

# Winter Schedule

January 8<sup>th</sup> – Late February (TBD), 2024

Shallow End						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Water Exercise: 9:30am-10:30am	Water Walking: 9:30am-12pm	Water Exercise: 9:30am-10:30am	Water Walking: 9:30am-12pm	Water Exercise: 9:30am-10:30am	Swim Lessons (9/30-12/2): 8-11:30am	Not Available.
Water Walking: 10:30am-12pm		Water Walking: 10:30am-12pm		Water Walking: 10:30am-12pm		
Water Walking/Family Swim: 12pm-1pm	Water Walking/Family Swim: 12pm-1pm	Water Walking/Family Swim: 12pm-1pm	Water Walking/Family Swim: 12pm-1pm	Water Walking/Family Swim: 12pm-1pm	Family Swim: 11:30am-12:30pm	
Cleaning: 1-3:30pm	Cleaning: 1-3:30pm	Cleaning: 1-3:30pm	Cleaning: 1-3:30pm	Cleaning: 1-3:30pm	Open Swim: 1-2pm	
MRHS Swim Practice: 3:30pm-6pm	MRHS Swim Practice: 3:30pm-6pm	MRHS Swim Practice: 3:30pm-6pm	MRHS Swim Practice: 3:30pm-6pm	MRHS Swim Practice: 3:30pm-6pm	Rentals: 2-4pm	
Family Swim: 6pm-8pm	Water Exercise: 6pm-7pm Family Swim: 7pm-8pm	Family Swim: 6pm-8pm	Water Exercise: 6pm-7pm Family Swim: 7pm-8pm	Family Swim: 6pm-8pm	Not Available.	

Deep End						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Swim: 9:30am-1pm	L Lap Swim: 9:30am-1pm	Lap Swim: 9:30am-1pm	Lap Swim: 9:30am-1pm	Lap Swim: 9:30am-1pm	SMAC (5): 8-10:30am	Not Available.
					Lap Swim: 10:30am-12:30pm	
					Open Swim: 1-2pm	
Cleaning: 1pm-3:30pm	Cleaning: 1pm-3:30pm	Cleaning: 1pm-3:30pm	Cleaning: 1pm-3:30pm	Cleaning: 1pm-3:30pm	Rentals: 2-4pm	
MRHS Swim Practice: 3:30pm-6pm	MRHS Swim Practice: 3:30pm-6pm	MRHS Swim Practice: 3:30pm-6pm	MRHS Swim Practice: 3:30pm-6pm	MRHS Swim Practice: 3:30pm-6pm		
SMAC: 6pm-8pm	SMAC: 6pm-8pm Lap Swim(2): 7-8pm**	SMAC: 6pm-8pm	SMAC: 6pm-8pm Lap Swim(2): 7-8pm**	SMAC: 6pm-8pm	Not Available.	

**Average Pool Temperature – 84-86° F. (Set to balance lap swimming with swim lessons and water exercise.)**

*\*Swim Meet Dates/Times: January 4, 7, 10, 16, 26 & 27.*

*\*\*Two lanes available for lap swim on Tuesday and Thursday evenings from 7-8pm.*

Schedule subject to change Please check website's schedule page for updates. [Click here](#) for more information.

**Mount Rainier Pool • 22722 19<sup>th</sup> Avenue So. • Des Moines, WA 98198**  
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## SWIM DESCRIPTIONS

**Lap Swim:** Lap swim is available for up to six lanes of swimming with up to three swimmers per lane. All lanes may not be available due to training or other programming.

**Water Exercise:** Classes are offered in shallow end (3'-3.5' depth). All equipment is provided. Class is open to pass holders, daily users, and insurance membership\* pass holders.

**Water Walking:** Area of shallow end includes use of water bells. ADA accessible with stairs and chair lift.

**Family Swim:** Recreational swim in shallow end that includes usage of basketball hoop, water toys and other pool equipment.

**Private Swim Teams:** Paid usage by competitive swim teams. For swim options past lessons.

**Swim Lessons:** We offer swim lessons from six months to adult. [Click here](#) for more information on swim lessons. Swim lessons are estimated to start in October.

**Open Swim:** Entire pool open for open swim. Must pay swim test for access to deep end. See rules below for more information. Specials: 1<sup>st</sup> Saturday - \$1 per person; 3<sup>rd</sup> Saturday – Wibit (Inflatable) Obstacle Course.

*\*Insurance memberships include (but are not limited to) Active & Fit, Prime, Renew Active, Silver and Fit, Silver Sneakers and United Healthcare. They are accepted for everything except Swim Lessons and Trainings. [Click here](#) for more information.*

## AGES & POOL RULES

Age	Rules Affecting Them
3 and under	Swim diapers are required for all children 3 and under and non-toilet trained patrons. Swim diapers are sold at the front desk.
5 and under	Children 5 and under (with or without a lifejacket) must be always within arm's reach of an adult.
12 and under	Children 12 and under are required to be accompanied by a responsible adult eighteen years of age or older shall accompany the child and be always at the pool or pool deck the child uses the facility.
13 to 18	Children 13 to 18 are required to swim with a buddy.
14 and under	Children 14 and under are required to take a swim test before using the deep end of the pool. <a href="#">Click here</a> for more information.
16 and older	Must provide photo identification to use or visit the pool.
62 and older	This is the age that people receive the senior discounted price for all programs.

**POOL RULES:** [Click here](#) to view the pool rules.

**POOL RATES:** [Click here](#) to view daily, 10-visit, three-month and annual pass options.

**BEFORE YOU GO:** Check out these tips before you visit. [Click here](#) for mor information