

PUBLIC PROGRAMS

- Scheduled Recreational and Lap Swims
- Senior Citizen Programs
- Water Exercise Programs
- American Red Cross Safety Courses
- Special Community Events
- Regional Training Center for Competitive Aquatic Sports
- Competitive Aquatic Sports

UPCOMING EVENTS

- Jan 11 Kentridge High School Swimming Invitational
- Jan 16-19 Washington Open Swimming Invitational
- Jan 25-26 YMCA State Champs
- Feb 13-16 Northwest Conference Swimming Champs
- Feb 20-22 WIAA Boys State HS Swim/Dive Champs
- Feb 24-1 Big 12 Conference Swimming and Diving Champs
- Mar 10-12 NCAA Zone E Diving Champs
- Mar 19-22 NCAA DI Women's Swimming and Diving Champs
- Mar 26-29 NCAA DI Men's Swimming and Diving Champs
- Apr 4-6 Rain City Water Polo Tournament
- Apr 12-13 PNA Masters Swimming Champs
- Apr 19 WA Special Olympics NW/SW Regionals



Weyerhaeuser King County Aquatic Center
 650 SW Campus Drive
 Federal Way, WA 98023-8425

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 Aquatic Center**
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www.kingcounty.gov/parks



King County

Winter 2025 Schedule
 January 6th to April 20th
 Seattle (206) 477-4444
 Toll Free 1-855-952-9970

Recreation Pool

Hours	Monday	Tuesday	Wednesday	Thursday	Friday
9:00am-10:00am	Low Impact Exercise	Adult/Senior Lap Swim	Low Impact Exercise	Adult/Senior Lap Swim	Low Impact Exercise
10:00am-11:30am	Lessons M/W	Lessons T/Th	Lessons M/W	Lessons T/Th	Family Swim **
11:30am-12:30pm	Family Swim **	Family Swim **	Family Swim **	Family Swim **	
12:30pm-1:30pm	Adult/Senior Lap Swim	Adult/Senior Lap Swim	Adult/Senior Lap Swim	Adult/Senior Lap Swim	Adult/Senior Lap Swim
3:30pm-7:30pm	Lessons (M/W)	Lessons (T/Th)	Lessons (M/W)	Lessons (T/Th)	Not Available at this Time
7:30pm-8:30pm	Public Swim *	Public Swim *	Public Swim *	Public Swim *	Public Swim *

* Children younger than 6 years old must each be supervised in the water by an adult within arm's reach at all times
 ** During Family Swims, all children must be accompanied in the water by an adult (one adult per three children)

SWIMMING LESSONS

Morning Sessions (1/2hr, 10:00-11:30am)

Evening Session (1/2 hr, 3:30-7:30pm)

Winter Session 1

Monday & Wednesdays

Jan 6 - Feb 5

10 Lessons

Tuesday & Thursday

Jan 7 - Feb 6

AM 10 Lessons, PM 9 Lessons (No class 1/16)

Winter Session 2

Monday/Tuesday/Wednesday

Feb 10 - Mar 5

9 Lessons (No classes on 2/24 to 2/26)

CANCELED SWIMS

Jan 1, 16 (After 1:30), 17
 Feb 13 (After 1:30), 14, 21-22, 24-28
 Mar 10-12, 18-21, 25-28
 Apr 4

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2025 POOL FEES

Competition Natatorium

Hours	Monday	Tuesday	Wednesday	Thursday	Friday
5:30 am-8:00 am	Lap Swim* (Dive Tank)	Lap Swim* (Dive Tank)	Lap Swim* (Dive Tank)	Lap Swim* (Dive Tank)	Lap Swim* (Dive Tank)
10:00am-11:30am	Not Available at this Time	Not Available at this Time	Not Available at this Time	Not Available at this Time	Lap Swim*
11:30 am-1:30 pm	Lap Swim*	Lap Swim*	Lap Swim*	Lap Swim*	
4:00 pm-8:30 pm	Team Training	Team Training	Team Training	Team Training	Team Training

* To maximize use of the facility, team workouts are scheduled during lap swim times. Lanes for lap swimmers may be limited. The morning Lap Swim is currently in the 25yard diving tank that is 16-17.5 feet deep. The afternoon Lap Swim is currently in the 25 meter competition pool that is 9-10.5 feet deep. It is intended for lap swimming only. The starting blocks are closed to lap swimmers. Entry into the water must be done in a careful, feet-first manner only. Circle swimming is required in lanes with 3 or more lap swimmers. Participants may be asked to pass a 25 yard swim test to be allowed to swim in the competition pool.

Canceled Swims:

Jan 1	all day	New Years Day Holiday (Observed)
Jan 16	1:30 - on	Washington Open Swimming Invitational
Jan 17	all day	Washington Open Swimming Invitational
Feb 13	1:30 - on	NCAA Division III—Northwest Conference Champs
Feb 14	all day	NCAA Division III—Northwest Conference Champs
Feb 20-21	all day	WIAA Boys State HS Swim/Dive Champs
Feb 24-28	all day	Big 12 Conference Swimming & Diving Champs
Mar 10-12	all day	NCAA Zone E Diving Champs
Mar 18-21	all day	NCAA DI Women's Swimming & Diving Champs
Mar 25-28	all day	NCAA DI Men's Swimming & Diving Champs
Apr 4	all day	Rain City Water Polo Tournament

LESSONS

Swimming lessons for all abilities are available for students year-round from ages 6 months through senior citizens. Pre-tests are held free of charge to determine proper class level placement. Specialty courses are offered including: CPR, First Aid, Lifeguard Training and Water Safety Instructor training. Private and semi-private lessons are offered on a very limited basis. Please call for the class schedule and registration information.

GENERAL ADMISSION (Tax Included)

Recreation Pool:

Rec Pool Family Swim**	
All participants	\$3.25
Public Swim**	
Children, Adults & Sr Citizens	\$3.25
People w/Disabilities	\$3.25
Rec Pool Adult & Senior Lap Swim	
Adult	\$5.00
Sr Citizen (62+) & Disabled	\$3.75
Shower	\$3.25

Competition Pool:

Comp Pool Lap Swim	\$5.00
Sr Citizen (62+) \$ People w/Disabilities	\$3.75

Low Impact Water Exercise (Rec Pool)

Adult	\$6.25 - 10-visit Card	\$56.25
Sr Citizen (62+)	\$4.75 - 10-visit Card	\$42.75

* Each child younger than 6 yrs old must each be accompanied in the water by an adult

** All children must be accompanied in the water by an adult during Family Swims (one adult per three children)

POOL PASSES

Save money while you swim! Swim at least three times per week to save money. Passes make great gifts.

Type	3 Months	1 Year
Youth (1 year-17 years)	\$107.50	\$312.00
Adult	\$156.75	\$456.00
Family	\$275.00	\$650.00
Senior Citizen(62+)	\$107.50	\$273.00
Disabled	\$100.00	\$260.00

GIFT CERTIFICATES

Give the gift of health! Good for any programs.

TELEPHONE RELAY SERVICE: 711

