



# Sweet Home Community Pool

Schedule begins  
June 18, 2018

## 2018 Summer Activity Guide

### 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. Registration for classes is taken on a first come, first serve basis. Parents can register their children as early as Tuesday, June 5th, 2018. To sign up stop by the swimming pool front desk.

Summer classes are held Monday through Thursday and run for two weeks. Each session features eight 30-minute group lessons (\$40) or eight 20-minute private lessons (\$55). Morning classes are available between 9:00 and 11:00 a.m. Evening classes are available between 5:00 and 7:00 p.m.

#### SUMMER SESSION DATES:

Session 1)	June 18-June 28	
Session 2)	July 9-19	
Session 3)	July 23-August 2	a.m. classes only

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#### Ready, Set, Swim!

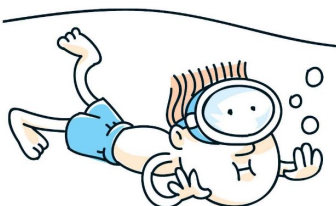
- BASKETBALL every Tuesday night from 7:00p.m. to 8:30p.m.
- ROPE SWING FUN every Thursday night from 7:00p.m. to 8:30 p.m.

### 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.- 2:30p.m.



## 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.



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

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

## 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

**Showers** \$3.00

**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!

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

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

## 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.



**Sweet Home  
High School  
Huskies**

## 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.

### Family Swim Schedule:

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

### Recreation Play Swim Schedule:

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

## Adult Lap Swimming

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

### Lap Swimming Schedule:

- Monday, Wednesday, and Friday  
5:30a.m.-7:30a.m.
- Monday through Friday  
11:30a.m.-12:30p.m.
- Monday and Wednesday  
7:00p.m.-8:30p.m.



## Sweet Home Community Pool

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

Phone: 541-367-7169

▶ Ready, Set, Swim!

We're on the Web!  
[www.sweethome.k12.or.us](http://www.sweethome.k12.or.us)



### COMMUNITY POOL CLOSURES:

July 4th Independence Day  
Closing at 12:30pm on August 2nd  
August 3rd-6th Oregon Jamboree

All emergency school closures will  
result in the pool closing.

### 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.

June 25 - August 1, 2018

Every Monday and  
Wednesday evening from  
7:30 p.m. to 8:20 p.m.

To sign up stop by the  
LBCC Sweet Home  
Center.

1661 Long Street  
Sweet Home, Oregon  
97386

541-367-6901

