

experience it!

# Peter Kirk Pool 2019

SWIM LESSONS • PUBLIC SWIM • SWIM TEAM • POOL RENTALS



# Peter Kirk Pool 2019

**340 Kirkland Ave**

**Open June 3–Sept 2**

See pool schedule for public swim times

## REGISTRATION

www.kirklandparks.net or  
425.587.3336

## POOL FEES

Facility Admission

CASH, CHECK, or CREDIT CARD

### Public & Lap Swim Admission

All ages, swimming  
or non-swimming..... \$6

### Save money while you swim!

#### Enjoy the Fast Pass Lane and Skip the Lines

Passes can be purchased after June 5th during  
public swim or **online at kirklandparks.net**  
**NEW!**

10-Visit Pass ..... \$54

Individual Season Pass ..... \$132

Unlimited pool admission for one person

Household Season Pass ..... \$348

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

### Dates that will affect regular pool schedule

**JULY 4 AND SEPT 2:** please follow  
the Saturday pool schedule.

**JULY 12 AND 26:** 3:50–5:20pm and  
5:30–8:30pm Public Swim and 1-Lane  
Lap Swim canceled for swim meets.

### FACILITY UPDATES AND CLOSURE

**NOTICES HOTLINE:** 425.587.3335.

Unscheduled facility closures can  
occur with limited notice.

# Public Swim Schedule

Swim Lessons, pages 46-52  
Swim Team schedules, page 45  
Saturday and Sunday  
Private Pool Rentals, page 44

## June 3 – June 16

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-Lane Lap Swim	5:30–9:00am					8:30–9:30am 4 lanes available for lap swim	
Public Swim & 1-Lane Lap Swim		7:30–8:30pm		7:30–8:30pm		12:30–2:00pm 2:10–3:40pm 3:50–5:20pm	

## June 17 – August 11

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-Lane Lap Swim	5:30–7:00am				5:30–9:00am	8:30–9:30am <b>NEW!!</b>	
Public Swim & 1-Lane Lap Swim	12:30–2:00pm 2:10–3:40pm	12:30–2:00pm 2:10–3:40pm 7:30–8:30pm	12:30–2:00pm 2:10–3:40pm	12:30–2:00pm 2:10–3:40pm 7:30–8:30pm	10:45–12:15pm 12:30–2:00pm 2:10–3:40pm 3:50–5:20pm 5:30–8:30pm*	12:30–2:00pm 2:10–3:40pm 3:50–5:20pm	

\*See special events calendar on page 44 for special themed public swim dates

## August 12 – August 25

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
6-Lane Lap Swim	6:00–8:30am				6:00–9:00am	8:30–9:30am <b>NEW!!</b>	
Public Swim & 1-Lane Lap Swim	12:30–2:00pm 2:10–3:40pm	12:30–2:00pm 2:10–3:40pm 7:00–8:00pm	12:30–2:00pm 2:10–3:40pm	12:30–2:00pm 2:10–3:40pm 7:00–8:00pm	10:45–12:15pm 12:30–2:00pm 2:10–3:40pm 3:50–5:20pm 5:30–8:00pm	12:30–2:00pm 2:10–3:40pm 3:50–5:20pm	

## August 26 – September 2

	Monday Aug 26	Tuesday Aug 27	Wednesday Aug 28	Thursday Aug 29	Friday Aug 30	Saturday Aug 31 & Sunday Sept 1	Monday Sept 2
6-Lane Lap Swim	6:00–10:30am						
Public Swim & 1-Lane Lap Swim			10:45–12:15pm 12:30–2:00pm 2:10–3:40pm 3:50–6:00pm			12:30–2:00pm 2:10–3:40pm 3:50–5:20pm	12:30–2:00pm 2:10–3:40pm 3:50–6:00pm



## 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. **\*No water wings permitted\***
- The pool may be closed due to certain water quality maintenance issues and/or thunder/lightning 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, face in the water, 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.

Additional facility rules listed online at [www.kirklandwa.gov/aquatics](http://www.kirklandwa.gov/aquatics).

