

# 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

Summer Term: June 17-Aug. 25, 2019

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

Monday-Thursday	8 am-7:30 pm
Friday	8 am-5 pm
Saturday	8:30 am-2:30 pm
Sunday	Noon-4:30 pm

Facility Closed: 7/4, 9/2

**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](http://www.thprd.org/water-fitness-classes).

**Deep Water** (Fitness Scale)  
Dig Deep M/W/F 8:05-9 am (2)

**Shallow Water**  
Cardio Care M-F 8:05-9 am (2)  
Aqua Dance Party T/Th Noon-1 pm (2)

## Summer Splash Swim Team

This is a recreational swim team for youth ages 6-17 years who can swim 25 yards crawlstroke and 25 yards backstroke. Swim meets on some Saturdays. A basic understanding of breast stroke is encouraged. For more information visit [www.thprd.org](http://www.thprd.org).

Date	Day	Time	ID/AP	OD	Class#
6/24-8/16	M/W/F	2:05-3 pm	\$271	\$336.75	SS13420

## Splash Swim Conditioning

This class is designed for participants who want a swim team style workout that will prepare for water polo and swim team sports. Swimmers must be able to swim 50 yards front crawl, 50 yards backstroke, 50 yards breaststroke and 25 yards butterfly.

Date	Day	Time	ID/AP	OD	Class#
6/25-8/15	T/Th	6:30-7:25 pm	\$159	\$198.75	SS13539

## Sunset Wellness

**Senior Swim at Sunset Swim Center**  
Monday-Friday, 1-2 pm  
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 9:30-10:30 am

### Land Strength in a Chair

Coming back from an illness, injury, or surgery? Coping with arthritis, Parkinson's or chemotherapy? Have fun, make friends, and improve your muscular strength and endurance with this chair-supported resistance workout. Discover greater mobility and greater ease in your daily activities!

M/W 10:50-11:50 am

### Tai Chi: Moving for Better Balance® Beginner

Learn an adapted 8-form Tai Chi exercise program to improve your balance, mobility, walking, and physical and mental well-being. Developed by an Oregon Research Institute scientist, this program is research-based and has been shown to reduce injurious falls. Whether you've noticed small changes in your balance over the years, are recovering from chemotherapy, or coping with Parkinson's, his class is for you. Appropriate for adults with mild mobility difficulty such as occasional cane use.

T/Th 10:40-11:40 am

### Aqua Dance Party

Love music and love the water? Come and get your groove on with Aqua Dance Party! Enjoy aqua dance routines inspired by music and moves from around the world: ballroom, folk, disco, Latin, rock and roll, country western, and even synchronized swimming! Follow the leader or dance your own style. Adults of all ages, fitness levels, and body types are welcome. No experience needed.

T/Th Noon-1 pm

### Strength & Stretch

This class combines light to moderate resistance training for muscular strength and endurance with yoga-inspired stretching for flexibility. Adults of all ages and body types are welcome. We pump up to great music using dumbbells, exercise tubing, Pilates rings and body weight, then go to the floor for gentle, relaxing stretches on a mat.

