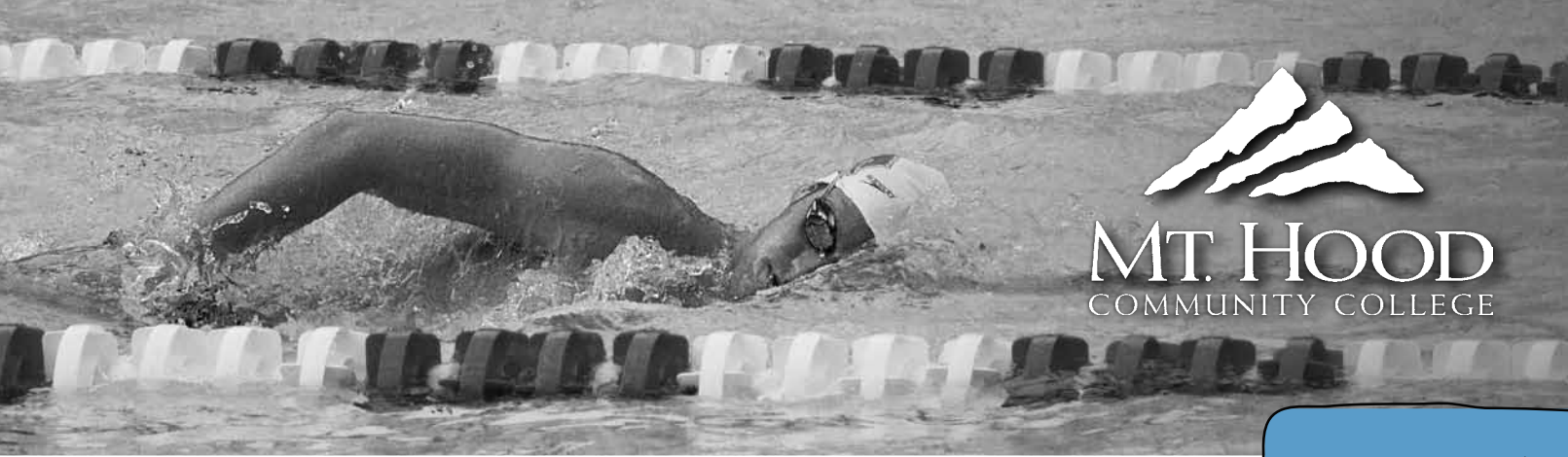




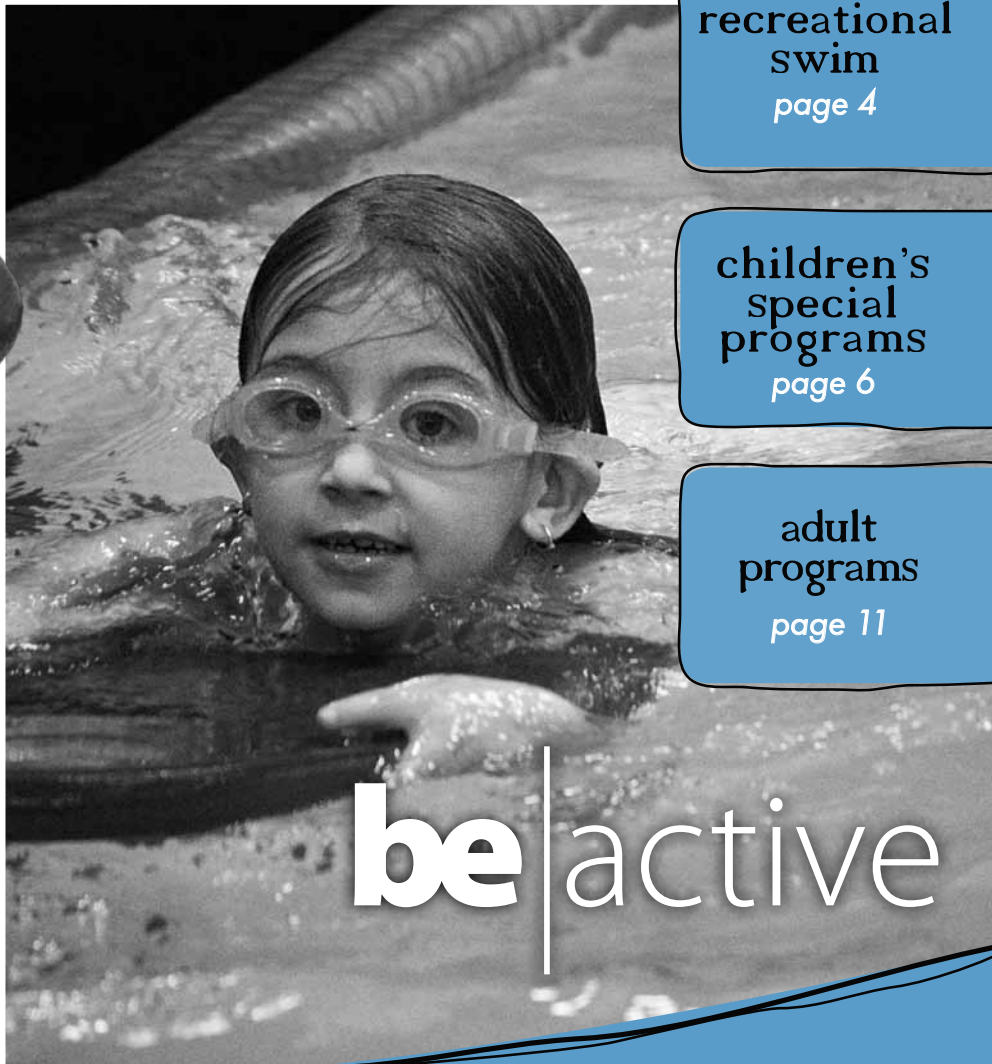
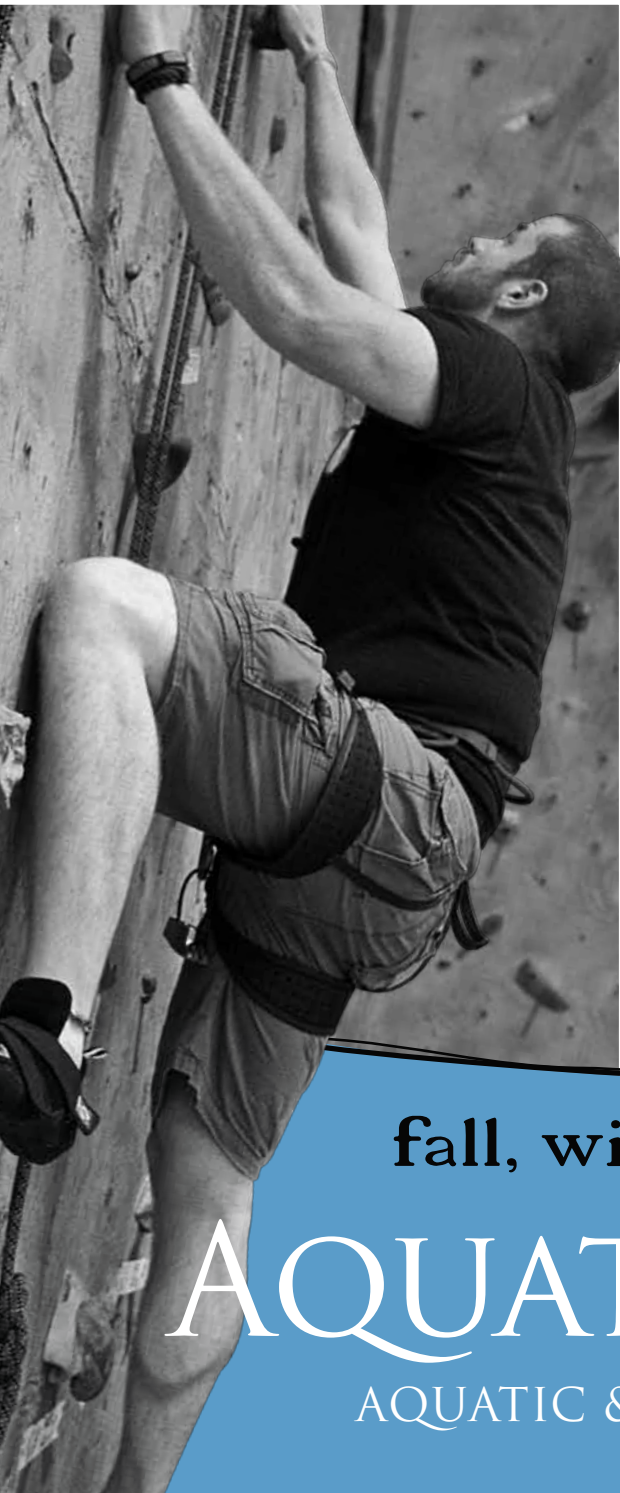
MT. HOOD
COMMUNITY COLLEGE



