

Pool Schedule: February 20—April 1, 2018

Please read this schedule carefully. We offer multiple programs, some are at overlapping times. Pool Space is shared.

*The schedule is subject to change. Please check at the Pavilion or our website—www.mltrec.com—for the current schedule.

SCHEDULE CHANGE: All Lap lanes will be canceled from 3:30-4:30pm February 26-March 8, Monday through Thursday.

What swim are you looking for?	MONDAY / WEDNESDAY	TUESDAY / THURSDAY	FRIDAY	SATURDAY	SUNDAY
Lap Lanes	Monday /Wednesday 6:00am-4:30pm (2) 8:00-9:30pm(A)	Tuesday /Thursday 6:00am-4:30pm (2) 7:30-9:30pm (A)	Friday 6:00am-4:15pm (2)	Saturday 7:00-8:30am (2)	Sunday 8:30am-1:00pm (2)
Shared lanes open for continuous lap swimming. Kickboards and pull buoys are available for use. During specific times designated (A) as "Adult" lap swim participants must be 16 years or older to use the lanes. Please follow posted lap swimming etiquette.					
Leisure Pool Only	Monday /Wednesday 9:30am-10:05 am 4:30-7:05pm	Tuesday /Thursday 9:30am-10:05 am 4:30-7:05pm	Friday 11:00-11:40am	Saturday See Below	Sunday 8:30-9:15am (\$1) 9:20-10:35am 10:40-11:55am
Geysers, Toddler Island, floatation toys, water toys, lifejackets and noodles. The water depth is designed for children 6 and under and their parents. Children under Four Years old MUST be accompanied IN THE WATER by a responsible adult within arm's reach.					
River Only	Monday /Wednesday 6:00-9:30am	Tuesday /Thursday 6:00-9:30am	Friday 6:00-9:15am	Our River has a light current, with floating toys and lifejackets to use.	
Leisure Pool & River <i>These are times when both the River and the Leisure Pool are available.</i>	Monday /Wednesday 10:05am-2:45pm 3:00-4:00pm(\$2.25) 8:00-9:30pm (\$2.25)	Tuesday /Thursday 10:05am-2:45pm 3:00-4:00pm(\$2.25) 7:30-8:30pm(\$2.25) 8:30-9:30pm(\$2.25)	Friday 9:15am-11:00am 11:40am-2:45pm 3:00-4:15pm	Saturday 7:00-8:00am (\$2.25) 8:00-9:15am 9:20-10:35am 10:40-11:55am 12:00-1:00pm(\$2.25)	Sunday 12:00-1:00pm(\$2.25)
Recreation Swim	Leisure pool area, Lazy River, and main pool equipped with floatation devices, water toys, lifejackets, and basketball hoops. Groups may reserve spots in advance for Recreation Swims in combination with a room rental. Space may be limited		Friday **4:30-6:00 PM	Saturday 1:15-2:45pm 6:15-7:45	Sunday 1:15-2:45pm 5:15-6:45pm
Rental Times Available	Pool, Spa & Sauna is CLOSED to the public during all rentals. Any Saturday or Sunday rental times not booked with parties will be open to the public for a Happy Hour Swim. Please call 425.776.9173 on Fridays after 12:00 to check public swim availability for that weekend.		Friday **6:15-7:15pm	Saturday 2:55-3:55pm 4:00-5:00pm 5:05-6:05pm	Sunday 2:55-3:55pm 4:00-5:00pm

Pool Policies: SAFETY WILL NOT BE COMPROMISED.

Please be responsive to the lifeguard's requests. Each is adhering to an established set of safety rules.

Children under 4 years of age **MUST** be accompanied into the pool by an adult; adults should be within arms reach of all young children.

Lifejackets are available for all ages and may be required.

Use of cell phones and/or photographic equipment is not permitted in public changing areas.

For Everyone's Health and Safety:

- Infants and toddlers who are not toilet trained must wear swim diapers **AND** protective plastic diaper covers. Please use established diaper changing tables. Swim Diapers and protective plastic diaper covers are available for purchase in our lobby.
- Small children should be taken on frequent bathroom breaks to avoid contamination of the pool.
- Persons with infectious illness including vomiting and diarrhea within the past seven days may not enter the pool.

Pool Schedule Changes

The Pool, Spa and Sauna will close at 4:15 on the following Friday's for **Lifeguard In-Service Training: March 2, April 6, May 4, June 1
The Pavilion will be closed Monday, May 28 in observance of Memorial Day

2018 Swimming Pool Fees

Drop In Fees:	MLT Resident	Non Resident
Infants under 1 year	FREE	FREE
Adult (16-59 years)	\$ 5.00	\$ 5.50
Senior (60+)/Disabled	\$ 4.00	\$ 4.50
Youth* (1-15 years)	\$ 4.00	\$ 4.50
Family Swim Rate (6)	\$13.25	\$15.00
Leisure Pool Only	\$ 3.75	\$ 4.25
Happy Hour	\$2.25	\$2.25
Leisure Pool 11-Punch Pass	\$37.50	\$42.50
Shower Only	\$2.00	\$2.25
Pass Fees:	MLT Resident	Non Resident
11-Punch Pass: Adult	\$50.00	\$55.00
11-Punch Pass: Senior/Disabled	\$40.00	\$45.00
11-Punch Pass: Youth	\$40.00	\$45.00
Monthly Pass: Adult	\$66.00	\$72.00
Monthly Pass: Senior/Disabled	\$52.00	\$57.00
Monthly Pass: Youth	\$52.00	\$57.00
Annual Pass: Adult	\$584.00	\$642.00
Annual Pass: Senior	\$405.00	\$445.00
Annual Pass: Youth	\$405.00	\$445.00



