

• Get out of the pool at designated time

## PROPSTRA AQUATIC CENTER

605 N Devine Road Vancouver, WA 98661

Schedule starts January 2nd, 2024 and is subject to change without notice.

Propstra will be CLOSED

| January 15th MLK Holiday and February 19th for President's Day Holiday   |   |   |   |  |   |                             |  |   |
|--|---|---|---|--|---|-----------------------------|--|---|
|  |   | CONTACT INFO  |   | General Facility Guidel  |   | elines                      | 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 have a parent or guardian (18 older) while at Propstra</li> <li>Do not leave your child(ren) at unsupervised.</li> <li>Children under the age of 7 mu parent within' arms reach at all</li> </ul> |   | years or Propstra st have a | 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   | Tue   | esday   | Wednesday   |  | Thursday  |                             | 7  | Friday  |
| Public Swim <b>LEISURE POOL</b> 7:15 am - 8:15 am <b>LAP POOL</b> 7:45 am - 8:15 am  | Public Swim <b>LEISURE POOL</b> 7:15 am - 8:15 am <b>LAP POOL</b> 7:45 am - 8:15 am             |   | Public Swim <b>LEISURE POOL</b> 7:15 am - 8:15 am <b>LAP POOL</b> 7:45 am - 8:15 am   |  | Public Swim <b>LEISURE POOL</b> 7:15 am - 8:15 am <b>LAP POOL</b> 7:45 am - 8:15 am               |                             | <b>DL</b><br>m   | Public Swim  LEISURE POOL  7:15 am - 8:15 am  LAP POOL  7:45 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 |                             | m  | 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         |                             | am<br>s<br>am  | Public Swim (Lap&Leisure) 9:45 am - 10:45 am Gentle Moves 9:45 am - 10:30 am Leisure Pool       |
| Public Swim (Lap&Leisure)<br>11:00 am - 12:00 pm   | Public Swim (Lap&Leisure)<br>11:00 am - 12:00 pm  |   |   | wim (Lap&Leisure)<br>o am - 12:00 pm   | Public Swim (Lap&I<br>11:00 am - 12:00  |                             |  | Public Swim (Lap&Leisure)<br>11:00 am - 12:00 pm  |
| Public Swim (Lap&Leisure)<br>12:15 pm - 1:15 pm  |   | Public Swim (Lap&Leisure)<br>12:15 pm - 1:15 pm                                 |   | wim (Lap&Leisure)<br>5 pm - 1:15 pm  | Public Swim (Lap&I<br>12:15 pm - 1:15 p   |                             |  | Public Swim (Lap&Leisure)<br>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> </ul>   |   | • If Card be go n to • W  | <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 <ul> <li>Monday thru Friday from 8:30 to 9:15.</li> <li>which is a full body workout focusing Cardio Core.</li> </ul> GENTLE MOVES CLASS Monday thru Friday from 9:45 to 10:30 |  |   |                             |  | riday from 8:30 to 9:15 AM body workout focusing on <b>VES CLASS</b>                            |

which is a full body workout focusing on

Core Stabilization.