recreational
swim
page 4

children's
special
programs
page 6

adult
programs
page 11



be | active

fall, winter, spring 2011-12

AQUATIC CENTER

AQUATIC & RECREATION SCHEDULE

fall-winter-spring 2011-12

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Adult Lap Swim and Adult Programs 5:30 - 7:15 a.m., All pools					Available for Rental	
Adult Programs and College Instruction 7:15 a.m. - Noon						
Adult Lap Swim and Adult Programs Noon - 1 p.m., All pools						
Children and College Instruction 1 - 5:30 p.m.						
Adult Lap Swim 5:30 - 6:30 p.m., learner and 25-yard pools 6 - 7 p.m. 50-meter pool						
Children and College Instruction Adult Programs 6:30 - 8:15 p.m.				Community Open Recreation Swim 6:30 - 8:30 p.m.		
Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

HOURS OF OPERATION

Monday - Friday

5:30 a.m. to 8:30 p.m.

Saturday

8:30 a.m. to 3:30 p.m.



fees & charges

DAILY ADMISSION

Children	\$3.25
Adults	\$4.50
Senior Citizens	\$3.25
MHCC Students	No charge
*Punch Card (20 swims)	\$67.50
Children's Punch Card	\$50.50
Senior's Punch Card	\$50.50
Children's Lessons	\$42 - \$45
Adult Lessons	\$46 - \$54
*Aerobics Membership Class (ten weeks)	\$175
*Drop-in Water Exercise Punch Card	\$54
*One-Time Drop-in Water Exercise	\$6.75
Locker Rental	\$0.25

*Citizens 62 years or older receive 25 percent off all fees.

MEMBERSHIPS

School year memberships are valid
Sept. 26, 2011 through June 14, 2012

Individual (Annual)	\$255
Individual (School year)	\$165
Family (Annual)	\$335
Family (School year)	\$205

OPEN RECREATION / LAP SWIM PUNCH CARD

This is a punch card good for 20 admissions to Open Recreation or Lap Swim. The use of this card is not restricted to one individual. Save 25 percent off the regular adult admission price. Great for families or groups!

WATER EXERCISE DROP-IN PUNCH CARD

This is a punch card good for 10 admissions to adult community water exercise classes.

MEMBERSHIPS

Unlimited use of the facility for scheduled open recreation or lap swim sessions. Annual memberships are valid for one year from the date of purchase. School year memberships are valid Sept. 26, 2011 - June 14, 2012. Patrons with memberships will receive 15 percent off community class registration fees.

GROUP USAGE

Groups can use the pool during open recreation times and will be admitted on a first-come basis. For groups of 20 or more, call 503-491-7243 in advance and receive a group rate.

special events

Unless pool closures are listed, all events are held in the 50-meter pool and will only affect the community programs scheduled for that pool.

