

# Sunset Swim Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

**13707 NW Science Park Drive  
Portland, 97229  
503-629-6315**

TriMet Bus Routes #48, #62

**Facility Supervisor:** Lori Leach

**Fall Term:** Aug. 27-Dec. 31, 2018

**Office Hours** (pool hours may extend beyond office hours):

Monday-Thursday 8 am-8 pm  
Friday 8 am-5:30 pm  
Saturday 8:30 am-2:30 pm  
Sunday Noon-4:30 pm

**Facility Closed:** 9/3, 11/12, 11/22, 11/23, 12/25;  
No Lessons after 2:30 pm 10/31, 11/11

### Sunset Swim Center features

- ADA Aquatic Lift
- Average Pool Temperature: 85°

## Water Fitness Programs

See page 6 for pass information. For a complete description of THPRD water fitness programs, visit [www.thprd.org/water-fitness-classes](http://www.thprd.org/water-fitness-classes).

### Deep Water

Dig Deep M/W/F 8:05-9 am (2)

### Shallow Water

Cardio Core M-F 8:05-9 am (2)

(Fitness Scale)

## Fall Splash

This is a recreational team for youth ages 5-17 years who can swim 25 yards crawlstroke and 25 yards backstroke. Swim meets on some Saturdays. A basic understanding of breast stroke is encouraged.

Date	Day	Time	ID/AP	OD	Class#
9/10-12/19	M/W	4:30-5:30 pm	\$241	\$301.25	SS23418
9/11-12/20	T/Th	7:35-8:30 pm	\$256	\$320	SS23457

## Sunset Wellness

### Senior Swim at Sunset Swim Center

Monday/Wednesday/Friday, 10:15-11:30 am  
Call 503-629-6315 for details.

#### Land Strength Training for Seniors (55+) at Sunset

Increase muscular strength, range of movement and activities for daily living. A chair is used for seated or standing support. May include floor work. Passes accepted. See online schedule for class dates.

M/Th	9:30-10:30 am	Land Strength
M	10:40-11:40 am	Land Strength Chair
Th	1:15-2:15 pm	Land Strength Chair

#### Tai Chi, Moving for Better Balance, Beginner/Refresher

Designed to help improve balance, mobility, walking and physical and mental well-being. This program has proven effective in reducing fall risk among older adults and those with movement disorders such as Parkinson's. Newcomers and returning students are welcome.

T/Th	10:40-11:40 am
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#### Tai Chi, Movement for Better Balance, Level II

This is for students who have completed two terms of Tai Chi, Moving for Better Balance and are able to perform all 8 forms with a leader.

T	9:30-10:30 am
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#### 20/20/20

Combines cardio, strength training and flexibility for a great overall workout. Adults of all ages, shapes and sizes are welcome. Floor work is included.

T/Th	Noon-1 pm
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## Women-only Swim

Women of all ages are invited to upcoming open swim/lap swim sessions exclusively for female guests. Hosted by female staff and lifeguards, this facility will be closed to the general public. Boys 5 yrs and under may attend with a female adult guardian. Drop-in rates apply.

Sept. 2	5:30-6:30 pm	Sunset Swim Center
Sept. 15	3-4 pm	Aloha Swim Center
Oct. 7	5:30-6:30 pm	Sunset Swim Center
Oct. 20	3-4 pm	Aloha Swim Center
Nov. 4	5:30-6:30 pm	Sunset Swim Center
Nov 17	3-4 pm	Aloha Swim Center
Dec. 2	5:30-6:30 pm	Sunset Swim Center
Dec. 15	3-4 pm	Aloha Swim Center

Fall Term:  
Aug. 27-Dec. 31, 2018

13707 NW Science Park Drive, Portland  
Facility Supervisor: Lori Leach  
Average Pool Temperature: 85°  
TriMet Bus Routes #62, #48  
\*1 lap lane available

