



# Harman Swim Center



**Harman Swim Center**  
**7300 SW Scholls Ferry Road**  
**Beaverton, 97008 • 503/629-6314**  
 TriMet Route #56

**Winter Term:** January 1 - April 1

**Spring Term:** April 2 - June 17

**Hours:**

Monday-Thursday	6 am-9 pm
Friday	6 am-6 pm
Saturday	11:15 am-2:30 pm
Sunday	11 am-3 pm

**Facility Closures:** 1/1, 1/2, 1/16, 2/20, 4/8, 5/28

**Aquatic Facility Supervisor:** Laurie Conlin

**Harman Swim Center offers:**

ADA Lift, Family Changing Rooms  
 Average Pool Temperature: 88-89°

## Winter/Spring Splash Swim Team

Ages 5-17 yrs. Must be able to swim 25 yards crawl stroke, 25 yards backstroke.

1/10-3/22	T/Th	5:15-6:15 pm	\$88	HM33200
4/3-6/7	T/Th	5:15-6:15 pm	\$80	HM43200

### General Admission

<b>In-district and THPRD cardholder:</b>	<b>Out-of-district or non-THPRD cardholder:</b>
Adults: \$4	Adults and Seniors \$12
Seniors and Youths 17 and under: \$3	Youths 17 and under \$9
Households: \$12	

A THPRD frequent user pass or gift card may also be used.  
 See page 6 for information.

## Aquatic Fitness Programs

Fitness passes may be used for all aquatic drop-in fitness classes where pre-registration is not required.

20 visits: \$67.50 ID \$50 for ID seniors\*

20 visits: \$67.50 OD adults and seniors with assessment

Single visit: \$4.50 ID \$13.50 OD without assessment

\*No discount for OD Seniors

### Aquarobics

M/W/F	9-9:55 am	Forever Fit	(3)
M/W/F	10-10:55 am	Liquid Motion	(3-4)
M/W/F	11-11:55 am	Keeping it Fit	(3)
M/W	6:30-7:25 pm	Night Moves	(4-5)
T/Th	8:30-9:25 am	Pick Me Up!	(3-4)
T/Th	8-8:55 pm	Night Moves	(4-5)
S	11:15 am-12:10 pm	Weekend Warrior	(4-5)
Su	11-11:55 am	Dig Deep	(4-5)

### Healing Waters/Adaptive

T/Th	10:30-11:55 am	(1-2)
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### Fluid Moves/Arthritis

M-F/Su	1-1:55 pm	(1-2)
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See page 13 for water exercise fitness scale descriptions.

## General Admission Swim Program Descriptions

**Deep Water Open Exercise:** This program is in our deep water (over 6 feet). There will be a mixture of width lap swim, water jogging/walking, and personal water fitness going on at the same time.

**Family Swim:** Children under 18 years must be accompanied in the water by a parent. An adult must be within arm's reach of all non-swimmers.

**Open Swim:** Children under 7 years must be accompanied in the water by a parent or guardian. An adult must supervise children under 10 years, but children 7-10 may have the parent supervise from the spectator area. An adult must be in the water and within arm's reach of any non-swimmer.

**Senior Deep Water Exercise:** This is a time for swimmers 55 years old and up. There is a variety of self-led fitness: width lap swim, water jogging/walking and personal water fitness.

## Volunteer Opportunities

Junior Lifeguard and Healing Waters Aid. Call the Harman Swim Center for more information. Call 503/629-6314 for more information.



# Harman Swim Center

503/629-6314

## Winter/Spring Pool Schedule January 1 - June 17, 2012

7300 SW Scholls Ferry Rd., Beaverton  
 Aquatic Facility Supervisor: Laurie Conlin  
 Average Pool Temperature: 88-89° • TriMet Bus #56 • ADA Lift Available  
 Closed: 1/1, 1/2, 1/16, 2/20, 4/8, 5/28

