

Swim Lessons

We offer group swim lesson levels for Parent/Child, Preschool, Youth, Teens, and Adults. We have Private Swim Lessons available at the Peter Kirk Pool.

Swim Lesson registration opens on March 20th for Kirkland residents at 7am! Non-Residents can register for Swim Lessons on March 21st.

Level Advancement:

Most students participate in the same level two or three times before advancing to the next level. **Intro level classes (Preschool 1 & Youth 1) tend to take longer to move up; these students participate in the same level for three to four sessions before passing all of the exit assessments.** For Youth 3 and Youth 4, participants must be able to lap swim without assistance before taking these levels. A good indicator of their swimming ability is being able to pass our Deep Water Swim Test.

Exit Assessment Skills:

Exit Assessment skills are evaluated by instructors for each child's report card. All Exit Assessment Skills must be passed and checked off by the instructor for a child to move up to the next level. Exit assessments are listed below the level descriptions starting on page 45.

Report Cards:

In our Monday – Thursday Lessons, swimmers are evaluated after the first week of class. Report Cards are emailed out by the Tuesday of the second week of class to parents to help inform them on which lesson their child should take in the upcoming lesson session. If a child's report card evaluation has changed, the parent will be notified of the level advancement. Friday and Saturday Lessons do not pass out Report Cards.

Rain Policy:

We have class rain or shine. Our outdoor pools are heated throughout the season. The only time class would be canceled is in the event of a thunderstorm or unscheduled facility closure.

Facility Closures:

Unscheduled facility closures can occur with limited notice. If your class is canceled due to an unforeseen facility closure, all participants will receive a two-admission public swim voucher to be used for any 2024 public swim. If you are concerned about facility closures, please contact the pool hotline at 425-587-3335 or on the Kirkland Parks and Community Services Facebook page. In the event that a facility closure cancels swim lessons, you will immediately receive an email notification.

Make-up Policy:

If you miss a class, we do not schedule make-up classes. We encourage parents to call in and inform the instructors if their child will be missing class.

Lesson Registration:

To register for swim lessons, you can call 425-587-3336 or go online to KirklandParks.net. The Peter Kirk Pool does not take swim lesson registration or transfers. If you would like to register in person, please visit the Peter Kirk Community Center across the parking lot. **Please do not come to the first day of class if your child is not registered for that session.**

Waitlist Policy:

Waitlist participants are added to classes in order of registration times. Emails will be sent out to waitlist participants to sign up for their classes. The spot will be reserved for 24 hours. If there is no response, we will move to the next participant on the waitlist. Once registration has closed for the upcoming session, no other participants will be added to the roster. If you get the waitlist email and wish to register, use the link in the email or call 425-587-3333.

Class Registration Closes:

Registration closes the Thursday before the beginning of the session at 4pm.

Swim Level Registration Transfers:

If your session is just beginning, and you think your child is in the wrong level, please attend the first day of your child's registered class level and speak with an onsite Lessons Coordinator to see if there is room for a level transfer. Level transfers are not guaranteed due to limited spot availability and are only available to registered students.

Deep Water Swim Test:

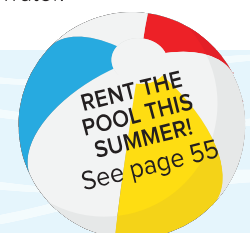
At the Peter Kirk Pool we have a Deep Water Swim Test for swimmers 12 and under. This test is to show a swimmer's confidence in the water and ability to safely enter, resurface, and exit the pool in deep water. This test is done by a lifeguard in the deep end of the pool.

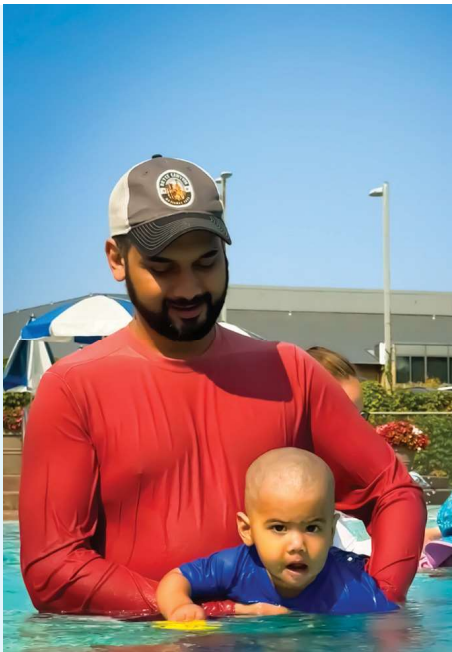
In order to pass the Deep Water Swim Test, a swimmer must complete all of the following:

