

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

Winter Term: Jan. 1-Mar. 31, 2019

Spring Term: Apr. 1-June 16, 2019

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: 1/1, 1/21, 2/18, 4/21, 5/27

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) (Fitness Scale)

Shallow Water

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

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. A basic understanding of breast stroke is encouraged.

Date	Day	Time	ID/AP	OD	Class#
Winter Term:					
1/7-3/20	M/W	4:30-5:25 pm	\$186	\$232.50	SS33415
1/8-3/21	T/Th	7:35-8:30 pm	\$202	\$252.50	SS33441
Spring Term:					
4/1-6/5	M/W	4:30-5:25 pm	\$178	\$222.50	SS43418
4/2-6/6	T/Th	7:30-8:25 pm	\$186	\$232.50	SS43458

Sunset Wellness

Senior Swim at Sunset Swim Center

Monday/Wednesday/Friday, 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 9:30-10:30 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

The Aquatics Passport is Back!

For all of May attend an open swim at any of our six THPRD pools to earn prizes. Visit all six and you could earn a free swim lesson session. Register for your passport before Friday, April 19 to receive early access. **Registration code: PASSPORT.**

For more information visit www.thprd.org.

Winter/Spring Term:
Jan. 1-June 16, 2019

13707 NW Science Park Drive, Portland
Aquatic Facility Supervisor: Lori Leach
Average Pool Temperature: 85°
TriMet Bus #62, #48
*1 lap lane available ** 4 Lanes Available

Closed: 1/1, 1/21, 2/18, 4/21, 5/27
Office Hours: Mon-Thurs: 8 am-8 pm,
Fri: 8 am-5:30 pm, Sat: 8:30 am-2:30 pm,
Sun: Noon-4 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7:00-8:00 All Age Lap/ Aqua jog	7:00-8:00 All Age Lap/ Aqua jog	7:00-8:00 All Age Lap/ Aqua jog	7:00-8:00 All Age Lap/ Aqua jog	7:00-8:00 All Age Lap/ Aqua jog		Aqua lift available for pool entry
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	8:00-9:00 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	10:15-11:30* Open Swim/ Lap Swim (No diving board)	10:15-11:30* Senior Swim (55 & Better)	10:15-11:30* Open Swim/ Lap Swim (No diving board)	10:15-11:30* Senior Swim (55 & Better)		
11:30-1:00 All Age Lap Swim	11:30-1:00 All Age Lap Swim	11:30-1:00 All Age Lap Swim	11:30-1:00 All Age Lap Swim	11:30-1:00 All Age Lap Swim	Noon-1:00 All Age Lap Swim	11:30-1:00 All Age Lap Swim
	Noon-1:00 Aqua Dance Party		Noon-1:00 Aqua Dance Party			
1:00-2:30 Open Swim/ Adult Lap Lane/ Instruction	1:00-2:30 Open Swim/ Adult Lap Lane/ Instruction	1:00-2:30 Open Swim/ Adult Lap Lane/ Instruction	1:00-2:30 Open Swim/ Adult Lap Lane/ Instruction	1:00-2:30 Open Swim/ Adult Lap Lane/ Instruction	1:00-2:30 Open Swim/ Lap Lane Avail. as space allows	1:00-2:30 Open Swim/ Adult Lap Lane
2:30-6:05 High School Use (1/8-2/12) Instruction & Splash Swim Team (2/26-6/4)	2:30-6:05 High School Use (1/3-2/13) Instruction (2/20-6/5)	2:30-6:05 High School Use (1/4-2/14) Instruction & Splash Swim Team (2/21-6/6)	2:30-6:05 High School Use (1/5-2/15) Instruction (2/22-6/7)	2:30-6:05 High School Use (1/6-2/9) Instruction (2/23-6/8)	Pool Rentals Available	2:45-6:15 Instruction Pool Rentals Available
6:20-9:00 Instruction	6:20-9:10 Instruction	6:20-9:00 Instruction	6:20-9:10 Instruction	6:20-9:00 Pool Rentals Available	Women's Swims 5:15-6:15 pm Jan. 6 • Feb. 3 Mar. 3 • Apr. 7 • May 5	
	7:30-8:30 Splash Swim Team		7:30-8:30 Splash Swim Team			

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.

SUNSET CLASSROOM WELLNESS

Mondays/Wednesdays, 9:30-10:30 am	Land Strength for Seniors;
Mondays/Wednesdays, 10:50-11:50 am	Land Strength in a Chair.
Tuesdays/Thursdays, 10:40-11:40 am	Tai Chi: Moving for a Better Balance®;
Tuesdays/Thursdays, Noon-1:00 pm	Aqua Dance Party
Tuesdays/Thursdays, 6:15-7:15 pm	Stretch and Strength

Wipeout!

Various weekend open swims
Visit thprd.org for updated information.

