



Pocock Rowing Center Junior Team 2011 Fall Registration Packet

- VITAL Auction information for every parent!
- If you've filled out the paperwork before, make sure there are no changes to the medical form or credit card information!
- Every parent needs to make sure to check the PRC Jr. Team blog for current information and updates! Feel out of the loop? Check the blog to see if we're missing your email!

<http://www.pocockcenter.blogspot.com/>

Rowing Calendar

September 6	Start of Season
September 13	Parent Meeting
September 17	Row for the Cure (no novice)
September 22	Novice Parent Meeting
October 28-30	Head of the American (Sacramento - no novice)
October 29-30	Portland Fall Classic (novice & select varsity)
November 5	Frostbite Regatta @ Green Lake
November 6	Head of the Lake Regatta
November 7	End of Fall Season
November 12	PRC Auction!

READ ME!

SAVE THE DATE
11.12.11

The 2nd Annual 1PRC Auction is coming!

*To all of our parents, new and returning,
please read this update regarding our
fundraising Auction coming up in November!*

Second Annual Fundraiser to Benefit the
POCOCK ROWING CENTER
Evening will include auction, dinner and celebration
Saturday, November 12, 2011
Conibear Shellhouse
DETAILS TO FOLLOW

What is “1 PRC”?

1 PRC is our title for the Auction as it gathers the entire PRC community (adult rowers, high performance athletes, parents, alumni, friends and family) together to address our needs together. We share **1** name, we share **1** roof, and we inherit **1** legacy. The impact that the entire community can have far exceeds what each group could do on their own, and we need that larger impact to ensure the PRC fleet of boats meets the needs of our rowers. We train too hard to have sub-par equipment!

What are the expectations for involvement?

The Auction committee asks involvement from EVERY SINGLE FAMILY. Your involvement can take the following forms:

- **Procurement** – does your business have goods or services that could be provided? Is there a vacation home in your family that could be donated for a weekend stay? Do you make an outstanding jam (put together 6 jars)?! BE CREATIVE. The investment in time and energy to make sure every family has an impact will directly impact the success of the Auction. Play your part!
- **In kind services:** Can't come up with a procurement item? What about helping the Auction with printing services from your connections. We need to print invitations in early September and catalogs as we approach the event. These are big jobs, and helping out on this front can have a big impact! Check in with the Auction committee for other methods to help.
- **Attend!** We'd love to see every parent at the event. This is not only a fundraising event, it is a celebration of the Pocock legacy and our community. We have taken huge strides over the past few years, and have much to smile about! Let's keep the momentum rolling! Reserve a table and fill it up with friends and family who want to support your young rower's experience!

Details:

November 12, 2011

Conibear Shellhouse at the University of Washington

Reservations beginning in September

Website for the event: <http://www.pocockrowingcenter.org/fundraising.html>

Auction Chair Kerri Lether: auction@pocockrowingcenter.org or call the office!

Start procuring now! A sheet of ideas is attached!

Your involvement has a direct impact on every rower at the Center! Don't wait another day to find an item!

