

EXERCISE PROGRAMS

Your first class is always free!

DEEP WATER EXERCISE A zero-impact, high energy aerobic class that is great for strength, conditioning, and range of motion. This class focuses on working your core muscle groups, abs, gluts, and thighs. Come try this fun class!

Tuesday, Thursday
11:30 am – 12:30 pm

SHALLOW WATER EXERCISE A 60-minute, drop in, exercise class designed to increase flexibility and range of motion during an aerobic workout. This class can challenge all fitness levels. Beginners are always welcome.

Monday, Wednesday, Friday
7:30 am—8:30 am
8:30 am—9:30 am
11:30 am—12:30 pm (Fall, Winter, Spring ONLY)

NORTHWEST CENTER POOLS

Spring/Summer 2010 Lesson Programs

Spring:
April 5—June 20
Summer:
June 21—Sept. 4

Mercer Island

Mary Wayte Pool

8815 SE 40th St

Mercer Island, WA 98040

206-296-4370



Northwest Center Pools

Hours of Operation

Mon—Fri	5:30 AM – 9:00 PM
Saturday	7:00 AM – 9:00 AM
Sunday	10:00 AM—2:30 PM

Building opens 10 minutes before the first program of the day. Building closes 15 minutes after the last program.

Holidays

Closed Monday May 31st, Memorial Day
Closed Sunday July 4th, Independence Day
Closed Monday Sept. 6th, Labor Day

Spring 2010 Swim Lessons

Group swimming lessons are available for both children and adults throughout the year. Northwest Center Pools is pleased to offer smaller classes to ensure higher quality instruction and more individual attention. Class times may change depending on the schedule and registrations. All Preschool and Youth classes are 30 min long., and are limited to students in Preschool classes and six in most youth classes to provide greater individualized attention.

Please note: Northwest Center charges an annual Admin/Registration Fee per family, per year. The fee is effective one year from purchase date and applies to group lesson programs. In addition, there is a \$5.00 fee charged on all refunds.

Sessions	Session Cost	
	All Pre & Y I	Youth 2—6
M/W Evening Classes		
April 5—21 (3 wks/6 lessons)	\$58.50	\$48.00
April 26—May 12 (3 wks/6 lessons)	\$58.50	\$48.00
May 17—June 2 (3 wks/5 lessons)* <i>No lessons May 31st, Memorial Day</i>	\$48.75	\$40.00
June 7 - 16 (2 wks/4 lessons)	\$20.00	\$20.00
Tu/Th Evening Classes		
April 6—22(3 wks/6 lessons)	\$58.50	\$48.00
April 27—May 13 (3 wks/6 lessons)	\$58.50	\$48.00
May 18—June 3 (3 wks/6 lessons)	\$58.50	\$48.00
June 9 - 18 (2 wks/4 lessons)	\$20.00	\$20.00
Friday Classes		
April 9—30 (4 wks/4 lessons)	\$39	\$32
May 7—21 (3 wks/3 lessons)	\$29.25	\$24
May 28—June 11 (3 wks/3 lessons)	\$29.25	\$24

Sunday Classes		
April 11, 18, 25	\$29.25	\$24
May 2, 9, 23	\$29.25	\$24
June 6, 13, 20	\$29.25	\$24

Level Descriptions

Beginning

This level is for swimmers to build a foundation for competitive swimming. Swimmers must be able to swim a minimum of 25 yds freestyle and 25 yds backstroke. Swimmers will develop all four competitive strokes: freestyle, backstroke, breaststroke and butterfly and the starts and turns for each stroke. They will also learn about sets, workout terminology, stroke drills, using the pace clock, and lap lane etiquette. In addition to the individual skills, we also work on sportsmanship, team-building and cooperation.