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 Levels 1-2					

Winter Term:

1/7-2/6	M/W	9:05-9:35 am	\$64	\$80	SS31100
2/11-3/20	M/W	9:05-9:35 am	\$78	\$97.50	SS31101
1/7-2/6	M/W	9:40-10:10 am	\$64	\$80	SS31102
2/11-3/20	M/W	9:40-10:10 am	\$78	\$97.50	SS31103
1/7-2/6	M/W	10:15-10:45 am	\$64	\$80	SS31104
2/11-3/20	M/W	10:15-10:45 am	\$78	\$97.50	SS31105
1/7-2/6	M/W	12:45-1:15 pm	\$64	\$80	SS31109
2/11-3/20	M/W	12:45-1:15 pm	\$78	\$97.50	SS31110
1/7-2/6	M/W	1:20-1:50 pm	\$64	\$80	SS31111
2/11-3/20	M/W	1:20-1:50 pm	\$78	\$97.50	SS31112
1/7-2/6	M/W	1:55-2:25 pm	\$64	\$80	SS31113
2/11-3/20	M/W	1:55-2:25 pm	\$78	\$97.50	SS31114
1/7-2/6	M/W	4:25-4:55 pm	\$64	\$80	SS31115
2/11-3/20	M/W	4:25-4:55 pm	\$78	\$97.50	SS31116
1/7-2/6	M/W	5-5:30 pm	\$64	\$80	SS31117
2/11-3/20	M/W	5-5:30 pm	\$78	\$97.50	SS31118
1/7-2/6	M/W	5:35-6:05 pm	\$64	\$80	SS31119
2/11-3/20	M/W	5:35-6:05 pm	\$78	\$97.50	SS31120
1/7-2/6	M/W	6:10-6:40 pm	\$64	\$80	SS31121
2/11-3/20	M/W	6:10-6:40 pm	\$78	\$97.50	SS31122
1/7-2/6	M/W	6:45-7:15 pm	\$64	\$80	SS31123
2/11-3/20	M/W	6:45-7:15 pm	\$78	\$97.50	SS31124
1/8-2/7	T/Th	9:05-9:35 am	\$71	\$88.75	SS31125
2/12-3/21	T/Th	9:05-9:35 am	\$85	\$106.25	SS31126
1/8-2/7	T/Th	9:40-10:10 am	\$71	\$88.75	SS31127
2/12-3/21	T/Th	9:40-10:10 am	\$85	\$106.25	SS31128
1/8-2/7	T/Th	10:15-10:45 am	\$71	\$88.75	SS31129
2/12-3/21	T/Th	10:15-10:45 am	\$85	\$106.25	SS31130
1/8-2/7	T/Th	12:45-1:15 pm	\$71	\$88.75	SS31131
2/12-3/21	T/Th	12:45-1:15 pm	\$85	\$106.25	SS31132
1/8-2/7	T/Th	1:20-1:50 pm	\$71	\$88.75	SS31133
2/12-3/21	T/Th	1:20-1:50 pm	\$85	\$106.25	SS31134
1/8-2/7	T/Th	1:55-2:25 pm	\$71	\$88.75	SS31135
2/12-3/21	T/Th	1:55-2:25 pm	\$85	\$106.25	SS31136
1/8-2/7	T/Th	6:10-6:40 pm	\$71	\$88.75	SS31137
2/12-3/21	T/Th	6:10-6:40 pm	\$85	\$106.25	SS31138
1/8-2/7	T/Th	6:45-7:15 pm	\$71	\$88.75	SS31139
2/12-3/21	T/Th	6:45-7:15 pm	\$85	\$106.25	SS31140
1/12-3/16	S	9-9:30 am	\$71	\$88.75	SS31145
1/12-3/16	S	9:35-10:05 am	\$71	\$88.75	SS31146
1/12-3/16	S	10:10-10:40 am	\$71	\$88.75	SS31147
1/12-3/16	S	10:45-11:15 am	\$71	\$88.75	SS31148
1/12-3/16	S	11:20-11:50 am	\$71	\$88.75	SS31149
1/13-3/17	Su	2:35-3:05 pm	\$71	\$88.75	SS31151
1/13-3/17	Su	3:10-3:40 pm	\$71	\$88.75	SS31152
1/13-3/17	Su	3:45-4:15 pm	\$71	\$88.75	SS31153
1/13-3/17	Su	4:20-4:50 pm	\$71	\$88.75	SS31154

Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool Levels 1-2 (continued)					

Spring Term:

