

SUMMER UPDATE - SEEK FREE SWIM LESSON OVERVIEW

MOUNT RAINIER POOL

Des Moines Pool Metropolitan Park District



OVERVIEW

UPDATE

(5/30/22) This is an update for swim lessons for the summer months. Classes will resume the first week of July. See information below including "[new registration process](#)".

SUMMER EXPERIENCES & ENRICHMENT FOR KIDS (SEEK) GRANT PROGRAM

Kids can learn to swim for free at Mount Rainier Pool this spring and summer, thanks to a grant through the Washington State Superintendent of Public Instruction's office.

In addition to the lessons, the \$89,575 Summer Enrichment and Experience for Kids grant will provide free practice time and a free swim package with a swimsuit, goggles, towel, and swim bag. The funding runs from April 2022 to mid-October. The grant aims to eliminate barriers to learning a lifesaving skill and give kids access to water-based recreational activities.

ELIGIBILITY

All children, ages 4-14, are eligible. All participants will need to take a pre-survey and swim evaluation before registering. Lessons are approximately 30 minutes long, and each session is approximately eight lessons (may be affected by holidays). Participants must show up for 75 percent (six of eight) of their lessons per session to be eligible to register for the next session.

- First class missed – We will email the adult responsible for the registration with a reminder.
- Private swim lessons – Private swim lessons are only available if needed to facilitate the instruction of the larger group. The grant requires us to serve as many students as possible, and group lessons are the best method to achieve this.

EMAIL NOTIFICATION SYSTEM

We are working to grow the free swim lessons program and may have a periodical need to make adjustments. Please [click here](#) to sign up for our email notification list. We will email any updates. Also, please add info@mtrainierpool.com to your email contacts to ensure you do not have this email blocked or going to a spam/junk folder.

LOCATION

All lessons will be offered at the Mount Rainier Pool. [Click here](#) for directions.

Mount Rainier Pool
22722 19th Ave. S.
Des Moines, WA 98198

CONTACT INFORMATION

Below is the generic contact information for the pool.

Phone - (206) 824-4722 (See website for public hours)
Email – FrontDesk@MtRainierPool.com
Website – www.MtRainierPool.com

REGISTRATION (UPDATED MAY 30, 2022)

REGISTRATION CHECK LIST

Please complete the following steps before you register.

1. Take a Swim Evaluation
2. Create an Account
3. Register for Swim Lessons - [See New Process Below](#)
4. Complete a Survey

SWIM EVALUATION (REQUIRED)

A FREE SWIM EVALUATION is required for all classes other than Pre-Level 1 (ages 4-6) and Level 1 (ages 7-14). Pre-level 1 and Level 1 are the preliminary levels for these lessons. If you think you should be at another level, please [click here](#) for our swim lesson level selection guide. If the guide shows that you need another level than Pre-1 and Level 1, please schedule a swim evaluation.

These evaluations help determine that each student is at the optimum level to benefit both the individual and the group. There are two options for taking a FREE swim evaluation.

- Family Swim – You can also take a free swim evaluation at any family swim. Please call ahead to schedule the evaluation for us to best allocate staff.

CREATE AN ACCOUNT (SPEED UP YOUR REGISTRATION)

Creating an account helps us better serve you. Please use either [this link](#) or the QR Code to the right.



1. You can set up the account by clicking the button in the upper left corner of the screen and following the steps. (You may also use your current Facebook or Google login to set up the account).

2. Please add all family members and include a contact email and phone number.

NOTE - Actual registration will still be in-person or over the phone to ensure we place students at the optimum levels.

REGISTRATION – NEW PROCESS BELOW

Current (as of May 30, 2022) participants in programs will still receive priority. Effective May 30, 2022, people that signed up for Spring Wait Lists (April 15-May 22) will receive priority on Wait Lists (see more information below).

Below is a table of the Summer Registration Dates. Fall dates will be released at a later time.

