

## Fitness and Athletics



### Volleyball League

Each year our volleyball league gets more and more popular and we'd love to have you join the fun! We welcome new teams and individuals who want to participate. Completed team roster, t-shirt order form and registration fees must be turned in by noon on 12/9.

### Draft League

Dates (classes)	Day	Time	Fee	Res	Item #
1/3-3/27(13)	Tuesday	9:00am-noon	\$43	\$35	13234

### Recreation League

Dates (classes)	Day	Time	Fee	Res	Item #
1/5-3/29(13)	Thursday	9:00am-noon	\$43	\$35	13236

### Open Gym Volleyball

Looking for fun and fitness without a commitment? Drop in three times a week for a great workout (for ages 50 and over only).

Day	Time	Location	Fee
Mon, Wed, Fri	9:00am-noon	TCC Gym	\$3

### Open Weight Room

FREE Fitness Room time for senior residents age 50 and above. Proof of residency required.

Day	Time	Location	Fee
Mon, Wed, Fri	8:00-11:00am	TCC Fitness Room	FREE

### Enhanced Fitness

This exercise program improves balance, flexibility, strength, and aerobic training. Lifetime Fitness is designed to meet all ability levels. No class on 1/16 and 2/20

**Location: TCC Social Hall**

**Drop-in Fee: \$3/day FREE for Group Health members**

Dates (classes)	Day	Time	Fee	Res	Item #
1/4-30(11)	Mon, Wed, Fri	9:00-10:00am	\$34	\$27	13884
2/1-29(12)	Mon, Wed, Fri	9:00-10:00am	\$34	\$27	13885
3/2-30(13)	Mon, Wed, Fri	9:00-10:00am	\$34	\$27	13886
4/2-30(13)	Mon, Wed, Fri	9:00-10:00am	\$34	\$27	13887



### Tukwila Trailers

Women of all ages are invited to participate. This group meets at TCC each Monday to hike, rain or shine. Please contact the senior programs office for space availability and schedule. Lunch on your own.

Day	Departs TCC at	Fee:	Res:
Monday	8:45am	\$10	\$8

## Tukwila Pool

4414 South 144th  
206-267-2350

### Tukwila Metropolitan Park District

#### Facility Hours

Mon - Fri	5:45am - 8:00pm
Sat & Sun	11:00am - 3:00pm

#### Lap Swim

Mon-Fri	5:45am - 1:00pm 6:30pm - 7:30pm
Sat-Sun	11:00am - 1:00pm

#### Open Swim

Sat-Sun	1:00pm - 3:00pm
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#### Family Swim

Mon-Fri	11:00am - 1:00pm 7:00pm - 8:00pm
Sat-Sun	11:00am - 1:00pm

#### Water Aerobics

Mon, Wed	9:00am - 10:00am
Mon-Thur	6:00pm - 7:00pm

#### Balance & Flexibility

Tue, Thur	11:00am - 11:45am
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#### Party Rentals

Sat-Sun	3:00pm - 5:00pm
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Water is a wonderful environment that the Tukwila Pool loves to share with everyone. Increased knowledge of water safety, efficient swimming technique, and FUN is what we strive to pass on to our patrons. Be safe... learn to swim!

#### Pool Fees

##### Drop-In Fees

	Adult	Youth/Senior
Lap/Public Swim	\$4	\$3
Water Aerobics	\$6	\$5

##### Punch Cards

	Adult	Youth/Senior
Water Aerobics		
10 Visit Card	\$52	\$42
20 Visit Card	\$104	\$84
Lap/Family/Open Swim		
10 Visit Punch Card	\$36	\$27
20 Visit Punch Card	\$72	\$54

##### Swim Pass Fees

	Adult	Youth/Senior
1-month	\$43	\$39
3-month	\$115	\$105
6-month	\$206	\$187
12-month	\$339	\$308

#### Please Note:

Fees include all applicable taxes

Children under 6 years of age must be accompanied by an adult in the water at all times.

Family Swims require an adult in the water directly supervising all children under the age of 18.

Programs may be changed or combined to assure maximum convenience and pool use.

#### Swim Lesson Policies

Please make sure your child has been introduced to the pool setting and feels somewhat comfortable in the water prior to registering for lessons. Family swims are excellent for this exposure. If you have doubts about committing to a full session, then private lessons may be helpful in determining your child's readiness for group lessons.

