

Shoreline Pool

Shoreline Pool

19030 1st Avenue NE
Shoreline, WA 98155
PHONE: (206) 801-2650

shorelinewa.gov/parks

Regular Hours:

Monday - Friday 5:30 a.m.-8:45 p.m.
Saturday 8:45 a.m.-3:00 p.m.
Sunday 11:30 a.m.-3:00 p.m.

Pool Closures:

March 31 Easter Sunday
May 27 Memorial Day
July 4 Independence Day
September 2 Labor Day

School's Out Open Swims

Time: 1:15-2:45 p.m.
April 22 – April 26 Spring Break
June 3
Spring Schedule - 4/1-6/24
Summer Schedule - 6/23-9/3

Special Event: APRIL POOL'S DAY

Saturday, April 13 1:15-3:30 p.m.

Join us for our annual Safety Day. Free Recreation Swim along with water safety activities and demonstrations. There will be prizes and contests. Come and learn about boating safety. There will be CPR demos, diving board and rope swing contests, hands on snorkeling, simple rescues and water activities.

Safety Swim - 1:15-2:15 p.m.
Public Swim - 2:15-3:15 p.m.

Pool Party Rentals

Our party days are Saturday & Sunday 3:00–7:00pm Use of all the pools “fun stuff” and lifeguards are included in rental cost. Upstairs balcony area is also available during your rental time.

An additional Friday Night Rentals available during Summer Sessions from 6:30– 8:30pm

1 to 60 people.....\$130/hour + tax
w/Resident Disc.....\$115/hour + tax
61 to 150 people.....\$175/hour + tax
w/Resident Disc.....\$150/hour + tax

General Admission Fees

	Fee:	W/Resident Disc:
Children 4 & under	Free	Free
Youth 5-17 years.....	\$3.00	\$2.50
Disabled & Seniors 60+ years.....	\$3.00	\$2.50
Adult.....	\$4.50	\$3.50
Family-parent & their children.....	\$11.50	\$8.75
Shower Only	\$1.00	\$1.00

WATER AEROBICS:

Adult Drop-in	\$ 5.50	\$ 4.50
Adult 10 Punch.....	\$45.00	\$37.00
Senior Drop-in.....	\$ 4.00	\$ 3.25
Senior 10 Punch.....	\$32.00	\$26.00
Arthritis Drop-in.....	\$ 4.00	\$ 3.50
Arthritis 10 Punch.....	\$40.00	\$35.00

Pool Passes Save money while you swim!

Passes make great gifts!

	10 Punch	1 Month	3 Month	6 Month	1 Year
Youth	\$24.00	\$ 36.00	\$113.00	\$184.00	\$322.00
w/Resident Disc.	\$20.00	\$ 30.00	\$ 89.00	\$154.00	\$269.00
Senior	\$24.00	\$ 36.00	\$113.00	\$184.00	\$322.00
w/Resident Disc.	\$20.00	\$ 30.00	\$ 89.00	\$154.00	\$269.00
Disabled	\$24.00	\$ 36.00	\$113.00	\$184.00	\$322.00
w/Resident Disc.	\$20.00	\$ 30.00	\$ 89.00	\$154.00	\$269.00
Adult	\$36.00	\$ 61.50	\$165.00	\$265.00	\$477.00
w/Resident Disc.	\$29.00	\$ 47.50	\$134.00	\$216.00	\$377.00
Family	\$100.00	\$140.00	\$320.00	\$517.00	\$904.00
w/Resident Disc.	\$71.00	\$117.00	\$267.00	\$431.00	\$754.00

Public Swim

Spring
Mon/Wed/Fri 7:45-8:45pm
Sat & Sun 1:15-3:00pm
Summer
Mon – Fri 2:00-3:30pm
Mon/Wed 7:45-8:45pm
Fri 5:15-6:15pm (thru Aug 16th)
Sat & Sun 1:15-3:00pm
Enjoy the pool, the diving board, mats, noodles, inner tubes and the slide with friends and family. Open to all ages. Children under 7 must be accompanied into the water by an adult.

Arthritis Foundation Aquatics Program

(Spring & Summer)
Mon/Wed/Fri - 9:00-10:00am
Our popular program is designed for people who are limited by impaired joint motion and/or strength. The program goals include improving or maintaining joint flexibility, maintaining muscle strength or reducing muscle weakness, improving balance and coordination.

