

## Helene Madison Pool – Winter Swim Lessons 2023

13401 Meridian Ave N

206-684-4979

Welcome back to swim lessons with Seattle Parks and Recreation.

Winter 2023 A & B Sessions Quarter Registration begins Tuesday, December 6, 2022 at Noon.

Scholarships are available for those who qualify

All Lifeguard instructors and volunteers are fully vaccinated.

If you need to have your child retested, please contact Madison Pool and we will have a swim instructor assess your child's swimming.

Cancellations can occur if activities don't meet course minimum number of students.

**There is a 10% fee for processing all transfers and withdrawals.**

**Sorry, we cannot give credits or make-ups for missed classes.**

### **Parent and Child Aquatics (PACA) Ages 6 months – 3 years**

American Red Cross Parent and Child Aquatics introduces you and your child to basic swimming skills. As parents, you learn how to safely work with your child in the water and how to prepare and encourage your child to participate fully and try the skills offered. In addition, everyone is introduced to water safety topics along with songs, games and lots of fun. Each child must be accompanied into the water by a parent or adult. Swim diaper or tight-fitting plastic pants are required.

### **Adaptive Swim Lessons**

Small-group or individual lessons for children with water access or individualized needs. There will be a pool chair lift and portable stairs for accessibility to the water. Limitations on how many participants will be due to the needs of individual registrants. Please contact the pool directly for registration.

### **Learn and Play for Beginning Swimmers**

This hour-long program invites beginning swimmers to participate in guided instruction for the first half and safe personal exploration for the second half. Instructors will lead participants through skills included in the Seattle Swims' Beginning Swimmer program and afterwards swimmers will have a chance to practice what they learned for a half hour. Families are encouraged to swim together during this time. Additional family members will need to pay separately for the cost of admission.

### **Kinder Lessons Ages 4 & 5**

Children start with basic water adjustment, safety, and swimming skills in a group with other 4- & 5-year-olds. Children will begin with basic water adjustment and eventually learn these skills: front and back floats, flutter kick, rolling from front to back, side breathing, Crawl stroke with bilateral breathing, backstroke, whip kick, treading water and water safety skills. We group children by ability levels on the first day of class

**Beginning Swimmer Lessons, Ages 6 – 16 years old** Our specially designed Seattle Swims Lesson Program puts the emphasis on safety, fitness and fun! Our teaching techniques utilize well organized progressions for learning, plenty of practice and instructor feedback. We will group children by ability on the first day of class to provide the best opportunity for your child's success.

Floating, Gliding and Kicking: Children get comfortable putting their face in the water and practice front, side and back floating, gliding and kicking. These skills provide the foundation for all other swimming stroke.

Arm Strokes: Mastering the Crawl Stroke requires learning to roll from front to back while performing arm strokes. Once mastered we begin teaching side breathing. Students also work on strengthening kicking, proper body alignment, treading water and deep-water swimming.

Side Breathing and Whip Kick: Front Crawl Stroke with bilateral breathing and an introduction to whip kick are skills taught in this level.

### **Advanced Swimmer Ages 6 – 16**

Swimmers who have received a card indicating they have mastered "Beginning Swimmer" may sign up for "Advanced Swimmer" classes. Instructors will introduce and guide swimmers through other strokes while continuing to teach safety, fitness, and skill proficiency.

Prerequisite: Students must pass Beginning Swimmer, feel comfortable in deep water and able to swim at least 15 yards without stopping while demonstrating Front Crawl Stroke with bilateral breathing, and proper whip kick on their back. Children not ready will be moved to Beginner Swimmer if there is room.  
Learning New Strokes: Elementary Backstroke, Backstroke, Breaststroke and Butterfly plus continued practice swimming Crawl Stroke.

Increasing Endurance and Proficiency: Increased distances and refinement of previous strokes along with sidestroke taught.

Fitness and Water Safety: Teaches increased mastery of technique and endurance in all the strokes plus safety and basic rescue techniques.

### **Springboard Diving**

This program is designed to teach the safe and proper way to use the springboard and introduce the diving FUNDamentals. Everyone learns how to dive at their own rate. We will be able to cover many aspects of diving including body awareness, balance, and spatial awareness in the air. Diving integrates jumping, tumbling and flexibility skills. Prerequisite: must have received Certificate of Achievement for Beginning Swimmer.