Unscheduled facility closures can occur with limited notice. Please call 425.587.3335 for pool information

### 6-Lane A.M. Lap Swim

**\*NEW SATURDAY A.M. LAP SWIM\***

6 lanes available for lap swim. Lap lanes are marked: Fast, Medium and Slow. Swimmers must swim laps and follow swim etiquette rules as posted.

### Public Swim & 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. Wading Pool is available 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 children. Wading pool is limited to the first 40 people and Peter Kirk Pool facility is limited to first 270 people. *\*Depending on programming, pool configurations may change and diving board may not be available for use.*

### 2-Lane Lap Swim

Lap swim is available in 2 lanes of the main pool. Lap swimmers must follow lap swim etiquette.

Swim Lessons, pages 46-52

Swim Team info, page 45

Private Pool Rentals, page 44

### Family Fun Night Public Swim

Come join us for Friday Night Family Fun Nights at the Peter Kirk Pool! Enjoy pool games, arts and crafts and music during themed public swim. Wading pool is limited to the first 40 people and Peter Kirk Pool facility is limited to the first 270 people. Please check the schedule for event times and themes. Regular pool admission fees and rules apply.

### Private Pool Rentals

Reserve the Peter Kirk Pool for your own private swim party. Enjoy the summer month parties outside at the pool!! Fees are based on hours of use and include lifeguards, pool toys, and party deck space. \*Outside food and drink welcome ex. Cake, pizza, etc.\* See ad on page 44 for more information. Private rentals are available Saturday and Sunday.

To rent the pool please register online at [www.kirklandparks.net](http://www.kirklandparks.net) or call 425-587-3336.

### ★ SWIM TEST ★

Kirkland Lifeguards ask swimmers under 13 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.



## Friday Night Family Fun Nights

Purchase admission in advance!  
Online at [www.kirklandparks.net](http://www.kirklandparks.net).

Celebrate Friday Night Family Fun Nights at the Peter Kirk Pool! Enjoy pool games, arts and crafts and music during themed public swim. Pay at the door—regular pool admission fees and rules apply.

Space is limited to 270 people!

June 28 5:30-8:30pm	School's Out for Summer
July 5 5:30-8:30pm	Stars and Stripes
July 19 5:30-8:30pm	Luau
Aug 9 5:30-8:30pm	Fiesta at the Pool

## RENT THE POOL!

To reserve go to  
[www.kirklandparks.net](http://www.kirklandparks.net)  
or call 425.587.3336

**NOW AVAILABLE TO RENT ONLINE!**

Reserve the Peter Kirk Pool for your own private swim party. Fees are based on hours of use and include set up and taken down. Lifeguards, pool toys, and party deck space included. **Rentals must be reserved at least 72 hours in advance, based on availability:** Saturday 10am-12pm and 5:30-8:30pm and Sunday 10am-12pm and 5:30-8:30pm. All pool rules are in effect.

**SATURDAY 10am-12pm and 5:30-8:30pm**

**SUNDAY 10am-12pm and 5:30-8:30pm**

RENTAL FEES	1 hour	2 hours 20% disc	3 hours 30% disc
Both Pools — 20% OFF	\$225	\$360	\$474
Main Pool Only	\$185	\$296	\$390
Wading Pool Only	\$96	\$154	\$204

*\*Outside food and drink welcome (ex. cake, pizza, etc.)  
Fees are based on hours of use and include set up and take down.*

## Lifeguarded Swimming Beaches

..... Lifeguards will be on duty at Houghton, Waverly, & Juanita Beach: .....

July 1-September 2 • Monday-Sunday, 12-6pm

Lifeguards will be off duty on inclement weather days or when air temperature is under 65 degrees. Check the guard on and off duty signs on inclement weather days.

**OPEN WATER SWIM TEST**, administered by Lifeguards to children 12 and under at Houghton, Waverly, and Juanita Beach, 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.

\*Free loaner lifejackets are available for use, please see lifeguard\*

### Day Camps or Large Groups

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



### Houghton Beach Swimming Area

5811 Lake Washington Blvd, Kirkland

Houghton Beach Swimming Area has a long pier and a large dock with good shallow areas for children.

