



## Des Moines Pool Metropolitan Park District Mount Rainier Pool

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Dear Student:

Do you have any members of your family, school or group of friends that want to improve their swimming and lifesaving skills? The Mount Rainier Pool has developed options for those who want to become better swimmers, learn lifesaving skills or pursue a career in aquatics. We have the following opportunities for your students including our lifeguard preparation course, lifeguard certification and jobs, and swim lessons.

First, the Mount Rainier Pool will be offering a Lifeguard Preparation Course. This course is designed for youth, ages 14-18 to work on their swimming skills, fitness levels and basic lifesaving skills. It is designed to help youth prepare to be lifeguards and swim instructors, which is not only a great part-time job through high school and college but could lead to a career in being a first responder. (See attached Lifeguard Prep Course Flyer for more information.)

Second, the Mount Rainier Pool offers lifeguard and swim instructor certifications courses for youth as young as 15. The certifications are \$200-\$250 but are free with commitment to work at the Mount Rainier Pool. We also pay for all training after the person is hired. Public service looks great on anyone's college application or resume, plus you will have a great time! (See attached Lifeguarding Flyer or register for our lifeguard or swim instructor interest list.)

Third, the Mount Rainier Pool offers Adult Swim Lessons for ages 15+ on Saturday mornings starting on July 9 from 8-8:30am. If you have never swam before this is a great opportunity to get your feet wet. Our classes are small and offered before youth swim lessons each morning. Registration to be put on a contact list will begin on Thursday, June 9 at 11:00am.

Finally, beyond the professional skills listed above, swimming is a life skill that can open opportunities for you. 70% of the world is covered with water and there are many recreational opportunities including boating, kayaking, paddleboarding, snorkeling and scuba diving. All these activities are great ways to see the world and have fun with your friends.

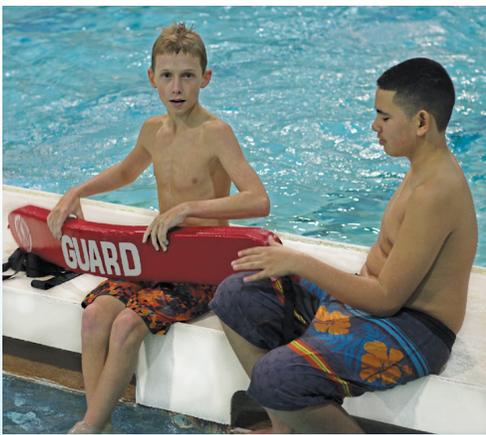
If you are interested in any of these activities see the attached flyers, email us at [FrontDesk@MtRainierPool.com](mailto:FrontDesk@MtRainierPool.com), or call us at 206.824.4722.

Sincerely,

Quentin Knox, Aquatics Manager

**Mount Rainier Pool 22722 19<sup>th</sup> Ave. S. Des Moines, WA 98198**

To create a healthy community by embracing swimming as an essential life skill.



# Turn your summer of fun into **GOLDEN** opportunities

## FREE TRAINING\*

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.

Classes meet **Mondays, Wednesdays and Fridays from 3-4 pm**

Session 1: 7/6 - 7/29 • Session 2: 8/1 - 8/18

**Ages 9-13** • \*FREE to first 20 participants

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 test so they can train for their lifeguard certification. No previous experience necessary.

Classes meet **Mondays, Wednesdays and Fridays from 8:15-9:15 am**

Session 1: 7/6 - 7/29 • Session 2: 8/1 - 8/18

**Ages 14-18** • \*FREE to first 20 participants



Registration for either program starts **JUNE 14 at 4 pm**



22722-19<sup>th</sup> Ave S • Des Moines  
206.824.4722 [www.MtRainierPool.com](http://www.MtRainierPool.com)



# The Ducks are coming

Look for us at the **Waterland Parade on July 23**



Contact Us  
206-824-4722



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22722 19<sup>th</sup> Ave S • Des Moines

# WE NEED YOU

SERVE YOUR COMMUNITY  
WHILE BUILDING YOUR RESUMÉ

## OPEN POSITIONS:

- Lifeguard
- Swim instructor

## BENEFITS:

- Great pay
- FREE training
- Flexible schedules

**APPLY NOW**



## CONTACT US:

Jared.Wold@DesMoinesPool.org

## MORE INFORMATION:

[www.MtRainierPool.org/Employment](http://www.MtRainierPool.org/Employment)

## PHONE:

206.824.4722



# SWIMMING LESSONS FOR ADULTS

EXCLUSIVE LESSON FOR ADULTS  
BEFORE GROUP LESSONS



NEW WAIT LIST REGISTER

**THURSDAY, JUNE 9 @  
11:00AM**

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CLASS :  
**SATURDAYS  
AT 08:00 AM  
JULY 9 - SEPTEMBER 3**

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**LEARN MORE**

[www.mtrainierpool.com](http://www.mtrainierpool.com)