Auction Procurement Ideas

1. Airplane trip around Mt. Rainier or other attraction.
2. Autographed sports memorabilia
3. Babysitting once per month
4. Backyard play equipment (delivered & installed would be nice).
5. Baseball Spring Training tickets or trip.
6. Behind-the-scenes: local museum, manufacturer (Boeing, Dell, Apple, Hershey's), zoo
7. Box seats to local sporting event – (Mariners, Storm, Sonics, Thunderbirds, Silvertips, Rainiers, Trailblazers, etc.)
8. Catered party for large group
9. Cedar deck package, delivered & installed
10. Champagne cruise
11. Chauffeured pub crawl with limousine, bus, or van
12. Child's theme party
13. Children's playhouse
14. Cigar party
15. Fly fishing – guided trip for a day
16. Comedy club private party
17. Commemorative magnum of champagne or wine
18. Complete landscape package
19. Condo at Disney on in Hawaii during prime vacation season
20. Crafting class with supplies (knitting, scrap booking, flower arranging, pottery, etc.)
21. Cruise to: Alaska, Greece, Caribbean, Arctic Circle
22. Daily lattes for a year
23. Day at: car racing school, the spa, the races: car, dog, horse, etc.
24. Deluxe doghouse or invisible fencing
25. Deluxe salon services for four, salon services for a year, monthly children's haircuts...
26. Designer custom-tailored outfit or suit
27. Dessert-a-month for a year (plus gym membership)
28. Dinners: at local high-end restaurant, with the president, pastor, principal, or favorite politician.
29. Disneyland Package
30. European trip
31. Flowers-a-month for a year
32. Fourth of July party at the Space Needle.
33. Furniture: Early American, prized antiques, school projects made by children, potting benches, historic church pew, etc.
34. Gas barbecue & freezer

35. Glass blowing lessons
36. Golf for 4 at an exclusive course or golf theme vacation
37. Groundskeeper for a day at Major League Baseball park
38. Guest Symphony Director
39. Guided climb on Mt. Rainier or favorite hiking place
40. Handmade quilts, toys, stained glass windows, furniture, etc.
41. Handyman for a day or weekend
42. Harley Davidson Motorcycle
43. Honorary batboy/girl with tickets at local baseball event
44. Horseback riding lessons
45. Hot tub or pool party
46. House makeover, painting service, redecoration consultation
47. Housekeeping services for a year
48. Instant wine cellar, selection of vintage wines from CEO's private collection
49. King/Queen for the day with VIP treatment
50. Kitchen appliance with cookbook, & cooking utensils.
51. Ladies' night out: makeovers, dancing, wine tasting, after hours shopping at Nordstrom, etc.
52. Lunch or dinner with celebrity, followed by behind-the-scenes tour of TV set
53. Luxury: cruise, suite at local sports event, car with chauffeur (ex: tickets to Husky game, arrive by boat).
54. Maid or butler service
55. NBA court-side seats
56. Massage a month for a year
57. Men's night out: cigars, poker, sports, race track
58. Monthly dinner delivered to home
59. Mountain Bikes or children bikes with bike rack.
60. Mountain biking guided tour.
61. Murder mystery dinner, dinner train, dinner theatre
62. Olympics theme party for large group with friendly competition
63. Paintball party for group.
64. Personal cooking lessons for 4 with famous chef
65. Poker with professionals
66. Private: dinner car on dinner train, musical performance with backstage tour
from performer(s), shopping spree, yacht tour
67. Private skating lesson and dinner with local hockey celebrity.
68. Purebred kitten or puppy with veterinary care, supplies, training, kennel
69. Race car driving school
70. Rafting trip in Grand Canyon or one of the Washington Rivers.

71. Ride in a: hot air balloon, hydroplane, race car, classic car, parade float, helicopter, riverboat, sight-seeing airplane.
72. Ride-along on: Boeing plane delivery, police canine patrol, hockey zamboni, etc.
73. Rock climbing party package.
74. Romance package: makeover & massage, dance lessons, private dinner, hotel or B&B, luxury car for weekend, champagne breakfast, new outfits, etc.
75. Roundtrip airfare for two to exotic location
76. Runway fashion show in Paris, NYC, or Italy
77. Salmon barbecue or gumbo feed for large group
78. Santa Claus visit and party
79. Shadow an animal trainer for a day: dog, whale, circus, zoo, etc.
80. Ski package with lift tickets & lodging.
81. Ski racing clinic
82. Skydiving lessons
83. Sport court installed
84. Sports fishing: San Juan Islands, Alaska, Mexico, South America
85. Sports lessons with Olympic or professional athlete
86. Stock portfolio or child's stock starter
87. Tailgate party at Huskies vs. Cougars game
88. Talk show tickets and airfare to destination: Leno, Letterman, Oprah
89. Theater tickets with dinner, hotel, and transportation
90. Toy or dress-up box, filled with themed items
91. Tug boat ride or long shore man for a day
92. Villa in Tuscany, Italy
93. Walk-on part in party scene of *The Nutcracker*
94. Water skiing package with boat rental.
95. Weekend getaways: Las Vegas, skiing, cruise, bicycle trip, Disneyland, Cabo San Lucas, private cabin on a lake, etc.
96. Weekend usage of: R.V., luxury car, motorcycle
97. Wheelbarrow of: imported beer, summer BBQ supplies, garden tools & plants, etc.
98. Wild Waves party package for group.
99. Window washing service.
100. Wine tour and lunch

