



More than Just an Aquatics Center...

Water Amenities

Water amenities at SHARC include two indoor pools, a spa pool and a sauna as well as an outdoor pool. SHARC is a handicap-accessible facility.

The **Main Indoor Pool** is heated to 84° and features an L-shaped design featuring a diving board in the 12 foot deep end and a 3.5 foot shallow end. The pool features a 117 foot curving water slide and a diving board.

The 88° **Warm Water Pool** has a ramp with railings and railings in the 4'6" deep end to aid swimmers with accessibility and in water therapy. The pool offers a teacup feature with warm water spilling from overhead. Children 7 years and under must be accompanied in by an adult in the water at all times.

The **Spa Pool**, kept at 103° and a co-ed **Dry Sauna** are both available for use by patrons ages 16 and over.

Locker Room and Changing Rooms

Both men's and women's changing rooms have over 200 lockers are available for your use. In addition, four ADA accessible all gender change rooms are available. Please respect the needs of these users and families with children of opposite gender.

Rentals

SHARC facility offers rentals of pools and rooms for your meetings, gatherings, functions and parties. See page 72 for details.



Land Amenities

Land amenities at SHARC include workout facilities, stretching room, cycle room, cardio room and a weight room.

The **Cardio Room** is equipped with workout machines such as climbers, ellipticals, stationary bikes, rowing machines, treadmills and more. For those who prefer free weights, a selection of those is available as well. The cardio room equipment is available on a first-come, first served basis.

SHARC offers a number of classes that take place in the **Group Exercise Rooms** including Indoor Cycling, Cardio Dance, Barre, and many more. A full list of classes is offered at SHARC.

On-Site Child Care

On-site child care is provided in the **Kid Fit Room**. Children are cared for in a safe, nurturing environment while their parents remain on the premises getting their workout in. For further details on the Kid Fit Room, see page 72.

Personal Training & Massage

SHARC offers specialized opportunities such as personal training, drop-in exercise and massage. These opportunities are listed throughout pages 79.





2017 Winter/Spring Fees

Membership Passes and Single Visit Fees include use of the Pools, Spa, Dry Sauna, Cardio/Weight Room and Drop-In Water/Land Exercise Classes

	Resident	Non-Resident
Single Visit Fee		
Under 2 yrs	Free	Free
Youth 2 – 17 yrs	\$4	\$6
Young Adult 18 – 21 yrs	\$4.50	\$6.50
Adult	\$5	\$7
Citizens w/Disabilities	\$4	\$6
Family/Citizens with Disabilities	\$12.75	\$19.25
Senior	\$4	\$6

Ongoing Pass

Young Adult Individual	\$16	\$24
Family/Citizens with Disabilities	\$20	\$29
Youth/Senior	\$32	\$48
Citizens w/Disabilities	\$12	\$18
	\$12	\$18

Ongoing Passes auto renew each month. Monthly payments are deducted directly from your debit or credit card.

3 Month Pass

Young Adult Individual	\$74	\$111
Family/Citizens with Disabilities	\$93	\$140
Youth/Senior	\$151	\$228
Citizens w/Disabilities	\$55	\$82

12 Month Pass

Young Adult Individual	\$180	\$270
Family/Citizens w/Disabilities	\$225	\$335
Youth/Senior	\$365	\$545
Citizens w/Disabilities	\$135	\$205

- Senior is 62 years and older
- For passes, Youth is 8 – 17 years
- Young Adult is 18 – 21 years
- Citizens w/Disabilities is a person who is permanently disabled and on Social Security.
- Citizens w/Disabilities Family allows a third adult who is permanently disabled and on Social Security.
- Family is one or two adults and youth residing in the same residence.
- 50¢ towel rental.

Hours of Operation

Mon – Fri	5:30 am – 9:30 pm*
Sat	7 am – 5:30 pm*
Sun	8 am – 5:30 pm*

*Dry Sauna closes 15 minutes before facility closes

General Facility Rules

- Children 7 years and under must be accompanied by an adult at all times, including in the water.
- Participants assume all risk of personal injury, death and property damage resulting from the use of the equipment and services offered by the City of Hillsboro and its agents. Please refer to posted rules throughout SHARC.
- All spectators must sit in the designated spectator seating areas.
- Spectators are not allowed on the pool deck at any time.

SHARC's Fee Policy

- All class fees are collected at the time of registration.
- Resident is defined as any individual living within the city limits of Hillsboro.
- All classes have a minimum enrollment and may be cancelled as early as 10 days before the class starts if the minimum enrollment is not met.
- Full refunds or credits when SHARC cancels or postpones a class.
- **No refunds or credits after a swim lesson has begun.**
- **No cash refunds.**

Recreation Swim Times

Mon – Fri	7 – 9 pm
Sat & Sun	1 – 5 pm

No School Recreation Swim*

Hey kids, enjoy your day off from school and come swimming at SHARC! Recreation Swim times are 1 – 3 pm.

2/23	Friday
3/27 – 3/31	Mon – Fri
4/14	Friday
5/29	Monday

*A minimum of 1 lap lane is available for lap swim during this time.

Modified Hours & Closures

- 1/1: New Year's Day – SHARC Closed
- 1/2: Regular Hours, No WEX or Group Exercise Classes
- 1/16: Martin Luther King Day Regular Hours, No WEX or Group Exercise Classes
- 2/4-5: HST B/C Blastoff Swim Meet, Pools and Spas closed all day, Special Lap Swim 6 – 6:45 am
- 2/20: Presidents Day, Regular Hours, No WEX or Group Exercise Classes
- 4/15: Underwater EGGstravaganza, Warm Water Pool Closed 12:30 – 4 pm
- 5/29: Memorial Day, Hours: 5:30 am – 4 pm, Rec Swim 1 – 3 pm, Pools & Spa close at 3 pm, No Classes or Kid Fit

High School Swim Meets

The main indoor pool is closed from 2 – 6 pm on the following dates due to High School Swim Meets. Lap Swim starts at 6:10 pm

1/5	Thu	Century vs. Glencoe
1/12	Thu	Glencoe vs. Aloha
1/17	Tue	Liberty vs. Glencoe
1/19	Thu	Glencoe vs. Westview
1/24	Tue	Hillsboro vs. Wilsonville & St Helens
1/26	Thu	Century vs. Jesuit
1/31	Tue	Hillsboro vs. LaSalle & Parkrose
2/2	Thu	Liberty vs. Westview

SHARC Shack Concessions are located in the lobby.