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<b>MORNING</b>						
6:00-8:25 Adult Lap Swim	6:00-8:25 Adult Lap Swim	6:00-8:25 Adult Lap Swim	6:00-8:25 Adult Lap Swim	6:00-8:25 Adult Lap Swim	<b>Harman has family changing rooms available</b>	
8:30-9:00 1/2 Lap, 1/2 Open Exercise	8:30-9:25 Pick Me Up! & Deep End Open Exercise	8:30-9:00 1/2 Lap, 1/2 Open Exercise	8:30-9:25 Pick Me Up! & Deep End Open Exercise	8:30-9:00 1/2 Lap, 1/2 Open Exercise		
9:00-9:55 Forever Fit <sup>^</sup> & Deep End Open Exercise	9:30-10:25 3 Ins Shallow End Family Swim & Deep End Family Swim	9:00-9:55 Forever Fit <sup>^</sup> & Deep End Open Exercise	9:30-10:25 3 Ins Shallow End Family Swim & Deep End Family Swim	9:00-9:55 Forever Fit <sup>^</sup> & Deep End Open Exercise		
10:00-10:55 Liquid Motion <sup>^</sup> & Senior Deep End Open Exercise	9:45-10:15 3 Ins Shallow End Swim Lessons	10:00-10:55 Liquid Motion <sup>^</sup> & Senior Deep End Open Exercise	9:45-10:15 3 Ins Shallow End Swim Lessons	10:00-10:55 Liquid Motion <sup>^</sup> & Senior Deep End Open Exercise		
11:00-11:55 Keeping It Fit <sup>^</sup> & Senior Deep End Open Exercise	10:30-11:55 Healing Waters <sup>^</sup>	11:00-11:55 Keeping It Fit <sup>^</sup> & Senior Deep End Open Exercise	10:30-11:55 Healing Waters <sup>^</sup>	11:00-11:55 Keeping It Fit <sup>^</sup> & Senior Deep End Open Exercise		
<b>AFTERNOON</b>						
Noon-12:55 Adult Lap Swim (5 Ins) Adaptive/Non-traditional Laps (1 In)	Noon-12:55 Adult Lap Swim (5 Ins) Adaptive/Non-traditional Laps (1 In)	Noon-12:55 Adult Lap Swim (5 Ins) Adaptive/Non-traditional Laps (1 In)	Noon-12:55 Adult Lap Swim (5 Ins) Adaptive/Non-traditional Laps (1 In)	Noon-12:55 Adult Lap Swim (5 Ins) Adaptive/Non-traditional Laps (1 In)	12:15-1:25 All Age Lap Swim (5 Ins) Adaptive/Non-traditional Laps (1 In)	Noon-12:55 All Age Lap Swim (5 Ins) Adaptive/Non-traditional Laps (1 In)
1:00-1:55 Fluid Moves & Deep End Open Exercise	1:00-1:55 Fluid Moves & Deep End Open Exercise	1:00-1:55 Fluid Moves & Deep End Open Exercise	1:00-1:55 Fluid Moves & Deep End Open Exercise	1:00-1:55 Fluid Moves & Deep End Open Exercise	1:30-2:25 Open Swim	1:00-1:55 Fluid Moves <sup>^</sup> & Deep End Open Exercise
2:00-5:25 Swim Lessons	2:00-4:15 Swim Lessons	2:00-5:25 Swim Lessons	2:00-4:15 Swim Lessons	2:00-4:55 Swim Lessons 2-3 Ins Open Swim	3:30-6:00 Available for Pool Rentals	2:00-2:55 Open Swim
4:20-5:25 1/2 Swim Lessons 1/2 Open Swim	4:20-5:10 Open Swim	4:20-5:25 1/2 Swim Lessons 1/2 Open Swim	4:20-5:10 Open Swim	4:20-5:10 Open Swim		3:00-5:00 Swim Lessons
<b>EVENING</b>						
5:30-6:25 Adult Lap Swim	6:15-7:00 All Age Lap Swim	5:30-6:25 Adult Lap Swim	6:15-7:00 All Age Lap Swim	5:00-5:55 Adult Lap Swim	<b>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.</b>	
6:30-7:25 Night Moves <sup>^</sup> & Deep End Open Exercise	7:05-8:00 Family Swim	6:30-7:25 Night Moves <sup>^</sup> & Deep End Open Exercise	7:05-8:00 Family Swim	8:00-8:55 Night Moves <sup>^</sup> & Deep End Open Exercise		
7:30-8:55 Open Swim	8:00-8:55 Night Moves <sup>^</sup> & Deep End Open Exercise	7:30-8:55 Open Swim	8:00-8:55 Night Moves <sup>^</sup> & Deep End Open Exercise			

<sup>^</sup> Water Exercise Classes Levels 1-5 full description available at [www.thprd.org](http://www.thprd.org): Forever Fit 3, Liquid Motion 3-4, Keeping It Fit 3-4, Night Moves 5, Pick Me Up 3-4, Weekend Warrior 4-5, Dig Deep 4-5, Healing Waters 1-2 (adaptive therapy program), Fluid Moves 2 (arthritis).

Class availability subject to change.

