

# Tualatin Hills Aquatic Center



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

**HMT Recreation Complex**  
**15707 SW Walker Road**  
**Beaverton 97006**  
**503-629-6310**

TriMet Routes #59, #67

**Aquatic Facility Supervisor:** Diana Waterstreet

**Winter Term:** January 1 - April 2, 2017

**Spring Term:** April 3 - June 18, 2017

**Hours:**

Monday-Friday      5 am-9 pm  
Saturday/Sunday    Noon-6 pm

**Facility Closed:** 1/6-1/8, 1/14-1/16, 2/10-2/12, 2/23-2/26, 3/11, 3/18-3/19 (no deep end), 4/21-4/23, 5/5-5/7, 6/2-6/4

**Holiday Schedule:** 1/1, 4/16 (Noon-4:30 pm) and 2/20, 5/29 (5 am-1:30 pm)

**Tualatin Hills Aquatic Center features:**

- ADA Handicapped Lift
- Dive Platforms, Rope Swing
- Average Pool Temperature: 83-84°
- Jungle Joe Climbing Structure
- SUP (Stand-up Paddle Boards)



## Water Fitness Programs

See page 6 for pass information. For a complete description of THPRD water fitness programs, see page 17.

### Shallow Water

			(Fitness Scale)
Cardio Core	M-F	8:05-9 am	(2)
Cardio Core	M/W/F	12:15-1:15 pm	(2)
Hydro Power	M/W/F	7:45-8:45 pm	(3)

(High intensity shallow water fitness)



### Deep Water

Deep Water Warrior	M/W/F	9:15-10:15 am	(3)
--------------------	-------	---------------	-----

### Registration-only Fitness class:

## SUP Yoga

(Stand-up Paddleboard Yoga)



**Winter Term:**

1/10-2/9	T/Th	8:05-9 pm	\$79	\$98.75	AQ39000 (3)
2/14-3/23	T/Th	8:05-9 pm	\$86	\$107.50	AQ39001 (3)

**Spring term:**

4/4-5/4	T/Th	8:05-9 pm	\$79	\$98.75	AQ49000 (3)
5/9-6/8	T/Th	8:05-9 pm	\$79	\$98.75	AQ49001 (3)

## Winter/Spring 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.

Date	Day	Time	ID/AP	OD	Class#
<b>Winter Term:</b>					
1/10-3/23	T/Th	6:25-7:10 pm	\$91	\$113.75	AQ34200
1/10-3/23	T/Th	7:15-8 pm	\$91	\$113.75	AQ34201
1/10-3/23	T/Th	8:15-9 pm	\$91	\$113.75	AQ34202
<b>Spring Term:</b>					
4/4-6/8	T/Th	6:25-7:10 pm	\$86	\$107.50	AQ44200
4/4-6/8	T/Th	7:15-8 pm	\$86	\$107.50	AQ44201
4/4-6/8	T/Th	8:15-9 pm	\$86	\$107.50	AQ44202



THPRD Aquatics



**TUALATIN HILLS**  
PARK & RECREATION DISTRICT

# Tualatin Hills Aquatic Center 503-629-6310

## Winter/Spring Pool Schedule Jan. 1 - June 25, 2017

HMT Complex  
15707 SW Walker Road  
Beaverton

**Aquatic Facility Supervisor:**  
Diana Waterstreet  
**Average Pool Temperature:** 83-84°  
TriMet Bus Routes: #59, #67  
\*Deluxe pass required  
\*\*NAUI or PADI Cert. Required