Pool Schedules

Warm Water Pool Schedule for January 2 - June 18

* Swim Schedule Subject to Change *

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 – 8 am – Open Swim					7 am – 8:45 am Preschool Swim/ Open Swim	8 am – 1 pm Preschool Swim/Open Swim
8 – 11 am Preschool Swim/ Open Swim WEX 8 – 9 am	8 – 9 am WEX 9 – 10 am Water Therapy	8 – 11 am Preschool Swim/ Open Swim WEX 8 – 9 am	8 – 9 am WEX 9 – 10 am Water Therapy	8 – 11 am Preschool Swim/ Open Swim WEX 8 – 9 am	8:50 am – 12 pm Swim Lessons	
9:30 am – 12:50 pm – Swim Lessons 10 – 11 am – WEX (Water Exercise Class)					12 – 1 pm Adult Swim	Family Swim Lessons 10 am – 12:45 pm
11 am – 6 pm Preschool Swim/Open Swim (Shallow area) 11 am – 6:50 pm Swim Lessons 6 – 6:50 pm Adult Swim** **Shared pool space with swim lessons						
7 – 9 pm – Recreation Swim					1 – 5 pm Recreation Swim	

SHARC sponsored activities have first priority in the pools. You may be asked to leave an area if an activity is scheduled in that or the surrounding space.

Only authorized personnel are allowed to instruct or personal train at SHARC. Groups of two or more using the facility must have prior approval.

Main Pool Schedule for January 2 - June 18

* Swim Schedule Subject to Change *

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:30 – 11 am – Lap Swim (Lap Swim has a minimum of two lanes) 5:35 – 11 am WEX (Water Exercise Class)					7 am – 12:50 pm – Lap Swim 8 – 8:50 am – WEX	8 am – 12:50 pm Lap Swim
11 am – 3 pm Lap Swim (a minimum of two lanes—*a minimum of one lane on No School Days) Swim Lessons				11 am – 3 pm *Lap Swim	8:50 am – 12 pm Swim Lessons	
3 – 5:30 pm Swim Lessons Swim Team				3 – 5:30 pm Swim Team	1 – 5 pm Recreation Swim	
5:30 – 6:50 pm Lap Swim (a minimum of two lanes)/Swim Lessons 6 – 6:50 pm WEX				5:30 – 6:50 pm Lap Swim		
7 – 9 pm Recreation Swim 8 – 9 pm Lap Swim (a maximum of two lanes)				7 – 9 pm Recreation 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.

Adult Swim – Those 18 years and over may exercise and relax in the Warm Water Pool. Space is shared with swim lessons and other programs.

WEX – Water Exercise Class

Preschool Swim – Children up to 7 years must be accompanied by an adult in the water in our Warm Water Pool.

Recreation Swim – All ages in the Main and Warm Water Pools.

Water Therapy – All participants must have doctor's approval before attending. Please register through Tuality Healthcare Therapy Department by calling 503-640-6064.

– SWIM SCHEDULE IS SUBJECT TO CHANGE –

At all times, children 7 years and younger must be accompanied in the water by an adult age 18 years or older.



Kid Fit Room

SHARC provides low cost on-site child care for kids ages 4 months – 8 years in the Kid Fit Room while their parent/guardian is at SHARC. While a child is in the Kid Fit Room, they enjoy games, puzzles, toys, crafts and other age-appropriate activities. Space is limited, so reservations are recommended. Call 503-681-6127.

Kid Fit Room Hours

Mon – Fri	8 am – 1:30 pm
Mon – Thu	4 – 7:45 pm
Sat	8 – 10:30 am
Sun	Closed

The Kid Fit room closes if there are no children within 30 minutes of closing time.

Kid Fit Room Fees

	SHARC Passholder	Resident w/out Pass	Non-Resident w/out Pass
Drop-in Fee (1 visit)	\$2.50	\$4	\$5.50
Punch Card (10 visits)	\$20	\$35	\$50
Punch Card (20 visits)	\$40	\$70	\$100

SHARC Rentals

Make your event special with a rental at SHARC! The Multi-Purpose Rooms are available for parties, meetings, corporate events and much more. All facility rentals must be booked in person and at least 7 days in advance. For facility rental prices, available times, or for more information, please see our website or call 503-681-6127. Birthday party information can be found on page 6.

The SHARC Multi-Purpose Room can be configured to hold a maximum of either 20 or 50 people. For your convenience, the following items are available with your rental: chairs and tables, TV and DVD player, refrigerator/freezer/sink and counter space and dry erase board.



Massage

Massage is proven to reduce stress, fatigue and muscle soreness. Massages can be therapeutic and can also be a preventative measure for back pain. Licensed massage therapists offer a variety of techniques to meet your needs.

Chair Massage – 30 minute.....	\$45
Full body – 60 minute.....	\$55
Full body – 90 minute.....	\$75
Three 30 minute chair	\$120
Three 60 minute or full body	\$150
Three 90 minute full body	\$200

General Locker Room Information

- Please bring your own lock. Combination locks and key locks are available for purchase.
- Children 3 years and under are allowed in the opposite gender locker rooms.
- All locks left on lockers after the facility closes are cut off and not replaced. SHARC is not responsible for lost or stolen items.
- Cell phone cameras, cameras and video recorders are not to be used in the locker rooms at any time.

