

## PETER KIRK POOL PUBLIC SWIM SCHEDULE 340 KIRKLAND AVE, KIRKLAND WA 98033

### JUNE 1–JUNE 21

MON-THURS	FRIDAY	SATURDAY	SUNDAY
<b>LAP SWIM</b> 5:00AM-7:00AM 7:30PM-8:30PM	<b>LAP SWIM</b> 5:00AM-7:00AM	<b>LAP SWIM</b> 8:30AM-9:30AM  <b>PUBLIC SWIM</b> 12:30PM-2:00PM 2:10PM-3:40PM 3:50PM-5:20PM	<b>PUBLIC SWIM</b> 12:30PM-2:00PM 2:10PM-3:40PM 3:50PM-5:20PM

Based on LWSD school release

### JUNE 21–SEPTEMBER 7

MON-THURS	FRIDAY	SATURDAY	SUNDAY
<b>LAP SWIM</b> 5:00AM-7:30AM 7:30PM-8:30PM  <b>PUBLIC SWIM</b> 12:30PM-2:00PM 2:10PM-3:40PM	<b>LAP SWIM</b> 5:00AM-7:30AM  <b>PUBLIC SWIM</b> 12:30PM-2:00PM 2:10PM-3:40PM 3:50PM-5:20PM	<b>LAP SWIM</b> 8:00AM-10:00AM  <b>PUBLIC SWIM</b> 12:30PM-2:00PM 2:10PM-3:40PM 3:50PM-5:20PM	<b>PUBLIC SWIM</b> 12:30PM-2:00PM 2:10PM-3:40PM 3:50PM-5:20PM

Pool closed 8/31–9/4 when LWSD is back in session. Friday 7/10 and Friday 8/7, the pool will close at 3:40pm for scheduled swim meets.

### CLOSED JULY 4, INDEPENDENCE DAY

### LABOR DAY WEEKEND, SEPTEMBER 5, 6 & 7:

#### Public Swim:

12:30PM-2:00PM  
2:10PM-3:40PM  
3:50PM-5:20PM



### POOL FEES

Cash, Check, or Credit Cards accepted.

**Public/Lap Swim . . . . . \$6**

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

**Individual Season Pass . . . . . \$132**

*Unlimited pool admission for one person*

**Family 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.*

### FACILITY UPDATES CLOSURE NOTICES HOTLINE

## 425-587-3335

Unscheduled facility closures can occur with limited notice

All pool rules and guidelines are posted in the facility and can be found at [www.kirklandwa.gov/aquatics](http://www.kirklandwa.gov/aquatics)

### RENT THE POOL!

Reserve the Peter Kirk Pool for your own private swim party. Fees are based on hours of use and include set up and take down. Lifeguards, pool toys, and party deck space included. Rentals must be reserved at least 14 days in advance.

- Friday/Saturday/Sunday Evenings 5:30-8:30pm
- Sunday Mornings 10:30am-12:00pm. All pool rules in effect
- Outside food and drink welcome (no vendors allowed)
- Glass is not permitted in the pool facility

RENTAL FEES	1.5 HOURS	3 HOURS
<b>BOTH POOLS</b>	<b>\$275</b>	<b>\$550</b>
<b>MAIN POOL</b>	<b>\$225</b>	<b>\$450</b>
<b>WADING POOL</b>	<b>\$125</b>	<b>\$250</b>

To reserve a pool party please register online at [Kirklandparks.net](http://Kirklandparks.net) or call 425-587-3333.

### 2020 SWIM TEST

All youth under the age of 13 must pass a swim test prior to entering deep water.

- Swim tests consists of swimmer jumping into the deep end of pool, fully submerge the head and swim 25 yards in a front crawl stroke without struggling or using the wall for assistance.
- All swimmers who have passed the test in 2019 were recorded and do not need to re-test unless the lifeguard on duty deems it necessary.
- Swim tests are at the discretion of lifeguards on duty.

All deep-water bands can be received at the lifeguard office.

## KIRKLAND ORCA SWIM TEAM [WWW.KIRKLANDWA.GOV/KIRKLANDORCAS](http://WWW.KIRKLANDWA.GOV/KIRKLANDORCAS)

The City of Kirkland offers a recreational swim team that participates in the Craze Summer Swim League. This league focuses on developing fundamental skills and instilling the value of a recreational activity that lasts a lifetime.

