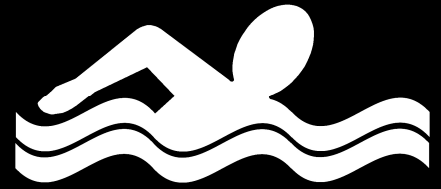


City of Forest Grove Aquatic Center

# Summer Swimming Schedule

June 18 through September 2, 2018



### Try Something New!

A Splash Dive Class. Learn a good 3 step approach to great big beautiful splashes off the board. For 8 to 14 year olds. Dives include: Can Opener, Cannon Ball, "V" Dive, Watermelon, Sitting Bull, Preacher Seat, Egg Roll and more!  
See inside for dates and times.

### COMMUNITY FREE SWIM

Thanks to Papa's Toys and the Davis Family for once again providing a free swim on Saturday nights from 6:00 p.m. to 7:30 p.m. starting on June 23rd and ending August 25th. This swim is limited to the first 200 patrons.



Go to [www.skyhawks.com](http://www.skyhawks.com) to register or to view camp offerings and descriptions.

Camps include baseball, basketball, flag football, lacrosse and soccer.

### LIFEJACKET COLLECTION SITE

The Aquatic Center will accept your new or gently used lifejackets, in all sizes, to be donated to Hagg Lake. Lifejackets are accepted year round.



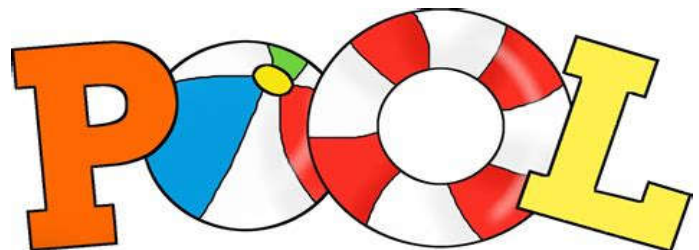
Junior Lifeguarding

Red Cross Babysitter's Training

Teen Swim Class

When I'm In Charge

\*Take a look inside for more details on each of these great classes!



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**

# Aquatic Center Fees

*\*All prices effective July 1, 2018- \$29.00 Service charge on all returned checks*

The City of Forest Grove Aquatic Center does not issue refunds.

## PUBLIC & FITNESS SWIMS

	In-City Discount	Out-City
Under 2 years old	Free	Free
2 to 17 years & 65 and up*	\$ 4.05	\$ 5.20
18 to 64 years	\$ 5.80	\$ 8.40
Family (Thursday night only)	\$13.50	\$19.00

## SWIMMING (Per session-10 classes), AEROBICS & ARTHRITIS INSTRUCTION (10 Time Punch Card)

Members per session	\$40.10	\$40.10
Non-Members per session	\$59.50	\$79.20
Non-Members 65 years & up*	\$47.10	\$47.10
Drop in Fee	\$ 8.10	\$ 8.10

## PUNCH PASSES FOR FITNESS & PUBLIC SWIMS

Punch passes are available which allow the swimmer to purchase 10 swims in advance at a savings.

2 to 17 years & 65 and up*	\$32.10	\$42.50
18 to 64 years	\$47.10	\$68.90

## MEMBERSHIPS (Does not include classes.)

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

**Special Summer Membership:**

**June 1 through August 31**

Summer: July 1 through September 30

Fall: October 1 through December 31

Family**	\$153.50	\$208.00
Individual	\$ 77.40	\$104.50
Senior*	\$ 47.10	\$ 62.10

(\*Senior rates also apply to veterans.)

\*\*A Family Membership is up to two parents or guardians and their children under 21, who reside with them.

## LAMINATING SERVICE

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

## SWIM ACCESSORIES

Goggles	\$5.00
Locks	\$6.00
Swim Caps	\$3.00
Swim Diapers	\$10.00



## 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. This rental includes use of the party room for an additional hour at no extra charge. All regular pool rules apply during a pool rental.

