

DAILY POOL SCHEDULE

9:00AM – 11:00AM	SWIM LESSONS
11:00AM – 1:00PM	OPEN FOR PRIVATE LESSONS
1:00PM – 3:00PM	RECREATION SWIM
3:00PM – 5:00PM	OPEN FOR PRIVATE LESSONS
5:00PM – 6:30PM	SWIM LESSONS
6:30PM – 7:30PM	YOUTH WATER POLO (T/TH)
6:30PM – 8:00PM	SWIM TEAM (M/W)
6:30PM – 7:30PM	SWIM TEAM (F)
7:30PM – 9:00PM	RECREATION SWIM (T,TH,F)
8:00PM – 9:30PM	RECREATION SWIM (M/W)

SAT / SUN: AVAILABLE FOR RENTALS & PRIVATE LESSONS

POOL RENTALS

Birthday parties, family reunions, youth groups, boy scouts, sports or company parties... RENT THE POOL!!! Cost is \$60/hour. Additional charges apply for larger rentals. For scheduling or more information, contact the Barlow Pool (503) 258-4960.

PRIVATE LESSONS

Private and Semi-Private lessons are available all year.

Private Lessons: One child per instructor.

Preschool lessons run 30 minutes for \$15.00.

School age lessons run 40 minutes for \$20.00.

Semi-Private lessons: May include 2-3 swimmers.

Lessons are \$10 per child for 30 minutes and \$15 per child for 40 minutes. Skill levels of swimmers will determine whether Semi-Private lessons are an option for you.

For scheduling, contact aquatic supervisor (503) 258-4960

RECREATION SWIM

Effective June 26 - September 1, 2017.

Pool closed on July 4th.

Monday	1:00-3:00pm	8:00-9:30pm*
Tuesday	1:00-3:00pm	7:30-9:00pm
Wednesday	1:00-3:00pm	8:00-9:30pm*
Thursday	1:00-3:00pm	7:30-9:00pm
Friday	1:00-3:00pm	7:30-9:00pm

*Note: Mon & Wed evening recreation swims are later than other evenings.

All children under 42" and/or 8 yrs old, must be accompanied by an adult in the water.

All children MUST be toilet trained.

POOL FEES

Recreation Swim

Students.....\$3.00

Adults.....\$3.00

Punch Cards \$25.00 / 10 swims

\$45.00 / 20 swims

\$60.00 / 30 swims

Lessons

Preschool \$35.00 (8 lessons)

School Age \$35.00 (8 lessons)

Private Lessons

Preschool \$15.00 / 30 minutes

School Age \$20.00 / 40 minutes

Semi-Private Lessons

\$10 per child for 30 minutes

\$15 per child for 40 minutes

Pool Rental

\$60.00 per hour (one hour minimum)

CASH OR CHECK ONLY
CREDIT / DEBIT ACCEPTED ONLINE ONLY.

Sam Barlow Swim Pool

SUMMER 2017

SWIM LESSONS
RECREATION SWIM
RENT THE POOL
PRIVATE LESSONS
YOUTH WATER POLO
SWIM TEAM

REGISTER ONLINE!
WWW.BARLOWPOOL.COM

Sam Barlow Pool
5105 SE 302nd Ave
Gresham OR 97080
(503) 258-4960

The following is a presentation of the 2017 Summer Swim Lesson Program offered by the Gresham/Barlow School District at the **Sam Barlow High School** swimming pool

Lesson Registration

Walk-In Registration

Initial Registration: Thurs, June 1 6:00-7:30pm
June 2-23 Mon-Fri 6:00-8:30pm

Registration is held at Barlow Pool, use east lobby entrance. Registration is first-come, first-served. A minimum number of participants are required for each class otherwise class will be cancelled. Contact pool for class availability. Cash/check only.

Cost: \$35.00 per session.
MUST be paid at time of registration.
Each session is 2 weeks, Mon-Thurs*.

* Session 1 Special Schedule:

There will be NO lessons on Tuesday, July 4th.
Session 1 will run Mon-Thurs the first week, and
Mon, Wed, Thurs, Fri the second week.