NEW STUDENT “WAITLIST” REGISTRATION PROCESS**

Due to the overwhelming demand for free swim lessons, we have developed the following process for registration that will place new students registering after May 30, 2022, into our new waitlist process. Any person not currently enrolled in swim lessons is considered a new student. They will have to register on a waitlist and will be contacted only when spots in classes are available.

- Participants can register to be placed on a waitlist for their respective level. This process will start on Thursday, June 9 at 11:00am.
- Participants will receive a confirmation email with their spot on the waiting lists. (Please check your contact information to ensure your best chances of being contacted.)
- If an open class spot becomes available, we will contact you from 206.824.4722 or FrontDesk@MtRainierPool.com.

- Patrons that are contacted about an open class sport will have until 7:00pm to confirm they will be using the spot.
- If no spots become available during a session, you will receive an email notifying you that all spots are full for that session.
- Waitlist spots will carry over throughout the summer and will be updated when people are removed due to being placed in classes or not returning calls.

NEW STUDENT “WAITLIST” REGISTRATION PROCESS DATES

Below are the dates for July-August.

Class Dates	New Students (See Process Above)
All Summer Class Dates	Wait List Registration Begins Thursday, June 9 @ 11:00am

CURRENT STUDENT CLASS REGISTRATION DATES

Below are registration dates for current students, and dates waitlist students may be contacted if spots are available.

MONDAY-THURSDAY (9-11:30am) LESSONS

Class times are 9-9:30am, 9:40-10:10am, 10:20-10:50am and 11-11:30am.

Class Dates	Current Students	*Calls to Waitlist Students**
July 5- 14 (No July 4)	Wednesday, June 8 @ 4:00 pm	Friday, June 10 @ 11:30 am
July 18-28	Wednesday, July 13 @ 9:00 am	Friday, July 15 @ 11:30 am
August 1-11	Wednesday, July 27 @ 9:00 am	Friday, July 29 @ 11:30 am
August 15-25	Wednesday, August 10 @ 9:00 am	Friday, August 12 @ 11:30 am

** Calls will be made from staff to waitlists starting at the times listed. Participants will have until the end of the business day (7:00pm) to call and claim their spots.*

*** Wait list participants may also be contacted to fill Camp KHAOS (see below) swim lesson registration spots that may go unclaimed from 1-3pm on the same dates.*

SATURDAY (8A-11:15am) LESSONS

Class times are 8-8:30am, 8:40-9:10am, 9:20-9:50am, 10-10:30am and 10:40-11:10am.**

Class Dates	Current Students	*Calls to Waitlist Students
July 9 – September 3* (No July 22)	Saturday, June 11 @ 8:00am	Tuesday, June 14 @ 11:30am

** Calls will be made from staff from waitlists starting at the times listed. Participants will have until the end of the business day (7:00pm) to call and claim their registration spots.*

OTHER IMPORTANT INFORMATION

- No Shows: If a participant misses two classes in a session (and does not call to excuse their absence), they will be removed from lessons and will have to re-register as a NEW STUDENT “WAITLIST”. Management has the right to remove participants from lessons that are not respecting the process and barring others from participating.
- Class Length: All classes are 30 minutes long with a short break in between unless otherwise noted. All sessions are eight classes.
- Limit One Registration: Each participant limited to one class per session.
- First-Come, First-Served: We wish we could provide lessons to all people who apply, but we may be limited by space and staff.

- Contact Information: There are no residency requirements for the grant. Please list a good phone number and email to best contact you. Also, please follow the email notification steps above to ensure you are receiving all program updates. *
- Class Size: All classes will have one instructor to five participants to ensure adequate instruction.
- Camp KHAOS: Mount Rainier Pool is also working with the City of Des Moines to extend the grant to cover swim lessons provided to Camp KHAOS participants. These will be provided weekdays (Monday-Thursday) between 1-3pm. Please contact [Des Moines Parks and Recreation](#) for more information.

SURVEY (REQUIRED)

After you register, you will receive either a link to a survey or a physical copy. You must complete this survey before the first lesson.