Appropriate Swimming Attire

- Everyone using pools and spa must wear a swimsuit.
- No cotton shorts, cut-offs, tank tops, shirts, or undergarments allowed in pools and spa.
- Infants and toddlers who are not potty trained must wear a swim diaper covered by a water-proof, leak-proof vinyl diaper cover or swim suit with liner.
- Only Coast Guard approved life jackets are allowed as flotation devices. Water wings, inflatable tubes, or swimsuits with integrated flotation devices (whether sewn in or not) and similar devices are not allowed in the pools.

Did You Forget Something?

If you forgot something, we just might have you covered. We sell goggles, swim caps, shampoo, swim diapers, vinyl diaper covers, headphones, nose clips, ear plugs, batteries, locks and many more items for you to choose from.



Swim Lesson Handbook: Is your family new to swim lessons or transferring from another program? Be sure to check out SHARC's Swim Lesson Handbook. Copies are available at SHARC and online at Hillsboro-Oregon.gov/SHARC. This includes rules and expectations we have for swimmers and parents, the hierarchy of swim lesson levels, FAQs and more.

Parent/Child Swim Lessons:

Instructor to participant ratio is 1:12. Participants learn about the aquatic environment through skill developing games and safe play. Adult must accompany their child in the water.

Angelfish: (6 – 18 Months) **Blowfish:** (18 – 36 Months)

Monday/Wednesday		Sessions			
Level	Time	1/9-2/8	2/13-3/15	4/3-5/3	*5/8-6/7
Angelfish	9:30-10 am	52356	52359	52361	*52363
Blowfish	6:10-6:40 pm	52366	52368	52370	*52374

Saturday		Sessions	
Level	Time	*1/7-3/18	*4/1-6/10
Angelfish	9:30 – 10 am	*52358	*52365
Blowfish	8:50 – 9:20 am	*52372	*52376
Blowfish	11:30 am – 12 pm	*52373	*52377

*No Class 2/4 or 5/27

Tuesday/Thursday		Sessions			
Level	Time	1/10-2/9	2/14-3/16	4/4-5/4	5/9-6/8
Angelfish	6:10-6:40 pm	52357	52360	52362	52364
Blowfish	10:55-11:25 am	52367	52369	52371	52375

*No Class 5/29

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

Specialized Swim Lessons Adaptive Aquatics Swim Lessons

3 years – Adult

Adaptive swim lessons are available to patrons with special needs. The program's focus is water safety and basic swimming skills. Please be prepared to speak with the instructor regarding your expectations for the lessons. Intake forms are available at SHARC.

Monday/Wednesday		Sessions			
Level	Time	1/9-2/8	2/13-3/15	4/3-5/3	*5/8-6/7
Adaptive (3-6)	5:30 – 6 pm	52345	52347	52349	*52351
Swim Fundamentals	6:05 – 6:50 pm	53312	53319	53321	*53323

Tuesday/Thursday		Sessions			
Level	Time	1/10-2/9	2/14-3/16	4/4-5/4	5/9-6/8
Adaptive (7+)	5:30 – 6 pm	53333	53334	53335	53337
Swim Fundamentals	6:05 – 6:50 pm	53313	53320	53322	53324

*No Class 5/29

Swim Fundamentals

11 years – Adult

Instructor to participant ratio is 1:8. This is a beginner to intermediate class. Learn basic water skills, stroke development, improvement and refinement during these 45-minute classes.

Saturday		Sessions	
Level	Time	*1/7-3/18	*4/1-6/10
Swim Fundamentals	8:40 – 9:25 am	*53318	*53325
Adaptive (7+)	10:10 – 10:40 am	*53336	*53338

*No Class 2/4 or 5/27





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). Be aware if only one participant signs up for a semi-private lesson it must either be converted to a private lesson with the increased fee, combined with another lesson, or cancelled if another student does not register by the end of the first class. Please be prepared to speak with the instructor regarding your expectations for the lessons. Swim instructor requests do not guarantee the requested instructor to be assigned.

Monday/Wednesday		Sessions				
Level	Time	1/9 - 2/8	2/13 - 3/15	4/3 - 5/3	*5/8 - 6/7	
Private	10:55 – 11:25 am	52759	52786	52806	*52833	
	12:10 – 12:40 pm	52760	52787	52807	*52834	
	12:50 – 1:20 pm	52761	52788	52808	*52835	
	2:50 – 3:20 pm	52762	52789	52809	*52836	
	3:30 – 4 pm	52763	52790	52810	*52837	
	4:10 – 4:40 pm	52764	52791	52811	*52838	
	4:10 – 4:40 pm	52765				
	4:55 – 5:25 pm	52766	52792	52812	*52839	
	4:55 – 5:25 pm	52767				
	5:30 – 6 pm		52793	52813	*52840	
	5:30 – 6 pm	52768	52794	52814	*52841	
	6:10 – 6:40 pm		52795	52815	*52842	
	Semi-private 3-6	10:10 – 10:40 am	52915	52929	52938	*52950
		12:50 – 1:20 pm	52916	52930	52939	*52951
2:50 – 3:20 pm		52917	52931	52940	*52952	
4:55 – 5:25 pm		52918	52932	52941	*52953	
4:55 – 5:25 pm		52919				
Semi-private 7+	3:30 – 4 pm	52975	52984	52991	*53001	
	4:10 – 4:40 pm	52976	52985	52992	*53002	
	6:10 – 6:40 pm	52977	52986	52993	*53356	