4/1-5/1	M/W	9:05-9:35 am	\$71	\$88.75	SS41100
5/6-6/5	M/W	9:05-9:35 am	\$64	\$80	SS41101
4/1-5/1	M/W	9:40-10:10 am	\$71	\$88.75	SS41102
5/6-6/5	M/W	9:40-10:10 am	\$64	\$80	SS41103
4/1-5/1	M/W	10:15-10:45 am	\$71	\$88.75	SS41104
5/6-6/5	M/W	10:15-10:45 am	\$64	\$80	SS41105
4/1-5/1	M/W	12:45-1:15 pm	\$71	\$88.75	SS41108
5/6-6/5	M/W	12:45-1:15 pm	\$64	\$80	SS41109
4/1-5/1	M/W	1:20-1:50 pm	\$71	\$88.75	SS41110
5/6-6/5	M/W	1:20-1:50 pm	\$64	\$80	SS41111
4/1-5/1	M/W	1:55-2:25 pm	\$71	\$88.75	SS41112
5/6-6/5	M/W	1:55-2:25 pm	\$64	\$80	SS41113
4/1-5/1	M/W	3:05-3:35 pm	\$71	\$88.75	SS41114
5/6-6/5	M/W	3:05-3:35 pm	\$64	\$80	SS41115
4/1-5/1	M/W	3:40-4:10 pm	\$71	\$88.75	SS41116
5/6-6/5	M/W	3:40-4:10 pm	\$64	\$80	SS41117
4/1-5/1	M/W	4:15-4:45 pm	\$71	\$88.75	SS41118
5/6-6/5	M/W	4:15-4:45 pm	\$64	\$80	SS41119
4/1-5/1	M/W	5-5:30 pm	\$71	\$88.75	SS41120
5/6-6/5	M/W	5-5:30 pm	\$64	\$80	SS41121
4/1-5/1	M/W	5:35-6:05 pm	\$71	\$88.75	SS41122
5/6-6/5	M/W	5:35-6:05 pm	\$64	\$80	SS41123
4/1-5/1	M/W	6:20-6:50 pm	\$71	\$88.75	SS41124
5/6-6/5	M/W	6:20-6:50 pm	\$64	\$80	SS41125
4/1-5/1	M/W	6:55-7:25 pm	\$71	\$88.75	SS41126
5/6-6/5	M/W	6:55-7:25 pm	\$64	\$80	SS41127
4/1-5/1	M/W	7:30-8 pm	\$71	\$88.75	SS41128
5/6-6/5	M/W	7:30-8 pm	\$64	\$80	SS41129
4/1-5/1	M/W	8:05-8:35 pm	\$71	\$88.75	SS41130
5/6-6/5	M/W	8:05-8:35 pm	\$64	\$80	SS41131
4/2-5/2	T/Th	9:05-9:35 am	\$71	\$88.75	SS41132
5/7-6/6	T/Th	9:05-9:35 am	\$71	\$88.75	SS41133
4/2-5/2	T/Th	9:40-10:10 am	\$71	\$88.75	SS41134
5/7-6/6	T/Th	9:40-10:10 am	\$71	\$88.75	SS41135
4/2-5/2	T/Th	10:15-10:45 am	\$71	\$88.75	SS41136
5/7-6/6	T/Th	10:15-10:45 am	\$71	\$88.75	SS41137
4/2-5/2	T/Th	12:50-1:20 pm	\$71	\$88.75	SS41138
5/7-6/6	T/Th	12:50-1:20 pm	\$71	\$88.75	SS41139
4/2-5/2	T/Th	1:25-1:55 pm	\$71	\$88.75	SS41140
5/7-6/6	T/Th	1:25-1:55 pm	\$71	\$88.75	SS41141
4/2-5/2	T/Th	2-2:30 pm	\$71	\$88.75	SS41142
5/7-6/6	T/Th	2-2:30 pm	\$71	\$88.75	SS41143
4/2-5/2	T/Th	3:05-3:35 pm	\$71	\$88.75	SS41144
5/7-6/6	T/Th	3:05-3:35 pm	\$71	\$88.75	SS41145
4/2-5/2	T/Th	3:40-4:10 pm	\$71	\$88.75	SS41146
5/7-6/6	T/Th	3:40-4:10 pm	\$71	\$88.75	SS41147
4/2-5/2	T/Th	4:15-4:45 pm	\$71	\$88.75	SS41148
5/7-6/6	T/Th	4:15-4:45 pm	\$71	\$88.75	SS41149
4/2-5/2	T/Th	5-5:30 pm	\$71	\$88.75	SS41150
5/7-6/6	T/Th	5-5:30 pm	\$71	\$88.75	SS41151
4/2-5/2	T/Th	5:35-6:05 pm	\$71	\$88.75	SS41152
5/7-6/6	T/Th	5:35-6:05 pm	\$71	\$88.75	SS41153
4/2-5/2	T/Th	6:20-6:50 pm	\$71	\$88.75	SS41154
5/7-6/6	T/Th	6:20-6:50 pm	\$71	\$88.75	SS41155
4/2-5/2	T/Th	6:55-7:25 pm	\$71	\$88.75	SS41156
5/7-6/6	T/Th	6:55-7:25 pm	\$71	\$88.75	SS41157
4/6-6/8	S	9-9:30 am	\$64	\$80	SS41162
4/6-6/8	S	9:35-10:05 am	\$64	\$80	SS41163
4/6-6/8	S	10:10-10:40 am	\$64	\$80	SS41164
4/6-6/8	S	10:45-11:15 am	\$64	\$80	SS41165
4/6-6/8	S	11:20-11:50 am	\$64	\$80	SS41166
4/7-6/9	Su	2:35-3:05 pm	\$64	\$80	SS41168
4/7-6/9	Su	3:10-3:40 pm	\$64	\$80	SS41169
4/7-6/9	Su	3:45-4:15 pm	\$64	\$80	SS41170
4/7-6/9	Su	4:20-4:50 pm	\$64	\$80	SS41171

