



Twice as Many Weekday Swim Lessons!

Swim Lessons, Family Swims and Water Exercise:
Get Pre-Approved for Scholarships Today!

SPRING SCHEDULE 2020 (March–Mid-June)

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
SHALLOW END						
5:30 – 8:30am Water Walking (Mon – Fri) Workout on your own with water bells and walk the pool.					7 – 8am Water Walking	X
					8 – 9am Adult Swim Lessons	
8:30 – 9:30am Water Aerobics Daily, 10-visit, 3-month, annual and recurring payment options.					9 – 11am Swim Lessons	
9:30 – 11:00am Water Walking (Mon – Fri) Workout on your own with water bells and walk the pool.					11am – 1pm Family Swim	11am – Noon Water Walking
11am – 1pm Family Swim (Mon – Fri)					1 – 2pm Cleaning	Noon – 2pm Family Swim
1 – 3pm Cleaning and Maintenance (Mon – Fri)					2 – 4pm Open Swim Specials - 1st Saturday \$1 - 3rd Saturday Wubit	2 – 4pm Rentals
4 – 7pm Swim Lessons (Mon – Thu) Select Mon/Wed, Tue/Thu or Private Options.				4 – 8pm Family Swim	4 – 6pm Rentals (3rd Saturday Wubit available)	X
7 – 9pm Family Swim	7 – 8pm Aerobics	7 – 9pm Family Swim	7 – 8pm Aerobics		SPECIAL: 7 – 9pm Final Friday Family Night (1/2 Open Swim)*	
DEEP END						
5:30am – 1:00pm Lap Swim (Mon – Fri)					7am – 11am Swim Teams & Lessons	X
					11am – 1pm Lap Swim	
1 – 3pm Cleaning and Maintenance (Mon – Fri)					1:00 – 2:00pm Cleaning	2 – 4pm Rentals
4 – 7pm Swim Teams & Lessons (Mon – Thu)					2 – 4pm Open Swim Specials - 1st Saturday \$1 - 3rd Saturday Wubit	
7 – 9pm Lap Swim	7 – 8pm Lap Swim	7 – 9pm Lap Swim	7 – 8pm Lap Swim	7 – 8pm Lap Swim	4 – 6pm Rentals (3rd Saturday Wubit available)	X
				SPECIAL: 7 – 9pm Final Friday Family Night (1/2 Lap Swim)*		

* Last Friday of the month (open 7 – 9pm)



Check out
our new events!

- Expanded Swim Lesson Options!
- 3x Allocated Scholarships in 2020.
- Silver and Fit, SilverSneakers and Prime Fitness Programs Accepted.
- Visit our website for interactive schedule, events, rentals and much, much more.

www.MtRainierPool.com

Newest schedule available for download at www.mtrainierpool.com

Office Hours:

Monday/Wednesday, 5:30am – 9pm
Tuesday/Thursday, 5:30am – 8pm
Friday, 5:30am – 8pm*
Saturday, 7am – 4pm
Sunday, 11am – 2pm

Cleaning and Maintenance Closures

Mon – Fri, 1 – 3pm and Sat, 1 – 2pm



@MTRAINIERPOOL

22722 - 19th Ave S • Des Moines • 206-824-4722

OPERATED BY THE DES MOINES POOL METROPOLITAN PARK DISTRICT

WATER EXERCISE	
A fun and refreshing way to get and stay in shape.	
Monday – Friday	8:30 – 9:30am
Tuesday/Thursday	7 – 8pm

LAP SWIM	
See interactive schedule at www.mtrainierpool.com for lane availability.	
Monday – Friday	5:30am – 1pm
Monday/Wednesday	7 – 9pm
Tuesday/Thursday/ Friday****	7 – 8pm
Saturday	11am – 1pm
Sunday	11am – 2pm

FAMILY SWIM—Shallow End	
Monday – Saturday	11am – 1pm
Monday/Wednesday	7 – 9pm
Friday*	4 – 8pm
Sunday	Noon – 2pm

WATER WALKING	
Use the power of the water to battle gravity.	
Monday – Friday	5:30 – 8:30am & 9:30am – 1pm
Saturday – NEW!	7 – 8am
Sunday – NEW!	11am – Noon

BIRTHDAY PARTIES	
Wibit, WaterWalk & Lobby available. Call for details.	
Saturday	4 – 6pm
Sunday	1 – 3pm

MONTHLY SPECIAL DAYS	
Affordable ways so everyone can use the pool. Visit website for more information.	
Free Senior Thursday (1st of the month)	
\$1 First Saturday Open Swims	2 – 4pm
3rd Wibit Saturdays	2 – 4pm
Swim Lesson Practice Sundays – NEW!	Noon – 2pm
Final Friday Family Fun Nights – NEW!	7 – 9pm

