

PETER KIRK POOL 2011

340 Kirkland Ave.

Open June 6-September 5

IMPORTANT PHONE NUMBERS

Swim Lessons
425.587.3300

Pool Hotline
425.587.3335

POOL FEES

Facility Admission for Open Swim & Lap Swim Only

Single Facility Admission..... (all ages) \$4

*10-Visit Pass.....\$35

*Individual Season Pass\$90

Unlimited pool admission for 1 person.

*Household Season Pass\$260

Unlimited pool admission for two named adults listed on membership card and their named dependent children and/or grandchildren age 18 and under.

Pass holders please line up with other patrons for entrance to the pool.

*10 Visit Pool Passes can be purchased at 505 Market St. Parks office or Peter Kirk Comm. Center starting May 2. Individual Season Passes and Household Season passes can be purchased after June 6th only at the pool during daily open swim.

Special event dates that will affect regular pool schedule

JUNE 15th, Wednesday — Splashtastic School's Out Open Swim 1:30–3:30pm

JUNE 18th, Saturday — Pool closed for staff training

JULY 4, Monday — Will follow Saturday pool schedule

JULY 17th, Sunday — Lifeguard Exhibition Swim 3:50–5:20pm

AUGUST 13, Saturday — Pool will be closed all day due to swim meet

SEPTEMBER 2, Friday — End of Summer Pool Party: 3:50–7:00pm ★NEW★

SEPTEMBER 5, Monday — Last day pool is open. Will follow Sat. pool schedule

Unscheduled facility closures can occur with limited notice. Please call 587.3335 for pool information.

POOL RULE HIGHLIGHTS

Be safe and make your visit enjoyable!

- Those who are not potty trained must wear swim diapers.
- Coast Guard approved life jackets, fun toys, and other inflatables, etc. are permitted. Inflatables larger than 3 ft. will be allowed at the lifeguard's discretion. During periods of high attendance, lifeguards may limit the use of inflatables and other items.
- Water wings are not permitted but coast guard approved lifejackets are available for use at the facility
- The pool may be closed due to certain water quality maintenance issues and/or thunder/lightening or other inclement weather conditions. Please call the pool hotline for updated pool information 425.587.3335.
- A ratio of 3 children, under the age of 7 per one adult is in effect for all swims. Children under 7 years who cannot pass the swim test must be accompanied by an adult into the water at all times.
- All swimmers must be able to pass the swim test, 25 yards of crawl stroke with side breathing, to enter water deeper than his or her chest depth.
- A shower is required prior to entering either the main or wading pool.
- Children 10 years & under require adult supervision and may not be left unattended in the facility.

Early Riser Lap Swim

Lap Lanes are marked: Fast, Medium and Slow. Swimmers must swim laps and follow swim etiquette rules as posted. Please bring exact change.

Wading Pool

The wading pool is for children under 7 years old, while accompanied in the water by an Adult (18 years and over). Adults must wear swim attire and remain in the water within arm's reach of those who cannot pass the swim test.

Open Swim and 1 Lane Lap Swim

Children under 7 years must be accompanied in the water by an adult (18 and over) at all times. 1 lane lap swim is available for swimmers to swim laps. Lap swimmers must follow lap swim etiquette. Admission tickets may be purchased approx. 20 minutes prior to the start of each open swim session on hot weather days.

Family Swim and 3 Lane Lap Swim **NEW**

Children under 7 years must be accompanied in the water by an adult (18 and over) at all times. 3 lane lap swim is available for swimmers to swim laps. Lap swimmers must follow lap swim etiquette. Open Swim available in the wading pool and a smaller portion of the main pool. Family Swim and 3 Lane Lap Swim limited to first 120 people.

Private Pool Rentals

Please inquire! See ad to right on page 31. Private rentals are available Saturday and Sunday.

Friday Family Fun Nights

Come join us for fun at Peter Kirk Pool for Family Fun Night! Family Fun Nights Open Swim for only \$4.00 offers something for everyone with pool games, arts and crafts and music. So grab your friends and family and catch a wave. **Space is limited to the first 250 people!** Please check the schedule for event times.

- July 17th: Pool Carnival
- July 24th: A Ho Down Pool Picnic
- July 1st: Family Fun 4th
- July 8th: Pirate Pool Party
- July 15th: Mardi Gras
- July 22nd: 50's Sock Hop
- July 29th: Hook Line & Seafair
- Aug 5th: Beach Blanket Bingo Game Night
- Aug 12th: Fiesta at the Pool
- Aug 19th: Luau
- Aug 26th: Party with Disney
- Sept 2nd: End of Summer Pool Party!!!



Private / Semi-Private Lessons Available!
See page 42

Private Pool Rentals

CALL 425.587.3330

Reserve the Peter Kirk Pool for your own private swim party. Fees are based on hours of use and include lifeguards, pool toys, and party deck space. Rentals must be reserved and paid for in person at 505 Market St. at least 72 hours in advance, based on availability. All pool rules are in effect.

RENTAL FEES	1 hr	2 hrs	3 hrs
Both Pools	\$160	\$290	\$400
Main Pool	\$130	\$240	\$325
Wading Pool	\$45	\$80	\$120

PUBLIC SWIM SCHEDULE

For Swim Lessons and Swim Team & Dive Club schedules, please see pages 33–34. For Private Pool Rentals, see below left.

