



By Greg Farrar

Parents and their children take a break during a swim class at the Julius Boehm Pool.

Learn water safety while having fun at area pools



By Issaquah Parks and Recreation

Swim students learn the basics of front glides from instructors in the shallow end of Julius Boehm Pool.

By Chantelle Lusebrink

There are few places in a community where you can go and find several things to do at any given time. But Julius Boehm pool is just that.

"Pools are community gathering places," Jen Newton, manager of the Julius Boehm Pool wrote in an e-mail. "Programs offered not only teach people to be safe around the water, but also encourage swimming and water exercise as a lifelong way to stay active and be healthy."

Family swim

The staff at Julius Boehm has worked hard to transform family swim into an awesome

adventure of its own.

Events like Dive-in Movie Night were created to draw more families to the pool and prove that there is more to do than swim a few laps. Movie nights feature a family friendly movie, like 'Shrek' or 'Pirates of the Caribbean,' for families to watch on a large screen against the back wall as they swim. The event usually draws about 100 people.

Newton has also invested in new water toys, like noodles, and activities, like basketball and a rope swing, for families to enjoy.

And by keeping it relatively inexpensive, about \$10 per family for a drop-in visit, the pool has more than 30,000 vis-

itors per year.

Competitive swimming

If watching Michael Phelps this summer had your children wanting to take a plunge from the pool's starting blocks, there are plenty of competitive swim teams to help them reach their Olympic-sized goals.

For beginners, there are pre-competitive lessons offered by lifeguards, often high school swim athletes. The lessons consist of stroke mastery and basic competitive swim techniques. Courses give children a better understanding of what types of workouts they'll be expected to do in the pool without fully immersing them in a competitive swim league.

There are a variety of swim teams that practice at Boehm Pool, including the Issaquah Swim Team, a year-round team for children ages 6-17; the team's master's program for adults; and Issaquah High School's swim team for students in ninth through 12th grades.

Members of the Issaquah Swim Team can expect varying degrees of involvement from beginning training to intense national competition, and



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Lifeguards Marc Gerrard, Phil Lowry and Grant McDonald (from left) watch activity in Julius Boehm Pool.

there are lots of opportunities for parent volunteers.

The master's program helps retired swimmers and adults stay physically fit and active in the swim community.

The high school's swim

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Where to swim Julius Boehm Pool

- ❑ 50 S.E. Clark St.
- ❑ 837-3350
- ❑ 6:30 a.m. - 9:30 p.m. Monday-Friday
- ❑ Noon - 5 p.m. Saturday
- ❑ Lessons: \$58.50-\$65.00
- ❑ Drop in swims: adults \$4; children \$3
- ❑ Adult memberships: \$30 for 30 days; \$75 for 90 days; \$300 annual
- ❑ Youth memberships: \$20 for 30 days; \$50 for 90 days; \$175 annual
- ❑ Senior memberships (outside the Issaquah School District): \$3 daily; \$20 for 30 days; \$50 for 90 days; \$175 annual
- ❑ Senior annual pass (inside the district): \$2

Lake Sammamish State Park

- ❑ 20606 S.E. 56th St.

- ❑ 360-902-8844
- ❑ Summer: 6:30 a.m. to dusk
- ❑ Winter: 8 a.m. to dusk
- ❑ www.parks.wa.gov/park-page.asp?selectedpark=Lake+Sammamish
- ❑ The state park is a 512-acre day-use park with 6,858 feet of waterfront, some of which is monitored by lifeguards in summer in designated swim areas. Lifeguards are on duty from noon - 7 p.m. seven days a week from June 20 through Labor Day.

Klahanie pools

Lakeside Pool

- (open year round)
- ❑ 4210 244th Place S.E.
- ❑ 391-8503
- ❑ Winter hours: 6 a.m. - 9:30 p.m. Monday-Friday
- ❑ 7 a.m. - 9 p.m. Saturday

Mountainview Pool

- (open during the summer)
- ❑ 4280 Klahanie Drive S.E.

- ❑ 557-7856
- ❑ Lessons are \$58 for residents; \$80 for nonresidents.
- ❑ The pools are reserved for Klahanie Association members and their guests only, unless otherwise scheduled.
- ❑ The pools are available for rentals.

Columbia Athletic Club at Pine Lake

- ❑ 2930 228th Ave. S.E.
- ❑ 313-0123
- ❑ www.columbiaathletic.com/locations/pinelake.html
- ❑ 5 a.m. - 10 p.m. Monday - Friday
- ❑ 8 a.m. - 2 p.m. Saturday
- ❑ 8 a.m. - 1 p.m. and 3-6 p.m. Sunday
- ❑ Lessons are \$49 for members; \$70 for nonmembers.
- ❑ Memberships are required for therapy, sport and aquatic activities.

