



Barkadda Mount Rainier

Sebtambar 15-Noofambar 16
Jadwalka Dayrta



La Dabaasho Caruurtaada Gaarka ah: La dabaal caruurtaada, oo bixi \$2 dheeraad ah sida qof weyn. U fiican dhammaan qoyska, dhabta & dabaasha furan.

Dhamaadka gacmeed (83 - 85 darajo)					
Barnaamijyada	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 - 1 p	Duhur - 1p	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)					
Barnaamijyada	Isniin/Arbaca	Talaado/Khamiis	Jimcaha	Sabti	Axad
Jimicsiga Biyaha (Qoto dheer Biyaha)	N/A	N/A	10:15a-11a	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 (83 - 85 darajo)					
Barnaamijyada	Isniin/Arbaca	Talaado/Khamiis	Jimcaha	Sabtida	Axad
Fur Dabaasha	N/A	N/A	N/A	1p-2p	N/A

**Dabaasha qoyska: Dhammaadka gaagaaban oo keliya. ** Dabbaasha Furan: Ku dar dabaasha qoyska dhammaadka gacmeedka*
****Qimaha maalinaha ah: Helitaanka dhammaan dabaasha marka laga reebo Jimicsiga Biyaha iyo Casharrada dabaasha.*
***** Saacadaha dabaasha qoyska oo la dhinay sababtoo ah casharrada dabaasha waxay noqon doonaan 4-6:45 galabnimo Isniinta iyo Arbacada.*
****** 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 na soo wac saacadaha

- 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 jadvallada mustaqbalka ee mustaqbalka, khidmadaha, barnaamijyada xubinnimada caymiska, deeqaha waxbarasho, casharrada dabaasha iyo wax ka badan. Adeegso Koodhka QR ee hoose wixii macluumaad dheeraad ah

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!

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 September 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.