Tuesday/Thursday		Sessions				
Level	Time	1/10 - 2/9	2/14 - 3/16	4/4 - 5/4	5/9 - 6/8	
Private	9:30 – 10 am	52769	52796	52816	52843	
	10:55 – 11:25 am	52770	52797	52817	52844	
	1:30 – 2 pm	52771	52798	52818	52845	
	2:50 – 3:20 pm	52772	52799	52819	52846	
	3:30 – 4 pm	52773	52800	52820	52847	
	4:10 – 4:40 pm	52774	52801	52821	52848	
	4:10 – 4:40 pm	52775				
	4:55 – 5:25 pm	52776	52802	52822	52849	
	4:55 – 5:25 pm	52777	52803	52823	52850	
	5:30 – 6 pm		52804	52824	52851	
	6:10 – 6:40 pm	52778	52805	52825	52852	
	Semi-private 3-6	10:10 – 10:40 am	52920	52933	52942	52954
		11:30 am – 12 pm	52921	52934	52943	52955
		3:30 – 4 pm	52922	52935	52944	52956
4:10 – 4:40 pm		52923	52936	52945	52957	
4:55 – 5:25 pm		52924	52937	52946	52958	
4:55 – 5:25 pm		52925				
Semi-private 7+	2:50 – 3:20 pm	52978	52987	52994	53006	
	4:10 – 4:40 pm	52979	52988	52995	53007	
	5:30 – 6 pm	52980	52989	52996	53008	
	6:10 – 6:40 pm		52990	52997	53009	

*No Class 5/29



Saturday		Sessions	
Level	Time	*1/7 – 3/18	*4/1 – 6/10
Private	8:50 – 9:20 am	*52779	*52826
	9:30 – 10 am	*52781	*52828
	10:10 – 10:40 am	*52782	*52829
	10:55 – 11:25 am	*52783	*52830
	11:30 am – 12 pm	*52784	*52831
Semi-private 3-6	9:30 – 10 am	*52926	*52947
	10:55 – 11:25 am	*52927	*52948
	11:30 – 12 pm	*52928	*52949
Semi-private 7+	8:50 – 9:20 am	*52981	*52998
	10:10 – 10:40 am	*52982	*52999

*No Class 2/4 or 5/27

**No refunds or credits after a lesson has begun.
There are no makeup lessons for missed classes.**



Family Swim Lessons

(3 years – Adult)

Learn fundamental swimming and lifelong water safety skills in this family-oriented program. Each family spends the first 15 – 20 minutes of the 45 minute lesson developing water safety skills through discussion and demonstration and then spends the duration of the lesson working on swimming skills. No swimming prerequisites required. A Family Swim Lesson intake form must be completed before the first lesson. An adult is required to participate in the water for each lesson. Instructor to participant ratio is 1:6.

Sunday Swim Lessons:

Sunday		Sessions			
Level	Time	1/8 – 1/29	2/12 – 3/5	*4/2 – 4/30	*5/7 – 6/4
Family Swim Lessons	10–10:45 am	52616	52622	*52628	*52634
	10–10:45 am	52617	52623	*52629	*52635
	11–11:45 am	52618	52624	*52630	*52636
	11–11:45 am	52619	52625	*52631	*52637
	12–12:45 pm	52620	52626	*52632	*52638
	12–12:45 pm	52621	52627	*52633	*52639
Private	10–10:45 am	52881	52887	*52893	*52899
	10–10:45 am	52882	52888	*52894	*52900
	11–11:45 am	52883	52889	*52895	*52901
	11–11:45 am	52884	52890	*52896	*52902
	12–12:45 pm	52885	52891	*52897	*52903
	12–12:45 pm	52886	52892	*52898	*52904
Semi-private 3-6	10–10:45 am	53010	53013	*53016	*53019
	11–11:45 am	53011	53014	*53017	*53020
	12–12:45 pm	53012	53015	*53018	*53021

*No Class 4/16 or 5/28



Saturday Preschool Introductory Swim Lessons:

Saturday		Sessions	
Level	Time	*1/7 – 3/18	*4/1 – 6/10
Catfish 1	8:50 – 9:20 am	*52387	*52410
	9:30 – 10 am	*52388	*52411
	10:10 – 10:40 am	*52389	*52412
	10:55 – 11:25 am	*52390	*52413
	11:30 am – 12 pm	*52391	*52414
Catfish 2	8:50 – 9:20 am	*52440	*52463
	9:30 – 10 am	*52441	*52464
	10:10 – 10:40 am	*52442	*52465
	11:30 am – 12 pm	*52479	*53268
Catfish 3	8:50 – 9:20 am	*52490	*52513
	10:10 – 10:40 am	*52491	*52514
	10:55 – 11:25 am	*52492	*52515
	11:30 am – 12 pm	*53287	*53288
Catfish 4	9:30 – 10 am	*52534	*52548
	10:55 – 11:25 am	*52535	*52549
Catfish 5	9:30 – 10 am	*52568	*52578
	10:55 – 11:25 am	*52569	*52579

*No Class 2/4 or 5/27

Friday Private and Semi-Private Swim Lessons:

Friday		Sessions	
Level	Time	1/6 – 3/10	4/7 – 6/9
Private	3:30 – 4 pm	52853	53358
	3:30 – 4 pm	52854	53359
	4:10 – 4:40 pm	52855	53360
	4:10 – 4:40 pm	52856	53361
	4:55 – 5:25 pm	52857	53362
	4:55 – 5:25 pm	52858	53363
	5:30 – 6 pm	52859	53364
	5:30 – 6 pm	52860	53365
Semi-private 3-6	3:30 – 4 pm	52959	53366
	4:55 – 5:25 pm	52960	53367
Semi-private 7+	4:10 – 4:40 pm	53003	53368
	5:30 – 6 pm	53004	53369



Weekday Preschool Introductory Swim Lessons:

(3 – 5 years) Instructor to participant ratio: 1:5. Learn fundamental skills to prepare them for School Age Swim Lessons. Classes may be combined to avoid cancellation.

Catfish 1: Learn basic aquatic skills. Start developing positive attitudes and safe practices around the water.

Catfish 2: Front and back skills with assistance. Prerequisites: comfortable submerging their head and opening their eyes underwater.

Catfish 3: Learn to independently perform front and back floating and gliding skills. Prerequisites: comfortable floating on their front and back for at least 3 seconds with assistance.

Catfish 4: Learn the front crawl with side breathing. Prerequisites: able to independently perform front and back floats and glides.

Catfish 5: Refine front crawl and learn the back crawl. Prerequisites: familiar with the principles of front crawl with side breathing.

