

# Pool Schedule: January 6-February 16, 2020

Please read this schedule carefully. We offer multiple programs, some are at overlapping times. Pool Space is shared.  
**\*The schedule is subject to change.** Please check at the Pavilion or our website—[www.mltrec.com](http://www.mltrec.com)— for the current schedule.  
 For last minute changes in pool schedule check our Facebook page— [www.facebook.com/mltrec](http://www.facebook.com/mltrec)  
 Pick up the Special Modified Schedule for Spring Break April 6-12, 2020

<b>Leisure Pool &amp; River</b>	<b>Monday /Wednesday</b> 9:30am-2:45pm* 3:00-4:00pm(HH) 8:00-9:30pm	<b>Tuesday /Thursday</b> 9:30am-2:45pm* 3:00-4:00pm(HH) 7:30-9:30pm	<b>Friday</b> 9:15am-2:45pm 3:00-4:15pm	<b>Saturday</b> 7:00-8:00am (HH) 8:00-9:15am 9:20-10:35am 10:40-11:55am 12:00-1:00pm(HH)	<b>Sunday</b> 12:00-1:00pm(HH)
	These are times when both the River and the Leisure Pool are available. Children under Four Years old <b>MUST</b> be accompanied <b>IN THE WATER</b> by a responsible adult within arm's reach. Happy Hour (HH) prices only include the leisure pool and river, it <b>does not include</b> the Sauna, Therapy Pool or Lap lanes. <b>*River will close 40 minutes a day for Parent/Tot Class at 9:35 am M-Th.</b>				
<b>River Only</b>	<b>Monday /Wednesday</b> 6:00-9:30am	<b>Tuesday /Thursday</b> 6:00-9:30am	<b>Friday</b> 6:00-9:15am	Our River has a light current, with floating toys and lifejackets to use.	
<b>Leisure Pool Only</b> (Shallow Area only)	<b>Monday /Wednesday</b> 4:30-7:05pm	<b>Tuesday /Thursday</b> 4:30-7:05pm			<b>Sunday</b> 8:30-9:15am (\$1) 9:20-10:35am 10:40-11:55am
	Geysers, Toddler Island, floatation toys, water toys, lifejackets and noodles. Designed for children 6 and under and their parents. Children under Four Years old <b>MUST</b> be accompanied <b>IN THE WATER</b> by a responsible adult within arm's reach. <b>*Dollar Dips (\$1) prices only include the leisure pool, it does not include the Sauna, Therapy Pool or Lap lanes.</b>				
<b>Lap Lanes</b> Includes Sauna & Therapy Pool	<b>Monday /Wednesday</b> 6:00am-2:30pm (2) 4:30-8:00pm (1) 8:00-9:30pm(A)(2)	<b>Tuesday /Thursday</b> 6:00am-2:30pm (2) 4:30-7:30pm (1) 7:30-9:30pm (A)(2)	<b>Friday</b> 6:00am-2:30pm (2)	<b>Saturday</b> 7:00am-1:00pm (3) (1 lane after 8:30am)	<b>Sunday</b> 8:30am-1:00pm (2)
	Shared lanes open for continuous lap swimming. Kickboards and pull buoys are available for use. During specific times designated (A) as "Adult" lap swim participants must be 16 years or older to use the lanes. Please follow posted lap swimming etiquette.				
<b>Recreation Swim</b>	Leisure pool area, Lazy River, and main pool equipped with Water Walk, floatation devices, water toys, lifejackets, and basketball hoops.		<b>Friday</b> **4:40-6:10 PM see below	<b>Saturday</b> 1:15-2:45pm 6:15-7:45pm	<b>Sunday</b> 1:15-2:45pm 5:15-6:45pm
<b>Rental Times Available</b>	Pool, Spa & Sauna is <b>CLOSED</b> to the public during all rentals. To enquire about pool and room rentals call 425.776.9173 . Any Saturday or Sunday rental times not booked with parties will be open to the public for a Happy Hour Swim call on Fridays after 12:00 to check public swim availability for that weekend.		<b>Friday</b> **6:15-7:15pm **see below	<b>Saturday</b> 2:55-3:55pm 4:00-5:00pm 5:05-6:05pm	<b>Sunday</b> 2:55-3:55pm 4:00-5:00pm

2019 Aquatic Fees:	Daily Drop in		11 Visit Pass		Monthly Pass		Annual Pass	
	Resident	Non Res	Resident	Non Res	Resident	Non Res	Resident	Non Res
<b>Adults (16-59 Years)</b>	\$5.25	\$5.75	\$52.50	\$57.50	\$70.00	\$76.00	\$575.00	\$633.00
<b>Youth (1-15 Yrs.)/Seniors (60+) /Disabled</b>	\$4.25	\$4.75	\$42.50	\$47.50	\$56.00	\$61.00	\$409.00	\$449.00
Leisure Pool Only	\$4.00	\$4.50	\$40.00	\$45.00				
Infants under 1 year	Free							
Family	\$13.50	\$15.00						

