

Sunset Swim Center



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

TriMet Bus Routes #48, #62

Facility Supervisor: Lori Leach

Fall Term: Sept. 3 - Dec. 31, 2019

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

Monday-Thursday 8 am-7:30 pm
Friday 8 am-4 pm
Saturday 8:30 am-2:30 pm
Sunday Noon-4:30 pm

Facility Closed: 9/2, 11/11, 11/28, 11/29, 12/25,

No lessons after 2:30 pm on 10/31

Sunset Swim Center features

- ADA Lift Available
- 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.

Deep Water

Dig Deep	M/W/F	8:05-9 am	(2)
Pre-natal Fitness	T/Th	6:15-7:10 pm	(2)

Shallow Water

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

Fall Splash Swim Team

Splash is a recreational swim team. Practices consist of technique, endurance and speed training, sportsmanship, team building, and competitive swimming principals. Though swimmers are not required to go to every meet, meet participation is highly encouraged. Prerequisites are Level 4 AND stroke competency for crawl stroke and back stroke for 25 yards each. Knowledge and experience with breaststroke is preferred. Participant must have started first grade. Please see the Splash Swim Team page at thprd.org for further details or call your center to set up an evaluation.

Date	Day	Time	OD	Class#
9/9-12/18	M/W	4:30-5:25 pm	\$262	\$327.50 SS23418
9/10-12/19	T/Th	7:30-8:25 pm	\$262	\$326.50 SS23457

Sunset Wellness

Senior Swim at Sunset Swim Center

M • W • F | 10:15-11:30 am
Call 503-629-6315 for details.

Land Strength for Seniors

Have fun, make friends and improve your muscular strength and endurance with this light to moderate resistance workout. We move to the music using hand-held resistance equipment including dumbbells, exercise tubing, balls, ankle weights, and Pilates rings. A chair is used for seated or standing support. May include optional floor work.

M/W 9:15-10:10 am

Check out our online schedule for new exciting land classes coming Fall 2019.

Veteran's Day Activities



Please visit
www.thprd.org
for center specific events.

Wipeout!

Saturdays

9/28 • 10/26 • 11/23

1-2:30 pm



Book your next birthday party at Sunset!

Call 503-629-6315



TUALATIN HILLS
PARK & RECREATION DISTRICT

Sunset Swim Center

503-629-6315

Fall Term:
Setp. 3- Dec. 31, 2019

13707 NW Science Park Drive, Portland
Aquatic Facility Supervisor: Lori Leach
Average Pool Temperature: 85°
 TriMet Bus #62, #48
Closed: 9/2, 11/11, 11/28, 11/29, 12/25

Office Hours: Mon-Thurs: 8 am-7:30 pm,
 Fri: 8 am-4 pm, Sat: 8:30 am-2:30 pm,
 Sun: Noon-4:30 pm

Pool hours may extend beyond office hours.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00 All Age Lap Swim	7:00-8:00 All Age Lap Swim	7:00-8:00 All Age Lap Swim	7:00-8:00 All Age Lap Swim	7:00-8:00 All Age Lap Swim	8:00-8:55 All Age Lap Swim	12:00-1:00 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	9:00-12:00 Instruction	1:00-2:30* Open Swim/ 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*	9:00-10:15* Instruction/ Adult Lap Lane*	12:05-1:00 All Age Lap	2:45-5:00 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	1:00-2:30* Open Swim/ Adult Lap Lane	5:30-6:15 Women Swim- Instruction
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	Pool Rentals	
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		
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	2:45-4:15 High School Use		
4:25-7:15 Instruction	6:00-9:15 Instruction	4:25-7:15 Instruction	6:00-9:15 Instruction	Pool Rentals		
4:30-5:25 Fall Splash	6:15-7:10 Pre-Natal Fitness	4:30-5:25 Fall Splash	6:15-7:10 Pre-Natal Fitness			
7:30-9:00 High School Use	7:35-8:30 Fall Splash	7:30-9:00 High School Use	7:35-8:30 Fall Splash			
					Aqua lift available for pool entry	
					Free Open Swim Sunday 1-2:30 pm 9/22, 10/27, 11/24	

*1 Lap Lane Available

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.