Plateau Club

- ❑ 25625 E. Plateau Drive, Sammamish
- ❑ 868-6063
- ❑ www.plateauclub.com
- ❑ 5:30 a.m. - 8:30 p.m. Monday - Friday
- ❑ 7:30 a.m. - 8:30 p.m. Saturday
- ❑ 7:30 a.m. - 5 p.m. Sunday
- ❑ Memberships are required for all swim and aquatics activities.

Sammamish Club

- ❑ 2115 N.W. Poplar Way
- ❑ 313-3131
- ❑ 5 a.m. - 9:30 p.m. Monday-Friday
- ❑ 6 a.m. - 8:30 p.m. Saturday
- ❑ 7:30 a.m. - 7:30 p.m. Sunday
- ❑ www.sammamishclub.com
- ❑ Lessons are \$50 - \$80 for members; \$60 - \$100 for nonmembers.
- ❑ Memberships are required for sports and aquatics activities.

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teams focuses on district, regional and state swimming and diving competitions for both male and female athletes. Girls swim season generally begins in late August concluding by mid-November. Boys swim season begins in December and ends in March.

Water exercise

Lap swim and water aerobics are other ways to get involved with your children at a pool.

Boehm Pool offers a wide array of classes and lap swim sessions that boost your heart rate but are low impact for the body's joints and muscles.

The pool offers Fit to the Core, Deep Water Running, Liquid Intervals, Shallow Water Walking and the Arthritis Foundation Aquatic Program for all ages and levels of water aerobics goers.

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Swim lessons

Thousands of hours a year are devoted to teaching children how to swim and for good reason.

"There is so much water in Washington," said Kati Shelton, a lifeguard and swim instructor at the Boehm Pool. "It is important to teach kids safety and how to be comfortable in the water, so that if they do fall into a pool or a lake, they can float to the side or until there is help."

It is the very reason Todd Falcone and his 2-year-old son, Joey, get in the water every Monday and Wednesday for the parent-child course.

"We own property on a river and are on the lake all the time," Falcone said. "We want him to swim very early and be comfortable."

Hundreds more children slide into the shallow end of the pool each year as part of its award-winning swim lesson program each year.

"We want children to learn their limits of what they can and can't do early," said Kris Anderson, a 13-year pool employee.

"We teach the adults that it is 'Me first,' so even if their children wander out to the pool without them, they know their parents go first and it helps them learn to wait and be safe," Anderson said.

The staff won an award from the American Red Cross for having the most swim participants in King and Kitsap counties in 2007.

The program serves children as young as 6 months to adults, from beginning to advanced swimmers, Newton said.

"All ages need to know how to be safe around the water," she said.

You can also enroll in private or group lessons.

Skwim

What do you get when you



Helen Li, of Sammamish, gets a boost across the water from her father Haitao as they enjoy Family Friday at Boehm Pool.

By Greg Farrar



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put ultimate Frisbee, soccer and basketball together in the water? Skwim.

Skwim is a new sport, started on the Eastside, and is quickly branching out across the world as both a sport and water-safety education tool.

It's played with a soft foam disk, skimmed across the water from one side of the pool to another to score on the opposite team's circular, floating goal.

Team members move the disc from one player to another, much like soccer or basketball, to advance plays and defend their goals.

The best part is that it can be played by anyone age 5 and up, because there are a variety of swimming devices, like life jackets and fins, which are allowed in different levels of play, such as family Skwim and a multiage Skwim league.

"It is a fun, fast-paced sport that brings youths and adults together in the water," said Kevin McCarthy, the creator of Skwim, who has been involved in aquatics his whole life.

Professionally, he works as a design lead for sports and recreation equipment at Lead Team Development in Redmond, where he has designed



Children crowd into Julius Boehm Pool to watch an animated movie and play water sports during Dive-in Movie Night, sponsored by the Parks and Recreation Department.

By David Hayes

products for more than 30 years for companies like Speedo, Nike Swim, Coleman and Swimways.

He saw a need to develop another sport in the water and Skwim was born.

"There is a large gap between swim lessons and competitive racing, and competitive racing is such a high-end, small niche, like track and field," he said. "Essentially, there is no other equivalent

sport in the water, like track and field has on land. They have soccer and basketball, for instance.

"But there are so many kids who like swim lessons and the water, and we felt there was a need to keep kids in the water, so they can learn to be water smart."

Skwim is played at Boehm Pool, Northshore Pool in Bothell, Redmond Pool, St. Edwards Pool in Kenmore, and the Mercer Island Pool.

Even local schools are getting in on the action as a way to promote water fitness and safety skills.

Issaquah Middle School is trying Skwim out with its students, McCarthy said.

He said he also hopes that children who join Skwim end up enrolling in lifeguarding, CPR and first aid certifications as well, boosting communities' lifeguard capable students for employment and public safety.

"Our vision is to build a water-safe, water-smart and water-strong community," McCarthy said.

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