



Mary Wayte Pool

Fall 2015

September 8th—December 31st, 2015

Recreational Swim and Swim Lesson Schedule

**Mary Wayte Pool
8815 SE 40th
Mercer Island, WA 98040
(206) 588-1117**

www.mercerislandpool.com



Building Hours

Monday, Wednesday, Friday 5:30 am—9:00 PM

Tuesday, Thursday 5:30 am—8:00 PM

Saturday 7:00 am—2:30 PM

Sunday 10:00 am—2:30 PM

*Pool Closed for holidays: Sept 7th, Nov 26 & 27, Dec 25th,
Jan 1st*

Pool Closed for swim meets: Oct 10 & 11, Nov 1, Nov 6



Olympic Cascade Aquatics is a Mercer Island based business focusing on youth aquatics instruction and aquatic facility management. Olympic Cascade Aquatics strives to promote swimming as a lifetime sport for the community, and provide a comprehensive program for everyone to use.

The **Mercer Island—Mary Wayte Pool** was built in 1972 as part of the King County Forward Thrust Bond issue and was originally the Mercer Island District Pool. It was renamed in the early 1990's after former Mercer Island resident Mary Wayte captured two gold medals in the 1984 Olympic Games held in Los Angeles, California. She also captured two more medals in the 1988 Olympics in Seoul, South Korea. The pool was operated by King County Parks until 2002 when King County divested itself from facilities located in suburban cities. Northwest Center owned and operated the Mary Wayte Pool from 2003 until 2010. When no other operators for the pool could be found, Olympic Cascade Aquatics partnered with the Mercer Island School District and with the financial assistance of the city of Mercer Island, began to operate the pool in 2011. Olympic Cascade Aquatics continues to operate the pool for the benefit of Mercer Island residents and neighboring communities.

Fall Recreational Swim Schedule September 8th—December 31st

Family Swim is a good time for kids and families to practice their swimming skills. Lap lanes are available for those families working on endurance swimming. Lifeguards will ask all young swimmers to pass a proficiency test prior to accessing the deep end.

<u>Days of the week</u>	<u>Time of the Day</u>	
Monday – Friday	12:30–2:00 PM	\$4.00 per person
Monday - Thursday	7:00 - 8:00 PM	\$4.00 per person
Friday	7:00 - 9:00 PM	\$2.00 per person
Saturday	1:00 - 2:30 PM	\$4.00 per person
Sunday	1:00 - 2:30 PM	\$4.00 per person

Lap Swim is a good time for training, endurance, swimming, and, if space available, deep water exercise. Lanes are separated into slow, medium, and fast to separate swimmers of different paces. We do ask swimmers to circle swim to the right if there are three or more swimmers in a lane.

<u>Days of the week</u>	<u>Time of the day</u>
Monday – Friday	5:30 - 9:00 AM
Monday, Wed, Thur, Fri	11:30 AM– 2:00 PM
Tuesday	11:30 AM - 1:30 PM
Monday & Wednesday	8:00 – 9:00 PM (limited lanes available)
Tuesday & Thursday	7:00—8:00 PM (limited lanes available)
Saturday	7:00 – 9:00 AM
Sunday	10:30 AM – 1:00 PM

Senior Swim is a time reserved for our customers 60–years and older.

<u>Days of the Week</u>	<u>Time of Day</u>
Mon, Wed, Fri	10:00—11:30 AM

Cost	Drop In	10 - punch	1- month
Adult	\$5.50	\$50	\$60
Senior	\$3.50	\$30	\$37.50
Disabled	\$1	\$10	
Youth	\$4	\$35	\$40
Family	\$4 per person		\$70

Questions? Please call (206) 588-1117

Fall Swim Lesson Schedule September 8th—December 20th

The Mary Wayte Pool offers a Swim School for all ages and abilities. To be part of our swim school a \$25 annual administration fee per family is required. We also offer group lesson for home school children, day cares and day camps, and neighborhood groups. If you would like to discuss availability for your child or group and you don't see a class that fits your schedule, please let us know. We will make every effort to find something that fits your schedule.

Parent Toddler lessons are for children six months to three-years of age. The overall philosophy of the class is for children to enjoy their experience in the water, work on basic swimming skills, and have quality time with the swimming adults. Instructors will lead the adults through a series of basic swimming skills to help the toddlers learn the fun of swimming and the start of a lifetime of enjoyment.

