


### Warm Water Pool Schedule for September 19, 2011 – January 8, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 – 8:00 am Open Swim					7:00 – 8:45 am Preschool Swim/ Open Swim (Sept & Dec)	8:00 am – 12:30 pm Preschool Swim/ Open Swim
8:00 – 11:00 am Preschool Swim/ Open Swim	8:00 – 9:00 am WEX 9:00 – 10:00 am Therapy 9:30 – 11:00 am Swim Lessons	8:00 – 11:00 am Preschool Swim/ Open Swim 9:30 – 11:00 am Swim Lessons	8:00 – 9:00 am WEX 9:00 – 10:00 am Therapy 9:30 – 11:00 am Swim Lessons	8:00 – 11:00 am Preschool Swim/ Open Swim 9:30 – 11:00 am Swim Lessons		
10:00 – 11:00 am Arthritis Class (Deep area) Preschool Swim/Open Swim (Shallow area)					12:30 – 3:30 pm Rec Swim	
11:00 am – 7:00 pm Preschool Swim/Open Swim** 11:00 am – 7:00 pm Swim Lessons **Shared pool space with swim lessons						
					4:30 am – 12:20 pm Swim Lessons (Oct & Nov)	4:30 – 6:30 pm Rec Swim
					7:00 – 9:00 pm Rec Swim	

### Main Pool Schedule for September 19, 2011 – January 8, 2012

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday	
5:30 – 11:00 am Lap Swim* *Lap Swim will have a minimum of 2 lanes available 5:35 – 11:00 am WEX					7:00 – 8:50 am Lap Swim 8:00 – 8:50 am WEX	8:00 am – 12:20 pm Lap Swim	
11:00 am – 2:00 pm Lap Swim Swim Lessons				11:00 am – 2:30 pm Lap Swim			8:50 am – 12:20 pm Lap Swim Swim Lessons (Oct & Nov)
2:00 – 5:30 pm Swim Lessons Swim Team					2:30 – 5:30 pm Swim Team	12:30 – 3:30 pm Rec Swim	
5:30 – 6:50 pm Lap Swim* *Lap Swim will have a minimum of 2 lanes available Swim Lessons 6:00 – 6:50 pm WEX					5:30 – 6:50 pm Lap Swim	3:30 – 4:30 pm Rentals	
7:00 – 9:00 pm Rec Swim 8:00 – 9:00 pm Lap Swim** **Lap Swim will have a maximum of 2 lanes available					7:00 – 9:00 pm Rec Swim	4:30 – 7:30 pm Rec Swim	4:30 – 6:30 pm Rec Swim

**Open Swim** – Exercise, relax, and recreate independently or with children in our Warm Water Pool. The yellow tea cup is only turned on during Recreation Swim.

**Preschool Swim** – Open to kids up to 7 yrs old accompanied by an adult in the water in our Warm Water Pool. The yellow tea cup is only turned on during Recreation Swim.

**WEX** – Water Exercise Class  
– SWIM SCHEDULE IS SUBJECT TO CHANGE –

**Rec Swim** – Open to people of all ages in the Main Pool, Warm Water Pool. Children age 7 years and under must be accompanied by an adult in the water at all times.

**Water Therapy** – Rehabilitate injuries, develop flexibility and/or perform exercises that protect joints. All participants must have doctor's approval before attending. Please register at Tuality Healthcare Therapy Department by calling 503-681-4238.

**Swim Lesson Assessments:** Swim Lesson Assessments are free and available to determine the appropriate youth swim level. Each person must be registered in order to receive an assessment. Once they are registered, check in with SHARC cashier, take a rinsing shower, and then wait at the sign located next to the spa for the instructor to assist you.

### Private and Semi-Private Swim Lessons:

**(All ages)** Instructor to participant ratio for private lessons is 1:1 and semi-private lessons is 1:2 (with the possibility of varying levels). Please be prepared to speak with the instructor regarding your expectations for the lessons. There are no make-up lessons for missed classes.