Facility Closed: 9/3, 11/12, 11/22, 11/23, 12/25  
No lessons after 2:30 pm on 10/31, 11/11, 11/23  
Office Hours: Mon-Thurs: 8 am-8 pm,  
Fri: 8 am-5:30 pm, Sat: 8:30 am-2:30 pm,  
Sun: Noon-5 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00 All Age Lap	7:00-8:00 All Age Lap	7:00-8:00 All Age Lap	7:00-8:00 All Age Lap	7:00-8:00 All Age Lap		
8:05-9:00 Cardio Core/ Dig Deep	8:05-9:00 Cardio Core/ DW Open Swim	8:05-9:00 Cardio Core/ Dig Deep	8:05-9:00 Cardio Core/ DW Open Swim	8:05-9:00 Cardio Core/ Dig Deep	8:00-8:55 All Age Lap	
9:00-10:15* Instruction/ Adult Lap Lane*	9:00-10:15* Instruction/ Adult Lap Lane*	9:00-10:15* Instruction/ Adult Lap Lane*	9:00-10:15* Instruction/ Adult Lap Lane*	9:00-10:15* Instruction/ Adult Lap Lane*	9:00-noon Instruction	
10:15-11:30* Senior Swim (55 & Better)/ Adult Lap Limited Lanes	10:15-11:30* Open Swim/ Adult Lap Limited Lanes	10:15-11:30* Senior Swim (55 & Better)/ Adult Lap Limited Lanes	10:15-11:30* Open Swim/ Adult Lap Limited Lanes	10:15-11:30* Senior Swim (55 & Better)/ Adult Lap Limited Lanes	<b>Aqua lift available for pool entry</b>	
11:30-12:45 All Age Lap	11:30-12:45 All Age Lap	11:30-12:45 All Age Lap	11:30-12:45 All Age Lap	11:30-12:45 All Age Lap	12:05-1:00 All Age Lap	11:30-1:00 All Age Lap
12:45-2:30 Open Swim/ Adult Lap Lane/ Instruction	12:45-2:30 Open Swim/ Adult Lap Lane/ Instruction	12:45-2:30 Open Swim/ Adult Lap Lane/ Instruction	12:45-2:30 Open Swim/ Adult Lap Lane/ Instruction	12:45-2:30 Open Swim/ Adult Lap Lane/ Instruction	1:00-2:30 Open Swim/ Adult Lap Lane	1:00-2:30 Open Swim/ Adult Lap Lane
2:45-4:15 High School Use	2:45-6:00 High School Use	2:45-4:15 High School Use	2:45-6:00 High School Use	2:45-6:00 High School Use	Pool Rentals	2:45-5:00 Instruction
4:25-7:15 Instruction	6:20-9:20 Instruction	4:25-7:15 Instruction	6:20-9:20 Instruction	Pool Rentals		5:30-6:15 Women-only Instruction
7:30-9:00 High School Use	7:35-8:30 Splash	7:30-9:00 High School Use	7:35-8:30 Splash			

Children under 10 yrs of age must be visually supervised by a parent, guardian or caregiver at least 15 yrs of age.  
Children under 7 yrs of age must be accompanied in the water by a parent, guardian or caregiver at least 15 yrs of age.

**Land Strength Training for Seniors**  
M & Th - 9:30-10:30 am, 10:40-11:40 am & 1:15-2:15 pm  
**Tai Chi, Movement for Better Balance**  
Level II: T - 9:30-10:30 am - Beginning/Refresher: T/Th - 10:40-11:40 am  
**20/20/20 T/Th - Noon-1 pm**  
Sunset Swim Center classroom

Class availability subject to change. Fees vary due to number of sessions in each class.

Preschool: Minimum age 3 years and toilet-trained.

When class ends, pick up your preschooler at the dressing room entrance from deck.

School-age: Must have completed first grade. The parent, guardian or caregiver of a child under 10 years of age must remain on the premises during class.

## Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
<b>Preschool Levels 1-2</b>					
9/10-10/10	M/W	9:05-9:35 am	\$71	\$88.75	SS21100
10/15-11/19	M/W	9:05-9:35 am	\$71	\$88.75	SS21101
11/26-12/19	M/W	9:05-9:35 am	\$56	\$70	SS21102
9/10-10/10	M/W	9:40-10:10 am	\$71	\$88.75	SS21103
10/15-11/19	M/W	9:40-10:10 am	\$71	\$88.75	SS21104
11/26-12/19	M/W	9:40-10:10 am	\$56	\$70	SS21105
9/10-10/10	M/W	10:15-10:45 am	\$71	\$88.75	SS21106
10/15-11/19	M/W	10:15-10:45 am	\$71	\$88.75	SS21107
11/26-12/19	M/W	10:15-10:45 am	\$56	\$70	SS21108
9/10-10/10	M/W	12:45-1:15 pm	\$71	\$88.75	SS21109
10/15-11/19	M/W	12:45-1:15 pm	\$71	\$88.75	SS21110
11/26-12/19	M/W	12:45-1:15 pm	\$56	\$70	SS21111
9/10-10/10	M/W	1:20-1:50 pm	\$71	\$88.75	SS21112
10/15-11/19	M/W	1:20-1:50 pm	\$71	\$88.75	SS21113
11/26-12/19	M/W	1:20-1:50 pm	\$56	\$70	SS21114
9/10-10/10	M/W	1:55-2:25 pm	\$71	\$88.75	SS21115
10/15-11/19	M/W	1:55-2:25 pm	\$71	\$88.75	SS21116
11/26-12/19	M/W	1:55-2:25 pm	\$56	\$70	SS21117
9/10-10/10	M/W	4:25-4:55 pm	\$71	\$88.75	SS21118
10/15-11/19	M/W	4:25-4:55 pm	\$64	\$80	SS21119
11/26-12/19	M/W	4:25-4:55 pm	\$56	\$70	SS21120
9/10-10/10	M/W	5-5:30 pm	\$71	\$88.75	SS21121
10/15-11/19	M/W	5-5:30 pm	\$64	\$80	SS21122
11/26-12/19	M/W	5-5:30 pm	\$56	\$70	SS21123
9/10-10/10	M/W	6:10-6:40 pm	\$71	\$88.75	SS21124
10/15-11/19	M/W	5:35-6:05 pm	\$64	\$80	SS21125
11/26-12/19	M/W	5:35-6:05 pm	\$56	\$70	SS21126
9/10-10/10	M/W	6:10-6:40 pm	\$71	\$88.75	SS21127
10/15-11/19	M/W	6:10-6:40 pm	\$64	\$80	SS21128
11/26-12/19	M/W	6:10-6:40 pm	\$56	\$70	SS21129
9/10-10/10	M/W	6:45-7:15 pm	\$71	\$88.75	SS21130
10/15-11/19	M/W	6:45-7:15 pm	\$64	\$80	SS21131
11/26-12/19	M/W	6:45-7:15 pm	\$56	\$70	SS21132
9/11-10/11	T/Th	9:05-9:35 am	\$71	\$88.75	SS21133
10/16-11/20	T/Th	9:05-9:35 am	\$78	\$97.50	SS21134
11/27-12/20	T/Th	9:05-9:35 am	\$56	\$70	SS21135
9/11-10/11	T/Th	9:40-10:10 am	\$71	\$88.75	SS21136
10/16-11/20	T/Th	9:40-10:10 am	\$78	\$97.50	SS21137
11/27-12/20	T/Th	9:40-10:10 am	\$56	\$70	SS21138
9/11-10/11	T/Th	10:15-10:45 am	\$71	\$88.75	SS21139
10/16-11/20	T/Th	10:15-10:45 am	\$78	\$97.50	SS21140
11/27-12/20	T/Th	10:15-10:45 am	\$56	\$70	SS21141
9/11-10/11	T/Th	12:45-1:15 pm	\$71	\$88.75	SS21142
10/16-11/20	T/Th	12:45-1:15 pm	\$78	\$97.50	SS21143
11/27-12/20	T/Th	12:45-1:15 pm	\$56	\$70	SS21144
9/11-10/11	T/Th	1:20-1:50 pm	\$71	\$88.75	SS21145
10/16-11/20	T/Th	1:20-1:50 pm	\$78	\$97.50	SS21146
11/27-12/20	T/Th	1:20-1:50 pm	\$56	\$70	SS21147

## Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
<b>Preschool Levels 1-2 (continued)</b>					
9/11-10/11	T/Th	1:55-2:25 pm	\$71	\$88.75	SS21148
10/16-11/20	T/Th	1:55-2:25 pm	\$42	\$52.50	SS21149
11/27-12/20	T/Th	1:55-2:25 pm	\$56	\$70	SS21150
9/11-10/11	T/Th	6:10-6:40 pm	\$71	\$88.75	SS21151
10/16-11/20	T/Th	6:10-6:40 pm	\$78	\$97.50	SS21152
11/27-12/20	T/Th	6:10-6:40 pm	\$56	\$70	SS21153
9/11-10/11	T/Th	6:45-7:15 pm	\$71	\$88.75	SS21154
10/16-11/20	T/Th	6:45-7:15 pm	\$78	\$97.50	SS21155
11/27-12/20	T/Th	6:45-7:15 pm	\$56	\$70	SS21156
9/15-10/20	S	9-9:30 am	\$42	\$52.50	SS21166
9/15-10/20	S	9:35-10:05 am	\$42	\$52.50	SS21167
9/15-10/20	S	10:10-10:40 am	\$42	\$52.50	SS21168
9/15-10/20	S	10:55-11:25 am	\$42	\$52.50	SS21169
9/15-10/20	S	11:30 am-Noon	\$42	\$52.50	SS21170
10/27-12/15	S	9-9:30 am	\$49	\$61.25	SS21172
10/27-12/15	S	9:35-10:05 am	\$49	\$61.25	SS21173
10/27-12/15	S	10:10-10:40 am	\$49	\$61.25	SS21174
10/27-12/15	S	10:55-11:25 am	\$49	\$61.25	SS21175
10/27-12/15	S	11:30 am-Noon	\$49	\$61.25	SS21176
9/16-10/21	Su	2:45-3:15 pm	\$42	\$52.50	SS21178
9/16-10/21	Su	3:20-3:50 pm	\$42	\$52.50	SS21179
9/16-10/21	Su	3:55-4:25 pm	\$42	\$52.50	SS21180
9/16-10/21	Su	4:30-5 pm	\$42	\$52.50	SS21181
10/28-12/16	Su	2:45-3:15 pm	\$42	\$52.50	SS21183
10/28-12/16	Su	3:20-3:50 pm	\$42	\$52.50	SS21184
10/28-12/16	Su	3:55-4:25 pm	\$42	\$52.50	SS21185
10/28-12/16	Su	4:30-5 pm	\$42	\$52.50	SS21186

## School Age Levels 1 & 2

<b>School Age Level 1 &amp; 2</b>					
9/10-10/10	M/W	4:25-4:55 pm	\$71	\$88.75	SS22118
10/15-11/19	M/W	4:25-4:55 pm	\$64	\$80	SS22119
11/26-12/19	M/W	4:25-4:55 pm	\$56	\$70	SS22120
9/10-10/10	M/W	5-5:30 pm	\$71	\$88.75	SS22121
10/15-11/19	M/W	5-5:30 pm	\$64	\$80	SS22122
11/26-12/19	M/W	5-5:30 pm	\$56	\$70	SS22123
9/10-10/10	M/W	5:35-6:05 pm	\$71	\$88.75	SS22124
10/15-11/19	M/W	5:35-6:05 pm	\$64	\$80	SS22125
11/26-12/19	M/W	5:35-6:05 pm	\$56	\$70	SS22126
9/10-10/10	M/W	6:10-6:40 pm	\$71	\$88.75	SS22127
10/15-11/19	M/W	6:10-6:40 pm	\$64	\$80	SS22128
11/26-12/19	M/W	6:10-6:40 pm	\$56	\$70	SS22129
9/10-10/10	M/W	6:45-7:15 pm	\$71	\$88.75	SS22130
10/15-11/19	M/W	6:45-7:15 pm	\$64	\$80	SS22131
11/26-12/19	M/W	6:45-7:15 pm	\$56	\$70	SS22132
9/11-10/11	T/Th	6:10-6:40 pm	\$71	\$88.75	SS22151
10/16-11/20	T/Th	6:10-6:40 pm	\$78	\$97.50	SS22152
11/27-12/20	T/Th	6:10-6:40 pm	\$56	\$70	SS22153
9/11-10/11	T/Th	6:45-7:15 pm	\$71	\$88.75	SS22154
10/16-11/20	T/Th	6:45-7:15 pm	\$78	\$97.50	SS22155
11/27-12/20	T/Th	6:45-7:15 pm	\$56	\$70	SS22156
9/15-10/20	S	9-9:30 am	\$42	\$52.50	SS22166
9/15-10/20	S	9:35-10:05 am	\$42	\$52.50	SS22167
9/15-10/20	S	10:10-10:40 am	\$42	\$52.50	SS22168
9/15-10/20	S	10:55-11:25 am	\$42	\$52.50	SS22169