**Remember – these are only ideas! Every donation can help make the auction a success. Get creative!
No item is too big or too small!**



Junior Rowing Program Fall Registration 2011

HOW TO REGISTER:

1. Complete the registration form below and the required attached forms.
2. Enclose check payable to Pocock Center, indicate Juniors in the memo line, then MAIL, or DROP OFF at the Pocock Rowing Center.

Pocock Rowing Center
ATTN: Juniors
3320 Fuhrman Ave. East
Seattle, WA 98102

For more info call: 206.328.0778
Matt Lacey, Director or
Nat Hopper, Office Manager
info@pocockrowingcenter.org

PLEASE REGISTER EARLY – Payment is due at time of registration. No refunds will be given after the third week of the season.

September 6 – November 6: 4-6:30pm, Mon-Fri

Fall Regatta Dates

Sept. 18 th	Row for the Cure (Varsity)
October 2 nd	Tail of the Lake (All)
October 9 th	Head of the Snohomish (TBD)
October 29 th /30 th	Port. Fall Classic/Head of the American*
November 5 th	Green Lake Frostbite Regatta (All)
November 6 th	Head of the Lake (Varsity)

Denotes additional cost

\$525.00 (includes local regatta fees)

Scholarship requests must be forwarded to the office by September 16th.

Parent/ Guardian Name: (last) _____ (first) _____ Date: _____

Address _____ City: _____ Zip: _____

Phone (h) (____) _____ (w/c) (____) _____ (emergency) (____) _____

P/G #1 Email: _____ P/G #2 Email: _____

What school does your child attend? _____ Are you open to carpooling with other students? Y N

Participant Name		Participant Signature	Birth Date	Seasonal Fee
First	Last	parent if participant is under 18		
				<u>\$525.00</u>
Optional Scholarship Donation:		\$50	\$100	\$250
<i>(If you would like to help, please circle)</i>				Other

Junior Crew – Fall 2011 : Medical Release and History

Name of Participant: _____

I hereby authorize and consent to the administration of any and all medical, dental, and surgical examinations or operations and treatment or all other related care, including the administration of drugs, tests, anesthesia and/or blood transfusions to the above named minor person that may be ordered by a physician and/or dentist in attendance at the medical center deemed necessary for emergency treatment. I hereby consent to the release of medical report(s) to any doctor or agency and consent to the admission of the above named minor person to the hospital.

Parent/Guardian Sign here: _____

I understand that the Pocock Rowing Center, the Pocock Rowing Foundation, and their officers, employees, and volunteers assume no financial obligation or liability in the case of my child's accident or illness. If I, or anyone on my or my child's behalf makes a claim against the Pocock Rowing Center, the Pocock Rowing Foundation, or their officers, employees, and volunteers arising out of or related to my child's participation in Pocock Rowing Centers programs, I agree to indemnify and save and hold them harmless from any litigation expenses, attorneys' fees, loss, liability, damage, or costs they may incur due to the claim made against any of them, whether the claim is based on their negligence or otherwise. I sign this agreement on my behalf and on behalf of my personal representatives, assigns, heirs, and next-of-kin. I hereby give permission for emergency treatment for my child and assume financial responsibility for such treatment.