### Waverly Beach Swimming Area

633 Waverly Way, Kirkland

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

### Juanita Beach Swimming Area

9703 NE Juanita Dr, Kirkland

Juanita Beach Swimming Area provides an area completely enclosed by a "U" shaped pier with a sandy beach and shallow area.

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



# KIRKLAND ORCA SWIM TEAM

Swim Team League Website: [www.kirklandwa.gov/kirklandorcas](http://www.kirklandwa.gov/kirklandorcas)

**Enrollment ends for returning ORCAS Thursday, May 30th at 4pm.**

**Tryouts for new participants, regardless of age, is June 8 at 10am at the Peter Kirk Pool.**

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, 2019.)*

Participating teams include the Cities of Kirkland, Edmonds, Shoreline, Mountlake Terrace, Everett/Snohomish, and South Snohomish County Dolphins.

**NEW PARTICIPANTS**, regardless of age, will need to attend the team tryouts on June 8 at the Peter Kirk Pool at 10am.

**No pre-registration, but please go online to [www.kirklandparks.net](http://www.kirklandparks.net) and create an account.**

In order to assess minimum skills required. Children ages 6-8 (age as of July 1, 2019) 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.

Once passing minimum skill requirements, names will be placed into a lottery, divided up by age group and gender. Names will be drawn, starting with the youngest age group, filling the available spaces on the team.

**Registration for new participants will take place June 8 at Peter Kirk Pool after tryouts. Res. \$242/ Non-Res. \$298**

**Participants will be asked to register into specific practice time slots for the 2019 season.**



## Enroll by age group and gender into one time slot

Age as of July 1, 2019

**June 24–August 10, Mon–Thur**  
Resident \$242 / Non–Resident \$298

AGES 15–18	BOYS	7am–7:50am	6262
	GIRLS	7am–7:50am	6263
AGES 13–14	BOYS	7am–7:50am	6264
	GIRLS	7am–7:50am	6265
AGES 11–12	BOYS	7:50am–8:35am	6266
	BOYS	4pm–4:45pm	6267
	GIRLS	7:50am–8:35am	6268
	GIRLS	4pm–4:45pm	6269
AGES 9–10	BOYS	7:50am–8:35am	6270
	BOYS	4pm–4:45pm	6271
	GIRLS	7:50am–8:35am	6272
	GIRLS	4pm–4:45pm	6273
AGES 7–8	BOYS	8:35am–9:15am	6274
	BOYS	4pm–4:45pm	6275
	GIRLS	8:35am–9:15am	6276
	GIRLS	4pm–4:45pm	6277
AGE 6	BOYS	8:35am–9:15am	6278
	BOYS	4pm–4:45pm	6279
	GIRLS	8:35am–9:15am	6280
	GIRLS	4pm–4:45pm	6281

## 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. **No class on July 4.**

### Age 10-18

6282 Mon-Thur June 3-13 6:10pm-6:40pm  
\$82 R / \$98 NR Location: Peter Kirk Pool

### Age 6-7

6256 Mon-Thur June 3-13 3:50pm-4:20pm  
6257 Mon-Thur June 3-13 4:25pm-4:55pm  
\$82 R / \$98 NR Location: Peter Kirk Pool

### Age 8-9

6258 Mon-Thur June 3-13 5:00pm-5:30pm  
6259 Mon-Thur June 3-13 5:35pm-6:05pm  
\$82 R / \$98 NR Location: Peter Kirk Pool

## Swim Stroke Lessons

Become a faster more efficient swimmer! Swimmers work on stroke mechanics; this course is a great opportunity for swimmers to get individual stroke and technique attention, in a small group setting. Participants should be able to comfortably swim 50 yards of freestyle and backstroke without assistance.

