## Therapy Pool Community Program Information

### About our pool
- Pool depth is 2 feet at the shallow end and 5 feet at the deep end.
- Pool length is 15 yards (45 feet).
- Water temperature is 91° to 94° F.
- We provide teaching aids and water toys.
- There always is a lifeguard on duty.

### Who can use our pool?
On weekdays, Seattle Children’s pool is used for patient therapy, but we do open the pool for several community programs. These programs are open to hospital employees and their children, hospital volunteers, guild members, and community members.

Please note: We have strict infection-prevention policies that sometimes require the cancellation of community programs to protect the safety of our patients and visitors.

### Community swim programs

#### Swim lesson program
- We offer a parent and child class for parents and kids and classes for preschoolers.
- All swim sessions meet once a week, for 6 weeks and are offered Monday through Thursday.
- The cost of a 6-week session is $100 for one day a week lessons.
- Our instructors teach the American Red Cross parent and child and preschool aquatics curriculum.

#### Parent and Child lessons – ages 6 to 48 months
In these lessons, parent and child learn how to enjoy the water and stay safe in and around the pool. An adult must be with each child in the class. Instructors introduce a new swimming or water-safety skill each class using practice, games, songs and repetition.

#### Preschool lessons – ages 3 to 5 years
Our preschool program teaches basic swimming and water-safety skills. The levels we offer are:

- **P 1 – Preschool 1**: We recommend that kids begin this level at age 4. However, some kids may be ready at age 3. Children must be able to get in the water with their teacher without crying. We focus on getting your child used to the water and teach safety skills, including swimming and gliding with assistance. Kids will need to swim 5 feet on their own to move to the next level.

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### To Learn More
- Therapy Pool 206- 987-2547
- Email: therapypool@seattlechildrens.org
- seattlechildrens.org

### Free Interpreter Services
- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.
• **P 2 – Preschool 2**: We build on the P 1 skills taught but in deeper water and without assistance. Kids will need to swim 10 feet on their own to move to the next level.

• **P 3 – Preschool 3**: This level is taught in the deep end of the pool, and kids learn the basics of crawl stroke and backstroke. Kids will need to swim 15 feet on their own to move to the next level.

**Registration**

You can register for swim lessons and community recreation swim online at seattlechildrens.org/health-safety/classes-events.

Registration will open on the 6th week of the current session. Space in these programs is limited and classes and swim times fill up quickly when registration opens.

**Pool Illness Don’ts**

To protect the health and safety of our patients, you cannot use the pool if you or your child has:

• A draining wound (even if covered with a bandage)
• Any bleeding wound
• Infected skin lesions
• Large cuts or scrapes
• Symptoms of a cold or flu, including coughing or runny nose
• Fever with vomiting
• Diarrhea in the last 48 hours
• Recent exposure to a contagious disease like chickenpox

**Pool Dos**

• Bring your own towel and goggles. We do not provide goggles. Leave diving masks and floating devices at home.
• All swimmers who are not potty trained must wear a swim diaper and a diaper cover with fitted elastic at the legs and waist under their swimsuit. Disposable swim diapers alone are not sufficient.
• Bring your child into the locker room to change them into swimming suits.
• Change your child’s diaper only at the changing station in the locker rooms to help us control germs.
• Each swimmer must rinse off in the shower before entering the pool. The hand-held showers are for children with physical needs and disabilities.
• Watch your children closely while they are in the locker room and shower area.
• Go with your children when they use the bathroom.
• Watch your children around the emergency call cords in the shower and bathroom areas. Please do not pull them unless you have an emergency.
• Keep all non-swimmers behind the white line around the pool. This includes parents.
• Keep the noise level in the pool area down. Extra talking and kids playing is a huge distraction for the kids learning to swim.
Where do I park, and how do I get to the pool?

Park in the Ocean garage and enter the hospital at the Ocean entrance on level 7. You will get a photo name badge at the Ocean entrance desk. Parents, caregivers and visitors must wear their photo name badges at all times. Follow the main hallway to the Bear elevators and take them to the Therapy Pool on level 4 in the Mountain zone.