

**Pool Fees:**

Walk-in Lap Swim/Public Swim.....\$6.00

**COVID Guidelines:**

*Due to capacity restrictions there will be no 10-day passes or season passes this year.*

**Walk-in Lap Swim (Walk-in Only):**

*Capacity is determined by government covid regulations and will be posted outside the pool office. Early morning swim is walk-in only.*

**Public Swim (Walk-in Only):**

*Capacity is determined by government covid regulations and will be posted outside the pool office.*

*Swim sessions are 50 minutes long, there will be an announcement 5 minutes before the session ends to allow for showering and clean up. Every session will have a 10-minute cleaning and reset period in between sessions.*

**Facility Updates Closure Notices Hotline – 425-587-3335**

*Unscheduled facility closures can occur with limited or no notice*

**CLOSED July 4<sup>th</sup> - Independence Day**

**CLOSED August 30<sup>th</sup> - September 3<sup>rd</sup>**

**\*LWSD is back in session\***

<b>LABOR DAY Public Swim Schedule</b>
<b>12:10pm-1:00pm</b>
<b>1:10pm-2:00pm</b>
<b>2:10pm-3:00pm</b>
<b>3:10pm-4:00pm</b>

<b>Sunday</b>	<b>Monday</b>	<b>Tuesday</b>	<b>Wednesday</b>	<b>Thursday</b>	<b>Friday</b>	<b>Saturday</b>
<b>Water Exercise</b> 10:30am-11:30am 4:30pm-5:30pm	<b>Walk-in Lap Swim</b> 5:00am-8:00am	<b>Walk-in Lap Swim</b> 5:00am-8:00am	<b>Walk-in Lap Swim</b> 5:00am-8:00am	<b>Walk-in Lap Swim</b> 5:00am-8:00am	<b>Walk-in Lap Swim</b> 5:00am-8:00am	<b>Walk-in Lap Swim</b> 7:30am-9:30am
<b>Public Swim</b> 12:10pm-1:00pm 1:10pm-2:00pm 2:10pm-3:00pm 3:10pm-4:00pm	<b>Public Swim</b> 12:10pm-1:00pm 1:10pm-2:00pm 2:10pm-3:00pm 3:10pm-4:00pm	<b>Public Swim</b> 12:10pm-1:00pm 1:10pm-2:00pm 2:10pm-3:00pm 3:10pm-4:00pm	<b>Public Swim</b> 2:10pm-3:00pm 3:10pm-4:00pm	<b>Public Swim</b> 12:10pm-1:00pm 1:10pm-2:00pm 2:10pm-3:00pm 3:10pm-4:00pm	<b>Public Swim</b> 12:10pm-1:00pm 1:10pm-2:00pm 2:10pm-3:00pm 3:10pm-4:00pm	<b>Public Swim</b> 10:10am-11:00am 11:10am-12:00pm 12:10pm-1:00pm 1:10pm-2:00pm 2:10pm-3:00pm 3:10pm-4:00pm

**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

### **\*NEW\* Reservation Lap Swim**

Reservation lap swim is available weekdays at the Peter Kirk Pool. Reservation fees are \$6 for a 50 minute time block. Lane capacity is limited to two per lane. ID will be required to for check in.

#### **Reservation Lap Times:**

##### **Monday—Thursday (AM Times)**

- 8:30-9:20am
- 9:30-10:20am
- 10:30-11:20am

##### **Monday—Thursday (PM Times)**

- 4:30-5:20pm
- 5:30-6:20pm
- 6:30-7:20pm

Reservation registration will be released in two-week increments. Reservation registration closes the Sunday before the two week session begins. All reservations can be found online at [Kirklandparks.net](http://Kirklandparks.net) or call 425-587-3333.