Refunds will be given (minus a \$5.00 processing fee) for program withdrawals before the first day of class. Once the session begins, a maximum of 1/2 of the session fee will be refunded, for medical reasons only. Requests must be accompanied by doctor's note. Prorated fees may be given after the session has begun. This will only be done during the first week and based on availability.

Class changes may not be possible. Students will be challenged at their personal level in current class.

Minimum class is three (3) students. Maximum class size is six (6) students. Class levels may be combined in order to offer the class.

Instructor requests are not guaranteed; substitute instructors may be necessary for a class to be held.

#### Top 10 Benefits of Swimming

1. Improved flexibility
2. Improved tone
3. Improved cardiovascular conditioning
4. Improved posture & confidence
5. Reduced muscle tension
6. Increased muscle strength
7. Reduced weight
8. Better balance
9. Reduced stress/Increased relaxation
10. Reduced stress on joints

Source: www.sportlifeobserver.com

#### Private Lessons

Private swimming lessons can give your child the 1-on-1 attention they need to get comfortable with the water or to perfect a stroke. Instructors are trained to work with student on skills from beginning to advanced stroke techniques. Private lessons are scheduled based on instructor availability. Semi-Private lessons are also available.

Private Lessons: \$25 for 30 minutes

Semi-Private Lessons: \$30 for 30 minutes for 2 students

#### Minnow 1

Students learn to adjust to a water environment, front glide kick, back glide kick and will be able to swim for 5 seconds.

##### Ages 3-6

Dates (classes)	Day	Time	Fee	Res	Item#
1/9-2/1(8)	Mon & Wed	10:00-10:30am	\$48	\$44	13337
1/9-2/1(8)	Mon & Wed	4:00-4:30pm	\$48	\$44	13339
1/9-2/1(8)	Mon & Wed	5:00-5:30pm	\$48	\$44	13347
1/9-2/1(8)	Mon & Wed	7:00-7:30pm	\$48	\$44	13364
1/10-2/2(8)	Tue & Thur	10:00-10:30am	\$48	\$44	13367
1/10-2/2(8)	Tue & Thur	4:00-4:30pm	\$48	\$44	13369
1/10-2/2(8)	Tue & Thur	5:00-5:30pm	\$48	\$44	13377
1/10-2/2(8)	Tue & Thur	7:00-7:30pm	\$48	\$44	13394
2/6-29(8)	Mon & Wed	10:00-10:30am	\$48	\$44	13472
2/6-29(8)	Mon & Wed	4:00-4:30pm	\$48	\$44	13474
2/6-29(8)	Mon & Wed	5:00-5:30pm	\$48	\$44	13482
2/6-29(8)	Mon & Wed	7:00-7:30pm	\$48	\$44	13499
2/7-3/1(8)	Tue & Thur	10:00-10:30am	\$48	\$44	13502
2/7-3/1(8)	Tue & Thur	4:00-4:30pm	\$48	\$44	13504
2/7-3/1(8)	Tue & Thur	5:00-5:30pm	\$48	\$44	13512
2/7-3/1(8)	Tue & Thur	7:00-7:30pm	\$48	\$44	13529
3/5-28(8)	Mon & Wed	10:00-10:30am	\$48	\$44	13532
3/5-28(8)	Mon & Wed	4:00-4:30pm	\$48	\$44	13534
3/5-28(8)	Mon & Wed	5:00-5:30pm	\$48	\$44	13542
3/5-28(8)	Mon & Wed	7:00-7:30pm	\$48	\$44	13559
3/6-29(8)	Tue & Thur	10:00-10:30am	\$48	\$44	13562
3/6-29(8)	Tue & Thur	4:00-4:30pm	\$48	\$44	13564
3/6-29(8)	Tue & Thur	5:00-5:30pm	\$48	\$44	13572
3/6-29(8)	Tue & Thur	7:00-7:30pm	\$48	\$44	13589
4/2-25(8)	Mon & Wed	10:00-10:30am	\$48	\$44	13592
4/2-25(8)	Mon & Wed	4:00-4:30pm	\$48	\$44	13594
4/2-25(8)	Mon & Wed	5:00-5:30pm	\$48	\$44	13602
4/2-25(8)	Mon & Wed	7:00-7:30pm	\$48	\$44	13619
4/3-26(8)	Tue & Thur	10:00-10:30am	\$48	\$44	13622
4/3-26(8)	Tue & Thur	4:00-4:30pm	\$48	\$44	13624
4/3-26(8)	Tue & Thur	5:00-5:30pm	\$48	\$44	13632
4/3-26(8)	Tue & Thur	7:00-7:30pm	\$48	\$44	13649

## Minnow 2

Students are introduced to the crawl stroke and backstroke and will be able to swim 15 feet.