1 to 60 people	\$145.00 per hour
61 to 100 people	\$170.00 per hour
101 to 200 people	\$200.00 per hour

## PARTY ROOM RENTAL

This room is available for use during our regular pool hours. It's the perfect space for cake and ice cream and includes tables, chairs, a refrigerator and microwave. Call for reservations.

Maximum 30 people **\$26.50 per hour**

## SPRAY PARK RENTAL

The spray park and picnic area is available for 1 or 2 hour rentals. See insert for more information.

Rental Fee **\$71.50 per hour**

## Aquatic Center & Spray Park Schedule

### Public Swims & Spray Park

Monday thru Friday	2:00 p.m. to 4:00 p.m.
Monday thru Friday	7:15 p.m. to 8:45 p.m.
Saturday & Sunday	2:00 p.m. to 4:00 p.m.

### Adult Pre-School Swims & Spray Park

M, T, W, TH, F	11:30 a.m. to 1:30 p.m.
Saturday & Sunday	12:30 p.m. to 2:00 p.m.

### Fitness Swims

*Mon, Wed & Fri	6:00 a.m. to 7:00 a.m.
Monday thru Friday	11:30 a.m. to 1:30 p.m.
Mon thru Fri (Main)	5:30 p.m. to 6:30 p.m.
Mon thru Fri (Activity)	6:00 p.m. to 7:00 p.m.
Mon, Wed & Thurs	8:45 p.m. to 9:45 p.m.
Saturday & Sunday	12:30 p.m. to 2:00 p.m.



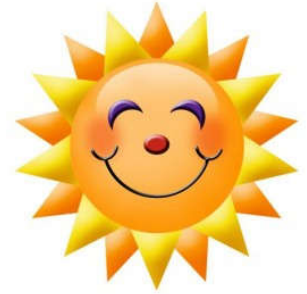
“ Pursuing excellence for the last 40 years ”

Our team is comprised of youth to college aged swimmers. We welcome swimmers of all abilities, but a competent level of swimming across the pool is necessary for their safety. An evaluation needs to be set up by appointment. Following the evaluation, we will discuss the 2 week free trial. Questions regarding evaluation sessions can be directed to Coach Summir. Practices are held weekdays and swim meets are generally conducted on weekends. In both practices and competitions, athletes are encouraged to participate only at levels appropriate to their age and developmental level.

Head Coach: Summir Valls  
(503)550-5915  
Email: sumswimcoach@gmail.com  
Website: www.fgdragons.com

## Spray Park Rentals

In addition to our pool rentals, we have our spray park available to rent. The spray park includes fun water features, a grassy area with picnic tables and a sun deck. Ideal for birthday parties, family gatherings and play groups. An excellent alternative for toddlers and younger children! Rentals are for one or two hours at \$69.00 per hour.



### Rental times:

Monday- Friday 9:00 a.m. to Noon  
Monday- Friday 2:00 p.m. to 7:00 p.m.  
Saturday -Sunday 11:30 a.m. to 12:30 p.m.  
Or 2:00 p.m. to 5:00 p.m.

*\*Please inquire at the front desk for any additional information*

# SOMETHING FOR EVERYONE!

### **Physical Therapy:**

Aquatic physical therapy services are available at the Forest Grove Aquatic Center. Call Therapeutic Associates Physical Therapy at (503)357-9810 to determine insurance coverage, find out if a physician's referral is required and to schedule an evaluation. Based on the evaluation, a physical therapist will develop an aquatic exercise program specialized for your goals.



### **Seniors Do You Qualify?**

The Forest Grove Aquatic Center is a contracted Silver & Fit, Silver Sneakers and Optum facility. If you are a senior and your insurance carrier offers this great benefit, stop and see Cindy at the front desk to get started utilizing these programs.