**CASH AND CHECK ACCEPTED FOR
WALK-IN REGISTRATION.**

DEBIT/CREDIT ACCEPTED ONLINE ONLY.

ONLINE REGISTRATION

Follow the link to register online at
www.barlowpool.com
Available June 5 - July 21

If you can't find the class you're looking for online, call the pool. We offer a reduced amount of classes online than actually available to avoid overbooking.
(503) 258-4960

SESSION DATES & CLASS TIMES

Session 1: June 26 – July 7*

*This session will run June 26-29 (Mon-Thurs) the first week, and July 3, 5, 6, 7 (no Tues) due to July 4th holiday.

9:00 - 9:40am	Level 2, 4, 5/ 6
9:45 - 10:15am	Pre 1, 2, 3
10:20 - 11:00am	Level 1, 2, 3
5:10 - 5:50pm	Level 1, 2, 3
5:55 - 6:25pm	Pre 1, 2, 3

Session 2: July 10 - 20

9:00 - 9:40am	Level 2, 4, 5/ 6
9:45 - 10:15am	Pre 1, 2, 3
10:20 - 11:00am	Level 1, 2, 3
5:10 - 5:50pm	Level 1, 2, 3
5:55 - 6:25pm	Pre 1, 2, 3

Session 3: July 24 – Aug 3

9:00 - 9:40am	Level 2, 4, 5/ 6
9:45 - 10:15am	Pre 1, 2, 3
10:20 - 11:00am	Level 1, 2, 3
5:10 - 5:50pm	Level 1, 2, 3
5:55 - 6:25pm	Pre 1, 2, 3

Lesson Policies

1. Please register for the correct class.
2. Transferring is allowed, but not guaranteed.
3. Spectators may observe lessons everyday **from bleacher area**. Please don't sit deck benches right in front of your child's class. These guidelines help instruction.
5. Each session consists of 8 lessons.
6. All participants must be toilet trained. No diapers of any kind allowed, including swim diapers.
7. If a class overbooks, a staff member will contact you about available transfer or refund options.
8. **Barlow pool only accepts cash or check.** Credit / debit is only available with online purchases.

WWW.BARLOWPOOL.COM
Visit our website for up to date information, calendars and links to additional aquatic programs.

COURSE DESCRIPTIONS

Call the pool for any questions regarding level placement into swim lessons.

Preschool Courses:

Ages 3-6 years old. No diapers or training pants allowed. Children MUST be at least 3 yrs old. **Children MUST be toilet trained.**

Preschool 1 First timers, no water experience. Skills include basic water exploration, blowing bubbles, bobbing, floating & kicking (with support).

Preschool 2 Some water experience necessary. Skills include; bobbing, front & back glides, intro to front & back crawl (with support).

Preschool 3 Must have passed Pre 2. Skills include; front & back crawl with breathing, unsupported swimming and floating, intro to deep water.

School Age Courses:

Participants must be at least 42" in height, 7-14 years old or have previous instructor consent.

Level 1 - For no swimming experience. Skills include; water entry & exit, blowing bubbles, submerging face, front & back float, intro to arm strokes and leg action on front & back.

Level 2 - Some water experience necessary. Skills include; bobbing, front & back glides, intro to treading water, finning & sculling on back.

Level 3 - Previous water experience necessary, class is held in deep water. Skills include; jumping into deep water, rotary breathing, front & back glide with kicking, treading water, front & back crawl strokes, intro to diving.

Level 4 - Advanced swim skills necessary. Skills include; diving, underwater swimming, treading water using multiple kicks, front crawl, breaststroke, butterfly, back crawl, elementary backstroke, intro to sidestroke.

Level 5 / 6 - Must have passed level 4. Skills include; stroke refinement from level 5 skills, sidestroke coordination, flip turns, surface dives, and refinement of diving skills. Based on level of students, the class will continue with aspects of fitness swimming, additional refinement of all strokes and incorporating use of pace clock and heart rate.