Goggles are not allowed to be worn during the Deep Water Swim Test

1. The swimmer must jump into the deep end of the pool feet first and resurface.
2. The swimmer must then immediately start to swim to the far end of the pool (25 yards).
 - a. The swimmer must swim continuously without assistance, stopping, or touching/holding the wall – briefly stopping to breathe is allowed.
 - b. Swimmers must show confident/strong swimming mechanics by only using freestyle, front crawl, or breaststroke – Swimmers must remain horizontal on top of the water and have some level of proficiency in the swim stroke. Underwater swimming is not permitted.
 - c. Swimmers must also have controlled rhythmic breathing (side-breathing or quick pop-up breathing).
3. At the end of the 25-yard swim, the swimmer must exit the swimming pool either by steps, ladder or side

If a swimmer does not pass the Deep Water Swim Test, the lifeguard will let the swimmer know what they need to work on in order to pass the test. For swimmers that have passed, their swim test results are recorded for the season, and those who pass can pick up their wrist bands at the lifeguard office. Testing seasonally ensures that the child demonstrates their swim ability to stay safe each time they are in and around the water. Lifeguards may ask an individual to retest at any point in the season to ensure that they are safe to swim in deep water.





Aquatots Classes

LOCATION: MAIN POOL

AGE: 6-36 MONTHS

CLASS SIZE: 10 CLASS TIME: 30 MINUTES

Our parent-child class encourages comfort and safety in and around water through guided instruction. The class's 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. **This class requires the parent or guardian to be in the pool with their child.**

Once your child has turned 3, they can be registered for a **Preschool 1** class.

Preschool Classes – Ages 3-5 years

Our preschool classes are taught without the assistance of parents as we introduce independent swimming skills. Preschool 1 and Preschool 2 are taught in our shallow water wading pool, this provides a comfortable and friendly learning environment for the beginner swimmer. Our Preschool 3 and Preschool 4 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

LOCATION: WADING POOL

AGE: 3-5

CLASS SIZE: 5 CLASS TIME: 30 MINUTES

This class is an introductory swimming class for preschool-aged participants. Students will be getting introduced to the water with the goal of comfort in and out of the pool. Students will be learning how to enter and exit the water safely, blow bubbles, comfortably submerge their face in the water, float on their back and front, and start the basic skills of swimming.

Exit Assessment Skills:

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

If your child has passed all exit assessment skills above, they can be registered for the following level progression:

- Ages 3-5 years – Preschool 2
- Ages 5-14 years – Youth 1
- If your child did not pass their exit assessments, keep them in the current level
- When registering new students to this level, please register them for 3-4 sessions, before advancing them to Preschool 2

Preschool 2

LOCATION: WADING POOL

AGE: 3-5

CLASS SIZE: 5 CLASS TIME: 30 MINUTES

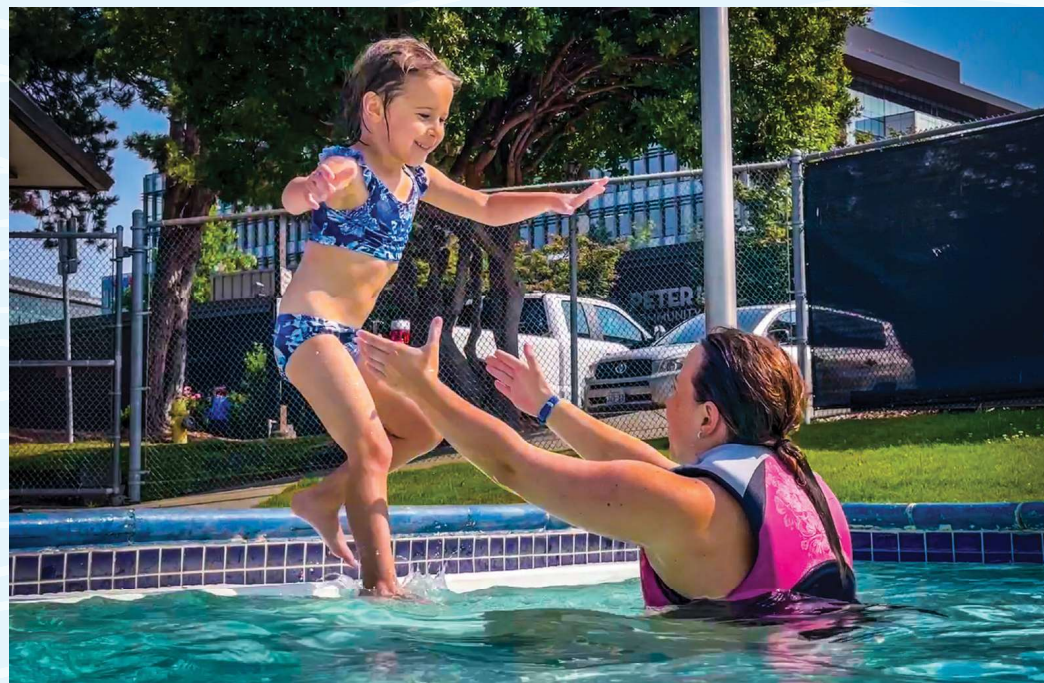
This class is our second level introductory class for preschool-aged participants. Students will be comfortable in the water, focusing on water safety and swimming skills. Students will be learning how to improve their blowing bubble skills, front and back floats, front crawl, and kick skills. They will also be introduced to bubble bobs (with a submerged nose, mouth, and eyes without the use of goggles), retrieving submerged items from the bottom of the pool, and streamlining without support.