^Deep lanes may not be available for lap swims  
+ Beginning 3/6 Long Course Laps 5-7 am  
Open swim M-F 3/27-3/31, 1:30-3 pm.  
**Facility Closed:** 1/6-1/8, 1/14-1/16, 2/10-2/12, 2/23-2/26, 3/11, 3/18-3/19 (no deep), 4/21-4/23, 5/5-5/7, 6/2-6/4  
**Holiday Schedule:** 1/1, 4/16 (Noon-4:30 pm; 2/20, 5/29 (5 am - 1:30 pm)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY	
5:00-7:00+ Adult Lap Swim THSC/Barracuda	5:00-7:00+ Adult Lap Swim THSC/Barracuda	5:00-7:00+ Adult Lap Swim THSC/Barracuda	5:00-7:00+ Adult Lap Swim THSC/Barracuda	5:00-7:00+ Adult Lap Swim THSC/Barracuda	6:00-Noon Club Rental		
7:00-2:00 All Age Lap^	7:00-2:00 All Age Lap^	7:00-2:00 All Age Lap^	7:00-2:00 All Age Lap^	7:00-2:00 All Age Lap^	<div style="border: 1px solid black; padding: 5px; text-align: center;"> <p>Children under 10 yrs of age must be visually supervised by a parent, guardian or caregiver at least 15 yrs of age.</p> <p>Children under 7 yrs of age must be accompanied in the water by a parent, guardian or caregiver at least 15 yrs of age.</p> </div>		
8:05-9:00 Cardio Core*/ Walk-a-Lap (2 Lns-shallow)	8:05-9:00 Cardio Core*/ Walk-a-Lap (2 Lns-shallow)	8:05-9:00 Cardio Core*/ Walk-a-Lap (2 Lns-shallow)	8:05-9:00 Cardio Core*/ Walk-a-Lap (2 Lns-shallow)	8:05-9:00 Cardio Core*/ Walk-a-Lap (2 Lns-shallow)			
9:00-11:00 Instruction		9:00-11:00 Instruction		9:00-11:00 Instruction			
9:15-10:15 Deep Water Warrior	9:00-11:00 Instruction	9:15-10:15 Deep Water Warrior	9:00-11:00 Instruction	9:15-10:15 Deep Water Warrior		11:00-1:15 Open Kayak/ Scuba**/SUP	
11:00-1:30 Walk-A-Lap	11:00-1:30 Walk-A-Lap	11:00-1:30 Walk-A-Lap	11:00-1:30 Walk-A-Lap	11:00-1:30 Walk-A-Lap			
11:30-2:00 All Age Lap (No deep lanes) Jog-A-Lap Barracudas	11:30-2:00 All Age Lap/ (No deep lanes) Jog-A-Lap Barracudas	11:30-2:00 All Age Lap/ (No deep lanes) Jog-A-Lap Barracudas	11:30-2:00 All Age Lap/ (No deep lanes) Jog-A-Lap Barracudas	11:30-2:00 All Age Lap/ (No deep lanes) Jog-A-Lap Barracudas		Noon-1:15 Instruction/ Lap Swim	Noon-1:15 Lap Swim
12:15-1:15 Cardio Core		12:15-1:15 Cardio Core		12:15-1:15 Cardio Core		1:30-4:30 Open Swim/ All Age Lap/ Rental	1:30-3:30 SUP Rental
2:00-9:00 Instruction	2:00-9:00 Instruction	2:00-9:00 Instruction	2:00-9:00 Instruction	2:00-9:00 Instruction			1:30-4:30 Open Swim/ All Age Lap
3:00-7:30 THSC/THDC THSSC	3:00-7:30 THSC/THDC THSSC	3:00-7:30 THSC/THDC THSSC	3:00-7:30 THSC/THDC THSSC	3:00-7:30 THSC/THDC THSSC			3:30-4:30 Instruction
5:15-6:20 Adult Lap Swim	5:15-6:15 Adult Lap Swim	5:15-6:20 Adult Lap Swim	5:15-6:15 Adult Lap Swim	5:30-6:20 Adult Lap Swim		Pool Rentals	Pool Rentals
5:15-7:30 Instruction	5:15-9:00 Instruction	5:15-7:30 Instruction	5:15-9:00 Instruction	5:15-7:30 Instruction			
7:30-10:00 THWPC	7:30-10:00 THWPC	7:30-10:00 THWPC	7:30-10:00 THWPC	7:30-9:00 THWPC			
7:35-9:00 Open Swim/ All Age Lap		7:35-9:00 Open Swim/ All Age Lap		7:35-9:00 Open Swim/ All Age Lap			
7:45-8:45 Hydro Power (shallow fitness)	8:05-9:00 SUP Yoga	7:45-8:45 Hydro Power (shallow fitness)	8:05-9:00 SUP Yoga	7:45-8:45 Hydro Power (shallow fitness)	<div style="background-color: #008000; color: white; padding: 10px; display: inline-block;"> <b>SUP</b> (Stand-up Paddleboard)         </div>		

Class availability subject to change. Fees vary due to number of classes in each session.

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 started 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#
Preschool Level 1					

Ages 3 yrs-kindergarten.

### Winter Term:

1/9-1/27	M/W/F	9:50-10:20 am	\$53	\$66.25	AQ31005
1/30-2/22	M/W/F	9:50-10:20 am	\$66	\$82.50	AQ31006
2/27-3/24	M/W/F	9:50-10:20 am	\$79	\$98.75	AQ31007
1/9-1/27	M/W/F	2:45-3:15 pm	\$53	\$66.25	AQ31017
1/30-2/22	M/W/F	2:45-3:15 pm	\$59	\$73.75	AQ31018
2/27-3/24	M/W/F	2:45-3:15 pm	\$79	\$98.75	AQ31019
1/9-1/27	M/W/F	3:30-4 pm	\$53	\$66.25	AQ31021
1/30-2/22	M/W/F	3:30-4 pm	\$59	\$73.75	AQ31022
2/27-3/24	M/W/F	3:30-4 pm	\$79	\$98.75	AQ31023
1/9-1/27	M/W/F	4:05-4:35 pm	\$53	\$66.25	AQ31025
1/30-2/22	M/W/F	4:05-4:35 pm	\$59	\$73.75	AQ31026
2/27-3/24	M/W/F	4:05-4:35 pm	\$79	\$98.75	AQ31027
1/9-1/27	M/W/F	4:40-5:10 pm	\$53	\$66.25	AQ31029
1/30-2/22	M/W/F	4:40-5:10 pm	\$59	\$73.75	AQ31030
2/27-3/24	M/W/F	4:40-5:10 pm	\$79	\$98.75	AQ31031
1/9-1/27	M/W/F	6:25-6:55 pm	\$53	\$66.25	AQ31041
1/30-2/22	M/W/F	6:25-6:55 pm	\$59	\$73.75	AQ31042
2/27-3/24	M/W/F	6:25-6:55 pm	\$79	\$98.75	AQ31043
1/9-1/27	M/W/F	7-7:30 pm	\$53	\$66.25	AQ31045
1/30-2/22	M/W/F	7-7:30 pm	\$59	\$73.75	AQ31046
2/27-3/24	M/W/F	7-7:30 pm	\$79	\$98.75	AQ31047
1/10-2/9	T/Th	9:15-9:45 am	\$66	\$82.50	AQ31050
2/14-3/23	T/Th	9:15-9:45 am	\$79	\$98.75	AQ31051
1/10-2/9	T/Th	9:50-10:20 am	\$66	\$82.50	AQ31053
2/14-3/23	T/Th	9:50-10:20 am	\$79	\$98.75	AQ31054
1/10-2/9	T/Th	2:45-3:15 pm	\$66	\$82.50	AQ31065
2/14-3/23	T/Th	2:45-3:15 pm	\$72	\$90	AQ31066
1/10-2/9	T/Th	3:30-4 pm	\$66	\$82.50	AQ31068
2/14-3/23	T/Th	3:30-4 pm	\$72	\$90	AQ31069
1/10-2/9	T/Th	4:05-4:35 pm	\$66	\$82.50	AQ31071
2/14-3/23	T/Th	4:05-4:35 pm	\$72	\$90	AQ31072
1/10-2/9	T/Th	4:40-5:10 pm	\$66	\$82.50	AQ31074
2/14-3/23	T/Th	4:40-5:10 pm	\$72	\$90	AQ31075
1/10-2/9	T/Th	6:25-6:55 pm	\$66	\$82.50	AQ31086
2/14-3/23	T/Th	6:25-6:55 pm	\$72	\$90	AQ31087
1/10-2/9	T/Th	7-7:30 pm	\$66	\$82.50	AQ31089
2/14-3/23	T/Th	7-7:30 pm	\$72	\$90	AQ31090
1/10-2/9	T/Th	7:35-8:05 pm	\$66	\$82.50	AQ31092
2/14-3/23	T/Th	7:35-8:05 pm	\$72	\$90	AQ31093

