- Preschool Aquatics 3
- Learn-to-Swim 1
- Learn-to-Swim 3 (30-minute class)

5:00pm - 5:25pm

- Parent & Child 1/2
- Preschool Aquatics 2
- Learn-to-Swim 2
- 4 – Visit Private Lesson (5/28-6/9)
- 4 – Visit Private Lesson (6/11-6/23)

5:30pm – 5:55pm

- Preschool Aquatics 1
- Learn-to-Swim 1
- Learn-to-Swim 3 (30-minute class)
- 1 – Visit Private Lesson (5/28, 6/2, 6/4, 6/9, 6/11, 6/16, 6/18, 6/23)

6:00pm – 6:45pm

- Adult

MORE INFORMATION

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4. Friday Evenings (June 5th – July 31st)

4:00pm – 4:25pm

- Preschool Aquatics 2
- Learn-to-Swim 1
- Learn-to-Swim 2
- Learn-to-Swim 3 (30-minute class)

4:30pm - 5:00pm

- Preschool Aquatics 1
- Preschool Aquatics 3
- Learn-to-Swim 2
- Learn-to-Swim 5 (30-minute class)

5:00pm - 5:25pm

- Parent & Child 1/2
- Preschool Aquatics 1
- Learn-to-Swim 1
- Learn-to-Swim 4 (30-minute class)

5:30pm – 5:55pm

- Preschool Aquatics 1
- Preschool Aquatics 2
- Learn-to-Swim 2
- Learn-to-Swim 5 (30-minute class)

6:00pm – 6:25pm

- Preschool Aquatics 3
- Learn-to-Swim 1
- Learn-to-Swim 2

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