Ages 3-6		Location: POOL	Instructor: Staff		
Dates (classes)	Day	Time	Fee	Res	Item#
1/9-2/1(8)	Mon & Wed	4:30-5:00pm	\$48	\$44	13343
1/9-2/1(8)	Mon & Wed	5:30-6:00pm	\$48	\$44	13351
1/10-2/2(8)	Tue & Thur	4:30-5:00pm	\$48	\$44	13373
1/10-2/2(8)	Tue & Thur	5:30-6:00pm	\$48	\$44	13381
2/6-29(8)	Mon & Wed	4:30-5:00pm	\$48	\$44	13478
2/6-29(8)	Mon & Wed	5:30-6:00pm	\$48	\$44	13486
2/7-3/1(8)	Tue & Thur	4:30-5:00pm	\$48	\$44	13508
2/7-3/1(8)	Tue & Thur	5:30-6:00pm	\$48	\$44	13516
3/5-28(8)	Mon & Wed	4:30-5:00pm	\$48	\$44	13538
3/5-28(8)	Mon & Wed	5:30-6:00pm	\$48	\$44	13546
3/6-29(8)	Tue & Thur	4:30-5:00pm	\$48	\$44	13568
3/6-29(8)	Tue & Thur	5:30-6:00pm	\$48	\$44	13576
4/2-25(8)	Mon & Wed	4:30-5:00pm	\$48	\$44	13598
4/2-25(8)	Mon & Wed	5:30-6:00pm	\$48	\$44	13606
4/3-26(8)	Tue & Thur	4:30-5:00pm	\$48	\$44	13628
4/3-26(8)	Tue & Thur	5:30-6:00pm	\$48	\$44	13636

## Minnow 3

Students will be exposed to deep water, learn crawl stroke side breathing, introduced to elementary backstroke and the breaststroke kick. Students will be able to swim 30 feet.

Ages 3-6		Location: POOL	Instructor: Staff		
Dates (classes)	Day	Time	Fee	Res	Item#
1/9-2/1(8)	Mon & Wed	10:30-11:00am	\$48	\$44	13338
1/9-2/1(8)	Mon & Wed	5:00-5:30pm	\$48	\$44	13348
1/9-2/1(8)	Mon & Wed	6:30-7:00pm	\$48	\$44	13362
1/10-2/2(8)	Tue & Thur	10:30-11:00am	\$48	\$44	13368
1/10-2/2(8)	Tue & Thur	5:00-5:30pm	\$48	\$44	13378
1/10-2/2(8)	Tue & Thur	6:00-6:30pm	\$48	\$44	13388
2/6-29(8)	Mon & Wed	10:30-11:00am	\$48	\$44	13473
2/6-29(8)	Mon & Wed	5:00-5:30pm	\$48	\$44	13483
2/6-29(8)	Mon & Wed	6:30-7:00pm	\$48	\$44	13497
2/7-3/1(8)	Tue & Thur	10:30-11:00am	\$48	\$44	13503
2/7-3/1(8)	Tue & Thur	5:00-5:30pm	\$48	\$44	13513
2/7-3/1(8)	Tue & Thur	6:00-6:30pm	\$48	\$44	13523
3/5-28(8)	Mon & Wed	10:30-11:00am	\$48	\$44	13533
3/5-28(8)	Mon & Wed	5:00-5:30pm	\$48	\$44	13543
3/5-28(8)	Mon & Wed	6:30-7:00pm	\$48	\$44	13557
3/6-29(8)	Tue & Thur	10:30-11:00am	\$48	\$44	13563
3/6-29(8)	Tue & Thur	5:00-5:30pm	\$48	\$44	13573
3/6-29(8)	Tue & Thur	6:00-6:30pm	\$48	\$44	13583
4/2-25(8)	Mon & Wed	10:30-11:00am	\$48	\$44	13593
4/2-25(8)	Mon & Wed	5:00-5:30pm	\$48	\$44	13603
4/2-25(8)	Mon & Wed	6:30-7:00pm	\$48	\$44	13617
4/3-26(8)	Tue & Thur	10:30-11:00am	\$48	\$44	13623
4/3-26(8)	Tue & Thur	5:00-5:30pm	\$48	\$44	13633
4/3-26(8)	Tue & Thur	6:00-6:30pm	\$48	\$44	13643