Parent/Guardian Sign here: _____ Date: _____

Printed Name here: _____ Relationship: _____

First person to contact in case of emergency:

Name: _____ Phone (day): _____ Phone (eve): _____

Alternate person to contact in case of emergency:

Name: _____ Phone (day): _____ Phone (eve): _____

Physician: _____

Name **Phone** **Address**

Health Insurance Co. _____ **Policy #** _____

Asthma (circle) YES NO Does this child carry an inhaler? (circle) YES NO

Medical Concerns: _____

Any known allergies? _____

Limitations on Activities: (please be specific) _____

PRC Credit Card Authorization Form 2011
(if paying by cash or check, please disregard this form)

Participant Name: _____

Name (as it appears on card) _____

Card number: _____

3 Digit Security Code _____

Exp. Date (mo/yr) 00/00 _____ MASTER CARD or VISA

Signature: _____

Would you like your credit card payment split into two equal payments?

Yes / No

(September 6th and October 10th)

No credit card information or authorization received in 2010 will be used in 2011. However, if you would like your card on file from Spring Season or Summer Camp to be charged, please check this box

Is the billing address for this card the same as listed in Page 1? Yes No

If No, please provide us with the billing address:

Street: _____

City: _____

Zip code: _____

PRC Junior Crew – Fall 2011: Checklist and Notices

Welcome to the junior crew fall racing season at the Pocock Rowing Center. The fall season will run from **September 7th through November 15th** and includes participation in several regattas. Early morning practice and meetings may be necessary at times upon the coach's discretion.

1. The first day of crew will be **Tuesday, September 6th, at 4pm**. Practice will run **Monday through Friday 4:00-6:30pm**.
2. Payment and the following paperwork must be turned in **no later** than Friday Sept. 9th. Some paperwork may already be on file from previous seasons.

_____ Float test (valid for 5 years – please retain a copy for your records)
_____ PRC Junior Crew Code of Conduct
_____ PRC Liability Waiver form
_____ Medical Release Form
_____ USRowing Liability Waiver for regattas

3. **Participants will not be allowed to row until all required forms are filed with the office.**
4. Practice will be held come **rain or shine!** Dressing for the weather and practice is essential for comfort and for health. Essential items include:

* Running shoes	* Sunscreen	* Inexpensive, durable watch
* Hat	* Water bottle	* Towel
* Shorts that aren't too baggy	* Extra layers	

For more information, please view our "Rowing Clothing" document here:
www.pocockrowingcenter.org/files/RowingClothes.doc.

3. Please do not bring valuables to practice; the Pocock Rowing Center is not responsible for lost or stolen property. Day use lockers are available for juniors and PRC advises using a lock during practice times. Lockers may be rented on a seasonal basis for \$18.
6. The PRC Parent Advisory Committee is always looking for new members and volunteers. Become a part of the rowing experience by contacting Matt Lacey or Nat Hopper at 206-328-0778.
7. Athletes must provide their own transportation to and from practice and to local regattas. This season, we will try to create more carpools, so remember to list your child's school on page 1. Transportation arrangements will be made for out of area regattas.
8. For all the most up to date information about the season and regatta news visit the PRC website: www.pocockrowingcenter.org and the Junior Blog: www.pocockcenter.blogspot.com.