**Preschool:** Minimum age 3 years and toilet-trained.

**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. *When class ends, pick up your preschooler at the dressing room entrance from deck.*

*Fees vary due to number of classes in session.*

## Beginning Swimming Skills

Date	Day	Time	Cost	Class#
Preschool Levels A & B				

### Winter Term:

1/9-2/8	M/W	2:35-3:05 pm	\$49	HM31100
2/13-3/21	M/W	2:35-3:05 pm	\$59	HM31101
1/9-2/8	M/W	3:10-3:40 pm	\$49	HM31102
2/13-3/21	M/W	3:10-3:40 pm	\$59	HM31103
1/9-2/8	M/W	3:45-4:15 pm	\$49	HM31104
2/13-3/21	M/W	3:45-4:15 pm	\$59	HM31105
1/9-2/8	M/W	4:20-4:50 pm	\$49	HM31106
2/13-3/21	M/W	4:20-4:50 pm	\$59	HM31107
1/10-2/9	T/Th	9:30-10 am	\$54	HM31108A
2/14-3/22	T/Th	9:30-10 am	\$65	HM31109A
1/10-2/9	T/Th	10-10:30 am	\$54	HM31110A
2/14-3/22	T/Th	10-10:30 am	\$65	HM31111A
1/10-2/9	T/Th	2-2:30 pm	\$54	HM31108
2/14-3/22	T/Th	2-2:30 pm	\$65	HM31109
1/10-2/9	T/Th	2:35-3:05 pm	\$54	HM31110
2/14-3/22	T/Th	2:35-3:05 pm	\$65	HM31111
1/10-2/9	T/Th	3:10-3:40 pm	\$54	HM31112
2/14-3/22	T/Th	3:10-3:40 pm	\$65	HM31113
1/10-2/9	T/Th	3:45-4:15 pm	\$54	HM31114
2/14-3/22	T/Th	3:45-4:15 pm	\$65	HM31115
1/21-3/17	S	8:55-9:25 am	\$43	HM31116
1/21-3/17	S	9:30-10 am	\$43	HM31117
1/21-3/17	S	10:40-11:10 am	\$43	HM31118
1/22-3/18	Su	3-3:30 pm	\$43	HM31119
1/22-3/18	Su	3:35-4:05 pm	\$43	HM31120
1/22-3/18	Su	4:10-4:40 pm	\$43	HM31121
1/22-3/18	Su	4:45-5:15 pm	\$43	HM31122
1/22-3/18	Su	5:20-5:50 pm	\$43	HM31123

### Spring Term:

4/2-5/2	MW	2:35-3:05 pm	\$54	HM41100
5/7-6/6	MW	2:35-3:05 pm	\$49	HM41101
4/2-5/2	MW	3:10-3:40 pm	\$54	HM41102
5/7-6/6	MW	3:10-3:40 pm	\$49	HM41103
4/2-5/2	MW	3:45-4:15 pm	\$54	HM41104
5/7-6/6	MW	3:45-4:15 pm	\$49	HM41105
4/2-5/2	MW	4:20-4:50 pm	\$54	HM41106
5/7-6/6	MW	4:20-4:50 pm	\$49	HM41107
4/5-5/3	T/Th	9:30-10 am	\$54	HM41108A
5/8-6/7	T/Th	9:30-10 am	\$65	HM41109A
4/5-5/3	T/Th	10-10:30 am	\$54	HM41110A
5/8-6/7	T/Th	10-10:30 am	\$65	HM31111A
4/3-5/3	T/Th	2-2:30 pm	\$54	HM41108
5/8-6/7	T/Th	2-2:30 pm	\$54	HM41109
4/3-5/3	T/Th	2:35-3:05 pm	\$54	HM41110

*Continued*

## Beginning Swimming Skills

Date	Day	Time	Cost	Class#
Preschool Levels A & B (continued)				

5/8-6/7	T/Th	2:35-3:05 pm	\$54	HM41111
4/3-5/3	T/Th	3:10-3:40 pm	\$54	HM41112
5/8-6/7	T/Th	3:10-3:40 pm	\$54	HM41113
4/3-5/3	T/Th	3:45-4:15 pm	\$54	HM41114
5/8-6/7	T/Th	3:45-4:15 pm	\$54	HM41115
4/7-6/9	S	8:55-9:25 am	\$49	HM41116
4/7-6/9	S	9:30-10 am	\$49	HM41117
4/7-6/9	S	10:40-11:10 am	\$49	HM41118
4/15-6/10	Su	3-3:30 pm	\$43	HM41119
4/15-6/10	Su	3:35-4:05 pm	\$43	HM41120
4/15-6/10	Su	4:10-4:40 pm	\$43	HM41121
4/15-6/10	Su	4:45-5:15 pm	\$43	HM41122
4/15-6/10	Su	5:20-5:50 pm	\$43	HM41123