### **Scuba and Snorkel Classes:**

Scuba and Snorkel Classes are offered for adults and children at our facility through Pacific Watersports. For more information, call (503) 642-3483.



# SPECIALTY CLASSES & AEROBICS

## **Red Cross Babysitter's Training Course:** (For teens 11 to 15)

This course gives youth the knowledge and confidence to care for infants and school-age children. This class combines video, activities, hands-on skills training and discussion for a complete learning experience. Upon completion participants receive a certification in Infant and Child CPR.

July 25 & July 26 from 9:00 a.m. to 2:00 p.m. (You must attend both classes.)



**American Red Cross**

## **When I'm In Charge:** (For youth 9 to 12)

This class focuses on children who stay home alone from time to time. This 3 hour class covers home safety and basic first aid techniques.

June 23 from 2:00 to 5:00 p.m.

## **Jr. Lifeguard Course:** (For teens 11 to 14)

To provide introductory skills for future lifeguards.

June 19 - July 19

Tues & Thurs 4:30 to 5:30 p.m.

*Water Test Required. Must possess a Level IV Card.*



## **Teen Class:** (For teens 12 and up)

This class is for teens who are interested in learning how to swim or who want to improve their current skills.

June 18 thru June 29 1:15 p.m. to 2:00 p.m.

July 30 thru August 10 1:15 p.m. to 2:00 p.m.

## **Splash Dive Class:** (For youth 8 to 14)

Learn a good 3 step approach to big beautiful splashes off the board. Dives include: Can Opener, Cannon Ball, "V" Dive, Watermelon, Sitting Bull, Preacher Seat, Egg Roll and more!

June 18 thru June 29 11:00 a.m. to 11:30 a.m.

July 30 thru August 10 11:00 a.m. to 11:30 a.m.

## **WATER AEROBICS / ARTHRITIS**

### Aqua Aerobics

Mon., Wed. & Fri. (Low Impact/Sen.) 9:00 a.m. to 9:45 a.m.

Tues. & Thurs. (Deep Water) 7:30 p.m. to 8:15 p.m.

Mon, Wed & Thurs 8:45 p.m. to 9:30 p.m.

### Warm Water Exercise Classes

Mon., Wed. & Fri. (Senior Aerobics) 9:45 a.m. to 10:30 a.m.

Tues & Thurs 9:45 a.m. to 10:30 a.m.

Tues & Thurs 10:30 a.m. to 11:15 a.m.





# City of Forest Grove Aquatic Center Summer Class Schedule



**Class registration Begins May 21, 2018 at 9:00 a.m.**

## Daytime Sessions

### Monday through Friday

- Session 1 June 18 through June 29
- Session 2 July 2 through July 13\*
- Session 3 July 16 through July 27
- Session 4 July 30 through August 10
- Session 5 August 13 through August 24



**Qualifications:** Children must be a minimum of six months old.

**How to Register:** Registration for swim classes will be held at the Aquatic Center. It is required that you register in person and pay your fee at that time. You may enroll in a succeeding session on the first day of the session you are in.

**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 cancelled by the Aquatic Center.

**Class Cancellations:** Classes may be cancelled when they do not have 50% enrollment.

## Evening Sessions

### Mondays & Wednesdays

- Session 1 June 18 through July 18\*
- Session 2 July 23 through August 22

### Tuesdays & Thursdays:

- Session 1 June 19 through July 19
- Session 2 July 24 through August 23

\* No Classes on the Fourth of July.

