

POOLS	PUBLIC SWIMS	FAMILY SWIMS ♦	ADULT/SENIOR SWIMS
Ballard 1471 NW 67th St 684-4094	Mon-Fri 1/2 Pool 1:30-2:30pm Tue/Fri 7:30-8:30pm Wed 6:30-7:30pm Sat 12:30-1:30pm Sun 1:30-2:30pm	Sun 4:30-5:30pm	Mon-Fri 12:00-1:15pm See also 3-lane & 4-lane Lap Swims MASTERS WORKOUT Mon/Wed 8:30-9:30pm
Evans 7201 E Green Lake Dr. N 684-4961	Mon-Sat 1/2 Pool 1:30-2:30pm *Tue/Thu 7:00-8:00pm Sat 3:30-4:30pm Friday: SKWIM game! 6:45-8:10pm *Tuesday: teens swim free w/school ID	See Public Swim times	ADULT/SENIOR SWIMS Mon-Sat* 1/2 pool 12:00-1:30pm Tue/Thu 1/2 pool 9:00-10:00pm *Personal & 3 y.o lessons in open pool Swimstrong WORKOUT Tue/Thu 5 lanes 8:00-9:00pm
Madison 13401 Meridian Ave N 684-4979	Mon/Wed/Fri shallow end 1:30-2:30pm Mon/Wed 7:30-8:30pm Fri 7:00-8:00pm Sun 1:00-2:00pm	Fri shallow end 6:00-7:00pm Sun* 3:30-5:30pm *shallow end only 4:30-5:30pm Sun Pool Playland Noon-1:00pm	ADULT/SENIOR SWIMS Tue/Thu 4 lanes 7:30-8:30pm MASTERS WORKOUT Tue/Thu 6:30-7:30pm Sun 10:00-11:30am
Meadowbrook 10515 35th Ave NE 684-4989 <i>Closed Sept 14-28</i>	Mon/Fri 7:30-8:30pm Fri 4:00-5:00pm Sat with lap lane 1:30-3:00pm	Tue/Thu 7:00-8:00pm Sat 9:30-10:30am Sat 4:30-5:30pm	ADULT/SENIOR SWIMS Mon-Sat 12:00-1:30pm Tue/Thu ★ 9:00-10:00pm MASTERS WORKOUT Mon/Wed/Fri adult & youth 6:30-7:30pm
Medgar Evers 500 23rd Ave 684-4766	Mon/Wed 7:00-8:00pm Fri 6:30-8:00pm Sat 12:30-2:00pm Sun 2:00-3:30pm	Mon-Thu shallow end 1:00-2:00pm	ADULT/SENIOR SWIMS See Lap Swim times MASTERS WORKOUT Tue/Thu 7:00-8:00pm
Queen Anne 1920 1st Ave W 386-4282	Tue/Thu shallow end til 8 7:30-8:30pm Wed 10-11am Fri 7:00-8:00pm Sat 10:00-11:00am Sat 3:30-4:30pm Sun no rope swing 2:45-3:45pm	See Public Swim times Wed Pool Playland 10-11am	ADULT/SENIOR SWIMS Mon-Thu 12:00-1:30pm Fri 12:00-2:00pm Sat Sr/Sp only 12:30-1:30pm Sat 1:30-2:30pm Sun 12:00-1:30pm
Rainier Beach 8825 Rainier Ave S 386-1925 <i>Closed Oct 18-26</i>	Mon-Fri \$2.00 3:00-4:00pm Mon-Fri Tues \$2.00 7:00-8:00pm Sat 1:30-2:30, 3:30-4:30, 4:45-5:45pm Sun 1:30-2:30pm (\$2) & 3-4pm	Mon-Fri Spray&Play only 5:30-6:30pm Pool Playland no slide Mon-Sun 11am-12pm WOMEN ONLY SWIM-Ages 12+ Sun Rec Swim \$2 4:30-5:30pm Sun Lap Swim 2 lanes 4:30-5:30pm	ADULT/SENIOR SWIMS Mon-Fri 1:00-2:30pm Sat 8-9am
Southwest 2801 SW Thistle St 684-7440	Mon/Wed shallow end 7:30-8:30pm Tue/Thu 7:30-8:30pm Fri \$2.00 4:30-5:30pm Sat 1:00-2:00pm Sun 4:00-5:00pm	Fri 1/2 Pool 1:30-2:30pm Fri 7:00-8:00pm Sun 2:00-3:00pm	ADULT/SENIOR SWIMS Mon-Fri 3 lanes 12:00-1:30pm Sun 3 lanes 11:00am-12:30pm MASTERS WORKOUT Sat \$2.00 2:30-3:30pm Mon/Wed 5:30-6:30pm Fri 6:00-7:00pm

Indoor pools closed on Holidays-Sept 1, Nov 11, Nov 27, 28, Dec 25, Jan 1

♦ Family Swims require that a parent or guardian accompany all participants under 18 into the water