MT. HOOD AQUATICS PENTATHLON

Sept. 24

MT. HOOD AQUATICS FALL SPRINTER

Oct. 22, 23

SPECIAL OLYMPICS SWIM MEET

Oct. 30

CATHOLIC YOUTH ORGANIZATION SWIM MEETS

DEVELOPMENTAL MEETS

Nov. 6, 13

Dec. 3, 4, 11, 17

CHAMPIONSHIP MEETS

Jan. 22

Jan. 28, 29*

*25-yard and learner pools will close at noon

Feb. 4 - All Stars

USA WATER POLO TRAINING

Nov. 19 - 20

MT. HOOD AQUATICS WINTER SHORT COURSE OPEN

Jan. 6 - 8

SPEEDO IMX CHALLENGE

Jan. 14 - 15

MT. HOOD CONFERENCE DISTRICT SWIM MEET

Feb. 10, 11

All pools closed to the public

MT. HOOD AQUATICS LAST CHANCE SWIM MEET

Feb. 12

OSAA-US BANK HIGH SCHOOL SWIMMING CHAMPIONSHIPS

Feb. 17, 18

All pools closed to the public

USA WATER POLO TRAINING

Feb. 25 - 26

OSI SENIOR CHAMPIONSHIPS

March 1 - 4

All pools closed to the public

COLUMBIA RIVER SWIM TEAM BIG WAVE DECATHLON

May 26 - 27

All pools closed to the public

closures & holidays

Veterans Day Nov. 11

All pools and rock wall closed

Thanksgiving

For children's swim lessons Nov. 23 – 26

For adult classes, rock wall and lap swims Nov. 24 – 26

All pools and rock wall closed Thursday - Saturday

Winter Break Dec. 19 – Jan. 8

All pools and rock wall closed

Martin Luther King Jr. Day Jan. 16

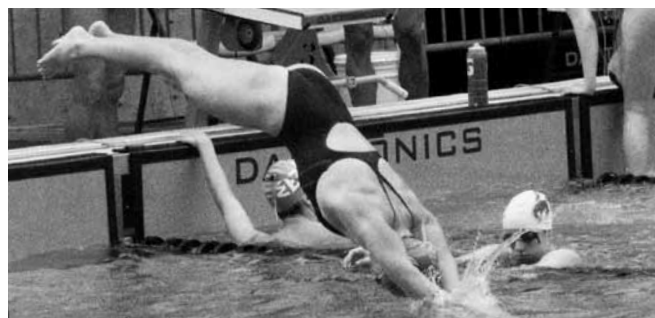
All pools and rock wall closed

Spring Break March 26 – 31

Lap swim only

Memorial Day May 26 – 28

All pools and rock wall closed



OPEN RECREATION SWIM

Open Recreation Swim is held in the learner pool and in the 25-yard pool. These swims are open to all ages, although children under the age of 8 years must be accompanied in the water by a responsible person at least 13 years old.

The **learner pool** is for young children and their parents and has a variety of water toys available.

- 2½ to 4 feet deep
- 88 – 90 degrees

The **25-yard pool** has a one-meter diving board, mats and noodles.

- 3½ to 13 feet deep
- 82 – 84 degrees

TIMES

Fridays 6:30 – 8:30 p.m. Saturdays 1 – 3:30 p.m.

PROGRAM DEFINITIONS

ADULT PROGRAMS AND ADULT LAP SWIMS

For those 16 years of age and older

AMERICAN RED CROSS SWIM INSTRUCTION

Toddler, preschool and school age programs

COLLEGE PROGRAMS

Classes offered for college credit. Page 13 of this brochure has a listing of the Mt. Hood Community College Aquatic Center classes. Please see the complete schedule at mhcc.edu/schedule.

COMMUNITY OPEN RECREATION SWIM

Open to all ages. Please note: All children under the age of 8 years, using any pool, must be accompanied in the water by a responsible person who is at least 13 years old. Please see the pool rules on this page for additional guidelines.

ROCK CLIMBING WALL PROGRAMS

The rock wall is located inside the Mt. Hood Community College Aquatic Center. Please see page 14 of this brochure for more information.

Individuals requiring accommodations due to a disability should contact the Disability Services Office at 503-491-6923 or 503-491-7670 (TDD). Please call at least two weeks prior to the event to ensure availability.

Accessible formats for individuals with disabilities are available by calling the Disability Services Office at 503-491-6923 or 503-491-7670 (TDD).

ADULT LAP SWIM

Adult Lap Swim is held in the learner, 25-yard and 50-meter pools and is open for those 16 years of age or older.

TIMES

Monday – Friday 5:30 – 7:15 a.m. all pools

Monday – Saturday Noon – 1 p.m. 25-yard and learner pools (50-meter pool available on a limited basis)

Monday – Friday 5:30 – 6:30 p.m. 25-yard and learner pools, 6 - 7 p.m. 50-meter pool

pool rules

1. Pool use is permitted only when a lifeguard is on duty. Please report problems or emergencies to the lifeguard immediately.
2. Thorough showers are required before entering the pool.
3. Courteous language and behavior is expected in the aquatic facility.
4. Clean, proper swimming attire must be worn: Long baggy shorts and T-shirts are not permitted. Street shoes are not allowed on the pool deck.
5. Children under the age of 8 years must be accompanied in the water by a responsible person who is at least 13 years old. This person must be in the water with the child. In the learner pool, children under age 8 must be accompanied by an adult.
6. All flotation devices and toys must be approved by the head lifeguard before entering the pool area.
7. Food and drink are restricted from the pool deck, but are allowed in the spectator areas. No glass containers allowed in the facility. No smoking allowed in the facility.
8. The learner pool has a capacity of 30 swimmers.
9. If children are not toilet trained, they must wear plastic pants or appropriate swim diapers. Please use only the changing tables in the main locker rooms when a diaper change is needed.
10. A swimming test may be requested of swimmers before swimming in deep water.
11. Follow posted diving board rules.

Management and staff will not be responsible for lost or stolen items.



children's swim lessons



The Mt. Hood Community College Aquatic Center uses the American Red Cross Learn-to-Swim progression. All instructors are American Red Cross Water Safety instructors and lifeguards.

COST \$42 – \$45 per session, per child

REGISTRATION

Mt. Hood Community College Aquatic Center is able to accept online, telephone, walk-in and mail-in registration. Please see page 15 for registration process.

REFUND AND CREDIT POLICY

Refunds or transfers will be given only to requests made three or more business days prior to the first class period. You must present your receipt to be eligible for a refund. After the lesson session has started only one-half credit towards your next lesson purchase will be granted.

WAITING LIST

To provide better service, waiting lists are available for all children's programs that have reached capacity. This list is used primarily as a courtesy for cancellations in existing classes. Adding classes in addition to those scheduled depends both on pool availability and on instructor availability.

SWIMMING LESSON POLICIES

- For Preschool Levels 1 and 2, parents may observe classes only on the first and last day in the Learner pool. The spectator section is provided for your convenience.
- Parents are expected to promptly drop off and pick up their children.
- You may register for more than one class without waiting for your child to finish the current class. Please consult with Mt. Hood Community College Aquatic Center staff for proper placement.
- No child 6 years of age or older shall accompany a parent into the opposite sex locker room.

