



Winter Swim Schedule!

January 2nd - April 1st, 2012*

Please read the schedule carefully. We offer multiple programs, some at overlapping times.

*Please check the Pavilion or our website for modified schedules for Martin Luther King Jr. Day (January 16) and Presidents Day Mid-Winter Break (February 20-21). Schedule is subject to change. Please check www.mltrec.com for the latest schedule.

Monday/Wednesday	Tuesday/Thursday	Friday	Saturday	Sunday
6:00am-2:30 pm Lap Lanes	6:00am-2:30 pm Lap Lanes	6:00am-2:30 pm Lap Lanes	7:00-8:30 am 3 Lap Lanes 1 Multi-Purpose Lane	
6:00-7:00 am Deep Water Fitness	6:00-9:30 am & 10:05am-2:45pm River Available	6:00-7:00 am Deep Water Fitness	7:00-8:00am \$2 Happy Hour Leisure Pool & River	8:30am-11:55am 2 Lap Lanes
6:00-9:30 am & 10:05 am-2:45 pm River Available	7:25-8:25 am Deep Water Fitness	6:00-11:00am & 11:35 am-2:30 pm River Available	7:30-8:30am Deep Water Fitness	8:30-9:15am \$1 Dip Special Leisure Pool Only
7:55-8:55 am Water Walk	8:30-9:30 am Arthritis Aquatic Program	7:55-8:55 am Water Walk	8:00-9:15am Leisure Pool & River	8:35-9:35 am River Fitness
9:20-10:20 am Shallow Water Fitness	9:30am-2:45 pm Leisure Pool	9:20-10:20 am Shallow Water Fitness	8:30-11:00 am 1 Lap Lane	9:20-10:35 am Leisure Pool Only
9:30am-2:45 pm Leisure Pool	10:45-11:45 am LIFT Class	9:30am-2:45 pm Leisure Pool	9:20-10:35am Leisure Pool & River	10:40-11:55 am Leisure Pool Only
10:30-11:30 am LIFT Water Fitness	3:00-4:00 pm \$2 Happy Hour Leisure Pool Only	10:30-11:30 am LIFT Water Fitness	10:40-11:55am Leisure Pool & River	11:25-11:55 am Drop-In Tots
12:00-1:00 pm Arthritis Aquatic Program	4:30-7:05 pm Leisure Pool Only	12:00-1:00 pm Arthritis Aquatic Program	12:00-1:30 pm Recreation Swim	12:00-1:30 pm Recreation Swim
3:00-4:00 pm \$2 Happy Hour Leisure Pool Only	5:30-6:30 pm Shallow Water Fitness	3:00-5:20 pm Leisure Pool & River <i>Please see note below**</i>	1:35-3:05 pm Recreation Swim Party Time ***	1:35-3:05 pm Recreation Swim Party Time ***
4:30-7:05 pm Leisure Pool Only	7:15-8:30 pm \$3 Recreation Swim <i>No Water Walk mats</i>	5:25-6:25 pm Rental Time Available Pool, Spa, & Sauna CLOSED to public	3:15-6:25 pm Rental Time Available Pool, Spa, & Sauna CLOSED to public	3:15-5:20 pm Rental Time Available Pool, Spa, & Sauna CLOSED to public
5:30-6:30 pm Deep Water Fitness	8:35-9:35 pm Deep Water Fitness	Any rental times not booked with parties will be open to the public for a Happy Hour Swim. Please call 425-776-9173 on Fridays after 12:00 to check public swim availability for that weekend.		
8:00-8:45 pm Drop-in Teen/Adult Intermediate Swimming	8:35-9:35 pm Masters Swimming & Triathlon Training			
8:00-9:00 pm \$2 Happy Hour! 2 Adult Lap Lanes Adult Lazy River	8:35-9:35 pm \$2 Happy Hour! 2 Adult Lap Lanes & Family Lazy River	6:30-8:00 pm Recreation Swim	6:30-8:00 pm Recreation Swim	5:30-7:00 pm Recreation Swim