ATHLETES' CODE OF CONDUCT

1. I will be respectful of coaches, adult volunteers, and other participants, realizing that my behavior affects others and the success of PRC.
2. I agree to accept and carry out instructions of the PRC staff, coaches and chaperones.
3. I agree to attend and take part in all scheduled practices and activities unless excused by a coach.
4. I will discuss any problems that may arise with PRC staff, trip/overnight leaders, or chaperones.
5. At overnight events, I will remain quietly in my own bed at the established bed time.
6. I understand that ANY of the following acts will lead to discipline, suspension or expulsion from PRC-sponsored activities:
 - Commission of a felony
 - Possession or use of any dangerous weapon or object.
 - Assault, aggressive behavior or intimidation of another person.
 - Improper possession of athletic equipment belonging to the Pocock Rowing Center, another member of the PRC or another team or theft.
 - Destruction or defacing of property.
 - Immoral conduct.
 - Disruptive conduct.
 - Disobedience of reasonable instructions of crew authorities.
7. I understand that use, consumption, possession, buying, selling, or giving away of alcohol, marijuana, or any controlled substance will mean immediate release from the team.
8. I understand that any general misbehavior or disrespect shown to coaches or parent chaperones is not allowed. First offense: warning. Second offense: non-participation and attendance at the next regatta. Third offense: removal from the team. If I am sent home from an event, it will be at mine/my parents' expense.
9. I will be respectful of other peoples' possessions and property and will refrain from activities that cause damage to either.
10. I understand that I am financially responsible for any damage I may cause when disobeying rules.
11. I understand that *any* individual's failure to abide by these rules can jeopardize the entire group's participation at the time of the failure and in the future.

I understand this code of conduct and will abide by its rules.

Participant's Signature

Parent Signature (if athlete under 18)

Print Name
Date: _____

Print Name
Date: _____

ATHLETE BEHAVIOR AND TRAINING RULES

These rules and guidelines apply to all students participating in the Pocock Junior Program during practices, competition, trips, and off-season times. In addition to these guidelines the participant is to comply with scholastic regulations and any additional rules set forth by the participant's respective school.

Specific Rules and Guidelines

Pocock Rowing Center Junior Program members are expected to adhere to the rules and guidelines as listed below.

1. Show respect to coaches, teammates, competitors, and volunteers at practices, trips, and regattas, and all other activities sponsored by PRC.
 2. Adhere to safety guidelines of the PRC
 3. Attend all practices unless excused by the coach/coaches
 4. Be courteous to visiting teams
 5. Show good sportsmanship during practices and at regattas.
 6. Take care of equipment as instructed by coaches or staff.
 7. Language is an extension of your self-respect and integrity. Do not use profanity.
 8. Provide 100% effort at all times. In order to achieve the goals we have set, we need to exercise maximum effort physically and mentally.
 9. Be a leader at all times. Encourage other rowers to add to the strength of the entire Pocock community. Our goal is to be the best, most respected team in the Northwest and nationally. Every rower is a part of achieving that goal, and we can only achieve it as a team.
 10. Help out! There is always something that needs to be done
- “Discipline” is the key word to these expectations. The PRC will maintain a high level of respect among our competitors and achieve a better climate for success by following these guidelines. Make a disciplined effort personally and as a team leader to follow these goals.

Acts leading to *discipline, suspension or expulsions of a junior rower* are listed below.

- Commission of a felony
- Possession or use of any dangerous weapon or object.
- Assault, aggressive behavior or intimidation of another person
- Use of or possession of alcoholic beverages, drugs, or narcotics not prescribed by a physician.
- Use of tobacco
- Improper possession, including theft, of athletic equipment belonging to the PRC or another team
- Destruction or defacing of property.
- Disruptive conduct
- Disobedience of reasonable instructions of crew authorities

Further:

- Use, consumption, possession, buying, selling, or giving away of alcohol, marijuana, or any controlled substance will mean immediate release from the team.
- General misbehavior or disrespect shown to coaches or parent chaperones;
 - First offense: warning.
 - Second offense: non-participation and attendance at the next regatta.
 - Third offense: removal from the team. If the rower is to return home, it will be at the expense of the parents.

PRC Waiver of Liability

I recognize that participation in the sport of rowing at the George Pocock Memorial Rowing Center (GPMRC) involves hazards to me including, but not limited to drowning, collision with other boats, contusions or concussions, hypothermia, sunburn, back strain, and other personal injuries. I hereby personally assume all risks, whether foreseen or unforeseen, for any harm, injury, loss, or damage in connection with the use of GPMRC that might befall me as a result of my participation.