Continued

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

## Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
<b>School Age Levels 1 &amp; 2 (continued)</b>					
9/15-10/20	S	11:30 am-Noon	\$42	\$52.50	SS22170
10/27-12/15	S	9-9:30 am	\$49	\$61.25	SS22172
10/27-12/15	S	9:35-10:05 am	\$49	\$61.25	SS22173
10/27-12/15	S	10:10-10:40 am	\$49	\$61.25	SS22174
10/27-12/15	S	10:55-11:25 am	\$49	\$61.25	SS22175
10/27-12/15	S	11:30 am-Noon	\$49	\$61.25	SS22176
9/16-10/21	Su	2:45-3:15 pm	\$42	\$52.50	SS22178
9/16-10/21	Su	3:20-3:50 pm	\$42	\$52.50	SS22179
9/16-10/21	Su	3:55-4:25 pm	\$42	\$52.50	SS22180
9/16-10/21	Su	4:30-5 pm	\$42	\$52.50	SS22181
10/28-12/16	Su	2:45-3:15 pm	\$42	\$52.50	SS22183
10/28-12/16	Su	3:20-3:50 pm	\$42	\$52.50	SS22184
10/28-12/16	Su	3:55-4:25 pm	\$42	\$52.50	SS22185
10/28-12/16	Su	4:30-5 pm	\$42	\$52.50	SS22186

## Early Release Wednesdays only

### School Age Levels 1-3

9/12-10/10	W	1:25-1:55 pm	\$35	\$43.75	SS22112W
10/17-11/14	W	1:25-1:55 pm	\$35	\$43.75	S222113W
11/28-12/19	W	1:25-1:55 pm	\$28	\$35	SS22114W
9/12-10/10	W	2-2:30 pm	\$35	\$43.75	SS22115W
10/17-11/19	W	2-2:30 pm	\$35	\$43.75	SS22116W
11/28-12/19	W	2-2:30 pm	\$28	\$35	SS22117W

### Teen Swimming Skills

Drop-in on Wednesdays to learn to float, improve your endurance, or anything in between. Free to teens middle and highschool ages. **No registration necessary.** No class 11/21.

9/12-12/19	W	1:20-2:20 pm	Free		
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## Homeschool

### Levels 1-3

9/11-10/11	T/Th	10:15-10:45 am	\$71	\$88.75	SS21139
10/16-11/20	T/Th	10:15-10:45 am	\$78	\$97.50	SS21140
11/27-12/20	T/Th	10:15-10:45 am	\$56	\$70	SS21141

### Levels 4-5

9/11-10/11	T/Th	10:15-10:45 am	\$71	\$88.75	SS22439
10/16-11/20	T/Th	10:15-10:45 am	\$78	\$97.50	SS22440
11/27-12/20	T/Th	10:15-10:45 am	\$56	\$70	SS22441

## Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
<b>Preschool/School Age Level 3</b>					
9/10-10/10	M/W	4:25-4:55 pm	\$71	\$88.75	SS22318
10/15-11/19	M/W	4:25-4:55 pm	\$64	\$80	SS22319
11/26-12/19	M/W	4:25-4:55 pm	\$56	\$70	SS22320
9/10-10/10	M/W	5-5:30 pm	\$71	\$88.75	SS22321
10/15-11/19	M/W	5-5:30 pm	\$71	\$88.75	SS22322
11/26-12/19	M/W	5-5:30 pm	\$56	\$70	SS22323
9/10-10/10	M/W	5:35-6:05 pm	\$71	\$88.75	SS22324
10/15-11/19	M/W	5:35-6:05 pm	\$64	\$80	SS22325
11/26-12/19	M/W	5:35-6:05 pm	\$56	\$70	SS22326
9/11-10/11	T/Th	6:10-6:40 pm	\$71	\$88.75	SS22351
10/16-11/20	T/Th	6:10-6:40 pm	\$78	\$97.50	SS22352
11/27-12/20	T/Th	6:10-6:40 pm	\$56	\$70	SS22353
9/11-10/11	T/Th	6:45-7:15 pm	\$71	\$88.75	SS22354
10/16-11/20	T/Th	6:45-7:15 pm	\$78	\$97.50	SS22355
11/27-12/20	T/Th	6:45-7:15 pm	\$56	\$70	SS22356
9/15-10/20	S	9-9:30 am	\$42	\$52.50	SS22366
9/15-10/20	S	9:35-10:05 am	\$42	\$52.50	SS22367
9/15-10/20	S	10:10-10:40 am	\$42	\$52.50	SS22368
9/15-10/20	S	10:55-11:25 am	\$42	\$52.50	SS22369
9/15-10/20	S	11:30 am-Noon	\$42	\$52.50	SS22370
10/27-12/15	S	9-9:30 am	\$49	\$61.25	SS22372
10/27-12/15	S	9:35-10:05 am	\$49	\$61.25	SS22373
10/27-12/15	S	10:10-10:40 am	\$49	\$61.25	SS22374
10/27-12/15	S	10:55-11:25 am	\$49	\$61.25	SS22375
10/27-12/15	S	11:30 am-Noon	\$49	\$61.25	SS22376
9/16-10/21	Su	2:45-3:15 pm	\$42	\$52.50	SS22378
9/16-10/21	Su	3:20-3:50 pm	\$42	\$52.50	SS22379
9/16-10/21	Su	3:55-4:25 pm	\$42	\$52.50	SS22380
9/16-10/21	Su	4:30-5 pm	\$42	\$52.50	SS22381
10/28-12/16	Su	2:45-3:15 pm	\$42	\$52.50	SS22383
10/28-12/16	Su	3:20-3:50 pm	\$42	\$52.50	SS22384
10/28-12/16	Su	3:55-4:25 pm	\$42	\$52.50	SS22385
10/28-12/16	Su	4:30-5 pm	\$42	\$52.50	SS22386



Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

## Intermediate Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
<b>Preschool/School Age Level 4 &amp; 5</b>					
9/10-10/10	M/W	4:25-4:55 pm	\$71	\$88.75	SS22418
10/15-11/19	M/W	4:25-4:55 pm	\$64	\$80	SS22419
11/26-12/19	M/W	4:25-4:55 pm	\$56	\$70	SS22420
9/10-10/10	M/W	5-5:30 pm	\$71	\$88.75	SS22421
10/15-11/19	M/W	5-5:30 pm	\$64	\$80	SS22422
11/26-12/19	M/W	5-5:30 pm	\$56	\$70	SS22423
9/10-10/10	M/W	5:35-6:05 pm	\$71	\$88.75	SS22424
10/15-11/19	M/W	5:35-6:05 pm	\$64	\$80	SS22425
11/26-12/19	M/W	5:35-6:05 pm	\$56	\$70	SS22426
9/10-10/10	M/W	6:10-6:40 pm	\$71	\$88.75	SS22424
10/15-11/19	M/W	6:10-6:40 pm	\$64	\$80	SS22425
11/26-12/19	M/W	6:10-6:40 pm	\$56	\$70	SS22426
9/11-10/11	T/Th	6:10-6:40 pm	\$71	\$88.75	SS22451
10/16-11/20	T/Th	6:10-6:40 pm	\$78	\$97.50	SS22452
11/27-12/20	T/Th	6:10-6:40 pm	\$56	\$70	SS22453
9/11-10/11	T/Th	6:45-7:15 pm	\$71	\$88.75	SS22454
10/16-11/20	T/Th	6:45-7:15 pm	\$78	\$97.50	SS22455
11/27-12/20	T/Th	6:45-7:15 pm	\$56	\$70	SS22456
9/15-10/20	S	9-9:30 am	\$42	\$52.50	SS22466
9/15-10/20	S	9:35-10:05 am	\$42	\$52.50	SS22467
9/15-10/20	S	10:10-10:40 am	\$42	\$52.50	SS22468
9/15-10/20	S	10:55-11:25 am	\$42	\$52.50	SS22469
9/15-10/20	S	11:30 am-Noon	\$42	\$52.50	SS22470
10/27-12/15	S	9-9:30 am	\$49	\$61.25	SS22472
10/27-12/15	S	9:35-10:05 am	\$49	\$61.25	SS22473
10/27-12/15	S	10:10-10:40 am	\$49	\$61.25	SS22474
10/27-12/15	S	10:55-11:25 am	\$49	\$61.25	SS22475
10/27-12/15	S	11:30 am-Noon	\$49	\$61.25	SS22476
9/16-10/21	Su	2:45-3:15 pm	\$42	\$52.50	SS22478
9/16-10/21	Su	3:20-3:50 pm	\$42	\$52.50	SS22479
9/16-10/21	Su	3:55-4:25 pm	\$42	\$52.50	SS22480
9/16-10/21	Su	4:30-5 pm	\$42	\$52.50	SS22481
10/28-12/16	Su	2:45-3:15 pm	\$42	\$52.50	SS22483
10/28-12/16	Su	3:20-3:50 pm	\$42	\$52.50	SS22484
10/28-12/16	Su	3:55-4:25 pm	\$42	\$52.50	SS22485
10/28-12/16	Su	4:30-5 pm	\$42	\$52.50	SS22486



