



Barkadda Mount Rainier

Sebtembar 15-Noofambar 16

Jadwalka Dayrta



abaalo Carruurtaada Gaarka ah: La dabaal carruurtaada, oo bixi \$2 dheeraad ah marka aad tahay qof weyn. U fiican dhammaan qoyska, dhabta & dabaasha f

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 - 1 p	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 (Biyaha qoto dheer)	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	Sabti	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

***Qiimaha maalinlaha ah: Helitaanka dhammaan 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 Arbacadada.

*****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.

- Ἰσνιν-θῡρῃ: 9α - 1π ἡρῃ 4-7:30 π
- Σαβτιδα: 9α - 1:30 π
- Αξαδ: 9α-1π

Mareegta: Fiiri websaydkayaga la cusboonaysiiyay oo leh bog jadwal cusub oo ay ku jiraan jadwallada 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. • 11:30 subaxnimo - 1:00 galabnimo Dabbaasha qoyska (Dhammaadka-Shallow) & Dhabta dabaasha (Dhammaadka qoto dheer) Hal ogolaanshow waxay daboolshaa labada kulan (11:30am-2:00pm) - 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 Sebtembar 11 & 18 iyo Oktoobar 4, 14 & 16. Kulamada mararka qaar waxay dhaafaan 6pm.**

Casharrada dabaasha ee dhicitaanka: Diiwangelinta casharka dabaasha ee dayrta waa usbuuca Sebtembar 8. Wixii macluumaad dheeraad ah booqo casharka dabaasha boggayaga internetka ee ah www.mtrainierpool.com/swimlessons.

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