

IT'S NEVER RAINY OR OVERCAST INSIDE

*It's always summer
at Mount Rainier Pool*



Summer 2017 Schedule (June 19 - July 15)

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:30 - 8 am	Available for rentals	Lap Swim	King Aquatics	Lap Swim	King Aquatics	Lap Swim	Swim Teams 6 - Noon Swim Lessons 10 - Noon Parent-Tot
8 - 9 am		Lap Swim Water Exercise	Lap Swim Water Exercise	Lap Swim Water Exercise	Lap Swim Water Exercise	Lap Swim Water Exercise	FITT KIDZ Boot Camp* Noon -12:30 FITT KIDZ Yogi Bears Noon -12:30
9 am - Noon		Swim Lessons Lap Swim 11-Noon Family Swim 11-Noon	Swim Lessons FITT Silver Seniors 10-11 FITT Beginner 11:30-12:30 Lap/Family Swim 11-Noon	Swim Lessons Lap Swim 11-Noon Family Swim 11-Noon	Swim Lessons FITT Silver Seniors 10-11 FITT Beginner 11:30-12:30 Lap/Family Swim 11-Noon	Swim Lessons Lap Swim 11-Noon Family Swim 11-Noon	Lap Swim Noon - 1
Noon -1 pm		Senior/Family/Lap Swims	Senior/Family/Lap Swims	Senior/Family/Lap Swims	Senior/Family/Lap Swims	Senior/Family/Lap Swims	Open Swim 1 - 2
1 - 2 pm		Lap/Family Swims	FITT Combo Challenge 1-1:45 Lap/Family Swims	Lap/Family Swims	Flow Motion Lap/Family Swims	Lap/Family Swims	\$1 Open Swim (First Saturday only) 2 - 3
2 - 3:30 pm		Special Events	Special Events	Special Events	Special Events	Special Events	
4 - 5:30 pm		Swim Lessons Swim Teams	Swim Lessons Swim Teams	Swim Lessons Swim Teams	Swim Lessons Swim Teams	Swim Lessons Swim Teams	Available for rental 2 (3) - 10
5:30 - 7 pm		Swim Lessons & King Aquatics	Swim Lessons & King Aquatics	Swim Lessons & King Aquatics	Swim Lessons & King Aquatics	Family Swim 6 - 7 pm	
7 - 8 pm		Open Swim	Water Exercise King Aquatics	Open Swim	Water Exercise King Aquatics	Open Swim or Pool Rental**	
8 - 9 pm	FITT Boot Camp 8-8:45 Lap Swim Water Exercise	Open Swim	FITT Boot Camp 8-8:45 Lap Swim Water Exercise	Open Swim	Lap Swim unless pool is booked with Pool Rental		

*Flow Motion KIDZ Boot Camp begins Feb. 18. All Flow Motion classes require reservation. For price information and to register online, visit: www.FittBalance.com

** Friday nights beginning at 7 pm may be subject to frequent changes due to pool rentals which will run to 8:30 pm
Please call the pool to verify schedule: 206.824.4722

SPECIAL EVENTS

Dog Swm and Pet-a-POOLooza A celebration of all things pets and adoption fair	July 16 11 am - 3 pm
Closure for repairs	July 17 - Sept. 17

PRICES

Open Swm	\$3.75	SWIM PASSES	ONE YEAR	3 MONTHS
Lap Swm	\$4.50/adult	Adult Swm	\$430	\$125
	\$3.25/senior*	Disabled Swm	\$275	\$90
Water Exercise	\$6.50/adult	Family Swm	\$600	\$250
	\$5/senior*	Senlor Swm	\$200	\$80
Water Exercise 10 visits	\$60/adult	Youth Swm**	\$300	\$100
	\$42.50/senior*	*Senior rates begin at age 55 **Youth rates end at age 18 All rates subject to change		
Pool Rental	Starting at \$90 per hour			
Flowmotion	Please visit: www.FittBalance.com for specific price information			



www.MtRainierPool.com

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

OPERATED BY THE DES MOINES POOL METROPOLITAN PARK DISTRICT