June 6 – June 16

	Mon & Wed	Tues & Thurs	Friday	Sat
6-Lane Lap Swim	5:30–9:00am	5:30–9:00am	5:30–9:00am	
Open Swim & 1 Lane Lap	7:00–8:30pm * Wed June 15 1:30–3:30pm		7:00–8:30pm	12:30–2:00pm 2:10–3:40pm 3:50–5:20pm
Family Swim & 3 Lane Lap		7:00–8:30pm Space limited to first 120 people		

June 17 – August 14

	Mon & Wed	Tues & Thurs	Friday	Sat & Sun
6-Lane Lap Swim	5:30–7:00am	5:30–7:00am	5:30–9:00am	
Open Swim & 1 Lane Lap	12:30–2:00pm 2:10–3:40pm 7:30–8:30pm	12:30–2:00pm 2:10–3:40pm	10:45am–12:15pm 12:30–2:00pm 2:10–3:40pm 3:50–5:20pm	12:30–2:00pm 2:10–3:40pm 3:50–5:20pm
Family Swim & 3-Lane Lap		7:30–8:30pm Space limited to first 120 people		
Family Fun Night			5:30–8:30pm Space limited to first 250 people	

August 15 – August 28

	Mon & Wed	Tues & Thurs	Friday	Sat & Sun
6-Lane Lap Swim	6:15–9:00am	6:15–9:00am	6:15–9:00am	
Open Swim & 1-Lane Lap	12:30–2:00pm 2:10–3:40pm 6:30–8:00pm	12:30–2:00pm 2:10–3:40pm	10:45am–12:15pm 12:30–2:00pm 2:10–3:40pm 3:50–5:20pm	12:30–2:00pm 2:10–3:40pm 3:50–5:20pm
Family Swim & 3-Lane Lap		6:30–8pm Space limited to first 120 people		
Family Fun Night			5:30–8:00pm Space limited to first 250 people	

August 29 – September 5

	Mon & Wed	Tues & Thurs	Friday	Sat & Sun
6-Lane Lap Swim	6:15–9am	6:15–9am	6:15–9am	
Open Swim & 1-Lane Lap	10:45am–12:15pm 12:30–2:00pm 2:10–3:40pm 3:50–5:20pm 5:30–7:00pm	10:45am–12:15pm 12:30–2:00pm 2:10–3:40pm 3:50–5:20pm	10:45am–12:15pm 12:30–2:00pm 2:10–3:40pm *3:50–7:00pm Pool Party!	12:30–2:00pm 2:10–3:40pm 3:50–5:20pm
Family Swim & 3-Lane Lap	9:00–10:30am	5:30–7:00pm Space limited to first 120 people	9:00–10:30am	

Peter Kirk Pool

Swim Test... Did You Know?

Kirkland Lifeguards ask swimmers 12 and under to demonstrate a strong crawl stroke using side breathing in order to enter water deeper than his or her chest depth. The test determines the child's swimming ability and endurance level. A child who tires easily may become panicky, even though he/she may have some basic swimming skills. Often times, a child who has passed the test is seen in deep water "dog paddling" or struggling to get to the poolside. In these situations, the lifeguards will ask the child to return to the shallow end. It is common for children to over-estimate their own abilities. Over 1,500 children and teens die every year across the United States due to accidental drowning. For this reason, we have established a requirement concerning minimum skill and endurance levels for entering deep water as part of our water safety education program.

Group Water Therapy

for Arthritis, Joint Replacement,
Fibromyalgia, Pre & Post Surgery



Right in Kirkland's Juanita Pool!

425.894.0045
info@aquarobics.net

Monday, Wednesday, &
Thursday 9:00-10:00am

[PAID ADVERTISEMENT]

Outdoor Swimming

**PLEASE NOTE LIFEGUARD
HOURS CHANGE!**

**Lifeguards will be on duty July 1st
through September 5th.**

**Lifeguards will be off duty on inclement
weather days or when air temperature
is under 65 degrees.**

Open Water Swim Test administered by Lifeguards at either Houghton or Waverly requires a minimum of 25 yards – crawl stroke with side breathing. (Those demonstrating a weak stroke will not be permitted to go beyond the shallow water buoy line.) Adults 18 years and older must remain within arm's reach of non-swimming children under the age of 7.

Houghton Beach Swimming Area

5811 Lake Washington Blvd.
Kirkland, WA

Houghton Beach Hours
July 1st to September 5th

Monday–Sunday, 1:00–6:00pm

Houghton Beach Swimming Area has a long pier and a large dock with good shallow areas for children and a roped off 50 yard swim lane for lap swimming.

***Friday, July 29th, Lifeguard Olympics
9am-12pm ★ Free Public Viewing!**

Waverly Beach Swimming Area

633 Waverly Way
Kirkland, WA

Waverly Beach Hours
July 1st to September 5th

Monday–Sunday, 2:00–5:00pm

Waverly Beach Swimming Area provides an area completely enclosed by a "U" shaped pier.

Day Camps and/or groups larger than 15 people are encouraged to contact the staff at either Houghton or Waverly, 48 hours in advance of an intended visit. Advance notice is appreciated. Call 425.587.3334.

**Check the guard on and off duty signs
on inclement weather days.**

**NEW
HOURS!**

Work the Water Be a Kirkland Lifeguard

POSITIONS INCLUDE:

- Pool & Beach Managers
- Senior Guards
- Swim Lessons Coordinator
- Lifeguards
- Pool Cashiers
- Swim Lesson Instructors
- Swim Team Coaches
- Dive Team Coaches

– Your actions can save a life!
– Be proud to accept challenges and meet high standards
– Develop leadership, public relations, conflict resolution and teamwork skills
– Gain discipline and decision-making skills that help prepare you for your future
– Pay range \$8.66 to \$20.76 depending on position and experience



Apply today at www.ci.kirkland.wa.us or for more info contact the Aquatics Coordinator at 425.587.3334

Youth Volunteer

Aqua Leaders Program

Ages 12 to 15 years

Training class, in which youth have the opportunity to develop lifeguarding, swim instructing and other occupational related skills. Aqua Leaders receive training and instruction in facility rules, policies and procedures and water safety. Completion of the program is a prerequisite to volunteer as a Junior Lifeguard and or Swim Instructor Aide for the Kirkland Aquatic Service Program, which continues until Sep. 5th. First class meets at Peter Kirk Pool.

28 hours ★ Resident \$50 / Non-Resident \$60

Mon–Thur	9am–12:15pm	June 20–June 30	32893
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Water Safety & Lifeguarding

Tuition Reimbursement Program

Those who take a course with us and become hired with the City of Kirkland Aquatic Services and successfully complete 2 months working 20 hours a week or more as a lifeguard or teach 4 full sessions of swim instruction during the 2011 Summer Season will be eligible for course tuition refund.

