

MT RAINIER POOL SCHEDULE: JULY 5-SEPT. 4, 2022

Average Pool Temperature – 83-85° F

(See Program Descriptions on 2nd Page)

Shallow End					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY*
Water Exercise: 8:15-9:15am		Water Exercise: 8:15-9:15am		Water Exercise: 8:15-9:15am	Swim Lessons: 8-11:10am
Swim Lessons: 9:30-11:30am	Swim Lessons: 9:30-11:30am	Swim Lessons: 9:30-11:30am	Swim Lessons: 9:30-11:30am	Family Swim/Practice: 9:30-11:30am	Family Swim: 11:15am-1pm
Water Walking: 11:30am-1pm	Water Walking: 11:30am-1pm	Water Walking: 11:30am-1pm	Water Walking: 11:30am-1pm	Water Walking: 11:30am-1pm	
KHAOS Lessons: 1-3pm	KHAOS Lessons: 1-3pm	KHAOS Lessons: 1-3pm	KHAOS Lessons: 1-3pm	KHAOS Open Swim: 1-3pm	
MRP Swim Team 3-4pm	Family Swim 3-4pm	MRP Swim Team 3-4pm	Family Swim 3-4pm	MRP Swim Team 3-4pm	
Cleaning 4-5pm	Cleaning 4-5pm	Cleaning 4-5pm	Cleaning 4-5pm	Cleaning 4-5pm	
Family Swim: 5-7pm	Family Swim: 5-6pm	Family Swim: 5-7pm	Family Swim: 5-6pm	Family Swim: 5-7pm	
	Water Exercise: 6-7pm		Water Exercise: 6-7pm		

Deep End					
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY*
Lifeguard Prep: 8:15-9:15am		Lifeguard Prep: 8:15-9:15am		Lifeguard Prep: 8:15-9:15am	Adult Lessons: 8-8:30am
Lap Swim**: 9:30am-1pm	Lap Swim**: 10:30am-1pm	Lap Swim**: 9:30am-1pm	Lap Swim**: 10:30am-1pm	Lap Swim: 9:30am-1pm	Private Swim Team Practices: 8:30-10:30am
Lap Swim (4): 1-3pm	Private Swim Team Practices: 1-5pm	Lap Swim (4): 1-3pm	Private Swim Team Practices: 1-5pm	Lap Swim (4): 1-3pm	Lap Swim: 11am-1pm
MRP Swim Team: 3-4pm	Lap Swim (3): 5-6pm	MRP Swim Team: 3-4pm	Lap Swim (3): 5-6pm	MRP Swim Team: 3-4pm	
Private Swim Team Practices: 4-7pm	Lap Swim: 6-7pm	Private Swim Team Practices: 4-7pm	Lap Swim: 6-7pm	Private Swim Team Practices: 4-7pm	

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

*Limited Weekend Hours: Due to limited staffing, Saturdays, no afternoon open swim, and Closed All-Day Sundays.

**Lap Swimming: 9:30-11am, Monday-Thursday, limited to 4 lanes to allow for swim lessons. Lap swim limited lanes in rest of schedule have (#) for number of lanes available.

*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.

Open Swims: *(On hold until Fall)* Include access to entire pool (see age restrictions below) and are offered each Saturday. The first (\$1) and third (Wibit obstacle course) are special dates of programming. See website for more information.

Private Swim Teams: Paid usage by competitive swim teams.

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

\$2 Summer Special: Family Swim and Lap Swim (11:15am-1pm) on Saturdays are \$2/person for July and August.

*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.
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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