## Helene Madison Pool – Winter Swim Lessons 2023

13401 Meridian Ave N

206-684-4979

Class	Session	Days	Times	Dates	#Classes	Cost	Activity #
<b>Parents And Child Aquatics (PACA)</b> Ages 6 mos. - 3 yrs.	A	Sunday	9:30-10:00am	01/08-02/12	5	\$45.00	54048
	A	Monday	10:00-10:30am	01/09-02/13	5	\$45.00	54042
	A	Monday	6:30-7:00pm	01/09-02/13	5	\$45.00	54044
	A	Wednesday	6:30-7:00pm	01/11-02/15	6	\$54.00	54046
	B	Sunday	9:30-10:00am	02/19-03/26	6	\$54.00	54049
	B	Monday	10:00-10:30am	02/27-03/27	5	\$45.00	54043
	B	Monday	6:30-7:00pm	02/27-03/27	5	\$45.00	54045
<b>Three-Year-Old Swim Lessons</b>	B	Wednesday	6:30-7:00pm	03/01-03/29	5	\$45.00	54047
	A	Sunday	10:00-10:30am	01/08-02/12	5	\$75.00	54050
	A	Monday	6:30-7:00pm	01/09-02/13	5	\$75.00	54052
	A	Wednesday	6:30-7:00pm	01/11-02/15	6	\$90.00	54054
	B	Sunday	10:00-10:30am	02/19-03/26	6	\$90.00	54051
	B	Monday	6:30-7:00pm	02/27-03/27	5	\$75.00	54053
<b>Beginning Swimmer Learn and Play</b>	B	Wednesday	6:30-7:00pm	03/01-03/29	5	\$75.00	54055
	A	Wednesday	3:30-4:30pm	01/11-02/15	6	\$81.00	54040
	B	Wednesday	3:30-4:30pm	03/01-03/29	5	\$67.50	54041
<b>Kinder</b> Ages 4 - 5 yrs.	A	Sunday	10:00-10:30am	01/08-02/12	5	\$55.00	54023
	A	Sunday	1:30-2:00pm	01/08-02/12	5	\$55.00	54027
	A	Monday	10:30-11:00am	01/09-02/13	5	\$55.00	54025
	A	Monday	5:00-5:30pm	01/09-02/13	5	\$55.00	54739
	A	Tuesday	4:00-4:30pm	01/10-02/14	6	\$66.00	54031
	A	Tuesday	5:00-5:30pm	01/10-02/14	6	\$66.00	54743
	A	Wednesday	5:00-5:30pm	01/11-02/15	6	\$66.00	54033
	A	Thursday	4:00-4:30pm	01/12-02/16	6	\$66.00	54029
	A	Thursday	5:00-5:30pm	01/12-02/16	6	\$66.00	54741
	A	Saturday	12:00-12:30pm	01/14-02/18	5	\$55.00	54021
	B	Sunday	10:00-10:30am	02/19-03/26	6	\$66.00	54024
	B	Sunday	1:30-2:00pm	02/19-03/26	6	\$66.00	54028
	B	Monday	10:30-11:00am	02/27-03/27	5	\$55.00	54026
	B	Monday	5:00-5:30pm	02/27-03/27	5	\$55.00	54740
	B	Tuesday	4:00-4:30pm	02/21-03/28	6	\$66.00	54744
	B	Tuesday	5:00-5:30pm	02/21-03/28	6	\$66.00	54039
	B	Wednesday	5:00-5:30pm	03/01-03/29	5	\$55.00	54034
	B	Thursday	4:00-4:30pm	02/23-03/30	5	\$55.00	54030
	B	Thursday	5:00-5:30pm	02/23-03/30	5	\$55.00	54742
	B	Saturday	12:00-12:30pm	02/25-03/25	6	\$66.00	54022
<b>Beginning Swimmer</b> Ages 6 - 16 yrs.	A	Sunday	10:30-11:00am	01/08-02/12	5	\$45.00	53800
	A	Sunday	1:00-1:30pm	01/08-02/12	5	\$45.00	53897
	A	Monday	5:30-6:00pm	01/09-02/13	5	\$45.00	53903
	A	Monday	6:00-6:30pm	01/09-02/13	5	\$45.00	53911
	A	Monday	6:30-7:00pm	01/09-02/13	5	\$45.00	54037