Exit Assessment Skills:

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

If your child has passed all exit assessment skills above, they can be registered for the following level progression:

- Ages 3-5 years – Preschool 3
- Ages 5-14 years – Youth 1
- If your child did not pass their exit assessments, keep them in the current level



AQUATICS



Preschool 3

LOCATION: MAIN POOL

AGE: 3-5

CLASS SIZE: 5 CLASS TIME: 30 MINUTES

This class is an intermediate swimming class for preschool aged participants. Students will be improving water safety, swimming skills and being introduced to deeper water. Students will be learning how to improve their bubble bobs (with submerged nose, mouth, and eyes without the use of goggles), front and back floats, front crawl and kick skills, streamlining, and submerged skills. They will be introduced to rolling from front float to back float, vertical to front recovery, rhythmic pop-up breathing, and how to tread water.

Exit Assessment Skills:

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

If your child has passed all exit assessment skills above, they can be registered for the following level progression:

- Ages 3-4 years – Preschool 4
- Ages 5-14 years – Youth 2
- If your child did not pass their exit assessments, keep them in the current level

Preschool 4

LOCATION: MAIN POOL

AGE: 3-5

CLASS SIZE: 5 CLASS TIME: 30 MINUTES

This class is our second level intermediate swimming class for preschool-aged participants. Students will continue building their water safety and swimming skills while also introducing swim strokes and rhythmic breathing. Students will learn how to improve their bobs, treading water, front and back floats, front crawl and kick skills, streamlining, and submerged skills. They will be introduced to gliding, front crawl, back crawl, elementary backstroke, and rhythmic side breathing.

Exit Assessment Skills:

- 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 the water and recover
- Swim underwater 5 yards

If your child has passed all exit assessment skills above, they can be registered for the following level progression:

- Ages 3-5 years – Remain in Preschool 4
- Ages 5-14 years – Youth 2
- If your child did not pass their exit assessments, keep them in the current level

Youth Classes – Ages 5-14 years

Our youth classes are taught throughout our main pool. Youth 1 focuses on an introduction to swimming and works on gaining comfort in shallow water. Youth 2 and Youth 3 focus on gaining and retaining the skills of swimming, floating, diving, underwater swimming, and water safety in and around pools. Youth 4 is for those who can already swim. Students will work on stroke clean-up and refinement.

Youth 1

LOCATION: MAIN POOL

AGE: 5-14

CLASS SIZE: 5 CLASS TIME: 30 MINUTES

This class is an introductory swimming class. Students will be introduced to the water with the goal of comfort in and out of the pool. Students will be learning how to enter and exit the water safely, blow bubbles, comfortably submerge their face in the water, float on their back and front, and start the basic skills of swimming.

Exit Assessment Skills:

- 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

If your child has passed all exit assessment skills above, they can be registered for the following level progression:

- Ages 5-14 years – Youth 2
- If your child did not pass their exit assessments, keep them in the current level
- When registering new students to this level, please register them for 3-4 sessions, before advancing them to Youth 2

ASK US
ABOUT OUR
SCHOLARSHIP
PROGRAM
See page 63

Youth 2

LOCATION: MAIN POOL
AGE: 5-14

CLASS SIZE: 6 CLASS TIME: 30 MINUTES

This class is an intermediate swimming class, and students should already be comfortable in the water. **This class prepares students to swim on their own and pass our Deep Water Swim Test allowing them to advance into lap swimming and stroke development.**

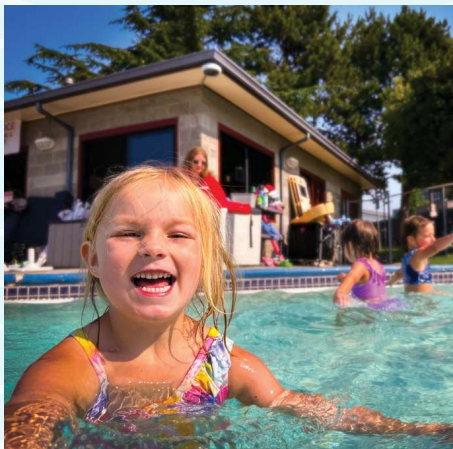
Students will be learning how to improve their blowing bubble skills, improve their front and back floats, streamlining, improve their front crawl and kick skills, and submerging skills. They will also be introduced to front crawl, back crawl, elementary backstroke, rhythmic breathing, butterfly and breaststroke kicks, and treading water.