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					
Winter Term:					
1/7-2/6	M/W	4:25-4:55 pm	\$64	\$80	SS32115
2/11-3/20	M/W	4:25-4:55 pm	\$78	\$97.50	SS32116
1/7-2/6	M/W	5-5:30 pm	\$64	\$80	SS32117
2/11-3/20	M/W	5-5:30 pm	\$78	\$97.50	SS32118
1/7-2/6	M/W	5:35-6:05 pm	\$64	\$80	SS32119
2/11-3/20	M/W	5:35-6:05 pm	\$78	\$97.50	SS32120
1/7-2/6	M/W	6:10-6:40 pm	\$64	\$80	SS32121
2/11-3/20	M/W	6:10-6:40 pm	\$78	\$97.50	SS32122
1/7-2/6	M/W	6:45-7:15 pm	\$64	\$80	SS32123
2/11-3/20	M/W	6:45-7:15 pm	\$78	\$97.50	SS32124
1/8-2/7	T/Th	6:10-6:40 pm	\$71	\$88.75	SS32137
2/12-3/21	T/Th	6:10-6:40 pm	\$85	\$106.25	SS32138
1/8-2/7	T/Th	6:45-7:15 pm	\$71	\$88.75	SS32139
2/12-3/21	T/Th	6:45-7:15 pm	\$85	\$106.25	SS32140
1/12-3/16	S	9-9:30 am	\$71	\$88.75	SS32145
1/12-3/16	S	9:35-10:05 am	\$71	\$88.75	SS32146
1/12-3/16	S	10:10-10:40 am	\$71	\$88.75	SS32147
1/12-3/16	S	10:45-11:15 am	\$71	\$88.75	SS32148
1/12-3/16	S	11:20-11:50 am	\$71	\$88.75	SS32149
1/13-3/17	Su	2:35-3:05 pm	\$71	\$88.75	SS32151
1/13-3/17	Su	3:10-3:40 pm	\$71	\$88.75	SS32152
1/13-3/17	Su	3:45-4:15 pm	\$71	\$88.75	SS32153
1/13-3/17	Su	4:20-4:50 pm	\$71	\$88.75	SS32154
Spring Term:					
4/1-5/1	M/W	3:05-3:35 pm	\$71	\$88.75	SS42114
5/6-6/5	M/W	3:05-3:35 pm	\$64	\$80	SS42115
4/1-5/1	M/W	3:40-4:10 pm	\$71	\$88.75	SS42116
5/6-6/5	M/W	3:40-4:10 pm	\$64	\$80	SS42117
4/1-5/1	M/W	4:15-4:45 pm	\$71	\$88.75	SS42118
5/6-6/5	M/W	4:15-4:45 pm	\$64	\$80	SS42119
4/1-5/1	M/W	5-5:30 pm	\$71	\$88.75	SS42120
5/6-6/5	M/W	5-5:30 pm	\$64	\$80	SS42121
4/1-5/1	M/W	5:35-6:05 pm	\$71	\$88.75	SS42122
5/6-6/5	M/W	5:35-6:05 pm	\$64	\$80	SS42123
4/1-5/1	M/W	6:20-6:50 pm	\$71	\$88.75	SS42124
5/6-6/5	M/W	6:20-6:50 pm	\$64	\$80	SS42125
4/1-5/1	M/W	6:55-7:25 pm	\$71	\$88.75	SS42126
5/6-6/5	M/W	6:55-7:25 pm	\$64	\$80	SS42127
4/1-5/1	M/W	7:30-8 pm	\$71	\$88.75	SS42128
5/6-6/5	M/W	7:30-8 pm	\$64	\$80	SS42129
4/1-5/1	M/W	8:05-8:35 pm	\$71	\$88.75	SS42130
5/6-6/5	M/W	8:05-8:35 pm	\$64	\$80	SS42131
4/2-5/2	T/Th	3:40-4:10 pm	\$71	\$88.75	SS42146
5/7-6/6	T/Th	3:40-4:10 pm	\$71	\$88.75	SS42147
4/2-5/2	T/Th	4:15-4:45 pm	\$71	\$88.75	SS42148
5/7-6/6	T/Th	4:15-4:45 pm	\$71	\$88.75	SS42149
4/2-5/2	T/Th	5-5:30 pm	\$71	\$88.75	SS42150
5/7-6/6	T/Th	5-5:30 pm	\$71	\$88.75	SS42151
4/2-5/2	T/Th	5:35-6:05 pm	\$71	\$88.75	SS42152
5/7-6/6	T/Th	5:35-6:05 pm	\$71	\$88.75	SS42153
4/2-5/2	T/Th	6:20-6:50 pm	\$71	\$88.75	SS42154
5/7-6/6	T/Th	6:20-6:50 pm	\$71	\$88.75	SS42155
4/2-5/2	T/Th	6:55-7:25 pm	\$71	\$88.75	SS42156
5/7-6/6	T/Th	6:55-7:25 pm	\$71	\$88.75	SS42157
4/6-6/8	S	9-9:30 am	\$64	\$80	SS42162
4/6-6/8	S	9:35-10:05 am	\$64	\$80	SS42163
4/6-6/8	S	10:10-10:40 am	\$64	\$80	SS42164
4/6-6/8	S	10:45-11:15 am	\$64	\$80	SS42165