Water Fitness Schedule

Monday/Wednesday	Tuesday/Thursday	Friday	Saturday	Sunday
6-7 am Deep Water	7:25-8:25am Deep Water	7:55-8:55am Water Walk	7:30-8:30am Deep Water	8:35-9:35am River Fitness
7:55-8:55am Water Walk	8:30-9:30am Arthritis Aquatics	9:20-10:20am Shallow Water	Drop-In Class Fees for Water Fitness	
9:20-10:20am Shallow Water		10:30-11:30am LIFT		
10:30-11:30am LIFT	10:45-11:45am LIFT	12-1pm Arthritis Aquatics	Adult	Residents \$7.00 Non-Residents \$7.70
12-1pm Arthritis Aquatics	7:30-8:30pm Aqua Zumba		Senior/Disabled	\$5.25 \$5.75
5:30-6:30pm Deep Water			11 Punch Pass-Adult	\$70.00 \$77.00
			11 Punch Pass-Sr/Disabled	\$52.50 \$57.50

Arthritis Aquatic Fitness: Warm water helps relieve pain & stiffness and increases flexibility. This is a shallow water class.

LIFT: Low-Impact Fitness Training: A medium-paced, shallow water workout. For those looking to begin a new fitness routine, seniors, and those with mobility issues. No swim skills required.

Water Walk: Includes various walking techniques in shallow water. No swim skills required.

Deep Water Fitness: A total body workout with no impact. Floatation equipment provided.

River Fitness: Use of river current, water resistance and weights for a complete body workout.

Shallow Water Fitness: A fast-paced fitness class designed to improve cardiovascular fitness. No swim skills required.

Aqua Zumba® A fast-paced, fun, fitness-dance based aerobics class. Come and join the party

Swimming Instruction!

Learn to swim in our warm-water pool. A positive and fun experience is provided by an enthusiastic, well-trained and caring staff.

Lesson Dates	Days	# of Lessons	Resident Reg	Open Reg
4/9-5/9	MW	10	4/4	4/5
4/10-5/10	TTh	10	4/4	4/5
*4/13-6/15	F	9	4/4	4/5
*4/14-6/16	Sa	9	4/4	4/5
*4/15-6/17	Su	9	4/4	4/5

*Swim Lessons are not scheduled Memorial Day Weekend. 5/25, 26 & 27

FEES PER CLASS:	R = RESIDENT	N = NON-RESIDENT
30-MINUTE CLASS:	\$7.00	\$7.70
45-MINUTE SPECIALTY CLASS:	\$8.00	\$8.80
60-MINUTE SPECIALTY CLASS:	\$9.00	\$9.90
ADAPTIVE AQUATICS	\$14.00	\$15.40
PLAYTIME PASSPORT:	\$.75	\$.83

- All Registration methods will require an online account on dash platform.
- Set up your account and password before you register! Go to mltrc.com to click on the link or use our kiosks at the front desk.
- Use your smartphone, tablet, computer or one of our kiosks. Get the Dash Online App at the Apple or Google play stores.
- Pre-registration must be in person, for those currently in swimming lessons.

Playtime Passports

Is an optional program available for children who are in our swimming lessons September to June. Swim Lesson Participants can enjoy 15 minutes of play **after** their swimming lesson by purchasing Playtime Passport wristbands for a small fee. Wristbands must be worn. We cannot replace lost, stolen or forgotten wristbands. Parent supervision is required. Please see the front desk staff for information on fees and other restrictions.

We're taking applications!
We provide training!
Lifeguard/Swim Instructors
Pick up an application at
the front desk today!

Parent & Tot Lessons: 9 months-3 years
Parents participate with infant or toddler.

Puddle Jumpers: 34 months-3 years
Tots start class w/ parent and transition to being in water with instructor only.

Pre-School: 3-5 years
Six levels offered with a max. of 6 per class.

School Age: 6-12 years
Five levels offered with a max. of 7 per class.

Advanced & Comp Skills: 6-14 years
Four levels offered with a max. of 8 per class.

Adult/Teen: 12 years & older
Learn at your own pace.

Adaptive Aquatics Program: 3-12 years Is designed to integrate children with special needs into our lesson program.

Please call or visit our website or the Pavilion for the times of specific classes. Our knowledgeable staff can help you with class placement if you are unsure where your child should go. Visit www.mltrc.com for more information!

Mountlake Terrace Residents

May register one day prior to open registration date.

Walk-in 8am-8pm

Online: 8am-8pm

Phone-in noon-8pm.

Open/Non-Resident Registration: Walk-in 8am-8pm;
Online: 8am-8pm
Phone-in noon-8pm.

Swimming Pool Rentals

Call the Pavilion at 425.776.9173 for availability

Swimming Pool:

Rent half of the pool or the full pool for your group. Half pool rentals share use of the leisure pool and deep pool. All rentals include tubes, mats, basketball hoops, water walk, noodles and lifejackets. Please stop by or call our Front Desk at 425.776.9173 for more details. Add a room to have your party here!

After Hours Rentals:

Overnights are available Friday & Saturday nights. Minimum of 3 weeks advanced booking required. If you don't need all night then consider renting the pool after closing for a few hours!



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RECREATION & PARKS



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