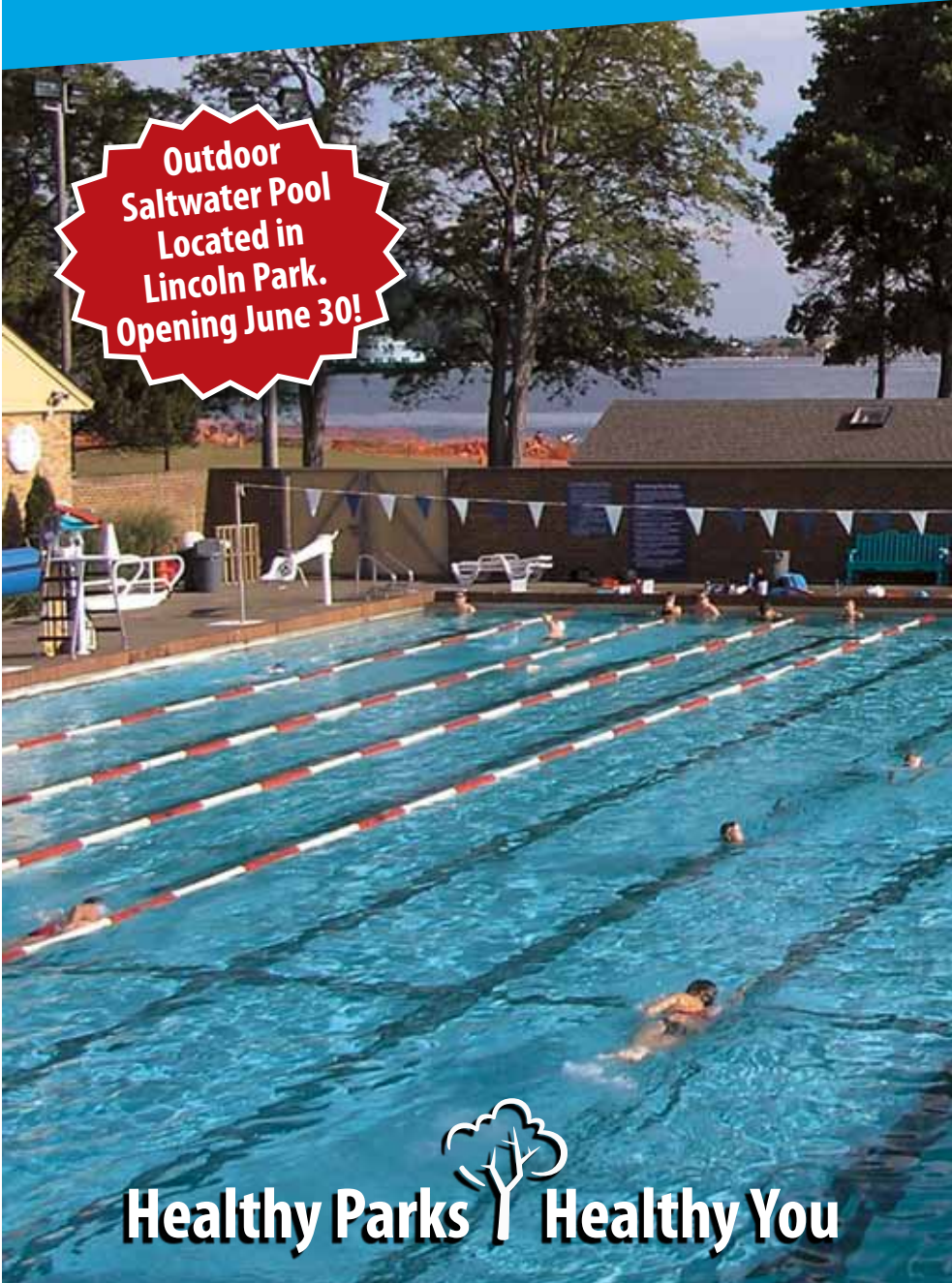




COLMAN POOL

Summer 2012

June 30 – September 3, September 8-9 and 15-16



Outdoor Saltwater Pool Located in Lincoln Park. Opening June 30!