****Please note: Due to Lifeguard In-Service training, the 3:00-5:20 Leisure Swim will end at 4:00 on the following Fridays: January 6, February 3, & March 2. Fee will be \$2.00/person those days.**

Pool Rules: SAFETY WILL NOT BE COMPROMISED. Children under 4 years of age **MUST** be accompanied into the pool by an adult; adults should be within arm's reach of all young children. Lifejackets available for all ages and may be required. Please be responsive to the lifeguard's requests. Each is adhering to an established set of safety rules.

Recreation Swim: Leisure, river, main pool, & deep end available. Includes float toys, noodles, water toys, lifejackets, basketball hoops.

Recreation Swim Party Time: Same fun as our Recreation Swim, but groups may reserve spots in advance for parties when combined with a room rental. Please call (425) 776-9173 to make reservations. ***Public space may be limited.

Leisure Pool: Leisure Pool (shallow area only) is available. Geysers, toddler island, floatation rings, water toys and noodles. All ages are welcome, though activity emphasis is for children 6 and under with their parents.

River: Available when not in use by classes and at the Lifeguard's discretion. This area has a light current.

Lap Lanes: Shared lanes open for lap swimming during designated times. Kickboards & pull buoys available. Lap Lanes may not be used for other activities such as water walking. Please follow posted Lap Swimming Etiquette. Must be 16 or older to swim at **Adult Lap Lane** times.

For Your Health and Safety:

- Infants and toddlers who are not toilet trained must wear swim diapers **AND** protective plastic diaper covers. Swim Diapers and protective plastic diaper covers are available for purchase in our lobby.
- Small children should be taken on frequent bathroom breaks to avoid contamination of the pool.
- Persons with infectious illness including vomiting and diarrhea within the past seven days may not enter the pool.

2012 Swimming Pool Fees

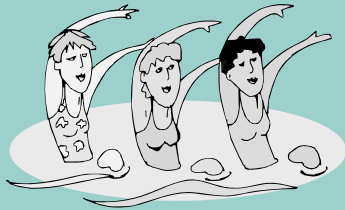
	<u>MLT Resident</u>	<u>Non Resident</u>		<u>MLT Resident</u>	<u>Non Resident</u>
Infants under 1 year	FREE	FREE	Monthly Pass: Youth	\$42.00	\$47.00
Youth* (1-15 years)	\$ 3.75	\$ 4.25	Monthly Pass: Adult	\$62.00	\$67.00
Adult (16-59 years)	\$ 4.75	\$ 5.25	Monthly Pass: Senior/Disabled	\$47.00	\$52.00
Senior (60+)/Disabled	\$ 3.75	\$ 4.25	Annual Pass: Youth	\$462.00	\$517.00
Family Swim Rate	\$13.00	\$15.00	Annual Pass: Adult	\$682.00	\$737.00
Leisure Pool Only	\$ 3.50	\$ 4.00	Annual Pass: Senior	\$517.00	\$572.00
Leisure Pool 11-Punch Pass	\$35.00	\$40.00			

*Children under 4 must be accompanied into the water by an adult.

Drop-In Class Fees for Water Fitness, Masters Swimming, Triathlon Training, & Teen/Adult Intermediate Swim Lessons

Drop-In Class: Adult	\$ 6.50	\$ 7.00
Drop-In Class: Senior/Disabled	\$ 4.75	\$ 5.25
11-Punch Pass: Adult	\$65.00	\$70.00
11-Punch Pass: Senior/Disabled	\$47.50	\$52.50

WATER FITNESS!



See front of schedule for class times and days

Shallow Water Fitness: A fast-paced fitness class designed to improve cardiovascular fitness. No swim skills required.

LIFT: Low-Impact Fitness Training: A medium-paced, shallow water workout. For those looking to begin a new fitness routine, seniors, and those with mobility issues. No swim skills required.