#### **Reservation Lap Swim Sessions:**

- June 21—July 2
- July 5—July 16
- July 19—July 30
- Aug 2—Aug 13
- Aug 16—Aug 27

### **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.

<b>Dates</b>	<b>Sunday AM/PM</b>	<b>Time</b>	<b>Session Code</b>
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

### **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, June 26 – August 28**

<b>RENTAL FEES</b>	<b>1.5 Hours</b>
<b>Main Pool</b>	<b>\$300</b>

**\*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](http://Kirklandparks.net) or call 425-587-3333

## Lifeguarded Swimming Beaches

Lifeguards are on duty daily from 12-6pm July 1 - September 6 unless there is inclement weather or 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 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

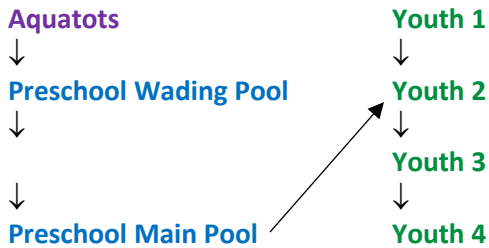
To Register go to <http://www.kirklandparks.net>

or call 425-587-3336

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

2021 Swim Lesson Class Offerings	2019 Swim Lesson Class Equivalent
Aquatots	Aquatots 1 & 2
Preschool – Wading Pool	Preschool 1
	Preschool 2
Preschool – Main Pool	Preschool 3
	Preschool 4 & 5
Youth 1	Youth 1 & 2
Youth 2	Youth 3
Youth 3	Youth 4
Youth 4	Youth 5/6

#### 2021 Swim Lesson Progression Chart



#### Why did we change our classes?

Due to COVID-19, we have a different look to our swim lesson program. Preschool and Youth classes are smaller with a 3 student to 1 instructor ratio.

#### 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 below.

If your child needs to be transferred to a different class, please speak with our lesson coordinator. \*\*Not all transfer requests will be completed due to class size\*\*

#### What are Passing Skills?

All passing skills must be checked off by the instructor in order to advance.

#### 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 are 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**

**Location: Main Pool**

**Class size: 13** \* *Instructors on Pool Deck*

Our parent-child class encourages comfortability and safety in and around water through guided instruction. The class goal is to acclimate your child to 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.

<b>Friday Aquatots 1</b>	<b>June 25 &amp; July 2 Group Lessons</b> <b>R \$25/NR \$30</b> Two, 25-minute lessons Fridays
	<b>10:30am-11:00am</b>
<b>AQUA TOTS</b>	<b>11073</b>

<b>Friday Aquatots 2</b>	<b>July 9 &amp; July 16 Group Lessons</b> <b>R \$25/NR \$30</b> Two, 30-minute lessons Fridays
	<b>10:30am-11:00am</b>
<b>AQUA TOTS</b>	<b>11074</b>

<b>Friday Aquatots 3</b>	<b>July 23 &amp; July 30 Group Lessons</b> <b>R \$25/NR \$30</b> Two, 30-minute lessons Fridays
	<b>10:30am-11:00am</b>
<b>AQUA TOTS</b>	<b>11075</b>

<b>Friday Aquatots 4</b>	<b>August 6 &amp; August 13 Group Lessons</b> <b>R \$25/NR \$30</b> Two, 30-minute lessons Fridays
	<b>10:30am-11:00am</b>
<b>AQUA TOTS</b>	<b>11076</b>

<b>Friday Aquatots 5</b>	<b>August 20 &amp; August 27 Group Lessons</b> <b>R \$25/NR \$30</b> Two, 30-minute lessons Fridays
	<b>10:30am-11:00am</b>
<b>AQUA TOTS</b>	<b>11077</b>

## **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 Wading Pool is taught in our shallow water wading pool, this provides a comfortable and friendly learning environment for the beginner swimmers. Our Preschool Main Pool class moves 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 *Instructor on Pool Deck***

*\*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 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**