### Age 6-10

7957 Mon-Thur Jun 17-Jun 20 4:00pm-4:45pm  
\$70 R / \$83 NR Location: Peter Kirk Pool  
7949 Fri Jul 12 10:45am-11:30am  
7951 Fri Jul 19 10:45am-11:30am  
7953 Fri Jul 26 10:45am-11:30am  
7955 Fri Aug 2 10:45am-11:30am  
\$22 R / \$26 NR Location: Peter Kirk Pool

### Age 11-18

7958 Mon-Thur Jun 17-Jun 20 4:00pm-4:45pm  
\$70 R / \$83 NR Location: Peter Kirk Pool  
7950 Fri Jul 12 11:30am-12:15pm  
7952 Fri Jul 19 10:45am-11:30am  
7954 Fri Jul 26 11:30am-12:15pm  
7956 Fri Aug 2 11:30am-12:15pm  
\$22 R / \$26 NR Location: Peter Kirk Pool



## Swim Lessons

### To Choose the Correct Swim Classes:

1. Review the skill focus for each level.
2. Choose the session, dates and time for the appropriate skill level.
3. Use the four digit course number listed to register for your class.

To register visit [www.kirklandparks.net](http://www.kirklandparks.net) or call 425.587.3336

**Registration Suggestion:** Most swimmers participate in the same level two or three times before advancing to the next level.

- **MAKE-UP LESSONS:** No makeup lessons available.
- **REGISTRATION/TRANSFER DEADLINE:** Thursday at 4pm prior to the next session of swim.

### 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.

**Infant / Toddler, Child, Youth and Adult**  
Swim Lessons available all summer, June 3–Aug 22

**TO REGISTER** go to  
[www.kirklandparks.net](http://www.kirklandparks.net)  
or call 425.587.3336



### 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. Parents and/or caregiver participates in the lesson, in the pool, in swim attire.

See pages 49–52 for Aqua Tot lesson schedules.

#### **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.

## Preschool Swim Lessons

**Ages 3 to 5 years** See pages 49–52 for lesson schedules

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

Preschool Levels One and Two 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. In Preschool Level Three students are gradually introduced to more complex skills and deeper water, progressing to lessons in the

shallow end of the main pool. Preschool Level Four continues to develop swimming and safety skills.

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).

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

## Youth Swim Lessons

**Ages 6 to 14 years** See pages 49–52 for lesson schedules

The City of Kirkland is proud to offer the **Peter Kirk Pool Learn to Swim Lesson 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.

Youth Levels	Student Learning Objectives	
<b>Introduction to Water Skills</b> Level 1	Skills taught in Level 1	
	<ul style="list-style-type: none"> <li>• Enter and exit independently from chest deep water using ladder, steps or poolside</li> <li>• Use arm and leg motions to float for 5 seconds on front and back with support</li> <li>• Move around, change position, and direction in chest deep water</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate beginning levels of breath control submerging face for 3 seconds and opening eyes under water</li> <li>• Demonstrate basic water safety rules, use of life jacket, and summoning help</li> </ul>
<b>Fundamental Aquatic Skills</b> Level 2	Skills taught in Level 2	
	<ul style="list-style-type: none"> <li>• Submerge entire head for 5 seconds in chest deep water and rhythmically breathe in between 5 times</li> <li>• Float and glide on front and back unsupported for 5 seconds and change position</li> </ul>	<ul style="list-style-type: none"> <li>• Explore alternating and simultaneous leg kicking and arm pulling motions</li> <li>• Perform rudimentary front and back strokes– 5 yards</li> <li>• Explore basic reaching rescues and water safety skills</li> </ul>
<b>Stroke Development</b> Level 3	Skills taught in Level 3	
	<ul style="list-style-type: none"> <li>• Perform basic water safety skills such as H.E.L.P and Huddle positions, and safe water entry rules</li> <li>• Explore rudimentary beginner, elementary backstroke, front crawl and back stroke–10 yards</li> </ul>	<ul style="list-style-type: none"> <li>• Explore rudimentary breaststroke</li> <li>• Demonstrate feet first and rudimentary diving entries into deep water</li> <li>• Explore treading water 15 sec and reverse direction of travel</li> </ul>
<b>Stroke Improvement</b> Level 4	Skills taught in Level 4	
	<ul style="list-style-type: none"> <li>• Identify safe diving rules</li> <li>• Perform rescue breathing and obstructed airway procedures</li> <li>• Perform intermediate level front crawl, back crawl, elementary backstroke and breaststroke–25 yards</li> </ul>	<ul style="list-style-type: none"> <li>• Perform rudimentary sidestroke and butterfly – 10 yards</li> <li>• Perform survival float and tread water in deep water–2 min</li> </ul>
<b>Stroke Refinement</b> Level 5	Skills taught in Level 5	
	<ul style="list-style-type: none"> <li>• Describe diving board safety rules</li> <li>• Identify symptoms of Spinal Injury and show inline stabilization techniques</li> <li>• Refine efficient and effective front crawl, back crawl, elementary backstroke, breaststroke–50 yards</li> </ul>	<ul style="list-style-type: none"> <li>• Refine efficient and effective sidestroke and butterfly–25 yards</li> <li>• Refine survival swimming 2 min, treading water 3 min, and underwater swimming–5 to 10 yards</li> </ul>
<b>Swimming and Skill Proficiency</b> Level 6	Skills taught in Level 6	
	<ul style="list-style-type: none"> <li>• Demonstrate proficiency in front crawl and back crawl–100 yards with turns</li> <li>• Demonstrate proficiency in breaststroke, sidestroke and butterfly–50 yards</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate proficiency in Personal Safety and Rescue Skills, Pike and Tuck surface dives, throwing rescue, and approach stroke–25 yards</li> <li>• Describe diving board safety rules</li> </ul>



