



# Pool Schedule: June 23– August 31, 2018

PLEASE READ THIS SCHEDULE CAREFULLY. WE OFFER MULTIPLE PROGRAMS, SOME ARE AT OVERLAPPING TIMES. POOL SPACE IS SHARED. \*THIS SCHEDULE IS SUBJECT TO CHANGE. PLEASE CHECK AT THE PAVILION OR OUR WEBSITE—WWW.MLTREC.COM—FOR THE CURRENT SCHEDULE.

CHOOSE YOUR SWIM ↓↓↓↓↓	MONDAY WEDNESDAY POOL HOURS: 6:00AM-9:30PM	TUESDAY THURSDAY POOL HOURS: 6:00AM-9:30PM	FRIDAY POOL HOURS: 6:00AM-6:15PM	SATURDAY POOL HOURS: 7:00AM-6:45PM	SUNDAY POOL HOURS 8:30AM-6:45PM
LAP LANES	6:00-8:00am 10:20am-12:00pm (2)A 7:30-9:30pm (2)A	6:00-8:00am 10:20am-12:00pm (2)A 8:30-9:30pm (2)A	6:00am-12:00pm (2)	7:00-8:30am (2)	8:30am-1:00pm (2)
Lap Lanes are shared lanes and are open for continuous lap swimming. Kickboards and pull buoys are available for use. During specific times designated A as an "Adult" lap swim participants must be 16 years or older to use the lanes. Please follow posted lap swimming etiquette.					
RIVER ONLY	6:00-7:30am	6:00-7:30am	6:00-7:30am	Our River has a light current, with floating toys and lifejackets to use.	
LEISURE POOL (SHALLOW AREA ONLY)	11:00am-12:00pm 4:15-5:30pm	11:00am-12:00pm 4:15-5:30pm	11:00am-12:00pm		8:30-9:15am (\$1) 9:20-10:35am 10:40-11:55am
Geysers, Toddler Island, floatation toys, water toys, lifejackets and noodles. Designed for children 6 and under and their parents. <b>The River is not available at these times.</b> Children under Four Years old <b>MUST</b> be accompanied <b>IN THE WATER</b> by a responsible adult within arm's reach.					
LEISURE POOL & RIVER These are times when both the River and the Leisure Pool are available.	7:30-9:00 am 8:00-9:30pm (\$2.25)	7:30-9:00 am 7:30-8:30pm(\$2.25) 8:30-9:30pm(\$2.25)	7:30-9:00 am	7:00-8:00am (\$2.25) 8:00-9:15am 9:20-10:35am 10:40-11:55am 12:00-1:00pm(\$2.25)	12:00-1:00pm (\$2.25)
RECREATION SWIM	12:05-1:35pm	12:05-1:35pm	12:05-1:35pm *2:45-4:15pm **4:30-6:00 PM	1:15-2:45pm 5:15-6:45pm	1:15-2:45pm 5:15-6:45pm
All parts of the pool are open: 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 any Recreation Swims in combination with a room rental. Space may be limited *This swim will be canceled on July 14 and 21 for home swim meets. **This swim will be canceled for home swim meets on July 14 & 21 as well as July 7 & August 4 for Lifeguard In-service Training.					
CAMP SWIM GROUP RESERVATIONS ONLY	1:40-2:40pm	1:40-2:40pm	1:40-2:40pm	For Groups that are interested in reserving spaces - contact Rose Ploeg, Recreation Supervisor/Aquatics 425.776.9173	
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.	RENTAL TIMES AVAILABLE :   MOUNTLAKE TERRACE RECREATION & PARKS		**6:15-7:15pm  **This swim will be canceled for home swim meets on July 14 & 21 and July 7 & August 4 for Lifeguard In-service Training.	2:55-3:55pm 4:00-5:00pm	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. Swim Diapers and protective plastic diaper covers are available for purchase in our lobby. Please use established diaper changing tables.
- 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 should not enter the pool.

Water Fitness Schedule beginning June 25 to August 31, 2018																		
Monday Wednesday	Tuesday Thursday	Friday	Saturday															
6-7 am Deep Water	*7:10-8:10am Deep Water	*7:10-8:10am Water Walk	7:30-8:30am Deep Water															
*7:10-8:10am Water Walk	8:30-9:30am Arthritis Aquatics	*8:15-9:15am Shallow Water	<b>Sunday</b>															
*8:15-9:15am Shallow Water		*9:30-10:30am LIFT	8:35-9:35am River Fitness															
*9:30-10:30am LIFT	*10:30-11:30am LIFT	*10:30-11:30am Arthritis Aquatics																
*10:30-11:30pm Arthritis Aquatics	7:30-8:30pm Aqua Zumba	<b>Drop-In Class Fees for Water Fitness</b> <table border="1"> <thead> <tr> <th></th> <th>Residents</th> <th>Non-Residents</th> </tr> </thead> <tbody> <tr> <td>Adult</td> <td>\$7.00</td> <td>\$7.70</td> </tr> <tr> <td>Senior/Disabled</td> <td>\$5.25</td> <td>\$5.75</td> </tr> <tr> <td>11 Punch Pass-Adult</td> <td>\$70.00</td> <td>\$77.00</td> </tr> <tr> <td>11 Punch Pass-Sr/Disabled</td> <td>\$52.50</td> <td>\$57.50</td> </tr> </tbody> </table>			Residents	Non-Residents	Adult	\$7.00	\$7.70	Senior/Disabled	\$5.25	\$5.75	11 Punch Pass-Adult	\$70.00	\$77.00	11 Punch Pass-Sr/Disabled	\$52.50	\$57.50
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5:15-6:15pm Deep Water																		

**\*Note that these classes have earlier start times in the Summer.**  
**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

## Summer 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
6/25 -7/6*	M-F	9	6/20	6/21
6/25 - 7/25*	MW	9	6/20	6/21
6/26 -7/26	TTh	10	6/20	6/21
6/30 -7/21	Sa	4	6/20	6/21
7/1 - 7/22	Su	4	6/20	6/21

\*No Lessons Scheduled July 4 (facility closed for Independence Day)

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

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

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

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

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

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

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

**Advanced & Comp Skills: 5-14 years**  
Four levels offered with a max. of 8 per class.

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. On-line registration is available all day on open registration dates. Visit [www.mltrec.com](http://www.mltrec.com) for more information!

### Mountlake Terrace Residents

May register one day prior to registration date.

Walk-in 8am-8pm;  
Phone-in noon-8pm.

### Open/Non-Resident Registration:

Walk-in 8am-8pm;  
Phone-in noon-8pm.

### Online registration begins at:

Midnight.

### Playtime Passports

*Due to limited space Playtime Passports are not available on weekdays during the summer sessions.*

Is an optional program available for children who are in our swimming lessons. 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.

## 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.

### After Hours Rentals:

Overnights are available Friday & Saturday nights (except in July & August). 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! After hours rentals are available year 'round.

## 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



MOUNTLAKE TERRACE  
RECREATION & PARKS

<https://www.facebook.com/mltrec>



*We're taking applications for Fall!  
We provide training!  
**Lifeguards & Swim Instructors**  
Pick up an application at  
the front desk today!*