Session 1	June 21 - July 1 Group Lessons – Two Weeks												R \$80/NR \$96	
	Eight, 25-minute lessons Monday-Thursday													
	8:30am	9:00am	9:30am	10:00am	10:30am	11:00am	11:30am	4:30pm	5:00pm	5:30pm	6:00pm	6:30pm	7:00pm	7:30pm
PRESCHOOL Wading Pool	11078	11079	11080	11081	11082	11088	11089	11090	11091	11092	11093	11094	11095	11096
PRESCHOOL Main Pool	11106	11107	11108	11109	11110	11111	11112	11113	11114	11115	11116	11117	11118	11119
YOUTH 1	11122	11123	11124	11125	11126	11127	11128	11130	11131	11132	11133	11134	11135	11136
YOUTH 2	11140	11141	11142	11143	11144	11145	11146	11147	11148	11149	11150	11151	11152	11153
YOUTH 3	11154	11155	11156	11157	11158	11159	11160	11161	11162	11163	11164	11165	11166	11167
YOUTH 4	11168	11169	11170	11170	11172	11173	11174	11175	11176	11177	11178	11179	11180	11181

Session 2	July 5 - July 15 Group Lessons – Two Weeks													
	R \$80/NR \$96													
Eight, 25-minute lessons Monday-Thursday														
	8:30am	9:00am	9:30am	10:00am	10:30am	11:00am	11:30am	4:30pm	5:00pm	5:30pm	6:00pm	6:30pm	7:00pm	7:30pm
PRESCHOOL Wading Pool	11182	11183	11184	11185	11186	11187	11188	11189	11190	11191	11192	11193	11194	11195
PRESCHOOL Main Pool	11196	11197	11198	11199	11200	11201	11202	11203	11204	11205	11206	11207	11208	11209
YOUTH 1	11210	11211	11212	11213	11214	11215	11216	11217	11218	11219	11220	11221	11222	11223
YOUTH 2	11224	11225	11226	11227	11228	11229	11230	11231	11232	11233	11234	11235	11236	11237
YOUTH 3	11238	11239	11240	11241	11242	11243	11244	11245	11246	11247	11248	11249	11250	11251
YOUTH 4	11252	11253	11254	11255	11256	11257	11258	11259	11260	11261	11262	11263	11264	11265

Session 3	July 19 - July 29 Group Lessons – Two Weeks													
	R \$80/NR \$96													
Eight, 25-minute lessons Monday-Thursday														
	8:30am	9:00am	9:30am	10:00am	10:30am	11:00am	11:30am	4:30pm	5:00pm	5:30pm	6:00pm	6:30pm	7:00pm	7:30pm
PRESCHOOL Wading Pool	11266	11267	11268	11269	11270	11271	11272	11275	11276	11277	11278	11279	11280	11281
PRESCHOOL Main Pool	11285	11287	11288	11289	11290	11291	11299	11328	11329	11330	11331	11332	11334	11335
YOUTH 1	11336	11358	11359	11361	11362	11363	11364	11365	11366	11367	11368	11369	11370	11371
YOUTH 2	11373	11374	11375	11376	11377	11378	11379	11384	11385	11387	11388	11389	11390	11391
YOUTH 3	11393	11396	11397	11398	11399	11401	11402	11406	11407	11409	11410	11411	11412	114136
YOUTH 4	11420	11421	11422	11423	11424	11425	11426	11427	11428	11429	11430	11431	11432	11433

Session 4	August 2 - August 12 Group Lessons – Two Weeks													
	R \$80/NR \$96													
Eight, 25-minute lessons Monday-Thursday														
	8:30am	9:00am	9:30am	10:00am	10:30am	11:00am	11:30am	4:30pm	5:00pm	5:30pm	6:00pm	6:30pm	7:00pm	7:30pm
PRESCHOOL Wading Pool	11434	11435	11436	11437	11438	11439	11440	11451	11452	11453	11454	11455	11456	11457
PRESCHOOL Main Pool	11458	11459	11460	11461	11462	11463	11464	11465	11466	11467	11468	11469	11470	11471
YOUTH 1	11472	11473	11474	11475	11476	11477	11478	11479	11480	11481	11482	11483	11484	11485
YOUTH 2	11487	11488	11489	11490	11491	11492	11493	11494	11495	11496	11497	11498	11499	11500
YOUTH 3	11501	11502	11503	11504	11505	11506	11507	11521	11522	11523	11524	11525	11526	11527
YOUTH 4	11528	11529	11530	11531	11532	11533	11534	11535	11536	11537	11538	11539	11540	11541

