

POOL PARTY!

Mountain View Pool's 50th Birthday August 2nd



All programs FREE on August 2nd 2013 to celebrate Mountain View Pool's opening to the public in August of 1963

Schedule of Events:

Lap Swims – Morning - 6:00-8:00am
Noon - 11:00-1:00pm
Evening - 5:00-7:00pm

Lap swim is our most popular use – Staff is available to explain the fundamentals of lap swimming, give technique pointers if asked for, as well as give direction on how to use equipment. The deep end is available for people who do not want to do laps, we have floatation belts, barbells, and other fitness equipment for your use.

Aqua Power – 8:00-9:00am

Try one of our aqua fitness classes free of charge – a prize will be awarded to person with the best retro swim cap!

Open Swim – 1:00-3:00pm – Bubble Party!

Giant bubble wands and other toys for kids to play with along with noodles, inner tubes, dive rings and more!

Birthday Cake and Reception – 3:00-4:00pm in Lobby.

Come celebrate, share your pictures and tell stories.

**Pictures will be scanned and used for promotional materials – including a display in observation area of the pool.*

On the Water Screening of clips from Ester Williams last film (released in 1963) 4:00-5:00pm

Demonstration and synchronized swim skills taught afterwards in the pool by our own million dollar mermaids – Synchronized Swim Students!

Special Friday Night Recreational Swim – 5:00-7:00pm

-Mini Water Polo Game in Deep End – 5:30pm

-Orca Wrestling Contest – 6:00pm

-Water War! Balloons, Super Soakers, and Splash Balls Oh MY! – 6:30pm

Try our 50th birthday workout:

1 x 200 (10 lengths) warm up
5 x 80 (5 x 4 lengths) choice
1 x 100 (5 lengths) Kick
1 x 100 (5 lengths) Pull
1 x 100 (5 lengths) Full Stroke
8 x 20 (8 x 1 length) Sprint
10 x 40 (10 x 2 lengths) Build – 1st lap slow, 2nd lap fast
3 x 100 (3 x 5 lengths) IM
1 x 200 (10 lengths) Cool Down
Finish with 15 yards (3/4 length) Choice

-Total Workout – 1963 Yards

PORT TOWNSEND
PARKS &
Recreation

50 years of Fun, Fitness & Water Safety Education at Jefferson County's Public Pool!