## PRESCHOOL LESSONS

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

- |     |                |                        |
|-----|----------------|------------------------|
| 700 | M, T, W, TH, F | 9:15 a.m. to 9:45 a.m. |
| 701 | Mon & Wed      | 5:30 p.m. to 6:00 p.m. |
| 702 | Tues & Thurs   | 5:30 p.m. to 6:00 p.m. |

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

- |     |                |                          |
|-----|----------------|--------------------------|
| 800 | M, T, W, TH, F | 9:15 a.m. to 9:45 a.m.   |
| 801 | M, T, W, TH, F | 10:25 a.m. to 10:55 a.m. |
| 802 | MT, W, TH, F   | 11:00 a.m. to 11:30 a.m. |
| 803 | Mon & Wed      | 5:30 p.m. to 6:00 p.m.   |
| 804 | Tues & Thurs   | 5:30 p.m. to 6:00 p.m.   |
| 805 | Mon & Wed      | 6:05 p.m. to 6:35 p.m.   |
| 806 | Tues & Thurs   | 6:05 p.m. to 6:35 p.m.   |

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

- |     |                |                          |
|-----|----------------|--------------------------|
| 810 | M, T, W, TH, F | 9:15 a.m. to 9:45 a.m.   |
| 811 | M, T, W, TH, F | 9:50 a.m. to 10:20 a.m.  |
| 812 | M, T, W, TH, F | 11:00 a.m. to 11:30 a.m. |
| 813 | Mon & Wed      | 5:30 p.m. to 6:00 p.m.   |
| 814 | Tues & Thurs   | 5:30 p.m. to 6:00 p.m.   |
| 815 | Mon & Wed      | 6:05 p.m. to 6:35 p.m.   |
| 816 | Tues & Thurs   | 6:05 p.m. to 6:35 p.m.   |

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

- |     |                |                         |
|-----|----------------|-------------------------|
| 820 | M, T, W, TH, F | 9:15 a.m. to 9:45 a.m.  |
| 821 | M, T, W, TH, F | 9:50 a.m. to 10:20 a.m. |
| 822 | Mon & Wed      | 6:05 p.m. to 6:35 p.m.  |
| 823 | Tues & Thurs   | 6:05 p.m. to 6:35 p.m.  |

## SCHOOL AGE LESSONS

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

- |     |                |                          |
|-----|----------------|--------------------------|
| 830 | M, T, W, TH, F | 9:50 a.m. to 10:20 a.m.  |
| 831 | M, T, W, TH, F | 10:25 a.m. to 10:55 a.m. |
| 832 | M, T, W, TH, F | 11:00 a.m. to 11:30 a.m. |
| 833 | Mon & Wed      | 6:05 p.m. to 6:35 p.m.   |
| 834 | Mon & Wed      | 6:40 p.m. to 7:10 p.m.   |
| 835 | Tues & Thurs   | 6:05 p.m. to 6:35 p.m.   |
| 836 | Tues & Thurs   | 6:40 p.m. to 7:10 p.m.   |

**Level 2 (Beginners 6 years & up)** Must be able to put face in the water, back float and push off wall to instructor.

- |     |                |                          |
|-----|----------------|--------------------------|
| 840 | M, T, W, TH, F | 9:50 a.m. to 10:20 a.m.  |
| 841 | M, T, W, TH, F | 10:25 a.m. to 10:55 a.m. |
| 842 | M, T, W, TH, F | 11:00 a.m. to 11:30 a.m. |
| 843 | Mon & Wed      | 6:05 p.m. to 6:35 p.m.   |
| 844 | Mon & Wed      | 6:40 p.m. to 7:10 p.m.   |
| 845 | Tues & Thurs   | 6:05 p.m. to 6:35 p.m.   |
| 846 | Tues & Thurs   | 6:40 p.m. to 7:10 p.m.   |

**Level 3 (Beginners 6 years & up)** Must be able to swim half way across the main pool on both stomach and back.

- |     |                |                          |
|-----|----------------|--------------------------|
| 850 | M, T, W, TH, F | 9:50 a.m. to 10:20 a.m.  |
| 851 | M, T, W, TH, F | 10:25 a.m. to 10:55 a.m. |
| 852 | M, T, W, TH, F | 11:00 a.m. to 11:30 a.m. |
| 853 | Mon & Wed      | 6:40 p.m. to 7:10 p.m.   |
| 854 | Tues & Thurs   | 6:40 p.m. to 7:10 p.m.   |