Monday/Wednesday		Sessions			
Level	Time	1/9 - 2/8	2/13 - 3/15	4/3 - 5/3	*5/8 - 6/7
Catfish 1	9:30 – 10 am	52378	52392	52401	*52415
	11:30 am – 12 pm	52379	52393	52402	*52416
	2:10 – 2:40 pm	52380	52394	52403	*52417
	3:30 – 4 pm	53289	53290	53291	*53302
	4:10 – 4:40 pm	52381	52395	52404	*52418
	5:30 – 6 pm	52382	52396	52405	*52429
Catfish 2	10:10 – 10:40 am	52430	52443	52453	*52466
	11:30 am – 12 pm	52431	52444	52454	*52467
	2:10 – 2:40 pm	52432	52445	52455	*52468
	4:10 – 4:40 pm	52433	52446	52456	*52469
	5:30 – 6 pm	52434	52447	52457	*52470
Catfish 3	10:10 – 10:40 am	52480	52493	52503	*52516
	10:55 – 11:25 am	52481	52494	52504	*52517
	4:10 – 4:40 pm	52482	52495	52505	*52518
	4:55 – 5:25 pm	52483	52496	52506	*52519
	6:10 – 6:40 pm	52484	52497	52507	*52520
Catfish 4	10:55 – 11:25 am	52528	52536	52542	*52550
	12:10 – 12:40 pm	52529	52537	52543	*52551
	2:50 – 3:20 pm	52556	53303	53304	*53305
	4:55 – 5:25 pm	52530	52538	52544	*52552
Catfish 5	12:10 – 12:40 pm	52564	52570	52574	*52580
	2:50 – 3:20 pm	52592	52590	52588	*52586
	4:55 – 5:25 pm	52565	52571	52575	*52581

Tuesday/Thursday		Sessions			
Level	Time	1/10 - 2/9	2/14 - 3/16	4/4 - 5/4	5/9 - 6/8
Catfish 1	10:10 – 10:40 am	52383	52397	52406	52420
	12:10 – 12:40 pm	52384	52398	52407	52421
	2:50 – 3:20 pm	52419	53306	53307	53308
	4:10 – 4:40 pm	52385	52399	52408	52422
	5:30 – 6 pm	52386	52400	52409	52423
	9:30 – 10 am	52435	52448	52458	52471
Catfish 2	10:10 – 10:40 am	52436	52449	52459	52472
	2:10 – 2:40 pm	52437	52450	52460	52473
	4:10 – 4:40 pm	52438	52451	52461	52474
	5:30 – 6 pm	52439	52452	52462	52475
	9:30 – 10 am	52485	52498	52508	52521
Catfish 3	12:10 – 12:40 pm	52486	52499	52509	52522
	2:10 – 2:40 pm	52487	52500	52510	52523
	4:10 – 4:40 pm	52488	52501	52511	52524
	4:55 – 5:25 pm	52489	52502	52512	52525
Catfish 4	11:30 am – 12 pm	52531	52539	52545	52553
	3:30 – 4 pm	52557	52558	52559	52560
	4:55 – 5:25 pm	52532	52540	52546	52554
	6:10 – 6:40 pm	52533	52541	52547	52555
Catfish 5	11:30 am – 12 pm	52566	52572	52576	52582
	3:30 – 4 pm	52591	52589	52587	52585
	5:30 – 6 pm	52567	52573	52577	52583

*No Class 5/29

Homeschool Swim Lessons

(6 – 17 years) Instructor to participant ratio is 1:7 or 8

Fulfill homeschool physical education requirements while having fun and being active. Participants have a 30 minute swim lesson followed by a 30 minute recreation swim. Parents/siblings of lesson participants are welcome to join in the 30 minute open swim with paid admission.

Monday/Wednesday		Sessions			
Level	Time	1/9-2/8	2/13-3/15	4/3-5/3	*5/8-6/7
Homeschool	1:30 – 2 pm	52708	52710	52712	*52714
Tuesday/Thursday		Sessions			
Level	Time	1/10-2/9	2/14-3/16	4/4-5/4	5/9-6/8
Homeschool	12:50 – 1:20 pm	52709	52711	52713	52715

*No Class 5/29



School Age Swim Lessons:

(6 – 15 Years)

Monday/Wednesday		Sessions			
Level	Time	1/9 – 2/8	2/13 – 3/15	4/3 – 5/3	*5/8 – 6/7
Electric Eel	4:10 – 4:40 pm	52593	52600	52604	*52611
	5:30 – 6 pm	52594	52601	52605	*52612
Frog	4:10 – 4:40 pm	52645	52651	52655	*52661
	6:10 – 6:40 pm	52646	52652	52656	*52662
Goldfish	4:55 – 5:25 pm	52668	52674	52678	*52684
	6:10 – 6:40 pm	52669	52675	52679	*52685
Hammerhead	4:55 – 5:25 pm		52694	52697	*52700
	6:10 – 6:40 pm	52692	52695	52698	*52701
Jellyfish	4:10 – 4:40 pm		52720	52722	*52726
	5:30 – 6 pm	52716			
Lobster	4:55 – 5:25 pm		52732	52734	*52737
	6:10 – 6:40 pm	52729			
Manatee	5:30 – 6 pm	52739	52742	52744	*52747
Neon	5:30 – 6 pm	52749	52752	52754	*52757

*No Class 5/29

Tuesday/Thursday		Sessions			
Level	Time	1/10 – 2/9	2/14 – 3/16	4/4 – 5/4	5/9 – 6/8
Electric Eel	4:10 – 4:40 pm	52595	52602	52606	52613
	5:30 – 6 pm	52596	52603	52607	52614
Frog	4:55 – 5:25 pm	52647	52653	52657	52663
	6:10 – 6:40 pm	52648	52654	52658	52664
Goldfish	4:55 – 5:25 pm	52670	52676	52680	52686
	6:10 – 6:40 pm	52671	52677	52681	52687
Hammerhead	5:30 – 6 pm	52693	52696	52699	52702
Jellyfish	6:10 – 6:40 pm	52717	52721	52723	52727
Lobster	4:55 – 5:25 pm		52733	52735	52738
	5:30 – 6 pm	52730			
Manatee	4:10 – 4:40 pm		52743	52745	52748
	6:10 – 6:40 pm	52740			
Neon	4:10 – 4:40 pm		52753	52755	52758
	6:10 – 6:40 pm	52750			

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

School Age Swim Lessons:

(6 – 15 Years)

Instructor to participant ratios: Electric Eel 1:6, Frog – Neon 1:7. Classes may be combined to avoid class cancellation.