### Parent/Child Swim Lessons:

**(6 – 36 months)** Instructor to participant ratio is 1:12. Participants learn about the water environment through games and safe play. Adult must accompany their child in the water.

Angelfish: 6 – 18 months      Blowfish: 18 – 36 months

### Homeschool Swim Lessons:

**(6 – 18 years)** Instructor to participant ratio is 1:7 or 8. Homeschool swim lessons provide more than an opportunity for children to participate in a group physical activity. Participants enjoy a 30 minute swim lesson followed by a 30 minute recreation swim. Parents/siblings are welcome to join in the recreation swim with paid admission. Have fun, get active and learn a valuable life skill.



### Active Adult Swim Program:

**(18 years and up)** There are two levels to this swim program: *Learn to Swim* is designed for those with very little to no swimming experience/skills; and *Swim Better* is designed for those who already have some swimming experience but would like to improve their skills.

### Teen/Adult Swim Lessons:

**(13 years – Adult)** Instructor to participant ratio is 1:8. All levels welcome. During these 45-minute classes you learn fundamental water skills, basic water skills, and stroke development, improvement and refinement.

### Adaptive Swim Lessons:

**(All ages)** Instructor to participant ratio is 1:2. Adaptive swim lessons are available to patrons with special needs. The focus of the program is water safety, basic swimming skills, and providing every person with the opportunity to enjoy the water. An Adaptive Aquatics intake form must be filled out prior to the first lesson. Please be prepared to speak with the instructor regarding the expectations you have for the lessons. The intake forms are available at SHARC.

See page 44 for more information and class schedule.

### Preschool Introductory Swim Lessons:

**(3 – 5 Years)** Instructor to participant ratio is 1:5. Participants learn basic water skills to prepare them for American Red Cross School Age Lessons.

**Catfish 1:** Water safety and exploration are the primary goals of the class. Front and back skills are taught with support.

**Catfish 2:** The participant should be comfortable with their face in the water for 3 seconds. Front and back skills are taught with assistance.

**Catfish 3:** The participant should be able to float, glide, and kick with minimal assistance on their front and back.

**Catfish 4:** The participant should be able to swim with kicks and arm pulls on their front and back for 3 – 5 yards.

**Catfish 5:** The participant should be able to swim front and back crawl for 5 yards.

### American Red Cross School Age Swim Lessons:

**(6 – 15 Years)** Electric Eel instructor to participant ratio is 1:6, Frog – Pufferfish instructor to participant ratio is 1:7.

**Electric Eel (Level 1):** Basic personal water safety is taught at this entry level. Students may be supported and assisted. There are no prerequisites required.

**Frog (Level 2):** The participant must be able to float independently front and back for 5 seconds. The class teaches basic locomotion skills.

**Goldfish (Level 3):** The participant must be able to swim 5 yards front crawl, 5 yards on back and be comfortable in chest deep water.

**Hammerhead (Level 4):** The participant must be able to swim 10 yards front crawl, 5 yards on back, and be comfortable in chest deep water.

**Jellyfish (Level 5):** The participant must be able to swim front crawl with side breathing for 15 yards, back crawl for 10 yards, and perform the elementary backstroke for 15 yards, scissor kick, and dolphin kick.

**Lobster (Level 6):** The participant must be able to swim front crawl with side breathing for 25 yards, back crawl for 15 yards, elementary backstroke for 25 yards, sidestroke for 10 yards, breaststroke kick and dolphin kick for 10 – 15 yards.

**Manatee (Level 7):** The participant must be able to swim front crawl with side breathing and elementary backstroke for 25 yards, tread water for 2 minutes, and perform the following for 15 yards: back crawl, sidestroke, butterfly and breaststroke.

**Neon (Level 8):** The participant must be able to swim front crawl with side breathing and elementary backstroke for 50 yards, tread water for 5 minutes, and perform the following for 25 yards: back crawl, sidestroke, butterfly and breaststroke.

**Pufferfish (Level 9):** Advanced Swimming & Skill Levels

- Personal Water Safety: Stroke refinement, water safety and basic survival skills.