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REPAIRS WILL DELAY 2012 SUMMER OPENING UNTIL JUNE 30

After 70 years, it is time to reinvest in Colman Pool! Extensive repairs are needed to extend the life of the pool shell and deck.

The final elements in this major project are weather sensitive and will result in a late opening. We have also added an extra September weekend to the schedule.

With any construction project there is a risk of complications or delay.

Please check with us before your first visit.

Healthy Parks  Healthy You

General Information

Colman Pool

8603 Fauntleroy Way SW
Seattle, WA 98136 • 206-684-7494

Bus Information

Lincoln Park and Colman Pool are served by
Metro bus numbers 54, 116, 118 & 119.

Operating Schedule

Regular season:.....June 30 – Sept. 3
Post-Season:Sept 8, 9, 15, 16
Refer to Pool Schedule on Page 5 for specific
program times.

Swim Meet Closures

Thursday July 5 – Saturday July 7

Pool will open at 3 p.m. each day.

Friday July 13 – Saturday July 14

Closed all day

Holiday Operating Schedule

(see page 5 for program times)

Independence DayWed, July 4

Labor DayMon, Sept 3

Parks and Recreation Staff

Christopher Williams..... Acting Superintendent
Eric Friedli..... Deputy Superintendent
Sue Goodwin..... Recreation Director
Kathy WhitmanAquatics Manager
Bill Dougherty Sr. Aquatics Coordinator
Tom Dunning Lead Pool Operator
Wendy Van De SompeleColman Coordinator

Other Aquatic Opportunities

Summer Beaches

East Green Lake 7201 E Green Lake Dr	Mount Baker 2301 Lake Wash Blvd S
Madison 1900 43 rd Ave East	Pritchard 8400 55 th Ave South
Madrona 800 Lake Wash Blvd	Seward 5900 Lake Wash Blvd S
Magnuson 7400 Sand Point Way NE	West Green Lake 7312 W Green Lake Dr
Matthews 9300 51 st Ave Northeast	For dates and times, please call 206-684-4075

ADDITIONAL CAPITAL PROJECT INFORMATION

PROJECT DESCRIPTION

Colman Pool is Seattle's only outdoor saltwater pool. After opening in 1941, this Olympic size pool has seen various improvements over the years both structural and cosmetic but none compare to the work planned for 2012. In 2011 a drainage revision was completed to meet new codes. We were on time and on budget.

This exciting project invests in the future of this beautiful pool. Some improvements will be visible like the new pool deck and plaster lining, and some out of sight such as the replacement of rusty conduits. Also to be replaced are the pool gutters and upper section of the pool shell, all of which will increase the life expectancy of this gem. This is a truly unique asset in our Parks system and is being saved for the next generation of Seattle youth and adults.

Capital Project can be tracked in 2012 at the parks web page http://www.seattle.gov/parks/maintenance/colman_pool_renovations.htm

Outdoor Swimming - Mounger Pool

Mounger Pool is a beautiful summer outdoor facility located in the heart of Magnolia. The facility has two great pools. The Big Pool has a 50-foot corkscrew slide, and the Little Pool, warmer and shallower, is great for relaxing and teaching your little tadpoles. **206-684-4708**

Operation Dates

May 12 Through September 9, 2012

Registration and Scheduling Dates

Group Lessons (See pages 6-7)

On-line Registration begins:

April 5 Starting at Noon

Walk-in:

Daily starting June 30 12:30 – 6 p.m.

No Mail-in Registration

Pool Rentals (See page 3)

Phone-in: Starts April 2 8 a.m.

Walk-in:

Daily starting June 30 12:30 – 6 p.m.

Events - Rentals - Policies

Pool Rentals

Have your own personal pool party and the professional supervision to go with it. Colman Pool is a 50-meter pool that includes a waterslide, diving board, lifeguards and a breathtaking view of the Puget Sound. The pool is available for rentals beginning at 7 p.m. on the days listed below.

