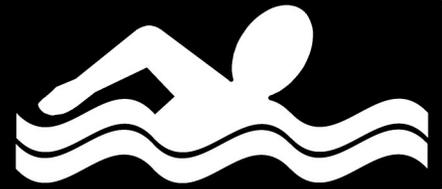


*City of Forest Grove Aquatic Center*  
**Winter Swimming Schedule**  
 January 2 through April 2, 2017



**Public Swims**

Mon., Wed., Thurs. & Fri. 6:45 to 7:30 p.m.  
 (Tots to 12 years old, warm pool only)  
 (Thursday nights - Special Family rate)

Mon., Wed., Thurs. & Fri. 7:30 to 8:45 p.m.  
 (Thursday nights - Special Family rate)

Saturday & Sunday 2:00 to 4:00 p.m.

**Fitness/ Lap Swims**

Monday, Wednesday & Friday 6:00 to 7:00 a.m.  
 (Membership or Punch Pass Required)

Monday through Friday 11:00 to 12:50 p.m.

Mon., Wed., Thurs. & Fri. 6:00 to 8:45 p.m.  
 (6:00 to 6:15 p.m. - Main Pool Only)

Tuesday 6:00 to 8:15 p.m.  
 (6:00 to 6:15 p.m. - Main Pool Only)

Monday, Wednesday & Thursday 8:45 to 9:45 p.m.

Saturday 1:00 to 2:00 p.m.

Saturday & Sunday 2:00 to 4:00 p.m.  
 (One Lane Only)

Sunday 4:00 to 5:00 p.m.

**Preschool Playtime**

*(5 and under only, must be accompanied by an adult)*

Monday through Friday 11:00 to 12:50 p.m.

Saturday 1:00 to 2:00 p.m.

Sunday 4:00 to 5:00 p.m.



**Aerobics**

Too wet and cold to exercise outdoors? Come join us for a variety of aerobics classes. Times and prices are listed inside the schedule. Your first class is free!

**Spring Break (March 27 – 31)**

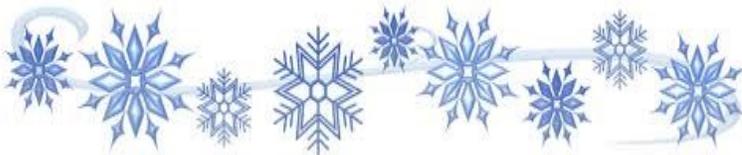
Join us for an extra public swim from 1:00 to 3:00 p.m. every day of Spring Break. Look for 2 for 1 coupons online and at the front desk. **(No aerobics or arthritis classes this week)**

**Lifeguard Training**

This Red Cross Course will be held December 19 thru December 21 from 9:00 a.m. until 6:00 p.m. each day. This class also requires 8 hours of online course work. Register today as space is limited.

**Birthday Party/Pool Rentals**

Are you looking for a fun party idea? How about a private pool rental! For more information or to reserve a spot, please contact us.



Tom Gamble, *Director of Parks & Recreation*  
 Sherri Mead, *Aquatic Supervisor*  
 Devan Tunnell, *Aquatic Specialist*



**Aquatic Center (503) 992-3238** (Pool information, shelter & field reservations)  
**Parks & Recreation (503) 992-3237** [www.forestgrove-or.gov](http://www.forestgrove-or.gov)  
 2300 Sunset Drive, P.O. Box 326 Forest Grove, Oregon 97116

**FIND US ON FACEBOOK**

# Special Interest Classes and Services

**SWIM CLUB:** Did you see the Olympics? All swimmers start at the beginning with swim lessons and swim clubs! What can you do in the water? If you are interested in the sport of swimming, swim with our club for a 2-week free trial. You need to be able to swim the length of the pool freestyle and backstroke comfortably. Practices are throughout the week and swim meets happen 1 to 2 times a month on the weekends. For more information about our club and to arrange a tryout for the free trial, please contact Head Coach Summir Valls at (503) 443-8105 or [sumswimcoach@gmail.com](mailto:sumswimcoach@gmail.com). The swim club website is: [www.fgdragons.com](http://www.fgdragons.com)

**LIFEGUARD TRAINING:** A class designed and sponsored by the American Red Cross, this gives students age 15 years and up an opportunity to be challenged and certified in basic lifeguarding. Students must be strong swimmers in all strokes and pass a pre-course swimming test. To obtain certification students will also need to pass final written and water tests. Contact the Aquatic Center for more information.