Open Swim & Lifeguard Exhibition

Enjoy an Open Swim where Kirkland Aquatic Service Lifeguards conduct 'life-like' rescue and pool clearing emergency drills. A great time to watch and learn what lifeguarding is all about. This event will be limited to the first 200 people.

Sun	3:50–5:20pm	July 17
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Lifeguard Training With Oxygen and Automatic Defibrillation

American Red Cross lifeguard training course. Successful participants will earn certifications in lifeguarding, first aid, CPR for the Professional Rescuer, oxygen administration and automatic defibrillation.

The prerequisites for this course include: 15 years or older and the ability to pass a swimming pre-test which consists of a 300 yard swim; swim 20 yards, retrieve a 10lb brick in 7+ feet of water and then carry the brick back 20 yards while holding on to the brick with both hands ★ **TEXT BOOKS AND POCKET MASK NOT INCLUDED AND MUST BE PURCHASED SEPARATELY FROM THE AMERICAN RED CROSS** ★ *Bring lunch or money for lunch* ★ *One-hour lunch break will be provided* ★ *First class starts at Peter Kirk Pool*

Resident \$200 / Non-Resident \$240

Week 1	Sat & Sun: 8am–6pm Tue & Thur: 3:30–8:30pm	May 21, 22 May 24, 26	32894
Week 2	Tue & Thur: 3:30–8:30pm	May 31, June 2,	

Water Safety Instructor Course

This is an American Red Cross course. Upon successful completion you will receive a certification in instructing the learn-to-swim programs for infants, toddlers, preschoolers, youth, adults, people with special needs, instructor aide training, and water safety outreach. Students must be at least 16 years old and complete a swimming pre-test before entering the course.

This course includes: Fundamentals of Instructor Training

★ **TEXT BOOKS NOT INCLUDED AND MUST BE PURCHASED SEPARATELY FROM THE AMERICAN RED CROSS**

★ *Bring lunch or money for lunch* ★ *One-hour lunch break will be provided* ★ *First class meets at Peter Kirk Pool*

Resident \$200 / Non-Resident \$240

Week 1	Sat: 9am–3pm Mon–Thur: 4–8pm	May 21 May 23–26	32895
Week 2	Tues–Fri: 4–8pm	May 31, June 1, 2, 3,	

Lifeguard Instructor Training

American Red Cross Lifeguard Instructor Training course. The purpose of this class is to train instructor candidates to teach basic-level Lifeguarding, Shallow Water Attendants, Lifeguard Management, CPR/AED for Lifeguards, Administering Emergency Oxygen, Bloodborne Pathogens Training: Preventing Disease Transmission and Basic Water Rescue courses. Instructor candidates will also become familiar with Guard Start: Lifeguarding Tomorrow and Water Safety presentations. This class includes the F.I.T certification.

The prerequisites for this course include: Must be currently certified or have successfully completed a Red Cross Lifeguarding course within the last four years, be 17 years or older, and have the ability to pass a swimming pre-test and exam with a score of 80% or higher ★ **NO REFUNDS WILL BE GIVEN IF YOU DO NOT PASS THE PRE-TEST** ★ **TEXT BOOKS AND POCKET MASK NOT INCLUDED AND MUST BE PURCHASED SEPARATELY FROM THE AMERICAN RED CROSS** ★ *Bring lunch or money for lunch* ★ *One hour lunch break will be provided* ★ *First class starts at Peter Kirk Pool*

Resident \$200 / Non-Resident \$240

Week 1	Sun: 8am–6pm	May 22	32896
Week 2	Mon–Fri: 3:30–9pm	May 23, 24, 25, 26, 27	

Kirkland Orcas' Dive Club

Kirkland Orca Dive Club is designed to provide a fun, safe, recreational experience for area divers between the ages of 7–16 years. Divers will focus on developing and refining their skills in a non-competitive atmosphere. The dive club will host several exhibitions with other local dive clubs throughout the season.

Practices occur four days per week (Mon–Thur) from 3:45–6pm with Gold Divers (those aged 7-10) practicing from 3:45–4:45pm and Silver Divers (those aged 11-16) practicing from 5–6pm ★ *The program officially begins Monday, June 20 and is scheduled to run for 7 weeks with exhibitions scheduled on Saturday, July 30, 9am–12pm*

There will be an informational meeting 7–8:00pm Thur., May 19, Peter Kirk Room, Kirkland City Hall.

Prerequisites: Divers must be able to swim 15 yards of crawl stroke side breathing and be comfortable jumping off the diving board.

Parental/Guardian Support: Parents/Guardians will be asked to sign-up to provide team support during the entire season as a condition of their child's participation. Examples of volunteer assignments include: Ribbons, Staging, Team Booster Club, Communications, End of Season Pot-Luck, Exhibition Set-up and Clean-up, etc. approx. 3 hours

Resident \$140 / Non-Resident \$168

Ages 7 to 10 years

Mon–Thur	3:45–4:45pm	June 20–Aug 4	32897
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Ages 11 to 16 years

Mon–Thur	5–6pm	June 20–Aug 4	32898
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Dive Club Prep Course

Weekdays – 8 classes

This course is designed for those interested in joining the Kirkland Orca's Dive Club. A great way for those ages 7 to 16* who are new to the sport of diving to meet the coach and learn some basic spring board diving skills.

Prerequisite: participants must be able to swim 15 yards of crawl stroke side breathing without assistance to enroll

★ *Participation on the Dive Club Prep Course does not guarantee a spot on the Kirkland Orca's Dive Club*

★ *Monday through Thursday for 2 weeks*

Resident \$58 / Non-Resident \$70

Ages 7 to 10 years

Mon–Thur	4:25–5:30pm	June 6–16	31826
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Ages 11 to 16 years

Mon–Thur	5:35–6:40pm	June 6–16	31827
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*Participating age as of July 1, 2011

Peter Kirk Pool



Swim Team Prep Course

Designed for children interested in joining any competitive swim team and are either unsure of their proficiency or may need some refreshing. Introduction to the four competitive strokes through stroke technique introduction and practice drills. Children should be able to swim 15 yards without assistance or have completed Youth Level Three prior to enrollment.