Please note: classes may be combined or cancelled if there are fewer than three children enrolled.

ALTERNATIVE CHANGING AREAS

Mt. Hood Community College Aquatic Center offers two alternative changing areas for families who need more options. The Hydro pool area has a shower and is located near the men's locker room from the deck. The restrooms under the bleachers are also available as a changing area.

PRIVATE SWIM LESSONS

Mt. Hood Community College Aquatic Center offers private swim lessons. This program is intended to provide a service to individuals who may have needs beyond the scope of group swim lessons. These services may include working in a one-on-one environment, or on a special set of skills, or accommodating special needs that limit the student's ability to participate in a group. Please inquire at the front desk for more information.

CHILDREN'S LESSONS DESCRIPTIONS AND REQUIREMENTS

Safety skills are an integral part of the Learn-to-Swim program and appropriate skills will be incorporated into each class.

INFANT / TODDLER

Merbabes, a parent and child class, is available for children from 8 months through 3 years of age. Parent and Child class is available for children ages 2 ½ to 5 years. Both classes are listed under Children's Special Programs in this brochure.

PRESCHOOL AGE (Preschool Aquatics)

The child must be at least 3 years old to start preschool lessons and will continue in preschool programs until they have begun first grade. Instructor to student ratio is 1:6. Levels 1-6 of the Preschool Aquatics program are offered.

SCHOOL AGE (Learn-to-Swim)

The child must be in first grade or older. Instructor to student ratio varies from 1:8 to 1:10.

PRESCHOOL AQUATICS

Level 1 (learner pool)

Orients children to the aquatic environment and helps them gain basic aquatic skills. Skills are performed with assistance.

Level 2 (learner pool)

Helps children gain greater independence in their skills and develop more comfort in and around water. Treading water is introduced. Skills are performed with assistance as needed.

Level 3 (25-yard pool, shallow end)

Helps children start to gain basic swimming propulsive skills on the front and back. Emphasis is on performing skills independently.

Level 4 (25-yard pool, middle section)

Increase endurance of basic swimming propulsive skills on the front and back as well as treading water. Front crawl, combined backstroke and elementary backstroke kick are introduced.

Level 5 (25-yard pool, deep end)

This level continues to build on endurance and efficiency. Skills introduced at this level include basic dives and dolphin kick.

Level 6 (25-yard pool, deep end)

This level introduces back crawl, butterfly, breaststroke kick, scissors kick and kneeling dives while continuing to build endurance in front crawl, elementary backstroke and treading water.

LEARN-TO-SWIM (25-yard pool)

Level 1 – Introduction to Water Skills

This is an initial introduction to the water environment.

Level 2 – Fundamental Aquatic Skills

This is a basic class in which swimmers gain confidence in moving independently while on the front and back. Skills introduced at this level include rolling over and treading water.

Level 2.5 – Stroke Readiness

Level 2.5 will introduce rotary breathing, dolphin kick, elementary backstroke and breaststroke kicks as well as treading water. The focus of this level is the beginning of stroke refinement for front crawl and comfort in deeper water.

CHILDREN'S SPECIAL PROGRAMS

To register for Children's Special Programs, please see Page 15.

MERBABES

8 - 18 MONTHS or 18 - 36 MONTHS

This is a water adjustment class for children ages 8 months to 3 years who are accompanied by an adult. This class enables children to enjoy the water with someone they trust by playing games, singing songs and having fun. Children who are not toilet trained must wear plastic pants or swim diapers.

SESSION DATES

FALL

Class Times: 8 - 18 months

M	5 - 5:30 p.m.	Oct. 3 - Dec. 5
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SA	10:40 - 11:10 a.m.	Oct. 1 - Dec. 10 No class Nov. 26
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Class Times: 18 - 36 months

T	7:30 - 8 p.m.	Oct. 4 - Dec. 6
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W	5 - 5:30 p.m.	Oct. 5 - Dec. 7 No class Nov. 23
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SA	11:15 - 11:45 a.m.	Oct. 1 - Dec. 10 No class Nov. 26
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WINTER

Class Times 8 - 18 months

M	5 - 5:30 p.m.	Jan. 9 - March 12 No class on Jan. 16
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SA	10:40 - 11:10 a.m.	Jan. 14 - March 17 No class Feb. 11, 18, March 3
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Class Times 18 - 36 months

T	7:30 - 8 p.m.	Jan. 10 - March 13
---	---------------	--------------------

W	5 - 5:30 p.m.	Jan. 11 - March 14
---	---------------	--------------------

SA	11:15 - 11:45 a.m.	Jan. 14 - March 17 No class Feb. 11, 18, March 3
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SPRING

Class Times 8 - 18 months

M	5 - 5:30 p.m.	April 2 - June 4 No class May 28
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SA	10:40 - 11:10 a.m.	April 7 - June 9 No class May 26
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Class Times 18 - 36 months

T	7:30 - 8 p.m.	April 3 - June 5
---	---------------	------------------

W	5 - 5:30 p.m.	April 4 - June 6
---	---------------	------------------

SA	11:15 - 11:45 a.m.	April 7 - June 9 No class May 26
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Fee: \$42.00



Level 3 - Stroke Development

This level builds on the skills introduced in Level 2.5, with guided practice in deeper water. Skills introduced at this level include dolphin and scissor kicks as well as basic diving. The focus will be increased proficiency and endurance of front crawl, elementary backstroke and treading water.

Level 3.5 - Stroke Practice

This level introduces back crawl, breaststroke, underwater swimming, feet first surface dives and standing dives. The focus will be increased proficiency and endurance of front crawl, butterfly, sidestroke and elementary backstroke.

Level 4 - Stroke Improvement

Level 4 introduces breaststroke, rotary kick, sculling and survival float. The focus will be increased proficiency and endurance of front crawl, back crawl, butterfly, elementary backstroke, breaststroke and treading water.

Level 5 - Stroke Refinement

Level 5 introduces flip turns, sidestroke, survival swimming, long shallow dives and tuck and pike surface dives. The focus will be continued proficiency, stroke refinement and endurance of front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke.