Electric Eel: Introductory course. Basic water safety and swimming skills. No prerequisites required.

Frog: Learn front crawl with side breathing. Prerequisites: display comfort in submerging and opening eyes underwater, front and back floats and glides.

Goldfish: Refine front crawl, learn the principles of back crawl. Prerequisites: familiar with front crawl with side breathing.

Hammerhead: Learn dolphin, breaststroke, and scissor kicks, and elementary backstroke. Prerequisites: front crawl with side breathing and back crawl.

Jellyfish: Extend front crawl endurance to a full length of the pool (25 meters) and further develop diving skills. Prerequisites: comfortable in deep water.

Lobster: Learn breaststroke, further develop front and back crawl, sidestroke, and elementary backstroke. Prerequisites: able to swim front crawl with side breathing for 25 meters.

Manatee: Learn butterfly, refine breaststroke. Prerequisites: breaststroke and able to swim front and back crawl for at least 25 meters.

Neon: Refine all six strokes, introduction to competitive swimming concepts. Prerequisites: comfortable swimming continuously for five minutes.

Saturday		Sessions	
Level	Time	*1/7 – 3/18	*4/1 – 6/10
Electric Eel	8:50 – 9:20 am	*52597	*52608
	10:10 – 10:40 am	*52598	*52609
	11:30 am – 12 pm	*52599	*52610
Frog	9:30 – 10 am	*52649	*52659
	10:55 – 11:25 am	*52650	*52660
Goldfish	9:30 – 10 am	*52672	*52682
	10:55 – 11:25 am	*52673	*52683
Hammerhead	9:30 – 10 am	*52703	*52705
	10:55 – 11:25 am	*52704	*52706
Jellyfish	11:30 am – 12 pm	*52718	*52724
Lobster	10:10 – 10:40 am	*52731	*52736
Manatee	10:55 – 11:25 am	*52741	*52746
Neon	10:10 – 10:40 am	*52751	*52756

*No Class 2/4 or 5/27



Swim Lesson Pricing

Group Swim

Includes Parent/Child, Preschool, School Age and Adaptive

Weekdays – 10 lessons	Resident	Non-Resident
With Pass	\$52	\$77
Without Pass	\$60	\$90

Private	Resident	Non-Resident
Weekdays – 10 lessons	\$179	\$269
Sunday – 4 lessons	\$107	\$162

Semi-Private	Resident	Non-Resident
Weekdays – 10 lessons	\$116	\$173
Sundays – 4 lessons	\$69	\$104

Lifeguarding Certification

The Lifeguarding course includes comprehensive training in water rescues, CPR/AED, and first aid skills. This American Red Cross course will incorporate a blended-learning format with on-line coursework, classroom, and water activities. Participants must pass a pre-requisite skills test that includes a 300-yard swim, treading water with no hands for two minutes, and retrieving a 10 lb. brick from the bottom of the pool and swimming 20-yards holding the brick. Online course work must be completed PRIOR to classroom and water sessions, no exceptions. 100% attendance required.

15 years – Adult

SHARC

SHARC Staff

Pre-Course Skills Test for Spring Break Class

53143	Sun	3/12	12 – 1 pm
53142	Fri	3/17	4 – 5 pm

Pre-Course Skills Test for April Class

53138	Sun	4/9	12 – 1 pm
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\$35 fee is applied to online course registration upon successful completion of the pre-requisite skills test.

Classroom & In-Water Component – Spring Break

53139	Wed & Thu	3/29 – 3/30	8 am – 4 pm
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Classroom & In-Water Component – April Class

53141	Sat & Sun	4/29 & 4/30	9 am – 5 pm
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\$130 Resident, \$175 Non-Resident

NETA Personal Training Certification

NETA certification can be an important step in establishing credibility and earning respect as a qualified exercise professional and our NCCA-accredited Personal Trainer Certification is among the best in the industry. Developed for those who plan to work with apparently healthy individuals, our curriculum is updated continuously according to the latest research and techniques to help you challenge, guide, support and motivate your clients. For more information and to register visit www.netafit.com

SHARC

NETA Staff

Sat – Sun 1/21 – 22 8am – ? pm

\$399 early bird registration before 12/22/ \$449

Nutritional Counseling

SHARC's nutritional counselor is ready to work with you! Schedule a nutritional consultation to discuss proper eating habits, daily caloric intake based on your body and activity level, meal choices and planning, changes needed for your daily diet and setting realistic goals to achieve your wellness needs.

\$25 for a 30 minute consultation.

(If more time is needed or used, additional fees are assessed.)

Start Training Now!
SHARC Fest
 June 25, 2017
 Family Triathlon & Safety Expo
 Stay tuned for details
It's sooner than you think!



Fitness Assessments

Qualified staff evaluates your current fitness level using our Health Management Software. The following is tested: blood pressure, resting heart rate, endurance, flexibility, muscular strength and body fat. The results and information for improving overall fitness are shared with you at the time of the assessment. Stop by the front desk or call SHARC to schedule an appointment. Fees are due when appointment is scheduled.

16 years – Adult (13 – 15 years with adult present)

Mon – Fri

\$50



Fitness Equipment Orientation

Learn the proper form and technique for the weight equipment in this one hour session. Learn how to use the treadmill, elliptical, stationary bike and stair machine. Schedule your complimentary appointment at the front desk.

This class is recommended for patrons under 18 years.

