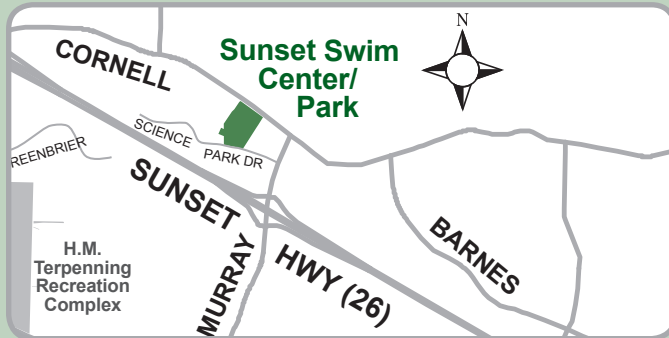




Sunset Swim Center

**Pool Closed
3/10-6/3/2011
for maintenance &
seismic upgrades**



Sunset Swim Center
13707 NW Science Park Drive
Portland, 97229 • 503/629-6315
TriMet Routes #62, 89

Winter Term: January 1 - March 9
Spring Term: Closed March 10 - June 3 for maintenance and seismic upgrades.

Sunset Swim Center offers:

ADA Aquatic Lift
Average Pool Temperature: 85°

Office Hours:

Monday-Thursday 8 am-8 pm
Friday 8 am-6 pm
Sunday 12:30-5 pm

Closed: 1/1, 1/16, 2/20, March 10-June 3

General Admission

In-district and THPRD cardholder:	Out-of-district or non-THPRD cardholder:
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.

Follow us on **facebook**

www.facebook.com/thprd.aquatics

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

Program	Days	Time	(Fitness Scale)
Shallow Water Aquarobics	M/W/F	8-9 am	(4)
Deep Water Aquarobics	M/W/F	8-9 am	(4)
	T/Th	7-8 am	(4)
Aqua Zumba®	T/Th	7-8 am	(4)

Aqua Zumba®

Known as the Zumba "pool party"

Aqua Zumba gives new meaning to the idea of an invigorating workout. Splashing, stretching, twisting, even shouting, laughing, hooting and hollering are often heard during an Aqua Zumba class. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

T/Th 7-8 am Instructor: Allison Berg

Volunteer Opportunities

Junior Lifeguard/Swim Instructor Aide. After completion, participants are eligible to apply for volunteer positions at any THPRD aquatic facility. Call our aquatic facility for more information. Call 503/629-6315 for more information.



Sunset Swim Center

503/629-6315

Winter/Spring Pool Schedule January 1 - March 9, 2012 Closed 3/10-6/3

13707 NW Science Park Drive, Portland
 Aquatic Facility Supervisor: Margaret Keehn
 TriMet Bus #62, #89
 Office Hours: 8 am-8 pm Mon-Thurs,
 8 am-6 pm Fri, 12:30-5 pm Sun
 Average Pool Temperature: 85°

Closed: 1/1, 1/16, 2/20
 Holiday Schedule: 1/2
 *1 lap lane available
 **Special Open Swim days (no school days)
 1/27, 3/9 - 1-2:30 pm

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
MORNING						
7:00-8:00 All Age Lap	7:00-8:00 DW Aerobics Aqua Zumba & DW Aerobics	7:00-8:00 All Age Lap	7:00-8:00 DW Aerobics Aqua Zumba & DW Aerobics	7:00-8:00 All Age Lap	Pool Closed Synchro Club	Pool Closed
8:00-9:00 Aqarobics/ DW Aerobics	8:00-9:00 All Age Lap	8:00-9:00 Aqarobics/ DW Aerobics	8:00-9:00 All Age Lap	8:00-9:00 Aqarobics/ DW Aerobics		
9:00-10:15* Instruction (1/1-3/9) All Age Lap (6/4-6/17)	9:00-10:15* Instruction All Age Lap (6/4-6/17)	9:00-10:15* Instruction All Age Lap (6/4-6/17)	9:00-10:15* Instruction All Age Lap (6/4-6/17)	9:00-10:15* Instruction All Age Lap (6/4-6/17)		
10:15-11:30 Senior Swim	10:15-11:30* Open Swim	10:15-11:30 Senior Swim	10:15-11:30* Open Swim	10:15-11:30 Senior Swim		
AFTERNOON						
11:30-1:00 Adult Lap Swim	11:30-1:00 Adult Lap Swim	11:30-1:00 Adult Lap Swim	11:30-1:00 Adult Lap Swim	11:30-1:00 Adult Lap Swim	<div style="border: 1px solid black; border-radius: 15px; padding: 10px;"> <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>	Noon-1:30 All Age Lap (1/1-3/4)
1:00-2:30 All Age Lap	1:00-2:30* Open Swim	1:00-2:30 All Age Lap	1:00-2:30* Open Swim	1:00-2:30** All Age Lap		1:30-2:00 Instruction (1/1-3/4)
2:30-6:15 High School Use	2:30-6:15 High School Use	2:30-6:15 High School Use	2:30-6:15 High School Use	2:30-6:15 High School Use		1:30-3:00 Open Swim (1/1-3/4)
						3:00-5:00 Instruction (1/1-3/4)
						5:00-7:00 Pool Rentals (1/1-3/4)
EVENING						
6:20-8:30 Instruction	6:20-8:30 Instruction	6:20-8:30 Instruction	6:20-8:30 Instruction	6:00-8:00 Pool Rentals	<div style="border: 1px solid black; border-radius: 15px; padding: 10px; background-color: #333; color: white; text-align: center;"> <p>Aqua lift available for pool entry</p> </div>	