Days	Dates		Times		
Saturday & Sunday	June 30-Sept 2		7-9 p.m.		
Friday	July 6-Aug 31		7-9 p.m.		
Monday-Thursday	July 30-Aug 30		7-9 p.m.		

Party Size	1-30	31-60	61-90	91-150	151-250
1 Hour	\$255	\$280	\$305	\$330	\$355
2 Hours	\$460	\$510	\$560	\$610	\$660

Phone-in Pool Reservations

- ◆ We accept phone-in reservations daily beginning Monday, April 2 at 8 a.m. To make a reservation, call 206-684-7494. Please leave a message and we will return your call as soon as we can.
- ◆ Please make full payment when you register.

Walk-in Pool Reservations

- ◆ We will take walk-in registrations at Colman Pool beginning at 12:30 p.m. daily beginning June 30.

“Creating community through people, parks and programs.”



Fees and Charges

Parks and Recreation fees and charges are necessary to provide financial support to the Seattle Parks and Recreation for the operating costs of programs, facilities and grounds. The revenue generated by these fees constitutes only a portion of funds required for operating and maintaining the Parks system. All fees collected from parks and recreation activities and concessions are used exclusively for the Parks system as these funds are deposited in the Parks and Recreation Fund, not the City General Fund.

Refunds

It is the policy of Seattle Parks and Recreation that:

- ◆ Anyone who registers for a class, camp, special event or program that is cancelled for any reason by Parks and Recreation will receive a full refund.
- ◆ Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who requests a refund 14 days or more before its start (or before the second class of a session), may receive a refund minus a service charge.
- ◆ Anyone who registers for a day camp, trip, overnight camp, special event, or facility rental, and who withdraws from the activity fewer than 14 days before its start (or after the second class of a session), will receive no refund.
- ◆ Please read the entire policy, #7.16, for specific information.

Scholarships

Seattle Parks & Recreation wants to ensure that our group swim lessons and summer swim team are available to everyone, regardless of their ability to pay. Parks Department offers reduced fees for those who may qualify under low income guidelines. To apply for low income fees, please talk to a member of our staff.

Non-discrimination Policy

As a matter of policy, law, and commitment, Seattle Parks and Recreation does not discriminate on the basis of race, color, sex, marital status, sexual orientation, political ideology, age, creed, religion, ancestry, national origin or presence of any sensory, mental or physical handicap.

Accommodation for people with disabilities

We will make reasonable accommodation, upon request, for people with disabilities. For sign language interpretation, auxiliary aids or other accommodation, please call 206-615-0140 or TDD 206-684-4950. Please allow 10 working days' advance notice. If a class or activity is scheduled in an area not accessible for wheelchairs, we will make every effort to help you find a similar program in an accessible location.

Fees and Admissions

Recreational Swim Fees

Infants (Younger than 1 yr.)	FREE
Youth (1-17)	\$3.25
Adults (18-64)	\$4.75
Senior Adults (65 and older)	\$3.25
Special Populations	\$3.25
Slide (in addition to admission)	\$1.00

Water Fitness Fees

Adults (18-64)	\$6.00
Senior Adults (65 and older)	\$3.50

Admission

Colman Pool is a community gathering place with grassy sunbathing areas, deck chairs, and picnicking, so all people who enter the pool area during recreational swims need to pay admission, even if not swimming.

Payment

We accept Visa, MasterCard and American Express. Please make checks and money orders out to the City of Seattle. PLEASE NOTE: Payment is due when you register. NSF check fee \$20.

Parent/Child Policy

Children under 6 years of age or under 48" in height must be directly supervised in the water by an adult and must be within arm's length distance at all times. This applies to all public swims, family swims, pool playland and pool rentals. We require a minimum ratio of one adult to two children.



Discount Quick Cards

Quick Card is a prepaid discount admission card that provides access to many recreational choices within Seattle Parks and Recreation.

To purchase a Quick Card visit any pool. A photo is required and taken at the time of initial purchase. Cards are issued to individuals and are not transferable.