Gentle Water Exercise

(Spring & Summer)
Tue/Thu - 9:00-10:00am
This program is to help those who need to slowly get back into exercise due to illness, surgery or medical treatment. This exercise is in the shallow end of the pool and no swimming ability is needed.

REAL DEAL Swim

Spring
Friday - 7:45-8:45pm
Summer
Friday - 5:15-6:15pm (thru Aug 16th)
Same fun as a Public Swim at a fraction of the cost! Our way of saying “Thank you” for swimming at the Shoreline Pool every Friday night. All Youth=\$1.00; Adults=\$2.00; w/ Resident Disc: \$1.50

Sensational Water Aerobics!

Shallow Water Exercise: (Spring & Summer)
Mon-Fri morning - 7:45-8:45am
Mon/Wed/Fri/ - 6:30-7:30am
Tue/Thu evening - 7:45-8:45pm
Sat morning - 8:45-9:45am

Deep Water Exercise: (Spring & Summer)
Mon/Wed/Fri - 10:00-11:00am

Spring Only
Tue/Thu evening - 7:35-8:35pm
Summer Only
Tue/Thu evening - 7:45-8:45pm

Shallow water aerobics and deep-water exercise are low to no impact. Great for the joints. Absolutely no swimming skills required, but comfort in the water is recommended. The water environment works your cardiovascular system as hard as other high impact classes.

Shoreline Pool



Shoreline Pool 2013 Summer Schedule – June 24 - September 3

Hours	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30-7:00 a.m. 5:30-6:30 a.m.	Early Riser Lap Swim & Family Swim	Early Riser Lap Swim & Family Swim	Early Riser Lap Swim & Family Swim	Early Riser Lap Swim & Family Swim	Early Riser Lap Swim & Family Swim			
6:30-7:30 a.m. 7:00-8:00 a.m.	Shallow Water Aerobics Masters Swim Team	Shallow Water Aerobics Masters Swim Team	Shallow Water Aerobics Masters Swim Team	Shallow Water Aerobics Masters Swim Team	Shallow Water Aerobics Masters Swim Team			
7:45-8:45 a.m. 8:00-9:00 a.m.	Shallow Water Aerobics & Lap Swim (1 Lane)	Shallow Water Aerobics & Lap Swim (1 Lane)	Shallow Water Aerobics & Lap Swim (1 Lane)	Shallow Water Aerobics & Lap Swim (1 Lane)	Shallow Water Aerobics & Lap Swim (1 Lane)			
8:00-9:00 a.m.	GATORS Swim Team	GATORS Swim Team	GATORS Swim Team	GATORS Swim Team				
9:00-10:00 a.m. 9:00-10:00 a.m.	Gentle Lap (1-2 Lanes) Shallow End Arthritis Therapy	Gentle Lap (1-2 Lanes) Shallow End Gentle Exercise	Gentle Lap (1-2 Lanes) Shallow End Arthritis Therapy	Gentle Lap (1-2 Lanes) Shallow End Gentle Exercise	Gentle Lap (6 Lanes) Shallow End Arthritis Therapy			8:45-9:45 a.m. Shallow Water Aerobics 10:00 a.m.-12:45 p.m.
10:00-12:00 p.m.	M-F Swim Lessons	M-F Family Swim	M-F Swim Lessons	M-F Family Swim	M-F Swim Lessons			Saturday Swim Lessons
10:00-11:00 a.m. Limited Laps Available from 10:00 a.m.-12:00 p.m.	Lap Swim (1 Lane) Deep Water Aerobics	Lap Swim (3 Lanes)	Lap Swim (1 Lane) Deep Water Aerobics	Lap Swim (3 Lanes)	Lap Swim (3 Lanes) Deep Water Aerobics	10:00-11:30 a.m. Lap Swim (2 Lanes) Deep Water Aerobics	Scheduled Programs	
11:00 a.m.-12:00 p.m.	Lap Swim (3 Lanes)	Lap Swim (3 Lanes)	Lap Swim (3 Lanes)	Lap Swim (3 Lanes)	Lap Swim (5 Lanes)			
12:00-1:45 p.m.	Lap Swim (6 Lanes) Family Swim	Lap Swim (6 Lanes) Family Swim	Lap Swim (6 Lanes) Family Swim	Lap Swim (6 Lanes) Family Swim	Lap Swim (6 Lanes) Family Swim	11:30-1:00 p.m. Lap Swim	1:30 a.m.-1:00 p.m. Lap Swim Family Swim	
2:00-3:30 p.m.	Public Recreation Swim	Public Recreation Swim	Public Recreation Swim	Public Recreation Swim	Public Recreation Swim	1:15-3:00 p.m. Public Recreation Swim	1:15-3:00 p.m. Public Recreation Swim	
3:45-4:45 p.m. 3:45-5:15 p.m.	Family Swim Cascade Swim Team	Family Swim Cascade Swim Team	Family Swim Cascade Swim Team	Family Swim Cascade Swim Team	Family Swim Cascade Swim Team	RENTALS AVAILABLE 3:00-7:00 p.m.	RENTALS AVAILABLE 3:00-7:00 p.m.	
5:00-7:45 p.m. 5:15-7:45 p.m.	Swim Lessons GATORS Swim Team	Swim Lessons GATORS Swim Team	Swim Lessons GATORS Swim Team	Swim Lessons GATORS Swim Team	5:15-7:00 p.m. Real Deal Rec Swim (No Lap Lanes)	Children under 7 years of age must be accompanied by an adult in the water at all times. *Family Swim is in the shallow end only.		
7:45-8:45 p.m.	Public Recreation Swim (2 Lap Lanes)	Deep Water & hallow S Aerobics Lap Swim (3 Lanes)	Public Recreation Swim (2 Lap Lanes)	Deep Water & hallow S Aerobics Lap Swim (3 Lanes)	6:30-8:30 p.m. RENTALS AVAILABLE			