Beginning Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
School Age Levels 1 & 2 (continued)					
4/6-6/8	S	11:20-11:50 am	\$64	\$80	SS42166
4/7-6/9	Su	2:35-3:05 pm	\$64	\$80	SS42168
4/7-6/9	Su	3:10-3:40 pm	\$64	\$80	SS42169
4/7-6/9	Su	3:45-4:15 pm	\$64	\$80	SS42170
4/7-6/9	Su	4:20-4:50 pm	\$64	\$80	SS42171

Early Release Wednesdays - School Age Levels 1-3

Winter Term:					
1/9-2/6	W	1:20-1:50 pm	\$35	\$43.75	SS32111
2/13-3/20	W	1:20-1:50 pm	\$42	\$52.50	SS32112
1/9-2/6	W	1:55-2:25 pm	\$35	\$43.75	SS32113
2/13-3/20	W	1:55-2:25 pm	\$42	\$52.50	SS32114
Spring Term:					
4/3-5/1	W	1:20-1:50 pm	\$35	\$43.75	SS42110
5/8-6/5	W	1:20-1:50 pm	\$35	\$43.75	SS42111
4/3-5/1	W	1:55-2:25 pm	\$35	\$43.75	SS42112
5/8-6/5	W	1:55-2:25 pm	\$35	\$43.75	SS42113

Homeschool Lessons - School Age Levels 1-3

Winter Term:					
1/8-2/7	T/Th	10:15-10:45 am	\$71	\$88.75	SS32129
2/12-3/21	T/Th	10:15-10:45 am	\$85	\$106.25	SS32130
Spring Term:					
4/2-5/2	T/Th	10:15-10:45 am	\$71	\$88.75	SS42136
5/7-6/6	T/Th	10:15-10:45 am	\$71	\$88.75	SS42137

Home School Lessons - School Age Levels 4-5

Winter Term:					
1/8-2/7	T/Th	10:15-10:45 am	\$71	\$88.75	SS32429
2/12-3/21	T/Th	10:15-10:45 am	\$85	\$106.25	SS32430
Spring Term:					
4/2-5/2	T/Th	10:15-10:45 am	\$71	\$88.75	SS42436H
5/7-6/6	T/Th	10:15-10:45 am	\$71	\$88.75	SS42437H

Preschool/School Age Level 3

Winter Term:					
1/7-2/6	M/W	4:25-4:55 pm	\$64	\$80	SS32315
2/11-3/20	M/W	4:25-4:55 pm	\$78	\$97.50	SS32316
1/7-2/6	M/W	5:35-6:05 pm	\$64	\$80	SS32319
2/11-3/20	M/W	5:35-6:05 pm	\$78	\$97.50	SS32320
1/7-2/6	M/W	6:45-7:15 pm	\$64	\$80	SS32323
2/11-3/20	M/W	6:45-7:15 pm	\$78	\$97.50	SS32324
1/8-2/7	T/Th	6:45-7:15 pm	\$71	\$88.75	SS32339
2/12-3/21	T/Th	6:45-7:15 pm	\$85	\$106.25	SS32340
1/12-3/16	S	9-9:30 am	\$71	\$88.75	SS32345
1/12-3/16	S	9:35-10:05 am	\$71	\$88.75	SS32346
1/12-3/16	S	10:10-10:40 am	\$71	\$88.75	SS32347
1/13-3/17	Su	2:35-3:05 pm	\$71	\$88.75	SS32351
1/13-3/17	Su	3:10-3:40 pm	\$71	\$88.75	SS32352
1/13-3/17	Su	3:45-4:15 pm	\$71	\$88.75	SS32353