POOLS	LAP SWIMS	SHALLOW WATER EXERCISE	DEEP WATER EXERCISE
Ballard Served by Metro Bus Number 15 & Rapid Ride D	Mon-Fri ★ 6:00-7:30am Mon-Fri 3 lanes 1:30-2:30pm Mon/Wed/Thu 3 lanes 7:30-8:30pm Tue/Thu 2 lanes 8:30-9:15pm Fri 5 lanes 5:30-6:30pm Sat 5 lanes 9:00-10:00am Sun 4 lanes 11:15am-12:45pm, 5:30-6:30pm	Mon/Wed/Fri 11:10-11:55am Tue/Thu 8:30-9:15pm Sun 10:25-11:10am	Tue/Thu aqua jog 11:10-11:55am Tue/Thu 8:30-9:15pm Sun 12:45-1:30pm
Evans Served by Metro Bus Number 16, 26 & 48	Mon-Fri ★ 6:00-7:30am Mon-Sat 3 lanes 12:00-2:30pm Mon-Fri 5:30-6:30pm Tue/Thu 3 lanes 9:00-10:00pm Sat 8:30-10:00am Sat 4:30-5:30pm	Mon-Fri 10:00-10:55am	Mon-Sat 10:00-10:45am Mon/Wed 8:10-8:55pm
Madison Served by Metro Bus Number 316 & 346	Mon-Fri 4 Lanes Noon-2:30pm Mon/Wed/Fri 6:00-7:00pm Sun 11:30am-1:00pm Sun 4:30-5:30pm	Mon/Wed low impact 12:00-1:00pm Tue/Thu arthritis 1:00-2:00pm Tue/Thu 7:15-8:15pm Sun 10:00-11:00am	Mon/Wed 7:45-8:30pm Tue/Thu 12:00-12:45pm Fri aqua jog 12:00-12:45pm
Meadowbrook Served by Metro Bus Number 65 <i>Closed Sept 14-28</i>	Mon-Fri ★ 5:45-7:15am Mon/Wed/Fri/Sat 5:30-6:30pm Sat 7:00-8:30am	Tue/Thu 1:30-2:15pm	Mon/Wed/Fri 1:30-2:15pm Tue/Wed/Thu 8:00-8:45pm Sat 8:30-9:15am
Medgar Evers Served by Metro Bus Number 3, 4 & 48	M/W/F ★ 6:30-8:00am Mon-Fri 11:00am-2:30pm Mon/Wed 3 lanes 6:30-8:00pm Tues/Thu 5:30-7:00pm Fri 5:30-6:30pm Sat 9:30-11:00am, 12:30-2:00pm Sun 12:00-2:00pm	Mon/Wed/Fri 12:00-1:00pm Tue/Thu 7:00-8:00pm Sat 9:00-10:00am	Mon/Wed aqua jog 6:00-6:45pm Tue/Thu aqua jog 12:00-12:45pm
Queen Anne Served by Metro Bus Number 3, 4 & 13	Mon-Fri ★ 6:00-7:30am Mon 8:30-9:30pm Mon-Fri 2:00-3:00pm Tue/Thu 8:30-10:00pm Fri* 5:30-7:00pm Sat 7:30-9am & 4:30-5:30pm *Every 3rd Friday ends at 6:30pm*	Mon 7:30-8:30pm Tue/Thu 11:15am-12:00pm Wed Stretch & Flex 11:15am-12:00pm Fri Balance 11:15am-12:00pm	Mon/Wed 11:15am-12:00pm Tue/Thu 7:15-8:00pm Sat 9:00-9:45am Fri 11:15am-12:00pm High Intensity Interval training
Rainier Beach Served by Metro Bus Number 7, 9, 36, 42, 49, 106, 107 <i>Closed Oct 18-26</i>	Mon/Wed/Fri ★ 6:00-7:30am Mon-Fri 12-2:30pm (4 L) & 5:30-6:30pm Tues/Thurs 8-9pm Sat/Sun 12:15-1:15pm Sat/Sun 2 lanes 1:30-2:30pm Sat 2 lanes 3:30-4:30pm, 4:45-5:45pm Sun 2 lanes 3-4pm	Mon/Wed/Fri Gentle Fitness 11-11:45am Mon Aqua Zumba 7:10-7:55pm Tue Shallow 7:10-7:55pm Wed Shallow 7:10-7:55pm Sat Deep/Shallow 9:35-10:20am Sun Shallow 9:10-9:55am	Tue/Thu 11:00-11:45am Thu 7:10-7:55pm Sat Deep/Shallow 9:35-10:20am
Southwest Served by Metro Bus Number 22	Mon/Wed/Fri 3:00-4:00pm Mon/Wed 5:30-6:30pm Tue/Thu 5:00-6:00pm Fri 5:30-7:00pm Sat 9:30-10:30am & 12-1:00pm Sun 5:00-6:00pm	Mon/Wed 1:30-2:15pm Tue/Thu senior 1:30-2:15pm Tue/Thu 8:30-9:15pm	Mon/Wed hydro-fit 7:30-8:15pm Tue/Thu hydro-fit 8:30-9:15pm

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★ Advance purchase of Quick Card, or exact change or check required