

# Sunset Swim Center



TUALATIN HILLS  
PARK & RECREATION DISTRICT

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

TriMet Routes #48, #62

**Aquatic Facility Supervisor:** Lori Leach

**Summer Term:** June 25-Aug. 26, 2018

**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:** 7/4, 9/3

**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) (Fitness Scale)

### Shallow Water

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

## Summer Splash Swim Team

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#
6/25-8/17	M/W/F	2:05-3 pm	\$258	\$312.50	SS14025

## Splash Conditioning

This class is designed for swimmers looking to get in shape or stay in shape in preparation for the upcoming water polo and swim seasons. Swimmers must be able to swim 50-yards front crawl, 50-yards backstroke, 50-yards breaststroke and 25-yards butterfly. Ages 10-17 yrs.

Date	Day	Time	ID/AP	OD	Class#
6/26-8/16	T/Th	6:30-7:25 am	\$170	\$212.50	SS14026

## Sunset Wellness



### Senior Swim at Sunset Swim Center

Call 503-629-6315 for details.

Deluxe Pass and SilverSneakers® accepted for all fitness classes.

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

Increase muscular strength, range of movement and activities for daily living. Hand-held weights, elastic tubing with handles are offered for resistance. A chair is used for seated or standing support. May include floor work.

M 10:45-11:45 am (primarily chair)  
M/Th 9:30-10:30 am (primarily chair)  
Th 1:15-2:15 pm (primarily chair)

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

Learn and practice an adapted 8-form Tai Chi exercise program, designed to help improve balance, mobility, walking and physical and mental wellbeing. This program is 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 10:45-11:45 am

### 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. Students will practice the 8-form routine along with movement drills and games designed to refine the forms and enhance balance and postural control.

T 9:30-10:30 am

### 20/20/20

Combines cardio, strength training and flexibility for a great overall workout. We'll use dumbbells, Pilates rings, and elastic tubing to strengthen and sculpt, and we'll go to the mat for core work and stretching. Adults of all ages, shapes and sizes are welcome. Floor work is included.

T/Th Noon-1 pm

## 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. 5:30-6:30 (first Sunday 5 pm), Sunset Swim Center

**June 3, July 1, Aug. 5, Sept. 2**

Summer Term:  
June 25-Aug. 26, 2018

13707 NW Science Park Drive, Portland  
Aquatic Facility Supervisor: Lori Leach  
Average Pool Temperature: 85°  
TriMet Bus #62, #48  
Closed: 7/4, 9/3 \*1 lap lane available

\*\* Open Swim starts at 3:30 pm beginning 8/20.  
**Office Hours:** Mon-Thurs: 8 am-8 pm,  
Fri: 8 am-5:30 pm, Sat: 8:30 am-2:30 pm,  
Sun: Noon-4:30 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00 All Age Lap Swim 1 Ln Ind. Exercise	7:00-8:00 All Age Lap Swim 1 Ln Ind. Exercise	7:00-8:00 All Age Lap Swim 1 Ln Ind. Exercise	7:00-8:00 All Age Lap Swim 1 Ln Ind. Exercise	7:00-8:00 All Age Lap Swim 1 Ln Ind. Exercise		
8:05-9:00 Cardio Core/ Dig Deep	8:05-9:00 Cardio Core/ DW Adult Swim	8:05-9:00 Cardio Core/ Dig Deep	8:05-9:00 Cardio Core/ DW Adult Swim	8:05-9:00 Cardio Core/ Dig Deep	8:00-8:55 All Age Lap Swim	
9:05-11:35 Instruction	9:05-11:35 Instruction	9:05-11:35 Instruction	9:05-11:35 Instruction	9:05-11:35 Instruction	9:00-Noon Instruction	<b>Aqua lift available for pool entry</b>
11:40-1:00 All Age Lap	11:40-1:00 All Age Lap	11:40-1:00 All Age Lap	11:40-1:00 All Age Lap	11:40-1:00 All Age Lap		
1:00-2:00 Senior Swim (55 & Better)/ Adult Lap	1:00-2:00 Senior Swim (55 & Better)/ Adult Lap	1:00-2:00 Senior Swim (55 & Better)/ Adult Lap	1:00-2:00 Senior Swim (55 & Better)/ Adult Lap	1:00-2:00 Senior Swim (55 & Better)/ Adult Lap	12:05-1:30 All Age Lap	Noon-1:30 All Age Lap
2:05-3:00 Summer Splash	1:00-3:10 Instruction	2:05-3:00 Summer Splash	1:00-3:10 Instruction	2:05-3:00 Summer Splash	1:30-3:00 Open Swim*	1:30-2:55 Open Swim*
2:00-3:30 High School Water Polo (Starts 8/20)	2:00-3:30 High School Water Polo (Starts 8/21)	2:00-3:30 High School Water Polo (Starts 8/22)	2:00-3:30 High School Water Polo (Starts 8/23)	2:00-3:30 High School Water Polo (Starts 8/24)		
3:15-5:00** Open Swim	3:15-5:00** Open Swim	3:15-5:00** Open Swim	3:15-5:00** Open Swim	3:15-5:00** Open Swim	3:15-5:15 Pool Rentals	3:15-4:55 Instruction
5:20-8:05 Instruction	5:20-8:30 Instruction	5:20-8:05 Instruction	5:20-8:30 Instruction			
	6:30-7:25 Splash Conditioning		6:30-7:25 Splash Conditioning			
	7:30-8:30 Teen/Adult Lap		7:30-8:30 Teen/Adult Lap			
					<b>Women-only Swims</b> 5:30-6:30 pm 6/3, 7/1, 8/5, 9/2	