Participation on the Swim Team Prep Course does not guarantee a spot on the team ★ Eight 30 Minute Lessons (Monday-Thursday) ★ Resident \$58 / Non-Resident \$70

Ages 6-7*	4:25-4:55pm	June 6-16	31822
Ages 8-9*	5-5:30pm	June 6-16	31823
Ages 10-11*	5:35-6:05pm	June 6-16	31824
Ages 12-13*	6:10-6:40pm	June 6-16	31825

* Participating age as of July 1, 2011

2011 Swim Team Registration

(FOR RETURNING SWIM TEAM MEMBERS ONLY)

Returning Participants (any person who has previously participated on the swim team), can register on-line at www.kirklandparks.net, in person, or over the phone. Verification of previous participation will be enforced.

Resident \$180 / Non-Resident \$207 ★ Enroll by age group and gender into one time slot ★ (Age as of July 1, 2011)

Ages 15-18	BOYS	7am-7:50am	31828
	GIRLS	7am-7:50am	31833
Ages 13-14	BOYS	7am-7:50am	31829
	GIRLS	7am-7:50am	31838
Ages 11-12	BOYS	7:55am-8:40am	31830
	BOYS	4pm-4:45pm	31834
	GIRLS	7:55am-8:40am	31839
	GIRLS	4pm-4:45pm	31842
Ages 9-10	BOYS	7:55am-8:40am	31831
	BOYS	4pm-4:45pm	31835
	GIRLS	7:55am-8:40am	31840
	GIRLS	4pm-4:45pm	31843
Ages 7-8	BOYS	7:55am-8:40am	31832
	BOYS	4pm-4:45pm	31836
	GIRLS	7:55am-8:40am	31841
	GIRLS	4pm-4:45pm	31844
Ages 6	BOYS	7:55am-8:40am	31837
	BOYS	4pm-4:45pm	31845
	GIRLS	7:55am-8:40am	31846
	GIRLS	4pm-4:45pm	31847

Kirkland Orcas' Swim Team & Craze Summer Swim League

Registration for returning Swimmers begins March 21st. Enrollment ends for returning ORCAS Thurs., June 9, 4pm. Tryouts for new participants, regardless of age, is June 11. Please see instructions below under "how to register" for more information.

Summer 2001 was the first season ever for the City of Kirkland swim team. The 42 member team named itself the "Kirkland Orcas." Since 2001, the Kirkland Orcas' Swim Team expanded to include Spring Board Diving and has grown to over 160 athletes.

The main objective of the Craze Summer Swim League is to provide a safe, recreational and competitive experience for area swimmers between the ages of 6 to 18 (age as of July 1, 2011.) Participating teams include the Cities of Kirkland, Edmonds, Shoreline, Mountlake Terrace, Everett / Snohomish, South Snohomish County Dolphins and Dale Turner YMCA.

Practices occur four days per week (Monday-Thursday) with meets occurring on Fridays or Saturdays ★ Participants will be asked to register for either morning or evening practices

★ Note: Evening practice times have limited space ★ Program officially begins June 20 & is scheduled to end Aug 13 ★ Resident \$180 / Non-Resident \$207

Informational Meeting 6-7pm, Thursday, May 19, Peter Kirk Room; Kirkland City Hall. In addition, new participants will meet the coaches and have their swimming skills assessed for eligibility on June 11.

Prerequisites New participants ages 6-8 (age as of July 1, 2011) must be able to swim 25 yards of crawl stroke with side breathing and 25 yards of backstroke and those 9 and older must be able to swim 50 yards of each; crawl stroke, backstroke and 25 yards of breaststroke kick in order to participate on the team.

Parental/Guardian Support During the first week of the season you will be asked to Sign-Up to provide team support during the entire season as a condition of your child's participation. Examples of volunteer assignments include: Timing, Writing Ribbons, Staging, Team Booster Club, Team Communications, End of Season Pot-Luck, Meet Set-up and Clean-up, etc. approx. 6 hours.

Away Meets

Saturday	July 9	6pm	Dale Turner Y @ Bellevue YMCA
Saturday	July 16	8:30am	@ McCollum
Friday	July 22	4:30pm	@ MLT
Friday	July 29	5pm	@ YOST
Saturday	Aug 6	5pm	@ Lynnwood

Home Meets

Championship Meet Hosted at Peter Kirk Pool

Saturday	Aug 13	7am	Ages 11 & up
Saturday	Aug 13	1pm	Ages 10 & under

Season ending team party on Sunday, Aug 14th, 5:30-8:30pm @ Peter Kirk Pool.

How to Register: New Participants, regardless of age, will need to attend the team tryouts scheduled for June 11 at the Peter Kirk Pool from 9-11am in order to assess minimum skills required. **Registration for new participants will take place June 11 at Peter Kirk Pool after tryouts.** Participants will be asked to register into specific practice time slots for the 2011 season.

Aquarobics Deep Water Fitness Tues/Thurs PM



If your goal is a leaner and stronger body and want to have fun—Aquarobics is for you!

Our professionally trained instructors will inspire you to move! Benefits of Deep Water Exercise: **1) Burn Calories:** The more water you are moving the more calories you will burn! Count on 450-700 calories per hour in the water. **2) Build Strong Muscles:** The deep water provides a constant state of resistance. Push the water and tone your muscles quicker than on

land! **3) 60-min of Abdominal Work.** Work-at-Your-Own-Pace. Beginners to Advanced Welcome!

Sessions 1 & 2 ★ 5 weeks
Resident \$100 / Non-Resident \$120

Tues & Thur	7:30-8:30pm	June 7-July 7	32805
Tues & Thur	7:30-8:30pm	July 12-Aug 11	32806

Session 3 ★ 3 weeks ★ Resident \$60 / Non-Res. \$72

Tues & Thur	6:30-7:30pm	Aug 16-Sept 1	33286
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Learn To Swim!