- This Pre-Program Survey* is part of the deliverables we must provide to satisfy the grant requirements. We will also use the data to help us better plan for future program offerings and apply for future grants.
 - Effective June 8, 2022, the survey will now be offered in English, Spanish and Vietnamese.
- Post-Program Survey* – There will also be a post-program survey that we will send out after the end of the program. The survey will also be used to satisfy the grant requirements.

** Not turning in these surveys could affect future SEEK Grant-funded swim lessons eligibility.*

OTHER IMPORTANT INFORMATION

COMPLIMENTARY SWIM PACKAGE*

Each participant in the Summer Enrichment and Experience for Kids grant program will also receive a complimentary swim package that includes a swimsuit, goggles, towel, and swim bag to hold these items. A list of sizes and samples are available on our swim lesson page and at the front desk. If you have a special request for a swimsuit, please contact us at Info@MtRainierPool.com. *Note-Size charts will be available after week 1 of lessons.* **

**We are still behind on orders but will contact Spring participants that completed forms for future pick-up dates at the pool.*

***Participants that do not attend swim lessons will not receive a complimentary swim package.*

PRACTICE SWIM TIME

We suggest that parents practice what they learn in lessons outside of classes to best help their children succeed. Free practice swim time for a child and their parent (limit one per child) will be available during Family Swim on the following days:

- *Summer*: Fridays, 9:30-11am (End of School through August).

OTHER FREE SWIM OPPORTUNITIES

There are other FREE opportunities this summer for your children, ages 9 to 18. Registration for both programs will start on Monday, June 13 at 4:00pm.

MRP SWIM (RECREATIONAL) TEAM

Ages 9-13

Monday, Wednesday & Friday, 3-4pm

Session 1: July 6 – 29 & Session 2: August 1 - 19

Want an idea of what it takes to join a swim team? Join the MRP Swim Team to get your feet wet before plunging into a commitment to competitive swimming. We'll help you learn the various strokes and improve your endurance. No previous experience necessary. Limit first 20 participants.

LIFEGUARD PREP COURSE

Ages 14-18

Monday, Wednesday & Friday, 8:15-9:15am

Session 1: July 6 – 29 & Session 2: August 1 - 19

Need help preparing to become a lifeguard? Join our LIFEGUARD PREP classes. Lessons are specifically geared to helping participants pass the Red Cross Lifeguard prerequisite evaluation so they can train for their lifeguard certification. No previous experience necessary.

Limit first 20 participants.

See registration requirements information at www.mtrainierpool.com/swimlessons.

QUESTIONS

If you have any questions or concerns, please contact our staff at [\(206\) 824-4722](tel:2068244722) or email us at FrontDesk@MtRainierPool.com.

FREQUENTLY ASKED QUESTIONS

What do I do if my child is not within the ages of 4-14?

- The grant program only covers children between the ages of 4 and 14. Parents with children younger than 4 or older than 14 can register for Parent & Child Swim Lessons (ages 6 months to 3 years) or Adult Lessons (ages 15 and older). There is a fee for both programs, and due to the need to best utilize space and staff for the SEEK grant program, these lessons will only be available on Saturdays. Both programs are eligible for our continuing [scholarship program](#).
- This summer, we also have other free programs, including Free Lifeguard and Swim Instructor [Certifications and Training](#) for anyone 15 and older. We will also offer a Free [Lifeguard Prep Course](#) for ages 14-18.

What if my child is sick, or we have a reason we cannot attend lessons?

- Please contact us at [\(206\) 824-4722](tel:2068244722) or Info@MtRainierPool.com if your child will miss a swim lesson. Both contact resources are available to message us 24/7. There will be a backlog of people who want to take advantage of this program, and we want to teach as many kids as possible. Please do not hold others back from these opportunities.

How do you address Covid-19 exposure?

