

## Mt. Rainier Pool Schedule January 2019

<b>Monday-Friday (Deep)</b>	<b>Monday/Wednesday/ Friday (Shallow)</b>	<b>Tuesday/Thursday (Shallow)</b>	<b>Saturday</b>
<b>Lap Swim</b>	<b>Water Walking</b>	<b>Water Walking</b>	<b>Lap Swim (Deep)</b>
7:00am-1:00pm	7:00am-8:30am	7:00am-8:30am	11:00am-1:00pm
6:00pm-8:00pm (2 lanes)			
8:00pm-9:00pm	<b>Water Aerobics</b>	<b>Water Aerobics</b>	<b>Family Swim (Shallow)</b>
	8:30am-9:30am	8:30am-9:30am	11:00am-1:00pm
	<b>Water Walking</b>	<b>Water Walking</b>	<b>Open Swim</b>
	9:30am-11:00am	9:30am-11:00am	2:00pm-4:00pm
	<b>Family Swim</b>	<b>Family Swim</b>	
	11:00am-1:00pm	11:00am-1:00pm	
	6:00pm-7:00pm	6:00pm-7:00pm	
	7:00pm-8:00pm		
	8:00pm-9:00pm	<b>Water Aerobics</b>	
		7:00pm-8:00pm	
		<b>Family Swim</b>	
		8:00pm-9:00pm	

\*There are only two lanes available for lap swimming 6:00pm-8:00pm to accommodate the SMAC (youth) Swim Team. Highline Swim and Dive Teams utilize Mount Rainier Pool from 3:00pm-6:00pm.



Phone: (206) 824-4722

Address: 22722 19th Ave. S, Des Moines, WA 98198

\*Schedule Subject to Change\*