Lesson Times	9:30 – 10:00	10:10 – 10:40	11:00 – 11:30	11:40 – 12:10	12:20 – 12:50	1:00 – 1:30	1:30 – 2:00
<b>Monday &amp; Wednesday</b>							
9/19 – 10/12 (1st # listed)	<b>Angelfish</b> 31203 31204 31205	<b>Catfish 1</b> 31258 31259 31260	<b>Catfish 1</b> 31261 31262 31263	<b>Catfish 2</b> 31339 31340 31341	<b>Catfish 4</b> 31434 31436 31437	<b>Private</b> 31513 31524 31526	<b>Homeschool</b> 31845 31846 31847
10/17 – 11/9 (2nd # listed)			<b>Catfish 2</b> 31332 31337 31338	<b>Catfish 3</b> 31394 31395 31396	<b>Catfish 5</b> 31468 31469 31470	<b>Semi-Private</b> 3-6yrs or relative 31595 31603 31612	
11/14 – 12/7 (3rd # listed)							
<b>Tuesday &amp; Thursday</b>							
9/20 – 10/13 (1st # listed)	<b>Blowfish</b> 31220 31221 31222*	<b>Catfish 2</b> 31351 31352 31353*	<b>Catfish 1</b> 31273 31274 31275*	<b>Catfish 4</b> 31448 31449 31450*	<b>Catfish 1</b> 31276 31277 31278*	<b>Homeschool</b> 31848 31849 31850	<b>Private</b> 31545 31546 31547*
10/18 – 11/10 (2nd # listed)			<b>Catfish 3</b> 31406 31407 31408*	<b>Catfish 5</b> 31474 31475 31476*	<b>Catfish 2</b> 31354 31355 31356*		<b>Semi-Private</b> 3-6yrs or relative 31622 31623 31624*
11/15 – 12/8 <b>No class 11/24</b> (3rd # listed)							

Lesson Times	8:50 – 9:20	9:30 – 10:00	10:10 – 10:40	10:50 – 11:20	11:30 – 12:00
<b>Saturday</b>					
9/24 – 12/10 <b>No class 10/8, 11/26</b>	<b>Catfish 1</b> 31291 <b>Catfish 2</b> 31363 <b>Catfish 5</b> 31483 <b>Electric Eel</b> 31722 <b>Jellyfish</b> 31814 <b>Private</b> 31564 <b>Semi-Private</b> 3-6yrs or relative 31638 <b>Semi-Private</b> 7yrs-Adult or relative 31675	<b>Blowfish</b> 31223 <b>Catfish 1</b> 31292 <b>Catfish 3</b> 31415 <b>Catfish 4</b> 31454 <b>Frog</b> 31750 <b>Goldfish</b> 31779 <b>Hammerhead</b> 31801 <b>Jellyfish</b> 31815 <b>Private</b> 31565 <b>Semi-Private</b> 3-6yrs or relative 31639	<b>Angelfish</b> 31209 <b>Catfish 1</b> 31293 <b>Catfish 2</b> 31364 <b>Catfish 5</b> 31484 <b>Electric Eel</b> 31723 <b>Lobster</b> 31826 <b>Neon</b> 31835 <b>Private</b> 31566	<b>Blowfish</b> 31224 <b>Catfish 1</b> 31294 <b>Catfish 3</b> 31416 <b>Catfish 4</b> 31455 <b>Frog</b> 31754 <b>Goldfish</b> 31780 <b>Hammerhead</b> 31802 <b>Jellyfish</b> 31816 <b>Manatee</b> 31829 <b>Private</b> 31567	<b>Catfish 1</b> 31295 <b>Catfish 2</b> 31365 <b>Catfish 4</b> 31456 <b>Electric Eel</b> 31724 <b>Pufferfish</b> 31834 <b>Private</b> 31568 <b>Semi-Private</b> 3-6yrs or relative 31640 <b>Semi-Private</b> 7yrs-Adult or relative 31676

No refunds or credits will be given after a swim lesson has begun. There are no makeup lessons for missed classes.