### HOW MUCH DOES REGISTRATION COST FOR THE SEASON?

Resident \$242 | Non-Resident \$298

### MY CHILD IS RETURNING TO THE ORCAS THIS YEAR, WHEN CAN I REGISTER MY CHILD?

Registration opens March 19th and closes on May 28th. You can register your child online at [www.kirklandparks.net](http://www.kirklandparks.net) or by calling Loni Rotter at 425-587-3333

### HOW CAN A NEW PARTICIPANT JOIN THE TEAM?

We host new participant tryouts on June 13th, 10am at the Peter Kirk Pool. Once passing the tryouts, 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.

### TRYOUTS CONSIST OF THE FOLLOWING PREREQUISITES BASED ON THEIR AGE AS OF JULY 1ST, 2020:

Participants ages 6-8 must be able to swim 25 yards of freestyle and 25 yards of backstroke.

Participants ages 9-14 must be able to swim 50 yards of freestyle, 50 yards of backstroke, and 25 yards of breaststroke.



### IS THERE A MEETING TO GET INFORMATION ABOUT THE TEAM ONCE MY SON/DAUGHTER IS ON THE TEAM?

We will have an informational meeting on June 18th, 6-7pm at the Peter Kirk Pool. This will go over all aspects of being on our swim team, along with important dates, practice schedules, meet schedules, etc....

### DO WE AS A PARENT HAVE TO VOLUNTEER FOR THIS TEAM?

YES! There will be approximately 6-8 hours of volunteer work for parents throughout the season. Parent volunteers are crucial to the success of home swim meets, assisting with timing, ribbons, and staging swimmers. Sign up information will be shared as the season goes on via email with all registered parents and participants.

### WHEN ARE PRACTICES AND MEETS?

Practices occur Monday–Thursday mornings beginning June 22nd and ending August 13th. Practices consist of both dry land conditioning and in water swimming development.

Meets are on Fridays, Saturdays, or Sundays throughout the season, with the Craze invitational ending our season on August 15th.

Our two home meets are on July 10th & August 7th at 4pm.

### PRACTICE TIMESLOTS & COURSE CODES

<b>AGES 12-14</b>	BOYS	6:50AM-7:45AM	10389
	GIRLS	6:50AM-7:45AM	10390
<b>AGES 9-11</b>	BOYS	7:30AM-8:25AM	10391
	GIRLS	7:30AM-8:25AM	10392
<b>AGES 7-8</b>	BOYS	8:10AM-9:00AM	10393
	GIRLS	8:10AM-9:00AM	10394
<b>AGE 6</b>	BOYS	8:10AM-9:00AM	10395
	GIRLS	8:10AM-9:00AM	10396

## KIRKLAND TRAINING CLUB

If you are looking for better swimming technique, summer conditioning, or overall competitive and recreational swimming exposure, we would love to see you in the pool with us this summer!

The City of Kirkland is organizing a training club to help both new and experienced swimmers continue training with one of our knowledgeable coaches. This program is designed for those who are 15 years of age and older. We offer coaching during regular lap swimming times, lanes are not reserved for this program, however a coach is available for those who wish to take advantage of this program. To enroll, purchase a season pass for \$132.00 to take advantage of all swimming sessions and pre-programmed workouts. This is a great opportunity for individuals looking for assistance with programming, training for Masters or High School swim programs or just getting back in shape swimming outdoors!

### What does our Training Club offer?

- On the deck coaching Monday–Thursday 6:00am–7:00am (June 22nd–August 13th)
- Collegiate-level weekly workouts
- Help on stroke refinement
- Endurance and conditioning training
- Easy way to learn more about lap swimming
- An all-summer season pass at just \$132.00

**JOIN OUR TRAINING CLUB BY BUYING A 2020 SEASON PASS**

## SWIM LESSONS PARENT/CHILD, PRESCHOOL, YOUTH AND TEEN/ADULT SWIMMING LESSONS

### DO YOU NEED HELP CHOOSING THE RIGHT CLASS?

- Review the skill focus for each level
- Choose the session, dates and time for the appropriate skill level.
- Use the four/five-digit course number listed to register for your class.
- **To register go to [www.kirklandparks.net](http://www.kirklandparks.net) or call 425-587-3336**

### REGISTRATION/TRANSFER DEADLINES

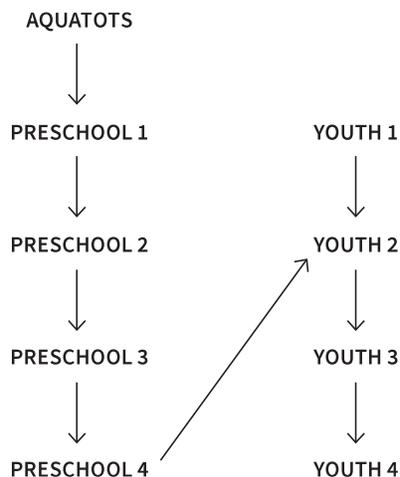
We close registration the Thursday prior to the beginning of the session at 4:00pm.