*Family Swim is an adult/child program; an adult must be in the water with a maximum of three children per adult.

Lap Swim

Spring

Mon - Fri 5:30-7:00am & 8:00am-1:00pm
Sat & Sun 11:30am-1:00pm
Tue & Thu 7:45-8:45pm (3 lanes)

Summer

Mon - Fri 5:30-7:00am & 8:00am-1:45pm
(limited lap lanes available from 10am-noon)
Sat & Sun 11:30am-1:00pm
Tue & Thu 7:45-8:45pm (3 lanes)

Everyone needs a good cardiovascular workout whether it's fast, medium or slow. Swim for fun, swim for health. Get every muscle moving.

*Family Swims

Spring

Mon-Fri, & Sun 11:30am-1:00pm
Mon-Fri 5:30-6:30am

Summer

Mon-Fri 12:00-1:45pm
Sun 11:30am-1:00pm
Mon-Fri 3:45-4:45pm (thru Aug 16th)

A great way to spend quality time with your family. Especially fun for families with little ones, who are sure to sleep after active play in the water! Fun in the water promotes confidence to swim. Adult must be present in water with children at all times.

Gentle Lap Swim

Spring & Summer

Mon-Fri - 9:00-10:00am
(Summer time two lanes available Mon-Thu)

If you want to swim, but don't need to win the race or "churn" the water, this is the best relaxing lap swim for you. Recommended for seniors, but open to all adult lap swimmers.



Shoreline Pool

Practice Card

Only at the Shoreline Pool do your children get **6 free swims valid during the swim session only.** The more practice each participant gets, the more they become comfortable and confident with the skills required for their level. To receive or to reload your practice pass, just ask when you register for swim lessons.

Parent-Infant Tot Swim Lessons

Our instructors will assist you in teaching your precious one the basics of floating, kicking, reaching, bubble blowing and water exploration. No disposable diapers allowed in the pool. Swim diapers are required and available for purchase at the pool front desk.

Preschool Swim Lessons

Age: 3-5 years

Pre-Level 1: Little or no previous water experience.

Pre-Level 2: Completed Preschool Level 1 or able to easily experience water adjustment, complete rhythmic breathing for 5 times, front glide for 3 feet and back glide unassisted.

Pre-Level 3: Completed Preschool Level 2 or able to front float 10 seconds, swim on the front for 15 feet and fin or scull on the back while kicking for 10 feet.