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.

**Outside wading pool open June 25-Sept. 2**  
Ages 6 and under  
Hours: M-F 10 am-5 pm, Sat Su: Noon-3 pm

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>					
6/25-7/5	M-Th	9:05-9:35 am	\$49	\$61.25	SS11100
6/25-7/5	M-Th	9:40-10:10 am	\$49	\$61.25	SS11101
6/25-7/5	M-Th	10:30-11 am	\$49	\$61.25	SS11102
6/25-7/5	M-Th	11:05-11:35 am	\$49	\$61.25	SS11103
7/9-7/19	M-Th	9:05-9:35 am	\$56	\$70	SS11104
7/9-7/19	M-Th	9:40-10:10 am	\$56	\$70	SS11105
7/9-7/19	M-Th	10:30-11 am	\$56	\$70	SS11106
7/9-7/19	M-Th	10:05-11:30 am	\$56	\$70	SS11107
7/23-8/2	M-Th	9:05-9:35 am	\$56	\$70	SS11108
7/23-8/2	M-Th	9:40-10:10 am	\$56	\$70	SS11109
7/23-8/2	M-Th	10:30-11 am	\$56	\$70	SS11110
7/23-8/2	M-Th	11:05-11:35 am	\$56	\$70	SS11111
8/6-8/16	M-Th	9:05-9:35 am	\$56	\$70	SS11112
8/6-8/16	M-Th	9:40-10:10 am	\$56	\$70	SS11113
8/6-8/16	M-Th	10:30-11 am	\$56	\$70	SS11114
8/6-8/16	M-Th	11:05-11:35 am	\$56	\$70	SS11115
8/20-8/23	M-Th	9:05-9:35 am	\$28	\$35	SS11116
8/20-8/23	M-Th	9:40-10:10 am	\$28	\$35	SS11117
8/20-8/23	M-Th	10:30-11 am	\$28	\$35	SS11118
8/20-8/23	M-Th	11:05-11:35 am	\$28	\$35	SS11119
6/26-7/26	T/Th	2:05-2:35 pm	\$71	\$88.75	SS11125
7/30-8/22	M/W	2:05-2:35 pm	\$56	\$70	SS11126
6/26-7/26	T/Th	2:40-3:10 pm	\$71	\$88.75	SS11127
7/31-8/23	T/Th	2:40-3:10 pm	\$56	\$70	SS11128
6/25-7/25	M/W	5:20-5:50 pm	\$64	\$80	SS11135
7/31-8/23	T/Th	5:20-5:50 pm	\$56	\$70	SS11136
6/25-7/25	M/W	5:55-6:25 pm	\$64	\$80	SS11139
7/31-8/23	T/Th	11-11:30 am	\$56	\$70	SS11140
6/26-7/26	T/Th	5:10-5:40 pm	\$71	\$88.75	SS11150
7/31-8/23	T/Th	5:10-5:40 pm	\$56	\$70	SS11151
6/30-8/18	S	9-9:30 am	\$56	\$70	SS11170
6/30-8/18	S	9:35-10:05 am	\$56	\$70	SS11171
6/30-8/18	S	10:10-10:40 am	\$56	\$70	SS11172
6/30-8/18	S	10:55-11:25 am	\$56	\$70	SS11173
7/1-8/19	Su	3:15-3:45 pm	\$56	\$70	SS11180
7/1-8/19	Su	4:25-4:55 pm	\$56	\$70	SS11182