### Spring Term:

4/3-4/21	M/W/F	9:50-10:20 am	\$59	\$73.75	AQ41005
4/24-5/12	M/W/F	9:50-10:20 am	\$59	\$73.75	AQ41006

## Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool Level 1 (continued)					
5/15-6/9	M/W/F	9:50-10:20 am	\$72	\$90	AQ41007
4/3-4/19	M/W/F	2:45-3:15 pm	\$53	\$66.25	AQ41017
4/24-5/12	M/W/F	2:45-3:15 pm	\$53	\$66.25	AQ41018
5/15-6/9	M/W/F	2:45-3:15 pm	\$66	\$82.50	AQ41019
4/3-4/19	M/W/F	3:30-4 pm	\$53	\$66.25	AQ41021
4/24-5/12	M/W/F	3:30-4 pm	\$53	\$66.25	AQ41022
5/15-6/9	M/W/F	3:30-4 pm	\$66	\$82.50	AQ41023
4/3-4/19	M/W/F	4:05-4:35 pm	\$53	\$66.25	AQ41025
4/24-5/12	M/W/F	4:05-4:35 pm	\$53	\$66.25	AQ41026
5/15-6/9	M/W/F	4:05-4:35 pm	\$66	\$82.50	AQ41027
4/3-4/19	M/W/F	4:40-5:10 pm	\$53	\$66.25	AQ41029
4/24-5/12	M/W/F	4:40-5:10 pm	\$53	\$66.25	AQ41030
5/15-6/9	M/W/F	4:40-5:10 pm	\$66	\$82.50	AQ41031
4/3-4/19	M/W/F	6:25-6:55 pm	\$53	\$66.25	AQ41041
4/24-5/12	M/W/F	6:25-6:55 pm	\$53	\$66.25	AQ41042
5/15-6/9	M/W/F	6:25-6:55 pm	\$66	\$82.50	AQ41043
4/3-4/19	M/W/F	7-7:30 pm	\$53	\$66.25	AQ41045
4/24-5/12	M/W/F	7-7:30 pm	\$53	\$66.25	AQ41046
5/15-6/9	M/W/F	7-7:30 pm	\$66	\$82.50	AQ41047
4/4-5/4	T/Th	9:15-9:45 am	\$66	\$82.50	AQ41050
5/9-6/8	T/Th	9:15-9:45 am	\$66	\$82.50	AQ41051
4/4-5/4	T/Th	9:50-10:20 am	\$66	\$82.50	AQ41053
5/9-6/8	T/Th	9:50-10:20 am	\$66	\$82.50	AQ41054
4/4-5/4	T/Th	2:45-3:15 pm	\$66	\$82.50	AQ41065
5/9-6/8	T/Th	2:45-3:15 pm	\$66	\$82.50	AQ41066
4/4-5/4	T/Th	3:30-4 pm	\$66	\$82.50	AQ41068
5/9-6/8	T/Th	3:30-4 pm	\$66	\$82.50	AQ41069
4/4-5/4	T/Th	4:05-4:35 pm	\$66	\$82.50	AQ41071
5/9-6/8	T/Th	4:05-4:35 pm	\$66	\$82.50	AQ41072
4/4-5/4	T/Th	4:40-5:10 pm	\$66	\$82.50	AQ41074
5/9-6/8	T/Th	4:40-5:10 pm	\$66	\$82.50	AQ41075
4/4-5/4	T/Th	6:25-6:55 pm	\$66	\$82.50	AQ41086
5/9-6/8	T/Th	6:25-6:55 pm	\$66	\$82.50	AQ41087
4/4-5/4	T/Th	7-7:30 pm	\$66	\$82.50	AQ41089
5/9-6/8	T/Th	7-7:30 pm	\$66	\$82.50	AQ41090
4/4-5/4	T/Th	7:35-8:05 pm	\$66	\$82.50	AQ41092
5/9-6/8	T/Th	7:35-8:05 pm	\$66	\$82.50	AQ41093



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#
Preschool Level 2					

Must have passed Level 1 skills. Ages 3 yrs-kindergarten.