## Advanced Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
<b>Pre-Competitive Level 6</b>					
9/10-10/10	M/W	6:10-6:40 pm	\$71	\$88.75	SS22627
10/15-11/19	M/W	6:10-6:40 pm	\$64	\$80	SS22628
11/26-12/19	M/W	6:10-6:40 pm	\$56	\$70	SS22629
9/10-10/10	M/W	6:45-7:15 pm	\$71	\$88.75	SS22630
10/15-11/19	M/W	6:45-7:15 pm	\$64	\$80	SS22631
11/26-12/19	M/W	6:45-7:15 pm	\$56	\$70	SS22632
9/11-10/11	T/Th	6:45-7:15 pm	\$71	\$88.75	SS22654
10/16-11/20	T/Th	6:45-7:15 pm	\$78	\$97.50	SS22655
11/27-12/20	T/Th	6:45-7:15 pm	\$56	\$70	SS22656
9/15-10/20	S	9:35-10:05 am	\$42	\$52.50	SS22667
9/15-10/20	S	10:55-11:25 am	\$42	\$52.50	SS22669
10/27-12/15	S	9:35-10:05 am	\$49	\$61.25	SS22673
10/27-12/15	S	10:55-11:25 am	\$49	\$61.25	SS22675
9/16-10/21	Su	3:20-3:50 pm	\$42	\$52.50	SS22679
10/28-12/16	Su	3:20-3:50 pm	\$42	\$52.50	SS22684



## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
<b>Baby/Toddler &amp; Me</b>					
9/10-10/10	M/W	9:40-10:10 am	\$56	\$70	SS24003
10/15-11/19	M/W	9:40-10:10 am	\$56	\$70	SS24004
11/26-12/19	M/W	9:40-10:10 am	\$45	\$56.25	SS24005
9/14-10/12	F	9:40-10:10 am	\$56	\$70	SS24042
10/19-11/16	F	9:40-10:10 am	\$61	\$76.25	SS24043
11/30-12/21	F	9:40-10:10 am	\$45	\$56.25	SS24044
9/15-10/20	S	10:10-10:40 am	\$33	\$41.25	SS24068
10/27-12/15	S	10:10-10:40 am	\$39	\$48.75	SS24074
9/16-10/21	Su	4:30-5 pm	\$33	\$41.25	SS24081
10/28-12/16	Su	4:30-5 pm	\$33	\$41.25	SS24086

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
<b>Teen/Adult Swimming Skills - Beginning</b>					
9/10-10/10	M/W	9:05-9:35 am	\$71	\$88.75	SS25000
10/15-11/19	M/W	9:05-9:35 am	\$71	\$88.75	SS25001
11/26-12/19	M/W	9:05-9:35 am	\$56	\$70	SS25002
9/10-10/10	M/W	5:35-6:05 pm	\$71	\$88.75	SS25024
10/15-11/19	M/W	5:35-6:05 pm	\$64	\$80	SS25025
11/26-12/19	M/W	5:35-6:05 pm	\$56	\$70	SS25026
9/11-10/11	T/Th	1:20-1:50 pm	\$71	\$88.75	SS25045
10/16-11/20	T/Th	1:20-1:50 pm	\$78	\$97.50	SS25046
11/27-12/20	T/Th	1:20-1:50 pm	\$56	\$70	SS25047
9/11-10/11	T/Th	8:35-9:05 pm	\$71	\$88.75	SS25060
10/16-11/20	T/Th	8:35-9:05 pm	\$78	\$97.50	SS25061
11/27-12/20	T/Th	8:35-9:05 pm	\$56	\$70	SS25062