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: First grade through age 12. 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#
------	-----	------	-------	----	--------

Preschool Level 1					
9/9-10/9	M/W	4:25-4:55 pm	\$71	\$88.75	SS21118
10/14-11/13	M/W	4:25-4:55 pm	\$64	\$80	SS21119
11/18-12/18	M/W	4:25-4:55 pm	\$64	\$80	SS21120
9/9-10/9	M/W	5-5:30 pm	\$71	\$88.75	SS21121
10/14-11/13	M/W	5-5:30 pm	\$64	\$80	SS21122
11/18-12/18	M/W	5-5:30 pm	\$64	\$80	SS21123
9/9-10/9	M/W	5:35-6:05 pm	\$71	\$88.75	SS21124
10/14-11/13	M/W	5:35-6:05 pm	\$64	\$80	SS21125
11/18-12/18	M/W	5:35-6:05 pm	\$64	\$80	SS21126
9/9-10/9	M/W	6:10-6:10 pm	\$71	\$88.75	SS21127
10/14-11/13	M/W	6:10-6:40 pm	\$64	\$80	SS21128
11/18-12/18	M/W	6:10-6:40 pm	\$64	\$80	SS21129
9/9-10/9	M/W	6:45-7:15 pm	\$71	\$88.75	SS21130
10/14-11/13	M/W	6:45-7:15 pm	\$64	\$80	SS21131
11/18-12/18	M/W	6:45-7:15 pm	\$64	\$80	SS21132
9/10-10/10	T/Th	6:10-6:40 pm	\$71	\$88.75	SS21151
10/15-11/14	T/Th	6:10-6:40 pm	\$64	\$80	SS21152
11/19-12/19	T/Th	6:10-6:40 pm	\$64	\$80	SS21153
9/10-10/10	T/Th	6:45-7:15 pm	\$71	\$88.75	SS21154
10/15-11/14	T/Th	6:45-7:15 pm	\$64	\$80	SS21155
11/19-12/19	T/Th	6:45-7:15 pm	\$64	\$80	SS21156
9/14-10/19	S	9-9:30 am	\$43	\$53.75	SS21161
10/26-12/14	S	9-9:30 am	\$50	\$62.50	SS21162
9/14-10/19	S	9:35-10:05 am	\$43	\$53.75	SS21163
10/26-12/14	S	9:35-10:05 am	\$50	\$62.50	SS21164
9/14-10/19	S	10:10-10:40 am	\$43	\$53.75	SS21165
10/26-12/14	S	10:10-10:40 am	\$50	\$62.50	SS21166
9/14-10/19	S	10:45-11:15 am	\$43	\$53.75	SS21167
10/26-12/14	S	10:45-11:15 am	\$50	\$62.50	SS21168
9/14-10/19	S	11:20-11:50 am	\$43	\$53.75	SS21169
10/26-12/14	S	11:20-11:50 am	\$50	\$62.50	SS21170
9/15-12/15	Su	2:35-3:05 pm	\$93	\$116.25	SS21171
9/15-12/15	Su	3:10-3:40 pm	\$93	\$116.25	SS21172
9/15-12/15	Su	3:45-4:15 pm	\$93	\$116.25	SS21173
9/15-12/15	Su	4:20-4:50 pm	\$93	\$116.25	SS21174

Preschool Level 1 & 2

9/9-10/9	M/W	9:05-9:35 am	\$71	\$88.75	SS21100
10/14-11/13	M/W	9:05-9:35 am	\$64	\$80	SS21101
11/18-12/18	M/W	9:05-9:35 am	\$64	\$80	SS21102
9/9-10/9	M/W	9:40-10:10 am	\$71	\$88.75	SS21103
10/14-11/13	M/W	9:40-10:10 am	\$64	\$80	SS21104
11/18-12/18	M/W	9:40-10:10 am	\$64	\$80	SS21105
9/9-10/9	M/W	10:15-10:45 am	\$71	\$88.75	SS21106
10/14-11/13	M/W	10:15-10:45 am	\$64	\$80	SS21107
11/18-12/18	M/W	10:15-10:45 am	\$64	\$80	SS21108
9/9-10/9	M/W	12:45-1:15 pm	\$71	\$88.75	SS21109
10/14-11/13	M/W	12:45-1:15 pm	\$64	\$80	SS21110

Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
------	-----	------	-------	----	--------