Recreation Programs 10 Admissions

Youth/ Senior/ Special Pop.	\$29.20
(save \$3.30)	
Adult (save \$4.80)	\$42.70

Fitness Programs 10 Admissions

Youth/ Senior/ Special Pop.	\$31.50
(save \$3.50)	
Adult (save \$6.00)	\$54.00

Thirty Day Pass (Recreation and Fitness)

Youth/ Senior/ Special Pop.	\$40.00
Adult	\$55.00



Tip: Get your quick card ahead of time from one of our indoor pools.

Merchandise for Sale

To help meet your swimming needs, we have a large selection of swim supplies available for sale.

Goggles, Swim Caps, Nose Clips, Ear Plugs, Shampoo, Conditioner, Swim Diapers and much much more! Visit your pool cashier today.

Diaper Policy

In the interest of public health, children who are not toilet trained must wear swimming diapers or a cloth diaper with a plastic cover that has tight fitting legs. No regular disposable diapers or loose fitting swim suits are allowed. Swim diapers for sale at cashier.

Pool Schedule: June 30 – Sept. 3, and Sept. 8, 9, 15, 16

Swim Meet Closures: Thur, July 5 – Sat, July 7 and Fri, July 13 – Sat, July 14

Time	Special Comments	Mon & Wed	Tues & Thurs	Friday	Sat & Sun	Holidays
Noon-1:30 p.m.	4 Lanes Mon-Fri 6 Lanes Sat/Sun	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
Noon-1 p.m.	Masters workout-2 lanes				Masters	
15 minute break for change in pool configuration from 1:30-1:45 p.m.						
1:45-4:45 p.m.	Parent must be in the water with children under 6.	Public Swim	Public Swim	Public Swim	Public Swim	Public Swim
15 minute break for change in pool configuration from 4:45-5 p.m.						
5-5:45 p.m.			Hydro Fit			
5-7 p.m.	4-6 Lanes M-Th 4 Lanes Fri/Sat/Sun	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim
5-7 p.m.	Parent must accompany Kids during Family Swims.	Masters 6 – 7 p.m.	Masters 6 – 7 p.m.	Family Swim 5 – 7 p.m.	Family Swim 5 – 7 p.m.	Family Swim 5 – 7 p.m.
Pool Rentals are available from 7 p.m. – Dusk. Please see page 3 for more information.						

PUBLIC SWIM*

Daily 1:45 – 4:45 p.m.

Public swim is a recreational swimming time for all ages to enjoy. The CORKSCREW slide is open during Public Swims. Users must pass the swim test and pay a \$1 fee. Groups, such as camps or large birthday parties, need to call at least one week in advance to ensure availability.

***TICKETS GO ON SALE AT 12:15 P.M. DAILY**

LAP SWIM (4-6 Lanes)

Daily Noon – 1:30 p.m.

Daily 5 – 7 p.m.

Lap Swim is for the serious athlete or the recreational swimmer who simply wants to enjoy the salt water and fresh air. Our 50-Meter pool offers fast, medium and easy lanes.

FAMILY SWIM

Friday – Sunday 5 – 7 p.m.

This is a time for families to enjoy the pool! This is an excellent time for the young in years and the young at heart to practice swimming skills and to spend quality time together!

A parent must accompany children into the water during family swim. The CORKSCREW slide is open at this time! Users must pass the swim test and pay a \$1 fee

MASTERS WORKOUT

Monday – Thursday 6 – 7 p.m.

Saturday/Sunday Noon – 1 p.m.

Let our experienced coach lead you through an interval workout! Each practice will contain a variety of endurance and sprint drills, kicking and pulling sets, and stroke and training tips. This workout is for adult fitness swimmers of all ages and abilities. No registration is required.

HYDROFIT

Tuesday/Thursday 5:00 – 5:45 p.m.

This is a deep water class that uses resistance equipment that not only burns calories, but strengthens muscles while shaping and toning the entire body. This 45-minute class is great for hips, thighs, arms, and abdominals.

Schedule Changes

Wed. July 4 Holiday Schedule

Thur. July 5 – Sat. July 7 Swim Meet Closure until 3 p.m.