## Minnow 4

Students will learn crawl stroke, backstroke, elementary backstroke and breaststroke. Students will be able to swim 45 feet.

Ages 3-6		Location: POOL	Instructor: Staff		
Dates (classes)	Day	Time	Fee	Res	Item#
1/9-2/1(8)	Mon & Wed	4:30-5:00pm	\$48	\$44	13346
1/9-2/1(8)	Mon & Wed	5:30-6:00pm	\$48	\$44	13352
1/10-2/2(8)	Tue & Thur	4:00-4:30pm	\$48	\$44	13372
1/10-2/2(8)	Tue & Thur	5:30-6:00pm	\$48	\$44	13382
2/6-29(8)	Mon & Wed	4:30-5:00pm	\$48	\$44	13481
2/6-29(8)	Mon & Wed	5:30-6:00pm	\$48	\$44	13487
2/7-3/1(8)	Tue & Thur	4:00-4:30pm	\$48	\$44	13507
2/7-3/1(8)	Tue & Thur	5:30-6:00pm	\$48	\$44	13517
3/5-28(8)	Mon & Wed	4:30-5:00pm	\$48	\$44	13541
3/5-28(8)	Mon & Wed	5:30-6:00pm	\$48	\$44	13547
3/6-29(8)	Tue & Thur	4:00-4:30pm	\$48	\$44	13567
3/6-29(8)	Tue & Thur	5:30-6:00pm	\$48	\$44	13577
4/2-25(8)	Mon & Wed	4:30-5:00pm	\$48	\$44	13601
4/2-25(8)	Mon & Wed	5:30-6:00pm	\$48	\$44	13607
4/3-26(8)	Tue & Thur	4:00-4:30pm	\$48	\$44	13627
4/3-26(8)	Tue & Thur	5:30-6:00pm	\$48	\$44	13637

## Shark 1

Students learn to adjust to a water environment, front glide with kick, back glide with kick and will be able to swim for 5 seconds.

Ages 6 and up		Location: POOL	Instructor: Staff		
Dates (classes)	Day	Time	Fee	Res	Item#
1/9-2/1(8)	Mon & Wed	4:00-4:30pm	\$48	\$44	13340
1/9-2/1(8)	Mon & Wed	5:00-5:30pm	\$48	\$44	13349
1/9-2/1(8)	Mon & Wed	7:00-7:30pm	\$48	\$44	13363
1/10-2/2(8)	Tue & Thur	4:00-4:30pm	\$48	\$44	13370
1/10-2/2(8)	Tue & Thur	5:00-5:30pm	\$48	\$44	13379
1/10-2/2(8)	Tue & Thur	7:00-7:30pm	\$48	\$44	13393
2/6-29(8)	Mon & Wed	4:00-4:30pm	\$48	\$44	13475
2/6-29(8)	Mon & Wed	5:00-5:30pm	\$48	\$44	13484
2/6-29(8)	Mon & Wed	7:00-7:30pm	\$48	\$44	13498
2/7-3/1(8)	Tue & Thur	4:00-4:30pm	\$48	\$44	13505
2/7-3/1(8)	Tue & Thur	5:00-5:30pm	\$48	\$44	13514
2/7-3/1(8)	Tue & Thur	7:00-7:30pm	\$48	\$44	13528
3/5-28(8)	Mon & Wed	4:00-4:30pm	\$48	\$44	13535
3/5-28(8)	Mon & Wed	5:00-5:30pm	\$48	\$44	13544
3/5-28(8)	Mon & Wed	7:00-7:30pm	\$48	\$44	13558
3/6-29(8)	Tue & Thur	4:00-4:30pm	\$48	\$44	13565
3/6-29(8)	Tue & Thur	5:00-5:30pm	\$48	\$44	13574
3/6-29(8)	Tue & Thur	7:00-7:30pm	\$48	\$44	13588
4/2-25(8)	Mon & Wed	4:00-4:30pm	\$48	\$44	13595
4/2-25(8)	Mon & Wed	5:00-5:30pm	\$48	\$44	13604
4/2-25(8)	Mon & Wed	7:00-7:30pm	\$48	\$44	13618
4/3-26(8)	Tue & Thur	4:00-4:30pm	\$48	\$44	13625
4/3-26(8)	Tue & Thur	5:00-5:30pm	\$48	\$44	13634
4/3-26(8)	Tue & Thur	7:00-7:30pm	\$48	\$44	13648