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	9:05-9:35 am	\$49	SS31100
2/13-3/7	M/W	9:05-9:35 am	\$38	SS31101
1/9-2/8	M/W	9:40-10:10 am	\$49	SS31102
2/13-3/7	M/W	9:40-10:10 am	\$38	SS31103
1/10-2/9	T/Th	9:05-9:35 am	\$54	SS31104
2/14-3/8	T/Th	9:05-9:35 am	\$43	SS31105
1/10-2/9	T/Th	9:40-10:10 am	\$54	SS31106
2/14-3/8	T/Th	9:40-10:10 am	\$43	SS31107
1/9-2/8	M/W	6:20-6:50 pm	\$49	SS31108
2/13-3/7	M/W	6:20-6:50 pm	\$38	SS31109
1/9-2/8	M/W	7:30-8 pm	\$49	SS31110
2/13-3/7	M/W	7:30-8 pm	\$38	SS31111
1/10-2/9	T/Th	6:20-6:50 pm	\$54	SS31112
2/14-3/8	T/Th	6:20-6:50 pm	\$43	SS31113
1/10-2/9	T/Th	7:30-8 pm	\$54	SS31114
2/14-3/8	T/Th	7:30-8 pm	\$43	SS31115
1/15-3/4	Su	3:15-3:45 pm	\$43	SS31116
1/15-3/4	Su	3:50-4:20 pm	\$43	SS31117
1/15-3/4	Su	4:25-4:55 pm	\$43	SS31118

Preschool Level C

Winter Term:

1/9-2/8	M/W	9:05-9:35 am	\$49	SS31150
2/13-3/7	M/W	9:05-9:35 am	\$38	SS31151
1/10-2/9	T/Th	9:05-9:35 am	\$54	SS31152
2/14-3/8	T/Th	9:05-9:35 am	\$43	SS31153
2/13-3/7	M/W	6:20-6:50 pm	\$38	SS31154
1/9-2/8	M/W	7:30-8 pm	\$49	SS31155
2/13-3/7	M/W	7:30-8 pm	\$38	SS31156
1/10-2/9	T/Th	6:20-6:50 pm	\$54	SS31157
2/14-3/8	T/Th	6:20-6:50 pm	\$43	SS31158
1/15-3/4	Su	3:15-3:45 pm	\$43	SS31159

Private Swim Lessons?

Available to all skill levels, and guests 3 years of age and older. Call into the facility and inquire about information and availability.

Beginning Swimming Skills

Date	Day	Time	Cost	Class#
Preschool Level D				

Winter Term:

1/9-2/8	M/W	9:40-10:10 am	\$49	SS31170
2/13-3/7	M/W	9:40-10:10 am	\$38	SS31171
1/10-2/9	T/Th	9:40-10:10 am	\$54	SS31172
2/14-3/8	T/Th	9:40-10:10 am	\$43	SS31173
1/9-2/8	M/W	6:20-6:50 pm	\$49	SS31174
1/10-2/9	T/Th	7:30-8 pm	\$54	SS31175
2/14-3/8	T/Th	7:30-8 pm	\$43	SS31176
1/15-3/4	Su	4:25-4:55 pm	\$43	SS31177

School Age Level 1 & 2

Winter Term:

1/9-2/8	M/W	6:20-6:50 pm	\$49	SS31200
2/13-3/7	M/W	6:20-6:50 pm	\$38	SS31201
1/9-2/8	M/W	6:55-7:25 pm	\$49	SS31202
1/9-2/8	M/W	7:30-8 pm	\$49	SS31203
2/13-3/7	M/W	7:30-8 pm	\$38	SS31204
1/10-2/9	T/Th	6:55-7:25 pm	\$54	SS31205
2/14-3/8	T/Th	6:55-7:25 pm	\$43	SS31206
1/10-2/9	T/Th	7:30-8 pm	\$54	SS31207
2/14-3/8	T/Th	7:30-8 pm	\$43	SS31208
1/15-3/4	Su	3:50-4:20 pm	\$43	SS31209