**WATER EXERCISE PROGRAM:** Exercise for people of all levels. No previous swimming skills are needed. Participants are led by trained staff through a series of specially designed exercises which combine buoyancy and resistance to improve flexibility, cardio and stamina. Call (503) 992-3238 for more information.

**SCUBA DIVING:** Classes are offered through Pacific Watersports. Training includes classroom and water sessions at the Aquatic Center and ends with an open water weekend. For more information call (503) 642-3483.

**PHYSICAL THERAPY SERVICES:** Aquatic physical therapy services are available at the Forest Grove Aquatic Center through Therapeutic Associates. Aquatic PT can be beneficial to a variety of patients to speed recovery after an injury or surgery, allowing walking and exercise to be performed without full weight bearing, therefore decreasing pain associated with movements. If interested or if you have further questions, please contact Therapeutic Associates at (503) 357-9810.

## Aquatic Center Fees

*\$27.00 Service charge on all returned checks*

|  | In-City<br>Discount | Out-City |
|--|---------------------|----------|
| <b><u>PUBLIC &amp; FITNESS SWIMS</u></b> |                     |          |
| Under 2 years old                        | Free                | Free     |
| 2 to 17 years & 65 years and up*         | \$ 3.60             | \$ 4.65  |
| 18 to 64 years                           | \$ 5.15             | \$ 7.50  |
| Family (Thursday night only)             | \$12.10             | \$17.00  |

|  | In-City | Out-City |
|--|---------|----------|
| <b><u>SWIMMING INSTRUCTION (10 Classes) or EXERCISE CLASSES (10 time punch pass)</u></b> |         |          |
| Members per session  | \$36.00 | \$36.00  |
| Non-Members per session  | \$53.50 | \$71.00  |
| Non-Members 65 years & up*   | \$42.25 | \$42.25  |
| Drop in Fee  | \$ 7.25 | \$ 7.25  |

### **MEMBERSHIPS**

Pool memberships are sold on a **quarterly basis**. Patrons may purchase any combination of consecutive quarters up to one year. Memberships purchased in the second or third month of a quarter will be prorated. Our yearly quarters are as follows:

Winter: January 1 through March 31  
 Spring: April 1 through June 30  
 Summer: July 1 through September 30  
 Fall: October 1 through December 31

|            |          |          |
|------------|----------|----------|
| Family     | \$137.50 | \$187.00 |
| Individual | \$ 69.50 | \$ 93.75 |
| Senior*    | \$ 42.25 | \$ 56.00 |

|   | In-City<br>Discount | Out-City |
|---|---------------------|----------|
| <b><u>PUNCH PASSES FOR FITNESS &amp; PUBLIC SWIMS</u></b>   |                     |          |
| Punch passes are available which allow the swimmer to purchase 10 swims in advance with a savings of 10%. |                     |          |
| 2 to 17 years & 65 years and up*  | \$28.75             | \$38.00  |
| 18 to 64 years  | \$42.25             | \$61.80  |

### **POOL RENTAL**

The pool may be rented on weekends before or after our regularly scheduled public and fitness swims. Your rental includes one hour of pool time, plus an additional hour in the party room. All regular pool rules apply during a pool rental.

|                   |                   |
|-------------------|-------------------|
| 1 to 60 people    | \$130.00 per hour |
| 61 to 100 people  | \$152.50 per hour |
| 101 to 200 people | \$178.00 per hour |

### **PARTY ROOM**

Call for reservation and information.

|                   |                  |
|-------------------|------------------|
| Maximum 20 people | \$23.75 per hour |
|-------------------|------------------|

### **LAMINATING SERVICE**

|                 |        |
|-----------------|--------|
| Small card size | .75    |
| Large 8½ x 11   | \$2.25 |

\*These rates also apply to disabled veterans.

**Spring Lesson Registration Begins Monday, March 6, 2017 at 9:00 a.m.**



# City of Forest Grove Aquatic Center Winter Class Schedule



## Class registration Begins November 7th, 2016

**Qualifications:** Children must be at least of six months old.

**How to Register:** Register for swim classes in person at the Aquatic Center. Full payment is required at time of registration. You may enroll in a succeeding session on the first day of the session you are in. *We reserve the right to move your child into the appropriate level.*

**Refunds and Credits:** You must have missed at least 1/2 of the classes due to illness or unforeseen circumstances to obtain a credit. The credit must be obtained before completion of your enrolled session. REFUNDS will be given only for classes canceled by the Aquatic Center.

