

## PROPSTRA AQUATIC CENTER

605 N Devine Road Vancouver, WA 98661

Schedule starts April 1st, 2024 and is subject to change without notice. Propstra will be closed from May 6th to 27th, 2024 for scheduled maintenance.

Propstra will reopen on Tuesday, May 28, 2024

Admissions	CONTACT INFO	General Facility Guidelines	Ratios
Adult (18 - 64 years old)       \$5.00         Youth (4 - 18 years old)       \$4.00         Senior (65+)       \$3.00         VPS Employee       \$3.00         Child 3 and under (0-3)       \$3.00         Family (Maximum 5, no more than 2       \$15.00         adults, must all reside at same address)	360-313-3625  Visit us  vansd.org/propstra- aquatic-center  Find us on Facebook	<ul> <li>ALL children under the age of 16 MUST have a parent or guardian (18 years or older) while at Propstra</li> <li>Do not leave your child(ren) at Propstra unsupervised.</li> <li>Children under the age of 7 must have a parent within' arms reach at all times.</li> </ul>	For parents/guardian attending a swim with multiple children the ratios for parent/guardian to child are listed below.  1 adult: 3 children (under the age of 7)  1 adult: 10 children (7 and older)  1 adult: 4 children (combined ages)

Monday	Tuesday	Wednesday	Thursday	Friday
Public Swim (Lap&Leisure)				
7:15 am - 8:15 am				
Public Swim (Lap&Leisure) 8:30 am - 9:30 am  Aqua Power 8:30 am - 9:15 am Lanes 1 & 2 are closed	Public Swim (Lap&Leisure) 8:30 am - 9:30 am  Aqua Power 8:30 am - 9:15 am Lanes 1 & 2 are closed	Public Swim (Lap&Leisure) 8:30 am - 9:30 am  Aqua Power 8:30 am - 9:15 am Lanes 1 & 2 are closed	Public Swim (Lap&Leisure) 8:30 am - 9:30 am  Aqua Power 8:30 am - 9:15 am Lanes 1 & 2 are closed	Public Swim (Lap&Leisure) 8:30 am - 9:30 am  Aqua Power 8:30 am - 9:15 am Lanes 1 & 2 are closed
Public Swim (Lap&Leisure) 9:45 am - 10:45 am  Gentle Moves 9:45 am - 10:30 am Leisure Pool	Public Swim (Lap&Leisure) 9:45 am - 10:45 am  Gentle Moves 9:45 am - 10:30 am Leisure Pool	Public Swim (Lap&Leisure) 9:45 am - 10:45 am  Gentle Moves 9:45 am - 10:30 am Leisure Pool	Public Swim (Lap&Leisure) 9:45 am - 10:45 am  Gentle Moves 9:45 am - 10:30 am Leisure Pool	Public Swim (Lap&Leisure) 9:45 am - 10:45 am  Gentle Moves 9:45 am - 10:30 am Leisure Pool
Public Swim (Lap&Leisure)				
11:00 am - 12:00 pm				
Public Swim (Lap&Leisure)				
12:15 pm - 1:15 pm				

Public Swim Instructions	General Safety Guidelines	FITNESS CLASSES
<ul> <li>Please arrive swim ready</li> <li>Show up 5 minutes before the public swim time</li> <li>Go to the front desk to pay. (Card preferred or exact currency)</li> <li>Go to appropriate locker room to shower.</li> <li>Get out of the pool at designated time</li> </ul>	<ul> <li>Stay home if you are sick</li> <li>If you or someone in your group begin to feel sick at the pool, please go home</li> <li>Wash your hands frequently with soap and water for 20 seconds.</li> </ul>	AQUA POWER CLASS  Monday thru Friday from 8:30 to 9:15 AM which is a full body workout focusing on Cardio Core.  GENTLE MOVES CLASS  Monday thru Friday from 9:45 to 10:30 AM which is a full body workout focusing on Core Stabilization.