T/Th 6:15-7:15 pm



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PARK & RECREATION DISTRICT

# Sunset Swim Center

503-629-6315

**Summer Term:**  
June 17-Aug. 25, 2019

13707 NW Science Park Drive, Portland  
**Aquatic Facility Supervisor: Lori Leach**  
**Average Pool Temperature: 85°**  
 TriMet Bus #62, #48  
**Closed: 7/4, 9/3** ^2 lap lanes 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	
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		
	12:00-1:00 Aqua Dance Party		12:00-1:00 Aqua Dance Party		12:00-1:00 All Age Lap	Noon-1:30 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		1:30-2:55 Open Swim*
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	1:05-2:30 Open Swim*	
2:00-3:30 High School Water Polo (Starting 8/19)	2:00-3:30 High School Water Polo (Starting 8/20)	2:00-3:30 High School Water Polo (Starting 8/21)	2:00-3:30 High School Water Polo (Starting 8/22)	2:00-3:30 High School Water Polo (Starting 8/23)	<b>Aqua lift available for pool entry</b>	
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
5:20-7:35 Instruction	5:20-8:30 Instruction	5:20-7:35 Instruction	5:20-8:30 Instruction			
	6:30-7:25 Splash Conditioning		6:30-7:25 Splash Conditioning		<b>Women's Swim</b> 5:15-6:15 pm 7/7, 8/4	
	7:30-8:30 Teen/Adult Lap (starting 6/25)		7:30-8:30 Teen/Adult Lap (starting 6/27)			

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: 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#
<b>Preschool Level 1</b>					
6/24-7/3	M-Th	9:05-9:35 am	\$50	\$62.50	SS11100
7/8-7/18	M-Th	9:05-9:35 am	\$57	\$71.25	SS11101
7/22-8/1	M-Th	9:05-9:35 am	\$57	\$71.25	SS11102
8/5-8/15	M-Th	9:05-9:35 am	\$57	\$71.25	SS11103
8/19-8/22	M-Th	9:05-9:35 am	\$29	\$36.25	SS11104
6/24-7/3	M-Th	9:40-10:10 am	\$50	\$62.50	SS11105
7/8-7/18	M-Th	9:40-10:10 am	\$57	\$71.25	SS11106
7/22-8/1	M-Th	9:40-10:10 am	\$57	\$71.25	SS11107
8/5-8/15	M-Th	9:40-10:10 am	\$57	\$71.25	SS11108
8/19-8/22	M-Th	9:40-10:10 am	\$29	\$36.25	SS11109
6/24-7/3	M-Th	10:30-11 am	\$50	\$62.50	SS11110
7/8-7/18	M-Th	10:30-11 am	\$57	\$71.25	SS11111
7/22-8/1	M-Th	10:30-11 am	\$57	\$71.25	SS11112
8/5-8/15	M-Th	10:30-11 am	\$57	\$71.25	SS11113
8/19-8/22	M-Th	10:30-11 am	\$29	\$36.25	SS11114
6/24-7/3	M-Th	11:05-11:35 am	\$50	\$62.50	SS11115
7/8-7/18	M-Th	11:05-11:35 am	\$57	\$71.25	SS11116
7/22-8/1	M-Th	11:05-11:35 am	\$57	\$71.25	SS11117
8/5-8/15	M-Th	11:05-11:35 am	\$57	\$71.25	SS11118
8/19-8/22	M-Th	11:05-11:35 am	\$29	\$36.25	SS11119
6/24-7/24	M/W	5:20-5:50 pm	\$71	\$88.75	SS11121
7/29-8/21	M/W	5:20-5:50 pm	\$57	\$71.25	SS11122
6/24-7/24	M/W	5:55-6:25 pm	\$71	\$88.75	SS11123
7/29-8/21	M/W	5:55-6:25 pm	\$57	\$71.25	SS11124
6/24-7/24	M/W	6:30-7 pm	\$71	\$88.75	SS11125
7/29-8/21	M/W	6:30-7 pm	\$57	\$71.25	SS11126
6/24-7/24	M/W	7:05-7:35 pm	\$71	\$88.75	SS11127
7/29-8/21	M/W	7:05-7:35 pm	\$57	\$71.25	SS11128
6/25-7/25	T/Th	2:05-2:35 pm	\$64	\$80	SS11131
7/30-8/15	T/Th	2:05-2:35 pm	\$43	\$53.75	SS11132
6/25-7/25	T/Th	2:40-3:10 pm	\$64	\$80	SS11133
7/30-8/15	T/Th	2:40-3:10 pm	\$43	\$53.75	SS11134
6/25-7/25	T/Th	5:20-5:50 pm	\$64	\$80	SS11135
7/30-8/22	T/Th	5:20-5:50 pm	\$57	\$71.25	SS11136
6/25-7/25	T/Th	5:55-6:25 pm	\$64	\$80	SS11137
7/30-8/22	T/Th	5:55-6:25 pm	\$57	\$71.25	SS11138
6/22-8/17	S	9-9:30 am	\$64	\$80	SS11141
6/22-8/17	S	9:35-10:05 am	\$64	\$80	SS11142
6/22-8/17	S	10:10-10:40 am	\$64	\$80	SS11143
6/22-8/17	S	10:45-11:15 am	\$64	\$80	SS11144
6/22-8/17	S	11:20-11:50 am	\$64	\$80	SS11145
6/23-8/18	Su	3:15-3:45 pm	\$64	\$80	SS11146
6/23-8/18	Su	3:50-4:20 pm	\$64	\$80	SS11147
6/23-8/18	Su	4:25-4:55 pm	\$64	\$80	SS11148

## Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
<b>Preschool Level 2</b>					
6/24-7/3	M-Th	9:05-9:35 am	\$50	\$62.50	SS11200
7/8-7/18	M-Th	9:05-9:35 am	\$57	\$71.25	SS11201
7/22-8/1	M-Th	9:05-9:35 am	\$57	\$71.25	SS11202
8/5-8/15	M-Th	9:05-9:35 am	\$57	\$71.25	SS11203
8/19-8/22	M-Th	9:05-9:35 am	\$29	\$36.25	SS11204
6/24-7/3	M-Th	9:40-10:10 am	\$50	\$62.50	SS11205
7/8-7/18	M-Th	9:40-10:10 am	\$57	\$71.25	SS11206
7/22-8/1	M-Th	9:40-10:10 am	\$57	\$71.25	SS11207
8/5-8/15	M-Th	9:40-10:10 am	\$57	\$71.25	SS11208
8/19-8/22	M-Th	9:40-10:10 am	\$29	\$36.25	SS11209
6/24-7/3	M-Th	10:30-11 am	\$50	\$62.50	SS11210
7/8-7/18	M-Th	10:30-11 am	\$57	\$71.25	SS11211
7/22-8/1	M-Th	10:30-11 am	\$57	\$71.25	SS11212
8/5-8/15	M-Th	10:30-11 am	\$57	\$71.25	SS11213
8/19-8/22	M-Th	10:30-11 am	\$29	\$36.25	SS11214
6/24-7/3	M-Th	11:05-11:35 am	\$50	\$62.50	SS11215
7/8-7/18	M-Th	11:05-11:35 am	\$57	\$71.25	SS11216
7/22-8/1	M-Th	11:05-11:35 am	\$57	\$71.25	SS11217
8/5-8/15	M-Th	11:05-11:35 am	\$57	\$71.25	SS11218
8/19-8/22	M-Th	11:05-11:35 am	\$29	\$36.25	SS11219
6/24-7/24	M/W	5:20-5:50 pm	\$71	\$88.75	SS11221
7/29-8/21	M/W	5:20-5:50 pm	\$57	\$71.25	SS11222
6/24-7/24	M/W	5:55-6:25 pm	\$71	\$88.75	SS11223
7/29-8/21	M/W	5:55-6:25 pm	\$57	\$71.25	SS11224
6/24-7/24	M/W	6:30-7 pm	\$71	\$88.75	SS11225
7/29-8/21	M/W	6:30-7 pm	\$57	\$71.25	SS11226
6/24-7/24	M/W	7:05-7:35 pm	\$71	\$88.75	SS11227
7/29-8/21	M/W	7:05-7:35 pm	\$57	\$71.25	SS11228
6/25-7/25	T/Th	2:05-2:35 pm	\$64	\$80	SS11231
7/30-8/15	T/Th	2:05-2:35 pm	\$43	\$53.75	SS11232
6/25-7/25	T/Th	2:40-3:10 pm	\$64	\$80	SS11233
7/30-8/15	T/Th	2:40-3:10 pm	\$43	\$53.75	SS11234
6/25-7/25	T/Th	5:20-5:50 pm	\$64	\$80	SS11235
7/30-8/22	T/Th	5:20-5:50 pm	\$57	\$71.25	SS11236
6/25-7/25	T/Th	5:55-6:25 pm	\$64	\$80	SS11237
7/30-8/22	T/Th	5:55-6:25 pm	\$57	\$71.25	SS11238
6/22-8/17	S	9-9:30 am	\$64	\$80	SS11241
6/22-8/17	S	9:35-10:05 am	\$64	\$80	SS11242
6/22-8/17	S	10:10-10:40 am	\$64	\$80	SS11243
6/22-8/17	S	10:45-11:15 am	\$64	\$80	SS11244
6/22-8/17	S	11:20-11:50 am	\$64	\$80	SS11245
6/23-8/18	Su	3:15-3:45 pm	\$64	\$80	SS11246
6/23-8/18	Su	3:50-4:20 pm	\$64	\$80	SS11247
6/23-8/18	Su	4:25-4:55 pm	\$64	\$80	SS11248