Swim Lessons Session Dates

Monday–Thursday, 2 Weeks 8 Lessons (except Session 3)

Session 1: June 6–16

Session 2: June 20–June 30

Session 3: July 5–14
(7 lessons Tue–Thur and Mon–Thur)

Session 4: July 18–28

Session 5: Aug 1–11

Session 6: Aug 15–25

Monday & Wednesday, 4 weeks 8 Lessons (except session 7)

Session 7: July 6–27
(7 lessons starts on Wed week 1 then
Mon & Wed for 3 weeks)

Session 9: Aug 1–24

Tuesday & Thursday, 4 weeks 8 Lessons

Session 8: July 5–28

Session 10: Aug 2–25

Unscheduled facility closures can occur with limited notice. We will have lessons rain or shine but during inclement weather days if you are concerned about facility closures, please contact the pool hotline at 425.587.3335.

**Private / Semi-Private
Lessons Available!
See page 42**

Swim Lesson Registration

TO CHOOSE THE CORRECT SWIM CLASSES:

- #1 Review the skills and minimum age requirements for each level.
- #2 The skills listed are the skills each class will work on.
- #3 Choose the session, dates and time for the appropriate skill level.
- #4 Use the five digit course number listed to register for your class.

★ Participants may not make-up classes which they have missed nor are make-up lessons provided due to facility closures. If your child is sick the first few days of a class, they are encouraged to take the remaining days.

★ Registration deadline is Thursday at 4pm prior to the next session of swim. No registrations are taken at the Pool.

★ Children registered for a class which they are not qualified for will be placed in the correct class only if there is a vacancy. If there is no vacancy, your money will be refunded. Please read the class descriptions carefully to insure your child is enrolled in the correct class.

★ If your child graduates to a higher level than you have them registered for, we will make every effort to accommodate a transfer, subject to availability. However, there may be instances where a refund is necessary. Report cards will be given on Tuesday of the second week of lessons. Transfer deadline is Thursday by 4pm that same week for all future swim session enrollments that require a new level of swim.

★ Students will progress through levels at different speeds depending on several factors such as their age, physical coordination and the number of lessons in each session. When registering for multiple sessions at the start of the summer season we strongly recommend that you not register for higher levels session to session. It is best to register your child into a level after carefully reading Student Learning Objectives listed for that level. Your child may need more than one session to move up.

Aqua Tot Swim Lessons

Aqua Tots is a rewarding water experience for adults with young children. It introduces infants and toddlers to the joys of water activity while developing very basic skills, and teaches parent/caregivers how to ensure safety at all times.

Aqua Tots is a two-part program for young children and their parents/caregivers. Children as young as 9 months are able to start the program. Children stay with the program until they are ready to move up to Preschool Lessons, sometime after they reach three years of age.

Aqua Tots is about learning together in the water while you play and have fun. It's about helping your child feel comfortable in the water while promoting water safety. It's about building confidence in the water through encouragement, exploration and support.

A PROVEN APPROACH!

★ Aqua Tots helps prevent injuries. It teaches you how to prepare before you go in or near the water by taking the right equipment, checking the environment, and planning an emergency response.

★ Stay safe during activity in or near the water, by properly supporting and supervising your child.

★ Survive if something goes wrong, by knowing how to perform a rescue and get help.

Aqua Tots I

Ages 9 to 24 months

Aqua Tots I encourages children and parents to become comfortable and safe in the water. Primary objectives include: Child initiated pouring water on his or her face, head and body. Blowing bubbles at the surface. Assisted front and back floats with rolling over. Assisted glides through the water, basic arm and/or leg movements.

Aqua Tots II

Ages 20 to 48 months

Aqua Tots II encourages children and parents to become more water safe while increasing readiness skills. Primary Objectives Include: Student initiated movement above and under water, rhythmic breathing, front and back floats and glides, kicking while on front and back, front and back glides with kick, changing direction and rudimentary front swim.

Peter Kirk Pool

Preschool Swim Lessons

Ages 3 to 5 years

Preschool group water adjustment and swim lessons are designed for children 3 to under 6 years of age without the assistance of their parents.

The first two preschool levels are primarily taught in our instructional pool which ranges from 6 inches to 2.5 foot. The shallow water provides a comfortable and friendly learning environment in which young children can move around independently. Students are gradually introduced to more complex skills and deeper water,

progressing to lessons in the shallow end of the main pool at Preschool Level Three.

After completing Preschool Level Five, students have learned some basic deep water skills and may have acquired the ability to pass our swim test, a requirement for swimmers to enter water deeper than chest depth (including use of the diving board.)

With five preschool levels, careful review of the primary objectives is very important prior to registration. By doing so, you will increase the likelihood of placing your

child in the most appropriate level. Proper placement will enhance his or her experience and will help create a better learning environment for every student in the class.

If your child is under the age of 4 and you feel they may still benefit from parent/caregiver assistance, we recommend Aqua Tots II prior to entering the Preschool Program.