### Daytime and Evening Sessions

#### **Mondays & Wednesdays:**

Session 1 Jan. 9 through Feb. 8

Session 2 Feb. 13 through March 15

#### **Tuesdays & Thursdays:**

Session 1 Jan. 10 through Feb. 9

Session 2 Feb. 14 through March 16

#### **Saturdays (10 week session)**

Session 1 Jan. 7 through March 18 (No class Feb. 4)



### **CLASSES: \*For level placement questions, water tests are available by appointment**

#### **Parent Tot (6 months to 3 years)**

|     |                |                   |
|-----|----------------|-------------------|
| 100 | Mon. & Wed.    | 9:00 to 9:30 a.m. |
| 101 | Mon. & Wed.    | 5:45 to 6:15 p.m. |
| 102 | Tues. & Thurs. | 5:45 to 6:15 p.m. |

#### **Preschool Level 1 (3 years to 5 years)**

|     |                |                     |
|-----|----------------|---------------------|
| 107 | Mon. & Wed.    | 9:30 to 10:00 a.m.  |
| 108 | Mon. & Wed.    | 1:00 to 1:30 p.m.   |
| 109 | Mon. & Wed.    | 5:45 to 6:15 p.m.   |
| 110 | Mon. & Wed.    | 6:20 to 6:50 p.m.   |
| 111 | Tues. & Thurs. | 9:50 to 10:20 a.m.  |
| 112 | Tues. & Thurs. | 5:45 to 6:15 p.m.   |
| 113 | Tues. & Thurs. | 6:20 to 6:50 p.m.   |
| 114 | Saturday       | 10:45 to 11:15 a.m. |

#### **Preschool Level 2 (3 years to 5 years)**

|     |                |                     |
|-----|----------------|---------------------|
| 119 | Mon. & Wed.    | 10:00 to 10:30 a.m. |
| 120 | Mon. & Wed.    | 1:30 to 2:00 p.m.   |
| 121 | Mon. & Wed.    | 5:45 to 6:15 p.m.   |
| 122 | Mon. & Wed.    | 6:20 to 6:50 p.m.   |
| 123 | Tues. & Thurs. | 9:15 to 9:45 a.m.   |
| 124 | Tues. & Thurs. | 5:45 to 6:15 p.m.   |
| 125 | Tues. & Thurs. | 6:20 to 6:50 p.m.   |
| 126 | Saturday       | 11:15 to 11:45 p.m. |

*Must have completed Level 1*

#### **Preschool Level 3/4 (3 years to 5 years)**

|     |                |                     |
|-----|----------------|---------------------|
| 131 | Mon. & Wed.    | 10:30 to 11:00 a.m. |
| 132 | Mon. & Wed.    | 5:45 to 6:15 p.m.   |
| 133 | Mon. & Wed.    | 6:20 to 6:50 p.m.   |
| 134 | Tues. & Thurs. | 10:25 to 10:55 a.m. |
| 135 | Tues. & Thurs. | 5:45 to 6:15 p.m.   |
| 136 | Tues. & Thurs. | 6:20 to 6:50 p.m.   |

*Must have completed Level 2*

#### **Level 1 & 2 (Beginners 6 years & up)**

|     |                |                     |
|-----|----------------|---------------------|
| 150 | Mon. & Wed.    | 4:35 to 5:05 p.m.   |
| 151 | Mon. & Wed.    | 5:10 to 5:40 p.m.   |
| 152 | Mon. & Wed.    | 6:20 to 6:50 p.m.   |
| 153 | Mon. & Wed.    | 7:00 to 7:30 p.m.   |
| 154 | Tues. & Thurs. | 4:35 to 5:05 p.m.   |
| 155 | Tues. & Thurs. | 5:10 to 5:40 p.m.   |
| 156 | Tues. & Thurs. | 6:20 to 6:50 p.m.   |
| 157 | Tues. & Thurs. | 7:00 to 7:30 p.m.   |
| 158 | Saturday       | 10:15 to 10:45 a.m. |