### THESE CLASSES LOOK DIFFERENT. WHICH CLASS IS THE RIGHT CLASS?

We have refreshed our swim lesson program in order to accommodate more students, and to help those students gain and retain their skills. Please use the following charts to find the right class:

2019 CLASS EQUIVALENT	2020 CLASS OFFERINGS
AQUATOTS 1/2	AQUATOTS
PRESCHOOL 1	PRESCHOOL 1
PRESCHOOL 2	PRESCHOOL 2
PRESCHOOL 3	PRESCHOOL 3
PRESCHOOL 4/5	PRESCHOOL 4
YOUTH 1/2	YOUTH 1
YOUTH 3	YOUTH 2
YOUTH 4	YOUTH 3
YOUTH 5/6	YOUTH 4

### 2020 CLASS PROGRESSION



### WHEN SHOULD MY CHILD MOVE UP IN CLASS?

Most students participate in the same level two or three times before advancing to the next level.

We pass out report cards at the end of the session; report cards have the passing skills needed in order to move up to the next class. These skills are also seen on page 43.

If your child needs to be transferred to a different class, please speak with our lesson coordinator.

### WHAT HAPPENS IF IT RAINS, DO WE STILL HAVE CLASS?

Yes, we host class rain or shine. The only time class would be cancelled is in the event of a thunderstorm or an unscheduled facility closure.

### IF WE MISS A CLASS, CAN WE MAKE IT UP A DIFFERENT DAY?

No makeup classes available.

### FACILITY CLOSURES CAN HAPPEN:

Unscheduled facility closures can occur with limited notice. If you are concerned about facility closures, please contact the pool hotline at 425.587.3335.



## AQUATOTS

AGES 6–36 MONTHS  
MAIN POOL | CLASS SIZE: 10

Our parent-child class encourages comfortability and safety in and around water through guided instruction. This class' goal is to acclimate your child in the water by introducing water sprinkled on the head and face, bubble blowing, in water assisted arm and leg motioning, along with aqua inspired songs to bring fun and excitement to pool time with their parents.

## PRESCHOOL LEVELS 1, 2, 3, 4

AGES 3–5 YEARS  
WADING POOL, MAIN POOL | CLASS SIZE: 5

Our preschool classes are taught without the assistance of parents as we introduce independent swimming skills. Preschool one and two are taught in our shallow water wading pool, this provides a comfortable and friendly learning environment for the beginner swimmers. Our preschool three and four classes are moved over into the shallow end of the main pool, which offers more exploration of skills for these upper level preschool swimmers.

### PRESCHOOL 1 SKILLS—WADING POOL

- Blowing bubbles
- 3 Bubble bobs
- Front/back float with support
- Front/back streamlining with support

### PRESCHOOL 2 SKILLS—WADING POOL

- 8 Bubble bobs
- Retrieve underwater objects
- Front/back float 6 seconds
- Front/back streamlining & kick without support

### PRESCHOOL 3 SKILLS—SHALLOW END OF MAIN POOL

- Retrieve underwater objects
- Rhythmic breathing with kicks and support
- Front crawl & Elementary backstroke 5 yards
- Front/back float 10 seconds

### PRESCHOOL 4 SKILLS—SHALLOW END OF MAIN POOL

- 15 Bubble bobs
- Pop-up breathing while doing:
- Front crawl 15 yards
- Elementary backstroke 15 yards
- Kickboard - breaststroke kick 10 yards
- Kickboard - dolphin kick 10 yards
- Dive/jump into water and recover
- Swim underwater 5 yards

## YOUTH LEVELS 1, 2, 3, 4

AGES 5–14 YEARS  
MAIN POOL | CLASS SIZE: 6–8

Our youth classes are taught throughout our main pool. Youth one focuses on an introduction to swimming and works on comfortability in the shallow water of our main pool. Youth two and three focus on gaining and retaining the skills of swimming, floating, diving, underwater swimming, and water safety in and around pools. Youth four is for those who can already swim, we will work on stroke clean-up and refinement.