Pre-Level 4: Completed Preschool Level 3 or able to swim 40 feet with side breathing, backstroke 30 feet and deep water introduction.

Pre-Level 5: Completed Preschool Level 4 or able to swim 75 feet with side breathing.

Youth Swim Lessons

Age: 6-14 years

Level 1: Little or no previous experience.

Level 2: Swim 10 yards on front and back, side breathing introduced.

Level 3: Swim 15 yards on front and back, treading water introduced, refine side breathing and deep water introduced.

Level 4: Swim 25 yards on front and back, breaststroke & butterfly kick, tread water one minute.

Level 5: Swim 50 yards on front and back, tread water for two minutes, breaststroke & butterfly 15 yards and sidestroke introduced.

Level 6: Swim 100 yards on front and back, breaststroke and butterfly 25 yards.

Level 7: Swim 500 yards with a combination of strokes.

Adult Swim Lessons

Age: 13 years & up

Beginning/Intro: No experience. Learn to float and basic swim stroke. Overcome water anxiety.

Intermediate/Advanced: Refine strokes, introduce advanced strokes, improve breathing and swim endurance.

SWIMMING LESSONS

Morning, Evening and Saturday swim lessons are offered year round for all ages from infants to adults. Small class sizes provide more personalized, high quality instruction. Swim lessons are grouped by age and ability within each age group.

Swim Lesson Fees

½ hour Swim Lesson:

\$6.50; w/Resident Disc: \$5.50

¾ hour Competitive Skills Classes:

\$9.75; w/Resident Disc: \$8.25

How to Register:

Complete a free "pre-lesson" placement test to determine class level if you have not been enrolled in a program for the last six months. Tests are done during FAMILY OR PUBLIC SWIMS.

- Determine class days and desired time
- Register on scheduled registration dates (listed on page 37, boxed section).
- Payment must be made at time of registration
- Classes not sufficiently filled may be combined, moved or canceled.
- Not all classes are available at all times.



Preschool/Youth Classes

All swim Lessons ½ hour

Spring only

Tues & Thu 10:00-11:30 a.m.
1:15-2:45 p.m.

Summer only

Mon-Fri 10:30 a.m.-12:00 p.m.

Spring/Summer

Mon & Wed 5:00-7:30 p.m.
Tues & Thu 5:00-7:30 p.m.
Sat 10:00 a.m.-12:35 p.m.

Adult Classes

Beginner/Intro

Mon & Wed 8:45-9:15 p.m.
Mon & Wed 9:15-9:45p.m.

Intermediate & Advanced

Mon & Wed 7:45-8:15 p.m.

Pool Party Rentals

Our party days are Saturday & Sunday 3:00-7:00pm Use of all the pools "fun stuff" and lifeguards are included in rental cost. Upstairs balcony area is also available during your rental time.

An additional Friday Night Rentals available during Summer Sessions from 6:30- 8:30pm

1 to 60 people.....\$130/hour + tax
w/Resident Disc:.....\$115/hour + tax

61 to 150 people.....\$175/hour + tax
w/Resident Disc:.....\$150/hour + tax

Lifeguard Training Course:

Learn to respond to water emergencies and perform lifesaving CPR and First Aid. Must be 15 years old by the end of the course. Graduates receive an American Red Cross certification in Lifeguarding, CPR-FPR and Preventing Disease Transmission. Course material can be purchased at the Pool for \$40.

#64131 M-F 4/22-4/26 8:30am-4:30pm

#64132 M-F 6/24-6/28 8:30am-4:30pm

#64213 M,Tu,W,F,S 7/01-7/06 8:30am-4:30pm (No Class Thursday July 4th)