<b>School Age Levels 1 &amp; 2</b>					
7/23-8/2	M-Th	9:05-9:35 am	\$56	\$70	SS12102
8/20-8/23	M-Th	9:05-9:35 am	\$28	\$35	SS12104
6/25-7/5	M-Th	9:40-10:10 am	\$49	\$61.25	SS12105
7/9-7/19	M-Th	9:40-10:10 am	\$56	\$70	SS12106
7/23-8/2	M-Th	9:40-10:10 am	\$56	\$70	SS12107
8/6-8/16	M-Th	9:40-10:10 am	\$56	\$70	SS12108
8/20-8/23	M-Th	9:40-10:10 am	\$28	\$35	SS12109
7/9-7/19	M-Th	10:30-11 am	\$56	\$70	SS12111
6/25-7/5	M-Th	11:05-11:35 am	\$49	\$61.25	SS12115

## Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
<b>School Age Levels 1 &amp; 2 (continued)</b>					
7/9-7/19	M-Th	11:05-11:35 am	\$56	\$70	SS12116
7/23-8/2	M-Th	11:05-11:35 am	\$56	\$70	SS12117
8/6-8/16	M-Th	11:05-11:35 am	\$56	\$70	SS12118
8/20-8/23	M-Th	11:05-11:35 am	\$28	\$35	SS12119
6/25-7/25	M/W	5:55-6:25 pm	\$64	\$80	SS12131
7/30-8/22	M/W	5:55-6:25 pm	\$56	\$70	SS12132
6/25-7/25	M/W	6:30-7 pm	\$64	\$80	SS12134
7/30-8/22	M/W	6:30-7 pm	\$56	\$70	SS12135
6/25-7/25	M/W	7:05-7:35 pm	\$64	\$80	SS12136
7/30-8/22	M/W	7:05-7:35 pm	\$56	\$70	SS12137
6/26-7/26	T/Th	2:05-2:35 pm	\$71	\$88.75	SS12144
7/31-8/16	T/Th	2:05-2:35 pm	\$42	\$52.50	SS12145
6/26-7/26	T/Th	2:40-3:10 pm	\$71	\$88.75	SS12146
7/31-8/16	T/Th	2:40-3:10 pm	\$42	\$52.50	SS12147
6/26-7/26	T/Th	5:55-6:25 pm	\$71	\$88.75	SS12150
7/31-8/23	T/Th	5:55-6:25 pm	\$56	\$70	SS12151
6/30-8/18	S	9-9:30 am	\$56	\$70	SS12166
6/30-8/18	S	9:35-10:05 am	\$56	\$70	SS12167
6/30-8/18	S	10:10-10:40 am	\$56	\$70	SS12168
6/30-8/18	S	10:55-11:25 am	\$56	\$70	SS12169
6/30-8/18	S	11:30 am-12 pm	\$56	\$70	SS12170
7/1-8/19	Su	3:15-3:45 pm	\$56	\$70	SS12172
7/1-8/19	Su	3:50-4:20 pm	\$56	\$70	SS12173
7/1-8/19	Su	4:25-4:55 pm	\$56	\$70	SS12174