#### **Level 3 (6 years & up)**

|     |                |                   |
|-----|----------------|-------------------|
| 160 | Mon. & Wed.    | 4:00 to 4:30 p.m. |
| 161 | Mon. & Wed.    | 7:00 to 7:30 p.m. |
| 162 | Tues. & Thurs. | 4:00 to 4:30 p.m. |
| 163 | Tue. & Thurs.  | 7:00 to 7:30 p.m. |

*Must have completed Level 2*

#### **Level 4 (6 years & up)**

|     |                |                   |
|-----|----------------|-------------------|
| 171 | Mon. & Wed.    | 7:00 to 7:30 p.m. |
| 172 | Tues. & Thurs. | 7:00 to 7:30 p.m. |

*Must have completed Level 3*

#### **Level 5/6 (6 years & up)**

|     |                |                   |
|-----|----------------|-------------------|
| 181 | Mon. & Wed.    | 7:00 to 7:30 p.m. |
| 182 | Tues. & Thurs. | 7:00 to 7:30 p.m. |

*Must have completed Level 4*

#### **Home School Classes**

|     |                |                                    |
|-----|----------------|------------------------------------|
| 183 | Tues. & Thurs. | 1:00 to 1:30 p.m. (Level 1 thru 3) |
| 184 | Tues. & Thurs. | 1:30 to 2:00 p.m. (Level 4 thru 6) |
| 185 | Tues. & Thurs. | 2:00 to 2:30 p.m. (Preschool)      |



### **WATER AEROBICS & ADULT SWIM CLASSES**

#### **Aqua Aerobics**

|     |                               |                     |
|-----|-------------------------------|---------------------|
| 200 | Friday                        | 8:45 to 9:30 a.m.   |
| 201 | Mon. & Wed. (Low impact/Sen.) | 10:15 to 11:00 a.m. |
| 202 | Tues. & Thurs. (Deep Water)   | 7:30 to 8:15 p.m.   |
| 203 | Mon., Wed. & Thurs.           | 8:45 to 9:30 p.m.   |

#### **Warm Water Exercise Classes**

|     |                |                     |
|-----|----------------|---------------------|
| 210 | Mon. & Wed.    | 9:30 to 10:15 a.m.  |
| 211 | Tues. & Thurs. | 9:30 to 10:15 a.m.  |
| 212 | Tues. & Thurs. | 10:15 to 11:00 a.m. |

#### **Adult Swim Stroke Improvement/Endurance Class**

|     |                   |                   |
|-----|-------------------|-------------------|
| 190 | Tues. (Ten Weeks) | 7:30 to 8:15 p.m. |
|-----|-------------------|-------------------|

#### **Adult/Teen Basic Learn To Swim Class**

|     |                   |                   |
|-----|-------------------|-------------------|
| 191 | Tues. (Ten Weeks) | 7:30 to 8:15 p.m. |
|-----|-------------------|-------------------|

This schedule is available and may be viewed on our website:  
www.forestgrove-or.gov



We are an ADA accessible aquatic facility

## Special Schedule Changes (Holidays/ Special Events)

February 3 POOL CLOSED After 5:00 p.m.  
February 4 & 5 POOL CLOSED Swim Club Invitational  
March 27 - March 31 Public Swim 1:00 - 3:00 p.m.  
(Spring Break)