Exit Assessment Skills:

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

If your child has passed all exit assessment skills above, they can be registered for the following level progression:

- Ages 5-14 years – Youth 3
- If your child did not pass their exit assessments, keep them in the current level



Youth 3

LOCATION: MAIN POOL
AGE: 5-14

CLASS SIZE: 6 CLASS TIME: 30 MINUTES

For Youth 3, participants must be able to lap swim without assistance before taking this level. A good indicator of their swimming ability is being able to pass our Deep Water Swim Test. Please visit page 44 to see our Deep Water Swim Test description.

This class is our second level intermediate swimming class and students must be very comfortable in the water. This class will focus on stroke development and swimming endurance. Students will be learning how to improve their dives (shallow & deep), underwater swimming, treading water, freestyle, backstroke, and kicks. They will also be introduced to butterfly, breaststroke, flip turns, and lap swimming techniques.

Exit Assessment Skills:

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

If your child has passed all exit assessment skills above, they can be registered for the following level progression:

- Ages 5-6 years – Repeat Youth 3
- Ages 7-14 years – Youth 4
- If your child did not pass their exit assessments, keep them in the current level

Youth 4

LOCATION: MAIN POOL
AGE: 7-14

CLASS SIZE: 8 CLASS TIME: 30 MINUTES

This class is an advanced swimming class. **Students must be able to swim multiple laps without assistance while showing rhythmic breathing and high endurance.**

This class is designed to prepare swimmers to join a swim team. Students will be learning how to improve their strokes (freestyle, backstroke, breaststroke, butterfly), flip turns, lap swimming, deep water diving and retrieval (7+ feet), dive technique, and endurance water treading. This is the highest-level class offered, with an emphasis on endurance lap swimming.

Exit Assessment Skills:

- 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

If your child has passed all exit assessment skills above, they can be registered for the following level progression:

- Ages 7-14 years – This is the end of our swim lesson progression; your child's next step would be trying out for swim teams
- If your child did not pass their exit assessments, keep them in the current level



AQUATICS

Group Swim Lessons

MONDAY – THURSDAY

Class registration closes at 4pm the Thursday before the session start date.

To register for swim lessons, you can call 425-587-3336 or go online to KirklandParks.net. The Peter Kirk Pool does not take swim lesson registration. If you would like to register in person, please visit the Peter Kirk Community Center across the parking lot.



SESSION 1 JUNE 3 – 13 GROUP LESSONS: TWO WEEKS

1

EIGHT, 30-MINUTE LESSONS | MONDAY–THURSDAY
RESIDENT FEE \$88 / NON RESIDENT FEE \$106

	4:10PM	4:45PM	5:20PM	5:55PM	6:30PM	7:05PM
AQUATOTS	18418	18419	–	–	–	–
PRESCHOOL 1	18420	18421	–	–	18422	–
PRESCHOOL 2	18423	18424	18425	18426	18427	–
PRESCHOOL 3	18428	–	18429	18430	18431	18432
PRESCHOOL 4	–	18433	18434	18435	–	–
YOUTH 1	18436	18437	18438	18439	–	–
YOUTH 2	18440	18441	18442	18443	19065	19066
YOUTH 3	–	–	–	18446	18447	18448
YOUTH 4	–	–	18449	–	18450	18451

SESSION 2 JUNE 17 – 27 GROUP LESSONS: TWO WEEKS

2

SEVEN, 30-MINUTE LESSONS | MONDAY–THURSDAY
NO CLASSES ON JUNE 19TH
RESIDENT FEE \$77 / NON RESIDENT FEE \$93

	4:10PM	4:45PM	5:20PM	5:55PM	6:30PM	7:05PM
AQUATOTS	18452	18453	–	–	–	–
PRESCHOOL 1	18554	18555	18556	–	18557	–
PRESCHOOL 2	18558	18559	18560	–	18561	–
PRESCHOOL 3	–	–	18562	18563	18564	18565
PRESCHOOL 4	–	–	18566	18567	–	18568
YOUTH 1	18569	18570	–	18571	18572	–
YOUTH 2	18573	18574	–	18575	18576	19064
YOUTH 3	–	–	–	18577	–	18578
YOUTH 4	–	–	18579	–	–	18580