## Shark 2

Students are introduced to the crawl stroke and backstroke and will be able to swim 15 feet.

Ages 6 and up		Location: POOL	Instructor: Staff		
Dates (classes)	Day	Time	Fee	Res	Item#
1/9-2/1(8)	Mon & Wed	4:30-5:00pm	\$48	\$44	13344
1/9-2/1(8)	Mon & Wed	7:00-7:30pm	\$48	\$44	13365
1/10-2/2(8)	Tue & Thur	4:30-5:00pm	\$48	\$44	13374
1/10-2/2(8)	Tue & Thur	6:30-7:00pm	\$48	\$44	13392
2/6-29(8)	Mon & Wed	4:30-5:00pm	\$48	\$44	13479
2/6-29(8)	Mon & Wed	7:00-7:30pm	\$48	\$44	13500
2/7-3/1(8)	Tue & Thur	4:30-5:00pm	\$48	\$44	13509
2/7-3/1(8)	Tue & Thur	6:30-7:00pm	\$48	\$44	13527
3/5-28(8)	Mon & Wed	4:30-5:00pm	\$48	\$44	13539
3/5-28(8)	Mon & Wed	7:00-7:30pm	\$48	\$44	13560
3/6-29(8)	Tue & Thur	4:30-5:00pm	\$48	\$44	13569
3/6-29(8)	Tue & Thur	6:30-7:00pm	\$48	\$44	13587
4/2-25(8)	Mon & Wed	4:30-5:00pm	\$48	\$44	13599
4/2-25(8)	Mon & Wed	7:00-7:30pm	\$48	\$44	13620
4/3-26(8)	Tue & Thur	4:30-5:00pm	\$48	\$44	13629
4/3-26(8)	Tue & Thur	6:30-7:00pm	\$48	\$44	13647

## Shark 3

Students will work on crawl stroke with side breathing, elementary backstroke and the breaststroke kick.