SHARC Staff



Personal Training

Certified fitness professionals help you improve your health, maximize your fitness level and develop a fitness program to meet your goals. Sessions can include: cardiovascular training, weight lifting, balance and flexibility. We offer land based personal training and aquatic personal training. Please stop by the front desk or call SHARC to schedule an appointment. Fees are per session, not per person.

Individual	2 people	Small Group 3 – 5
1 session \$45	1 session \$55	1 session \$65
3 sessions \$125	3 sessions \$150	3 sessions \$180
5 sessions \$195	5 sessions \$235	5 sessions \$285
10 sessions \$380	10 sessions \$455	10 sessions \$550

Body Comp Assessment

Your body composition is measured with a top-of-the-line electrical impedance analyzer, then staff explains the results and provides information for fitness improvement. Sessions take approximately 15 – 20 minutes. Stop by the front desk or call SHARC to schedule an appointment. Fees are due upon scheduling.

16 years – Adult

\$15



Massage

Massage is proven to reduce stress, fatigue and muscle soreness. Massages can be therapeutic and can also be a preventative measure for back pain. Licensed massage therapist offer a variety of techniques to meet your needs. Fees are due when appointment is scheduled.

Fee:	Chair massage – 30 minute	\$45
	Full Body – 60 minute	\$55
	Full Body – 90 minute	\$75
	Three 30 minute chair	\$120
	Three 60 minute full body	\$120
	Three 90 minute full body	\$200



Water Exercise Classes

Classes are included with the purchase of your Membership Pass or Single Visit Fee.

AM Energizer

Get up & get fit. Gear up for this morning class that gets you ready for the work day. Raise your heart rate and have fun doing it with this high impact aerobics class for early risers. Kick off your day energized.

Aqua Core & More

Deep and shallow water workouts provide different benefits, and this class provides a total body workout with both. For all levels, moves from deep water to shallow water throughout the class and uses various water exercise equipment.



Aqua Jam

Get your body moving to the beat with this high energy, calorie burning class. Enjoy a great workout toning your entire body as you move to some great music. All levels are welcome.

Aqua Zumba®

Aqua Zumba® gives new meaning to an invigorating workout. Integrating the Zumba® formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba® blends it into a safe, challenging, water-based workout that's cardio-conditioning, body-toning and most of all, exhilarating beyond belief.

Cardio Building

Limited equipment is used in this class that's open to all levels. Work on reaching your target heart rate with various cardio challenging activities in both shallow and deep water. Running on land may not be your thing, but in water...it just might be.

Power Plunge

Power Plunge is a great way to re-energize you as it takes place in both the shallow and deep end of the main pool. This challenging class is sure to increase endurance and provide a great aerobic workout.

Renew

This functional fitness class challenges you to the "core." It incorporates all major muscle groups as well as muscles you never knew you had. Get 50 minutes of efficient, quality functional movements that enhance your quality of life by nourishing the spine, revitalizing postural muscles and strengthening your core with every movement. Leave class feeling refreshed, re-energized and renewed.

Sweat-n-Wet

Enjoy a great workout while balanced in water with a buoyancy belt. Burn calories and tone your upper and lower body in the deep end of the main pool.

Total Body Conditioning

Maximize your workout with this fast-paced workout for intermediate to advanced levels. This class provides both cardio and resistance training while emphasizing proper form for improving core and total body strength. Instructor takes participants through a variety of exercises including intervals and circuits in deep and/or shallow water.

Warm Water Fitness

Start your day right with this gentle warm water class combining water resistance with light to moderate aerobic activity. People who suffer from arthritis and joint injuries benefit from this conditioning class; however, everyone is welcome to join. These classes are held in the warm water pool.

*Due to other activities in the pool, class participants may enter the water 5 minutes before the start of class.





Water Exercise Class Schedule

Classes are included with the purchase of your Membership Pass or Single Visit Fee.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
AM Energizer 5:40 – 6:35 am		AM Energizer 5:40 – 6:35 am		AM Energizer 5:40 – 6:35 am	
Total Body Conditioning 6:35 – 7:20 am	AquaZumba® 7 – 7:50 am	Total Body Conditioning 6:35 – 7:20 am	AquaZumba® 7 – 7:50 am	Total Body Conditioning 6:35 – 7:20 am	
Aqua Core & More 8 – 8:50 am	Cardio Building 8 – 8:50 am	Aqua Core & More 8 – 8:50 am	Cardio Building 8 – 8:50 am	Aqua Core & More 8 – 8:50 am	Power Plunge 8 – 8:50 am
Warm Water Fitness 8 – 8:50 am	Warm Water Fitness 8 – 8:50 am	Warm Water Fitness 8 – 8:50 am	Warm Water Fitness 8 – 8:50 am	Warm Water Fitness 8 – 8:50 am	
Renew 9 – 9:50 am		Renew 9 – 9:50 am		Renew 9 – 9:50 am	
Warm Water Fitness 10 – 10:50 am	Warm Water Fitness 10 – 10:50 am	Warm Water Fitness 10 – 10:50 am	Warm Water Fitness 10 – 10:50 am	Warm Water Fitness 10 – 10:50 am	
Sweat-N-Wet 10 – 11 am		Sweat-N-Wet 10 – 11 am		Sweat-N-Wet 10 – 11 am	
Power Plunge 6:05 – 6:55 pm	Aqua Jam 6:05 – 6:55 pm	Power Plunge 6:05 – 6:55 pm	Aqua Jam 6:05 – 6:55 pm		

Land Exercise Classes

Classes are included with the purchase of your Membership Pass or Single Visit Fee.
Land Exercise Classes are on a monthly schedule; please ask for an updated schedule.

Barre

Use the ballet barre, light weights, isometric exercises, and your body's balance, to firm, lengthen, lift, and sculpt graceful arms, thighs, abs, and glutes. It's gentle on the joints but gives powerful results. No dance experience necessary.



Cardio Circuit

Strengthen your heart and body in this intermediate to low impact aerobics class. The easy-to-follow class format utilizes light weights, tubing with handles and other tools to promote cardio health, increase muscle strength and strengthen your core muscles.