### Winter Term:

1/9-1/27	M/W/F	2:45-3:15 pm	\$53	\$66.25	AQ31117
1/30-2/22	M/W/F	2:45-3:15 pm	\$59	\$73.75	AQ31118
2/27-3/24	M/W/F	2:45-3:15 pm	\$79	\$98.75	AQ31119
1/9-1/27	M/W/F	4:05-4:35 pm	\$53	\$66.25	AQ31125
1/30-2/22	M/W/F	4:05-4:35 pm	\$59	\$73.75	AQ31126
2/27-3/24	M/W/F	4:05-4:35 pm	\$79	\$98.75	AQ31127
1/9-1/27	M/W/F	4:40-5:10 pm	\$53	\$66.25	AQ31129
1/30-2/22	M/W/F	4:40-5:10 pm	\$59	\$73.75	AQ31130
2/27-3/24	M/W/F	4:40-5:10 pm	\$79	\$98.75	AQ31131
1/9-1/27	M/W/F	7-7:30 pm	\$53	\$66.25	AQ31145
1/30-2/22	M/W/F	7-7:30 pm	\$59	\$73.75	AQ31146
2/27-3/24	M/W/F	7-7:30 pm	\$79	\$98.75	AQ31147
1/10-2/9	T/Th	10:25-10:55 am	\$66	\$82.50	AQ31156
2/14-3/23	T/Th	10:25-10:55 am	\$79	\$98.75	AQ31157
1/10-2/9	T/Th	4:05-4:35 pm	\$66	\$82.50	AQ31171
2/14-3/23	T/Th	4:05-4:35 pm	\$72	\$90	AQ31172
1/10-2/9	T/Th	4:40-5:10 pm	\$66	\$82.50	AQ31174
2/14-3/23	T/Th	4:40-5:10 pm	\$72	\$90	AQ31175
1/10-2/9	T/Th	6:25-6:55 pm	\$66	\$82.50	AQ31186
2/14-3/23	T/Th	6:25-6:55 pm	\$72	\$90	AQ31187
1/10-2/9	T/Th	7:35-8:05 pm	\$66	\$82.50	AQ31192
2/14-3/23	T/Th	7:35-8:05 pm	\$72	\$90	AQ31193

### Spring Term:

4/3-4/19	M/W/F	2:45-3:15 pm	\$53	\$66.25	AQ41117
4/24-5/12	M/W/F	2:45-3:15 pm	\$53	\$66.25	AQ41118
5/15-6/9	M/W/F	2:45-3:15 pm	\$66	\$82.50	AQ41119
4/3-4/19	M/W/F	4:05-4:35 pm	\$53	\$66.25	AQ41125
4/24-5/12	M/W/F	4:05-4:35 pm	\$53	\$66.25	AQ41126
5/15-6/9	M/W/F	4:05-4:35 pm	\$66	\$82.50	AQ41127
4/3-4/19	M/W/F	4:40-5:10 pm	\$53	\$66.25	AQ41129
4/24-5/12	M/W/F	4:40-5:10 pm	\$53	\$66.25	AQ41130
5/15-6/9	M/W/F	4:40-5:10 pm	\$66	\$82.50	AQ41131
4/3-4/19	M/W/F	7-7:30 pm	\$53	\$66.25	AQ41145
4/24-5/12	M/W/F	7-7:30 pm	\$53	\$66.25	AQ41146
5/15-6/9	M/W/F	7-7:30 pm	\$66	\$82.50	AQ41147
4/4-5/4	T/Th	10:25-10:55 am	\$66	\$82.50	AQ41156
5/9-6/8	T/Th	10:25-10:55 am	\$66	\$82.50	AQ41157
4/4-5/4	T/Th	4:05-4:35 pm	\$66	\$82.50	AQ41171
5/9-6/8	T/Th	4:05-4:35 pm	\$66	\$82.50	AQ41172
4/4-5/4	T/Th	4:40-5:10 pm	\$66	\$82.50	AQ41174
5/9-6/8	T/Th	4:40-5:10 pm	\$66	\$82.50	AQ41175
4/4-5/4	T/Th	6:25-6:55 pm	\$66	\$82.50	AQ41186
5/9-6/8	T/Th	6:25-6:55 pm	\$66	\$82.50	AQ41187
4/4-5/4	T/Th	7:35-8:05 pm	\$66	\$82.50	AQ41192
5/9-6/8	T/Th	7:35-8:05 pm	\$66	\$82.50	AQ41193

## Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
School Age Levels 1 & 2					

Must have started 1st grade. Ages 6-12 yrs.

### Winter Term:

1/9-1/27	M/W/F	3:30-4 pm	\$53	\$66.25	AQ32021
1/30-2/22	M/W/F	3:30-4 pm	\$59	\$73.75	AQ32022
2/27-3/24	M/W/F	3:30-4 pm	\$79	\$98.75	AQ32023
1/9-1/27	M/W/F	4:40-5:10 pm	\$53	\$66.25	AQ32029
1/30-2/22	M/W/F	4:40-5:10 pm	\$59	\$73.75	AQ32030
2/27-3/24	M/W/F	4:40-5:10 pm	\$79	\$98.75	AQ32031
1/9-1/27	M/W/F	6:25-6:55 pm	\$53	\$66.25	AQ32041
1/30-2/22	M/W/F	6:25-6:55 pm	\$59	\$73.75	AQ32042
2/27-3/24	M/W/F	6:25-6:55 pm	\$79	\$98.75	AQ32043
1/9-1/27	M/W/F	7-7:30 pm	\$53	\$66.25	AQ32045
1/30-2/22	M/W/F	7-7:30 pm	\$59	\$73.75	AQ32046
2/27-3/24	M/W/F	7-7:30 pm	\$79	\$98.75	AQ32047
1/10-2/9	T/Th	3:30-4 pm	\$66	\$82.50	AQ32068
2/14-3/23	T/Th	3:30-4 pm	\$72	\$90	AQ32069
1/10-2/9	T/Th	4:05-4:35 pm	\$66	\$82.50	AQ32071
2/14-3/23	T/Th	4:05-4:35 pm	\$72	\$90	AQ32072
1/10-2/9	T/Th	6:25-6:55 pm	\$66	\$82.50	AQ32086
2/14-3/23	T/Th	6:25-6:55 pm	\$72	\$90	AQ32087
1/10-2/9	T/Th	7-7:30 pm	\$66	\$82.50	AQ32089
2/14-3/23	T/Th	7-7:30 pm	\$72	\$90	AQ32090