Intermediate

With the foundation from Beginning Riptides, swimmers will further refine their competitive strokes, learning more drills and swimming more complex sets. Swimmers must be able to swim a minimum of 50 yds freestyle and backstroke, 25 yds breaststroke and butterfly. We continue to refine starts, turns, and finishes, adding in relay starts and exchanges. We teach swimmers to vary their speed without sacrificing technique. Workouts average 1600 yards, including a warm-up, main set, technique work and a cool-down. Teamwork is still emphasized.

Advanced

Advanced swimmers are comfortable swimming all four strokes and at this level work to increase their endurance of those strokes. Swimmers must be able to swim a minimum of 100 yds. freestyle, backstroke, and breaststroke and 50 yds butterfly. Swimmers will learn to read sets and should complete the set without much explanation. We continue to work on stroke technique drills, refining starts, turns and finishes, and increasing speed without sacrificing technique. Workouts average 2500 yards and include discussion and thought about safe workouts and preventing injuries.

Meet Schedule

- June 6 Summer kick-off at Redmond 3 pm ALL TEAMS
- July 11 @ Redmond 3 pm
- July 18 @ Mercer Island 3 pm
- July 25 @ Mercer Island 3 pm
- Aug 8 @ Champs Meet 3 pm (Site TBA)



Riptides swim team continues once again! We will continue our work on the four competitive strokes: freestyle, backstroke, breaststroke and butterfly. Each practice will incorporate proper starts, turns, or relay exchanges, all in preparation for the various NWC swim meets throughout the year. Our team is designed to give your swimmer a chance to compete on a developmental swim team. In addition to ensuring proper technique and conditioning, the Riptides emphasize the development of self-esteem, sportsmanship and teamwork to prepare the swimmer for success in both sport and life. Tryouts Monday – Thursday 7:00 pm or by appointment.

Spring Practice Times

Beginning: \$55.50/session (T/Th 5:30—6:15 pm)
Intermediate \$58.50/session
 T/Th 6:00—7:00 pm
Advanced: \$67.50/Session (M/W 5:30—7:00 pm)

Spring Dates

Session #1 April 5—April 22
 Session #2 April 26—May 13
 Session #3 May 17—June 3
 Session #4 June 8—June 18

Tryouts (after June 21)

4:30 pm Mondays & Tuesdays

Summer Dates: June 22—August 6th
Practice Times

Advanced & Intermediate M—F 3:30—5 pm

Summer Cost: \$200

Spring Lesson Times

Preschool Levels (age 3 - 5)
 class size: 4

Ps 1	M/W	10:00 —10:30 am
		5:30 —6:00 pm
	Tu/Th	1:30—2:00 pm
		5:00—5:30 pm
		5:30— 6:00 pm
P2	Friday	5:00 —5:30 pm
	Sunday	10:30—11:00 am
	M/W	6:00—6:30 pm
	T/Th	1:00—1:30 pm
		5:00—5:30 pm
P3		5:30—6:00 pm
	Friday	5:00 —5:30 pm
	Sunday	10:30—11:00 am
	M/W	5:30—6:00 pm
		6:30—7:00 pm
	T/th	6:30—7:00 pm

Youth Levels ages 6 - 15

Youth 1 (class size: 4)

M/W	6:30—7:00 pm
Tu/Th	5:30—6:00 pm
Friday	5:00—5:35 pm

Youth 2 (class size: 6)

M/W	6:00—6:30 pm
Tu/Th	5:30—6:00 pm
Friday	5:00—5:30 pm
Sunday	10—10:30 am

Youth 3 (class size: 6)

M/W	6:00—6:30 pm
Tu/Th	5:30—6:00 pm
Sunday	10:00—10:30 am

Youth 4 (class size: 6)

