

**MOUNT RAINIER POOL**  
GOVERNED BY THE DES MOINES POOL METROPOLITAN DISTRICT



**Re-Opening in March –  
Come See the Difference!**

**Visit [www.mtrainierpool.com](http://www.mtrainierpool.com)  
for more information**

**2018 SPRING SCHEDULE (Through June 18)**

	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>	<b>Sunday</b>
5:30–8 am (M, W, F)	Lap Swim		Lap Swim		Lap Swim		CLOSED
8–9 am	Water Aerobics – 8:30 - 9:30 am Lap Swim	Water Aerobics – 8:30 - 9:30 am Lap Swim	Water Aerobics – 8:30 - 9:30 am Lap Swim	Water Aerobics – 8:30 - 9:30 am Lap Swim	Water Aerobics – 8:30 - 9:30 am Lap Swim	Water Walking 7–10 am Swim Team – 6 Lanes 7 am – noon	
9–10 am	Lap Swim Water Walking 9:30 am	Lap Swim Water Walking 9:30 am	Lap Swim Water Walking 9:30 am	Lap Swim Water Walking 9:30 am	Lap Swim Water Walking 9:30 am	Family Swim 10 am - noon	
10–11 am	Lap Swim Water Walking	Lap Swim Water Walking	Lap Swim Water Walking	Lap Swim Water Walking	Lap Swim Water Walking		
11–12 pm	Lap Swim Family Swim	Lap Swim Family Swim	Lap Swim Family Swim	Lap Swim Family Swim	Lap Swim Family Swim		
12–1 pm	Lap Swim Family Swim	Lap Swim Family Swim	Lap Swim Family Swim	Lap Swim Family Swim	Lap Swim Family Swim	Open/Family Swim (Lap Swim 3 Lanes) noon - 2 pm	
1–3:30 pm	CLOSED						
3:30–4 pm	Swim Team – 6 Lanes	Swim Team – 6 Lanes	Swim Team – 6 Lanes	Swim Team – 6 Lanes	Swim Team – 6 Lanes		
4–5 pm	Swim Team – 6 Lanes Family Swim shallow	Swim Team – 6 Lanes Family Swim shallow	Swim Team – 6 Lanes Family Swim shallow	Swim Team – 6 Lanes Family Swim shallow	Swim Team – 6 Lanes Family Swim shallow		
5–6 pm	Swim Team – 6 Lanes Family Swim shallow	Swim Team – 6 Lanes Family Swim shallow	Swim Team – 6 Lanes Family Swim shallow	Swim Team – 6 Lanes Family Swim shallow	Swim Team – 6 Lanes Family Swim shallow		
6–7 pm	Swim Team – 6 Lanes Family Swim shallow	Swim Team – 6 Lanes Family Swim shallow	Swim Team – 6 Lanes Family Swim shallow	Swim Team – 6 Lanes Family Swim shallow	Swim Team – 6 Lanes Family Swim shallow		
7–8 pm	Half open swim Dive Seattle – 3 Lanes	Half open swim Swim Team – 3 Lanes	Half open swim Dive Seattle – 3 Lanes	Half open swim Swim Team – 3 Lanes	Half open swim Swim Team – 3 Lanes		
8–9 pm	Lap Swim – 6 Lanes Water Aerobics		Lap Swim – 6 Lanes Water Aerobics		Open swim		

EARLY BIRD SPECIAL: Non-Residents, Register before June 30 at Resident Rate.  
Interactive schedule available at [Mtrainierpool.com](http://Mtrainierpool.com) — includes schedule changes.

*New Key Chain  
Tags for Security!*



*We're Focused on Safety and Service.  
Come See the Difference!*

[www.MtRainierPool.com](http://www.MtRainierPool.com)



@MTRAINIERPOOL

**22722 - 19<sup>th</sup> Ave S • Des Moines • 206-824-4722**

OPERATED BY THE DES MOINES POOL METROPOLITAN PARK DISTRICT

## WATER AEROBICS

**A fun and refreshing way to get and stay in shape**

Monday - Friday	8:30 - 9:30 am
Tuesday/Thursday	7 - 8 pm
Monday - Wednesday	8 - 9 pm
*We hope to restart evening classes in the near future	

## LAP SWIM

**Swim your way to better health and fitness**

Mon - Wed - Fri	5:30 - 8 am
Monday - Friday	8 - 9 am
Monday - Friday	11 am - 1 pm
Mon - Wed - Fri	8 - 9 pm
Saturday	Noon - 1 pm

## OPEN SWIM

**Stop in and enjoy a refreshing dip**

Monday - Friday (family)	10:30 am - 2 pm
Mon - Wed - Fri	7 - 8 pm
Mon - Wed - Fri	8 - 9 pm
Saturday	1 - 2 pm

## POOL RENTALS

The pool is available Saturdays for a variety of events.

Rental includes mats, noodles, a diving board, and lifejackets upon request.

We are typically able to schedule rentals up to 3 months in advance. Payment for all rentals is due 2 weeks before event.

RATES	Resident	Non-Resident
<25 people in water	\$90	\$99
26 - 60 people in water	\$120	\$132
61 - 103 people in water	\$150	\$165
Front lobby	\$45	\$49.50

*We're Focused on Safety and Service. Come See the Difference!*



## FEES AND PASSES

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	\$28.00	\$36.00	\$42.50	\$51.00
Youth (2-17)	\$27.00	\$34.00	\$28.00	\$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	\$22.00
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	\$53.00

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



\* Residents of Des Moines and Normandy Park receive a discounted rate.  
 \*\* Monthly Passes-participants are required to make annual (12 month) commitment.  
 \*\*\* Facility passes give users access to Open, Family, Lap and Water Walking Swims.

**SCHOOL DAYS OUT**  
 Need a safe and productive place for your kids? Participants can swim, dive, and use the Water Walk (call for availability).  
 Times: Noon - 3 pm  
 Dates: March 9, April 9-13, May 28-29  
 Fees: \$3/for everyone

**SCHOLARSHIPS**  
 Swimming is an essential life skill and we are dedicated to making swim lessons available to as many kids as possible. Contact us about scholarship opportunities.

**APRIL POOL'S DAY — SAVE THE DATE**  
**April 14 1-3 pm Free**  
 Our pool is hosting April Pool's Day events for families and community members. Each event is designed by the pool and includes a combination of water safety activities and free swim time.  
 Mt. Rainier Pool offers:  
 1-2 pm – One hour of free water safety stations, elementary rescue and life jacket fitting and use  
 2-3 pm – One-hour free swim  
 A door prize drawing for a life jacket and a 3-month membership.  
 Water safety stations will include: Hypothermia, life jacket fitting, swimming safely, and reach or throw (don't go) stations.

Swim lessons will start this summer. Sign up for email notifications at [www.mtrainierpool.com](http://www.mtrainierpool.com)