SPECIAL EVENTS
 April Pool's Day – April 18, 2 – 4pm
 Cinco de Mayo – May 2, 2 – 4pm

NO SCHOOL SWIM DAYS
Full-days Highline schools is out!
 March 13, April 6 – 10, May 25 & 26 | \$3, 1 – 3pm



FEES AND PASSES						
* Resident discount: Residents of Des Moines and Normandy Park receive a discounted fee for all passes and programs.						
Daily Passes	Open Swim		Lap Swim		Water Exercise	
	Resident*	Non-Resident	Resident*	Non-Resident	Resident*	Non-Resident
Adult (18 – 61)	\$3.75	\$4.50	\$4.50	\$5.25	\$6.50	\$7.25
Senior (62+)	\$3.00	\$3.75	\$3.25	\$4.00	\$5.00	\$5.75
Youth (2 – 17)	\$3.00	\$3.75	\$3.25	\$4.00	\$5.00	\$5.75

10-Visit Passes	Open Swim		Lap Swim		Water Exercise	
	Resident*	Non-Resident	Resident*	Non-Resident	Resident*	Non-Resident
Adult (18 – 61)	\$34.00	\$40.50	\$39.00	\$47.25	\$51.50	\$60.00
Senior (62+)	\$27.00	\$34.00	\$27.00	\$36.00	\$42.50	\$51.00
Youth (2 – 17)	\$27.00	\$34.00	\$27.00	\$36.00	\$42.50	\$51.00

Facility Passes****	3 Month		Annual		Monthly**	
	Resident*	Non-Resident	Resident*	Non-Resident	Resident*	Non-Resident
Adult (18 – 61)	\$125.00	\$145.00	\$399.00	\$499.00	\$37.00	\$42.00
Senior (62+)	\$79.00	\$96.00	\$199.00	\$239.00	\$18.00	\$23.00
Youth (2 – 17)	\$79.00	\$96.00	\$199.00	\$239.00	\$25.00	\$30.00
Disabled Swimmer	\$89.00	\$109.00	\$251.00	\$299.00	\$23.00	\$28.00
Family	\$249.00	\$299.00	\$475.00	\$575.00	\$44.00	\$49.00

Water Exercise Passes	3 Month		Annual		Monthly**	
	Resident*	Non-Resident	Resident*	Non-Resident	Resident*	Non-Resident
Adult (18 – 61)	\$129.00	\$149.00	\$499.00	\$559.00	\$45.00	\$55.00
Senior (62+)	\$99.00	\$119.00	\$384.00	\$434.00	\$40.00	\$49.00
Youth (2 – 17)	\$99.00	\$119.00	\$384.00	\$434.00	\$40.00	\$49.00

* Residents of Des Moines and Normandy Park receive a discounted rate.
 ** Monthly payment passes—participants are required to make annual (12 months) commitment.
 *** Facility passes give user access to Open, Family, Lap and Water Walking swims.
 **** Final Friday Family Swim (7 – 9pm)

SWIM LESSON INFORMATION
 Our American Red Cross Learn-to-Swim program is designed to help guests of all ages and ability levels become safe and proficient in the water. Swim lessons at the Mount Rainier Pool:

- Are FUN!
- Follow the American Red Cross curriculum.
- Are tailored to teach essential water safety skills and logical swim skill progression.
- Include opportunities to practice skills learned outside of class time with practice cards.
- Work around busy schedules. We offer evening and weekend lessons at a variety of times throughout the week.
- Are available in group, private, and semi-private formats.
- **NEW!** FREE Sunday practice days! (Free entry for participant and one other!)
- Mandatory swim tests to ensure children are in the right levels for better success.

SWIM LESSON SPRING SCHEDULE		
For exact dates and times, visit website.		
Monday/Wednesday	4 – 7pm	2x/week, 4 weeks
Tuesday/Thursday	4 – 7pm	2x/week, 4 weeks
Saturday	9 – 11am	1x/week, 7 weeks*

*Adult swim lessons are Saturday mornings, 8 – 9am.
 For more information on swim lessons, visit www.mtrainierpool.com

ACCESS TO ALL
 Our goal is to remove financial barriers of members of our community. We value community and inclusiveness for ALL members of our community. Our mission is to enhance our community's quality of life through aquatics. Scholarships helps us ensure everyone has access to our programs. Below are ways to participate in Free or Reduced programs.

- \$1 First Saturday swim
- Swim Scholarships of up to 90%
- Free First Senior Thursdays
- Final Friday Family Fun Nights
- Free Water Safety Education events
- Prime, Silver & Fit and Silver Sneakers