I agree to defend, hold harmless, indemnify, and release GPMRC and the George Pocock Rowing Foundation (GPRF), its officers, directors, employees, and agents from any and all claims, damages, or losses by me or my family, heirs, or assigns, arising out of my use of GPMRC, even if caused solely by the negligence of the GPMRC, the GPRF, its officers, directors, employees, and agents.

Furthermore, I assume complete responsibility for any property damage and/or personal injury caused by me. I promise to pay for all costs involved within 30 days upon presentation of a statement.

I understand this agreement is a contract and shall remain in effect for the duration of my participation and use of GPMRF and shall continue thereafter as to any occurrence during my participation and use of GPMRC. This agreement shall bind my heirs, personal representatives, assigns, and all members of my family, including minors.

I have fully informed myself of the contents of this Assumption of Risk, Liability Release, and Indemnity Agreement by reading before signing it.

PRINTED NAME OF PARTICIPANT: _____

ADDRESS: _____

Street City State Zip

PHONE: _____

EMAIL: _____

DATE: _____

PARTICIPANT'S SIGNATURE: _____

(Only if 18 or over. If under 18, parent/guardian must sign)

USRowing Release of Liability

ALL USROWING MEMBERS MUST read, sign and submit the Annual Release of Liability form. Failure to do so may invalidate your membership. When registering online, you MUST sign the Annual Release of Liability document and forward to USRowing by mail at: USRowing at 2 Wall Street, Princeton, NJ 08540, or fax to (609)924-1578

IN CONSIDERATION of being given the opportunity to participate in any USRowing activity, including scheduled, supervised club activities, and registered regattas, during the policy term 12/31/201 – 12/31/2011, I, for myself, my personal representatives, assigns, heirs, and next of kin.

1. ACKNOWLEDGE, agree and represent that I understand the nature of Rowing Activities, both on water and land based, and that I am qualified, in good health, and in proper physical condition to participate in such Activity.

2. FULLY UNDERSTAND that: (a.) ROWING ACTIVITIES INVOLVE RISKS AND DANGERS of serious bodily injury, including permanent disability, paralysis and death (“Risks”); (b.) these Risks and dangers may be caused by my own actions, or inactions, the actions or inactions of others participating in the Activity, the condition in which the Activity takes place, or the negligence of the Releasee named below; (c.) there may be other risks and social and economic losses either not known to me or not readily foreseeable at this time; and I FULLY ACCEPT AND ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES I incur as a result of my participation in the Activity.

3. AGREE AND WARRANT that I will examine and inspect each Activity in which I take part as a member of USRowing and that, if I observe any condition which I consider to be unacceptably hazardous or dangerous, I will notify the proper authority in charge of the Activity and will refuse to take part in the Activity until the condition has been corrected to my satisfaction.

4. HEREBY RELEASE, discharge, and covenant not to sue USRowing, the Club, the Regatta, their administrators, directors, agents, officers, volunteers and employees, other participating regatta organizers, any sponsors, advertisers, and if applicable, owners and lessors of premises, on which the Activity takes place, (each considered one of the Releasees herein) from all liability, claims, demands, losses or damages on my account caused or alleged to be caused in whole or in part by the negligence of the Releasee or otherwise, including negligent rescue operations; and I further agree that if, despite this release and waiver of liability, assumption of risk, and indemnity agreement, I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may incur as a result of such claim, to the fullest extent permitted by law.

I have read this agreement, fully understand its terms, understand that I have given up substantial rights by signing it and have signed it freely and without any inducement or assurance of any nature and intend it to be a complete and unconditional release of all liability to the greatest extent allowed by law and agree that if any portion of this agreement is held to be invalid, the balance, notwithstanding, shall continue in full force and effect.

Printed Name of Participant/USRowing #:

_____ # _____

Address: _____

City _____ **State** _____ **Zip** _____

Phone: _____ **Date:** _____

Participant’s Signature:

Parental Consent (if participant is under the age of 18).