### Private Swim Lesson Prices

	Resident	Non-Resident
Mon/Wed or Tue/Thu or Saturday	\$135	\$203
	\$118*	\$178*
Saturday	\$170	\$256

\* Prorated price due to 11/24 holiday

### Semi-Private Lesson Prices

	Resident	Non-Resident
Mon/Wed or Tue/Thu or Saturday	\$88	\$132
	\$77*	\$116*
Saturdays	\$110	\$165

\* Prorated price due to 11/24 holiday



Private Lessons = 1 participant per instructor  
 Semi-Private = 2 students per instructor

### Homeschool Swim Lessons

	Resident	Non-Resident
Mon/Wed or Tue/Thu		
W/pass	\$47	\$67
W/O pass	\$57	\$80

	Resident	Non-Resident
W/pass	\$42*	\$58*
W/O pass	\$50*	\$70*

\* Prorated price due to 11/24 holiday

Lesson Times	2:10 – 2:40	2:50 – 3:20	3:30 – 4:00	4:10 – 4:40	4:50 – 5:20	5:30 – 6:00	6:10 – 6:40	
<b>Monday &amp; Wednesday</b>  9/19 – 10/12 (1st # listed)  10/17 – 11/9 (2nd # listed)  11/14 – 12/7 (3rd # listed)	<b>Catfish 2</b> 31342 31343 31344	<b>Catfish 4</b> 31438 31439 31440	<b>Catfish 1</b> 31264 31265 31266	<b>Catfish 2</b> 31345 31346 31347	<b>Catfish 1</b> 31267 31268 31269	<b>Blowfish</b> 31217 31218 31219	<b>Catfish 2</b> 31348 31349 31350	
	<b>Catfish 3</b> 31397 31398 31399	<b>Electric Eel</b> 31704 31705 31706	<b>Frog</b> 31869 31870 31871	<b>Catfish 3</b> 31400 31401 31402	<b>Catfish 4</b> 31441 31442 31443	<b>Catfish 1</b> 31270 31271 31272	<b>Catfish 4</b> 31444 31445 31446	
	<b>Private</b> 31527 31528 31529	<b>Private</b> 31530 31531 31532	<b>Private</b> 31534 31535 31536	<b>Electric Eel</b> 31707 31708 31709	<b>Catfish 5</b> 31471 31472 31473	<b>Catfish 3</b> 31403 31404 31405	<b>Frog</b> 31738 31739 31740	
			<b>Semi-Private</b> 3-6yrs or relative 31613 31614 31615	<b>Goldfish</b> 31766 31768 31769	<b>Frog</b> 31732 31733 31734	<b>Electric Eel</b> 31710 31711 31712	<b>Hammerhead</b> 31792 31793 31794	
			<b>Jellyfish</b> (1 <sup>st</sup> & 2 <sup>nd</sup> ) 31810 31811	<b>Hammerhead</b> 31789 31790 31791	<b>Goldfish</b> 31770 31771 31772	<b>Private</b> 31541 31542 31543	<b>Private</b> 31541 31542 31543	
			<b>Private</b> (1 <sup>st</sup> & 2 <sup>nd</sup> ) 31962 31963 (3 <sup>rd</sup> ) 31537 31964	<b>Lobster</b> (1 <sup>st</sup> & 2 <sup>nd</sup> ) 31824 31825	<b>Semi-Private</b> 3-6yrs or relative 31619 31620 31621	<b>Semi-Private</b> 7yrs-Adult or relative 31665 31666 31667	<b>Semi-Private</b> 7yrs-Adult or relative 31665 31666 31667	
			<b>Semi-Private</b> 3-6yrs or relative 31616 31617 31618	<b>Private</b> (3 <sup>rd</sup> ) 31538 31539 31540	<b>Semi-Private</b> 7yrs-Adult or relative 31662 31663 31664			
					<b>Semi-Private</b> (3 <sup>rd</sup> ) 7yrs-Adult or relative 31661			
 <a href="https://www.facebook.com/HillsboroParks">@HillsboroParks</a> 								