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#
Preschool/School Age Level 3 (continued)					
Spring Term:					
4/1-5/1	M/W	4:15-4:45 pm	\$71	\$88.75	SS42318
5/6-6/5	M/W	4:15-4:45 pm	\$64	\$80	SS42319
4/1-5/1	M/W	6:20-6:50 pm	\$71	\$88.75	SS42324
5/6-6/5	M/W	6:20-6:50 pm	\$64	\$80	SS42325
4/1-5/1	M/W	6:55-7:25 pm	\$71	\$88.75	SS42326
5/6-6/5	M/W	6:55-7:25 pm	\$64	\$80	SS42327
4/1-5/1	M/W	7:30-8 pm	\$71	\$88.75	SS42328
5/6-6/5	M/W	7:30-8 pm	\$64	\$80	SS42329
4/2-5/2	T/Th	4:15-4:45 pm	\$71	\$88.75	SS42348
5/7-6/6	T/Th	4:15-4:45 pm	\$71	\$88.75	SS42349
4/2-5/2	T/Th	6:20-6:50 pm	\$71	\$88.75	SS42354
5/7-6/6	T/Th	6:20-6:50 pm	\$71	\$88.75	SS42355
4/2-5/2	T/Th	6:55-7:25 pm	\$71	\$88.75	SS42356
5/7-6/6	T/Th	6:55-7:25 pm	\$71	\$88.75	SS42357
4/6-6/8	S	9-9:30 am	\$64	\$80	SS42362
4/6-6/8	S	9:35-10:05 am	\$64	\$80	SS42363
4/6-6/8	S	10:10-10:40 am	\$64	\$80	SS42364
4/7-6/9	Su	2:35-3:05 pm	\$64	\$80	SS42368
4/7-6/9	Su	3:10-3:40 pm	\$64	\$80	SS42369
4/7-6/9	Su	3:45-4:15 pm	\$64	\$80	SS42370

Intermediate Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Preschool/School Age Levels 4 & 5					
Winter Term:					
1/7-2/6	M/W	5-5:30 pm	\$64	\$80	SS32417
2/11-3/20	M/W	5-5:30 pm	\$78	\$97.50	SS32418
1/7-2/6	M/W	5:35-6:05 pm	\$64	\$80	SS32419
2/11-3/20	M/W	5:35-6:05 pm	\$78	\$97.50	SS32420
1/7-2/6	M/W	6:10-6:40 pm	\$64	\$80	SS32421
2/11-3/20	M/W	6:10-6:40 pm	\$78	\$97.50	SS32422
1/8-2/7	T/Th	6:45-7:15 pm	\$71	\$88.75	SS32439
2/12-3/21	T/Th	6:45-7:15 pm	\$85	\$106.25	SS32440
1/12-3/16	S	9:35-10:05 am	\$71	\$88.75	SS32446
1/12-3/16	S	11:20-11:50 am	\$71	\$88.75	SS32449
1/13-3/17	Su	3:10-3:40 pm	\$71	\$88.75	SS32452
1/13-3/17	Su	3:45-4:15 pm	\$71	\$88.75	SS32453
Spring Term:					
4/1-5/1	M/W	5-5:30 pm	\$71	\$88.75	SS42420
5/6-6/5	M/W	5-5:30 pm	\$64	\$80	SS42421
4/1-5/1	M/W	6:20-6:50 pm	\$71	\$88.75	SS42424
5/6-6/5	M/W	6:20-6:50 pm	\$64	\$80	SS42425
4/1-5/1	M/W	7:30-8 pm	\$71	\$88.75	SS42428
5/6-6/5	M/W	7:30-8 pm	\$64	\$80	SS42429
4/2-5/2	T/Th	5-5:30 pm	\$71	\$88.75	SS42450
5/7-6/6	T/Th	5-5:30 pm	\$71	\$88.75	SS42451
4/2-5/2	T/Th	6:20-6:50 pm	\$71	\$88.75	SS42454
5/7-6/6	T/Th	6:20-6:50 pm	\$71	\$88.75	SS42455
4/2-5/2	T/Th	6:55-7:25 pm	\$71	\$88.75	SS42456
5/7-6/6	T/Th	6:55-7:25 pm	\$71	\$88.75	SS42457
4/6-6/8	S	9-9:30 am	\$64	\$80	SS42463
4/6-6/8	S	10:45-11:15 am	\$64	\$80	SS42465
4/7-6/9	Su	2:35-3:05 pm	\$64	\$80	SS42468
4/7-6/9	Su	4:20-4:50 pm	\$64	\$80	SS42471

Advanced Swimming Skills

Date	Day	Time	ID/AP	OD	Class#
Pre-Competitive					
Winter Term:					
1/7-2/6	M/W	6:10-6:40 pm	\$64	\$80	SS32621C
2/11-3/20	M/W	6:10-6:40 pm	\$78	\$97.50	SS32622C
1/7-2/6	M/W	6:45-7:15 pm	\$64	\$80	SS32623C
2/11-3/20	M/W	6:45-7:15 pm	\$78	\$97.50	SS32624C
1/8-2/7	T/Th	6:10-6:40 pm	\$71	\$88.75	SS32637C
1/12-3/16	S	9-9:30 am	\$71	\$88.75	SS32645C
1/12-3/16	S	10:45-11:15 am	\$71	\$88.75	SS32648C
1/13-3/17	Su	2:35-3:05 pm	\$71	\$88.75	SS32651C
Spring Term:					
4/1-5/1	M/W	5:35-6:05 pm	\$71	\$88.75	SS42622C
5/6-6/5	M/W	5:35-6:05 pm	\$64	\$80	SS42623C
4/2-5/2	T/Th	5:35-6:05 pm	\$71	\$88.75	SS42652C
4/6-6/8	S	9-9:30 am	\$64	\$80	SS42662C
4/7-6/9	Su	3:10-3:40 pm	\$64	\$80	SS42669C