# Winter Swimming Schedule

| MONDAY  | TUESDAY  | WEDNESDAY                                      | THURSDAY                                       | FRIDAY   | SATURDAY   | SUNDAY   |
|---|--|--|--|--|--|--|
| <sup>1</sup> Fitness Swim<br>6:00 to 7:00 a.m.                  | Swim Club<br>5:00 to 7:00 a.m.                 | <sup>1</sup> Fitness Swim<br>6:00 to 7:00 a.m. | Swim Club<br>5:00 to 7:00 a.m.                 | <sup>1</sup> Fitness Swim<br>6:00 to 7:00 a.m. | Swim Club<br>7:00 to 11:00 a.m.                                | POOL RENTALS AVAILABLE<br>CLOSED TO THE PUBLIC |
| Pacific University Swim Team 7:00 - 9:00 a.m.                   |  |  |  |  | SWIM LESSONS<br>POOL RENTALS AVAILABLE<br>CLOSED TO THE PUBLIC |  |
| Swimming Lessons and Aerobics Classes<br>9:00 to 11:00 a.m.     |  |  |  | Adaptive P.E. & Aerobics Classes               | Fitness & Pre-school Swim<br>1:00 to 2:00 p.m.                 | POOL RENTALS AVAILABLE<br>CLOSED TO THE PUBLIC |
| Fitness Swim 11:00 to 12:50 p.m.                                |  |  |  |  |  |  |
| Pre - School Swim 11:00 to 12:50 p.m.                           |  |  |  |  | <sup>3</sup> Public/Fitness Swim<br>2:00- 4:00 p.m.            | Fitness & Pre-school Swim<br>4:00 to 5:00 p.m. |
| Swimming Lessons 1:00 to 2:30 p.m.                              |  |  |  |  |  |  |
| Swim Club/ High School Swim Team Practices<br>3:00 to 7:00 p.m. |  |  |  |  | POOL RENTALS AVAILABLE<br>CLOSED TO THE PUBLIC                 | POOL RENTALS AVAILABLE<br>CLOSED TO THE PUBLIC |
| Swimming Lessons 4:00 to 7:30 p.m.                              |  |  |  |  |  |  |
| <sup>2</sup> Fitness Swim<br>6:00 to 8:45 p.m.                  | <sup>2</sup> Fitness Swim<br>6:00 to 8:15 p.m. | <sup>2</sup> Fitness Swim<br>6:00 to 8:45 p.m. | <sup>2</sup> Fitness Swim<br>6:00 to 8:45 p.m. | <sup>2</sup> Fitness Swim<br>6:00 to 8:45 p.m. | POOL RENTALS AVAILABLE<br>CLOSED TO THE PUBLIC                 | POOL RENTALS AVAILABLE<br>CLOSED TO THE PUBLIC |
| Public Swim/Aerobics<br>7:30 to 8:45 p.m.                       | Adult Lessons<br>Aqua Aerobics                 | Public Swim/Aerobics<br>7:30 to 8:45 p.m.      | Family Swim/ Aerobics<br>7:30 to 8:45 p.m.     | Public Swim<br>7:30 to 8:45 p.m.               |  |  |
| Fitness Swim<br>8:45 - 9:45 p.m.                                | Scuba Instruction                              | Fitness Swim<br>8:45 - 9:45 p.m.               | Fitness Swim/Aerobics<br>8:45 - 9:45 p.m.      | Closed   |  |  |

1 - Membership or Punch Pass is required for the 6:00 a.m. Fitness Swim.

2 - Lane availability: 6:00 to 6:15 p.m. in the Main Pool Only (3 lanes)—6:15 to 7:30 p.m. (3 lanes)—7:30 to 8:45 p.m. (1 lane).

3 - 2:00 to 4:00 p.m. (1 Lane).

- To be admitted to any public or fitness swim, children must be eight years old and at least four feet in height, or they must be accompanied by someone at least 16 years old at all times. Exceptions: If a child is six years of age and presents a Red Cross Level 3 Card issued by the Forest Grove Aquatic Center.
- Regulation swim wear only... No Denim Shorts, T-Shirts or tank tops. (Rash guards allowed).
- Requirements for Fitness Swim attendance: these swims are for fitness activities. Activities such as diving board use, slide use, etc. are not allowed.
- Coast Guard Approved Flotation Devices Only— Arm Floaties and Flotation Swimsuits Are Not Allowed.
- Children 5 years and under will be allowed to use the opposite sex locker room. Family Changing rooms available.
- Children 7 years and under must be accompanied by an adult at all times.
- Telephone is available in the front lobby for patron use. A two (2) minute time limit PLEASE.
- Spa: Available to pool users sixteen and over only.
- Sauna: Available to pool users sixteen and over or younger patrons accompanied by an adult 16 or older.
- Lockers are day use only. Provide your own lock. Locks left overnight will be removed.
- Complete Aquatic Center Rules available in the lobby or on our website.
- Camera/Cell phone use in the locker rooms is prohibited.
- Underwater camera use is not allowed, including Go-Pros.
- No glass containers are allowed anywhere in the facility or outside in the spray park.

**THE CITY OF FOREST GROVE IS NOT RESPONSIBLE FOR LOST OR STOLEN ARTICLES.**