## Adult Swim Lessons

Ages 13 and up See page 52 for dates.

**TO REGISTER** go to  
[www.kirklandparks.net](http://www.kirklandparks.net)  
 or call 425.587.3336

<b>Fundamental Aquatic Skills</b> Adult Level 1  Taught in shallow water	Skills taught in Adult Level 1	
	<ul style="list-style-type: none"> <li>• Float and glide on front and back unsupported for 5 seconds and change position</li> <li>• Explore alternating and simultaneous leg kicking and arm pulling motions</li> </ul>	<ul style="list-style-type: none"> <li>• Perform rudimentary front and back strokes</li> <li>• Explore treading water</li> <li>• Explore basic water safety skills</li> </ul>
<b>Stroke Improvement &amp; Refinement</b> Adult Level 2  Taught in deeper water	Skills taught in Adult Level 2	
	<ul style="list-style-type: none"> <li>• Perform intermediate level front crawl, back crawl, elementary backstroke and breaststroke</li> <li>• Refine efficient and effective strokes</li> </ul>	<ul style="list-style-type: none"> <li>• Increase swimming speed and distance ability</li> <li>• Develop fitness, swimming and other aquatic goals with the instructor's assistance</li> </ul>

SESSION <b>1</b>	June 3–13 Swim Lessons: Two-Weeks Eight, 30-minute lessons Monday–Thursday RESIDENT \$80 / NON-RESIDENT \$96					
	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
AQUA TOTS 1				7260		
AQUA TOTS 2		7261				
PRESCHOOL 1	7748	7749	7750	7751	7752	7753
PRESCHOOL 2	7280	7281		7282	7283	7284
PRESCHOOL 3	7285	7286	7287	7288		
PRESCHOOL 4			7289			
PRESCHOOL 5						7290
YOUTH 1			7270		7271	7272
YOUTH 2	7273	7274	7275		7276	
YOUTH 3	7262		7263		7264	7265
YOUTH 4	7269	7266		7267		7268
YOUTH 5					7277	7278
YOUTH 6				7279		

SESSION <b>2</b>	June 17–27 Swim Lessons: Two-Weeks Eight, 30-minute lessons • Monday–Thursday RESIDENT \$80 / NON-RESIDENT \$96											
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
AQUA TOTS 1					7299							
AQUA TOTS 2						7300			7322		7321	
PRESCHOOL 1	7301	7302	7303	7304	7305	7306	7315	7316	7317	7318	7319	7320
PRESCHOOL 2	7335	7336	7337	7338	7339	7340	7350	7351	7352	7355	7353	7354
PRESCHOOL 3		7341	7342	7343	7344	7345			7363	7356	7364	7357
PRESCHOOL 4	7346				7347	7349			7358	7359	7360	
PRESCHOOL 5				7348					7361			7362
YOUTH 1									7323	7324	7325	7326
YOUTH 2									7327	7328	7329	7330
YOUTH 3									7331	7332	7333	7334
YOUTH 4										7307	7308	7309
YOUTH 5									7310	7311		7312
YOUTH 6											7313	7314