M/W	6:00—6:30 pm
Tu/Th	6:00—6:30 pm

Summer 2010 Swim Lessons

Sessions	Session Cost	
M-F Morning Classes Each session: 1 wk, 5 lessons	All Pre & Y 1	Youth 2—6
June 21—25	\$48.75	\$40.
June 28—July 2	\$48.75	\$40
Promo July 5—9	\$25	\$25
July 12—16	\$48.75	\$40
July 19—23	\$48.75	\$40
July 26—30	\$48.75	\$40
Aug 2—6	\$48.75	\$40
Aug 9—13	\$48.75	\$40
Aug 16—20	\$48.75	\$40
Promo Aug 23—27	\$25	\$25
M/W Evening Classes Each session: 3 weeks, 6 lessons		
June 21—July 7	\$58.50	\$48
July 12—28	\$58.50	\$48
Aug 2—18	\$58.50	\$48
Tu/Th Evening Classes Each session: 3 weeks, 6 lessons		
June 23—July 9	\$58.50	\$48
July 14—30	\$58.50	\$48
Sunday Morning Classes Each Session: 3 weeks, 3 lessons		
June 27—July 18 <i>No lessons July 4th, Independence Day</i>	\$29.25	\$24
July 25—Aug 1	\$29.25	\$24
Aug 8—Aug. 22	\$29.25	\$24

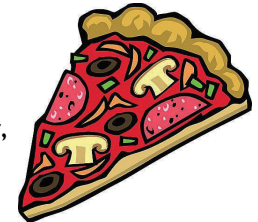
Rent the Pool for your next PARTY!



Pool rentals are available on Saturday after 2:30pm and Sunday afternoon after 2:30pm following our public swim. Rent your space by the hour or try one of our exciting party packages. All rentals include at least two lifeguards. Call or walk-in to schedule your party today!

Pizza Party Package \$200

With this package you get the pool for an hour, the water walk way for up to 35 people in the water. You also get the party room for one hour, & two large pizzas from Toni Moroni's, all with one phone call! Parties have never been simpler! Book your party today. Additional pizzas and other food items available.



Movie Party Package \$235

With this package you get the pool for two hours, the movie projector and sound system, up to 35 people in the water and the party room for an hour afterwards. Bring the movie of your choice and pool staff will set up the rest! Movie parties must start after 6 pm due to daylight hours. (After 9:00 pm Spring and Summer.)

AMERICAN RED CROSS LIFEGUARD TRAINING

This is an American Red Cross sponsored course which will train you in Lifeguard Training, CPR/AED for Lifeguards, and First Aid. Don't miss out on learning a new trade and great job opportunities. Last day to register: 5 days before start of class. Materials are available for pick-up at the pool 3 days prior to the first class. All classes 8—5 unless otherwise noted.

\$200 including materials

Dates & Times:

March 29—April 2nd

April 30th—May 8th

(Friday 5:00—9:00 pm, Sat & Sun 9:00—5:00 pm)

June 4th—June 12th (Friday 5:00—9:00 pm, Sat & Sun 9:00—5:00 pm)



American Red Cross

NWC is a proud provider of the American Red Cross Learn-to-Swim and Lifeguard Training Programs.

LIFEGUARDS WANTED!

NWC Pools are accepting applications for new or experienced lifeguards and swim instructors. Swim lesson training is provided for new instructors. Pay depends experience. Talk to the manager for an application. Come join our team and be part of something great!

NWC Mercer Island: Chris Sumi (206) 296-4370 or e-mail swim@nwcenter.org

Summer Mon—Fri AM Lesson Times

Country Village Day		Youth Levels (ages 6—15)	Y1	10:30 – 11:00
All Levels	9:30AM—10:00AM		Y2	10:30 – 11:00
All Levels	10:00AM—10:30AM			11:00—11:30
				2:30—3:00
Preschool Levels (ages 3—5): class size 4	P1		Y3	10:30—11:00
		11:00—11:30		
	p2	10:30—11:00	Y4	10:00—10:30
		11:00—11:30		
	P3	10:30—11:00		