- We will deal with each exposure on a case-by-case basis, but the rule of thumb is that if there is an exposure in a class, the instructor and participants will have their classes cancelled for the next five (consecutive) days from the exposure. There will be no make-ups for the free classes and all absences will be marked as excused. (*Participants may have to retake level.*)
- To help control exposure situations, we ask households in the stands to wear a mask if they are sitting next to members of another household. If you maintain six feet of distance, you will help us better control potential outbreaks. Note-staff will not monitor nor enforce wearing masks or social distancing.

Do I really need to take a swim evaluation?

- Swim evaluations best ensure a quality experience for all involved. Other swim providers may not follow American Red Cross swim instruction guidelines, and your child could be placed at a level for which they are not prepared. This is not fair to them or the other participants of the class. You may risk your child being removed from the class, and there may not be a place for them in a different class during the same session. Please help us best serve everyone by taking a swim evaluation.

Why don't you offer online registration?

- We believe in the importance of group dynamics when offering lessons. Our lessons have low instructor-to-student ratios that require us to have the right people in the correct classes. We have not found an online registration process that can ensure this. Wrong placements negatively affect the experience of all people in lessons.

What do I do for a make-up?

- There will be no make-ups so that we can serve the most people possible. We have added Practice Swim Time (see above) to allow parents to help their children catch up if they miss lessons.

What do I do if my child cannot participate in group lessons?

- Some children are not a good fit for group lessons. Please contact us if you need private or semi-private lessons. We will try to provide accommodations when needed.
- As stated in the packet, our priority is to serve the most people, requiring all swim instructors to focus on group lessons.

What do if my child turns age 4 after the start of classes?

- All children must be between the ages of 4 to 14 to participate. You must wait until your child is age 4 to register.
- If you need financial assistance and your child does not fall within age limits, please check out our [scholarship program](#).

What happens if my child is not in the appropriate level?

- Please make sure that your child is signed up for the appropriate level.
- We will only move children if there are spots in other classes. This is difficult to do and we will not overfill another class to accomplish this.
- With these being free lessons, there will be no refunds and we will not hold a spot for future lessons for your child.
- Finally, children in the wrong level could affect their enjoyment in swimming by making them feel uncomfortable. By keeping them in the appropriate level, you are best helping them continue to enjoy swimming.

My child took lessons at another pool. Can I assume they will be in the same level for these lessons?

- Not all pools follow American Red Cross swim lesson procedures, and some pools are more lenient about moving children up in swim levels.
- We want to ensure children are ready to move onto the next set of lessons to ensure they are properly prepared for safety and to help them in future swim endeavors including swim teams and lifeguarding.
- Please ensure your child is in the proper lessons by taking a swim evaluation before registering.

Why are you only offering Parent and Child and Adult classes on Saturdays?

- The grant only covers children, ages 4-14. It does not cover the Parent and Child and Adult classes.
- Our short-term goal is to teach as many children as possible to swim under this grant.
- We do have plans for Parent and Child and Adult weekdays lessons in the Fall after the grant.
- Our long-term goal is to someday be offered to teach every single child in our area to swim. This grant is a big step towards that. Many children were not able to access lessons during the pandemic. Our goal is to help them catch up with this grant.

Why are you not offering swim lessons until after July 4th?

- Due to Covid-19, we could not train new staff due to American Red Cross and other safety standards for the last two years.
- We are trying to use these weeks to train new lifeguards, swim instructors and other staff. Our goal is to increase our capacity of staff to provide more swim lessons and other services.
- We are also utilizing this time to move up our normal August closure for maintenance and cleaning. These projects not only help us offer a cleaner facility, but also help reduce emergency closure by scheduling critical maintenance projects that reduced downtime for scheduling pool contractors. Many of these services have limited experts and parts due to the age of the pool.

Have a question that is not answered above?

- Please click here or email us at FrontDesk@MtRainierPool.com if you have a question not answered above. We usually respond in one business day.



MOUNT RAINIER POOL - 22722 19th Ave. S. – (206) 824-4722 - www.MtRainierPool.com