

# 2017 Fall Activity Guide

September 2017

## LEARN TO SWIM!

• Whether a beginner, intermediate, or advanced swimmer, learn-to-swim classes incorporate safety into each class.

## Sweet Home Swimming Lessons!

Our learn-to-swim program is for children ages 3 years and older and provides positive aquatic development on basic skills. Each level builds endurance and refines proper swimming techniques. Each session features eight 30-minute group lessons or eight 20-minute private lessons.

Registration for classes is taken on a first come, first serve basis. To sign up stop by the Sweet Home Community Pool front desk.

**Group Swim Lesson**  
\$40.00 All sessions include a total of eight 30-min group classes.

**Private Swim Lesson**  
\$55.00 All sessions include a total of eight 20-min classes.



Learn-to-Swim!

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## Accommodations Sentence

Sweet Home School District is committed to providing access and reasonable accommodation in its services, programs, activities, education

and employment for individuals with disabilities. To request disability accommodation in the application process, contact the

Superintendent's Office at least ten days in advance at: 541-367-7126.

## Water Aerobics for Seniors

Want to take pressure off painful leg joints and the low back while gaining strength, endurance, and range of motion? These classes are led by volunteer instructors, and is geared towards older adults looking for a fun way to exercise while socializing with others.

A.M. Exercise Group:  
Monday, Wednesday, and Friday from 6:30a.m.-7:30a.m.

Noon Aerobics Group:  
Monday, Wednesday, and Friday from 11:30a.m.-12:30p.m.



*“Want to take pressure off painful leg joints and the low back while gaining strength, endurance, and range of motion?”*

## LBCC Aqua Fitness Class

Water exercises and movements to stretch and strengthen the body, tone muscles, and increase flexibility. Develop ability to move freely and expressively in the water.

To sign up stop by the LBCC Sweet Home Center.

1661 Long Street  
Sweet Home, OR  
97386

541-367-6901

## Adult Lap Swimming

Prefer to exercise on your own? Take advantage of our Adult Lap Swimming times to help fulfill any fitness goal.

### Lap Swim Schedule:

- Mon, Wed, and Fri 5:30a.m.-7:30a.m.
- Mon and Wed 7:00p.m.-8:30p.m.
- Monday-Friday 11:30a.m.-12:30p.m.



## Recreational Play Swim

Come spend time in the swimming pool! Our facility policy does not allow anyone under 6 years to use the facility unaccompanied without a responsible supervisor regardless of swimming ability during recreation and lap swim programs.

Children who cannot pass the facility swim test must be accompanied in the water by a supervisor when using the pool. The supervisor must stay within arms reach of the non-swimming child and may supervise no more than two non-swimming children in the water at a time.



### Play Swim Schedule:

- Thursday  
7:00p.m.-8:30p.m.



## Family Swim

Join us for Family Swim every Tuesday night! This special swim time is for parents to come with their children and play together in the swimming pool as a family. Children are required to have an

adult family member in the water with them during our family swim night. The in-water time provides a great opportunity for parents to introduce their child to the water.

Admissions is \$1.00 per person

Tuesday from 7:00p.m. to 8:30p.m.

*“Join us for Family*

*Swim every*

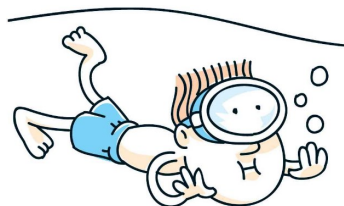
*Tuesday night from*

*7:00p.m. to*

*8:30p.m!”*

## Homeschool P.E.

This program is designed for homeschool students and families who are looking for a fun way to exercise while socializing with other youth.



### Homeschool Swim Schedule:

Every Thursday from 1:00p.m. to 2:30p.m.



## Sweet Home Community Pool Schedule

**Sweet Home Community Pool**

Sweet Home High School  
1641 Long Street  
Sweet Home, Oregon  
97386

Phone: 541-367-7169  
Email: gretchen.daugherty@sweethome.k12.or.us

	Mon	Tue	Wed	Thurs	Fri	Sat	Sun
5:30-7:30	Lap Swim		Lap Swim		Lap Swim		
6:00-7:00		Swim Club		Swim Club			
8:00-10:00						Swim Club	
11:00-8:30						Rentals	
11:30-12:30	Lap Swim	Lap Swim	Lap Swim	Lap Swim	Lap Swim		
1:00-2:30				Homeschool PE			
1:00-8:30							Rentals
4:00-7:00	Swim Club	Swim Club	Swim Club	Swim Club	Swim Club		
7:00-8:30	Lap Swim	Family Swim	Lap Swim	Rec Swim			

Ready, Set, Swim!

### Community Pool Closures:

- ~ September 4, 2017
- ~ Closing at 4:00 October 31, 2017
- ~ November 10, 2017
- ~ November 23-24, 2017

WE'RE ON THE WEB!  
WWW.SWEETHOME.K12.OR.US

All emergency school closures will result in the pool closing

## Price List

**General Admissions \$3.00**  
Youth ages 4-17/ Senior age 65 & older

**General Admissions \$3.50**  
Adult ages 18-64

**General Admissions \$10.00**  
Family of 4. Extra family members \$2.00 each

**10 Visit Swim Card \$20.00**  
Youth ages 4-17/Senior age 65 & older

**10 Visit Swim Card \$25.00**  
Adult ages 18-64

**3 Month Swim Pass \$60.00**  
Youth ages 4-17/Senior age 65 & older

**3 Month Swim Pass \$70.00**  
Adult ages 18-64

**6 Month Swim Pass \$90.00**  
Youth ages 4-17/Senior ages 65 & older

**6 Month Swim Pass \$105.00**  
Adult ages 18-64

**Rental and Pool Parties** are available during weekends and start at \$30.00 per hour. Stop by the pool front desk to book your next pool party!



Sweet Home High School Huskies

**Showers \$3.00** per person

**Group Swim Lesson \$40.00**  
All sessions include a total of eight 30-min group classes.

**Private Swim Lesson \$55.00**  
All sessions include a total of eight 20-min classes.