### Preschool Level C

### Winter Term:

1/9-2/8	M/W	2:35-3:05 pm	\$49	HM31124
2/13-3/21	M/W	2:35-3:05pm	\$59	HM31125
1/9-2/8	M/W	3:10-3:40 pm	\$49	HM31126
2/13-3/21	M/W	3:10-3:40 pm	\$59	HM31127
1/9-2/8	M/W	3:45-4:15 pm	\$49	HM31128
2/13-3/21	M/W	3:45-4:15 pm	\$59	HM31129
1/10-2/9	T/Th	9:30-10 am	\$54	HM31130A
2/14-3/22	T/Th	9:30-10 am	\$65	HM31131A
1/10-2/9	T/Th	2-2:30 pm	\$54	HM31130
2/14-3/22	T/Th	2-2:30 pm	\$65	HM31131
1/10-2/9	T/Th	2:35-3:05 pm	\$54	HM31132
2/14-3/22	T/Th	2:35-3:05 pm	\$65	HM31133
1/10-2/9	T/Th	3:45-4:15 pm	\$54	HM31134
2/14-3/22	T/Th	3:45-4:15 pm	\$65	HM31135
1/21-3/17	S	10:05-10:35 am	\$43	HM31136
1/22-3/18	Su	3-3:30 pm	\$43	HM31137
1/22-3/18	Su	3:35-4:05 pm	\$43	HM31138
1/22-3/18	Su	4:45-5:15 pm	\$43	HM31139

### Spring Term:

4/2-5/2	MW	2:35-3:05 pm	\$54	HM41124
5/7-6/6	MW	2:35-3:05 pm	\$49	HM41125
4/2-5/2	MW	3:10-3:40 pm	\$54	HM41126
5/7-6/6	MW	3:10-3:40 pm	\$49	HM41127
4/2-5/2	MW	3:45-4:15 pm	\$54	HM41128
5/7-6/6	MW	3:45-4:15 pm	\$49	HM41129
4/3-5/3	T/Th	9:30-10 am	\$54	HM41130A
5/8-6/7	T/Th	9:30-10 am	\$54	HM41131A
4/3-5/3	T/Th	2-2:30 pm	\$54	HM41130
5/8-6/7	T/Th	2-2:30 pm	\$54	HM41131
4/3-5/3	T/Th	2:35-3:05 pm	\$54	HM41132
5/8-6/7	T/Th	2:35-3:05 pm	\$54	HM41133
4/3-5/3	T/Th	3:45-4:15 pm	\$54	HM41134
5/8-6/7	T/Th	3:45-4:15 pm	\$54	HM41135
4/7-6/9	S	10:05-10:35 am	\$49	HM41136
4/15-6/10	Su	3-3:30 pm	\$43	HM41137
4/15-6/10	Su	3:35-4:05 pm	\$43	HM41138
4/15-6/10	Su	4:45-5:15 pm	\$43	HM41139

## Beginning Swimming Skills

Date	Day	Time	Cost	Class#
Preschool Level D				

### Winter Term:

1/9-2/8	M/W	2:35-3:05 pm	\$49	HM31140
2/13-3/21	M/W	2:35-3:05 pm	\$59	HM31141
1/9-2/8	M/W	3:10-3:40 pm	\$49	HM31142
2/13-3/21	M/W	3:10-3:40 pm	\$59	HM31143
1/10-2/9	T/Th	2-2:30 pm	\$54	HM31144
2/14-3/22	T/Th	2-2:30 pm	\$65	HM31145
1/10-2/9	T/Th	2:35-3:05 pm	\$54	HM31146
2/14-3/22	T/Th	2:35-3:05 pm	\$65	HM31147
1/10-2/9	T/Th	3:10-3:40 pm	\$54	HM31148
2/14-3/22	T/Th	3:10-3:40 pm	\$65	HM31149
1/22-3/18	Su	3-3:30 pm	\$43	HM31150
1/22-3/18	Su	4:10-4:40 pm	\$43	HM31151
1/22-3/18	Su	5:20-5:50 pm	\$43	HM31152