### YOUTH 1 SKILLS—CLASS SIZE 6

- Roll over – front to back/back to front
- 10 Bubble bobs
- Retrieve underwater objects
- Front/back float 6 seconds
- Front crawl & elementary backstroke 5 yards each
- Kickboard - front/back streamlining with kicks and pop-up breathing

### YOUTH 2 SKILLS—CLASS SIZE 6

- Front/back floats 30 seconds
- Kickboard - butterfly/breaststroke/freestyle kicks 10 yards each
- Tread water 30 seconds
- Rhythmic breathing with body in horizontal position 5 breaths
- Deep Water Swim Test
- Dive/jump into water and recover
- Front crawl & elementary back stroke with pop-up breathing 25 yards each

### YOUTH 3 SKILLS—CLASS SIZE 6

*MUST HAVE PASSED DEEP WATER SWIM TEST*

- Rhythmic/rotary breathing with body in horizontal position
- Stroke development
- Freestyle 50 yards
- Backstroke 50 yards
- Breaststroke 25 yards
- Butterfly 25 yards
- Treading water for 1 minute
- Use of flip turns while lap swimming

### YOUTH 4 SKILLS—CLASS SIZE 8

*MUST HAVE PASSED DEEP WATER SWIM TEST*

- Surface dive & retrieve an object at a depth of 7 feet
- Tread water for 2 minutes
- Flip turns while swimming 500 yards continuously
- Freestyle 100 yards
- Backstroke 100 yards
- Breaststroke 100 yards
- Butterfly 100 yards
- Stroke of choice 100 yards

## TEEN/ADULT LEVELS 1, 2

AGES 13 & UP  
MAIN POOL | CLASS SIZE: 6–8

Classes are broken down into two levels so that students are grouped together based on skills & abilities. Level 1 is an introductory class for those who have had very low exposure to swimming and may not be comfortable in the water; in this class you will gain water comfortability and introduction to basic swimming techniques. Level 2 is a class that builds on basic swimming technics, while building water confidence and the ability to swim without assistance.

### LEVEL 1—INTRODUCTION TO SWIMMING—SHALLOW WATER

- Learn to float and streamline on your front and back
- Explore alternating and simultaneous leg kick & arm pull motions
- Attain skills for front crawl and elementary backstroke
- Introduction to treading water
- Acquire basis water safety skills

### LEVEL 2—IMPROVEMENT & REFINEMENT—DEEPER WATER

- Perform intermediate level front crawl, back crawl, elementary backstroke and breaststroke
- Refine efficient and effective strokes
- Tread water for at least 1 minute
- Increase swimming speed and distance ability
- Develop fitness, swimming and other aquatic goals with the instructor's assistance



Registration opens March 19.

Classes close at 4pm  
the Thursday prior to  
the session start date.

Register your child online at  
[www.kirklandparks.net](http://www.kirklandparks.net)  
or by calling 425-587-3336.

## SESSION 1

**JUNE 8-18** GROUP LESSONS: TWO-WEEKS  
EIGHT, 30-MINUTE LESSONS | MONDAY-THURSDAY  
RESIDENT \$80 / NON-RESIDENT \$96

	4:00PM	4:35PM	5:10PM	5:45PM	6:20PM	6:55PM
<b>AQUA TOTS</b>	9071	---	---	---	---	---
<b>PRESCHOOL 1</b>	9072	9073	9074	9075	9076	---
<b>PRESCHOOL 2</b>	9077	9078	9079	9080	9081	---
<b>PRESCHOOL 3</b>	9083	---	9084	---	---	9085
<b>PRESCHOOL 4</b>	---	9086	9087	9088	---	9089
<b>YOUTH 1</b>	9090	9091	---	9092	9093	9094
<b>YOUTH 2</b>	---	---	9095	9096	9097	9098
<b>YOUTH 3</b>	9099	9100	---	9101	9102	9103
<b>YOUTH 4</b>	---	9104	9105	---	9106	9107