#64214 M-F 8/26-8/30 8:30am-4:30pm

Age: 15 years and up

Fee: \$180; w/Resident Disc: \$150

Location: Shoreline Pool, Training room

Shoreline Pool



SWIM LESSON SCHEDULE

	Session Title:	Session Date:	Reg. Start Date:	Duration:	Fee:	w/Resident Disc:	
SPRING	I	M/W 4/29-5/22	April 15	8 lessons/4 weeks	\$52.00	\$44.00	
	I	T/TH 4/30-5/23	April 15	8 lessons/4 weeks	\$52.00	\$44.00	
	I***	SAT 5/4-6/15	April 15	6 lessons/7 weeks	\$39.00	\$33.00	
	I*** (Comp Skills)	SAT 5/4-6/15	April 15	6 lessons/7 weeks	\$58.50	\$49.50	
	II*	M/W 5/29-6/19*	May 20	7 lessons/4 weeks	\$45.50*	\$38.50*	
	II	T/TH 5/28- 6/20 (am/eve)	May 20	8 lessons/4 weeks	\$52.00	\$44.00	
	II**	T/TH 5/28-6/13**(afternoon)	May 20	6 lessons/3 weeks	\$39.00**	\$33.00**	
SUMMER	DAILY	I	M/W 6/24-7/24	June 10	10 lessons/5 weeks	\$65.00	\$55.00
		I++	T/TH 6/25-7/25++	June 10	9 lessons/5 weeks++	\$58.50++	\$49.50++
		I	SAT 6/30-8/28	June 10	5 lessons/5 weeks	\$32.50	\$27.50
		II	M/W 7/29-8/29	July 22	10 lessons/5 weeks	\$65.00	\$55.00
		II	T/TH 7/30-8/30	July 22	10 lesson/5 weeks	\$65.00	\$55.00
		II	SAT 8/3-8/24	July 22	4 lessons/4 weeks	\$26.00	\$22.00
	A	M-F 6/24-6/28	June 10	5 lessons/1 week	\$32.50	\$27.50	
	B++	M-F 7/1-7/5++	June 28	4 lessons/1 week	\$26.00++	\$22.00++	
	C	M-F 7/8-7/12	July 5	5 lessons/1 week	\$32.50	\$27.50	
	D	M-F 7/15-7/19	July 12	5 lessons/1 week	\$32.50	\$27.50	
	E	M-F 7/22-7/26	July 19	5 lessons/1 week	\$32.50	\$27.50	
	F	M-F 7/29-8/2	July 26	5 lessons/1 week	\$32.50	\$27.50	
	G	M-F 8/5-8/9	August 2	5 lessons/1 week	\$32.50	\$27.50	
	H	M-F 8/12-8/16	August 9	5 lessons/1 week	\$32.50	\$27.50	
	I	M-F 8/19-8/23	August 16	5 lessons/1 week	\$32.50	\$27.50	
J	M-F 8/26-8/30	August 23	5 lessons/1 week	\$32.50	\$27.50		

*No Lesson Monday (May 27 Memorial Day Observed)
 **Afternoon Lessons ends early on June 13th due to school afternoon pool use.
 ***Saturday lessons run until June 15th. No lesson May 25th (Memorial day Weekend)
 ++No Lesson Thursday July 4 (Independence Day)

Gators Swim Team

The team is a member of the CRAZE summer swim league and will have dual meets throughout the season and an end-of-season championship meet in mid-August. Workouts are divided by age groups. Ages 5-8, 9-12 and 13-18 years. All must be able to swim 25 yards each of freestyle and backstroke. Ages 13-18 must be able to swim 50 yards each of freestyle and backstroke. Practice times are divided by age groups for both mornings and evenings.

Age: 13 - 18 Years

#64174 M-Th 6/24-8/15 6:45-7:45pm
 #64173 M-Th 6/24-8/15 8:00-9:00am

Age: 5 - 12 Years

#64171 M-Th 6/24-8/15 9:00-9:45am
 #64178 M-Th 6/24-8/15 8:00-8:45am

Age: 5 - 8 Years

#64176 M-Th 6/24-8/15 6:00-6:45pm
 #64177 M-Th 6/24-8/15 5:15-6:00pm

Age: 9 - 12 Years

#64172 M-Th 6/24-8/15 6:00-6:45pm
 #64175 M-Th 6/24-8/15 5:15-6:00pm

Location: Shoreline Pool, Deep End

Fee: \$160; w/Resident Disc: \$140

NOW YOU CAN REGISTER FOR SWIMMING LESSONS ONLINE AT:
shorelinewa.gov/parks



Gators Summer Swim Team

The Gators Swim Team is dedicated to providing kids ages 6 - 18 the opportunity to have fun, improve their swimming skills and learn to swim competitively in a positive, low-pressure and supportive environment.