

SEEK FREE SPRING SWIM LESSON OVERVIEW

MOUNT RAINIER POOL

Des Moines Pool Metropolitan Park District



OVERVIEW

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 \$79,575 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-November. 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 test 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

This packet is five (5) pages. Please review them all before registering.

REGISTRATION

REGISTRATION CHECK LIST

Please complete the following steps before you register.

1. Take a Swim Test
2. Create an Account
3. Complete a Survey

SWIM TESTS (REQUIRED)

A FREE SWIM TEST is required for all classes other than Pre-Level 1 (ages 4-6) and Level 1 (ages 7-14). These tests 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 test.

- Family Swim – You can also take a free swim test at any family swim. Please call ahead to schedule the test 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

Current (as of March 2022) participants in programs will still receive priority. We will contact all people registered in the Email Notification System (see above).

Below is a table of the Spring Registration Dates. Summer registration will be released later this Spring and announced via email.

SPRING REGISTRATION DATES

Below are the dates for April through June.

MONDAY & WEDNESDAY (4:30-7PM) LESSONS

Class Dates	Current Student Registration	New Student Registration
April 18-May 11	Monday, March 21 @ 4pm	Wednesday, March 23 @ 4pm
May 16-June 13 (No May 30)	Monday, May 2 @ 4pm	Wednesday, May 4 @ 4pm

SATURDAY (8AM-11:15AM) LESSONS

Class Dates	Current Student Registration	New Student Registration
April 16-June 11 (No May 28)	Saturday, March 12 @ 8am	Tuesday, March 15 @ 4pm

**Summer dates will be released at a later time. See below for more information.*

REGISTRATION PROCESS

- **Registration:** All registration is in-person or by phone only. **No online registration.**
 - Registration starts at 4pm on weekdays and 8am on Saturdays (*Specific swim times will be posted at the front desk on the day before the registration date*).
 - One staff member is dedicated to phone registrations, and two people are dedicated to in-person registration. Please be patient.
 - Phone registrations are now in a queue in our system. If you hang up and recall, you will lose your place in line.
- **Class Length:** All classes are 30 minutes long with a short break in between unless otherwise noted. All sessions are eight classes.
- **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 below to ensure you are receiving all program requirements.*
- **Class Size:** All classes will have one instructor to five participants to ensure adequate instruction.
 - *Minimum Class Size* – Three students must be registered to run a class. In cases where only one student is registered, parents can opt to transfer to another class (if space is available).
- **Waitlists:** If you cannot register for a particular class, please try to sign up on the waitlist. Sometimes we have to cancel classes, find additional space or take people off of lists who are not showing up for lessons. Putting yourself on a waitlist does not guarantee you a call, but we will do everything possible to serve the most people.

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. 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.
- **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.

PRACTICE SWIM TIME

Free practice swim time available during Family Swim on the following days:

- *Spring:* Sundays, 11am-1pm (April-End of School)
- *Summer:* Fridays, 9:30-11am (End of School through August).

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.

Do I really need to take a swim test?

- Swim tests 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 test.

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 test 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 offer 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.

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