

GET THE JUMP ON OUTDOOR WATER ACTIVITIES

*It's always summer
at Mount Rainier Pool*



Spring 2017 Schedule (begins Feb. 22)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 - 8:30 am	Available for rentals	Lap Swim Flow Motion 6-7		Lap Swim Flow Motion 6-7		Lap Swim Flow Motion 6-7	Swim Teams to 9:45
8:30 - 9:45 am		Lap Swim to 9:45 Water Ex to 9:30	Lap Swim to 9:45 Water Ex to 9:30	Lap Swim to 9:45 Water Ex to 9:30	Lap Swim to 9:45 Water Ex to 9:30	Lap Swim to 9:45 Water Ex to 9:30	Swim Lessons 10 am - Noon Parent Tot Lap Swim Noon - 1 pm Flow Motion KIDZ Boot Camp* Noon - 1pm
10:30 am - 1 pm		Lap Swim Swim Lessons Family Swim	Flow Motion 10-11 Flow Motion 11:30-12:30 Lap Swim Swim Lessons Family Swim	Lap Swim Swim Lessons Family Swim	Flow Motion 10-11 Flow Motion 11:30-12:30 Lap Swim Swim Lessons Family Swim	Lap Swim Swim Lessons Family Swim	
* SPECIAL * PROGRAMS		*On those weekdays Highline Public Schools are not in session, Mount Rainier Pool will host special events from Noon to 2 pm. This may disrupt scheduling during that time period. Please check the website for details.					
1 - 2 pm		Lap Swim Family Swim	Flow Motion Lap Swim Family Swim	Lap Swim Family Swim	Flow Motion Lap Swim Family Swim	Lap Swim Family Swim	Open Swim 1 - 2 pm
2 - 5:30 pm		Swim Teams Swim Lessons	Swim Teams Swim Lessons	Swim Teams Swim Lessons	Swim Teams Swim Lessons	Swim Teams Swim Lessons	\$1 Open Swim (First Saturday only) 2 - 3 pm
5:30 - 7 pm		Swim Lessons & King Aquatics	Swim Lessons & King Aquatics	Swim Lessons & King Aquatics	Swim Lessons & King Aquatics	Family Swim 6 - 7 pm	Available for rental 2 (3) - 10 pm
7 - 8 pm		Open Swim	Water Exercise King Aquatics	Open Swim	Water Exercise King Aquatics	Open Swim or Pool Rental**	
8 - 9 pm		Flow Motion Lap Swim Water Exercise		Flow Motion Lap Swim Water Exercise		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

** 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

Mid-Winter Break	Feb. 20-21
Hail to the Chiefs	Feb. 20
The Great Thaw	Feb. 21
Splash O'Green	March 18
Spring Splashtacular	April 3-7

PRICES

Open Swim	\$3.75	SWIM PASSES	ONE YEAR	3 MONTHS
Lap Swim	\$4.50/adult \$3.25/senior*	Adult Swim	\$430	\$125
Water Exercise	\$6.50/adult \$5/senior*	Disabled Swim	\$275	\$90
Water Exercise 10 visits	\$60/adult \$42.50/senior*	Family Swim	\$600	\$250
Pool Rental	Starting at \$90 per hour	Senior Swim	\$200	\$80
Flowmotion	Please visit: www.FittBalance.com for specific price information			

*Senior rates begin at age 55
**Youth rates end at age 18
All rates subject to change



www.MtRainierPool.com

22722 - 19th 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
*We hope to restart evening classes in the near future	
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 x 8 (Monday and Wednesday for the month) = \$78

\$9.75 x 4 (Saturday only for the month) = \$39

2017 Lesson Registration Dates

Pre Registration (current students only)

Monday, Jan. 16
Monday, Feb. 13
Monday, March 20
Monday, April 17
Monday, May 15
Monday, June 19

Open Registration (open to all)

Thursday, Jan. 19
Thursday, Feb. 16
Thursday, March 23
Thursday, April 17
Thursday, May 18
Thursday, June 22

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 2 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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