**Level 4 (6 years & up)** Must be able to swim full length of the main pool on back and stomach w/side breathing.

- |     |                |                          |
|-----|----------------|--------------------------|
| 860 | M, T, W, TH, F | 9:15 a.m. to 9:45 a.m.   |
| 861 | M, T, W, TH, F | 9:50 a.m. to 10:20 a.m.  |
| 862 | M, T, W, TH, F | 10:25 a.m. to 10:55 a.m. |
| 863 | Mon & Wed      | 6:40 p.m. to 7:10 p.m.   |
| 864 | Tues & Thurs   | 6:40 p.m. to 7:10 p.m.   |

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

- |     |                |                          |
|-----|----------------|--------------------------|
| 870 | M, T, W, TH, F | 9:15 a.m. to 9:45 a.m.   |
| 871 | M, T, W, TH, F | 10:25 a.m. to 10:55 a.m. |
| 872 | Mon & Wed      | 6:40 p.m. to 7:10 p.m.   |
| 873 | Tues & Thurs   | 6:40 p.m. to 7:10 p.m.   |



For level placement questions, water tests are available on a drop in basis during our public swims.

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

## Special Schedule Changes (Holidays/ Closures)



June 16th

50th Anniversary Celebration

July 4th

CLOSED

September 3 - 9

Maintenance Closure (The lobby will

be open Monday thru Friday from 9:00 a.m. until 6:00 p.m. for lesson registrations and park reservations.)

**\* Membership or a Punch Pass are Required for the 6:00 a.m. Fitness Swims!**

# Summer Swimming Schedule

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
*Fitness Swim 6:00 to 7:00 a.m.	Swim Team 5:00 to 7:00 a.m.	*Fitness Swim 6:00 to 7:00 a.m.	Swim Team 5:00 to 7:00 a.m.	*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
Swim Team 7:00 a.m. - 9:00 a.m.					SWIM LESSONS POOL RENTALS AVAILABLE CLOSED TO THE PUBLIC	
Lessons 8:00 a.m. - 11:30 a.m.						
<b>Fitness Swim 11:30 a.m. - 1:30 p.m.</b>						
Pre - School Swim/Spray Park 11:30 a.m. -1:30 p.m.						
Public Swim/ Spray Park 2:00 p.m. - 4:00 p.m.					Fitness & Pre-school Swim 12:30 to 2:00 p.m.	
Swim Team Practice 4:00 p.m. - 5:30 p.m.					Fitness & Pre-school Swim 12:30 to 2:00 p.m.	
Lessons 5:00 p.m. - 7:00 p.m.					<sup>3</sup> Public/Fitness Swim 2:00- 4:00 p.m.	
<b>**Fitness Swim 5:30 p.m. - 7:00 p.m.</b>					POOL RENTALS AVAILABLE  CLOSED TO THE PUBLIC	
Public Swim/ Spray Park 7:15 p.m. - 8:45 p.m.					POOL RENTALS AVAILABLE  CLOSED TO THE PUBLIC	
Fitness Swim 8:45 - 9:45 p.m.	Scuba No Fitness Swim	Fitness Swim 8:45 - 9:45 p.m.	Fitness Swim 8:45 - 9:45 p.m.	Closed	Community Free Swim 6:00- 7:30 p.m. Sponsored by Papa's Toys	POOL RENTALS AVAILABLE  CLOSED TO THE PUBLIC
					Scuba Instruction	

**\*\* 5:30 p.m. to 6:30 p.m. in the Main Pool and 6:00 p.m. to 7:00 p.m. in the Activity Pool.**

- 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 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 at no cost. Provide your own lock. Locks available for sale at front desk. Locks left on 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 area.
- Sunbathing is only allowed during Public or Fitness swims.

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