### Spring Term:

4/3-4/19	M/W/F	3:30-4 pm	\$53	\$66.25	AQ42021
4/24-5/12	M/W/F	3:30-4 pm	\$53	\$66.25	AQ42022
5/15-6/9	M/W/F	3:30-4 pm	\$66	\$82.50	AQ42023
4/3-4/19	M/W/F	4:40-5:10 pm	\$53	\$66.25	AQ42029
4/24-5/12	M/W/F	4:40-5:10 pm	\$53	\$66.25	AQ42030
5/15-6/9	M/W/F	4:40-5:10 pm	\$66	\$82.50	AQ42031
4/3-4/19	M/W/F	6:25-6:55 pm	\$53	\$66.25	AQ42041
4/24-5/12	M/W/F	6:25-6:55 pm	\$53	\$66.25	AQ42042
5/15-6/9	M/W/F	6:25-6:55 pm	\$66	\$82.50	AQ42043
4/3-4/19	M/W/F	7-7:30 pm	\$53	\$66.25	AQ42045
4/24-5/12	M/W/F	7-7:30 pm	\$53	\$66.25	AQ42046
5/15-6/9	M/W/F	7-7:30 pm	\$66	\$82.50	AQ42047
4/4-5/4	T/Th	3:30-4 pm	\$66	\$82.50	AQ42068
5/9-6/8	T/Th	3:30-4 pm	\$66	\$82.50	AQ42069
4/4-5/4	T/Th	4:05-4:35 pm	\$66	\$82.50	AQ42071
5/9-6/8	T/Th	4:05-4:35 pm	\$66	\$82.50	AQ42072
4/4-5/4	T/Th	6:25-6:55 pm	\$66	\$82.50	AQ42086
5/9-6/8	T/Th	6:25-6:55 pm	\$66	\$82.50	AQ42087
4/4-5/4	T/Th	7-7:30 pm	\$66	\$82.50	AQ42089
5/9-6/8	T/Th	7-7:30 pm	\$66	\$82.50	AQ42090

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 Level 3					

Must have passed Level 2 skills. Ages 3-12 yrs.

### Winter Term:

1/9-1/27	M/W/F	3:30-4 pm	\$53	\$66.25	AQ32221
1/30-2/22	M/W/F	3:30-4 pm	\$59	\$73.75	AQ32222
2/27-3/24	M/W/F	3:30-4 pm	\$79	\$98.75	AQ32223
1/9-1/27	M/W/F	4:05-4:35 pm	\$53	\$66.25	AQ32225
1/30-2/22	M/W/F	4:05-4:35 pm	\$59	\$73.75	AQ32226
2/27-3/24	M/W/F	4:05-4:35 pm	\$79	\$98.75	AQ32227
1/9-1/27	M/W/F	6:25-6:55 pm	\$53	\$66.25	AQ32241
1/30-2/22	M/W/F	6:25-6:55 pm	\$59	\$73.75	AQ32242
2/27-3/24	M/W/F	6:25-6:55 pm	\$79	\$98.75	AQ32243
1/9-1/27	M/W/F	7-7:30 pm	\$53	\$66.25	AQ32245
1/30-2/22	M/W/F	7-7:30 pm	\$59	\$73.75	AQ32246
2/27-3/24	M/W/F	7-7:30 pm	\$79	\$98.75	AQ32247
1/10-2/9	T/Th	4:40-5:10 pm	\$66	\$82.50	AQ32274
2/14-3/23	T/Th	4:40-5:10 pm	\$72	\$90	AQ32275
1/10-2/9	T/Th	6:25-6:55 pm	\$66	\$82.50	AQ32286
2/14-3/23	T/Th	6:25-6:55 pm	\$72	\$90	AQ32287
1/10-2/9	T/Th	7-7:30 pm	\$66	\$82.50	AQ32289
2/14-3/23	T/Th	7-7:30 pm	\$72	\$90	AQ32290
1/10-2/9	T/Th	7:35-8:05 pm	\$66	\$82.50	AQ32292
2/14-3/23	T/Th	7:35-8:05 pm	\$72	\$90	AQ32293