<b>Preschool/School Age Level 3</b>					
6/25-7/5	M-Th	9:05-9:35 am	\$49	\$61.25	SS12300
7/9-7/19	M-Th	9:05-9:35 am	\$56	\$70	SS12301
8/6-8/16	M-Th	9:05-9:35 am	\$56	\$70	SS12303
7/9-7/19	M-Th	9:40-10:10 am	\$56	\$70	SS12306
7/23-8/2	M-Th	9:40-10:10 am	\$56	\$70	SS12307
8/6-8/16	M-Th	9:40-10:10 am	\$56	\$70	SS12308
8/20-8/23	M-Th	9:40-10:10 am	\$28	\$35	SS12309
6/25-7/5	M-Th	10:30-11 am	\$49	\$61.25	SS12310
7/9-7/19	M-Th	10:30-11 am	\$56	\$70	SS12311
7/23-8/2	M-Th	10:30-11 am	\$56	\$70	SS12312
8/6-8/16	M-Th	10:30-11 am	\$56	\$70	SS12313
8/20-8/23	M-Th	10:30-11 am	\$28	\$35	SS12314
6/25-7/25	M/W	5:20-5:50 pm	\$64	\$80	SS12328
7/30-8/22	M/W	5:20-5:50 pm	\$56	\$70	SS12329
7/30-8/22	M/W	5:55-6:25 pm	\$56	\$70	SS12332
6/25-7/25	M/W	6:30-7 pm	\$64	\$80	SS12334
7/30-8/22	M/W	6:30-7 pm	\$56	\$70	SS12335
6/25-7/25	M/W	7:05-7:35 pm	\$64	\$80	SS12336
7/30-8/22	M/W	7:05-7:35 pm	\$56	\$70	SS12337
7/31-8/16	T/Th	2:40-3:10 pm	\$42	\$52.50	SS12347
6/26-7/26	T/Th	5:20-5:50 pm	\$71	\$88.75	SS12348
7/31-8/23	T/Th	5:20-5:50 pm	\$56	\$70	SS12349
6/26-7/26	T/Th	5:55-6:25 pm	\$71	\$88.75	SS12350
7/31-8/23	T/Th	5:55-6:25 pm	\$56	\$70	SS12351
6/30-8/18	S	9-9:30 am	\$56	\$70	SS12366
6/30-8/18	S	9:35-10:05 am	\$56	\$70	SS12367
6/30-8/18	S	10:10-10:40 am	\$56	\$70	SS12368
6/30-8/18	S	10:55-11:25 am	\$56	\$70	SS12369
7/1-8/19	Su	3:15-3:45 pm	\$56	\$70	SS12372
7/1-8/19	Su	3:50-4:20 pm	\$56	\$70	SS12373

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 Levels 4 &amp; 5</b>					
6/25-7/25	M/W	5:55-6:25 pm	\$64	\$80	SS12331
6/25-7/5	M-Th	9:05-9:35 am	\$49	\$61.25	SS12400
7/9-7/19	M-Th	9:05-9:35 am	\$56	\$70	SS12401
7/23-8/2	M-Th	9:05-9:35 am	\$56	\$70	SS12402
8/6-8/16	M-Th	9:05-9:35 am	\$56	\$70	SS12403
8/20-8/23	M-Th	9:05-9:35 am	\$28	\$35	SS12404
8/20-8/23	M-Th	9:40-10:10 am	\$28	\$35	SS12409
6/25-7/5	M-Th	10:30-11 am	\$49	\$61.25	SS12410
7/9-7/19	M-Th	10:30-11 am	\$56	\$70	SS12411
7/23-8/2	M-Th	10:30-11 am	\$56	\$70	SS12412
8/6-8/16	M-Th	10:30-11 am	\$56	\$70	SS12413
8/20-8/23	M-Th	10:30-11 am	\$28	\$35	SS12414
6/25-7/25	M/W	5:20-5:50 pm	\$64	\$80	SS12428
7/30-8/22	M/W	5:20-5:50 pm	\$56	\$70	SS12429
6/25-7/25	M/W	5:55-6:25 pm	\$64	\$80	SS12431
7/30-8/22	M/W	5:55-6:25 pm	\$56	\$70	SS12432
6/25-7/25	M/W	6:30-7 pm	\$64	\$80	SS12434
6/25-7/25	M/W	7:05-7:35 pm	\$64	\$80	SS12436
7/30-8/22	M/W	7:05-7:35 pm	\$56	\$70	SS12437
6/26-7/26	T/Th	2:05-2:35 pm	\$71	\$88.75	SS12444
7/31-8/16	T/Th	2:05-2:35 pm	\$42	\$52.50	SS12445
6/26-7/26	T/Th	2:40-3:10 pm	\$71	\$88.75	SS12446
7/31-8/16	T/Th	2:40-3:10 pm	\$42	\$52.50	SS12447
6/26-7/26	T/Th	5:20-5:50 pm	\$71	\$88.75	SS12448
7/31-8/23	T/Th	5:20-5:50 pm	\$56	\$70	SS12449
6/26-7/26	T/Th	5:55-6:25 pm	\$71	\$88.75	SS12450
6/30-8/18	S	9:35-10:05 am	\$56	\$70	SS12467
6/30-8/18	S	10:10-10:40 am	\$56	\$70	SS12468
6/30-8/18	S	11:30 am-12 pm	\$56	\$70	SS12470
7/1-8/19	Su	4:25-4:55 pm	\$56	\$70	SS12474