## School Age Levels 1 & 2

6/24-7/3	M-Th	9:05-9:35 am	\$50	\$62.50	SS12100
7/8-7/18	M-Th	9:05-9:35 am	\$57	\$71.25	SS12101
7/22-8/1	M-Th	9:05-9:35 am	\$57	\$71.25	SS12102
8/5-8/15	M-Th	9:05-9:35 am	\$57	\$71.25	SS12103
8/19-8/22	M-Th	9:05-9:35 am	\$29	\$36.25	SS12104
6/24-7/3	M-Th	9:40-10:10 am	\$50	\$62.50	SS12105
7/8-7/18	M-Th	9:40-10:10 am	\$57	\$71.25	SS12106
7/22-8/1	M-Th	9:40-10:10 am	\$57	\$71.25	SS12107

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>					
8/5-8/15	M-Th	9:40-10:10 am	\$57	\$71.25	SS12108
8/19-8/22	M-Th	9:40-10:10 am	\$29	\$36.25	SS12109
6/24-7/3	M-Th	10:30-11 am	\$50	\$62.50	SS12110
7/8-7/18	M-Th	10:30-11 am	\$57	\$71.25	SS12111
7/22-8/1	M-Th	10:30-11 am	\$57	\$71.25	SS12112
8/5-8/15	M-Th	10:30-11 am	\$57	\$71.25	SS12113
8/19-8/22	M-Th	10:30-11 am	\$29	\$36.25	SS12114
6/24-7/3	M-Th	11:05-11:35 am	\$50	\$62.50	SS12115
7/8-7/18	M-Th	11:05-11:35 am	\$57	\$71.25	SS12116
7/22-8/1	M-Th	11:05-11:35 am	\$57	\$71.25	SS12117
8/5-8/15	M-Th	11:05-11:35 am	\$57	\$71.25	SS12118
8/19-8/22	M-Th	11:05-11:35 am	\$29	\$36.25	SS12119
6/24-7/24	M/W	5:20-5:50 pm	\$71	\$88.75	SS12121
7/29-8/21	M/W	5:20-5:50 pm	\$57	\$71.25	SS12122
6/24-7/24	M/W	5:55-6:25 pm	\$71	\$88.75	SS12123
7/29-8/21	M/W	5:55-6:25 pm	\$57	\$71.25	SS12124
6/24-7/24	M/W	6:30-7 pm	\$71	\$88.75	SS12125
7/29-8/21	M/W	6:30-7 pm	\$57	\$71.25	SS12126
6/24-7/24	M/W	7:05-7:35 pm	\$71	\$88.75	SS12127
7/29-8/21	M/W	7:05-7:35 pm	\$57	\$71.25	SS12128
6/25-7/25	T/Th	2:05-2:35 pm	\$64	\$80	SS12131
7/30-8/15	T/Th	2:05-2:35 pm	\$43	\$53.75	SS12132
6/25-7/25	T/Th	2:40-3:10 pm	\$64	\$80	SS12133
7/30-8/15	T/Th	2:40-3:10 pm	\$43	\$53.75	SS12134
6/25-7/25	T/Th	5:20-5:50 pm	\$64	\$80	SS12135
7/30-8/22	T/Th	5:20-5:50 pm	\$57	\$71.25	SS12136
6/25-7/25	T/Th	5:55-6:25 pm	\$64	\$80	SS12137
7/30-8/22	T/Th	5:55-6:25 pm	\$57	\$71.25	SS12138
6/22-8/17	S	9-9:30 am	\$64	\$80	SS12141
6/22-8/17	S	9:35-10:05 am	\$64	\$80	SS12142
6/22-8/17	S	10:10-10:40 am	\$64	\$80	SS12143
6/22-8/17	S	10:45-11:15 am	\$64	\$80	SS12144
6/22-8/17	S	11:20-11:50 am	\$64	\$80	SS12145
6/23-8/18	Su	3:50-4:20 pm	\$64	\$80	SS12147
6/23-8/18	Su	4:25-4:55 pm	\$64	\$80	SS12148

