

# ADAPTED AQUATIC LESSONS

NWC Pools are proud to offer lessons for children and adults with special needs. Our instructors are trained to have the knowledge and ability to provide students with the best care, instruction and safety during their lessons. The classes have a one-to-one instructor-student ratio so that all students receive individualized instruction and attention. Lessons are offered at each of our 4 pools, Redmond, Mercer Island, St. Edwards and Northshore. Price: \$9.00 per lesson.

## OUR MISSION:

Northwest Center has operated swimming pools since 2003 with four simple goals:

- To provide world-class programs
- To provide world-class customer service
- To provide safe, clean and healthful environment for children, families, seniors and people with disabilities to recreate
- To provide a venue for competitive swimming

30 minute lessons are available at Redmond Mon - Fri evenings at 5, 5:35, 6:10 or 6:45 or on Saturday or Sunday mornings at 9:15, 9:50, 10:25 or 11:00. Register for a single lesson or consecutive lessons. We will make every effort to provide customers with a consistent instructor of their choice.

Our Northshore pool offers lessons Mondays and Wednesdays at 5:30 and 7:15 pm, Tuesdays and Thursdays at 11 am, Fridays at 5:30 and 6:40 pm and on Saturdays at 11 and 11:45 am.

Please contact the St. Edwards pool and talk with a manager about adapted swim lesson times.

Our Mercer Island pool offers Adapted Aquatic swims specifically for those with special needs. These times for children and adults with special needs to swim and enjoy the water without the everyday distractions that the pool often brings. This time for schools, parents, and therapists to bring their children to the pool, enjoy the water and make new friends. A disabled individual plus one aide is \$2.25.

Tuesday 9 – 10 (entire pool), 11:30 – 12:30 (shallow end only),

Thursdays 11:30 – 1 (shallow end only), 9 – 10 (entire pool),

Fridays 9:30 – 10:30 (entire pool), 12:30 – 1:30 (shallow end only),

Saturdays 7:15 – 8 (entire pool)

Sun 8:30 – 9:15 (entire pool) only \$1.00!