Fri. July 13 and Sat. July 14 Swim Meet Closure

Mon. September 3 Holiday Schedule



Group Lessons

All Lessons are 30 Minutes

Tot Lessons (Ages 6 months – 4 years)

Parents introduce their infants and toddlers to the swimming pool as we teach basic water adjustment and swimming movements. Songs and games create an atmosphere for fun, enjoyment and relaxation. Each child must be accompanied into the water by a parent or adult. Swim diapers or tight fitting plastic pants are required.

Three-Year-Olds Lessons (Age 3)

Start your child learning basic swimming skills and water safety in a small group of three-year-old children. We introduce children to: basic water adjustment skills, bubbles, breath-holding, front and back floats, kicking, arm pulls, and water safety skills. Children must have initial water comfort and be able to work in the water with an instructor. To ensure safety and quality, we maintain a 3:1 student to instructor ratio.

Kinder Lessons (Ages 4 & 5)

Participants will start with basic water adjustment and eventually learn these skills: front and back floats, flutter kick, rolling from front to back, side breathing, crawlstroke with bilateral side breathing, backstroke, whip kick, treading water, and water safety skills. We will group children by ability level on the first day of class.

REGISTER ONLINE!

READY - Please visit our web site at www.seattle.gov/parks and look for SPARC to see what classes and programs are available for registration.

SET – Make sure you have an account barcode and PIN! If you don't, go to www.seattle.gov/parks, click SPARC, follow the instructions to create or update an account. Please allow at least one week for a new account.

GO – Register on line beginning at:
Noon, Thursday, April 5
www.seattle.gov/parks or in person
at the pool beginning June 30.

Beginning Youth Levels 1 – 3 (Ages 6 – 16)

Our American Red Cross lessons emphasize safety, fitness, and fun! Teaching techniques utilize the use of drills and instructor feedback. We will group children by ability level on the first day of class to provide the best learning environment.

LEVEL 1: Introduction to Water Skills: Getting comfortable with the face in the water and floating and kicking on front, back, and side.

LEVEL 2: Fundamental Aquatic Skills: Crawlstroke, turning over front to back, and introduction to side breathing.

LEVEL 3: Stroke Development: Crawlstroke with bilateral side breathing, backstroke, and whip kick.

Advanced Youth Levels 4 – 6 (Ages 6 – 16)

Improve your strokes by working on endurance and stroke proficiency. Prerequisite: Swimmers must have passed Level 3, be comfortable in deep water, and swim 25 yards without stopping. We will move participants who do not meet this prerequisite to a Beginning Youth class if there is space available. Pretests are available during Public Swims.

LEVEL 4: Stroke Improvement: Adds breaststroke, butterfly, and elementary backstroke to the previous skills.

LEVEL 5: Stroke Refinement: Adds sidestroke, longer distances, and more refinement of the previous strokes.

LEVEL 6: Skill Proficiency, Fitness Swimming and Personal Water Safety: Teaches increased mastery of technique and endurance in all the strokes, plus safety and rescue techniques.

Personal Lessons

Colman pool offers personal swim instruction for swimmers who are interested in special attention. Personal lessons allow quality instruction that can be tailored to fit individual needs. They are ideal for: the new swimmer, triathletes, an introduction to springboard diving, or learning side breathing. Personal lesson rates are \$34 per class for a 1/2 hour with one student and \$44 with two students. Space is limited. To schedule please call 206-684-7494 beginning June 30.

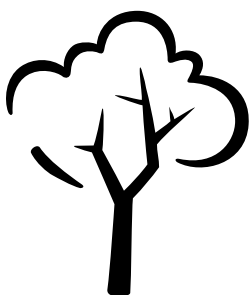
Refunds

To receive a refund you must withdraw prior to the start of the second class, we will retain a \$5 or 10% withdraw fee. Complete policy on Page 3.