SESSION 3 JULY 1 – JULY 11 GROUP LESSONS: TWO WEEKS

3

SEVEN, 30-MINUTE LESSONS | MONDAY–THURSDAY

NO CLASSES ON JULY 4TH

RESIDENT FEE \$77 / NON RESIDENT FEE \$93

	8:20AM	9:00AM	9:35AM	10:10AM	10:45AM	11:20AM	4:10PM	4:45PM	5:20PM	5:55PM	6:30PM	7:05PM
AQUATOTS	–	18581	18582	18583	18584	–	18585	18586	18587	18588	–	–
PRESCHOOL 1	18589	18590	18591	18592	18593	18594	18595	18596	18597	18598	18599	–
PRESCHOOL 2	18600	18601	18602	18603	18604	18605	18606	18607	18608	18609	18610	–
PRESCHOOL 3	–	18611	18612	18613	–	18614	18615	–	18616	–	18617	18618
PRESCHOOL 4	–	18619	18620	–	18621	18622	–	18623	–	18624	18625	18626
YOUTH 1	–	18627	18628	18629	18630	18631	18632	18633	18634	18635	18636	–
YOUTH 2	–	18637	18638	18639	18640	18641	18642	18643	18644	18645	18646	–
YOUTH 3	–	18647	–	18648	–	18649	18650	–	18651	–	18652	18653
YOUTH 4	18654	–	18655	–	18656	–	–	18657	–	18658	–	18659

**SESSION
4**

JULY 15 - JULY 25 GROUP LESSONS: TWO WEEKS

EIGHT, 30-MINUTE LESSONS | MONDAY-THURSDAY

RESIDENT FEE \$88 / NON RESIDENT FEE \$106

	8:20AM	9:00AM	9:35AM	10:10AM	10:45AM	11:20AM	4:10PM	4:45PM	5:20PM	5:55PM	6:30PM	7:05PM
AQUATOTS	—	18660	18661	18662	18663	—	18664	18665	18666	18667	—	—
PRESCHOOL 1	18668	18669	18670	18671	18672	18673	18674	18675	18676	18677	18678	—
PRESCHOOL 2	18679	18680	18681	18682	18683	18684	18685	18686	18687	18688	18689	—
PRESCHOOL 3	—	18690	18691	18692	—	18693	18694	—	18695	—	18696	18697
PRESCHOOL 4	—	18698	18699	—	18700	18701	—	18702	—	18703	18704	18705
YOUTH 1	—	18706	18707	18708	18709	18710	18711	18712	18713	18714	18715	—
YOUTH 2	—	18716	18717	18718	18719	18720	18721	18722	18723	18724	18725	—
YOUTH 3	—	18726	—	18727	—	18728	18729	—	18730	—	18731	18732
YOUTH 4	18733	—	18734	—	18735	—	—	18736	—	18737	—	18738

**SESSION
5**

JULY 29 – AUGUST 8 GROUP LESSONS: TWO WEEKS

EIGHT, 30-MINUTE LESSONS | MONDAY-THURSDAY

RESIDENT FEE \$88 / NON RESIDENT FEE \$106

	8:20AM	9:00AM	9:35AM	10:10AM	10:45AM	11:20AM	4:10PM	4:45PM	5:20PM	5:55PM	6:30PM	7:05PM
AQUATOTS	—	18739	18740	18741	18742	—	18743	18744	18745	18746	—	—
PRESCHOOL 1	18747	18748	18749	18750	18751	18752	18753	18754	18755	18756	18757	—
PRESCHOOL 2	18758	18759	18760	18761	18762	18763	18764	18765	18766	18767	18768	—
PRESCHOOL 3	—	18769	18770	18771	—	18772	18773	—	18774	—	18775	18776
PRESCHOOL 4	—	18777	18778	—	18779	18780	—	18781	—	18782	18783	18784
YOUTH 1	—	18785	18786	18787	18788	18789	18790	18791	18792	18793	18794	—
YOUTH 2	—	18795	18796	18797	18798	18799	18800	18801	18802	18803	18804	—
YOUTH 3	—	18805	—	18806	—	18807	18808	—	18809	—	18810	18811
YOUTH 4	18812	—	18813	—	18814	—	—	18815	—	18816	—	18817

