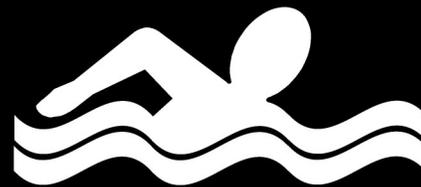


# Fall Swimming Schedule

September 6 through December 18, 2016



### Public Swims

Monday, Wednesday & Friday 7:30 to 8:45 p.m.  
Saturday & Sunday 2:00 to 4:00 p.m.

### Family Swim

Thursday 7:30 to 8:45 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.

### NEW HOURS FOR PRESCHOOL PLAYTIME

This popular playtime has been expanded to 11:00 a.m. until 12:50 p.m. Open to all children 5 years old and under.

### ADULT STROKE IMPROVEMENT/ENDURANCE CLASS

Would you like to improve your swimming strokes, skills or endurance? Then this is the class for you. Registration required.

### LIFEGUARD CLASS

This course offers students 15 years and older an opportunity to be challenged and certified in basic lifeguarding. If you're interested, please add your name to our waiting list and we will contact you when dates are set.

### POOL RENTALS

Looking for a fun place to have a birthday party, end of the season sports party or an activity night with a group of friends? How about a pool rental where your group has private use of our facility, with one hour in the pool and an additional hour in the party room.

The best pool rental times are:

Saturdays from 12:00 to 1:00 p.m. or 4:00 to 5:00 p.m.  
Sundays from 1:00 to 2:00 p.m. or 5:00 to 6:00 p.m.

Stop by the front desk for more information. (Longer rentals available upon request.)



Tom Gamble, Director of Parks & Recreation  
Sherri Mead, Aquatic Supervisor

**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:** OLYMPICS 2016...all of the Olympic swimmers started 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 [sumswimcoach@gmail.com](mailto:sumswimcoach@gmail.com) or (503)443-8105. Team Website: [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 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 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 by any group when it is not previously scheduled for any other activity. Suggested rental times: Weekends before or after our regularly scheduled public and fitness swims. 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.

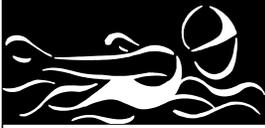
Maximum 20 people	\$23.75 per hour
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### **LAMINATING SERVICE**

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

\*These rates also apply to disabled veterans

**Winter Lesson Registration Begins Monday, Nov. 7, 2016 at 9:00 a.m.**



# City of Forest Grove Aquatic Center Fall Class Schedule



**Class registration Begins Monday, August 15, 2016 at 9:00 a.m.**

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

**How to Register:** Registration for swim classes can be done 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. **Class Cancellations:** Classes may be cancelled when they do not have 50% enrollment.

## Daytime and Evening Sessions

### **Mondays & Wednesdays:**

Session 1 Sept. 12 through Oct. 12

Session 2 Oct. 17 through Nov. 16

### **Tuesdays & Thursdays:**

Session 1 Sept. 13 through Oct. 13

Session 2 Oct. 18 through Nov. 17

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

Session 1 Sept. 17 through Nov. 19



**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. 9:15 to 9:45 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. 9:50 to 10:20 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 a.m.

*Must have completed Level 1*

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

131 Mon. & Wed. 10:25 to 10:55 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.  
137 Tues. & Thurs. 5:45 to 6:15 p.m.  
138 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\*

185 Tues. & Thurs. 1:00 to 1:30 p.m. (Level 4 thru 6)  
186 Tues. & Thurs. 1:30 to 2:00 p.m. (Level 1 thru 3)  
187 Tues. & Thurs. 2:00 to 2:30 p.m. (Preschool)

*\* Times subject to change*

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

### Aqua Aerobics

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

### Warm Water Exercise Classes

214 Mon. & Wed. 9:30 to 10:15 a.m.  
215 Tues. & Thurs. 9:30 to 10:15 a.m.  
216 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.

# Special Schedule Changes

## (No School/ Holidays/ Early School Dismissals)

This schedule is available and may be viewed on our website:  
[www.forestgrove-or.gov](http://www.forestgrove-or.gov)



**We are an ADA accessible aquatic facility**

Nov. 11th	POOL CLOSED	AFTER 5:00 P.M.
November 24th	POOL CLOSED	THANKSGIVING
December 2nd	POOL CLOSED	AFTER 5:00 P.M.
December 3rd & 4th	POOL CLOSED	FG INVITATIONAL
December 24th	POOL CLOSED	CHRISTMAS EVE
December 25th	POOL CLOSED	CHRISTMAS



# Fall Swimming Schedule

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

1 - Membership or Punch Pass are 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 someone 16 years of age or older at all times while using our facility.
- 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 camera 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.**