Preschool Levels	Student Learning Objectives	
Pre-Water Introduction Preschool Level 1	(Instructional Pool Only)	
	<ul style="list-style-type: none"> ★ Water adjustment ★ Blow bubbles ★ 3 Bobs ★ Front float with support ★ Back float with support 	<ul style="list-style-type: none"> ★ Kick on front with support ★ Kick on back with support ★ Alternating arms on front with support ★ Safety skills
Water Introduction Preschool Level 2	(Instructional Pool Primarily) Prerequisite: Completion of Preschool Level 1 or equivalent	
	<ul style="list-style-type: none"> ★ 5 Bobs ★ Retrieve object from bottom with eyes open ★ Front float 3 seconds unassisted ★ Back float 3 seconds unassisted 	<ul style="list-style-type: none"> ★ Front glide & kick with float 3 yards (performed in lap pool) ★ Back glide & kick with float 3 yards (performed in lap pool) ★ Front crawl with support ★ Safety skills
Fundamental Aquatic Skills Part 1 Preschool Level 3	Prerequisite: Completion of Preschool Level 2 or equivalent	
	<ul style="list-style-type: none"> ★ 8 Bobs ★ Front float 6 seconds unassisted ★ Back float 6 seconds unassisted ★ Basic front crawl 3 yards ★ Rhythmic breathing with support ★ Basic elementary backstroke 3 yards 	<ul style="list-style-type: none"> ★ Front glide with kick 5 yards ★ Back kick and fin 5 yards ★ Alternating arms on back w/support 3 yards ★ Bob to safety ★ Safety skills
Fundamental Aquatic Skills Part 2 Preschool Level 4	Prerequisite: Completion of Preschool Level 3 or equivalent	
	<ul style="list-style-type: none"> ★ 12 bobs ★ Basic rhythmic breathing with kicking ★ Basic back crawl 5 yards ★ Basic elementary backstroke 5 yards 	<ul style="list-style-type: none"> ★ Basic crawl stroke 5 yards ★ Jump into water and recover to wall ★ Safety skills
Stroke Development Preschool Level 5	Prerequisite: Completion of Preschool Level 4 or equivalent	
	<ul style="list-style-type: none"> ★ 15 bobs ★ Back crawl 13 yards ★ Front crawl 13 yards ★ Elementary backstroke 6 yards ★ Breaststroke kick 13 yards ★ Dolphin kick with support 13 yards ★ Swim underwater 6 feet 	Must be able to swim 13 yards front crawl before attempting the following skills: <ul style="list-style-type: none"> ★ Kneeling dive ★ Compact dive ★ Tread water 20 seconds ★ Safety skills

Youth Swim Lessons

Ages 6 to 12 years

The City of Kirkland is proud to offer the American Red Cross Learn to Swim Program. Students can progress through six levels of swimming and safety skills. When students can comfortably and confidently perform all of the skills meeting the required benchmarks for technique,

skill and distance, they can progress to the next level.

A word of caution: Many parents and caretakers make the common mistake, thinking that once their child has gained the ability to swim a width of the pool that the child is indeed a competent swimmer.

THIS IS NOT THE CASE! We encourage everyone to work through Level 6. Developing strong swimming skills and learning how to stay safe occur in the higher Youth Levels.

Youth Levels	Student Learning Objectives	
Introduction to Water Skills Level 1	Upon successful completion of Level 1, the learner will be able to:	
Fundamental Aquatic Skills Level 2	Upon successful completion of Level 2, the learner will be able to:	
Stroke Development Level 3	Upon successful completion of Level 3, the learner will be able to:	
Stroke Improvement Level 4	Upon successful completion of Level 4, the learner will be able to:	
Stroke Refinement Level 5	Upon successful completion of Level 5, the learner will be able to:	
Swimming and Skill Proficiency Level 6	Upon successful completion of Level 6, the learner will be able to:	

- ★ Enter and exit independently from chest deep water using ladder, steps or poolside
- ★ Use arm and leg motions to float for 5 seconds on front and back with support
- ★ Move around, change position, and direction in chest deep water

- ★ Demonstrate beginning levels of breath control submerging face for 3 seconds and opening eyes under water
- ★ Demonstrate basic water safety rules, use of life jacket, and summoning help

- ★ Submerge entire head for 5 seconds in chest deep water and rhythmically breathe in between 5 times
- ★ Float and glide on front and back unsupported for 5 seconds and change position

- ★ Explore alternating and simultaneous leg kicking and arm pulling motions
- ★ Perform rudimentary front and back strokes – 5 yards
- ★ Explore basic reaching rescues and water safety skills

- ★ Perform basic water safety skills such as H.E.L.P and Huddle positions, and safe water entry rules
- ★ Explore rudimentary beginner, elementary backstroke, front crawl and back stroke – 10 yards

- ★ Explore rudimentary breaststroke
- ★ Demonstrate feet first and rudimentary diving entries into deep water
- ★ Explore treading water 15 sec and reverse direction of travel

- ★ Identify safe diving rules
- ★ Perform rescue breathing and obstructed airway procedures
- ★ Perform intermediate level front crawl, back crawl, elementary backstroke and breaststroke – 25 yards

- ★ Perform rudimentary sidestroke and butterfly – 10 yards
- ★ Perform survival float and tread water in deep water – 2 min

- ★ Describe diving board safety rules
- ★ Identify symptoms of Spinal Injury and show inline stabilization techniques
- ★ Refine efficient and effective front crawl, back crawl, elementary backstroke, breaststroke – 50 yards

- ★ Refine efficient and effective sidestroke and butterfly – 25 yards
- ★ Refine survival swimming 2 min, treading water 3 min, and underwater swimming – 5 to 10 yards

- ★ Demonstrate proficiency in front crawl and back crawl – 100 yards with turns
- ★ Demonstrate proficiency in breaststroke, sidestroke and butterfly – 50 yards

- ★ Demonstrate proficiency in Personal Safety and Rescue Skills, Pike and Tuck surface dives, throwing rescue, and approach stroke – 25 yards
- ★ Describe diving board safety rules

Peter Kirk Pool

Special Interest Aquatics

Youth Spring Board Diving Lessons

Ages 7 and up

Students who have successfully completed Level 4 (Stroke Improvement) are eligible to enroll into Diving Lessons. To register for Dive 2, you must have successfully completed Dive 1.

Fundamental Diving Skills Dive 1	Upon successful completion of Dive 1, the learner will be able to:	
	<ul style="list-style-type: none"> ★ Explain diving board rules and the purpose of the rules ★ Perform a 3 or 4 step approach ★ Perform a Hurdle ★ Fall-In Front Dive ★ Back Approach. Knees should bend and extend on the board. Arms must be coordinated with the legs 	<ul style="list-style-type: none"> ★ Front Dive-Tuck / Pike/ Straight. Must complete the approach and hurdle leading into the dive. Tuck dive must have an evident knee touch. Correct arm movement must be attempted on the pike and straight dives. ★ Back Dive Straight. Must be comfortable with either a fall-in dive or dive with an approach.
Diving Development Dive 2	Upon successful completion of Dive 2, the learner will be able to:	
	<ul style="list-style-type: none"> ★ Perform a 4 or 5 step approach ★ Front One Sommersault Tuck ★ Back Dive Tuck ★ Inward Dive Tuck 	<ul style="list-style-type: none"> ★ Back One Sommersault Tuck ★ Proper Stretching for Springboard Diving ★ Promote Safety – Spinal Injury Awareness