Deep Water Fitness: A total body workout with no impact. Floatation equipment provided.

River Fitness: Use of river current, water resistance and weights for a complete body workout.

Water Walk: Includes various walking techniques in shallow water. No swim skills required.

Arthritis Aquatic Program: Warm water helps relieve pain & stiffness and increases flexibility. This is a shallow water class.

Swimming Instruction!

Parent & Tot Lessons: 9 months-3 years
Parents participate with infant or toddler.

Pre-School: 3-5 years
Six levels offered with a max. of 6 per class.

Advanced & Comp Skills: 5-14 years
Four levels offered with a max. of 8 per class.

Puddle Jumpers: 34 months-3 years
Tots start class w/parent and transition to being in water with instructor only.

School Age: 6-12 years
Five levels offered with a max. of 7 per class.

Adult/Teen: 12 years & older
Learn at your own pace.

Adaptive Aquatics Program: This program is designed to integrate children with special needs into our swim lesson program.

<p>Learn to swim in our modern, warm-water pool. A positive and fun experience is provided by an enthusiastic, well-trained and caring staff.</p> <p>Please call or visit our website or the Pavilion for the times of specific classes. Our knowledgeable staff can help you with class placement if you are unsure where your child should go. On-line registration is available all day on open registration dates. Visit www.mltrec.com for more information!</p> <p>Mountlake Terrace Residents may register one day prior to registration date. Walk-in 8am-8pm; Phone-in noon-8pm.</p> <p>Non-Residents: Walk-in 8am-8pm; Phone-in noon-8pm.</p>	Lesson Dates	Days	Lessons	Fee R/N	Playtime Passport	Resident Reg	Open & Online Reg
	1/9-2/1*	M & W	7	R\$46 N\$49	R\$4.55 N\$4.90	12/19	12/20
	1/10-2/2*	T & Th	7	R\$46 N\$49	R\$4.55 N\$4.90	12/19	12/20
	1/13-2/17	F	6	R\$39 N\$42	R\$3.90 N\$4.20	12/19	12/20
	1/14-2/18	Sat	6	R\$39 N\$42	R\$3.90 N\$4.20	12/19	12/20
	1/15-2/19	Sun	6	R\$39 N\$42	R\$3.90 N\$4.20	12/19	12/20
	2/6-2/29**	M & W	7	R\$46 N\$49	R\$4.55 N\$4.90	2/1	2/2
	2/7-3/1**	T & Th	7	R\$46 N\$49	R\$4.55 N\$4.90	2/1	2/2
	2/24-3/30	F	6	R\$39 N\$42	R\$3.90 N\$4.20	2/20	2/21
	2/25-3/31	Sat	6	R\$39 N\$42	R\$3.90 N\$4.20	2/20	2/21
	2/26-4/1	Sun	6	R\$39 N\$42	R\$3.90 N\$4.20	2/20	2/21
	3/5-3/28	M & W	8	R\$52 N\$56	R\$5.85 N\$6.30	2/29	3/1
	3/6-3/29	T & Th	8	R\$52 N\$56	R\$5.85 N\$6.30	2/29	3/1
*No lessons Monday & Tuesday, Jan. 16 & 17. **No lessons Monday & Tuesday, Feb. 20 & 21.							

Swimming Pool Rentals – Celebrate with us!



Indoor Pool: Half of the pool the full pool, or the Teach Pool may be rented. Half pool rentals share use of the leisure pool and deep pool. All rentals include tubes, mats, basketball hoops, water walk, noodles and lifejackets. Please stop by or call our Front Desk at 425-776-9173 for more details.

After Hours Rentals: Rent the Pavilion after closing for a block of time or overnight! Available Friday & Saturday nights. Minimum of 3 weeks advanced booking required.



Mountlake Terrace Recreation Pavilion
5303 228th Street SW • Mountlake Terrace, WA 98043
425-776-9173 • www.mltrec.com