### Spring Term:

4/3-4/19	M/W/F	3:30-4 pm	\$53	\$66.25	AQ42221
4/24-5/12	M/W/F	3:30-4 pm	\$53	\$66.25	AQ42222
5/15-6/9	M/W/F	3:30-4 pm	\$66	\$82.50	AQ42223
4/3-4/19	M/W/F	4:05-4:35 pm	\$53	\$66.25	AQ42225
4/24-5/12	M/W/F	4:05-4:35 pm	\$53	\$66.25	AQ42226
5/15-6/9	M/W/F	4:05-4:35 pm	\$66	\$82.50	AQ42227
4/3-4/19	M/W/F	6:25-6:55 pm	\$53	\$66.25	AQ42241
4/24-5/12	M/W/F	6:25-6:55 pm	\$53	\$66.25	AQ42242
5/15-6/9	M/W/F	6:25-6:55 pm	\$66	\$82.50	AQ42243
4/3-4/21	M/W/F	7-7:30 pm	\$59	\$73.75	AQ42245
4/24-5/12	M/W/F	7-7:30 pm	\$53	\$66.25	AQ42246
5/15-6/9	M/W/F	7-7:30 pm	\$66	\$82.50	AQ42247
4/4-5/4	T/Th	4:40-5:10 pm	\$66	\$82.50	AQ42274
5/9-6/8	T/Th	4:40-5:10 pm	\$66	\$82.50	AQ42275
4/4-5/4	T/Th	6:25-6:55 pm	\$66	\$82.50	AQ42286
5/9-6/8	T/Th	6:25-6:55 pm	\$66	\$82.50	AQ42287
4/4-5/4	T/Th	7-7:30 pm	\$66	\$82.50	AQ42289
5/9-6/8	T/Th	7-7:30 pm	\$66	\$82.50	AQ42290
4/4-5/4	T/Th	7:35-8:05 pm	\$66	\$82.50	AQ42292
5/9-6/8	T/Th	7:35-8:05 pm	\$66	\$82.50	AQ42293

## Intermediate Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool/School Age Level 4					

Must have passed Level 3 skills. Ages 3-12 yrs.

### Winter Term:

1/9-1/27	M/W/F	3:30-4 pm	\$53	\$66.25	AQ33021
1/30-2/22	M/W/F	3:30-4 pm	\$59	\$73.75	AQ33022
2/27-3/24	M/W/F	3:30-4 pm	\$79	\$98.75	AQ33023
1/9-1/27	M/W/F	4:05-4:35 pm	\$53	\$66.25	AQ33025
1/30-2/22	M/W/F	4:05-4:35 pm	\$59	\$73.75	AQ33026
2/27-3/24	M/W/F	4:05-4:35 pm	\$79	\$98.75	AQ33027
1/9-1/27	M/W/F	5:15-5:45 pm	\$53	\$66.25	AQ33033
1/30-2/22	M/W/F	5:15-5:45 pm	\$59	\$73.75	AQ33034
2/27-3/24	M/W/F	5:15-5:45 pm	\$79	\$98.75	AQ33035
1/9-1/27	M/W/F	6:25-6:55 pm	\$53	\$66.25	AQ33041
1/30-2/22	M/W/F	6:25-6:55 pm	\$59	\$73.75	AQ33042
2/27-3/24	M/W/F	6:25-6:55 pm	\$79	\$98.75	AQ33043
1/10-2/9	T/Th	4:40-5:10 pm	\$66	\$82.50	AQ33074
2/14-3/23	T/Th	4:40-5:10 pm	\$72	\$90	AQ33075
1/10-2/9	T/Th	5:50-6:20 pm	\$66	\$82.50	AQ33080
2/14-3/23	T/Th	5:50-6:20 pm	\$72	\$90	AQ33081
1/10-2/9	T/Th	7-7:30 pm	\$66	\$82.50	AQ33089
2/14-3/23	T/Th	7-7:30 pm	\$72	\$90	AQ33090
1/10-2/9	T/Th	7:35-8:05 pm	\$66	\$82.50	AQ33092
2/14-3/23	T/Th	7:35-8:05 pm	\$72	\$90	AQ33093

### Spring Term:

4/3-4/19	M/W/F	3:30-4 pm	\$53	\$66.25	AQ43021
4/24-5/12	M/W/F	3:30-4 pm	\$53	\$66.25	AQ43022
5/15-6/9	M/W/F	3:30-4 pm	\$66	\$82.50	AQ43023
4/3-4/19	M/W/F	4:05-4:35 pm	\$53	\$66.25	AQ43025
4/24-5/12	M/W/F	4:05-4:35 pm	\$53	\$66.25	AQ43026
5/15-6/9	M/W/F	4:05-4:35 pm	\$66	\$82.50	AQ43027
4/3-4/19	M/W/F	5:15-5:45 pm	\$53	\$66.25	AQ43033
4/24-5/12	M/W/F	5:15-5:45 pm	\$53	\$66.25	AQ43034
5/15-6/9	M/W/F	5:15-5:45 pm	\$66	\$82.50	AQ43035
4/3-4/19	M/W/F	6:25-6:55 pm	\$53	\$66.25	AQ43041
4/24-5/12	M/W/F	6:25-6:55 pm	\$53	\$66.25	AQ43042
5/15-6/9	M/W/F	6:25-6:55 pm	\$66	\$82.50	AQ43043
4/4-5/4	T/Th	4:40-5:10 pm	\$66	\$82.50	AQ43074
5/9-6/8	T/Th	4:40-5:10 pm	\$66	\$82.50	AQ43075
4/4-5/4	T/Th	5:50-6:20 pm	\$66	\$82.50	AQ43080
5/9-6/8	T/Th	5:50-6:20 pm	\$66	\$82.50	AQ43081
4/4-5/4	T/Th	7-7:30 pm	\$66	\$82.50	AQ43089
5/9-6/8	T/Th	7-7:30 pm	\$66	\$82.50	AQ43090
4/4-5/4	T/Th	7:35-8:05 pm	\$66	\$82.50	AQ43092
5/9-6/8	T/Th	7:35-8:05 pm	\$66	\$82.50	AQ43093

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>					

Must have passed Level 3 skills. Ages 3-12 yrs.