Class	Days	Times	Dates	Classes	Cost	Barcode #
Tots Ages 6 mos-4 yrs	T & Th	1 p.m.	July 10 – July 19	4	\$26	81082
	T & Th	1 p.m.	July 24 – Aug 2	4	\$26	81083
	T & Th	1 p.m.	Aug 7– Aug 16	4	\$26	81084
	T & Th	1 p.m.	Aug 21 – Aug 30	4	\$26	81085
Three Year Olds	M-W-F	1 p.m.	July 9 – July 20	5*	\$60	81078
	M-W-F	1 p.m.	July 23 – Aug 3	6	\$72	81079
	M-W-F	1 p.m.	Aug 6 – Aug 17	6	\$72	81080
	M-W-F	1 p.m.	Aug 20 – Aug 31	6	\$72	81081
Kinders Ages 4 & 5	M-F	Noon	July 9 – July 20	9*	\$72	81074
	M-F	Noon	July 23 – Aug 3	10	\$80	81075
	M-F	Noon	Aug 6 – Aug 17	10	\$80	81076
	M-F	Noon	Aug 20 – Aug 31	10	\$80	81077
Beginning Youth Ages 6-16 Levels 1-3	M- F	12:30 p.m.	July 9 – July 20	9*	\$58.50	81070
	M- F	12:30 p.m.	July 23 – Aug 3	10	\$65	81071
	M- F	12:30 p.m.	Aug 6 – Aug 17	10	\$65	81072
	M- F	12:30 p.m.	Aug 20 – Aug 31	10	\$65	81073
Advanced Youth Ages 6-16 Levels 4-6	M-F	1 p.m.	July 9 – July 20	9*	\$58.50	81066
	M-F	1 p.m.	July 23 – Aug 3	10	\$65	81067
	M-F	1 p.m.	Aug 6 – Aug 17	10	\$65	81068
	M-F	1 p.m.	Aug 20 – Aug 31	10	\$65	81069
Personal Lessons	T & Th	1 p.m., 5 p.m., 5:30 p.m.	All Summer	Each	\$34	Contact Pool
*No Lesson on: July 13						

Hints for swimming lessons:

- ◆ Please sign up for lessons for the correct age group.
- ◆ Please read the lesson descriptions and prerequisites carefully to make sure your child is registered for the correct class. If you are unsure of your child's ability, please have him or her pre-tested to ensure correct placement. If your child does not meet the age requirements or skill prerequisites, we will try to transfer him or her to the appropriate level if there is space available. Most children take a year or more to move from Beginning to Advanced Youth.
- ◆ Sorry, we cannot give refund credits or make-ups for missed classes.
- ◆ A minimum of 4 students is required for all classes. We may combine or cancel programs if not enough children sign up.
- ◆ Family members must stay away from the pool edge during lessons and keep children who are not participating in lessons with you at all times.
- ◆ Please direct questions to the pool cashier or lesson supervisor.
- ◆ Please limit shower time to conserve water and energy. It's good for us and the planet!
- ◆ Help children develop their skills and have fun by bringing them to a public or family swim.



Healthy Parks, Healthy You presents: "BIG DAY OF PLAY"

Saturday, August 25 ♦ 9:30 a.m. – 4 p.m.