<b>Tuesday &amp; Thursday</b>  9/20 – 10/13 (1st # listed)  10/18 – 11/10 (2nd # listed)  11/15 – 12/8 <b>No class 11/24</b> (3rd # listed)	<b>Catfish 3</b> 31409 31410 31411*	<b>Catfish 1</b> 31279 31280 31281*	<b>Electric Eel</b> 31713 31714 31715*	<b>Catfish 5</b> 31480 31481 31482*	<b>Catfish 1</b> 31282 31283 31284*	<b>Catfish 1</b> 31285 31286 31287*	<b>Angelfish</b> 31206 31207 31208*	
	<b>Private</b> 31548 31549 31550*	<b>Catfish 5</b> 31477 31478 31479*	<b>Private</b> 31551 31552 31553*	<b>Frog</b> 31741 31742 31746*	<b>Catfish 2</b> 31357 31358 31359*	<b>Catfish 4</b> 31451 31452 31453*	<b>Catfish 1</b> 31288 31289 31290*	
		<b>Semi-Private</b> 3-6yrs or relative 31625 31626 31627*	<b>Semi-Private</b> 3-6yrs or relative 31628 31629 31630*	<b>Goldfish</b> 31773 31774 31775*	<b>Hammerhead</b> 31795 31796 31797*	<b>Catfish 3</b> 31412 31413 31414*	<b>Frog</b> 31747 31748 31749*	<b>Catfish 2</b> 31360 31361 31362*
				<b>Hammerhead</b> 31795 31796 31797*	<b>Electric Eel</b> 31716 31717 31718*	<b>Hammerhead</b> 31798 31799 31800*	<b>Goldfish</b> 31776 31777 31778*	<b>Goldfish</b> 31776 31777 31778*
			<b>Jellyfish</b> (1 <sup>st</sup> & 2 <sup>nd</sup> ) 31812 31813	<b>Manatee</b> (1 <sup>st</sup> & 2 <sup>nd</sup> ) 31827 31828	<b>Private</b> 31558 31559 31560*	<b>Electric Eel</b> 31719 31720 31721*	<b>Electric Eel</b> 31719 31720 31721*	
			<b>Private</b> 31554 31555 31556*	<b>Neon</b> (1 <sup>st</sup> & 2 <sup>nd</sup> ) 31832 31833	<b>Semi-Private</b> 3-6yrs or relative 31635 31636 31637*	<b>Private</b> 31561 31562 31563*	<b>Private</b> 31561 31562 31563*	
			<b>Semi-Private</b> 3-6yrs or relative 31631 31632 31633*	<b>Private</b> (3 <sup>rd</sup> ) 31557*	<b>Semi-Private</b> 7yrs-Adult or relative 31672 31673 31674*	<b>Semi-Private</b> 7yrs-Adult or relative 31672 31673 31674*	<b>Semi-Private</b> 7yrs-Adult or relative 31672 31673 31674*	
			<b>Semi-Private</b> (3 <sup>rd</sup> ) 7yrs-Adult or relative 31668*	<b>Semi-Private</b> 3-6yrs or relative 31634*				
				<b>Semi-Private</b> 7yrs-Adult or relative 31669 31670 31671*				

**Group Swim Lessons**  
Mon/Wed or Tue/Thu

	<u>Resident</u>	<u>Non-Resident</u>
With pass	\$40	\$60
Without pass	\$47	\$70

	<u>Resident</u>	<u>Non-Resident</u>
With pass	\$35*	\$53*
Without pass	\$42*	\$62*

\* Prorated price due to holiday

Saturdays

	<u>Resident</u>	<u>Non-Resident</u>
With pass	\$50	\$75
Without pass	\$58	\$87

## Specialized Swim Lessons for Adults and Teens

You don't need to be a child to learn to swim or improve your swimming skills. The classes below give adults and teens the opportunity to do just that. Find other swim lessons on the schedule on pages 42 & 43.