Summer PM Lesson Times

Youth 1 (class size: 4)		Preschool Levels (age 3 - 5) class size: 4	
M/W	5:00—5:30 pm	M/W	5:30—6:00 pm
Tu/Th	6:00—6:30 pm		6:30—7:00 pm
Sun	10—10:30 am	P1	Tu/Th 5:00—5:30 pm
			5:30—6:00 pm
		Sun	10:30 – 11:00 am
Youth 2 (class size: 6)		P2	M/W 6:00—6:30 pm
M/W	5:30—6:00 pm		Tu/Th 6:00—6:30 pm
	6:30—7:00 pm		Sunday 11—11:30 am
Tu/Th	5:00—5:30 pm		
	6:00—6:30 pm	P3	M/W 5:30—6:00 pm
Sun	10:00—10:30 am		Tu/Th 6:30—7:00 pm
Youth 3 (class size: 6)			
M/W	6:00—6:30 pm		
Tu/Th	5:30—6:00 pm		
Sun	10:00—10:30 am		
Youth 4 (class size: 6)			
M/W	6:00 — 6:30 pm		
Tu/Th	6:00—6:30 pm		

Specialty Lessons

ADULT GROUP LESSONS for adults ready to be comfortable and learn to swim or develop their basic skills. No experience necessary for beginners. Intermediates must float for 10 sec, glide on both front and back for 15 ft, & have a coordinated stroke on both front and back for 15 ft.

Dates: Sundays of Spring and Summer sessions

Beginners: 11– 11:30 am; Intermediates: 11:30—12:00 pm

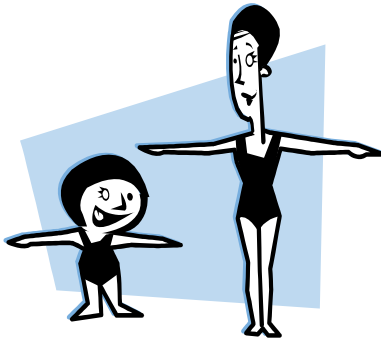
Cost: \$24/3 lessons

PRIVATE AND SEMI-PRIVATE SWIM LESSONS

A great opportunity for one-on-one instruction for a more focused, individualized lesson. Lessons are available Monday—Friday and Sunday. Call for lesson times.

Register for a single lesson or consecutive lessons. We will make every effort to provide customers with a consistent instructor of their choice.

Private lessons: \$30.00 per ½ hour; semi-private lessons: \$24.00 per student per ½ hour.

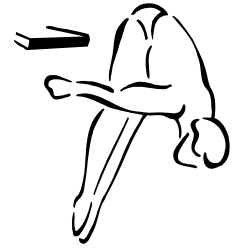


ADAPTED AQUATIC LESSONS Mercer Island Pool is proud to offer lessons for children and adults with special needs. Our instructors are trained to have the knowledge and ability to provide students with the best care, instruction and safety during their lessons. The classes have a one-to-one instructor-student ratio so that all students receive individualized instruction and attention. 30 minute lessons are available Mon - Fri or Sunday mornings. Call for more times. Register for a single lesson or consecutive lessons. Lessons are \$9.00

Price: \$9.00 per lesson.

MERCER ISLAND DIVE CLASS

Come learn how to dive from a 1-meter springboard in our beginning class or improve your competitive dive in our intermediate or advanced dive class. No experience necessary for beginners. Intermediates must be at least 10 years old, can do a dive or a front flip and have experience on a springboard or trampoline.



Price: \$10 per lesson

Classes: Sunday 2:00—3:00 pm (Spring ONLY)

Dates and times to be determined (Summer)

PARENT-TOT CLASSES A fun, water-exploration class for parents and children! Teach your child by example to enjoy and relax in the water. Classes run All children requiring a diaper must wear tight fitting protective coverings with elastic legs. Ages 6 mo – 3 years. All students must pre-register.

Price: \$33.00 (six lessons)

Classes: Monday & Wednesday 5:00—5:30 pm

Tuesday & Thursday 11:30 am—12:00 noon (Summer Only)