### Spring Term:

4/2-5/2	MW	2:35-3:05 pm	\$54	HM41140
5/7-6/6	MW	2:35-3:05 pm	\$49	HM41141
4/2-5/2	MW	3:10-3:40 pm	\$54	HM41142
5/7-6/6	MW	3:10-3:40 pm	\$49	HM41143
4/3-5/3	T/Th	2-2:30 pm	\$54	HM41144
5/8-6/7	T/Th	2-2:30 pm	\$54	HM41145
4/3-5/3	T/Th	2:35-3:05 pm	\$54	HM41146
5/8-6/7	T/Th	2:35-3:05 pm	\$54	HM41147
4/3-5/3	T/Th	3:10-3:40 pm	\$54	HM41148
5/8-6/7	T/Th	3:10-3:40 pm	\$54	HM41149
4/15-6/10	Su	3-3:30 pm	\$43	HM41150
4/15-6/10	Su	4:10-4:40 pm	\$43	HM41151
4/15-6/10	Su	5:20-5:50 pm	\$43	HM41152

## School Age Levels 1 & 2

### Winter Term:

1/9-2/8	M/W	3:45-4:15 pm	\$49	HM31200
2/13-3/21	M/W	3:45-4:15 pm	\$59	HM31201
1/10-2/9	T/Th	3:10-3:40 pm	\$54	HM31202
2/14-3/22	T/Th	3:10-3:40 pm	\$65	HM31203
1/21-3/17	S	8:55-9:25 am	\$43	HM31204
1/22-3/18	Su	3-3:30 pm	\$43	HM31205
1/22-3/18	Su	4:10-4:40 pm	\$43	HM31206

### Spring Term:

4/2-5/2	MW	3:45-4:15 pm	\$54	HM41200
5/7-6/6	MW	3:45-4:15 pm	\$49	HM41201
4/3-5/3	T/Th	3:10-3:40 pm	\$54	HM41202
5/8-6/7	T/Th	3:10-3:40 pm	\$54	HM41203
4/7-6/9	S	8:55-9:25 am	\$49	HM41204
4/15-6/10	Su	3-3:30 pm	\$43	HM41205
4/15-6/10	Su	4:10-4:40 pm	\$43	HM41206

## Beginning Swimming Skills

Date	Day	Time	Cost	Class#
School Age Levels 2 ½ & 3				

### Winter Term:

1/9-2/8	M/W	3:45-4:15 pm	\$49	HM31207
2/13-3/21	M/W	3:45-4:15 pm	\$59	HM31208
1/9-2/8	M/W	4:20-4:50 pm	\$49	HM31209
2/13-3/21	M/W	4:20-4:50 pm	\$59	HM31210
1/10-2/9	T/Th	3:10-3:40 pm	\$54	HM31211
2/14-3/22	T/Th	3:10-3:40 pm	\$65	HM31212
1/10-2/9	T/Th	3:45-4:15 pm	\$54	HM31213
2/14-3/22	T/Th	3:45-4:15 pm	\$65	HM31214
1/21-3/17	S	8:55-9:25 am	\$43	HM31215
1/21-3/17	S	10:05-10:35 am	\$43	HM31216
1/22-3/18	Su	3:35-4:05 pm	\$43	HM31217
1/22-3/18	Su	4:45-5:15 pm	\$43	HM31218
1/22-3/18	Su	5:20-5:50 pm	\$43	HM31219

### Spring Term:

4/2-5/2	MW	3:45-4:15 pm	\$54	HM41207
5/7-6/6	MW	3:45-4:15 pm	\$49	HM41208
4/2-5/2	MW	4:20-4:50 pm	\$54	HM41209
5/7-6/6	MW	4:20-4:50 pm	\$49	HM41210
4/3-5/3	T/Th	3:10-3:40 pm	\$54	HM41211
5/8-6/7	T/Th	3:10-3:40 pm	\$54	HM41212
4/3-5/3	T/Th	3:45-4:15 pm	\$54	HM41213
5/8-6/7	T/Th	3:45-4:15 pm	\$54	HM41214
4/7-6/9	S	8:55-9:25 am	\$49	HM41215
4/7-6/9	S	10:05-10:35 am	\$49	HM41216
4/15-6/10	Su	3:35-4:05 pm	\$43	HM41217
4/15-6/10	Su	4:45-5:15 pm	\$43	HM41218
4/15-6/10	Su	5:20-5:50 pm	\$43	HM41219



## Intermediate Swimming Skills

Date	Day	Time	Cost	Class#
School Age Level 3 1/2				

### Winter Term:

1/9-2/8	M/W	4:20-4:50 pm	\$49	HM31220
2/13-3/21	M/W	4:20-4:50 pm	\$59	HM31221
1/9-2/8	M/W	4:55-5:25 pm	\$49	HM31222
2/13-3/21	M/W	4:55-5:25 pm	\$59	HM31223
1/10-2/9	T/Th	3:45-4:15 pm	\$54	HM31224
2/14-3/22	T/Th	3:45-4:15 pm	\$65	HM31225
1/21-3/17	S	10:05-10:35 am	\$43	HM31226
1/22-3/18	Su	3-3:30 pm	\$43	HM31227
1/22-3/18	Su	4:10-4:40 pm	\$43	HM31228
1/22-3/18	Su	5:20-5:50 pm	\$43	HM31229