### Preschool/School Age Level 3

6/24-7/3	M-Th	9:05-9:35 am	\$50	\$62.50	SS12300
7/8-7/18	M-Th	9:05-9:35 am	\$57	\$71.25	SS12301
7/22-8/1	M-Th	9:05-9:35 am	\$57	\$71.25	SS12302
8/5-8/15	M-Th	9:05-9:35 am	\$57	\$71.25	SS12303
8/19-8/22	M-Th	9:05-9:35 am	\$29	\$36.25	SS12304
6/24-7/3	M-Th	9:40-10:10 am	\$50	\$62.50	SS12305
7/8-7/18	M-Th	9:40-10:10 am	\$57	\$71.25	SS12306
7/22-8/1	M-Th	9:40-10:10 am	\$57	\$71.25	SS12307
8/5-8/15	M-Th	9:40-10:10 am	\$57	\$71.25	SS12308
8/19-8/22	M-Th	9:40-10:10 am	\$29	\$36.25	SS12309
6/24-7/3	M-Th	10:30-11 am	\$50	\$62.50	SS12310
7/8-7/18	M-Th	10:30-11 am	\$57	\$71.25	SS12311
7/22-8/1	M-Th	10:30-11 am	\$57	\$71.25	SS12312
8/5-8/15	M-Th	10:30-11 am	\$57	\$71.25	SS12313
8/19-8/22	M-Th	10:30-11 am	\$29	\$36.25	SS12314
6/24-7/3	M-Th	11:05-11:35 am	\$50	\$62.50	SS12315
7/8-7/18	M-Th	11:05-11:35 am	\$57	\$71.25	SS12316
7/22-8/1	M-Th	11:05-11:35 am	\$57	\$71.25	SS12317
8/5-8/15	M-Th	11:05-11:35 am	\$57	\$71.25	SS12318

## Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
<b>Preschool/School Age Level 3 (continued)</b>					
8/19-8/22	M-Th	11:05-11:35 am	\$29	\$36.25	SS12319
6/24-7/24	M/W	5:20-5:50 pm	\$71	\$88.75	SS12321
7/29-8/21	M/W	5:20-5:50 pm	\$57	\$71.25	SS12322
6/24-7/24	M/W	5:55-6:25 pm	\$71	\$88.75	SS12323
7/29-8/21	M/W	5:55-6:25 pm	\$57	\$71.25	SS12324
6/24-7/24	M/W	6:30-7 pm	\$71	\$88.75	SS12325
7/29-8/21	M/W	6:30-7 pm	\$57	\$71.25	SS12326
6/25-7/25	T/Th	2:05-2:35 pm	\$64	\$80	SS12331
7/30-8/15	T/Th	2:05-2:35 pm	\$43	\$53.75	SS12332
6/25-7/25	T/Th	2:40-3:10 pm	\$64	\$80	SS12333
7/30-8/15	T/Th	2:40-3:10 pm	\$43	\$53.75	SS12334
6/25-7/25	T/Th	5:20-5:50 pm	\$64	\$80	SS12335
7/30-8/22	T/Th	5:20-5:50 pm	\$57	\$71.25	SS12336
6/25-7/25	T/Th	5:55-6:25 pm	\$64	\$80	SS12337
7/30-8/22	T/Th	5:55-6:25 pm	\$57	\$71.25	SS12338
6/22-8/17	S	9-9:30 am	\$64	\$80	SS12341
6/22-8/17	S	9:35-10:05 am	\$64	\$80	SS12342
6/22-8/17	S	10:10-10:40 am	\$64	\$80	SS12343
6/22-8/17	S	10:45-11:15 am	\$64	\$80	SS12344
6/22-8/17	S	11:20-11:50 am	\$64	\$80	SS12345
6/23-8/18	Su	3:15-3:45 pm	\$64	\$80	SS12346
6/23-8/18	Su	3:50-4:20 pm	\$64	\$80	SS12347

## Intermediate Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
<b>Preschool/School Age Levels 4 &amp; 5</b>					
6/24-7/3	M-Th	9:40-10:10 am	\$50	\$62.50	SS12505
7/8-7/18	M-Th	9:40-10:10 am	\$57	\$71.25	SS12506
7/22-8/1	M-Th	9:40-10:10 am	\$57	\$71.25	SS12507
8/5-8/15	M-Th	9:40-10:10 am	\$57	\$71.25	SS12508
8/19-8/22	M-Th	9:40-10:10 am	\$29	\$36.25	SS12509
6/24-7/3	M-Th	10:30-11 am	\$50	\$62.50	SS12510
7/8-7/18	M-Th	10:30-11 am	\$57	\$71.25	SS12511
7/22-8/1	M-Th	10:30-11 am	\$57	\$71.25	SS12512
8/5-8/15	M-Th	10:30-11 am	\$57	\$71.25	SS12513
8/19-8/22	M-Th	10:30-11 am	\$29	\$36.25	SS12514
6/24-7/24	M/W	5:20-5:50 pm	\$71	\$88.75	SS12521
7/29-8/21	M/W	5:20-5:50 pm	\$57	\$71.25	SS12522
6/24-7/24	M/W	5:55-6:25 pm	\$71	\$88.75	SS12523
7/29-8/21	M/W	5:55-6:25 pm	\$57	\$71.25	SS12524
6/24-7/24	M/W	7:05-7:35 pm	\$71	\$88.75	SS12527
7/29-8/21	M/W	7:05-7:35 pm	\$57	\$71.25	SS12528
6/25-7/25	T/Th	2:05-2:35 pm	\$64	\$80	SS12531
7/30-8/15	T/Th	2:05-2:35 pm	\$43	\$53.75	SS12532
6/25-7/25	T/Th	2:40-3:10 pm	\$64	\$80	SS12533
7/30-8/15	T/Th	2:40-3:10 pm	\$43	\$53.75	SS12534
6/25-7/25	T/Th	5:55-6:25 pm	\$64	\$80	SS12537
7/30-8/22	T/Th	5:55-6:25 pm	\$57	\$71.25	SS12538
6/22-8/17	S	9-9:30 am	\$64	\$80	SS12541
6/22-8/17	S	9:35-10:05 am	\$64	\$80	SS12542
6/22-8/17	S	10:10-10:40 am	\$64	\$80	SS12543
6/22-8/17	S	10:45-11:15 am	\$64	\$80	SS12544
6/22-8/17	S	11:20-11:50 am	\$64	\$80	SS12545
6/23-8/18	Su	3:15-3:45 pm	\$64	\$80	SS12546