### Active Adult Swim Program

18 years and up

There are two levels to this swim program: *Learn to Swim* is designed for those with very little to no swimming experience/skills; and *Swim Better* is designed for those who already have some swimming experience but would like to improve their skills.

#### Learn to Swim

**#31038:** 9/20 – 10/13

**#31039:** 10/18 – 11/10

**#31040:** 11/15 – 12/08

Day: Tue/Thu

Time: 7:30 – 8:15 am

Fee: See below

#### Swim Better

**#31032:** 9/20 – 10/13

**#31033:** 10/18 – 11/10

**#31034:** 11/15 – 12/08

Day: Tue/Thu

Time: 6:30 – 7:15 am

Fee: See below

### Teen/Adult Swim Lessons

13 years – Adult

Instructor to participant ratio is 1:8. All levels welcome. Learn fundamental water skills, basic water skills and stroke development, improvement and refinement during these 45-minute classes.

**#31048:** 9/19 – 10/12

**#31836:** 10/17 – 11/9

**#31837:** 11/14 – 12/7

Day: Mon/Wed

Time: 6:05 – 6:50 pm

Fee: See below

**#31838:** 9/24 – 12/10\*

\*No class 10/8 &

11/26

Day: Saturday

Time: 10:00 – 10:45 am

Fee: See below

#### Fee Schedule

Mon/Wed and Tue/Thu Lessons

	Resident	Non-Resident
With pass	\$48	\$68
Without pass	\$55	\$78

\* Prorated price due to holiday

	Resident	Non-Resident
With pass	\$42	\$62
Without pass	\$47	\$69

Saturday Lessons

	Resident	Non-Resident
With Pass	\$60	\$85
Without Pass	\$68	\$97

### Adaptive Aquatics Swim Lessons

All Ages

Adaptive swim lessons are available to patrons with special needs. The focus of the program is water safety, basic swimming skills, and providing every person with the opportunity to enjoy the water.

More information on page 34.

## SHARC After Dark

Middle School

Calling all middle school students for an evening of cool entertainment! Grab your friends and hang out after hours with us on a Saturday night. The facility is only open to those in middle school. Enjoy music, swimming, dancing, and games. It will be a night full of fun! SHARC Staff

**#31178:** 10/22

**#31179:** 11/19

Day: Saturday

Time: 8:00 pm-10:00 pm

Place: SHARC

Fee: \$7 pre-registered  
\$10 at the door



### Lifeguard Training

15 years and older

Learn American Red Cross protocols and techniques necessary to save a life in, on or around water. Book and certification fees and pre-requisite skills test are included. 100% attendance and participation required.

**#31184:** 12/27 – 12/30

Day: Tuesday - Friday

Time: 8:00 am – 5:00 pm

Fee: \$135 Resident  
\$195 Non Resident

## Halloween Spooktacular & Mini Halloween Spooktacular

2 – 12 years

Have a spooky good time this Halloween bobbing for eyeballs and spiders, exploring a haunted natatorium, do arts & crafts and trick-or-treat. Parent participation required with children under 8. No costumes or make-up in the pools.

#### Halloween Spooktacular

4 – 12 years

**#30977:** 10/28

Time: 7:00 – 8:00 pm

Day: Friday

Place: SHARC

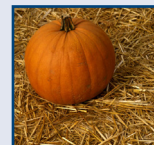
Fee: \$10 Resident  
\$15 Non-resident

#### Mini Halloween Spooktacular

2 – 5 years

**#30978:** 10/28

Time: 11:00 – 12:00 pm



### Turkey Splash

Adult

Get in a workout or enjoy a soak in the spa before the hustle and bustle of Thanksgiving Day begins.

Date: Thursday, 11/24

Time: 6:00 – 8:00 am

Place: SHARC

Fee: No charge if current SHARC passholder  
\$4.25 Non-passholder Resident  
\$6.25 Non-passholder Non-Resident