Level 6 - Swimming and Skill Proficiency

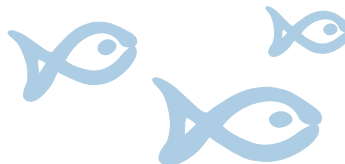
At this level swimmers have the choice of the following tracts: Personal Water Safety or Fitness Swimmer.

Personal Water Safety

This tract includes the use of lifejacket skills, swimming and self-rescue techniques, and basic safety rules for boating and open water.

Fitness Swimmer

Swimmers will learn to use a pace clock, pull buoys, fins and hand paddles, and also learn training principles.



PARENT AND CHILD (2½ – 5 years)

This is a water adjustment class for preschoolers who need more one-on-one time before joining group lessons. Preschool Level 1 skills will be taught. Please see the following section for session dates.

CLASS TIMES AND SESSION DATES

FALL

TEN-WEEK SESSIONS:

M	4:30 – 5 p.m.	Oct. 3 – Dec. 5
T	5 – 5:30 p.m.	Oct. 4 – Dec. 6

FIVE-WEEK SESSIONS:

Session 1		
T/TH	7 – 7:30 p.m.	Oct. 4 – Nov. 3
Session 2		
T/TH	7 – 7:30 p.m.	Nov. 8 – Dec. 8 No class Nov. 24

WINTER

TEN-WEEK SESSIONS:

M	4:30 – 5 p.m.	Jan. 9 – March 12 No class Jan. 16
T	5 – 5:30 p.m.	Jan. 10 – March 13

FIVE-WEEK SESSIONS:

Session 1		
T/TH	7 – 7:30 p.m.	Jan. 10 – Feb. 9
Session 2		
T/TH	7 – 7:30 p.m.	Feb. 14 – March 15 No class March 1

SPRING

TEN-WEEK SESSIONS:

M	4:30 – 5 p.m.	April 2 – June 4 No class May 28
T	5 – 5:30 p.m.	April 3 – June 5

FIVE-WEEK SESSIONS:

Session 1		
T/TH	7 – 7:30 p.m.	April 3 – May 3
Session 2		
T/TH	7 – 7:30 p.m.	May 8 – June 7

Fee: \$42.00

HOME SCHOOL SWIM GROUP

This program is designed to accommodate the needs of home school families. Lesson sessions are offered monthly on Monday and Wednesday afternoons. All classes are taught as combined levels as listed below. Call 503-491-7243 for more information. Registration may be limited.

CLASS SESSIONS

M/W	1 – 2 p.m.	School age levels: 4 – 6
	2 – 2:30 p.m.	Preschool levels: 1 – 3
	2 – 2:40 p.m.	School age levels: 1 – 2, 2 – 3, 3 – 4
	2:30 – 3 p.m.	Preschool levels: 1 – 2
	2:40 – 3:20 p.m.	School age levels: 1 – 2, 2 – 3, 3 – 4

Session Dates

New sessions begin every month.

MT. HOOD AQUATICS SWIM TEAM

This team seeks to foster the development of young people through participation in competitive swimming. For more information, please access the website at www.mthoodaquatics.org.



be | aquatic



MONDAY AND WEDNESDAY AFTERNOONS AND EVENINGS

Children's Lessons

Classes are two days per week for five weeks. (Merbabes and afternoon parent/child classes are once per week for 10 weeks). Classes offered are designated by a ✓ on the grids below.

FALL

Session 1

Oct. 3 - Nov. 2

Session 2

Nov. 7 - Dec. 7

No class Nov. 23

WINTER

Session 1

Jan. 9 - Feb. 8

No class Jan. 16

Session 2

Feb. 13 - March 14

SPRING

Session 1

April 2 - May 2

Session 2

May 7 - June 6

No class May 28

PRESCHOOL

Monday (M) and Wednesday (W) Afternoon

Class	3-3:30 p.m.	3:30-4 p.m.	4-4:30 p.m.	4:30-5 p.m.	5-5:30 p.m.
P-1			✓		
P-2	✓		✓		
P-3	✓	✓			
P-4		✓			
P-5					
Merbabes					✓ M (8-18 mos.) ✓ W (18-36 mos.)
Parent/Child				✓ M	

PRESCHOOL AND SCHOOL AGE

Monday and Wednesday Evening

Class	6:30-7 p.m.	7-7:30 p.m.	7:30-8:10 p.m.
P-1	✓		
P-2	✓	✓	
P-3		✓	
P-4		✓	
P-5, 6			✓ (8 p.m.)
S-2.5			✓
S-3.5			✓

SCHOOL AGE

Monday and Wednesday Afternoon

Class	4:05 - 4:45 p.m.	4:50 - 5:30 p.m.
S-1	✓	
S-2	✓	
S-3	✓	
S-4		✓
S-5		✓
S-6		✓



TUESDAY / THURSDAY AFTERNOONS AND EVENINGS

Children's Lessons

These lessons are two days per week for five weeks. (Merbabes and afternoon parent/child classes are once per week for 10 weeks). Classes offered are designated by a ✓ on the grids below.

FALL
Session 1
 Oct. 4 - Nov. 3
Session 2
 Nov. 8 - Dec. 8
 No class Nov. 24

WINTER
Session 1
 Jan. 10 - Feb. 9
Session 2
 Feb. 14 - March 15
 No class March 1

SPRING
Session 1
 April 3 - May 3
Session 2
 May 8 - June 7

PRESCHOOL					
Tuesday (T) and Thursday (TH) Afternoon					
Class	2:55 - 3:25 p.m.	3:30 - 4 p.m.	4 - 4:30 p.m.	4:30 - 5 p.m.	5 - 5:30 p.m.
P - 1			✓	✓	
P - 2	✓		✓	✓	
P - 3	✓				
P - 4		✓			
P - 5		✓			
Parent / Child					✓ (T)

SCHOOL AGE		
Tuesday and Thursday Afternoon		
Class	4:05 - 4:45 p.m.	4:50 - 5:30 p.m.
S - 2	✓	✓
S - 2.5	✓	✓
S - 3		✓
S - 3.5	✓	

PRESCHOOL AND SCHOOL AGE			
Tuesday (T) and Thursday (TH) Evening			
Class	6:30 - 7 p.m.	7 - 7:30 p.m.	7:30 - 8:10 p.m.
P - 1	✓		
P - 2	✓		
P - 3		✓	
S - 2			✓
S - 3			✓
Parent / Child		✓	
Merbabes			✓ (T 8 p.m.)



be | a swimmer

SATURDAY MORNING

Children's Lessons

These lessons are once per week for ten weeks and are offered in one session each quarter. Classes offered are designated by ✓ on the grids below.