### Spring Term:

4/2-5/2	MW	4:20-4:50 pm	\$54	HM41220
5/7-6/6	MW	4:20-4:50 pm	\$49	HM41221
4/2-5/2	MW	4:55-5:25 pm	\$54	HM41222
5/7-6/6	MW	4:55-5:25 pm	\$49	HM41223
4/3-5/3	T/Th	3:45-4:15 pm	\$54	HM41224
5/8-6/7	T/Th	3:45-4:15 pm	\$54	HM41225
4/7-6/9	S	10:05-10:35 am	\$49	HM41226
4/15-6/10	Su	3-3:30 pm	\$43	HM41227
4/15-6/10	Su	4:10-4:40 pm	\$43	HM41228
4/15-6/10	Su	5:20-5:50 pm	\$43	HM41229

## School Age Levels 4 & 5

### Winter Term:

1/9-2/8	M/W	4:20-4:50 pm	\$49	HM31230
2/13-3/21	M/W	4:20-4:50 pm	\$59	HM31231
1/9-2/8	M/W	4:55-5:25 pm	\$49	HM31232
2/13-3/21	M/W	4:55-5:25 pm	\$59	HM31233
1/10-2/9	T/Th	3:10-3:40 pm	\$54	HM31234
2/14-3/22	T/Th	3:10-3:40 pm	\$65	HM31235
1/10-2/9	T/Th	3:45-4:15 pm	\$54	HM31236
2/14-3/22	T/Th	3:45-4:15 pm	\$65	HM31237
1/22-3/18	Su	3:35-4:05 pm	\$43	HM31238
1/22-3/18	Su	4:45-5:15 pm	\$43	HM31239
1/22-3/18	Su	5:20-5:50 pm	\$43	HM41240

### Spring Term:

4/2-5/2	MW	4:20-4:50 pm	\$54	HM41230
5/7-6/6	MW	4:20-4:50 pm	\$49	HM41231
4/2-5/2	MW	4:55-5:25 pm	\$54	HM41232
5/7-6/6	MW	4:55-5:25 pm	\$49	HM41233
4/3-5/3	T/Th	3:10-3:40 pm	\$54	HM41234
5/8-6/7	T/Th	3:10-3:40 pm	\$54	HM41235
4/3-5/3	T/Th	3:45-4:15 pm	\$54	HM41236
5/8-6/7	T/Th	3:45-4:15 pm	\$54	HM41237
4/15-6/10	Su	3:35-4:05 pm	\$43	HM41238
4/15-6/10	Su	4:45-5:15 pm	\$43	HM41239
4/15-6/10	Su	5:20-5:50 pm	\$43	HM41240

## Specialty Programs

Date	Day	Time	Cost	Class#
Baby & Me				

Swim diapers required for ages 6-24 months.

### Winter Term:

1/9-2/8	M/W	2:35-3:05 pm	\$33	HM33100
2/13-3/21	M/W	2:35-3:05 pm	\$40	HM33101
1/9-2/8	M/W	3:10-3:40 pm	\$33	HM33102
2/13-3/21	M/W	3:10-3:40 pm	\$40	HM33103
1/10-2/9	T/Th	10-10:30 am	\$36	HM33104A
2/14-3/22	T/Th	10-10:30 am	\$44	HM33105A
1/10-2/9	T/Th	2-2:30 pm	\$36	HM33104
2/14-3/22	T/Th	2-2:30 pm	\$44	HM33105
1/21-3/17	S	9:30-10 am	\$29	HM33106

### Spring Term:

4/2-5/2	MW	2:35-3:05 pm	\$36	HM43100
5/7-6/6	MW	2:35-3:05 pm	\$33	HM43101
4/2-5/2	MW	3:10-3:40 pm	\$36	HM43102
5/7-6/6	MW	3:10-3:40 pm	\$33	HM43103
4/3-5/3	T/Th	10-10:30 am	\$36	HM43104A
5/8-6/7	T/Th	10-10:30 am	\$36	HM43105A
4/3-5/3	T/Th	2-2:30 pm	\$36	HM43104
5/8-6/7	T/Th	2-2:30 pm	\$36	HM43105
4/7-6/9	S	9:30-10 am	\$33	HM43106

## Toddler & Me

Swim diapers required for ages 18-36 months.