# Peter Kirk Pool

SESSION <b>2</b> (A.M.)	<b>June 24–27 Swim Lessons: One Week</b> Four, 30-minute lessons • Monday–Thursday RESIDENT \$40 / NON-RESIDENT \$48											
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
YOUTH 1	7365	7366	7367	7368	7369							
YOUTH 2	7374	7375	7376	7377	7378	7379						
YOUTH 3		7380	7382	7383	7384	7385						
YOUTH 4		7381		7386		7387						
YOUTH 5			7370		7372							
YOUTH 6			7371			7373						

SESSION <b>3</b>	<b>July 1–11 Swim Lessons: Two-Weeks</b> Seven, 30-minute lessons • Monday–Thursday RESIDENT \$70 / NON-RESIDENT \$84 *no class July 4th or 5th											
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
AQUA TOTS 1						7396						
AQUA TOTS 2											7397	
PRESCHOOL 1	7398	7402	7399	7400	7401	7403	7412	7413	7414	7415	7416	7417
PRESCHOOL 2	7455	7456	7457	7458	7459	7460	7473	7474	7475	7476	7477	7478
PRESCHOOL 3	7461	7462	7463	7464	7465	7466			7479	7480	7481	7482
PRESCHOOL 4		7467	7469	7470	7471	7472			7483	7484	7485	7486
PRESCHOOL 5			7468						7487			
YOUTH 1	7754	7755	7756	7757	7758	7759			7404	7405	7406	7407
YOUTH 2	7428	7429	7430	7431	7432	7433			7408	7409	7410	7411
YOUTH 3		7418	7419	7420	7421	7422			7441	7442	7443	7444
YOUTH 4		7423	7427	7424	7425	7426			7445	7446	7447	7448
YOUTH 5			7434	7435	7436	7440			7449	7450	7451	7452
YOUTH 6				7437	7438	7439				7453		7454

**TO REGISTER** go to [www.kirklandparks.net](http://www.kirklandparks.net) or call 425.587.3336

SESSION <b>4</b>	<b>July 15–July 25 Swim Lessons: Two-Weeks</b> Eight, 30-minute lessons • Monday–Thursday RESIDENT \$80 / NON-RESIDENT \$96											
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
AQUA TOTS 1						7510						
AQUA TOTS 2											7511	
PRESCHOOL 1	7504	7505	7506	7509	7507	7508	7512	7513	7514	7515	7517	7516
PRESCHOOL 2	7553	7554	7555	7556	7557	7558	7572	7573	7574	7575	7576	7577
PRESCHOOL 3	7566	7567	7568	7569	7570	7571			7578	7579	7580	7581
PRESCHOOL 4		7559	7560	7561	7562	7563			7582	7583	7584	7585
PRESCHOOL 5			7564		7565				7586		7587	
YOUTH 1	7496	7497	7498	7499	7500	7501			7518	7519	7520	7521
YOUTH 2	7780	7781	7782	7783	7526	7527			7525	7522	7523	7524
YOUTH 3		7528	7529	7530	7531	7532			7541	7542	7543	7544
YOUTH 4		7533	7534	7535	7536	7537			7545	7546	7547	7548
YOUTH 5			7502	7503	7538				7549			7550
YOUTH 6					7539	7540				7551		7552

SESSION <b>5</b>	<b>July 29–August 8 Swim Lessons: Two-Weeks</b> Eight, 30-minute lessons • Monday–Thursday RESIDENT \$80 / NON-RESIDENT \$96											
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm	6:45pm
AQUA TOTS 1						7603				7604		
AQUA TOTS 2				7605					7606		7607	
PRESCHOOL 1	7588	7589	7590	7591	7592	7593	7608	7609	7610	7611	7612	7613
PRESCHOOL 2	7644	7645	7646	7647	7648	7649	7659	7664	7660	7661	7662	7663
PRESCHOOL 3	7650	7651	7652	7653	7654	7655			7665		7666	7667
PRESCHOOL 4		7656	7657		7658				7668	7669	7670	7671
PRESCHOOL 5			7674		7675					7672	7673	
YOUTH 1	7594	7596	7597		7598				7614		7615	7617
YOUTH 2	7595	7599		7600	7601	7602				7616		7618
YOUTH 3		7622	7624	7625	7626	7627			7619	7620		7621
YOUTH 4		7623	7628	7629	7630	7631			7637	7638	7639	
YOUTH 5			7632	7633		7634			7640	7641	7642	
YOUTH 6					7636	7635						7643