FALL Session

Oct. 1 - Dec. 10
No class Nov. 26

WINTER Session

Jan. 14 - March 17
No class Feb. 11, 18 or
March 3

SPRING Session

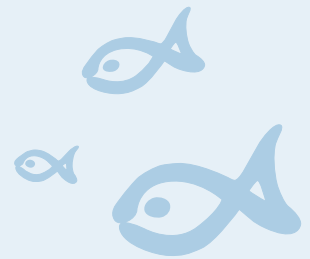
April 7 - June 9
No class May 26

LEVEL 6

FALL: Fitness Swimmer
WINTER: Personal Water Safety
SPRING: Fitness Swimmer

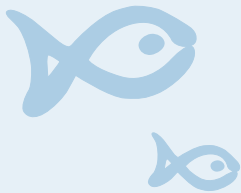
PRESCHOOL - SATURDAY MORNINGS

Class	8:55 - 9:25 a.m.	9:30 - 10 a.m.	10:05 - 10:35 a.m.	10:40 - 11:10 a.m.	11:15 - 11:45 a.m.
P - 1	✓	✓			
P - 2	✓	✓	✓		
P - 3			✓		✓
P - 4				✓	
Merbabes				✓ 8-18 mos	✓ 18-36 mos



SCHOOL AGE - SATURDAY MORNINGS

Class	9:05 - 9:45 a.m.	9:50 - 10:30 a.m.	10:35 - 11:15 a.m.	11:20 a.m. - Noon
S - 1		✓		
S - 2			✓	✓
S - 2.5		✓	✓	
S - 3		✓		✓
S - 3.5			✓	
S - 4	✓			
S - 5	✓			
S - 6	✓			



adult programs



Water fitness classes are offered in two five - week sessions.

COST

Two days per week \$46
 Three days per week \$54
 Seniors receive a 25 percent discount

REGISTRATION INFORMATION

Mt. Hood Community College Aquatic Center is able to accept online, telephone, walk-in and mail-in registration. Please see page 15 for the registration process.

REFUNDS AND CREDIT POLICY

Refunds or transfers will be given only to requests made three or more working days prior to the first class period. After the lesson session has started only one-half credit towards your next lesson purchase will be granted.

DROP-INS

Drop-ins are welcome to Water Aerobics. The fee is \$6.75 per visit. **Please note that classes will be cancelled unless five or more people are registered for a class.** Drop-in cards are available, 10 classes for \$54.

NEW AEROBICS MEMBERSHIP

This option is available for those who take aerobics classes four to five days per week. One fee covers unlimited classes for an entire term. Class fee is \$175.



SESSION DATES

FALL SESSION I

M / W	Oct. 3 - Nov. 2
M / W / F	Oct. 3 - Nov. 4
T / TH	Oct. 4 - Nov. 3

FALL SESSION II

M / W	Nov. 7 - Dec. 7
M / W / F	Nov. 7 - Dec. 9 No class Nov. 11, 25
T / TH	Nov. 8 - Dec. 8 No class Nov. 24

Adult Classes



ADULT CLASSES - MORNING

Class	7:15 - 8 a.m.	8 - 8:45 a.m.	9 - 9:45 a.m.	10 - 10:45 a.m.	11 - 11:45 a.m.	1 - 1:45 p.m.
Shallow / Deep Aerobics	T / TH		M / W / F			
Aquacise	M / W / F	M / W / F	M / W / F T / TH			T / TH
Arthritis Exercise				M / W / F T / TH		
Arthritis Foundation (AFAP)					M / W / F	
Ai Chi	T / TH	T / TH				
Ai Chi Ne					T / TH	

ADULT CLASSES - EVENING

Class	6:45 - 7:30 p.m.	7:30 - 8:15 p.m.
Shallow / Deep Aerobics	T / TH	
Deep Water Aerobics	M / W	
Adult Lessons		M / W (fall, spring)



WINTER SESSION I

M / W	Jan. 9 - Feb. 8 No class Jan. 16
M / W / F	Jan. 9 - Feb. 8 No class Jan. 16, session ends Wednesday due to swim meet Feb. 10
T / TH	Jan. 10 - Feb. 9

WINTER SESSION II

M / W	Feb. 13 - March 14
M / W / F	Feb. 13 - March 16 No class February 17, March 2
T / TH	Feb. 14 - March 15 Adult classes held until 2 p.m. March 1; no evening classes

SPRING SESSION I

M / W	April 2 - May 2
M / W / F	April 2 - May 4
T / TH	April 3 - May 3

SPRING SESSION II

M / W	May 7 - June 6 No class May 28
M / W / F	May 7 - June 8 No class May 28
T / TH	May 8 - June 7



ADULT CLASS DESCRIPTIONS

Adult Swimming Lessons (fall and spring)

Individualized instruction in beginner and advanced beginner swimming skills. Learn to enjoy and be comfortable in the water. Mature teenagers accepted.

Water Aerobics

Join a fast-paced water exercise class for adults. Participants work at their own pace to improve strength and cardiovascular fitness. Exercises are performed with music in the shallow water of the 25-yard pool. Swimming skills are not required for participation.

Deep Water Aerobics

Join a fast-paced water exercise class for adults! Have fun in your workout without stressing your joints. Exercises are performed to music in the deep end of the 25-yard pool. Although participants should feel comfortable in deep water, no swimming skills are required. Aqua Joggers, which work much like life jackets, are provided.

Aquacise

This is a slower-paced water exercise class. Emphasis is placed on flexibility and strength conditioning. This class is gentle on the joints. Exercises are performed in the 88-90 degree learner pool. Swimming skills are not required.

Arthritis Water Exercise

This is a slow-paced exercise class that follows the guidelines of the Arthritis Foundation and also adds more endurance and resistance exercises. Emphasis is on slow-moving exercises that are gentle on the joints for those with mild to moderate joint involvement. Exercises are performed in the 88-90 degree learner pool. All instructors are certified by the Arthritis Foundation.