Session 5	August 16 - August 26 Group Lessons – Two Weeks													
	R \$80/NR \$96													
Eight, 25-minute lessons Monday-Thursday														
	8:30am	9:00am	9:30am	10:00am	10:30am	11:00am	11:30am	4:30pm	5:00pm	5:30pm	6:00pm	6:30pm	7:00pm	7:30pm
PRESCHOOL Wading Pool	11543	11544	11545	11546	11547	11548	11549	11550	11551	11552	11553	11554	11555	11556
PRESCHOOL Main Pool	11557	11558	11559	11560	11561	11562	11563	11564	11565	11566	11567	11569	11570	11571
YOUTH 1	11572	11574	11575	11576	11577	11578	11579	11580	11581	11582	11583	11584	11585	11586
YOUTH 2	11587	11588	11589	11590	11591	11592	11593	11594	11595	11596	11597	11598	11599	11600
YOUTH 3	11601	11602	11603	11605	11606	11607	11608	11609	11610	11611	11612	11613	11614	11615
YOUTH 4	11616	11617	11618	11619	11620	11621	16222	11623	11624	11625	11626	11627	11628	11629



## 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](http://www.kirklandparks.net) for availability and registration.

**\*\*\*Private lessons have 6 enrollment spots per class code, if you wish to register a sibling in the same private lesson, please call Loni at 425-587-3333 \*\*\***

<b>Friday Privates Session 1</b>	<b>June 25 &amp; July 2 Private Lessons</b> <b>R \$72/NR \$86.50</b> Two, 25-minute lessons Fridays			
	<b>8:30am</b>	<b>9:00am</b>	<b>9:30am</b>	<b>10:00am</b>
<b>6 Enrollment Spots Available</b>	<b>11635</b>	<b>11637</b>	<b>11638</b>	<b>11639</b>

<b>Friday Privates Session 2</b>	<b>July 9 &amp; July 16 Private Lessons</b> <b>R \$72/NR \$86.50</b> Two, 25-minute lessons Fridays			
	<b>8:30am</b>	<b>9:00am</b>	<b>9:30am</b>	<b>10:00am</b>
<b>6 Enrollment Spots Available</b>	<b>11640</b>	<b>11641</b>	<b>11642</b>	<b>11643</b>

<b>Friday Privates Session 3</b>	<b>July 23 &amp; July 30 Private Lessons</b> <b>R \$72/NR \$86.50</b> Two, 25-minute lessons Fridays			
	<b>8:30am</b>	<b>9:00am</b>	<b>9:30am</b>	<b>10:00am</b>
<b>6 Enrollment Spots Available</b>	<b>11644</b>	<b>11645</b>	<b>11646</b>	<b>11648</b>

<b>Friday Privates Session 4</b>	<b>August 6 &amp; August 13 Private Lessons</b> <b>R \$72/NR \$86.50</b> Two, 25-minute lessons Fridays			
	<b>8:30am</b>	<b>9:00am</b>	<b>9:30am</b>	<b>10:00am</b>
<b>6 Enrollment Spots Available</b>	<b>11649</b>	<b>11650</b>	<b>11651</b>	<b>11652</b>

<b>Friday Privates Session 5</b>	<b>August 20 &amp; August 27 Private Lessons</b> <b>R \$72/NR \$86.50</b> Two, 25-minute lessons Fridays			
	<b>8:30am</b>	<b>9:00am</b>	<b>9:30am</b>	<b>10:00am</b>
<b>6 Enrollment Spots Available</b>	<b>11653</b>	<b>11654</b>	<b>11655</b>	<b>11656</b>