Ages 6 and up		Location: POOL	Instructor: Staff		
Dates (classes)	Day	Time	Fee	Res	Item#
1/9-2/1(8)	Mon & Wed	4:00-4:30pm	\$48	\$44	13341
1/9-2/1(8)	Mon & Wed	5:00-5:30pm	\$48	\$44	13350
1/9-2/1(8)	Mon & Wed	5:30-6:00pm	\$48	\$44	13353
1/9-2/1(8)	Mon & Wed	6:00-6:30pm	\$48	\$44	13358
1/10-2/2(8)	Tue & Thur	4:00-4:30pm	\$48	\$44	13371
1/10-2/2(8)	Tue & Thur	5:00-5:30pm	\$48	\$44	13380
1/10-2/2(8)	Tue & Thur	5:30-6:00pm	\$48	\$44	13383
1/10-2/2(8)	Tue & Thur	6:00-6:30pm	\$48	\$44	13387
2/6-29(8)	Mon & Wed	4:00-4:30pm	\$48	\$44	13476
2/6-29(8)	Mon & Wed	5:00-5:30pm	\$48	\$44	13485
2/6-29(8)	Mon & Wed	5:30-6:00pm	\$48	\$44	13488
2/6-29(8)	Mon & Wed	6:00-6:30pm	\$48	\$44	13493
2/7-3/1(8)	Tue & Thur	4:00-4:30pm	\$48	\$44	13506
2/7-3/1(8)	Tue & Thur	5:00-5:30pm	\$48	\$44	13515
2/7-3/1(8)	Tue & Thur	5:30-6:00pm	\$48	\$44	13518
2/7-3/1(8)	Tue & Thur	6:00-6:30pm	\$48	\$44	13522
3/5-28(8)	Mon & Wed	4:00-4:30pm	\$48	\$44	13536
3/5-28(8)	Mon & Wed	5:00-5:30pm	\$48	\$44	13545
3/5-28(8)	Mon & Wed	5:30-6:00pm	\$48	\$44	13548
3/5-28(8)	Mon & Wed	6:00-6:30pm	\$48	\$44	13553
3/6-29(8)	Tue & Thur	4:00-4:30pm	\$48	\$44	13566
3/6-29(8)	Tue & Thur	5:00-5:30pm	\$48	\$44	13575
3/6-29(8)	Tue & Thur	5:30-6:00pm	\$48	\$44	13578
3/6-29(8)	Tue & Thur	6:00-6:30pm	\$48	\$44	13582
4/2-25(8)	Mon & Wed	4:00-4:30pm	\$48	\$44	13596
4/2-25(8)	Mon & Wed	5:00-5:30pm	\$48	\$44	13605
4/2-25(8)	Mon & Wed	5:30-6:00pm	\$48	\$44	13608
4/2-25(8)	Mon & Wed	6:00-6:30pm	\$48	\$44	13613
4/3-26(8)	Tue & Thur	4:00-4:30pm	\$48	\$44	13626
4/3-26(8)	Tue & Thur	5:00-5:30pm	\$48	\$44	13635
4/3-26(8)	Tue & Thur	5:30-6:00pm	\$48	\$44	13638
4/3-26(8)	Tue & Thur	6:00-6:30pm	\$48	\$44	13642





### Shark 4

Students learn the 4 competitive strokes. Students will be able to swim 45 feet.

Ages 6 and up		Location: POOL	Instructor: Staff		
Dates (classes)	Day	Time	Fee	Res	Item#
1/9-2/1(8)	Mon & Wed	5:30-6:00pm	\$48	\$44	13354
1/9-2/1(8)	Mon & Wed	6:00-6:30pm	\$48	\$44	13355
1/10-2/2(8)	Tue & Thur	4:30-5:00pm	\$48	\$44	13376
1/10-2/2(8)	Tue & Thur	6:00-6:30pm	\$48	\$44	13385
1/10-2/2(8)	Tue & Thur	6:30-7:00pm	\$48	\$44	13391
2/6-29(8)	Mon & Wed	5:30-6:00pm	\$48	\$44	13489
2/6-29(8)	Mon & Wed	6:00-6:30pm	\$48	\$44	13490
2/7-3/1(8)	Tue & Thur	4:30-5:00pm	\$48	\$44	13511
2/7-3/1(8)	Tue & Thur	6:00-6:30pm	\$48	\$44	13520
2/7-3/1(8)	Tue & Thur	6:30-7:00pm	\$48	\$44	13526
3/5-28(8)	Mon & Wed	5:30-6:00pm	\$48	\$44	13549
3/5-28(8)	Mon & Wed	6:00-6:30pm	\$48	\$44	13550
3/6-29(8)	Tue & Thur	4:30-5:00pm	\$48	\$44	13571
3/6-29(8)	Tue & Thur	6:00-6:30pm	\$48	\$44	13580
3/6-29(8)	Tue & Thur	6:30-7:00pm	\$48	\$44	13586
4/2-25(8)	Mon & Wed	5:30-6:00pm	\$48	\$44	13609
4/2-25(8)	Mon & Wed	6:00-6:30pm	\$48	\$44	13610
4/3-26(8)	Tue & Thur	4:30-5:00pm	\$48	\$44	13631
4/3-26(8)	Tue & Thur	6:00-6:30pm	\$48	\$44	13640
4/3-26(8)	Tue & Thur	6:30-7:00pm	\$48	\$44	13646

### Drills & Skills

Students will learn stroke drills and turns for all four competitive strokes.