School Age Level 2 ½

Winter Term:

1/9-2/8	M/W	6:55-7:25 pm	\$49	SS31250
1/9-2/8	M/W	7:30-8 pm	\$49	SS31251
2/13-3/7	M/W	7:30-8 pm	\$38	SS31252
1/10-2/9	T/Th	6:20-6:50 pm	\$54	SS31253
2/14-3/8	T/Th	6:55-7:25 pm	\$43	SS31254
1/15-3/4	Su	4:25-4:55 pm	\$43	SS31255

Preschool/School Age Level 3

Winter Term:

2/13-3/7	M/W	6:20-6:50 pm	\$38	SS31270
2/13-3/7	M/W	6:55-7:25 pm	\$38	SS31271
2/14-3/8	T/Th	6:20-6:50 pm	\$43	SS31272
1/10-2/9	T/Th	6:55-7:25 pm	\$54	SS31273
1/10-2/9	T/Th	7:30-8 pm	\$54	SS31274
2/14-3/8	T/Th	7:30-8 pm	\$43	SS31275
1/15-3/4	Su	3:15-3:45 pm	\$43	SS31276
1/15-3/4	Su	3:50-4:20 pm	\$43	SS31277

Intermediate Swimming Skills

Date	Day	Time	Cost	Class#
Preschool/School Age Level 3 ½				

Winter Term:

1/9-2/8	M/W	6:55-7:25 pm	\$49	SS32200
2/13-3/7	M/W	6:55-7:25 pm	\$38	SS32201
1/9-2/8	M/W	8:05-8:35 pm	\$49	SS32202
2/13-3/7	M/W	8:05-8:35 pm	\$38	SS32203
1/10-2/9	T/Th	6:55-7:25 pm	\$54	SS32204
2/14-3/8	T/Th	6:55-7:25 pm	\$43	SS32205
1/10-2/9	T/Th	8:05-8:35 pm	\$54	SS32206
2/14-3/8	T/Th	8:05-8:35 pm	\$43	SS32207
1/15-3/4	Su	3:50-4:20 pm	\$43	SS32208

Preschool/School Age Levels 4 & 5

Winter Term:

1/9-2/8	M/W	6:55-7:25 pm	\$49	SS32250
2/13-3/7	M/W	6:55-7:25 pm	\$38	SS32251
1/9-2/8	M/W	8:05-8:35 pm	\$49	SS32252
2/13-3/7	M/W	8:05-8:35 pm	\$38	SS32253
1/10-2/9	T/Th	6:55-7:25 pm	\$54	SS32254
2/14-3/8	T/Th	6:55-7:25 pm	\$43	SS32255
1/10-2/9	T/Th	8:05-8:35 pm	\$54	SS32256
2/14-3/8	T/Th	8:05-8:35 pm	\$43	SS32257
1/15-3/4	Su	4:25-4:55 pm	\$43	SS32258

Advanced Swimming Skills

Date	Day	Time	Cost	Class#
Fitness Swimmer				

Winter Term:

2/13-3/7	M/W	6:55-7:25 pm	\$38	SS33200
1/10-2/9	T/Th	8:05-8:35 pm	\$54	SS33201



Specialty Programs

Date	Day	Time	Cost	Class#
Baby/Toddler & Me				

Winter Term:

1/15-3/4	Su	1:30-2 pm	\$29	SS34001
1/15-3/4	Su	3:15-3:45 pm	\$29	SS34000

You & Your Preschooler

Winter Term:

1/9-2/8	M/W	6:20-6:50 pm	\$49	SS34100
2/14-3/8	T/Th	6:20-6:50 pm	\$43	SS34101

Teen/Adult Swimming Skills

Winter Term:

1/9-2/8	M/W	8:05-8:35 pm	\$49	SS31300
2/13-3/7	M/W	8:05-8:35 pm	\$38	SS31301
1/10-2/9	T/Th	8:05-8:35 pm	\$54	SS31303
2/14-3/8	T/Th	8:05-8:35 pm	\$43	SS31304

Diving

Winter Term:

2/13-3/7	M/W	6:20-6:50 pm	\$28	SS34200
1/10-2/9	T/Th	6:20-6:50 pm	\$40	SS34201

Private Lessons

Private lessons available to any age group 3 years and older and any swimming level.

Winter Term:

1/13-1/27	F	9:05-9:35 am	\$60	SS36000
2/3-2/17	F	9:05-9:35 am	\$60	SS36001
2/24-3/9	F	9:05-9:35 am	\$60	SS36002
1/13-1/27	F	9:40-10:10 am	\$60	SS36003
2/3-2/17	F	9:40-10:10 am	\$60	SS36004
2/24-3/9	F	9:40-10:10 am	\$60	SS36005