### Winter Term:

1/10-2/9	T/Th	3:30-4 pm	\$66	\$82.50	AQ33068
2/14-3/23	T/Th	3:30-4 pm	\$72	\$90	AQ33069

### Spring Term:

4/4-5/4	T/Th	3:30-4 pm	\$66	\$82.50	AQ43068
5/9-6/8	T/Th	3:30-4 pm	\$66	\$82.50	AQ43069

## Preschool/School Age Level 5

Must have passed Level 4 skills. Ages 3-12 yrs.

### Winter Term:

1/9-1/27	M/W/F	4:40-5:10 pm	\$53	\$66.25	AQ33129
1/30-2/22	M/W/F	4:40-5:10 pm	\$59	\$73.75	AQ33130
2/27-3/24	M/W/F	4:40-5:10 pm	\$79	\$98.75	AQ33131
1/9-1/27	M/W/F	5:50-6:20 pm	\$53	\$66.25	AQ33136
1/30-2/22	M/W/F	5:50-6:20 pm	\$59	\$73.75	AQ33137
2/27-3/24	M/W/F	5:50-6:20 pm	\$79	\$98.75	AQ33138
1/10-2/9	T/Th	4:05-4:35 pm	\$66	\$82.50	AQ33171
2/14-3/23	TTh	4:05-4:35 pm	\$72	\$90	AQ33172
1/10-2/9	T/Th	5:15-5:45 pm	\$66	\$82.50	AQ33177
2/14-3/23	T/Th	5:15-5:45 pm	\$72	\$90	AQ33178

### Spring Term:

4/3-4/19	M/W/F	4:40-5:10 pm	\$53	\$66.25	AQ43129
4/24-5/12	M/W/F	4:40-5:10 pm	\$53	\$66.25	AQ43130
5/15-6/9	M/W/F	4:40-5:10 pm	\$66	\$82.50	AQ43131
4/3-4/19	M/W/F	5:50-6:20 pm	\$53	\$66.25	AQ43136
4/24-5/12	M/W/F	5:50-6:20 pm	\$53	\$66.25	AQ43137
5/15-6/9	M/W/F	5:50-6:20 pm	\$66	\$82.50	AQ43138
4/4-5/4	T/Th	4:05-4:35 pm	\$66	\$82.50	AQ43068
5/9-6/8	T/Th	4:05-4:35 pm	\$66	\$82.50	AQ43069
4/4-5/4	T/Th	5:15-5:45 pm	\$66	\$82.50	AQ43177
5/9-6/8	T/Th	5:15-5:45 pm	\$66	\$82.50	AQ43178

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
<b>Baby/Toddler &amp; Me</b>					

Ages 6 mos-2 yrs. Swim diapers required. One parent/guardian per child required. Sunday classes are not in succession, please check the dates.

### Winter Term:

1/22-3/19	Su	3:30-4 pm	\$33	\$41.25	AQ34005
1/10-2/9	T/Th	9:50-10:20 am	\$48	\$60	AQ34053
2/14-3/23	T/Th	9:50-10:20 am	\$57	\$71.25	AQ34054

### Spring Term:

4/9-5/21	Su	3:30-4 pm	\$19	\$23.75	AQ44005
4/4-5/4	T/Th	9:50-10:20 am	\$48	\$60	AQ44053
5/9-6/8	T/Th	9:50-10:20 am	\$48	\$60	AQ44054

## Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
<b>You &amp; Your Preschooler</b>					

Ages 3-6 yrs, must be toilet trained. Be part of the teaching experience!

Level 1: Develops water adjustment, floating, gliding and kicking. **Parent participation required.** (Classes not in succession).

### Winter Term:

1/22-3/19	Su	4-4:30 pm	\$46	\$57.50	AQ34103
-----------	----	-----------	------	---------	---------

### Spring Term:

4/9-5/21	Su	4-4:30 pm	\$26	\$32.50	AQ44103
----------	----	-----------	------	---------	---------

## Teen/Adult Swimming Skills - Beginning Levels 1-3

Ages 13+ yrs. Appropriate for teens/adults that cannot swim 25 yards.

### Winter Term:

1/9-1/27	M/W/F	9:15-9:45 am	\$53	\$66.25	AQ34300
1/30-2/22	M/W/F	9:15-9:45 am	\$66	\$82.50	AQ34301
2/27-3/24	M/W/F	9:15-9:45 am	\$79	\$98.75	AQ34302
1/9-1/27	M/W/F	10:25-10:55 am	\$53	\$66.25	AQ34309
1/30-2/22	M/W/F	10:25-10:55 am	\$66	\$82.50	AQ34310
2/27-3/24	M/W/F	10:25-10:55 am	\$79	\$98.75	AQ34311
1/10-2/9	T/Th	9:15-9:45 am	\$66	\$82.50	AQ34350
2/14-3/23	T/Th	9:15-9:45 am	\$79	\$98.75	AQ34351
1/10-2/9	T/Th	10:25-10:55 am	\$66	\$82.50	AQ34356
2/14-3/23	T/Th	10:25-10:55 am	\$79	\$98.75	AQ34357
1/10-2/9	T/Th	8:20-8:50 pm	\$66	\$82.50	AQ34395
2/14-3/23	T/Th	8:20-8:50 pm	\$79	\$98.75	AQ34396
1/10-2/9	T/Th	8:55-9:25 pm	\$66	\$82.50	AQ34397
2/14-3/23	T/Th	8:55-9:25 pm	\$79	\$98.75	AQ34398