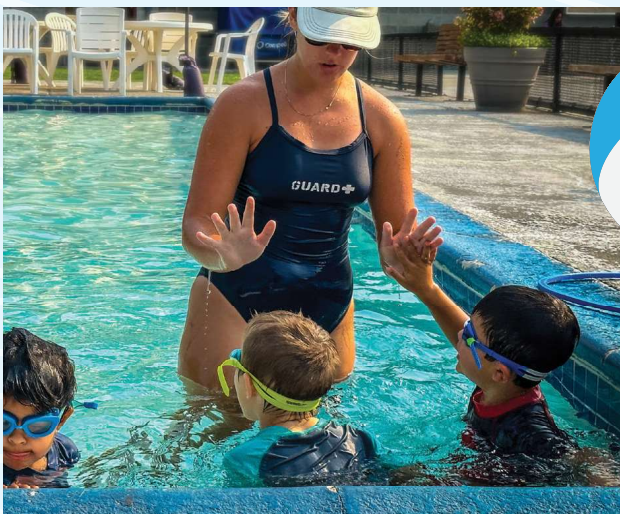
**SESSION
6**

AUGUST 12 – AUGUST 22 GROUP LESSONS: TWO WEEKS

EIGHT, 30-MINUTE LESSONS | MONDAY-THURSDAY

RESIDENT FEE \$88 / NON RESIDENT FEE \$106

	8:20AM	9:00AM	9:35AM	10:10AM	10:45AM	11:20AM	4:10PM	4:45PM	5:20PM	5:55PM	6:30PM	7:05PM
AQUATOTS	18818	18819	—	—	18820	—	18821	18822	—	—	—	—
PRESCHOOL 1	18823	18824	—	—	—	18825	18826	18827	—	—	18828	—
PRESCHOOL 2	18829	18830	—	—	18831	—	18832	18833	—	—	18834	—
PRESCHOOL 3	18835	18836	18837	18838	—	18839	18840	18841	18842	18843	18844	18845
PRESCHOOL 4	18846	18847	—	—	18848	—	18849	18850	—	—	—	18851
YOUTH 1	—	—	18852	18853	—	19076	—	—	18854	18855	—	—
YOUTH 2	—	—	18856	18857	18858	—	—	—	18859	18860	—	—
YOUTH 3	—	—	18861	19077	—	18862	—	—	18863	18864	18865	18867
YOUTH 4	—	—	18868	18869	18870	—	—	—	18871	18872	18873	18874



AQUATICS

ASK US
ABOUT OUR
SCHOLARSHIP
PROGRAM
See page 63

Group Swim Lessons

FRIDAY AND SATURDAY

FRIDAYS SESSION 3		JULY 5 & JULY 12		
TWO, 30-MINUTE LESSONS RESIDENT FEE \$22 / NON RESIDENT FEE \$26				
	8:00AM	8:35AM	9:10AM	
AQUATOTS	18976	–	18977	
PRESCHOOL 1	18978	18979	18980	
PRESCHOOL 2	18981	–	–	
YOUTH 1	–	18983	–	
YOUTH 2	–	18984	–	

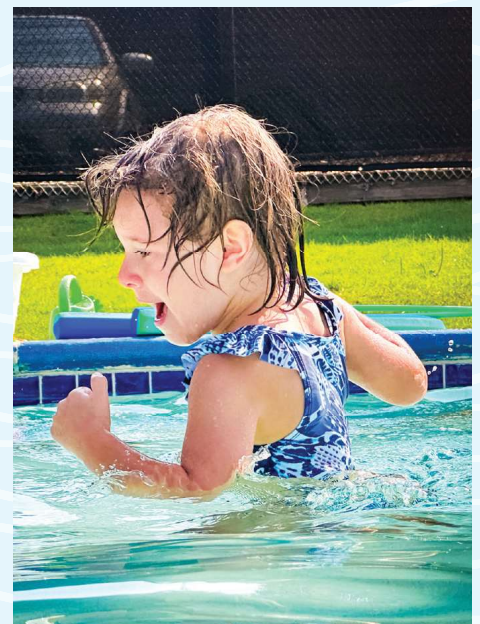
SATURDAYS SESSION 3		JULY 6 & JULY 13		
TWO, 30-MINUTE LESSONS RESIDENT FEE \$22 / NON RESIDENT FEE \$26				
	10:00AM	10:35AM	11:10AM	
AQUATOTS	18931	–	18932	
PRESCHOOL 1	18933	18934	18935	
PRESCHOOL 2	18936	–	18937	
YOUTH 1	–	18938	–	
YOUTH 2	–	18939	–	

FRIDAYS SESSION 4		JULY 19 & JULY 26		
TWO, 30-MINUTE LESSONS RESIDENT FEE \$22 / NON RESIDENT FEE \$26				
	8:00AM	8:35AM	9:10AM	
AQUATOTS	18985	–	18986	
PRESCHOOL 1	18987	18988	18989	
PRESCHOOL 2	18990	–	–	
YOUTH 1	–	18992	–	
YOUTH 2	–	18993	–	

SATURDAYS SESSION 4		JULY 20 & JULY 27		
TWO, 30-MINUTE LESSONS RESIDENT FEE \$22 / NON RESIDENT FEE \$26				
	10:00AM	10:35AM	11:10AM	
AQUATOTS	18940	–	18941	
PRESCHOOL 1	18942	18943	18944	
PRESCHOOL 2	18945	–	18946	
YOUTH 1	–	18947	–	
YOUTH 2	–	18948	–	

FRIDAYS SESSION 5		AUGUST 2 & AUGUST 8		
TWO, 30-MINUTE LESSONS RESIDENT FEE \$22 / NON RESIDENT FEE \$26				
	8:00AM	8:35AM	9:10AM	
AQUATOTS	18994	–	18995	
PRESCHOOL 1	18996	18997	18998	
PRESCHOOL 2	18999	–	–	
YOUTH 1	–	19001	–	
YOUTH 2	–	19002	–	