Preschool Level 1					
11/18-12/18	M/W	12:45-1:15 pm	\$64	\$80	SS21111
9/9-10/9	M/W	1:20-1:50 pm	\$71	\$88.75	SS21112
10/14-11/13	M/W	1:20-1:50 pm	\$64	\$80	SS21113
11/18-12/18	M/W	1:20-1:50 pm	\$64	\$80	SS21114
9/9-10/9	M/W	1:55-2:25 pm	\$71	\$88.75	SS21115
10/14-11/13	M/W	1:55-2:25 pm	\$64	\$80	SS21116
11/18-12/18	M/W	1:55-2:25 pm	\$64	\$80	SS21117
9/10-10/10	T/Th	9:05-9:35 am	\$71	\$88.75	SS21133
10/15-11/14	T/Th	9:05-9:35 am	\$71	\$88.75	SS21134
11/19-12/19	T/Th	9:05-9:35 am	\$64	\$80	SS21135
9/10-10/10	T/Th	9:40-10:10 am	\$71	\$88.75	SS21136
10/15-11/14	T/Th	9:40-10:10 am	\$71	\$88.75	SS21137
11/19-12/19	T/Th	9:40-10:10 am	\$64	\$80	SS21138
9/10-10/10	T/Th	10:15-10:45 am	\$71	\$88.75	SS21139
10/15-11/14	T/Th	10:15-10:45 am	\$71	\$88.75	SS21140
11/19-12/19	T/Th	10:15-10:45 am	\$64	\$80	SS21141
9/10-10/10	T/Th	12:45-1:15 pm	\$71	\$88.75	SS21142
10/15-11/14	T/Th	12:45-1:15 pm	\$71	\$88.75	SS21143
11/19-12/19	T/Th	12:45-1:15 pm	\$64	\$80	SS21144
9/10-10/10	T/Th	1:20-1:50 pm	\$71	\$88.75	SS21145
10/15-11/14	T/Th	1:20-1:50 pm	\$71	\$88.75	SS21146
11/19-12/19	T/Th	1:20-1:50 pm	\$64	\$80	SS21147
9/10-10/10	T/Th	1:55-2:25 pm	\$71	\$88.75	SS21148
10/15-11/14	T/Th	1:55-2:25 pm	\$71	\$88.75	SS21149
11/19-12/19	T/Th	1:55-2:25 pm	\$64	\$80	SS21150

Preschool Level 2

9/9-10/9	M/W	4:25-4:55 pm	\$71	\$88.75	SS21218
10/14-11/13	M/W	4:25-4:55 pm	\$64	\$80	SS21219
11/18-12/18	M/W	4:25-4:55 pm	\$64	\$80	SS21220
9/9-10/9	M/W	5:35-6:05 pm	\$71	\$88.75	SS21224
10/14-11/13	M/W	5:35-6:05 pm	\$64	\$80	SS21225
11/18-12/18	M/W	5:35-6:05 pm	\$64	\$80	SS21226
9/9-10/9	M/W	6:10-6:40 pm	\$71	\$88.75	SS21227
10/14-11/13	M/W	6:10-6:40 pm	\$64	\$80	SS21228
11/18-12/18	M/W	6:10-6:40 pm	\$64	\$80	SS21229
9/9-10/9	M/W	6:45-7:15 pm	\$71	\$88.75	SS21230
10/14-11/13	M/W	6:45-7:15 pm	\$64	\$80	SS21231
11/18-12/18	M/W	6:45-7:15 pm	\$64	\$80	SS21232
9/10-10/10	T/Th	6:10-6:40 pm	\$71	\$88.75	SS21251
10/15-11/14	T/Th	6:10-6:40 pm	\$64	\$80	SS21252
11/19-12/19	T/Th	6:10-6:40 pm	\$64	\$80	SS21253
9/14-10/19	S	9-9:30 am	\$43	\$53.75	SS21261
10/26-12/14	S	9-9:30 am	\$50	\$62.50	SS21262
9/14-10/19	S	9:35-10:05 am	\$43	\$53.75	SS21263
10/26-12/14	S	9:35-10:05 am	\$50	\$62.50	SS21264
9/14-10/19	S	10:10-10:40 am	\$43	\$53.75	SS21265
10/26-12/14	S	10:10-10:40 am	\$50	\$62.50	SS21266
9/14-10/19	S	10:45-11:15 am	\$43	\$53.75	SS21267
10/26-12/14	S	10:45-11:15 am	\$50	\$62.50	SS21268
9/14-10/19	S	11:20-11:50 am	\$43	\$53.75	SS21269
10/26-12/14	S	11:20-11:50 am	\$50	\$62.50	SS21270
9/15-12/15	Su	2:35-3:05 pm	\$93	\$116.25	SS21271
9/15-12/15	Su	3:10-3:40 pm	\$93	\$116.25	SS21272
9/15-12/15	Su	3:45-4:15 pm	\$93	\$116.25	SS21273
9/15-12/15	Su	4:20-4:50 pm	\$93	\$116.25	SS21274
9/9-10/9	M/W	5-5:30 pm	\$71	\$88.75	SS22121
10/14-11/13	M/W	5-5:30 pm	\$64	\$80	SS22122
11/18-12/18	M/W	5-5:30 pm	\$64	\$80	SS22123