Pre-Lifeguarding

Winter Term:					
2/12-3/21	T/Th	6:10-6:40 pm	\$85	\$106.25	SS32638L

Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
Baby/Toddler & Me					
Winter Term:					
1/11-2/8	F	10:15-10:45 am	\$28	\$35	SS34004
2/15-3/22	F	10:15-10:45 am	\$33	\$41.25	SS34005
1/12-3/16	S	10:10-11:40 am	\$56	\$70	SS34047
1/13-3/17	Su	4:20-4:50 pm	\$56	\$70	SS34054
Spring Term:					
4/5-5/3	F	10:15-10:45 am	\$28	\$35	SS44004
5/10-6/7	F	10:15-10:45 am	\$28	\$35	SS44005
4/2-5/2	T/Th	12:50-1:20 pm	\$56	\$70	SS44038
5/7-6/6	T/Th	12:50-1:20 pm	\$56	\$70	SS44039
4/6-6/8	S	10:10-10:40 am	\$50	\$62.50	SS44064
4/7-6/9	Su	3:45-4:15 pm	\$50	\$62.50	SS44070

You & Your Preschooler

Winter Term:					
4/1-5/1	M/W	9:40-10:10 am	\$71	\$88.75	SS44102
5/6-6/5	M/W	9:40-10:10 am	\$64	\$80	SS44103

Teen/Adult Swimming Skills - Beginning

Winter Term:					
1/7-2/6	M/W	9:05-9:35 am	\$64	\$80	SS35000
2/11-3/20	M/W	9:05-9:35 am	\$78	\$97.50	SS35001
1/7-2/6	M/W	9:40-10:10 am	\$64	\$80	SS35002
2/11-3/20	M/W	9:40-10:10 am	\$78	\$97.50	SS35003
1/8-2/7	T/Th	9:05-9:35 am	\$71	\$88.75	SS35025
2/12-3/21	T/Th	9:05-9:35 am	\$85	\$106.25	SS35026
1/8-2/7	T/Th	9:40-10:10 am	\$71	\$88.75	SS35027
2/12-3/21	T/Th	9:40-10:10 am	\$85	\$106.25	SS35028
1/8-2/7	T/Th	1:20-1:50 pm	\$71	\$88.75	SS35033
2/12-3/21	T/Th	1:20-1:50 pm	\$85	\$106.25	SS35034
1/12-3/16	S	11:20-11:50 am	\$71	\$88.75	SS35049

Continued

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#
Teen/Adult Swimming Skills - Beginning (cont.)					

Spring Term:

4/1-5/1	M/W	9:05-9:35 am	\$71	\$88.75	SS45000
5/6-6/5	M/W	9:05-9:35 am	\$64	\$80	SS45001
4/1-5/1	M/W	9:40-10:10 am	\$71	\$88.75	SS45002
5/6-6/5	M/W	9:40-10:10 am	\$64	\$80	SS45003
4/2-5/2	T/Th	9:05-9:35 am	\$71	\$88.75	SS45032
5/7-6/6	T/Th	9:05-9:35 am	\$71	\$88.75	SS45033
4/6-5/18	S	11:20-11:50 am	\$49	\$61.25	SS45066

Teen/Adult Swimming Skills - Intermediate

Winter Term:

1/8-2/7	T/Th	8:35-9:05 pm	\$71	\$88.75	SS35043
2/12-3/21	T/Th	8:35-9:05 pm	\$85	\$106.25	SS35044

Spring Term:

4/1-5/1	M/W	8:05-8:35 pm	\$71	\$88.75	SS45030
5/6-6/5	M/W	8:05-8:35 pm	\$64	\$80	SS45031

Adaptive Aquatics

Winter Term:

1/12-3/16	S	9-9:30 am	\$136.50	\$227.50	SS36045
1/12-3/16	S	9:35-10:05 am	\$136.50	\$227.50	SS36046
1/12-3/16	S	10:10-10:40 am	\$136.50	\$227.50	SS36047
1/12-3/16	S	10:45-11:15 am	\$136.50	\$227.50	SS36048
1/12-3/16	S	11:20-11:50 am	\$136.50	\$227.50	SS36049
1/13-3/17	Su	2:35-3:05 pm	\$136.50	\$227.50	SS36051
1/13-3/17	Su	3:10-3:40 pm	\$136.50	\$227.50	SS36052
1/13-3/17	Su	3:45-4:15 pm	\$136.50	\$227.50	SS36053
1/13-3/17	Su	4:20-4:50 pm	\$136.50	\$227.50	SS36054