Cardio Dance Fusion

Get your Dance on with this fun and energetic cardio class. This class brings a mix of different types of dance styles and music to get your heart beat pumping.

Boot Camp

The ultimate circuit workout combining intervals of cardio drills and muscle conditioning. Train with a variety of equipment and exercise techniques to get a total body workout.

Only authorized personnel are allowed to instruct or personal train in the group exercise room or pools. Groups of 2 or more using the group exercise and weight rooms must have prior approval.

Land Exercise Classes

Classes are included with the purchase of your Membership Pass or Single Visit Fee. Land Exercise Classes are on a monthly schedule; please ask for an updated schedule.



Cardio Interval

Burn more fat in less time. Want to add a twist on your standard cardio workout that carries even greater benefits? By adding cardio intervals, you can significantly boost your body's fat-burning ability as well as overall health and cardiovascular fitness. All fitness levels are welcome.

Core, Floor and More

Build core strength, flexibility, joint stability, balance, coordination and more. This class is an easy-to-follow workout that focuses on those areas that we would like to be flattened, tucked and lifted. Challenges every major muscle using stability balls, resistance bands, foam roller and weights for an effective workout that strengthens and tones.

Flex

Bring balance, flexibility and stretching to your workout routine. Balance and stretching exercises help keep your joints flexible, prevent stiffness and may help reduce your chance of injury during other activities. The class incorporates various types of exercises including basic static stretching, yoga, Pilates and more.



Indoor Cycling

This cycling class is geared to both novice and expert exercisers. Experience a fantastic heart pumping workout including climbing, sprinting and training to incredible music while riding a stationary bike.



PiYo LIVE!™

A unique class designed to build strength and gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and makes you sweat. It's about energy, power and rhythm. Think sculpted abdominals, increased overall core strength and greater stability.

SilverSneakers® Classic

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a ball are offered and a chair is used for seated and/or standing support.



Silver&Fit® Experience

This level is for moderately active older adults who exercise in some way one to two days per week. The class is designed to increase the participant's flexibility, joint stability, dynamic balance, coordination, agility, reaction time, muscular strength and cardiovascular endurance.

Silver and Strong

Designed to meet the needs of the independent older adult. Strength, endurance, mobility and flexibility are components of the workout. Chairs are available for support.

Strength and Core Conditioning

A strength training class for everyone! Work every major muscle group using safe and effective weightlifting techniques with an extra emphasis on conditioning your core.



Step & Sculpt

A moderate- to high-intensity class that involves adjustable steps to provide a challenging cardiovascular workout for all fitness levels. Free weights, body bars and other equipment are used to strengthen and tone all major muscle groups.

Tai Chi Fusion

This class combines the movements of Tai Chi, yoga, balancing and breathing exercises. Enjoy this one hour class for a full body meditative, calming and relaxing class while gaining flexibility.

Total Body Conditioning

Maximize your workout. Complete head to toe workout with cardio, resistance training and abs. Use a variety of tools such as weights, step, floor and bands.

Land Exercise Classes

Land Exercise Classes are on a monthly schedule; please ask for an updated schedule.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Total Body Conditioning 5:50 – 6:50 am	Indoor Cycling 5:50 – 6:50 am	Total Body Conditioning 5:50 – 6:50 am	Total Body Conditioning 5:50 – 6:50 am	
	Yoga – Gentle Flow 8:30 – 9:30 am		Yoga – Gentle Flow 8:30 – 9:30 am	Step & Strength 8:15 – 9 am	Yoga Power 8 – 9:15 am
Cardio Circuit 9 – 9:45 am		Cardio Circuit 9 – 9:45 am		FLEX 9:15 – 10 am	
Silver&Fit® Experience 10 – 10:45 am	Tai Chi Fusion 9:45 – 10:45 am	Silver&Fit® Experience 10 – 10:45 am	Tai Chi Fusion 9:45 – 10:45 am	Silver and Strong 10:10 – 10:50 am	
Boot Camp 11 am – 12 pm	Silver Sneakers® Classic 11 – 11:45 am	Boot Camp 11 am – 12 pm	Silver Sneakers® Classic 11 – 11:45 am	Boot Camp 11 am – 12 pm	
	Indoor Cycling 11:15 am – 12 pm		Indoor Cycling 11:15 am – 12 pm		
Indoor Cycling 12:15 – 1 pm	Core Floor & More 12:15 – 1 pm	Indoor Cycling 12:15 – 1 pm	Core Floor & More 12:15 – 1 pm	Indoor Cycling 12:15 – 1 pm	
		FLEX 12:15 – 1 pm			
			Indoor Cycling (beginner) 4:30 – 5:15 pm		
Strength & Core Conditioning 5:30 – 6:30 pm	Cardio Dance Fusion 5:30 – 6:30 pm	Cardio Intervals 5:30 – 6:30 pm	Strength & Core Conditioning 5:30 – 6:50 pm	Only authorized personnel are allowed to instruct or personal train in the group exercise room or pools. Groups of 2 or more using the group exercise and weight rooms need to have prior approval.	
Indoor Cycling 6:30 – 7:15 pm		Indoor Cycling 6:30 – 7:15 pm			
Barre 6:45 – 7:45 pm	PiYo LIVE!™ 6:45 – 7:45 pm	Barre 6:45 – 7:45 pm	Cardio Dance Fusion 6:45 – 7:45 pm		

Yoga – Gentle Flow

Open to all levels of practice and abilities, this soothing, gentle class focuses on an exploration of basic yoga poses and how to connect them through attention to breathing, alignment and mindfulness. Therapeutic in nature, participants learn techniques to help you gain flexibility, while being immersed in a relaxing class that moves at a perfectly slower pace – allowing ample time to enjoy each pose.



Yoga – Power

Using strong, flowing movement to create a heat-building mind body workout, *Power Yoga* is a sequence of postures that flow into one another, building strength, unwinding tight joints and loosening muscles