Day (s)	Time	Dates	Dates	Dates	Dates
Sat	10:30 AM	Sept 12— Oct 3	Oct 17—Oct 31	Nov 7— Nov 21	Dec 5— Dec 19
Sun	10:30 AM	Sept 13— Sept . 27	Oct 4—Oct 28	Nov 8—22	Dec 6— Dec 20

**To register for the OCA Swim School Programs
please go to www.mercerislandpool.com or call
(206) 588-1117**



Fall Swim Lesson Schedule September 8th—December 20th

Preschool lessons are for children ages three to six years of age. Our overall philosophy of the lessons with preschoolers is children will learn to swim if they are comfortable and enjoy the experience. Students are split into three ability ranges: Preschool Beginner, Preschool Intermediate, and Preschool Advanced.

- Preschool Beginner—swimmers will learn breath control, floating, and floating and kicking.
- Preschool Intermediate—swimmers will continue to work on body position while floating and kicking, crawl stroke, and be introduced to backstroke.
- Preschool Advanced—the children will learn side breathing with the crawl stroke, as well as be introduced to Breast stroke and Butterfly.

Fall Preschool Lesson Dates and Times

Day (s)	Time	Dates	Dates	Dates	Dates
MW	4:00 PM or 5:00 PM	Sept 9—Sept 30	Oct 5—Oct 28	Nov 2—Nov 18	Nov 30—Dec 16
TTh	10:00 AM, 5:30 PM	Sept 8—Oct 1	Oct 6—Oct 29	Nov 3—Nov 19	Dec 1—Dec 17
Fri	5:30 PM	Sept 11—Oct 2	Oct 9—Oct 30	Nov 11— Nov 18	Dec 4—Dec 18
Sat	10:30 AM	Sept 12—Oct 3	Oct 17—Oct 31	Nov 7—Nov 21	Dec 5—Dec 19
Sun	10:30 AM, 3:00 PM, 4:00 PM	Sept 13—Sept 27	Oct 4—Oct 28	Nov 8—22	Dec 6—Dec 20

Fall Swim Lesson Schedule September 8th—December 20th

Youth lessons are for ages six to twelve years of age. Our overall philosophy is children will learn the fundamentals of swimming at their own pace. Emphasis will be on quality strokes and teaching swimming as a life time sport. In Youth Beginner, the focus will be on fundamentals—the correct body position, correct head position, correct kick as well as correct arm strokes.

- Youth Beginner class will work on floating and swimming on the back and introduction of backstroke.
- Youth Intermediate, swimmers will work on side breathing with crawl stroke, strengthen the backstroke, and begin working on Breast stroke.
- Advanced Youth will be introduced to Butterfly, starts and turns, as well as swimming for distance.

If you are not sure which class is best for your swimmer, our staff is happy to help place your swimmer.

Day (s)	Time	Dates	Dates	Dates	Dates
MW	4:30, 5:30, or 6:00 pm	Sept 9— Sept 30	Oct 5—Oct 28	Nov 2— Nov 18	Nov 30— Dec 16
TTh	6:00 or 6:30 PM	Sept 8—Oct 1	Oct 6—Oct 29	Nov 3— Nov 19	Dec 1— Dec 17
Friday	4:30 or 5:00 PM	Sept 11— Oct 2	Oct 9—Oct 30	Nov 11— Nov 18	Dec 4— Dec 18
Sat	10:00 AM	Sept 12— Oct 3	Oct 17— Oct 31	Nov 7— Nov 21	Dec 5— Dec 19
Sun	10:00 AM, 3:30 PM,	Sept 13— Sept . 27	Oct 4—Oct 28	Nov 8— 22	Dec 6— Dec 20

*Pool closed for swim meets—October 10th & 11th, November 1st, November 6th

Fall Swim Lesson Schedule September 8th—December 20th

Riptides is our fitness and competitive level training group. Some swimmers in this group will be training to reach our competitive team (Olympic Cascade Aquatics), while others will swim to stay in shape between other sports, or to get ready for summer swim teams. Riptides practices are set up in four levels.

Riptides 8 & Under is for children approximately six to eight years of age who have completed Youth Advanced and are looking for the next challenge or to continue to improve their skills. Class is 45 - minutes in length and emphasis will be on building fitness and quality strokes.