Arthritis Foundation Aquatic Program (AFAP)

This program is designed to accommodate the abilities of individuals with arthritis and other related conditions. This class is for individuals with moderate to severe joint involvement plus those currently leading a sedentary lifestyle. This is a low-intensity exercise program. Exercises are performed in the 88-90 degree learner pool. All instructors are certified by the Arthritis Foundation.

Ai Chi

This class is Tai Chi for the water. This slow relaxation class focuses on deep breathing, visualization and stress reduction. Exercises are performed in the 88-90 degree learner pool. Come learn a new way to stretch, balance and focus your mind and body.

Ai Chi Ne

This class uses the same exercises as Ai Chi and is organized so that participants can perform the exercises solo or with a partner.

Oregon Reign Masters

This is an adult competitive program that promotes physical fitness and improvement of swimming skills through training. For more information view the team's website at oregonreignmasters.org.



safety classes

GROUP CLASSES

Updated American Red Cross Preparedness programs in first aid, cardiopulmonary resuscitation (CPR) and automated external defibrillation (AED) are now available. These are offered in modules that can be combined to fit the needs of a specific group. If you have a group of five or more people requiring certification in first aid, CPR, AED or Basic Water Rescue, please call 503-491-7243 and ask about booking a class. *Cost per person begins at \$60.*

LIFEGUARDING PRACTICE

Reintroduce the basics of water rescue, in-water spinal management, CPR and first aid skills in a practice environment. This class is a good complement to Lifeguarding Challenge. No certificates will be issued, but if you need some practice then take this class before the Challenge. Textbooks are not included in the class fee.

FALL SESSION I

Oct. 18 T 5:30 – 9:30 p.m.

WINTER SESSION I

Jan. 24 T 5:30 – 9:30 p.m.

SPRING SESSION I

May 15 T 5:30 – 9:30 p.m.

SPRING SESSION II

June 5 T 5:30 – 9:30 p.m.

Fee: \$30

LIFEGUARDING CHALLENGE

The Challenge course provides an opportunity for guards to update their certificate in Lifeguarding/ First Aid and/or CPR/ AED Professional Rescuer without retaking the full Lifeguarding course. **Please note that candidates must show proof of past certification in order to take this course.** Certifications may be expired up to one year before the date of the class. Students whose certifications expired more than a year ago must take the full course. The student will demonstrate skills and be evaluated through written tests, skill evaluations and rescue scenarios. There will be no practice time allowed in this class. Students are expected to know how to perform all skills upon testing and are encouraged to take the practice session first. Textbooks are not included in the class fee.

FALL SESSION I

Oct. 20 TH 5:30 – 9:30 p.m.

WINTER SESSION I

Jan. 26 TH 5:30 – 9:30 p.m.

SPRING SESSION I

May 17 TH 5:30 – 9:30 p.m.

SPRING SESSION II

June 7 TH 5:30 – 9:30 p.m.

Fee: \$65



college classes

These classes are available for college credit. *Registration for these classes takes place at the Admissions, Registration and Records office. Go to mhcc.edu/schedule for complete listings.*

BEGINNING SWIMMING INTRO TO SWIM TRAINING

T / TH 9 – 9:50 a.m. Fall & Spring

FITNESS LAP SWIMMING

M / W / F 7:45 – 8:35 a.m.

FLEXIBLE FITNESS LAP SWIM

Independent study

WATER AEROBICS

M / W / F 10 – 10:50 a.m.

M / W / F 11 – 11:50 a.m.

T / TH 10:35 – 11:50 a.m.

INTRODUCTION TO SCUBA

W 7 – 10 p.m. Fall & Spring

BEGINNING ROCK CLIMBING

Learn the basics of rock climbing in a controlled atmosphere. All classes are held on the rock wall, located inside the Mt. Hood Community College Aquatic Center.

Various times

rock wall community classes

OPEN WALL ACTIVITIES

MHCC offers rock climbing in a safe, controlled environment. The indoor wall, located next to the 25-yard pool, features 1,800 square feet of climbing area, thousands of handholds and a variety of challenging terrain.

The rock wall is open to students, staff and the general public. The wall will be open for the school year beginning Oct. 3, 2011.

PLEASE NOTE:
College and community classes are held during open wall hours.

The wall is open for drop-in climbing during the following hours:

M - F 3 - 8 p.m.
SA Noon - 3:30 p.m.

Children ages 18 and under must have a waiver on file signed by a parent or guardian. Children ages 16 and under must be accompanied by an adult. The adult is not required to participate.

ADMISSION

Daily	Ten - Climb Card w/out equipment	Ten - Climb Card w/equipment
MHCC Student/Staff \$2.50	\$19	\$56
Public (over age 18) \$6	\$45	\$82.50
Public (age 18 and under) \$4	\$30	\$67.50

EQUIPMENT RENTAL

Shoes, harness, belay devices	\$5
Lockers	\$0.25

ONE-MONTH MEMBERSHIPS UNLIMITED CLIMBING

Public (over age 18)	\$50
Public (age 18 and under)	\$35
MHCC Students, Staff	\$25

Private and Semi-Private Lessons

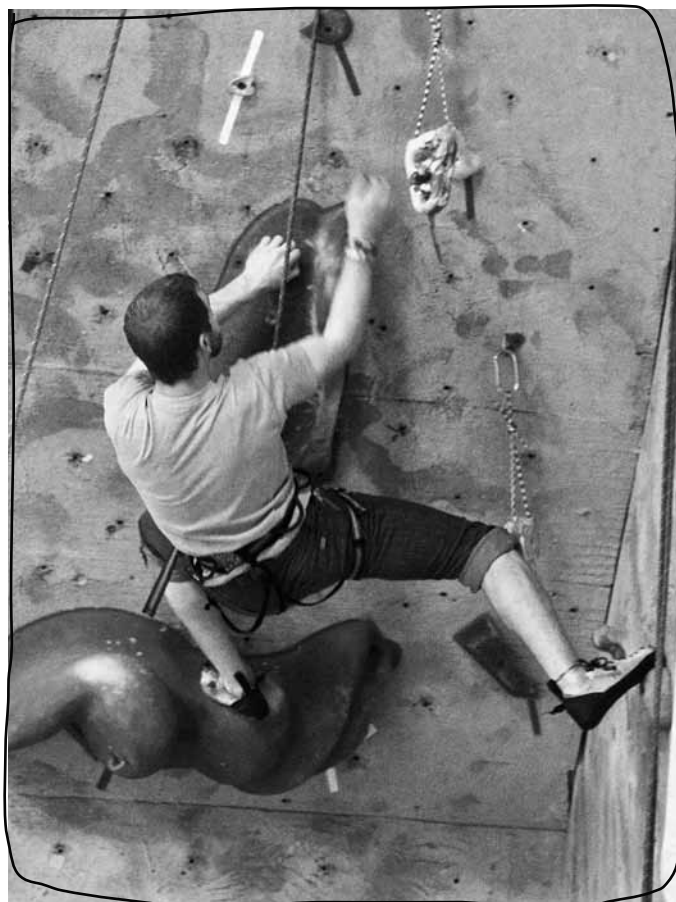
Learn the basics or work on advanced climbing skills one-on-one. Please call 503-491-7245 for more information.

