



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.



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



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

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



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!