**POOL POLICIES — SAFETY WILL NOT BE COMPROMISED —Please be responsive to the lifeguard's requests. Each is adhering to an established set of safety rules.**

- Children under 4 years of age **MUST** be accompanied into the pool by an adult; adults should be within arms reach of all young children.
- Lifejackets are available for all ages and may be required.
- **Use of cell phones and/or photographic equipment is not permitted in public changing areas**

**\*\*Pool Schedule Changes**

The Pool, Spa and Sauna will close at 4:15 on the following Friday's for  
**Lifeguard In-Service Training:**  
**February 7, March 6, April 3.**



**Like us on Facebook**  
<https://www.facebook.com/mltrec>  
**Last minute changes will be posted on Facebook**

## Water Fitness Schedule January 6—February 16, 2020

Monday Wednesday	Tuesday Thursday	Friday	Saturday	Sunday				
6-7 am Deep Water	6-7 am Aquatic Boot Camp	6-7 am Deep Water	7:30-8:30am Deep Water	8:35-9:35am River Fitness				
7:55-8:55am Water Walk	7:25-8:25am Deep Water	7:55-8:55am Water Walk	<b>Drop-In Class Fees for Water Fitness</b>	<u>Residents</u>	<u>Non-Residents</u>			
9:20-10:20am Shallow Water	8:30-9:30am Arthritis Aquatics	9:20-10:20am Shallow Water				Adult	\$7.25	\$7.98
10:30-11:30am LIFT	10:45-11:45am LIFT	10:30-11:30am LIFT				Senior/Disabled	\$5.50	\$6.00
12-1pm Arthritis Aquatics	7:30-8:30pm Aqua Zumba	12-1pm Arthritis Aquatics				11 Punch Pass-Adult	\$72.50	\$79.80
5:30-6:30pm Deep Water						11 Punch Pass-Sr./Disabled	\$55.00	\$60.00

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

**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.

**Water Walk:** Includes various walking techniques in shallow water. 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.

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

**Aqua Zumba®** A fast-paced, fun, fitness-dance based aerobics class. Come and join the party

**Aquatic Boot Camp:** Aquatic Boot camp is an all-out class that focuses on core, muscle strength, muscle toning and cardio fitness. It is strongly encouraged that participants have water shoes and a water bottle for class

### SWIMMING LESSON REGISTRATION DATES

Learn to swim in our warm-water pool. A positive and fun experience is provided by an enthusiastic, well-trained and caring staff.

Lesson Dates	Days	Number of Lessons	Resident Reg	Open & Online Reg
1/6-1/29	MW	8	12/18	12/19
1/7-1/30	TTh	8	12/18	12/19
1/10-2/14	Fr	6	12/18	12/19
1/11-2/15	Sa	6	12/18	12/19
1/12-2/16	Su	6	12/18	12/19

**Pool Policies: SAFETY WILL NOT BE COMPROMISED.**

Please be responsive to the lifeguard's requests. Each is adhering to an established set of safety rules.

Children under 4 years of age **MUST** be accompanied into the pool by an adult; adults must be within arms reach of all young children. Lifejackets are available for all ages and may be required.

**Use of cell phone cameras and/or photographic equipment is not permitted in public changing areas.**

**For Everyone's 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. Please use established diaper changing tables.
- 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.

### Swimming Pool Rental

**Swimming Pool:**

Rent half of the pool or the full pool for your group. Half pool rentals share use of the leisure pool and deep pool. All rentals include tubes, mats, basketball hoops, water walk, noodles and lifejackets.

**Add a room to have your party here!**

Please stop by or call our Front Desk at 425.776.9173 for more details.

<p><b>Parent &amp; Tot Lessons:</b> 9 months-3 years Parents participate with infant or toddler.</p>	<p><b>Pre-School:</b> 3-5 years Six levels offered with a max. of 6 per class.</p>	<p><b>Adaptive Aquatics Program:</b> 3-12 years One on one lessons designed to integrate children with special needs into our group lesson program.</p>
<p><b>Adult/Teen:</b> 13 years &amp; older Learn at your own pace.</p>	<p><b>School Age:</b> 6-12 years Six levels offered with a max. of 7 per class.</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 on both MLT and Open registration dates. Visit [www.mltrec.com](http://www.mltrec.com) for more information!

**Mountlake Terrace Residents**

May register one day prior to registration date.

Walk-in/online: 8am-8pm  
Phone-in: 12pm-8pm

**Open/Non-Resident Registration:**

Walk-in/online: 8am-8pm  
Phone-in: 12pm-8pm

**Playtime Passports**

Is an optional program available for children who are in our swimming lessons September to June. Swim Lesson Participants can enjoy 15 minutes of play **after** their swimming lesson by purchasing Playtime Passport wristbands for a small fee. Wristbands must be worn. We cannot replace lost, stolen or forgotten wristbands. Parent supervision is required. Please see the front desk staff for information on fees and other restrictions.



<https://www.facebook.com/mltrec>

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We are currently taking applications for  
Part-Time Lifeguards & Swim Instructors.