### Teen/Adult Swimming Skills - Intermediate

9/11-10/11	T/Th	8:35-9:05 pm	\$71	\$88.75	SS25060
10/16-11/20	T/Th	8:35-9:05 pm	\$78	\$97.50	SS25061
11/27-12/20	T/Th	8:35-9:05 pm	\$56	\$70	SS25062

### Diving

9/11-10/11	T/Th	6:10-6:40 pm	\$49	\$61.25	SS22451
10/16-11/20	T/Th	6:10-6:40 pm	\$49	\$61.25	SS22452
11/27-12/20	T/Th	6:10-6:40 pm	\$33	\$41.25	SS22453

### Private Lesson Interest List

Private and semi-private lessons may be available during regular lesson times, instructor availability permitting. Please register on the interest list. SS26099

### Private Lessons

\*Semi-private lessons available upon request provided guest has two students for enrollment. Enroll one child and contact the swim center to set up lesson. Private lesson and semi-private lesson fee per child applies.

9/14-10/12	F	9:05-9:35 am	\$175	\$218.75	SS26000F
10/19-11/16	F	9:05-9:35 am	\$175	\$218.75	SS26001F
11/30-12/21	F	9:05-9:35 am	\$140	\$175	SS26002F
9/14-10/12	F	9:40-10:10 am	\$175	\$218.75	SS26003F
10/19-11/16	F	9:40-10:10 am	\$175	\$218.75	SS26004F
11/30-12/21	F	9:40-10:10 am	\$140	\$175	SS26005F
9/14-10/12	F	10:15-10:45 am	\$175	\$218.75	SS26006F
10/19-11/16	F	10:15-10:45 am	\$175	\$218.75	SS26007F
11/30-12/21	F	10:15-10:45 am	\$140	\$175	SS26008F
9/14-10/12	F	12:45-1:15 pm	\$175	\$218.75	SS26009F
10/19-11/16	F	12:45-1:15 pm	\$175	\$218.75	SS26010F
11/30-12/21	F	12:45-1:15 pm	\$140	\$175	SS26011F
9/14-10/12	F	1:20-1:50 pm	\$175	\$218.75	SS26012F

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
<b>Private Lessons (continued)</b>					
10/19-11/16	F	1:20-1:50 pm	\$175	\$218.75	SS26013F
11/30-12/21	F	1:20-1:50 pm	\$140	\$175	SS26014F
9/14-10/12	F	1:55-2:25 pm	\$175	\$218.75	SS26015F
10/19-11/16	F	1:55-2:25 pm	\$175	\$218.75	SS26016F
11/30-12/21	F	1:55-2:25 pm	\$140	\$175	SS26017F
9/14-10/12	F	1:55-2:25 pm	\$175	\$218.75	SS26018F



### Women-Only Lessons

Classes taught by women, for women. Only female staff will be on site.

### School Age Level 1 & 2

No class 11/11, 11/25.

9/16-10/21	Su	5:30-6:15 pm	\$64	\$80	SS22182
10/28-12/16	Su	5:30-6:15 pm	\$64	\$80	SS22187

### Teen/Adult Swimming Skills – Beginning

No class 11/11, 11/25.

9/16-10/21	Su	5:30-6:15 pm	\$64	\$80	SS24082
10/28-12/16	Su	5:30-6:15 pm	\$64	\$80	SS24087

## Training Programs

Date	Day	Time	ID/AP	OD	Class#
<b>Jr. Lifeguarding</b>					
9/15-10/20	S	10:55 am-1:40 pm	\$171	\$213.75	SS21169
10/27-12/15	S	10:55 am-1:40 pm	\$171	\$213.75	SS21175
<b>Lifeguard Training</b>					
12/26-1/3	W-F	9:30 am-2 pm	\$279	\$339.75	SS25200

Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)