## Helene Madison Pool – Winter Swim Lessons 2023

13401 Meridian Ave N

206-684-4979

<b>Beginning Swimmer Ages 6 - 16 yrs.</b>	A	Tuesday	4:30-5:00pm	01/10-02/14	6	\$54.00	53901
	A	Tuesday	5:30-6:00pm	01/10-02/14	6	\$54.00	53907
	A	Wednesday	4:30-5:00pm	01/11-02/15	6	\$54.00	54035
	A	Wednesday	5:30-6:00pm	01/11-02/15	6	\$54.00	53909
	A	Wednesday	6:00-6:30pm	01/11-02/15	6	\$54.00	53913
	A	Thursday	4:30-5:00pm	01/12-02/16	6	\$54.00	53899
	A	Thursday	5:30-6:00pm	01/12-02/16	6	\$54.00	53905
	A	Saturday	12:30-1:00pm	01/14-02/18	5	\$45.00	53917
	A	Saturday	1:00-1:30pm	01/14-02/18	5	\$45.00	53915
	B	Sunday	10:30-11:00am	02/19-03/26	6	\$54.00	53803
	B	Sunday	1:00-1:30pm	02/19-03/26	6	\$54.00	53898
	B	Monday	5:30-6:00pm	02/27-03/27	5	\$45.00	53904
	B	Monday	6:00-6:30pm	02/27-03/27	5	\$45.00	53912
	B	Monday	6:30-7:00pm	02/27-03/27	5	\$45.00	54038
	B	Tuesday	4:30-5:00pm	02/21-03/28	6	\$54.00	53902
	B	Tuesday	5:30-6:00pm	02/21-03/28	6	\$54.00	53908
	B	Wednesday	4:30-5:00pm	03/01-03/29	5	\$45.00	54036
	B	Wednesday	5:30-6:00pm	03/01-03/29	5	\$45.00	53910
	B	Wednesday	6:00-6:30pm	03/01-03/29	5	\$45.00	53914
	B	Thursday	4:30-5:00pm	02/23-03/30	5	\$45.00	53900
B	Thursday	5:30-6:00pm	02/23-03/30	5	\$45.00	53906	
B	Saturday	12:30-1:00pm	02/25-04/01	6	\$54.00	53918	
B	Saturday	1:00-1:30pm	02/25-04/01	6	\$54.00	53916	
<b>Advanced Swimmer Ages 6 – 16 yrs. 25 yard crawl stroke adequate breathing and whip kick required</b>	A	Sunday	10:30-11:00am	01/08-02/12	5	\$45.00	53790
	A	Sunday	1:00-1:30pm	01/08-02/12	5	\$45.00	53792
	A	Sunday	1:30-2:00pm	01/08-02/12	5	\$45.00	54737
	A	Monday	6:00-6:30pm	01/09-02/13	5	\$45.00	53794
	A	Tuesday	6:00-6:30pm	01/10-02/14	6	\$54.00	53798
	A	Thursday	6:00-6:30pm	01/12-02/16	6	\$54.00	53796
	B	Sunday	10:30-11:00am	02/19-03/26	6	\$54.00	53791
	B	Sunday	1:00-1:30pm	02/19-03/26	6	\$54.00	53793
	B	Sunday	1:30-2:00pm	02/19-03/26	6	\$54.00	54738
	B	Monday	6:00-6:30pm	02/27-03/27	5	\$45.00	53795
	B	Tuesday	6:00-6:30pm	02/21-03/28	6	\$54.00	53799
B	Thursday	6:00-6:30pm	02/23-03/30	5	\$45.00	53797	
<b>Adaptive Swim Lessons</b>	A	Sunday	12:00-12:30pm	01/08-02/12	5	\$45.00	53756
	A	Sunday	12:30-1:00pm	01/08-02/12	5	\$45.00	53754
	B	Sunday	12:00-12:30pm	02/19-03/26	6	\$54.00	53757
	B	Sunday	12:30-1:00pm	02/19-03/26	6	\$54.00	53755
<b>Diving Lessons</b>	A	Sunday	1:00-1:30pm	01/08-02/12	5	\$45.00	54697
	A	Sunday	1:30-2:00pm	01/08-02/12	5	\$45.00	54019

**Helene Madison Pool – Winter Swim Lessons 2023**  
**13401 Meridian Ave N**  
**206-684-4979**

Diving Lessons	B	Sunday	1:00-1:30pm	02/19-03/26	6	\$54.00	54698
	B	Sunday	1:30-2:00pm	02/19-03/26	6	\$54.00	54020
Adult Swim Lessons 16 Years & Up	A	Monday	7:00-7:30pm	01/09-02/13	5	\$45.00	53761
	A	Tuesday	6:00-6:30pm	01/10-02/14	6	\$54.00	53760
	A	Thursday	6:00-6:30pm	01/12-02/16	6	\$54.00	53758
	B	Monday	7:00-7:30pm	02/27-03/27	5	\$45.00	53762
	B	Tuesday	6:00-6:30pm	02/21-03/28	6	\$54.00	54555
	B	Thursday	6:00-6:30pm	02/23-03/30	5	\$45.00	53759

**CITY OF SEATTLE OFFERS SCHOLARSHIPS**

**Swimming Scholarship Fund!**

As a part of the ongoing commitment to water safety awareness and injury prevention, Seattle Parks and Recreation has received generous donations from Seattle Children’s Hospital. These contributions allow for supplemental scholarship funding in addition to our existing low-income scholarship offerings for youth group swim lessons. Please contact your local pool for more information and to receive a Low-Income Scholarship application. Funding is limited to one activity per quarter.

Scholarship Application can be done ONLINE now at [www.Seattle.gov/parks/find/scholarships-and-financial-aid](http://www.Seattle.gov/parks/find/scholarships-and-financial-aid). If you need assistance, please contact us at the front desk.



**Use the QR code below to sign up for swim lessons at Helene Madison Pool:**



**Adult Swim Lessons:** All ability levels welcome! Small groups with similar goals are arranged so instruction can focus on the basics all the way to learning a variety of strokes and water safety. Enjoy exploring the possibilities while developing lifelong and lifesaving skills