SATURDAYS SESSION 5		AUGUST 3 & AUGUST 10		
TWO, 30-MINUTE LESSONS RESIDENT FEE \$22 / NON RESIDENT FEE \$26				
	10:00AM	10:35AM	11:10AM	
AQUATOTS	18949	–	18950	
PRESCHOOL 1	18951	18952	18953	
PRESCHOOL 2	18954	–	18955	
YOUTH 1	–	18956	–	
YOUTH 2	–	18957	–	





Private Swim Lessons (AGE 5+ YEARS)

MONDAY – THURSDAY

LOCATION: MAIN POOL CLASS TIME: 30 MINUTES

Are you looking for one-on-one instruction, with highly motivated and friendly instructors? Private Lessons might be right for you. Private lesson participants will review goals with instructor the first scheduled class. Please share your swimming goals with us, we are here to help!

Two siblings of close age and swimming ability may be registered for the same private lesson session. Please register the first child and call Loni at 425-587-3333 to register the second child. Both children will need to pay for the private lesson.

PRIVATE SESSION 2	JUNE 17 – JUNE 27 PRIVATE LESSON									
	THREE – 30-MINUTE LESSONS M/W RESIDENT \$118 / NON RESIDENT \$141 (PRO RATED)					FOUR – 30-MINUTE LESSONS T/TH RESIDENT \$157 / NON RESIDENT \$188				
	10:10AM	10:45AM	11:20AM	4:10PM	4:45PM	5:20PM	5:55PM	6:30PM	7:05PM	
MONDAY/WEDNESDAY				19044	19045	19046	18878	18879	19047	
TUESDAY/THURSDAY	NO AM PRIVATE LESSONS			19101	19102	19103	19104	19105	19106	

PRIVATE SESSION 3	JULY 1 – JULY 11 PRIVATE LESSON									
	FOUR – 30-MINUTE LESSONS M/W RESIDENT \$157 / NON RESIDENT \$188					THREE – 30-MINUTE LESSONS T/TH RESIDENT \$118 / NON RESIDENT \$141 (PRO RATED)				
	10:10AM	10:45AM	11:20AM	4:10PM	4:45PM	5:20PM	5:55PM	6:30PM	7:05PM	
MONDAY/WEDNESDAY	19040	19041	19042	19048	19049	19050	19051	19017	18895	
TUESDAY/THURSDAY	19035	19036	19059	19043	18875	18876	18877	19013	19016	

PRIVATE SESSION 4	JULY 15 – JULY 25 PRIVATE LESSON									
	FOUR – 30-MINUTE LESSONS MON/WED OR TUE/THU RESIDENT \$157 / NON RESIDENT \$188									
	10:10AM	10:45AM	11:20AM	4:10PM	4:45PM	5:20PM	5:55PM	6:30PM	7:05PM	
MONDAY/WEDNESDAY	18880	18881	18882	18883	18884	18885	18886	18894	19018	
TUESDAY/THURSDAY	18887	18888	18889	18890	18891	18892	18893	18897	18898	

PRIVATE SESSION 5	JULY 29 – AUGUST 8 PRIVATE LESSON									
	FOUR – 30-MINUTE LESSONS MON/WED OR TUE/THU RESIDENT \$157 / NON RESIDENT \$188									
	10:10AM	10:45AM	11:20AM	4:10PM	4:45PM	5:20PM	5:55PM	6:30PM	7:05PM	
MONDAY/WEDNESDAY	18899	18900	18901	18902	18903	18904	18905	19060	19061	
TUESDAY/THURSDAY	18906	18907	18908	18909	18910	18911	18912	19062	19063	

AQUATICS

Private Swim Lessons (AGE 5+ YEARS) FRIDAY AND SATURDAY

PRIVATE SESSION 3	JULY 5 & JULY 12		
	TWO, 30-MINUTE LESSONS FRIDAYS RESIDENT FEE \$79 / NON RESIDENT FEE \$94		
	8:00AM	8:35AM	9:10AM
FRIDAY PRIVATE A	18958	18959	18960
FRIDAY PRIVATE B	18961	18962	18963
FRIDAY PRIVATE C	-	-	19052

PRIVATE SESSION 4	JULY 19 & JULY 26		
	TWO, 30-MINUTE LESSONS FRIDAYS RESIDENT FEE \$79 / NON RESIDENT FEE \$94		
	8:00AM	8:35AM	9:10AM
FRIDAY PRIVATE A	18964	18965	18966
FRIDAY PRIVATE B	18967	18968	18969
FRIDAY PRIVATE C	-	-	19053