Ages 6 and up		Location: POOL	Instructor: Staff		
Dates (classes)	Day	Time	Fee	Res	Item#
1/9-2/1(8)	Mon & Wed	4:30-5:00pm	\$48	\$44	13345
1/9-2/1(8)	Mon & Wed	6:00-6:30pm	\$48	\$44	13356
1/9-2/1(8)	Mon & Wed	6:30-7:00pm	\$48	\$44	13359
1/10-2/2(8)	Tue & Thur	4:30-5:00pm	\$48	\$44	13375
1/10-2/2(8)	Tue & Thur	6:00-6:30pm	\$48	\$44	13386
2/6-29(8)	Mon & Wed	4:30-5:00pm	\$48	\$44	13480
2/6-29(8)	Mon & Wed	6:00-6:30pm	\$48	\$44	13491
2/6-29(8)	Mon & Wed	6:30-7:00pm	\$48	\$44	13494
2/7-3/1(8)	Tue & Thur	4:30-5:00pm	\$48	\$44	13510
2/7-3/1(8)	Tue & Thur	6:00-6:30pm	\$48	\$44	13521
3/5-28(8)	Mon & Wed	4:30-5:00pm	\$48	\$44	13540
3/5-28(8)	Mon & Wed	6:00-6:30pm	\$48	\$44	13551
3/5-28(8)	Mon & Wed	6:30-7:00pm	\$48	\$44	13554
3/6-29(8)	Tue & Thur	4:30-5:00pm	\$48	\$44	13570
3/6-29(8)	Tue & Thur	6:00-6:30pm	\$48	\$44	13581
4/2-25(8)	Mon & Wed	4:30-5:00pm	\$48	\$44	13600
4/2-25(8)	Mon & Wed	6:00-6:30pm	\$48	\$44	13611
4/2-25(8)	Mon & Wed	6:30-7:00pm	\$48	\$44	13614
4/3-26(8)	Tue & Thur	4:30-5:00pm	\$48	\$44	13630
4/3-26(8)	Tue & Thur	6:00-6:30pm	\$48	\$44	13641

### Super Strokes

Students will increase swimming distances in all four competitive strokes, learn individual medley turns and swim 100 yard individual medley. Starts will be introduced and students will be able to swim 300 yards.

Ages 6 and up		Location: POOL	Instructor: Staff		
Dates (classes)	Day	Time	Fee	Res	Item#
1/9-2/1(8)	Mon & Wed	6:00-6:30pm	\$48	\$44	13357
1/9-2/1(8)	Mon & Wed	6:30-7:00pm	\$48	\$44	13360
1/10-2/2(8)	Tue & Thur	5:30-6:00pm	\$48	\$44	13384
1/10-2/2(8)	Tue & Thur	6:30-7:00pm	\$48	\$44	13389
2/6-29(8)	Mon & Wed	6:00-6:30pm	\$48	\$44	13492
2/6-29(8)	Mon & Wed	6:30-7:00pm	\$48	\$44	13495
2/7-3/1(8)	Tue & Thur	5:30-6:00pm	\$48	\$44	13519
2/7-3/1(8)	Tue & Thur	6:30-7:00pm	\$48	\$44	13524
3/5-28(8)	Mon & Wed	6:00-6:30pm	\$48	\$44	13552
3/5-28(8)	Mon & Wed	6:30-7:00pm	\$48	\$44	13555
3/6-29(8)	Tue & Thur	5:30-6:00pm	\$48	\$44	13579
3/6-29(8)	Tue & Thur	6:30-7:00pm	\$48	\$44	13584
4/2-25(8)	Mon & Wed	6:00-6:30pm	\$48	\$44	13612
4/2-25(8)	Mon & Wed	6:30-7:00pm	\$48	\$44	13615
4/3-26(8)	Tue & Thur	5:30-6:00pm	\$48	\$44	13639
4/3-26(8)	Tue & Thur	6:30-7:00pm	\$48	\$44	13644

### Pre-Competition

This class is for students who wish to prepare for competitive swimming or learn the skills to develop their own swim workout routine. Students will improve their technique with all 4 competitive strokes and increase their swimming endurance.