### Spring Term:

4/3-4/21	M/W/F	9:15-9:45 am	\$59	\$73.75	AQ44300
4/24-5/12	M/W/F	9:15-9:45 am	\$59	\$73.75	AQ44301
5/15-6/9	M/W/F	9:15-9:45 am	\$72	\$90	AQ44302
4/3-4/21	M/W/F	10:25-10:55 am	\$59	\$73.75	AQ44309
4/24-5/12	M/W/F	10:25-10:55 am	\$59	\$73.75	AQ44310
5/15-6/9	M/W/F	10:25-10:55 am	\$72	\$90	AQ44311
4/4-5/4	T/Th	9:15-9:45 am	\$66	\$82.50	AQ44350
5/9-6/8	T/Th	9:15-9:45 am	\$66	\$82.50	AQ44351
4/4-5/4	T/Th	10:25-10:55 am	\$66	\$82.50	AQ44352
5/9-6/8	T/Th	10:25-10:55 am	\$66	\$82.50	AQ44353
4/4-5/4	T/Th	8:20-8:50 pm	\$66	\$82.50	AQ44395
5/9-6/8	T/Th	8:20-8:50 pm	\$66	\$82.50	AQ44396
4/4-5/4	T/Th	8:55-9:25 pm	\$66	\$82.50	AQ44397
5/9-6/8	T/Th	8:55-9:25 pm	\$79	\$98.75	AQ44398

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>Private Lessons</b>					

One instructor/1 student. Can be upgraded to semi-private.

### Winter Term:

1/21-3/18	S	Noon-12:30 pm	\$159	\$198.75	AQ35581
1/21-3/18	S	12:30-1 pm	\$159	\$198.75	AQ35582
1/21-3/18	S	1-1:30 pm	\$159	\$198.75	AQ35583
1/22-3/19	Su	Noon-12:30 pm	\$185	\$231.25	AQ35584
1/22-3/19	Su	12:30-1 pm	\$185	\$231.25	AQ35585
1/22-3/19	Su	1-1:30 pm	\$185	\$231.25	AQ35586

### Spring Term:

4/8-6/3	S	Noon-12:30 pm	\$132	\$165	AQ45581
4/8-6/3	S	12:30-1 pm	\$132	\$165	AQ45582
4/8-6/3	S	1-1:30 pm	\$132	\$165	AQ45583
4/9-5/21	Su	Noon-12:30 pm	\$106	\$132.50	AQ45584
4/9-5/21	Su	12:30-1 pm	\$106	\$132.50	AQ45585
4/9-5/21	Su	1-1:30 pm	\$106	\$132.50	AQ45586



**new**

## Adventure Recreation

### Introduction to SUP (Stand-up Paddleboarding)

1/21 & 1/28, 2/4	S	Noon-1:30 pm	\$52	\$65	AQ39100
2/18, 3/4, 3/18	S	Noon-1:30 pm	\$52	\$65	AQ39101
5/13, 5/20, 6/10	S	Noon-1:30 pm	\$52	\$65	AQ49102

### Excursion to Hagg Lake

Introduction to SUP required (above). Snack included.					
6/17	S	10 am-2 pm	\$47	\$58.75	AQ49103

## Training Programs

Date	Day	Time	ID/AP	OD	Class#
<b>Junior Lifeguard</b>					

Ages 12-15 yrs. Participants will receive comprehensive training in the knowledge and skills necessary to prepare for the lifeguard training program. Training in teaching beginning swimming skills will also be covered. Volunteer opportunities at THPRD pools are available to those who successfully complete the course. Must be able to swim 300 yards, tread water for two minutes and demonstrate the following strokes: crawl, elementary, breast and butterfly.

2/27-3/24	MWF	7:30-9 pm	\$130	\$162.50	AQ37000
3/27-31	M-F	3-6 pm	\$130	\$162.50	AQ37001

### Lifeguard Training

Ages 15 and up. This Red Cross course focuses on the job of a lifeguard in a swimming pool environment. Certification includes first aid and CPR for the professional rescuer.

A \$35 registration fee need to be paid to the American Red Cross prior to the first class. Swim test is required, and will be scheduled before start of class.

2/3-4 & 2/17-18	S/Su	10:30 am-7 pm	\$192	\$240	AQ38000
3/27-31	M-F	9 am-3:30 pm	\$192	\$240	AQ38001
5/13-14 & 5/20-21	S/Su	10:30 am-7 pm	\$192	\$240	AQ38002

### Lifeguard Instructor

Ages 17 and up. The objective of this course is to train instructor candidates to teach Lifeguard Training (including First Aid), CPR for the Professional Rescuer.

3/27-31	M-F	10-2:30 pm	\$190	\$237.50	AQ38003
---------	-----	------------	-------	----------	---------

### SUP Yoga

Discover the power of yoga on the water! This class is designed for yoga practitioners of all levels and styles who would like to experience a dynamic, joyful, and safe yoga practice on the water. Work your core, and total body strength and balance. Class will be led by a certified instructor on the water and in an indoor climate controlled setting. Fitness level (3)

#### Introduction to Stand-up Paddle Boarding

This is an intro to SUP. We will teach basic gear knowledge, skills and etiquette to get you up and paddling safely. Size gear properly, learn paddle placement, proper launching and landing, basic stroke technique, turns, stops and what environmental factors to be aware of before you go on the water. Spring and summer sessions have excursions available to sign up for.

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