# Propstra Aquatic Center

**Admissions**

<table>
<thead>
<tr>
<th>Category</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult (18 - 64 years old)</td>
<td>$5.00</td>
</tr>
<tr>
<td>Youth (4 - 18 years old)</td>
<td>$4.00</td>
</tr>
<tr>
<td>Senior (65+)</td>
<td>$3.00</td>
</tr>
<tr>
<td>VPS Employee</td>
<td>$3.00</td>
</tr>
<tr>
<td>Child 3 and under (0-3)</td>
<td>$3.00</td>
</tr>
<tr>
<td>Family (Maximum 5, no more than 2 adults, must all reside at same address)</td>
<td>$15.00</td>
</tr>
</tbody>
</table>

**Ratios**

- ALL children under the age of 16 **MUST** have a parent or guardian (18 years or older) while at Propstra
- Do not leave your child(ren) at Propstra unattended.
- Children under the age of 7 must have a parent within’ arms reach at all times.

**Public Swim Instruction**

- Please arrive swim ready
- Show up 5 minutes before the public swim time
- Go to the front desk to pay. (Card preferred or exact currency)
- Go to appropriate locker room to shower.
- Get out of the pool at designated time

**General Safety Guidelines**

- Stay home if you are sick
- If you or someone in your group begin to feel sick at the pool, please go home
- Wash your hands frequently with soap and water for 20 seconds.

**Fitness Classes**

- **Aqua Power Class**
  - Monday thru Friday from 8:30 to 9:15 AM
  - This is a full body workout focusing on Cardio Core.

- **Gentle Moves Class**
  - Monday thru Friday from 9:45 to 10:30 AM
  - This is a full body workout focusing on Core Stabilization.

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**Contact Info**

- **General Facility Guidelines**
- **360-313-3625**
  - Visit us [vansd.org/propstra-aquatic-center](http://vansd.org/propstra-aquatic-center)
  - Find us on Facebook

**Fall Schedule**

- Fall Schedule starts September 1st, 2023 and is subject to change without notice.
- Propstra will be CLOSED September 4th for the Labor Day holiday

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**Monday**

- Public Swim: 7:15 am - 8:15 am
- Public Swim: 8:30 am - 9:30 am
- Aqua Power: 8:30 am - 9:15 am
  - Lanes 1 & 2 are closed
- Public Swim: 9:45 am - 10:45 am
- Gentle Moves: 9:45 am - 10:30 am
- Leisure Pool
- Public Swim: 11:00 am - 12:00 pm
- Public Swim: 12:15 pm - 1:15 pm

**Tuesday**

- Public Swim: 7:15 am - 8:15 am
- Public Swim: 8:30 am - 9:30 am
- Aqua Power: 8:30 am - 9:15 am
  - Lanes 1 & 2 are closed
- Public Swim: 9:45 am - 10:45 am
- Gentle Moves: 9:45 am - 10:30 am
- Leisure Pool
- Public Swim: 11:00 am - 12:00 pm
- Public Swim: 12:15 pm - 1:15 pm

**Wednesday**

- Public Swim: 7:15 am - 8:15 am
- Public Swim: 8:30 am - 9:30 am
- Aqua Power: 8:30 am - 9:15 am
  - Lanes 1 & 2 are closed
- Public Swim: 9:45 am - 10:45 am
- Gentle Moves: 9:45 am - 10:30 am
- Leisure Pool
- Public Swim: 11:00 am - 12:00 pm
- Public Swim: 12:15 pm - 1:15 pm

**Thursday**

- Public Swim: 7:15 am - 8:15 am
- Public Swim: 8:30 am - 9:30 am
- Aqua Power: 8:30 am - 9:15 am
  - Lanes 1 & 2 are closed
- Public Swim: 9:45 am - 10:45 am
- Gentle Moves: 9:45 am - 10:30 am
- Leisure Pool
- Public Swim: 11:00 am - 12:00 pm
- Public Swim: 12:15 pm - 1:15 pm

**Friday**

- Public Swim: 7:15 am - 8:15 am
- Public Swim: 8:30 am - 9:30 am
- Aqua Power: 8:30 am - 9:15 am
  - Lanes 1 & 2 are closed
- Public Swim: 9:45 am - 10:45 am
- Gentle Moves: 9:45 am - 10:30 am
- Leisure Pool
- Public Swim: 11:00 am - 12:00 pm
- Public Swim: 12:15 pm - 1:15 pm