PRIVATE SESSION 5	AUGUST 2 & AUGUST 8		
	TWO, 30-MINUTE LESSONS FRIDAYS RESIDENT FEE \$79 / NON RESIDENT FEE \$94		
	8:00AM	8:35AM	9:10AM
FRIDAY PRIVATE A	18970	18971	18972
FRIDAY PRIVATE B	18973	18974	18975
FRIDAY PRIVATE C	-	-	19054

PRIVATE SESSION 3	JULY 6 & JULY 13		
	TWO, 30-MINUTE LESSONS SATURDAYS RESIDENT FEE \$79 / NON RESIDENT FEE \$94		
	10:00AM	10:35AM	11:10AM
SATURDAY PRIVATE A	18982	18866	18991
SATURDAY PRIVATE B	19012	19038	19037

PRIVATE SESSION 4	JULY 20 & JULY 27		
	TWO, 30-MINUTE LESSONS SATURDAYS RESIDENT FEE \$79 / NON RESIDENT FEE \$94		
	10:00AM	10:35AM	11:10AM
SATURDAY PRIVATE A	18913	18914	18915
SATURDAY PRIVATE B	18916	18917	18918

PRIVATE SESSION 5	AUGUST 3 & AUGUST 10		
	TWO, 30-MINUTE LESSONS SATURDAYS RESIDENT FEE \$79 / NON RESIDENT FEE \$94		
	10:00AM	10:35AM	11:10AM
SATURDAY PRIVATE A	18919	18920	18921
SATURDAY PRIVATE B	18922	18923	18924

Looking for a FUN, FREE way to cool off?

LEE JOHNSON FIELD
202 3rd STREET, KIRKLAND, WA 98033

JULY 11 – AUGUST 8
THURSDAYS, 11AM – 2PM

Join us this summer at Lee Johnson Field for our annual Sprinkler Park Thursdays! We offer a variety of sprinklers, suitable for all ages, set up for everyone to enjoy! This program is free and takes place during July and August at Lee Johnson Field at Peter Kirk Park.

All children 10 and under must be supervised by an adult.

Temperatures must be above 70 degrees for Sprinkler Parks to be open. Our Facebook page and our inclement weather hotline (425-587-3335) will be updated in the event that sprinkler park is cancelled for the day. Parking is available in the parking garage under the library.



Teen/Adult Swim Lessons

Teen/Adult Level 1

LOCATIONS: MAIN POOL

AGES: 13+

CLASS SIZE: 6 CLASS TIME: 30 MINUTES

This class is an introductory swimming class for teens and adults ages 13 and older. Students will be getting introduced to the water with the goal to gain comfort in and out of the pool. Students will learn how to enter and exit the water safely, comfortably submerge their face in the water, float on their back and front, tread water, understand how to kick while pulling the water with their arms, and start the basic strokes of swimming like the front crawl and elementary backstroke.

Learning Objectives:

- Learn to float and streamline on your front and back
- Explore alternating and simultaneous leg-kicking and arm-pulling motions
- Attain skills for front crawl and elementary backstroke
- Introduction to treading water
- Acquire basic water safety skills

Exit Assessment Skills:

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

If you have passed all exit assessment skills above, please register for the Teen/Adult Level 2 Class



Teen/Adult Level 2

LOCATIONS: MAIN POOL

AGES: 13+

CLASS SIZE: 6 CLASS TIME: 30 MINUTES

This class is an intermediate swimming class for teens and adults. Students must pass the deep-water swim test and be very comfortable in the water, focusing on stroke development and swimming endurance. Students will be learning how to improve their dives (shallow & deep), underwater swimming, treading water, freestyle, backstroke, and kicks. They will also be introduced to butterfly, breaststroke, flip turns, and lap swimming techniques.

Learning Objectives:

- 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

LEVEL 1	TEEN/ADULT CLASSES			RESIDENT \$50 / NON-RESIDENT \$60
	FOUR, 30-MINUTE LESSONS MONDAY/WEDNESDAY			
	SESSION 3 JULY 1 - 10	SESSION 4 JULY 15 - 24	SESSION 5 JULY 29 - AUG 7	
MONDAY/WEDNESDAY 6:30-7:00PM	19021	19023	19025	
MONDAY/WEDNESDAY 7:05-7:35PM	19022	19055	19057	

LEVEL 2	TEEN/ADULT CLASSES			SESSION 3: R \$38 / NR \$45 SESSION 4, 5: R \$50 / NR \$60
	THREE, 30-MINUTE LESSONS TUESDAY/THURSDAY **NO CLASSES ON JULY 4** FOUR, 30-MINUTE LESSONS TUESDAY/THURSDAY			
	SESSION 3 JULY 2 -11	SESSION 4 JULY 16 - 25	SESSION 5 JULY 30 - AUG 8	
TUESDAY/THURSDAY 6:30-7:00PM	19019	19024	19026	
TUESDAY/THURSDAY 7:05-7:35PM	19020	19056	19058	