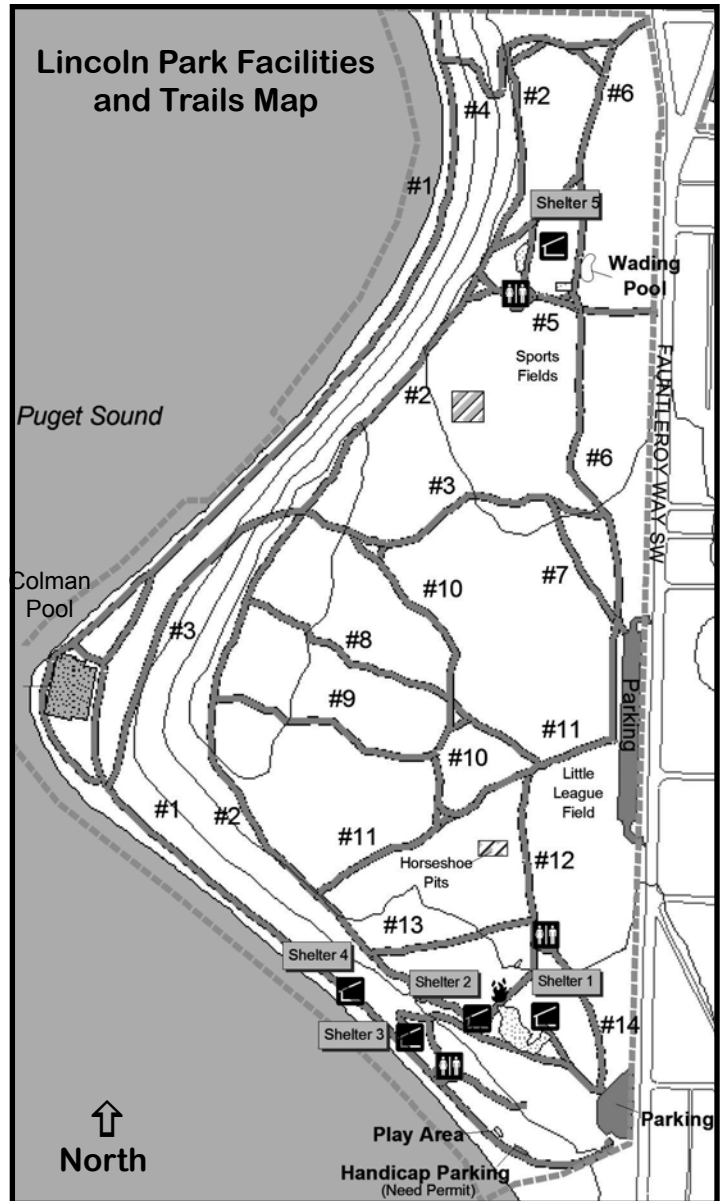
Warren G. Magnuson Park ♦ 7400 Sand Point Way NE

Please join us for a day of health-minded, fun activities, boating, fitness demonstrations, information booths, a Fun Run/Walk, 3-on-3 basketball event, guest speakers, and live music!



Colman Pool History

Colman Pool was built in 1941 and donated to the City of Seattle by the Colman family. It is located on a scenic point of land overlooking the beach in Lincoln Park. Pool visitors park along Fauntleroy Way and enjoy a short walk through Lincoln Park to reach the pool. Prior to the construction of Colman pool the site had been home to an unheated tide pool built by the city in 1925 for use by the public and maintained as a part of the municipal beach program. Colman pool replaced the old Lincoln Tide Pool in 1941. This warm, saltwater pool is constructed of reinforced concrete and tile. The swimming area of the pool is 20 yards wide and 50 meters long. Depth ranges from 3 ½ feet to 12 ½ feet under the diving area. There are 8 official 7 ½ foot swimming lanes for competition. In addition, Colman Pool also boasts a 50' spiral slide and an official U.S.S. 1 meter adjustable board. Water for the 500,000 gallon pool comes from Puget Sound. It enters through a large number of circulation inlets. The water supply is captured and delivered to the tank by a 20-hp pump from the three wells located on the beach. These wells are 6 feet in diameter and approximately 12 feet deep. The water is maintained at a temperature of 84 to 85 degrees by automatic, gas-fired boilers. To conserve energy, state of the art thermal pool covers are used every night.



Green Lake Open Water Swim Sunday, June 24

8th Annual Green Lake Open Water Swim is a ½-mile or 1-mile guarded swim. Prizes are awarded for top finishers. Check-in begins at 7:30 a.m. at Green Lake Community Center.

Call 684-4961 for Information

Emerald City Open Water Swim Saturday, August 18

The 28th Annual Emerald City Open Water Swim is a ½ mile and a 1 mile guarded swim held on Lake Washington at Andrew's Bay in Seward Park. Prizes are awarded for top finishers. Check in begins at 7:30 a.m.

Call 684-4766 for Information

<http://www.seattle.gov/parks/aquatics/OpenWater.htm>