### Winter Term:

1/21-3/17	S	10:40-11:10 am	\$29	HM33107
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### Spring Term:

4/7-6/9	S	10:40-11:10 am	\$36	HM43107
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## You & Your Preschooler

Join our expert instructors and be part of the teaching process

### Winter Term:

1/10-2/9	T/Th	2:35-3:05 pm	\$54	HM33108
2/14-3/22	T/Th	2:35-3:05 pm	\$65	HM33109

### Spring Term:

4/3-5/3	T/Th	2:35-3:05 pm	\$54	HM43108
5/8-6/7	T/Th	2:35-3:05 pm	\$54	HM43109



## Specialty Programs

Date	Day	Time	Cost	Class#
Private Lessons				

1 instructor/1 student

All lessons are taught by certified water safety instructors

Several instructors are available during each time slot.

### Winter Term:

1/9-2/8	M/W	2:35-3:05 pm	Set of 9	\$180	HM33300
2/13-3/21	M/W	2:35-3:05 pm	Set of 11	\$220	HM33301
1/9-2/8	M/W	3:10-3:40 pm	Set of 9	\$180	HM33302
2/13-3/21	M/W	3:10-3:40 pm	Set of 11	\$220	HM33303
1/9-2/8	M/W	3:45-4:15 pm	Set of 9	\$180	HM33304
2/13-3/21	M/W	3:45-4:15 pm	Set of 11	\$220	HM33305
1/9-2/8	M/W	4:20-4:50 pm	Set of 9	\$180	HM33306
2/13-3/21	M/W	4:20-4:50 pm	Set of 11	\$220	HM33307
1/9-2/8	M/W	4:55-5:25 pm	Set of 9	\$180	HM33308
2/13-3/21	M/W	4:55-5:25 pm	Set of 11	\$220	HM33309
1/10-2/9	T/Th	2-2:30 pm	Set of 10	\$200	HM33310
2/14-3/22	T/Th	2-2:30 pm	Set of 12	\$240	HM33311
1/10-2/9	T/Th	2:35-3:05 pm	Set of 10	\$200	HM33312
2/14-3/22	T/Th	2:35-3:05 pm	Set of 12	\$240	HM33313
1/10-2/9	T/Th	3:10-3:40 pm	Set of 10	\$200	HM33314
2/14-3/22	T/Th	3:10-3:40 pm	Set of 12	\$240	HM33315
1/10-2/9	T/Th	3:45-4:15 pm	Set of 10	\$200	HM33316
2/14-3/22	T/Th	3:45-4:15 pm	Set of 12	\$240	HM33317
1/13-1/27	F	2-2:30 pm	Set of 3	\$60	HM33318
2/2-2/24	F	2-2:30 pm	Set of 4	\$80	HM33319
3/2-3/23	F	2-2:30 pm	Set of 4	\$80	HM33320
1/13-1/27	F	2:35-3:05 pm	Set of 3	\$60	HM33321
2/2-2/24	F	2:35-3:05 pm	Set of 4	\$80	HM33322
3/2-3/23	F	2:35-3:05 pm	Set of 4	\$80	HM33323
1/13-1/27	F	3:10-3:40 pm	Set of 3	\$60	HM33324
2/2-2/24	F	3:10-3:40 pm	Set of 4	\$80	HM33325
3/2-3/23	F	3:10-3:40 pm	Set of 4	\$80	HM33326
1/13-1/27	F	3:45-4:15 pm	Set of 3	\$60	HM33327
2/2-2/24	F	3:45-4:15 pm	Set of 4	\$80	HM33328
3/2-3/23	F	3:45-4:15 pm	Set of 4	\$80	HM33329
1/21-3/17	S	8:55-9:25 am	Set of 8	\$160	HM33330
1/21-3/17	S	9:30-10 am	Set of 8	\$160	HM33331
1/21-3/17	S	10:05-10:35 am	Set of 8	\$160	HM33332
1/21-3/17	S	10:40-11:10 am	Set of 8	\$160	HM33333
1/22-3/18	Su	3-3:30 pm	Set of 8	\$160	HM33334
1/22-3/18	Su	3:35-4:05 pm	Set of 8	\$160	HM33335
1/22-3/18	Su	4:10-4:40 pm	Set of 8	\$160	HM33336
1/22-3/18	Su	4:45-5:15 pm	Set of 8	\$160	HM33337
1/22-3/18	Su	5:20-5:50 pm	Set of 8	\$160	HM33338