## SESSION 2

**JUNE 22-25** GROUP LESSONS: ONE-WEEK  
FOUR, 30-MINUTE LESSONS | MONDAY-THURSDAY  
RESIDENT \$40 / NON-RESIDENT \$48

	8:50AM	9:25AM	10:00AM	10:35AM	11:10AM	11:45AM	4:00PM	4:35PM	5:10PM	5:45PM	6:20PM	6:55PM
<b>AQUA TOTS</b>	---	---	---	9108	---	---	---	9109	---	9110	---	---
<b>PRESCHOOL 1</b>	9111	9112	9113	9114	9115	9116	9117	9118	9119	9120	9121	9122
<b>PRESCHOOL 2</b>	9123	9124	9125	9126	9127	9128	9130	9131	9132	9133	9134	9135
<b>PRESCHOOL 3</b>	9136	9137	9138	---	9139	9140	9141	9142	9143	9144	9145	9146
<b>PRESCHOOL 4</b>	---	9147	9148	9149	9150	9151	9152	9153	9154	9155	9156	9157
<b>YOUTH 1</b>	9158	9159	9160	9161	9162	9163	9164	9165	9166	9167	9168	9169
<b>YOUTH 2</b>	9170	9171	9172	9173	9174	9175	9176	---	9177	9178	9179	9180
<b>YOUTH 3</b>	---	---	9181	9182	9183	---	---	9184	9185	---	---	9186
<b>YOUTH 4</b>	---	9187	9188	---	9189	9190	9191	9192	---	9193	9194	9195

## SESSION 3

**JUNE 29-JULY 9** GROUP 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	4:00PM	4:35PM	5:10PM	5:45PM	6:20PM	6:55PM
<b>AQUA TOTS</b>	---	---	---	9196	---	---	---	9197	---	9198	---	---
<b>PRESCHOOL 1</b>	9199	9200	9201	9202	9203	9204	9205	9206	9207	9208	9209	9210
<b>PRESCHOOL 2</b>	9211	9212	9213	9214	9215	9216	9217	9218	9219	9220	9221	9222
<b>PRESCHOOL 3</b>	9223	9224	9225	9226	9227	9228	9229	9230	9231	9232	9233	9234
<b>PRESCHOOL 4</b>	---	9235	9236	---	9237	9238	9239	9240	9241	9242	9243	9244
<b>YOUTH 1</b>	9245	9246	9247	9248	9249	9250	9251	9252	9253	---	9254	9255
<b>YOUTH 2</b>	9256	9257	9258	9259	9260	9261	9262	9263	9264	9265	9266	9267
<b>YOUTH 3</b>	---	---	9268	9269	9270	---	---	9271	9272	9273	---	9274
<b>YOUTH 4</b>	---	9275	9276	---	9277	9278	9279	---	---	9280	9281	9282

## SESSION 4

**JULY 13-23** GROUP 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	4:00PM	4:35PM	5:10PM	5:45PM	6:20PM	6:55PM
<b>AQUA TOTS</b>	---	---	---	9283	---	---	---	---	9284	---	9285	---
<b>PRESCHOOL 1</b>	9286	9287	9288	9289	9290	9291	9292	9293	9294	9295	9296	9297
<b>PRESCHOOL 2</b>	9298	9299	9300	9301	9302	9303	9304	9305	9306	9307	9308	9309
<b>PRESCHOOL 3</b>	9310	9311	9312	9313	9314	9315	9316	9317	9318	9319	9320	9321
<b>PRESCHOOL 4</b>	---	9322	9323	9324	9325	9326	9327	9328	9329	9330	9331	9332
<b>YOUTH 1</b>	9333	9334	9335	---	9336	9337	9338	9339	9340	9341	9342	9343
<b>YOUTH 2</b>	9344	---	9345	9346	9347	9348	9349	---	9350	---	---	9351
<b>YOUTH 3</b>	---	9352	9353	9354	9355	---	9356	9357	---	9358	9359	9360
<b>YOUTH 4</b>	---	9361	9362	---	9363	9364	9365	9366	9367	---	9368	9369