**TO REGISTER** go to [www.kirklandparks.net](http://www.kirklandparks.net) or call 425.587.3336

SESSION <b>6</b>	<b>August 12–22 Swim Lessons: Two-Weeks</b> Eight, 30-minute lessons • Monday–Thursday RESIDENT \$80 / NON-RESIDENT \$96										
	8:50am	9:25am	10:00am	10:35am	11:10am	11:45am	3:50pm	4:25pm	5:00pm	5:35pm	6:10pm
AQUA TOTS 1			7692							7693	
AQUA TOTS 2				7694					7695		
PRESCHOOL 1	7683	7684			7685	7686	7696	7697		7698	7699
PRESCHOOL 2	7687	7688	7689	7690	7691		7700	7701	7702		7703
PRESCHOOL 3	7738	7739	7740	7741		7742	7731	7732		7733	
PRESCHOOL 4		7743	7744	7745				7734		7735	
PRESCHOOL 5		7746		7747				7736			7737
YOUTH 1	7676		7677		7678				7704		7705
YOUTH 2	7679	7680	7681			7682	7706		7710		
YOUTH 3	7717	7718	7719		7720	7721	7707			7708	7709
YOUTH 4	7722	7723			7724	7725		7711			7712
YOUTH 5	7726				7727	7728	7713		7714		
YOUTH 6	7729					7730			7715	7716	

