

Peter Kirk Pool
2021 Public Swim Schedule
340 Kirkland Ave
June 21-September 6

Pool Fees:

Due to Governor’s orders all Lap Swim are by appointment only. Please visit kirklandparks.net or call 425-587-3360 for all pool reservation times. Public swim will have the capacity of 60.

Lap Swim/Public Swim.....\$6.00

Pool Closures:

July 4th - Independence Day - CLOSED

August 30th - September 3rd when LWSD is back in session - CLOSED

Closure Notices Hotline: 425-587-3335

Unscheduled facility closures can occur with limited notice

2021 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 in the current year have been recorded, do not need to re-test unless the lifeguard on duty deems it necessary

June 21st — September 6th

***Pool closed August 30th - September 3rd when LWSD is back in session**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Lap Swim 5:00am-8:00am	Lap Swim 5:00am-8:00am	Lap Swim 5:00am-8:00am	Lap Swim 5:00am-8:00am	Lap Swim 5:00am-8:00am	Lap Swim 7:30am-9:30am	Public Swim 10:10am-11:00am 11:10am-12:00pm
4 lane Lap Swim 8:30am-11:30am 4:30pm-7:30pm	4 lane Lap Swim 8:30am-11:30am 4:30pm-7:30pm	4 lane Lap Swim 8:30am-11:30am 4:30pm-7:30pm	4 lane Lap Swim 12:10pm-1:00pm 1:10pm-2:00pm	4 Lane Lap Swim 8:30am-10:30am	Public Swim 10:10am-11:00am 11:10am-12:00pm 12:10pm-1:00pm	12:10pm-1:00pm 1:10pm-2:00pm 2:10pm-3:00pm 3:10pm-4:00pm
Public Swim 12:10pm-1:00pm 1:10pm-2:00pm 2:10pm-3:00pm 3:10pm-4:00pm	Public Swim 12:10pm-1:00pm 1:10pm-2:00pm 2:10pm-3:00pm 3:10pm-4:00pm	Public Swim 2:10pm-3:00pm 3:10pm-4:00pm	Public Swim 2:10pm-3:00pm 3:10pm-4:00pm	Public Swim 12:10pm-1:00pm 1:10pm-2:00pm 2:10pm-3:00pm 3:10pm-4:00pm	1:10pm-2:00pm 2:10pm-3:00pm 3:10pm-4:00pm	

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.

Saturdays 4:30pm-6:00pm

RENTAL FEES	1.5 Hours
Main Pool	\$300

***Maximum of 60 swimmers at any time in the water**

All pool rules are in effect

*Outside food and drink welcome (no vendors allowed)

*Glass is not permitted in the pool facility

To reserve the pool please register online at Kirklandparks.net or call 425-587-3333

Deep Water Exercise

Ages 16+

Work-at-your-own-pace

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.

Dates	Sunday AM/PM	Time	Session Code
June 27-July 25	AM	10:30am-11:30am	11738
June 27-July 25	PM	4:30pm-5:30pm	11739
August 1-August 22	AM	10:30am-11:30am	11740
August 1-August 22	PM	4:30pm-5:30pm	11741

Lifeguarded Swimming Beaches

Lifeguards are on duty daily from 12-6pm July 1 - September 6 unless there is inclement weather of air temperature is under 65°

* No guards on Duty August 30-September 3, 2021.

- 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
- Lifejackets 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.

Swim Lessons

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

Do you need help choosing the right class?

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

To Register go to <http://www.kirklandparks.net>

or call 425-587-3336

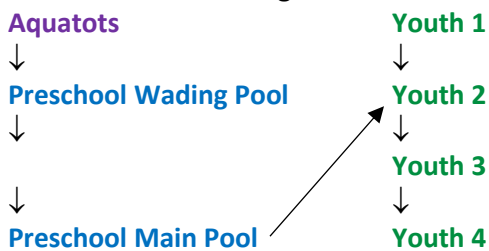
Registration/Transfer Deadlines: We close registration the Thursday prior to the beginning of the session at 4:00pm.

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.

2020 Swim Lesson Class Offerings	2020 Swim Lesson Class Offerings	2019 Swim Lesson Class Equivalent
Aquatots	Aquatots	Aquatots 1 & 2
Preschool – Wading Pool	Preschool 1	Preschool 1
	Preschool 2	Preschool 2
Preschool – Main Pool	Preschool 3	Preschool 3
	Preschool 4	Preschool 4 & 5
Youth 1	Youth 1	Youth 1 & 2
Youth 2	Youth 2	Youth 3
Youth 3	Youth 3	Youth 4
Youth 4	Youth 4	Youth5/6

2021 Swim Lesson Progression Chart



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 ___.

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 in the 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.

Private Swim Lessons

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

Please visit www.kirklandparks.net for availability and registration.

Aquatots

Ages: 6-36 months

Location: Main Pool

Class size: 6 *Instructors on Pool Deck*

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 Wading Pool & Main Pool)

Ages: 3-5 years

Class size: 3

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 Wading Pool Passing Skills – Wading Pool

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

Preschool Main Pool Passing Skills – Shallow End of Main Pool

- **Retrieve underwater objects**
- **Pop-up breathing while doing:**
 - **Front crawl 15 yards**
 - **Elementary backstroke 15 yards**
 - **Kickboard - breaststroke kick 10 yards**
 - **Kickboard - dolphin kick 10 yards**
- **Front/back float 10 seconds**
- **Dive/jump into water and recover**
- **Swim underwater 5 yards**

Youth

(Levels 1, 2, 3, & 4)

Ages: 5-14 years

Location: Main Pool

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 Passing Skills – Class Size 3

- **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 Passing Skills – Class Size 3

- **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 Passing Skills – Class Size 3 **must have passed deep water swim test* Instructor on Pool Deck*

- **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 Passing Skills – Class Size 3 *Instructor on Pool Deck*

- **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**
 - **Stoke of choice 100 yards**