

## A Ministry of Washington Cathedral

Healing Waters pool is operated as one of many ministries of the church.

Volunteers make it possible for the pool to remain open to our church family and the community by providing valuable services such as lifeguarding, event hosting, janitorial, maintenance and much more!



To learn how you can help please contact the church office during business hours.



Healing Waters is available for self-led water therapy/exercise.

Please consult with your health care provider before beginning a therapy or exercise program.

Washington Cathedral  
Recreational Center

# Healing Waters

Recreational &  
Therapy Pool



(425) 869-LIFE (5433)  
[www.wacathedral.org](http://www.wacathedral.org)

## Assumption of Risk Release Form

All persons who desire to use the pool must first complete an **Assumption of Risk Release** form.

**Minors** (18yrs & younger) will need a Release form completed by their parent or legal guardian before using the pool.

Forms are available at the pool or on the Children's and Student Ministries pages of our website.



No child drop off available.

Children under age 18 must be accompanied by an adult while using the pool.

## Available Activities

**Family Swim** \$2.00  
Tuesday & Thursday  
Evenings 5-6pm

**Women Only Swim** \$2.00  
Mon., Weds., Fri.  
Mornings 6:30-8am

**Adult Water Exercise Class** \$5.00  
Tuesday & Thursday  
Mornings 9:30-10:30am

**Water Therapy (Self-led)** \$2.00  
Tuesday & Thursday  
Afternoons 4-5pm

**Sunday Member Swim** \$2.00  
Please check the monthly  
schedule for dates & times.

**Seattle Synchronized Swim Team** n/a  
(not sponsored by  
Washington Cathedral.)

**Friday Family Fun Nights** \$2.00  
Please check the monthly  
schedule for dates & times.

**Movie Night at the Pool** \$2.00  
The fourth Friday of each  
month.

**Children's Swim Lessons** TBD  
coming soon!

**Lifeguard Training** TBD  
Contact the church office  
for more information.

**Toddler Swim & Story Time** \$2.00  
1st Friday morning of each  
month 10-11am.

**Private Parties** TBD  
Please contact the church  
office for more information



The pool schedule is subject to change with out notice. Please check with the office for the current schedule.

Healing Waters operates on a donation basis.

The fees listed above are suggested donations to meet the operating costs of the pool.