



Barkadda Mount Rainier

Ogosto 25 - Sebtembar 14, 2025

Jadwalka xagaaga ee la dheereeyey



Dhamaadka gacmeed (83 - 85 darajo)					
	Isniin/Arbaca	Talaado/Khamiis	Jimcaha	Sabti	Axad
Socodka Biyaha	6a - 9a	9a - Duhurnimo	6a-9a	11:30a-1p	9a-11:30a
	10a - 1p		10-ka duhurnimo		
Dabaasha qoyska	Duhur - 2p	Duhur - 2p	Duhur - 1 p	11:30a-1p****	11:30a-1p****
	7p-9p ***	6p - 7p****	5p-9p	N/A	N/A
		8p - 9p			
Jimicsiga Biyaha (Biyo gacmeed)	9a - 10a	7p - 8p	9a-10a	N/A	N/A
Dhamaadka qoto dheer (83 - 85 darajo)					
	Isniin/Arbaca	Talaado/Khamiis	Jimcaha	Sabti	Axad
Jimicsiga Biyaha (Biyo Qoto dheer)	N/A	N/A	10:15a-11a Laga bilaabo 9/5	N/A	N/A
Dhabta dabaasha	6a-2p	9a-2p	6a-1p	10:30a-1p	9a-1p
	7:30p-9p	7:30p-9p	7:30p-9p		
Barkadda oo dhan: Shallow & Mool Isku darka (83 - 85 digrii)					
	Isniin/Arbaca	Talaado/Khamiis	Jimcaha	Sabti	Axad
Fur Dabaasha	N/A	N/A	N/A	1p-2p**	N/A

*Dabaasha qoyska: Dhamaadka gaagaaban oo keliya. ** Dabbaasha Furan: Ku dar dabaasha qoyska dhamaadka gacmeedka
***Qiimaha maalinlaha ah: Helitaanka dhamaan dabaasha marka laga reebo Jimicsiga Biyaha iyo Casharrada dabaasha.
**** Saacadaha dabaasha qoyska oo la dhimay sababtoo ah casharrada dabaasha waxay noqon doonaan 4-6:45 galabnimo Isniinta iyo Arbaca.
***** Waqtiyada dabaasha ee bilaashka ah ee ka qaybgalayaasha casharka dabaasha iyo hal (1) waalid.

SAACADAHA XAFIISKA HORE:

Fadlan xor u noqo inaad istaagto miiska hore ama naga soo wac saacadaha hoose.

- Isniin-Jimce: 9a - 1p iyo 4-7:30 p
- Sabtida: 9a - 1:30 p
- Axad: 9a-1p

Shabakadda internetka: Ka eeg shabakadeena la cusboonaysiiyay oo leh bog jadwal cusub oo ay ku jiraan jaddallada mustaqbalka ee mustaqbalka, khidmadaha, barnaamijyada xubinnimada caymiska, deeqaha waxbarasho, casharrada dabaasha iyo wax ka badan. Adeegso Koodhka QR ee hoose wixii macluumaad dheeraad ah

MA OGTAHAY? Dugsiga Highline Swim and Dive Teams qandaraas ahaan waxay heystaan barkada Isniinta ilaa Jimcaha, 3-6 galabnimo, iyo subaxyada Sabtida. **Kulamada dabaasha ee dayrta waxa la qaban doonaa 3-6pm Sebtembar 11 & 18 iyo Oktoobar 4, 14 & 16. Kulamada mararka qaar waxay dhaafaan 6pm.**

Casharrada Dabaasha Dhicista: Diiwangelinta casharka dabaasha xilliga dayrta waa toddobaadka Sebtembar 8. Macluumaad dheeraad ah booqo bogga casharka dabaasha ee websaydkayaga www.mtrainierpool.com/swimlessons.



Jadwalka Dabaasha Sabtida: Hal Kharash, Madadaalo Badan

Mid kaalay, labadaba joog! Gelitaankaagu wuxuu daboolayaa 2.5 saacadood oo wakhtiga barkada.

•11:30am - 1:00pm Qoyska Dabaasha (Dhamaadka Shallow) & Dhabta Dabaasha

•1:00 duhurnimo - 2:00 galabnimo Dabbaasha Furan (Barkadda Dhan) Waxaa ku jira: Dabaasha Qoyska, Loorarka Quusidda & Socodka Biyaha

Mid ka mid ah gelitaanka ayaa daboolaya labada kulan (11:30 subaxnimo–2:00 galabnimo) - Qoysasku waxay ku raaxaysan karaan barkadda 2.5 saacadood iyada oo aan kharash dheeraad ah lahayn!