## Advanced Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
<b>Pre-Competitive</b>					
7/9-7/19	M-Th	9:40-10:10 am	\$56	\$70	SS12606
7/23-8/2	M-Th	9:40-10:10 am	\$56	\$70	SS12607
8/20-8/23	M-Th	11:05-11:35 am	\$25	\$31.25	SS12619

### Pre-Lifeguarding

7/9-7/19	M-Th	11:05-11:35 am	\$56	\$70	SS12616
8/6-8/16	M-Th	11:05-11:35 am	\$56	\$70	SS12618

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
<b>Baby/Toddler &amp; Me</b>					
7/23-8/2	M-Th	9:05-9:35 am	\$45	\$56.25	SS13002
6/30-8/18	S	9-9:30 am	\$45	\$56.25	SS13066
6/30-8/18	S	10:55-11:25 am	\$45	\$56.25	SS13069

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
<b>Teen/Adult Swimming Skills - Beginning</b>					
6/25-7/5	M-Th	9:40-10:10 am	\$49	\$61.25	SS15005
8/6-8/16	M-Th	9:40-10:10 am	\$56	\$70	SS15008
6/25-7/5	M-Th	11:05-11:35 am	\$49	\$61.25	SS15015
7/9-7/19	M-Th	11:05-11:35 am	\$56	\$70	SS15016
7/23-8/2	M-Th	11:05-11:35 am	\$56	\$70	SS15017
8/6-8/16	M-Th	11:05-11:35 am	\$56	\$70	SS15018
6/25-7/25	M/W	6:30-7 pm	\$64	\$80	SS15034

### Women-only Lessons

7/1-8/19	Su	5:30-6:15 pm	\$74	\$92.50	SS15075
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### Teen/Adult Swimming Skills - Intermediate

7/1-8/19	Su	5:30-6:15 pm	\$74	\$92.50	SS15075A
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### Diving

7/23-8/2	M-Th	11:05-11:35 am	\$42	\$52.50	SS13317
8/20-8/23	M-Th	11:05-11:35 am	\$21	\$26.25	SS13319

### Private Lessons

Private lessons are one-on one: \$35/half hour. Semi-private lessons are available \$26/half hour/per person. Please check additional availability online. Call for more information.

6/29-7/13	F	9:05-9:35 am	\$105	\$131.25	SS16000F
7/20-8/10	F	9:05-9:35 am	\$140	\$175	SS16001F
8/17-8/31	F	9:05-9:35 am	\$105	\$131.25	SS16002F
6/29-7/13	F	9:40-10:10 am	\$105	\$131.25	SS16003F
7/20-8/10	F	9:40-10:10 am	\$140	\$175	SS16004F
8/17-8/31	F	9:40-10:10 am	\$105	\$131.25	SS16005F
6/29-7/13	F	10:30-11 am	\$105	\$131.25	SS16006F
7/20-8/10	F	10:30-11 am	\$140	\$175	SS16007F
8/17-8/31	F	10:30-11 am	\$105	\$131.25	SS16008F
6/29-7/13	F	11:05-11:35 am	\$105	\$131.25	SS16009F
7/20-8/10	F	11:05-11:35 am	\$140	\$175	SS16010F
8/17-8/31	F	11:05-11:35 am	\$105	\$131.25	SS16011F

## Training Programs

Date	Day	Time	ID/AP	OD	Class#
<b>Jr. Lifeguarding</b>					
6/26-7/10	T/Th	1-4 pm	\$171	\$213.75	SS15126
7/17-7/31	T/Th	1-4 pm	\$171	\$213.75	SS15127

### Lifeguard Training (includes \$36 certification fee)

7/31-8/23	T/Th	12:30-4 pm	\$293	\$303.75	SS15102
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Fees: ID/AP = User is in-district or has paid an out-of-district assessment, OD = Out-of-district (no assessment paid)