## Aqua Tots

Twice-a-Week Lessons for Two Weeks

### June 17, 19, 24, 26

Mon & Wed, Four 30-Min. Lessons  
RESIDENT \$48 / NON-RESIDENT \$60

SESSION 2	10:00	10:35	5:00	5:35
Aqua Tots 1	7291			7295
Aqua Tots 2		7292	7296	

### July 1, 3, 8, 10

Mon & Wed, Four 30-Min. Lessons  
RESIDENT \$48 / NON-RESIDENT \$60

SESSION 3	9:25	10:00	5:00	5:35
Aqua Tots 1		7390		7391
Aqua Tots 2	7388		7389	

### July 15, 17, 22, 24

Mon & Wed, Four 30-Min. Lessons  
RESIDENT \$48 / NON-RESIDENT \$60

SESSION 4	9:25	10:00	5:00	5:35
Aqua Tots 1		7489		7493
Aqua Tots 2	7488		7492	

### June 18, 20, 25, 27

Tues & Thur, Four 30-Min. Lessons  
RESIDENT \$48 / NON-RESIDENT \$60

SESSION 2	10:00	10:35	5:00	5:35
Aqua Tots 1	7293			7298
Aqua Tots 2		7294	7297	

### July 2, 9, 11

Tues & Thur, Three 30-Min. Lessons  
RESIDENT \$36 / NON-RESIDENT \$45

SESSION 3	9:25	10:00	5:00	5:35
Aqua Tots 1		7394		7395
Aqua Tots 2	7392		7393	

### July 16, 18, 23, 25

Tues & Thur, Four 30-Min. Lessons  
RESIDENT \$48 / NON-RESIDENT \$60

SESSION 4	9:25	10:00	5:00	5:35
Aqua Tots 1		7491		7494
Aqua Tots 2	7490		7495	

## Adult Lessons

Twice-a-Week Lessons for Two Weeks

### July 1, 2, 8, 10

Mon & Wed, Four 30-Min. Lessons  
RESIDENT \$48 / NON-RESIDENT \$60

SESSION 1	7:30pm
Adult 1 (Max 6)	7784
Adult 2 (Max 6)	7785

### July 15, 17, 22, 24

Mon & Wed, Four 30-Min. Lessons  
RESIDENT \$48 / NON-RESIDENT \$60

SESSION 4	7:30pm
Adult 1 (Max 6)	7786
Adult 2 (Max 6)	7788

### July 29, 31, Aug 5, 7

Mon & Wed, Four 30-Min. Lessons  
RESIDENT \$48 / NON-RESIDENT \$60

SESSION 5	7:30pm
Adult 1 (Max 6)	7787
Adult 2 (Max 6)	7789

## Aquatic Special Events

### Lifeguard Training

With Oxygen & Automatic Defibrillation

**Age 15-Adult** 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

6298 Tue-Thur May 21-May 30 3:30pm-8:00pm  
\$200 R / \$240 NR Location: Peter Kirk Pool

## Water Exercise: Deep Water

Work-at-Your-Own-Pace.  
Beginners to Advanced Welcome!

**Age 16 & up** Get a leaner, stronger body and have fun!! Our instructors will inspire you to move! Benefits of Deep Water Exercise: 1) Burn Calories 2) Build Strong Muscles and 3) 60-Min of Abdominal Work. Work-at-Your-Own-Pace. Beginners to Advanced Welcome!

### Aquarobics Weekdays

6293 Mon, Wed Jun 3-Jul 1 7:30pm-8:30pm  
\$108 R / \$130 NR Location: Peter Kirk Pool

6294 Mon, Wed Jul 8-Aug 7 7:30pm-8:30pm  
\$120 R / \$144 NR Location: Peter Kirk Pool

6295 Mon, Wed Aug 12-Aug 28 6:45pm-7:45pm  
\$72 R / \$87 NR Location: Peter Kirk Pool

### Water Exercise Saturday AM

6296 Sat Jun 8-Jul 13 8:30am-9:30am

6297 Sat Jul 20-Aug 24 8:30am-9:30am  
\$72 R / \$87 NR Location: Peter Kirk Pool

### Swim Instructor Training

**Age 16 & up** Learn new skills to be an awesome swim instructor!

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 will be taught as a blended learning course and will require additional learning and study outside of the classroom time. The instructor will contact you prior to the course with information and links to the blended learning. An additional \$35.00 will be charged for the online learning by the American Red Cross.

6113 Tue, Thur, Fri May 21-31 4:00pm-8:00pm  
\$200 R / \$240 NR Location: Peter Kirk Pool

### Adult and Child First Aid/CPR/AED

**Age 14-Adult** The Adult and Child First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies and how to respond to breathing and cardiac emergencies to help victims of any age - adults (about 12 years and older) and pediatric (infants and children up to 12 years of age). Students who successfully complete this course will receive a certificate for Adult and Pediatric First Aid/CPR/AED valid for two years. \*Text Books and Pocket Masks included in course fee. Registration will close 1 week prior to start of course

6115 Sat May 11 9:00am-3:00pm  
\$90 R / \$108 NR Location: PKCC

### Private Swim Lessons

Certified instructors work one-on-one with you or your child towards specific swimming goals geared toward individual ability and age.

Visit [www.kirklandparks.net](http://www.kirklandparks.net) for availability.

Resident \$36 per ½ hour

Non-Resident \$43.25 per ½ hour

### Aqualeader Volunteer Training

**Age 12-15** Develop lifeguarding, swim instructing and other occupational related skills. Aqua Leaders receive training and instruction in facility rules, policies and procedures, water safety and swim lesson instruction. Completion of the program is a prerequisite to volunteer as a Junior Lifeguard and/or Swim Instructor Aide for the Kirkland Aquatic Service Program, in July and August.

6112 Mon-Thur Jun 24-Jul 3 9:00am-12:00pm  
\$65 R / \$78 NR Location: Peter Kirk Pool

### Lifeguard Olympics

**All Ages** Learn what it takes to be a lifeguard! City of Kirkland lifeguards will be competing in Lifeguard Olympics, demonstrating lifeguard skills and rescues during this training event. The public is invited to this free event to see beach lifeguards in action.

Fri July 19 9-10:30am  
FREE Location: Houghton Beach Park