SESSION  
**5**

**JULY 27–AUGUST 6** GROUP 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	4:00PM	4:35PM	5:10PM	5:45PM	6:20PM	6:55PM
<b>AQUA TOTS</b>	---	---	---	9370	---	---	---	---	9371	---	9372	---
<b>PRESCHOOL 1</b>	9373	9374	9375	9376	9377	9378	9379	9380	9381	9382	9383	9384
<b>PRESCHOOL 2</b>	9385	9386	9387	9388	9389	9390	9391	9392	9393	9394	9395	9396
<b>PRESCHOOL 3</b>	9397	9398	9399	9400	9401	9402	9403	9404	9405	9406	9407	9408
<b>PRESCHOOL 4</b>	---	9409	9410	9411	9412	9413	9414	9415	9416	9417	9418	9419
<b>YOUTH 1</b>	9420	9421	9422	9423	9424	9425	9426	9427	9428	9429	9430	9431
<b>YOUTH 2</b>	9432	9433	9434	---	9435	---	9436	9437	---	9438	9439	9440
<b>YOUTH 3</b>	---	---	9441	9442	9443	9444	---	9445	9446	9447	---	9448
<b>YOUTH 4</b>	---	9449	9450	---	9451	9452	9453	9454	---	9455	---	9456

SESSION  
**6**

**AUGUST 10–21** GROUP 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	4:00PM	4:35PM	5:10PM	5:45PM	6:20PM	6:55PM
<b>AQUA TOTS</b>	---	---	---	9457	---	---	---	9458	---	9459	---	---
<b>PRESCHOOL 1</b>	9460	9461	9462	9463	9464	9465	9466	9467	9468	9469	9470	9471
<b>PRESCHOOL 2</b>	9472	9473	9474	9475	9476	9477	9478	9479	9480	9481	9482	9483
<b>PRESCHOOL 3</b>	9484	9485	9486	9487	9488	9489	9490	9491	9492	9493	9494	9495
<b>PRESCHOOL 4</b>	9496	9497	9498	9499	9500	9501	9502	9503	9504	9505	9506	9507
<b>YOUTH 1</b>	9508	9509	9510	9511	9512	9513	9514	9515	9516	9517	9518	9519
<b>YOUTH 2</b>	9521	9522	9523	9524	9525	9526	9527	9528	9529	9530	9531	9532
<b>YOUTH 3</b>	9533	9534	9535	9536	9537	9538	9539	9540	9541	9542	9543	9544
<b>YOUTH 4</b>	9545	9546	9547	---	9548	9549	9550	---	9551	---	9552	9553

## NEW FRIDAY OR SATURDAY MORNING GROUP LESSONS!



FRIDAY  
SESSION  
**1**

**JULY 17 & 24** GROUP LESSONS  
TWO, 30-MINUTE LESSONS | FRIDAYS  
RESIDENT \$25 / NON-RESIDENT \$30

	10:00AM	10:35AM	11:10AM	11:45AM
<b>AQUA TOTS</b>	---	10133	---	---
<b>PRESCHOOL 1</b>	10134	10135	10136	10137
<b>PRESCHOOL 2</b>	10138	---	10139	10140

FRIDAY  
SESSION  
**2**

**JULY 31 & AUG 7** GROUP LESSONS  
TWO, 30-MINUTE LESSONS | FRIDAYS  
RESIDENT \$25 / NON-RESIDENT \$30

	10:00AM	10:35AM	11:10AM	11:45AM
<b>AQUA TOTS</b>	10141	---	---	---
<b>PRESCHOOL 1</b>	10142	10143	10144	10145
<b>PRESCHOOL 2</b>	---	10146	10147	10148

SATURDAY  
SESSION  
**1**

**JUNE 13 & 20** GROUP LESSONS  
TWO, 30-MINUTE LESSONS | SATURDAYS  
RESIDENT \$25 / NON-RESIDENT \$30

	10:00AM	10:35AM	11:10AM	11:45AM
<b>AQUA TOTS</b>	---	---	10149	---
<b>PRESCHOOL 1</b>	10150	10151	10152	10153
<b>PRESCHOOL 2</b>	10154	10155	---	10156

SATURDAY  
SESSION  
**2**

**JULY 18 & 26** GROUP LESSONS  
TWO, 30-MINUTE LESSONS | SATURDAYS  
RESIDENT \$25 / NON-RESIDENT \$30

	10:00AM	10:35AM	11:10AM	11:45AM
<b>AQUA TOTS</b>	---	---	---	10157
<b>PRESCHOOL 1</b>	10158	10159	10160	10161
<b>PRESCHOOL 2</b>	10162	10163	10164	---

SATURDAY  
SESSION  
**3**

**AUGUST 1 & 8** GROUP LESSONS  
TWO, 30-MINUTE LESSONS | SATURDAYS  
RESIDENT \$25 / NON-RESIDENT \$30

	10:00AM	10:35AM	11:10AM	11:45AM
<b>AQUA TOTS</b>	---	10165	---	---
<b>PRESCHOOL 1</b>	10166	10167	10168	10169
<b>PRESCHOOL 2</b>	10170	---	10171	10172

## PRIVATE SWIM LESSONS AVAILABILITY & REGISTRATION: [WWW.KIRKLANDPARKS.NET](http://WWW.KIRKLANDPARKS.NET)

Are you looking for one on one instruction, with highly motivated and friendly instructors? You may be looking for private lessons with one of our skilled instructors to help get you or your child in the right direction. Please share your swimming goals with us, we are here to help!