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	ID/AP	OD	Class#
<b>Pre-Competitive</b>					
6/24-7/3	M-Th	9:05-9:35 am	\$50	\$62.50	SS12600C
7/8-7/18	M-Th	9:05-9:35 am	\$57	\$71.25	SS12601C
7/22-8/1	M-Th	9:05-9:35 am	\$57	\$71.25	SS12602C
8/5-8/15	M-Th	9:05-9:35 am	\$57	\$71.25	SS12603C
8/19-8/22	M-Th	9:05-9:35 am	\$29	\$36.25	SS12604C
6/24-7/3	M-Th	10:30-11 am	\$50	\$62.50	SS12610C
7/8-7/18	M-Th	10:30-11 am	\$57	\$71.25	SS12611C
7/22-8/1	M-Th	10:30-11 am	\$57	\$71.25	SS12612C
8/5-8/15	M-Th	10:30-11 am	\$57	\$71.25	SS12613C
8/19-8/22	M-Th	10:30-11 am	\$29	\$36.25	SS12614C
6/24-7/24	M/W	7:05-7:35 pm	\$71	\$88.75	SS12627C
6/22-8/17	S	9-9:30 am	\$64	\$80	SS12641C
6/22-8/17	S	11:20-11:50 am	\$64	\$80	SS12645C
6/23-8/18	Su	4:25-4:55 pm	\$64	\$80	SS12648C

### Pre-Lifeguarding

7/29-8/21	M/W	7:05-7:35 pm	\$57	\$71.25	SS12628L
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## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
<b>Baby/Toddler &amp; Me</b>					
6/24-7/3	M-Th	9:40-10:10 am	\$39	\$48.75	SS14005
6/22-8/17	S	10:10-10:40 am	\$59	\$73.75	SS14043

### Teen/Adult Swimming Skills - Beginning

6/24-7/3	M-Th	9:05-9:35 am	\$50	\$62.50	SS15000
7/8-7/18	M-Th	9:05-9:35 am	\$57	\$71.25	SS15001
7/22-8/1	M-Th	9:05-9:35 am	\$57	\$71.25	SS15002
8/5-8/15	M-Th	9:05-9:35 am	\$57	\$71.25	SS15003
8/19-8/22	M-Th	9:05-9:35 am	\$29	\$36.25	SS15004
6/24-7/3	M/Th	11:05-11:35 am	\$50	\$62.50	SS15015
7/8-7/18	M-Th	11:05-11:35 am	\$57	\$71.25	SS15016
7/22-8/1	M-Th	11:05-11:35 am	\$57	\$71.25	SS15017
8/5-8/15	M-Th	11:05-11:35 am	\$57	\$71.25	SS15018
8/19-8/22	M-Th	11:05-11:35 am	\$29	\$36.25	SS15019
6/22-8/17	S	9:35-10:05 am	\$64	\$80	SS15042

### Teen/Adult Swimming Skills - Intermediate

6/24-7/24	M/W	6:30-7 pm	\$71	\$88.75	SS15025
7/29-8/21	M/W	6:30-7 pm	\$57	\$71.25	SS15026

### Women's Swim - Beginning

6/23-8/18	Su	5:30-6:15 pm	\$75	\$93.75	SS15049
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### Women's Swim - Intermediate

6/23-8/18	Su	5:30-6:15 pm	\$75	\$93.75	SS15050
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## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
<b>Diving</b>					
6/24-7/3	M-Th	11:05-11:35 am	\$39	\$48.75	SS13315
7/8-7/18	M-Th	11:05-11:35 am	\$45	\$56.25	SS13316
7/22-8/1	M-Th	11:05-11:35 am	\$45	\$56.25	SS13317
8/5-8/15	M-Th	11:05-11:35 am	\$45	\$56.25	SS13318
8/19-8/22	M-Th	11:05-11:35 am	\$22	\$27.50	SS13319