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#
School Age Levels 1 & 2					
9/9-10/9	M/W	5:35-6:05 pm	\$71	\$88.75	SS22124
10/14-11/13	M/W	5:35-6:05 pm	\$64	\$80	SS22125
11/18-12/18	M/W	5:35-6:05 pm	\$64	\$80	SS22126
9/9-10/9	M/W	6:10-6:40 pm	\$71	\$88.75	SS22127
10/14-11/13	M/W	6:10-6:40 pm	\$64	\$80	SS22128
11/18-12/18	M/W	6:10-6:40 pm	\$64	\$80	SS22129
9/9-10/9	M/W	6:45-7:15 pm	\$71	\$88.75	SS22130
10/14-11/13	M/W	6:45-7:15 pm	\$64	\$80	SS22131
11/18-12/18	M/W	6:45-7:15 pm	\$64	\$80	SS22132
9/10-10/10	T/Th	6:10-6:40 pm	\$71	\$88.75	SS22151
10/15-11/14	T/Th	6:10-6:40 pm	\$64	\$80	SS22152
11/19-12/19	T/Th	6:10-6:40 pm	\$64	\$80	SS22153
9/10-10/10	T/Th	6:45-7:15 pm	\$71	\$88.75	SS22154
10/15-11/14	T/Th	6:45-7:15 pm	\$64	\$80	SS22155
11/19-12/19	T/Th	6:45-7:15 pm	\$64	\$80	SS22156
9/14-10/19	S	9-9:30 am	\$43	\$53.75	SS22161
10/26-12/14	S	9-9:30 am	\$50	\$62.50	SS22162
9/14-10/19	S	9:35-10:05 am	\$43	\$53.75	SS22163
10/26-12/14	S	9:35-10:05 am	\$50	\$62.50	SS22164
9/14-10/19	S	10:10-10:40 am	\$43	\$53.75	SS22165
10/26-12/14	S	10:10-10:40 am	\$50	\$62.50	SS22166
9/14-10/19	S	10:45-11:15 am	\$43	\$53.75	SS22167
10/26-12/14	S	10:45-11:15 am	\$50	\$62.50	SS22168
9/14-10/19	S	11:20-11:50 am	\$43	\$53.75	SS22169
10/26-12/14	S	11:20-11:50 am	\$50	\$62.50	SS22170
9/15-12/15	Su	2:35-3:05 pm	\$93	\$116.25	SS22171
9/15-12/15	Su	3:10-3:40 pm	\$93	\$116.25	SS22172
9/15-12/15	Su	3:45-4:15 pm	\$93	\$116.25	SS22173
9/15-12/15	Su	4:20-4:50 pm	\$93	\$116.25	SS22174

Homeschool Lessons

Date	Day	Time	ID/AP	OD	Class#
School Age Level 1 & 2					
9/10-10/10	T/Th	10:15-10:45 am	\$71	\$88.75	SS22139H
10/15-11/14	T/Th	10:15-10:45 am	\$71	\$88.75	SS22140H
11/19-12/19	T/Th	10:15-10:45 am	\$64	\$80	SS22141H

School Age Level 4 & 5

9/10-10/10	T/Th	10:15-10:45 am	\$71	\$88.75	SS22439H
10/15-11/14	T/Th	10:15-10:45 am	\$71	\$88.75	SS22440H
11/19-12/14	T/Th	10:15-10:45am	\$64	\$80	SS22441H

THPRD Holiday Giving Drive

Collection taking place
November to December 2019!
Visit a center near you.



THPRD VOLUNTEERS!

Opportunities: Junior lifeguard, instruction aide. Call the center at 503-629-6315 for more information.

Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool/School Age Level 3					
9/9-10/9	M/W	5:35-6:05 pm	\$71	\$88.75	SS22324
10/14-11/13	M/W	5:35-6:05 pm	\$64	\$80	SS22325
11/18-12/18	M/W	5:35-6:05 pm	\$64	\$80	SS22326
9/9-10/9	M/W	6:10-6:40 pm	\$71	\$88.75	SS22327
10/14-11/13	M/W	6:10-6:40 pm	\$64	\$80	SS22328
11/18-12/18	M/W	6:10-6:40 pm	\$64	\$80	SS22329
9/9-10/9	M/W	6:45-7:15 pm	\$71	\$88.75	SS22330
10/14-11/13	M/W	6:45-7:15 pm	\$64	\$80	SS22331
11/18-12/18	M/W	6:45-7:15 pm	\$64	\$80	SS22332
9/10-10/10	T/Th	6:45-7:15 pm	\$71	\$88.75	SS22354
10/15-11/14	T/Th	6:45-7:15 pm	\$64	\$80	SS22355
11/19-12/19	T/Th	6:45-7:15 pm	\$64	\$80	SS22356
9/14-10/19	S	9-9:30 am	\$43	\$53.75	SS22361
10/26-12/14	S	9-9:30 am	\$50	\$62.50	SS22362
9/14-10/19	S	9:35-10:05 am	\$43	\$53.75	SS22363
10/26-12/14	S	9:35-10:05 am	\$50	\$62.50	SS22364
9/14-10/19	S	10:10-10:40 am	\$43	\$53.75	SS22365
10/26-12/14	S	10:10-10:40 am	\$50	\$62.50	SS22366
9/14-10/19	S	10:45-11:15 am	\$43	\$53.75	SS22367
10/26-12/14	S	10:45-11:15 am	\$50	\$62.50	SS22368
9/14-10/19	S	11:20-11:50 am	\$43	\$53.75	SS22369
10/26-12/14	S	11:20-11:50 am	\$50	\$62.50	SS22370
9/15-12/15	Su	2:35-3:05 pm	\$93	\$116.25	SS22371
9/15-12/15	Su	3:10-3:40 pm	\$93	\$116.25	SS22372
9/15-12/15	Su	3:45-4:15 pm	\$93	\$116.25	SS22373
9/15-12/15	Su	4:20-4:50 pm	\$93	\$116.25	SS22374

Intermediate Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool/School Age Levels 4 & 5					
9/9-10/9	M/W	5:35-6:05 pm	\$71	\$88.75	SS22424
10/14-11/13	M/W	5:35-6:05 pm	\$64	\$80	SS22425
11/18-12/18	M/W	5:35-6:05 pm	\$64	\$80	SS22426
9/9-10/9	M/W	6:10-6:40 pm	\$71	\$88.75	SS22427
10/14-11/13	M/W	6:10-6:40 pm	\$64	\$80	SS22428
11/18-12/18	M/W	6:10-6:40 pm	\$64	\$80	SS22429
9/14-10/19	S	9-9:30 am	\$43	\$53.75	SS22461
10/26-12/14	S	9-9:30 am	\$50	\$62.50	SS22462
9/14-10/19	S	9:35-10:05 am	\$43	\$53.75	SS22463
10/26-12/14	S	9:35-10:05 am	\$50	\$62.50	SS22464
9/14-10/19	S	10:10-10:40 am	\$43	\$53.75	SS22465
10/26-12/14	S	10:10-10:40 am	\$50	\$62.50	SS22466
9/14-10/19	S	10:45-11:15 am	\$43	\$53.75	SS22467
10/26-12/14	S	10:45-11:15 am	\$50	\$62.50	SS22468
9/14-10/19	S	11:20-11:50 am	\$43	\$53.75	SS22469
10/26-12/14	S	11:20-11:50 am	\$50	\$62.50	SS22470
9/15-12/15	Su	2:35-3:05 pm	\$93	\$116.25	SS22471
9/15-12/15	Su	4:20-4:50 pm	\$93	\$116.25	SS22474



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

Advanced Swimming Skills

Date	Day	Time	OD	Class#
Pre-Competitive				
9/9-10/9	M/W	6:45-7:15 pm	\$71 \$88.75	SS22630
10/14-11/13	M/W	6:45-7:15 pm	\$64 \$80	SS22631
11/18-12/18	M/W	6:45-7:15 pm	\$64 \$80	SS22632
9/14-10/19	S	9-9:30 am	\$43 \$53.75	SS22661
10/26-12/14	S	9-9:30 am	\$50 \$62.50	SS22662
9/15-12/15	Su	3:10-3:40 pm	\$93 \$116.25	SS22672

Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
Baby/Toddler & Me					
9/14-10/19	S	10:10-10:40 am	\$34	\$42.50	SS24065
10/26-12/14	S	10:10-10:40 am	\$39	\$48.75	SS24066
9/15-12/15	Su	3:45-4:15 pm	\$73	\$91.25	SS24073

Teen/Adult Swimming Skills - Beginning

9/9-10/9	M/W	9:40-10:10 am	\$71	\$88.75	SS25003
10/14-11/13	M/W	9:40-10:10 am	\$64	\$80	SS25004
11/18-12/18	M/W	9:40-10:10 am	\$64	\$80	SS25005
9/10-10/10	T/Th	9:05-9:35 am	\$71	\$88.75	SS25033
10/15-11/14	T/Th	9:05-9:35 am	\$71	\$88.75	SS25034
11/19-12/19	T/Th	9:05-9:35 am	\$64	\$80	SS25035
9/14-10/19	S	11:20-11:50 am	\$43	\$53.75	SS25069
10/26-12/14	S	11:20-11:50 am	\$50	\$62.50	SS25070

Teen/Adult Swimming Skills - Intermediate

9/10-10/10	T/Th	8:30-9 pm	\$71	\$88.75	SS25058
10/15-11/14	T/Th	8:30-9 pm	\$64	\$80	SS25059
11/19-12/19	T/Th	8:30-9 pm	\$64	\$80	SS25060

Women's Only Swimming Lessons

Teen/Adult Swimming Skills - Beginning

9/15-12/15	Su	5:30-6:15 pm	\$139	\$173.75	SS25075
------------	----	--------------	-------	----------	---------

Teen/Adult Swimming Skills - Intermediate

9/15-12/15	Su	5:30-6:15 pm	\$139	\$173.75	SS25076
------------	----	--------------	-------	----------	---------

Fitness Challenge



It's never too soon to start thinking about THPRD's next Fitness Challenge!

Look for details at each center in December to learn more.

Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
Private Lessons					
9/13-10/11	F	9:05-9:35 am	\$200	\$250	SS26000F
10/18-11/15	F	9:05-9:35 am	\$200	\$250	SS26001F
11/22-12/20	F	9:05-9:35 am	\$160	\$200	SS26002F
9/13-10/11	F	9:40-10:10 am	\$200	\$250	SS26003F
10/18-11/15	F	9:40-10:10 am	\$200	\$250	SS26004F
11/22-12/20	F	9:40-10:10 am	\$160	\$200	SS26005F
9/13-10/11	F	10:15-10:45 am	\$200	\$250	SS26006F
10/18-11/15	F	10:15-10:45 am	\$200	\$250	SS26007F
11/22-12/20	F	10:15-10:45 am	\$160	\$200	SS26008F
9/13-10/11	F	1:20-1:50 pm	\$200	\$250	SS26012F
10/18-11/15	F	1:20-1:50 pm	\$200	\$250	SS26013F
11/22-12/20	F	1:20-1:50 pm	\$160	\$200	SS26014F
9/13-10/11	F	1:55-2:25 pm	\$200	\$250	SS26015F
10/18-11/15	F	1:55-2:25 pm	\$200	\$250	SS26016F
11/22-12/20	F	1:55-2:25 pm	\$160	\$200	SS26017F

Fall Splash

Splash is a recreational swim team. Practices consist of technique, endurance and speed training, sportsmanship, team building, and competitive swimming principals. Though swimmers are not required to go to every meet, meet participation is highly encouraged. Prerequisites are Level 4 AND stroke competency for crawl stroke and back stroke for 25 yards each. Knowledge and experience with breaststroke is preferred. Participant must have started first grade. Please see the Splash Swim Team page at thprd.org for further details or call your center to set up an evaluation.

9/9-12/18	M/W	4:30-5:25 pm	\$189	\$236.25	SS23418
9/10-12/19	T/Th	7:30-8:25 pm	\$189	\$236.25	SS23457

Training or Professional Classes

Date	Day	Time	ID/AP	OD	Class#
Jr. Lifeguarding					
9/21-11/9	S	1-3 pm	\$171	\$246.25	SS25170

Lifeguard Training

12/26-1/3	Th/F	9 am-3 pm	\$279	\$348.75	SS252
-----------	------	-----------	-------	----------	-------



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