Private Lessons are ideal for:

- A beginner who wants help before going into group lessons
- Targeted stroke/technique development or refinement
- Water comfortability help in a private setting
- Special accommodations

### PRIVATE SESSION 2: JUNE 22–25 TWO, 30-MINUTE LESSONS | RESIDENT \$72 / NON-RESIDENT \$86.50

	9:25AM	10:35AM	11:45AM	4:00PM	4:35PM	5:10PM	5:45PM	6:20PM
<b>MON/WED</b>	10032	10033	10034	10044	---	10045	---	10046
<b>TUES/THURS</b>	10057	10058	10059	10069	---	10070	---	10071

### PRIVATE SESSION 3: JUNE 29–JULY 9 FOUR, 30-MINUTE LESSONS | RESIDENT \$144 / NON-RESIDENT \$173

	9:25AM	10:35AM	11:45AM	4:00PM	4:35PM	5:10PM	5:45PM	6:20PM
<b>MON/WED</b>	10035	10036	10037	10047	---	10048	---	10049
<b>TUES/THURS</b>	10060	10061	10062	10072	---	10073	---	10074

### PRIVATE SESSION 4: JULY 13–23 FOUR, 30-MINUTE LESSONS | RESIDENT \$144 / NON-RESIDENT \$173

	9:25AM	10:35AM	11:45AM	4:00PM	4:35PM	5:10PM	5:45PM	6:20PM
<b>MON/WED</b>	10038	10039	10040	---	10050	---	10051/10052	---
<b>TUES/THURS</b>	10063	10064	10065	---	10075	---	10076/10077	---

### PRIVATE SESSION 5: JULY 27–AUG 6 FOUR, 30-MINUTE LESSONS | RESIDENT \$144 / NON-RESIDENT \$173

	9:25AM	10:35AM	11:45AM	4:00PM	4:35PM	5:10PM	5:45PM	6:20PM
<b>MON/WED</b>	10041	10042	10043	10053	---	10054	---	10055
<b>TUES/THURS</b>	10066	10067	10068	10078	---	10079	---	10080

## NEW FRIDAY OR SATURDAY MORNING PRIVATE LESSONS!



SATURDAY  
SESSION

1

**JUNE 13 & 20** PRIVATE LESSONS  
TWO, 30-MINUTE LESSONS | SATURDAYS  
RESIDENT \$72 / NON-RESIDENT \$86.50

	10:00AM	10:35AM	11:10AM	11:45AM
<b>SAT. PRIVATE 1</b>	10008	10009	10010	10011
<b>SAT. PRIVATE 2</b>	10012	10013	10014	10015

FRIDAY  
SESSION

1

**JULY 17 & 24** PRIVATE LESSONS  
TWO, 30-MINUTE LESSONS | FRIDAYS  
RESIDENT \$72 / NON-RESIDENT \$86.50

	10:00AM	10:35AM	11:10AM	11:45AM
<b>FRI. PRIVATE 1</b>	9992	9993	9994	9995
<b>FRI. PRIVATE 2</b>	9996	9997	9998	9999

SATURDAY  
SESSION

2

**JULY 18 & 26** PRIVATE LESSONS  
TWO, 30-MINUTE LESSONS | SATURDAYS  
RESIDENT \$72 / NON-RESIDENT \$86.50

	10:00AM	10:35AM	11:10AM	11:45AM
<b>SAT. PRIVATE 1</b>	10016	10017	10018	10019
<b>SAT. PRIVATE 2</b>	10020	10021	10022	10023

FRIDAY  
SESSION

2

**JULY 31 & AUG 7** PRIVATE LESSONS  
TWO, 30-MINUTE LESSONS | FRIDAYS  
RESIDENT \$72 / NON-RESIDENT \$86.50

	10:00AM	10:35AM	11:10AM	11:45AM
<b>FRI. PRIVATE 1</b>	10000	10001	10002	10003
<b>FRI. PRIVATE 2</b>	10004	10005	10006	10007