Spring Term:

4/6-6/8	S	9-9:30 am	\$123	\$205	SS46062
4/6-6/8	S	9:35-10:05 am	\$123	\$205	SS46063
4/6-6/8	S	10:10-10:40 am	\$123	\$205	SS46064
4/6-6/8	S	10:45-11:15 am	\$123	\$205	SS46065
4/6-6/8	S	11:20-11:50 am	\$123	\$205	SS46066
4/7-6/9	Su	2:35-3:05 pm	\$123	\$205	SS46068
4/7-6/9	Su	3:10-3:40 pm	\$123	\$205	SS46069
4/7-6/9	Su	3:45-4:15 pm	\$123	\$205	SS46070
4/7-6/9	Su	4:20-4:50 pm	\$123	\$205	SS46071

Private Lessons

Winter Term:

1/11-2/8	F	9:05-9:35 am	\$175	\$218.75	SS36000
2/15-3/22	F	9:05-9:35 am	\$210	\$262.50	SS36001
1/11-2/8	F	9:40-10:10 am	\$175	\$218.75	SS36002
2/15-3/22	F	9:40-10:10 am	\$210	\$262.50	SS36003
1/11-2/8	F	10:15-10:45 am	\$175	\$218.75	SS36004
2/15-3/22	F	10:15-10:45 am	\$210	\$262.50	SS36005
1/11-2/8	F	12:45-1:15 pm	\$175	\$218.75	SS36008
2/15-3/22	F	12:45-1:15 pm	\$210	\$262.50	SS36009
1/11-2/8	F	1:20-1:50 pm	\$175	\$218.75	SS36010
2/15-3/22	F	1:20-1:50 pm	\$210	\$262.50	SS36011
1/11-2/8	F	1:55-2:25 pm	\$175	\$218.75	SS36012
2/15-3/22	F	1:55-2:25 pm	\$210	\$262.50	SS36013

Spring Term:

4/5-5/3	F	9:05-9:35 am	\$175	\$218.75	SS46000
5/10-6/7	F	9:05-9:35 am	\$175	\$218.75	SS46001
4/5-5/3	F	9:40-10:10 am	\$175	\$218.75	SS46002
5/10-6/7	F	9:40-10:10 am	\$175	\$218.75	SS46003

Specialty Programs

Date	Day	Time	ID/AP	OD	Class#
Private Lessons (continued)					

4/5-5/3	F	10:15-10:45 am	\$175	\$218.75	SS46004
5/10-6/7	F	10:15-10:45 am	\$175	\$218.75	SS46005
4/5-5/3	F	10:50-11:20 am	\$175	\$218.75	SS46006
5/10-6/7	F	10:50-11:20 am	\$175	\$218.75	SS46007
4/5-5/3	F	12:45-1:15 pm	\$175	\$218.75	SS46008
5/10-6/7	F	12:45-1:15 pm	\$175	\$218.75	SS46009
4/5-5/3	F	1:20-1:50 pm	\$175	\$218.75	SS46010
5/10-6/7	F	1:20-1:50 pm	\$175	\$218.75	SS46011
4/5-5/3	F	1:55-2:25 pm	\$175	\$218.75	SS46012
5/10-6/7	F	1:55-2:25 pm	\$175	\$218.75	SS46013
4/5-5/3	F	3:05-3:35 pm	\$175	\$218.75	SS46014
5/10-6/7	F	3:05-3:35 pm	\$175	\$218.75	SS46015

Training Programs

Date	Day	Time	ID/AP	OD	Class#
Lifeguarding					

Spring Term:

6/17-6/20	M-Th	3-6 pm	\$281	\$341.75	SS45200
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Jr. Lifeguard

Winter Term:

1/19-3/16	S	11:30 am-1:30 pm	\$171	\$213.75	SS35149
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Adult and Pediatric First Aid, CPR/AED

Winter Term:

1/26	S	3:30-6 pm	\$54	\$60	SS35500
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Spring Term:

4/13	S	3:30-6 pm	\$54	\$60	SS45500
5/11	S	3:30-6 pm	\$54	\$60	SS45501

CPR/AED for Professional Rescuers

Winter Term:

3/23	S	8:30-11:30 am	\$60	\$67.25	SS35501
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Women's 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.

Women's Swim - Beginning

Winter Term:

1/13-3/17	Su	5:30-6:15 pm	\$85	\$106.25	SS35055
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Spring Term:

4/7-5/19	Su	5:30-6:15 pm	\$53	\$66.25	SS45072
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Women's Swim - Intermediate

Must be able to swim independently across pool.

Winter Term:

1/13-3/17	Su	5:30-6:15 pm	\$85	\$106.25	SS35155
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Spring Term:

4/7-5/19	Su	5:30-6:15 pm	\$53	\$66.25	SS45172
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