

WOMEN ONLY SWIM

**Lessons
Lap/Open swim**

**Southwest Pool
Meadowbrook Pool
Medgar Evers Pool
Evergreen Pool**



Lap/Open swim

**YMCA Seatac
YMCA West Seattle**



**Questions?
Call Trang Hoang at
Neighborhood House
206.407.4725**



Seattle Parks and Recreation

- Promotional admission is \$2 for recreational swims
- Scholarships available for swim lessons

Saturdays

Southwest Pool (West Seattle)

- For ages 12 and older
- 2801 SW Thistle St. • Seattle, WA 98126 • Phone: 206-684-7440
- 2:30 – 3:30 pm **Recreational/lap swim**
- 3:30 – 4:00 pm **Swim lesson**
- 4:00 – 4:30 pm **Swim lesson**

Medgar Evers Pool (Central District)

- For ages 6 and older
- 500 23rd Ave • Seattle, WA 98122 • Phone: 206-684-4766
- 5:30 – 6:30 pm **Recreational/lap swim**
- 6:30 – 7:00 pm **Swim lesson**
- 7:00 – 7:30 pm **Swim lesson**

Meadowbrook Pool (Northeast Seattle)

- For ages 12 and older
- 10515 35th Ave NE • Seattle, WA 98125 • Phone: 206-684-4989
- 6:30 – 7:00 pm **Swim lessons**
- 7:00 – 8:00 pm **Recreational/lap swim**

Evergreen Pool (White Center)

- 6 lessons for \$24 and \$4.50 admission for lap swim
- 606 SW 116th St • Seattle, WA 98146 • 206-588-2297 • www.evergreenpool.org

Sundays

- 3:00 – 4:00 pm **Swim lesson/recreational swim**
- 4:00 – 5:00pm **Swim lesson/recreational swim**

West Seattle YMCA

- 4515 36th Ave SW • Seattle, WA 98126 • Phone: 206-935-6000
- For ages 14 and older • Free for members • \$5 non-members

First Saturdays

- 5:45 - 6:00 pm..... **Swim cards issued to first 30 swimmers**
- 6:15 - 8:00 pm **Recreational/lap swim**

Matt Griffin YMCA (SeaTac)

- 3595 S 188th St • SeaTac, WA 98188 • Phone: 206-244-5880
- For women and children • Boys age 7 and younger are allowed • \$5 non-members

Third Sundays

- 6:30 - 7:45 pm **Recreational swim all ages**
- 7:45 - 8:15 pm **Recreational swim ages 14 and older**