SATURDAY  
SESSION

3

**AUGUST 1 & 8** PRIVATE LESSONS  
TWO, 30-MINUTE LESSONS | SATURDAYS  
RESIDENT \$72 / NON-RESIDENT \$86.50

	10:00AM	10:35AM	11:10AM	11:45AM
<b>SAT. PRIVATE 1</b>	10024	10025	10026	10027
<b>SAT. PRIVATE 2</b>	10028	10029	10030	10031

## TEEN/ADULT LEVEL 1 CLASSES

DATES	DAYS	TIME	CODE
JUN 29–JUL 8	MON/WED	7:30PM–8:00PM	10481
JUN 13–JUL 22	MON/WED	7:30PM–8:00PM	10482
JUL 27–AUG 5	MON/WED	7:30PM–8:00PM	10483

## TEEN/ADULT LEVEL 2 CLASSES

DATES	DAYS	TIME	CODE
JUN 30–JUL 9	TUE/THURS	7:30PM–8:00PM	10484
JUN 14–JUL 23	TUE/THURS	7:30PM–8:00PM	10485
JUL 28–AUG 6	TUE/THURS	7:30PM–8:00PM	10486

## TRAINING & CLASSES

### BLENDING LEARNING RED CROSS CERTIFICATION COURSES

These courses are 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 the online classroom link.

#### Lifeguard Training

Become a Red Cross Certified Lifeguard by learning lifesaving skills! Successful participants will earn a two-year certificate for lifeguarding & emergency oxygen administration. Students must be at least 15 years old and complete a swimming pre-test the first day of class. Digital textbook and rescue mask included in class.

**AGE 15 & UP • FIRST CLASS MEETS AT PETER KIRK POOL**

10316	Tue/Wed/Thu	5/19-28	3:30-8:00pm
			\$200 R / \$240NR

#### Adult & Pediatric First Aid/CPR/AED

This a two-year certification from the Red Cross for adult, child, & infant First Aid/CPR/AED. This course which incorporates the latest science and techniques for administering basic First Aid, CPR, and AED skills. Digital textbook and rescue mask included in class.

**AGE 15 & UP • FIRST CLASS MEETS AT PKCC**

10325	Sat	5/9	9:00am-3:00pm
			\$90 R / \$108NR

#### Aqua Leaders Volunteer

Develop lifeguard and swim instructor skills, while building leadership experience that can be applied to a variety of occupations. 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.

**AGE 12-15 • FIRST CLASS MEETS AT PETER KIRK POOL**

10324	Mon-Thur	6/22-6/25	9:00am-2:00pm
			\$65 R / \$78 NR

#### Water Exercise—Deep Water

Beginners to Advanced welcome! Get a leaner, stronger body while having fun! Our professionally trained instructors will inspire you to move & burn calories, in a quick 60-minute muscle and core building in water workout.

**AGE 16 & UP • LOCATION: PETER KIRK POOL**

10317	Mon, Wed	6/8-7/1	7:30pm-8:30pm
10318	Mon, Wed	7/6-7/29	7:30pm-8:30pm
10319	Mon, Wed	8/3-8/26	7:00pm-8:00pm
			\$96 R / \$116 NR
10321	Sat	6/6-6/27	8:30am-9:30am
10322	Sat	7/11-8/1	8:30am-9:30am
10323	Sat	8/8-8/29	8:30am-9:30am
			\$48 R / \$57 NR

## LIFEGUARDED SWIMMING BEACHES

Lifeguards are on duty daily from 12-6pm June 29 - September 7 unless there is inclement weather or if air temperature is under 65°. All beaches will have beach rules and guard on duty signs posted when guards are on duty.

Children 12 and under at Houghton, Waverly, and Juanita Beaches are required to pass a swim test in order to swim beyond the shallow water buoy line. Testing is at the discretion of the lifeguard. Swim Test: swim a minimum of 25 yards—crawl stroke with side breathing

Lif jackets are available for checkout, please see lifeguard.

Groups larger than 15 are encouraged to contact the City of Kirkland 48 hours in advance of an intended visit. Please call 425.587.3334.



#### HOUGHTON BEACH SWIMMING AREA

**5811 Lake Washington Boulevard, Kirkland WA**

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, WA**

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

#### JUANITA BEACH SWIMMING AREA

**9703 NE Juanita Drive, Kirkland, WA**

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