### Spring Term:

4/2-5/2	MW	2:35-3:05 pm	Set of 10	\$200	HM43300
5/7-6/6	MW	2:35-3:05 pm	Set of 9	\$180	HM43301
4/2-5/2	MW	3:10-3:40 pm	Set of 10	\$200	HM43302
5/7-6/6	MW	3:10-3:40 pm	Set of 9	\$180	HM43303
4/2-5/2	MW	3:45-4:15 pm	Set of 10	\$200	HM43304
5/7-6/6	MW	3:45-4:15 pm	Set of 9	\$180	HM43305
4/2-5/2	MW	4:20-4:50 pm	Set of 10	\$200	HM43306
5/7-6/6	MW	4:20-4:50 pm	Set of 9	\$180	HM43307
4/2-5/2	MW	4:55-5:25 pm	Set of 10	\$200	HM43308

## Specialty Programs

Date	Day	Time	Cost	Class#
Private Lessons				

5/7-6/6	MW	4:55-5:25 pm	Set of 9	\$180	HM43309
4/3-5/3	T/Th	2-2:30 pm	Set of 10	\$200	HM43310
5/8-6/7	T/Th	2-2:30 pm	Set of 10	\$200	HM43311
4/3-5/3	T/Th	2:35-3:05 pm	Set of 10	\$200	HM43312
5/8-6/7	T/Th	2:35-3:05 pm	Set of 10	\$200	HM43313
4/3-5/3	T/Th	3:10-3:40 pm	Set of 10	\$200	HM43314
5/8-6/7	T/Th	3:10-3:40 pm	Set of 10	\$200	HM43315
4/3-5/3	T/Th	3:45-4:15 pm	Set of 10	\$200	HM43316
5/8-6/7	T/Th	3:45-4:15 pm	Set of 10	\$200	HM43317
4/6-4/27	F	2-2:30 pm	Set of 4	\$80	HM43318
5/4-5/25	F	2-2:30 pm	Set of 4	\$80	HM43319
6/1-6/15	F	2-2:30 pm	Set of 3	\$60	HM43320
4/6-4/27	F	2:35-3:05 pm	Set of 4	\$80	HM43321
5/4-5/25	F	2:35-3:05 pm	Set of 4	\$80	HM43322
6/1-6/15	F	2:35-3:05 pm	Set of 3	\$60	HM43323
4/6-4/27	F	3:10-3:40 pm	Set of 4	\$80	HM43324
5/4-5/25	F	3:10-3:40 pm	Set of 4	\$80	HM43325
6/1-6/15	F	3:10-3:40 pm	Set of 3	\$60	HM43326
4/6-4/27	F	3:45-4:15 pm	Set of 4	\$80	HM43327
5/4-5/25	F	3:45-4:15 pm	Set of 4	\$80	HM43328
6/1-6/15	F	3:45-4:15 pm	Set of 3	\$60	HM43329
4/7-6/9	S	8:55-9:25 am	Set of 9	\$180	HM43330
4/7-6/9	S	9:30-10 am	Set of 9	\$180	HM43331
4/7-6/9	S	10:05-10:35 am	Set of 9	\$180	HM43332
4/7-6/9	S	10:40-11:10 am	Set of 9	\$180	HM43333
4/15-6/10	Su	3-3:30 pm	Set of 8	\$160	HM43334
4/15-6/10	Su	3:35-4:05 pm	Set of 8	\$160	HM43335
4/15-6/10	Su	4:10-4:40 pm	Set of 8	\$160	HM43336
4/15-6/10	Su	4:45-5:15 pm	Set of 8	\$160	HM43338
4/15-6/10	Su	5:20-5:50 pm	Set of 8	\$160	HM43337

## Training Programs

Date	Day	Time	Cost	Class#
Lifeguard Training/AED				

Age 15. Must be able to swim 300 yards using crawl stroke and breaststroke. Swim 20 yards, submerge to a depth of 7-10 feet and retrieve a 10-pound diving brick, return to surface and swim back to starting point in one minute 40 seconds. Fee includes certification and book.

### Winter Term:

3/26-3/29	T/Th	Noon-7 pm	\$187	HM34300
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### Water Safety Instructor

To participate in WSI, individuals must be at least 16, swim the following strokes and meet the proficiency charts: 25 yards front crawl, back crawl, breaststroke, elementary backstroke, side stroke, 15 yards of butterfly, back float one minute and tread water one minute.

### Spring Term:

4/3-5/3	M-Th	4:30-8:30 pm	\$281	HM44300
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