The rock wall is available for group rental.

For more information call 503-491-7245

COMMUNITY CLASSES

Please see our website at mhcc.edu/aquatics for complete community class listings.



View and register for Community Education and for-credit classes

Online at www.mhcc.edu/schedule



fall-winter-spring 2011-12 registration

Registration for both children's activities and adult programs will be held at the same time. The registration process is as follows:

Online Registration opens at 8 a.m. on Wednesday, Aug. 24. Please go to mhcc.edu/aquatics to register. Please note you must have a credit card to process the transaction and there will be an additional 6 percent fee for processing. If you register for the incorrect class we cannot process refunds or transfers for two weeks.

Telephone Registration/Walk-in and Mail-in Registration Registrations open on Thursday, Aug. 25, at 8 a.m. For telephone registration, please have your credit card number ready and your first three choices of classes. Your receipts will be mailed to you. For mail-in registration use the form below or go online to www.mhcc.edu/aquatics. Please enclose a check or money order along with your first three choices of classes. Receipts will be mailed.

MAIL TO:

MHCC
Attn: Aquatic Center Registration
26000 S.E. Stark Street
Gresham, OR 97030

After August 25 all options will be continuously available through the school year.

Mail-in registration accepted beginning Aug. 25, 2011



**Mt. Hood Community College Aquatic Center
Fall/Winter/Spring 2011-12 Registration
Mail-in registration accepted beginning Aug. 25**

Please note sessions with fewer than 10 classes per session will be discounted. Call ahead for exact prices before enclosing payment. All over-payments will be credited to your registration account.

Adult Registration

Last Name

First Name, Middle Initial

Checks payable to: **MHCC**
Please return with payment enclosed to:

**Aquatic Center Registration
26000 S.E. Stark St.
Gresham, OR 97030**

Adult Registering for Child

Parent's Last Name

Parent's First Name MI

Child's Last Name

Child's First Name MI

Child's Birth Date (MM/DD/YY)

Payment: Check/VISA/Master Card **Amount Enclosed:** \$ _____

Name on credit card Signature

Card Number Expiration Date

Street Address

City State Zip

Home Phone Work Phone Email Address

Session	Class	Day(s)	Time
1st Choice _____	_____	_____	_____
2nd Choice _____	_____	_____	_____
3rd Choice _____	_____	_____	_____

ETHNIC DATA

- AM - American Indian/Native American
- AS - Asian, Pacific Islander
- BL - Black, Non-Hispanic
- HI - Hispanic
- UN - Unknown
- WH - White, Non-Hispanic

HIGH SCHOOL COMPLETION

- D - Adult high school diploma
- G - GED
- H - High school graduate
- N - Did not complete
- S - Still in high school
- U - Unknown

HIGHEST DEGREE LEVEL

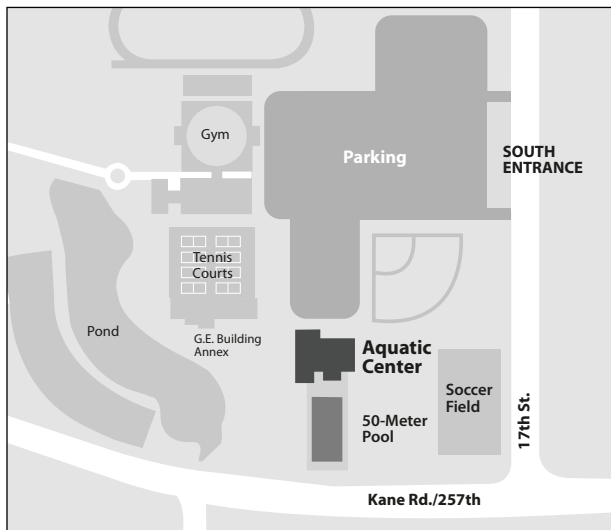
- 0 - None
- 1 - Other (short term training)
- 2 - One-year College Certificate
- 3 - Two-year College Certificate
- 4 - Bachelor's degree
- 5 - Master's degree
- 6 - Ph.D. or professional degree

Mt. Hood Community College does not provide accident insurance for participants in swimming lessons. It is the responsibility of the parent to provide for this need. The parent/guardian, by signing this form, confirms this statement has been read and understood.

Signature _____

how to find us

The Mt. Hood Community College Aquatic Center is located on the Gresham Campus of Mt. Hood Community College between Division and Stark Streets. From I-84 take exit 17. Follow the Frontage Road to 257th Street and turn right. Follow 257th south, past Stark, to 17th Street and turn left. Take the first left after the soccer field and then left again into the MHCC Aquatic Center parking lot.



about the pools

THE HYDROTHERAPY POOL

Open from 5:45 a.m. to 8 p.m. on weekdays and from 8:30 a.m. to 3:30 p.m. on Saturdays. Temperature is maintained at 100 – 102 degrees.

THE LEARNER POOL

Available during community open recreation swims and for adults during adult lap swim. This pool is also used for preschool swim lessons. Temperature is maintained at 88 – 90 degrees.

THE 25-YARD POOL

An indoor facility that is six lanes wide. This pool is used during all adult lap swim hours, community open recreation swims and for swim lessons. Temperature is maintained at 83 – 85 degrees.

THE 50-METER POOL

Covered by an air dome during the school year. The pool is 25 yards by 50 meters and is 6 to 16 feet deep. This pool is used for adult lap swims, college classes and swim team practice and competition. Temperature is maintained at 79 – 81 degrees.

parking

Stop by the Aquatic Center and pick up a free parking pass.