Adult Swimming Lessons

Ages 16 and up

Fundamental Aquatic Skills Adult Level 1	Upon successful completion of Adult Level 1, the learner will be able to:	
	<ul style="list-style-type: none"> ★ Float and glide on front and back unsupported for 5 seconds and change position ★ Explore alternating and simultaneous leg kicking and arm pulling motions 	<ul style="list-style-type: none"> ★ Perform rudimentary front and back strokes ★ Explore treading water ★ Explore basis water safety skills
Stroke Improvement and Refinement Adult Level 2	Upon successful completion of Adult Level 2, the learner will be able to:	
	<ul style="list-style-type: none"> ★ Perform intermediate level front crawl, back crawl, elementary backstroke and breaststroke. ★ Refine efficient and effective strokes. 	<ul style="list-style-type: none"> ★ Increase swimming speed and distance ability ★ Develop fitness, swimming and other aquatic goals with the instructor's assistance.



Swim Lessons: Two-Week Sessions

June 6–16 Eight, 30 min lessons. Mon–Thur							Res. Fee \$58 / Non-Res. Fee \$70					
							3:50	4:25	5:00	5:35	6:10	
PRESCHOOL 1							31759	31760	31761	31762	31763	
PRESCHOOL 2							31764	31765	31766	31767	31768	
PRESCHOOL 3							31769	31770		31771		
PRESCHOOL 4									31772		31773	
YOUTH 1							31774	31775		31776		
YOUTH 2							31777		31778		31779	
YOUTH 3								31780	31781	31782	31783	
YOUTH 4							31784	31785			31786	
YOUTH 5										31787		
YOUTH 6									31788			
Swim Team Prep 6-7								31822				
Swim Team Prep 8-9									31823			
Swim Team Prep 10-11										31824		
Swim Team Prep 12-13											31825	
Dive Club Prep 1 (4:25–5:30pm)								31826				
Dive Club Prep 2 (5:35–6:30pm)										31827		

June 20–30 Eight, 30 min lessons. Mon–Thur							Res. Fee \$58 / Non-Res. Fee \$70					
	8:50	9:25	10:00	10:35	11:10	11:45	3:50	4:25	5:00	5:35	6:10	6:45
AQUA TOTS 1		31850				31851				31852		
AQUA TOTS 2			31853		31854						31855	
PRESCHOOL 1	31856	31857	31858	31859	31860	31861	31862	31863	31864	31865	31866	31867
PRESCHOOL 2	31868	31869	31870	31871	31872	31873	31874	31875	31876	31877	31878	31879
PRESCHOOL 3	31880	31881	31882	31883	31884	31885			31886	31887	31888	31889
PRESCHOOL 4	31895	31890			31891				31892	31893	31894	
PRESCHOOL 5				31896		31897			31898	31899		
YOUTH 1			31900	31901		31903			31904	31905		31906
YOUTH 2		31907	31908	31909	31913				31910	31911	31912	
YOUTH 3	31914	31915	31916	31917	31918	31919			31920	31921	31922	
YOUTH 4			31924	31925	31926	31927			31928	31929	31930	31931
YOUTH 5	31938		31933		31934	31935					31936	31937
YOUTH 6		31939										31940
DIVING 1	31941										31942	
DIVING 2		31982										
ADULT LEVEL 1	31983											
ADULT LEVEL 2												32006

Peter Kirk Pool

► Swim Lessons: Two-Week Sessions

July 5–July 14 Seven, 30min lessons Week 1: Tues–Thur, Week 2: Mon–Thur							Res. Fee \$50.75 / Non-Res. Fee \$61.25					
	8:50	9:25	10:00	10:35	11:10	11:45	3:50	4:25	5:00	5:35	6:10	6:45
AQUA TOTS I			32012						32013			
AQUA TOTS II				32016								
PRESCHOOL 1	32029	32030	32031	32032	32033	32034	32035	32036	32037	32038	32039	32040
PRESCHOOL 2	32076	32077	32078	32079	32080	32081	32082	32083	32084	32085	32086	32087
PRESCHOOL 3	32118	32119	32120	32121	32122	32123			32124	32125	32126	32127
PRESCHOOL 4			32184		32185				32186		32187	
PRESCHOOL 5				32197		32198			32199	32200		
YOUTH 1	32247	32248	32249		32250				32251	32252		
YOUTH 2		32253	32254		32255	32256			32257	32258	32259	32260
YOUTH 3	32261	32262	32263	32264	32265	32266			32267	32268	32269	32270
YOUTH 4	32272	32273		32274	32275	32276			32277	32278	32279	32280
YOUTH 5			32290	32291		32292						
YOUTH 6					32294							32295
DIVING 1		32296									32297	
DIVING 2				32298								32299
ADULT LEVEL 1	32300											
ADULT LEVEL 2											32302	

July 18–July 28 Eight, 30min lessons. Mon–Thur							Res. Fee \$58 / Non-Res. Fee \$70					
	8:50	9:25	10:00	10:35	11:10	11:45	3:50	4:25	5:00	5:35	6:10	6:45
AQUA TOTS I			32303									
AQUA TOTS II				32304					32305			
PRESCHOOL 1	32306	32307	32308	32309	32310	32311	32312	32313	32314	32315	32316	32317
PRESCHOOL 2	32318	32319	32320	32321	32322	32323	32324	32325	32326	32327	32328	32329
PRESCHOOL 3	32338	32339	32340	32341	32342	32343			32344	32345	32346	32347
PRESCHOOL 4				32348	32349	32350			32351		32352	
PRESCHOOL 5			32355							32356		32357
YOUTH 1		32358			32359				32360	32361		
YOUTH 2	32362	32363	32364		32365	32366			32367	32368	32369	32370
YOUTH 3	32371	32372	32373	32374	32375	32376			32377	32378	32379	32380
YOUTH 4			32381	32382	32383	32384			32385	32386	32387	32388
YOUTH 5	32389	32390		32391								32392
YOUTH 6			32393		32394	32395					32396	
DIVING 1	32397											
DIVING 2		32398		32399								32400
ADULT LEVEL 2	32401										32402	