Day (s)	Time	Dates	Dates	Dates	Dates
MW	5:00—5:40 PM	Sept 9—Sept 30	Oct 5—Oct 28	Nov 2—Nov 18	Nov 30—Dec 16
T Th	5:30—6:10 PM	Sept 8—Oct 1	Oct 6—Oct 29	Nov 3—Nov 19	Dec 1—Dec 17
Sun & Fri	5:00—5:40 PM	Sept 11—Oct 3	Oct 4—Oct 30	Nov 8—Nov 20	Nov 29— Dec 20

Riptides 9, 10, 11 is for children nine to 11- years of age who wish to continue to work on their strokes and improve their fitness. Class will meet for 60-minutes and will emphasize swimming longer and faster.

Day (s)	Time	Dates	Dates	Dates	Dates
MW	5:55—6:45 PM	Sept 9—Sept 30	Oct 5—Oct 28	Nov 2—Nov 18	Nov 30—Dec 16
T Th	6:30—7:20 PM	Sept 8—Oct 1	Oct 6—Oct 29	Nov 3—Nov 19	Dec 1—Dec 17
Sun & Fri	5:10—6:00 PM	Sept 11—Oct 3	Oct 4—Oct 30	Nov 8—Nov 20	Nov 29— Dec 20

Riptides Middle School is for middle school aged kids who may be considering competing for their high school team in a year or two, or need to stay fit between seasons of other sports. Class is one-hour of vigorous training.

Day (s)	Time	Dates	Dates	Dates	Dates
MW	6:45—7:45 PM	Sept 9—Sept 30	Oct 5—Oct 28	Nov 2—Nov 18	Nov 30—Dec 16
T Th	5:30—6:30 PM	Sept 8—Oct 1	Oct 6—Oct 29	Nov 3—Nov 19	Dec 1—Dec 17

Questions? Please call (206) 588-1117

Riptides High School is for high school aged swimmers and who are training to stay fit for other sports, preparing for their high school team. Class is one-hour of vigorous training.

Day (s)	Times	Dates	Dates	Dates	Dates
MW	6:45—7:45 PM	Sept 9—Sept 30	Oct 5—Oct 28	Nov 2—Nov 18	Nov 30—Dec 16

Fall Fitness Schedule September 8th—December 31st

Shallow Water Fitness is a low to mid-intensity class designed to increase range of motion, cardiovascular fitness, while lowering the impact to joints. The class is a challenge for all fitness levels. Beginners are welcome and encouraged to attend.

Monday, Wednesday, Friday 7:30 – 8:30 AM and 8:30—9:30 AM

Deep Water Fitness is a mid to high intensity, high energy exercise class for those who prefer a zero-impact workout. The class provides a combination of aerobic and strength training exercises to create a balanced workout. *Comfort in deep water is a requirement of this class. In addition, there are others swimming regularly during the class and you may get splashed.*

Tuesday, Thursday 11:30 AM – 12:30 PM

Cost for Fitness Classes	Adult \$7.50 (drop-in)	\$70.00 (10 exercise card)
	Senior \$5.50 (drop-in)	\$50.00 (10 exercise card)

****Prices effective through December 31st, 2015***

Questions? Please call (206) 588-1117

Specialty Lessons

Private Lessons are available for children and adults that need help with a specific skill and can be scheduled at your convenience. Cost is \$40 per lesson for a 30-minute private lesson 1-on-1 with one of our experienced instructors. Lessons are normally scheduled outside of group lesson times and registration is done **on-line only**. Registration opens at 9:00 AM on the following dates: August 28th (for September), September 27th (for October), October 28th (for November), and November 27th (for December).

Adapted Swim Lessons are for children and adults with special needs. These 30-minute lessons are one-one-one and are designed to teach basic swimming skills. Lessons are scheduled with a qualified instructor and based on the swimmer's schedule. Cost is \$20 per lesson.

Party and Facility Rentals

Birthday Party Rentals are available Saturday afternoons for birthday parties and special events. The rental includes two lifeguards. We can add pizza from Tony Maroni's, birthday cake, and even show a movie during the party. Please call the pool to schedule

Birthday Party \$150/hour (up to 35 people)

 \$250/hour (up to 70 people)

Pizza Party \$250

Includes 1-hour pool rental, 1-hour party space rental and two large Sahara pizzas

Movie Nights

Join us for just out of the theater, family movies. Saturday, 8:00 PM on the following dates:

- September 26th
- October 24th
- November 21st
- December 19th