Ages 6 and up		Location: POOL	Instructor: Staff		
Dates (classes)	Day	Time	Fee	Res	Item#
1/9-2/1(8)	Mon & Wed	7:00-8:00pm	\$96	\$88	13366
1/10-2/2(8)	Tue & Thur	7:00-8:00pm	\$96	\$88	13396
2/6-29(8)	Mon & Wed	7:00-8:00pm	\$96	\$88	13501
2/7-3/1(8)	Tue & Thur	7:00-8:00pm	\$96	\$88	13531
3/5-28(8)	Mon & Wed	7:00-8:00pm	\$96	\$88	13561
3/6-29(8)	Tue & Thur	7:00-8:00pm	\$96	\$88	13591
4/2-25(8)	Mon & Wed	7:00-8:00pm	\$96	\$88	13621
4/3-26(8)	Tue & Thur	7:00-8:00pm	\$96	\$88	13651

### Adult

This class is for adults who are beginning to swim. Students will work on becoming comfortable in a water environment as well as learning basic swimming skills such as front glides, back floats.

Ages 13 and up		Location: POOL	Instructor: Staff		
Dates (classes)	Day	Time	Fee	Res	Item#
1/9-2/1(8)	Mon & Wed	6:30-7:00pm	\$48	\$44	13361
1/10-2/2(8)	Tue & Thur	6:30-7:00pm	\$48	\$44	13390
2/6-29(8)	Mon & Wed	6:30-7:00pm	\$48	\$44	13496
2/7-3/1(8)	Tue & Thur	6:30-7:00pm	\$48	\$44	13525
3/5-28(8)	Mon & Wed	6:30-7:00pm	\$48	\$44	13556
3/6-29(8)	Tue & Thur	6:30-7:00pm	\$48	\$44	13585
4/2-25(8)	Mon & Wed	6:30-7:00pm	\$48	\$44	13616
4/3-26(8)	Tue & Thur	6:30-7:00pm	\$48	\$44	13645



## Other Aquatics

### Water Aerobics

Water Aerobics provides low-impact, challenging workout for a diverse population! Exercises are performed in waist to chest deep water. Strength and cardio training compose bulk of class. Included also are stretching exercises and abdominal toning. No swimming experience required. Punch cards are available at a reduced rate.

Ages 18 and up		Location: POOL		
Dates	Day	Time	Adult	Senior
1/2-4/30	Mon & Wed	9:00-10:00am	\$6/class	\$5/class

### GAMBA

Join instructor Brian Gamble for this high intensity low impact water aerobics class. Participants of any skill level can come and groove to the music, get their heart pumping and gain some muscle tone in a safe, fun environment. No swimming experience required.

Ages 15 and up		Location: POOL		
Dates	Day	Time	Adult	Senior
1/2-4/30	Mon-Thur	6:00-7:00pm	\$6/class	\$5/class

### Water Walking

We will do our best to accommodate any water walkers who show up during water aerobics or swimming lesson class times.

Ages 18 and up		Location: POOL		
Dates	Day	Time	Adult	Senior
1/2-4/30	Mon-Fri	5:45-9:00am	\$4/drop in	\$3/drop in
1/2-4/30	Mon-Fri	1:00am-1:00pm	\$4/drop in	\$3/drop in

### Balance & Flexibility Class

This water based class is designed to help participants maintain flexibility and improve balance. Participants can expect to do controlled motions through the water while focusing on posture, balance and core stability. This class is open for all ages and levels of mobility, and is specifically tailored for individuals coping with Multiple Sclerosis or Arthritis. No swimming experience is required.

Ages 18 and up		Location: POOL		
Dates	Day	Time	Adult	Senior
1/2-4/30	Tue & Thur	11:00-11:45am	\$4/drop in	\$3/drop in

### Lifeguard Training

Interested in becoming a lifeguard? This course will give you the skills you need to be a lifeguard. Pre-requisites include minimum age of 15 be end of course and pass skills pre-test on first day which includes a 300 yard swim; and swim 20 yards, retrieve a 10 pound weight from a depth of 7-10 feet, and return to the side within 1 minute 40 seconds. Students are required to purchase American Red Cross Lifeguard Manual and Pocket Mask before the start of class. If you have questions please contact Amy at amy.kindell@tukwilawa.gov

Ages 15 and up		Location: POOL		Instructor: Amy Kindell	
Dates	Day	Time	Fee	Res	Item
3/30-4/5	Fri-Thur	varies	\$165	\$150	13835

Additional Fee of \$35.00 for Red Cross Certification Card

Additional courses such as CPR/First Aid Training Challenge, Lifeguard Training Challenge and the Water Safety Instructor course are offered by the Tukwila Pool. Please contact the Pool at 206-267-2350 for more information.