Swim Lessons: Two-Week Sessions

Aug 1–Aug 11 Eight, 30min lessons. Mon–Thur						Res. Fee \$58 / Non-Res. Fee \$70						
	8:50	9:25	10:00	10:35	11:10	11:45	3:50	4:25	5:00	5:35	6:10	6:45
AQUA TOTS I			32415								32416	
AQUA TOTS II				32420								
PRESCHOOL 1	32421	32422	32423	32424	32425	32426	32427	32428	32429	32430	32431	32432
PRESCHOOL 2	32433	32434	32435	32436	32437	32438	32439	32440	32441	32442	32443	32444
PRESCHOOL 3	32445	32446	32447	32448	32449	32450			32451	32452	32453	32454
PRESCHOOL 4		32491		32492	32493				32494			32495
PRESCHOOL 5				32496		32497			32498	32499		
YOUTH 1			32501			32502			32503	32504	32505	
YOUTH 2	32512	32513		32514	32515				32516	32517	32518	
YOUTH 3	32525	32526	32527	32528	32529	32530			32531	32532	32533	32534
YOUTH 4	32665	32666	32667		32668	32669			32670	32671	32672	32673
YOUTH 5			32677	32678	32679	32680					32681	32682
YOUTH 6	32685		32686								32687	
DIVING 1		32722										
DIVING 2												32727
ADULT LEVEL 1	32728											
ADULT LEVEL 2											32730	

Aug 15–Aug 25 Eight, 30min lessons. Mon–Thur						Res. Fee \$58 / Non-Res. Fee \$70						
	8:50	9:25	10:00	10:35	11:10	11:45	3:50	4:25	5:00	5:35	6:10	6:45
AQUA TOTS I		32731										
AQUA TOTS II			32732				32733					
PRESCHOOL 1		32734	32735	32736	32737	32738	32739	32740	32741	32742		
PRESCHOOL 2		32744	32745	32746	32747	32748	32749	32750	32751	32752		
PRESCHOOL 3		32753	32754	32755	32756	32757	32758	32759	32760	32761		
PRESCHOOL 4				32763		32764	32765		32766			
PRESCHOOL 5			32767		32768		32769	32770				
YOUTH 1		32772		32773		32774				32775		
YOUTH 2				32776	32777			32778	32779	32780		
YOUTH 3		32781	32782	32783	32784	32785	32786	32787	32788	32789		
YOUTH 4		32790	32791		32792	32793	32794	32795	32796			
YOUTH 5		32797		32798		32799		32800		32801		
YOUTH 6			32802				32803		32804			

Peter Kirk Pool

► Swim Lessons: Twice a Week Lessons for Four Weeks

July 6-27 Seven, 30min lessons. Mon & Wed Week 1: Class starts on Wed							Res. Fee \$50.75 / Non-Res. Fee \$61.25						
Class	8:50	9:25	10:00	10:35	11:10	11:45	3:50	4:25	5:00	5:35	6:10	6:45	7:30
AQUA TOTS I					32807					32808			
AQUA TOTS II						32812					32813		

July 5-28 Eight, 30min lessons. Tue & Thur							Res. Fee \$58 / Non-Res. Fee \$70						
Class	8:50	9:25	10:00	10:35	11:10	11:45	3:50	4:25	5:00	5:35	6:10	6:45	7:30
AQUA TOTS I					32818					32819			
AQUA TOTS II						32822					32823		

August 1-24 Eight, 30min lessons. Mon & Wed							Res. Fee \$58 / Non-Res. Fee \$70						
Class	8:50	9:25	10:00	10:35	11:10	11:45	3:50	4:25	5:00	5:35	6:10	6:45	7:30
AQUA TOTS I					32829				32830				
AQUA TOTS II						32832				32833			

August 2-25 Eight, 30min lessons. Tue & Thur							Res. Fee \$58 / Non-Res. Fee \$70						
Class	8:50	9:25	10:00	10:35	11:10	11:45	3:50	4:25	5:00	5:35	6:10	6:45	7:30
AQUA TOTS I					32836				32837				
AQUA TOTS II						32839				32840			

► Aquarobics: 60 min. sessions on Tues & Thur

June 7-July 7 Ten, 60min lessons. Tues/Thurs		
Res. Fee \$100 / Non-Res. Fee \$120		
Aquarobics	7:30pm	32805

July 12-Aug 11 Ten, 60min lessons. Tues/Thurs		
Res. Fee \$100 / Non-Res. Fee \$120		
Aquarobics	7:30pm	32806

Aug 16-Sept 1 Six, 60min lessons. Tues/Thurs		
Res. Fee \$60 / Non-Res. Fee \$72		
Aquarobics	6:30pm	33286

► Private / Semi-Private Lessons Call 425.587.3330 for availability

One on one instruction, highly motivated, friendly instructors and close personal attention to detail. Private instruction is ideal for:

- The beginner who would like assistance with water orientation before registering for one of our programs
- Those who are having difficulty with a particular stroke/ technique—emphasis can be placed on your needs
- Those working to overcome water phobia
- Special needs
- Please share your swimming goals. We are here to help!

Private/Semi-Private lessons are offered Mon-Thur. You must register for Mon/Wed or Tues/Thur option and must enroll for at least four lessons within a two-week period.

There will be no lessons scheduled on July 4 which may affect the number of lessons in that session.

1:1 private lesson

Resident \$25 / Non-Resident \$29 per ½ hour

2:1 semi-private lesson is for 2 children

Resident \$35 / Non-Resident \$39 per ½ hour

Registration for lessons begins March 21 ★ Lessons begin June 20 and run through Aug 25. Holiday observance on July 4 no Private/Semi-Private lessons on that day.

June 20-Aug 11	8:50-9:20am	Mon/Wed or Tue/Thur
	6:45-7:15pm	
Aug 15-Aug 25	9:25-9:55am	Mon/Wed or Tue/Thur
	5:35-6:05pm	