AND I, the minor’s parent and/or legal guardian, understand the nature of rowing activities and the minor’s experience and capabilities and believe the minor to be qualified to participate in such activity. I hereby release, discharge, covenant not to sue, and AGREE TO INDEMNIFY AND SAVE AND HOLD HARMLESS each of the Releasees from all liability, claims, demands, losses, or damages on the minor’s account caused or alleged to be caused in whole or part by the negligence of the Releasees or otherwise, including negligent rescue operations, and further agree that if, despite this release, I, the minor, or anyone on the minor’s behalf makes a claim against any of the above Releasee, I WILL INDEMNIFY, SAVE, AND HOLD HARMLESS each of the Releasees from any litigation expenses, attorney fees, loss liability, damage, or cost any may incur as the result of any such claim, to the fullest extent permitted by law.

Printed Name of Parent/Guardian:

Address:

City _____ **State** _____ **Zip** _____

Phone: _____ **Date:** _____

Parent/Guardian Signature (only if participant is under the age of 18):

Swim / Float Test

All prospective rowing participants must pass a Swim / Float test prior to using any equipment provided by the Pocock Rowing Center or participating in any Pocock Rowing Center programs.

The Swim / Float test consists of keeping afloat for ten minutes without touching the sides or bottom of the pool, and without receiving assistance of any kind from an object or another person. You must also be wearing long pants and a long sleeve shirt while undergoing this test.

The certified Lifeguard or Water Safety Instructor (WSI) must complete the information below:

Information below to be filled out by a certified Lifeguard / Water Safety Instructor only

I, _____.

a certified lifeguard / water safety instructor at the _____

pool do hereby certify that _____

remained afloat under his/her own power for ten minutes without touching

the sides or bottom of the pool, and without receiving assistance of any

kind from any object or person.

Date: _____

Signature: _____

Pool Schedule

This is a list of pools in Seattle you can use to acquire your swim/float test. Other cities also have accredited pools. **Pools semi-regularly change hours, so please call ahead to verify times.** Identification is required. You must float, tread water, or swim in place for ten minutes, in deep water while wearing long pants and a long sleeved shirt. In the final minute of the test you must put on a life vest while continuing to tread water. Fees are \$3.75/adults and \$2.75 for 18 years and younger.

Ballard - 1471 NW 67th St. – 206-684-4094

M-F 1:30pm-2:30pm
W 6:30pm-7:30pm
F 7:00pm-8:00pm
Sun 2:00pm-3:00pm

Evans - 7201 E. Greenlake Dr. N – 206-684-4961

Mon-Fri 1:30pm-2:30pm
T/Th/F 7:00pm-8:00pm
Sat 1:30pm-2:30pm & 3:30pm-4:30pm

Helene Madison - 13401 Meridian Ave. N – 206-684-4979

M/W 7:30pm-8:30pm
F 7:00pm-8:00pm
Sun 1:00pm-2:00pm

Meadowbrook - 10515 35th Ave. NE – 206-684-4989

M/F 7:30pm-8:30pm
F 4:00pm-5:00pm
Sat 1:30pm-3:00pm

Queen Anne - 1920 1st Ave. W – 206-386-4282

T/Th/F 8:00pm-8:30pm
Tue/Thu 7:30pm-8:30pm
F 7:00pm-8:00pm
Sat 10:00am-11:00am & 3:30pm-4:30pm

Rainier Beach - 8825 Rainier Ave. S. – 206-386-1944

M/W 6:30pm-7:30pm
Fri. 7:00pm-8:00pm
Sat 1:30pm-2:30pm
Sun 2:30pm-3:30pm

Southwest - 2801 SW Thistle – 206-684-7440

M-Thu 7:30pm-8:30pm
Fri 4:30pm-5:30pm
Sat. 1:00pm-2:00pm
Sun 4:00pm-5:00pm