### Adaptive Aquatics

6/23-8/18	Su	3:15-3:45 pm	\$132.75	\$221.25	SS17046
6/23-8/18	Su	3:50-4:20 pm	\$132.75	\$221.25	SS17047
6/23-8/18	Su	4:25-4:55 pm	\$132.75	\$221.25	SS17048

### Private Lessons

6/24-7/3	M-Th	9:05-9:35 am	\$280	\$350	SS16000
6/28	F	9:05-9:35 am	\$40	\$50	SS16000F
7/8-7/18	M-Th	9:05-9:35 am	\$320	\$400	SS16001
7/12-7/19	F	9:05-9:35 am	\$80	\$100	SS16001F
7/22-8/1	M-Th	9:05-9:35 am	\$320	\$400	SS16002
7/26-8/2	F	9:05-9:35 am	\$80	\$100	SS16002F
8/5-8/15	M-Th	9:05-9:35 am	\$320	\$400	SS16003
8/9-8/16	F	9:05-9:35 am	\$80	\$100	SS16003F
8/19-8/22	M-Th	9:05-9:35 am	\$160	\$200	SS16004
8/23	F	9:05-9:35 am	\$40	\$50	SS16004F
6/24-7/3	M-Th	9:40-10:10 am	\$280	\$350	SS16005
6/28	F	9:40-10:10 am	\$40	\$50	SS16005F
7/8-7/18	M-Th	9:40-10:10 am	\$320	\$400	SS16006
7/12-7/19	F	9:40-10:10 am	\$80	\$100	SS16006F
7/22-8/1	M-Th	9:40-10:10 am	\$320	\$400	SS16007
7/26-8/2	F	9:40-10:10 am	\$80	\$100	SS16007F
8/5-8/15	M-Th	9:40-10:10 am	\$320	\$400	SS16008
8/9-8/16	F	9:40-10:10 am	\$80	\$100	SS16008F
8/19-8/22	M-Th	9:40-10:10 am	\$160	\$200	SS16009
8/23	F	9:40-10:10 am	\$40	\$50	SS16009F
6/24-7/3	M-Th	10:30-11 am	\$280	\$350	SS16010
6/28	F	10:30-11 am	\$40	\$50	SS16010F
7/8-7/18	M-Th	10:30-11 am	\$320	\$400	SS16011
7/12-7/19	F	10:30-11 am	\$80	\$100	SS16011F
7/22-8/1	M-Th	10:30-11 am	\$320	\$400	SS16012
7/26-8/2	F	10:30-11 am	\$80	\$100	SS16012F
8/5-8/15	M-Th	10:30-11 am	\$320	\$400	SS16013
8/9-8/16	F	10:30-11 am	\$80	\$100	SS16013F
8/19-8/22	M-Th	10:30-11 am	\$160	\$200	SS16014
8/23	F	10:30-11 am	\$40	\$50	SS16014F
6/24-7/3	M-Th	11:05-11:35 am	\$280	\$350	SS16015
6/28	F	11:05-11:35 am	\$40	\$50	SS16015F
7/8-7/18	M-Th	11:05-11:35 am	\$320	\$400	SS16016
7/12-7/19	F	11:05-11:35 am	\$80	\$100	SS16016F
7/22-8/1	M-Th	11:05-11:35 am	\$320	\$400	SS16017
7/26-8/2	F	11:05-11:35 am	\$80	\$100	SS16017F
8/5-8/15	M-Th	11:05-11:35 am	\$320	\$400	SS16018
8/9-8/16	F	11:05-11:35 am	\$80	\$100	SS16018F
8/19-8/22	M-Th	11:05-11:35 am	\$160	\$200	SS16019
8/23	F	11:05-11:35 am	\$40	\$50	SS16019F

## Training Programs

Date	Day	Time	ID/AP	OD	Class#
<b>Jr. Lifeguarding</b>					
6/25-7/23	T/Th	1-3 pm	\$197	\$246.25	SS15129

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