



North Clackamas Aquatic Park (7300 S.E. Harmony Rd., Milwaukie) features six swimming pools, three water slides, a state-of-the-art wave pool, a young children's pool with Sammy the Seal slide, and a 29-foot rock climbing wall. *Schedules subject to change.* **Facility closures: 8/24-10/2, 11/11, 11/26-11/27, 12/24-12/25, and 1/1.**

ANNUAL MEMBERSHIP

Annual membership includes admission to Dive Well Fitness, Lap Pool Fitness, Parent Preschool Swim, and Big Surf. Membership does not include instructor-led programs or classes. The membership is valid for 365 days from the date of purchase. See the front desk for more details.

Fee: Child/Senior: NCPRD, \$325; non-resident, \$410
Adult: NCPRD, \$370; non-resident, \$468
Family: NCPRD, \$833; non-resident, \$1,039

BIG SURF RECREATION SWIM

This recreational swim time is open to the public and features 400,000 gallons of fun. During the Big Surf Recreation Swim, the facility is open for all to enjoy the many features, including the water slides, hot tub, interactive fountains, 29-foot climbing wall, and wave pool.

Fee: NCPRD, \$9; non-resident, \$14
Time/Date: 12:30-3:30pm Sa/Su 10/3-12/31
WINTER BREAK: 12/21-12/23, 12/28-12/31

H2O FITNESS

H2O Fitness is a water exercise program designed to enhance your health and wellness. We pride ourselves in offering a safe, fun, and energizing fitness program. All H2O Fitness classes are drop-in. *Schedule subject to change based on attendance.*

Fee: NCPRD, \$7; non-resident, \$9.25 -or-
Punch card (18 classes): NCPRD, \$111;
non-resident, \$150

Senior 62+:
Fee: NCPRD, \$6.50; non-resident, \$8.25 -or-
Punch card (18 classes): NCPRD, \$102;
non-resident, \$131

DEEP H2O

Venture to the depths of the 13-foot pool, where you'll use buoyancy equipment to enhance body flotation. This exercise routine enhances flexibility and range of motion while using water to reduce stress on the body.

H2O FIT

H2O Fit is a refreshing way for people of any fitness level to comfortably tone and strengthen muscles while developing coordination. This low-impact workout uses water resistance and allows improvement at your own pace.

SWIM PROGRAMS

DIVE WELL FITNESS

Dive Well Fitness is an independent workout time in the dive pool for individuals who are 13 or older. Complementary equipment is available during these times, including Aqua Joggers, noodles, and foam weights. The dive pool is 12 yards long and wide, and 13 feet deep. The pool is maintained at a temperature of 82 degrees year-round. We encourage all swimmers to communicate and share the space for different types of workouts.

Fee: NCPRD, \$5.50; non-resident, \$7.25 -or- Punch card (24 admissions): NCPRD, \$108; non-resident, \$144

ALL AGES LAP POOL FITNESS

All Ages Lap Pool Fitness is a workout time in the lap pool for individuals of all ages. Participants must actively practice swimming skills while in the water. Those ages nine and under must have a paid supervisor, aged 13 or older, in the water with them at all times. Complementary equipment is available during these times, including kickboards, pull buoys and diving bricks. The lap pool is 25 yards long and is maintained at a temperature of 82 degrees year-round. The pool depth ranges from 3 feet six inches to 4 feet nine inches. We offer both circle swim and split shared lanes in designated areas.

Fee: NCPRD, \$5.50; non-resident, \$7.25

LAP POOL FITNESS

Lap Pool Fitness is an independent workout time in the lap pool for individuals who are 13 years or older. Complementary equipment is available during these times, including kickboards, pull buoys, and diving bricks. The lap pool is 25 yards long and is maintained at a temperature of 82 degrees year-round. The pool depth ranges from 3 feet six inches to 4 feet nine inches. We offer both circle swim and split shared lanes in designated areas.

Fee: NCPRD, \$5.50; non-resident, \$7.25 -or- Punch card (24 admissions): NCPRD, \$108; non-resident, \$144

PARENT PRESCHOOL SWIM

Enjoy our special swim time for infants, preschool-aged children and their parents or guardians! During Parent Preschool Swim the wading pool and interactive pool areas are open for those 6 years of age and younger. Fun water toys, including the Sammy the Seal slide, fountains, and teaching aides are available. A parent or adult guardian must always supervise children in the water. Swim diapers are required for children not potty-trained and are available at the front desk. Pre-registration is highly encouraged.

Fee: Adult NCPRD, \$4.50; non-resident, \$6.25
Child NCPRD, \$3.50; non-resident, \$5.25

SENIOR SWIM

Ages 62+. A senior discounted rate for water fitness is available for use of the lap pool and dive well Monday through Friday mornings before 12:30 p.m. Please refer to designated Lap Pool Fitness and Dive Well Fitness for specific pool hour availability.

Fee: NCPRD, \$3.25; non-resident, \$4.25

	SUN	MON	TUE	WED	THUR	FRI	SAT
BIG SURF	12:30-3:30PM						12:30-3:30PM
LAP POOL FITNESS (13 & OLDER)	12:30-3:30PM	6-7:55AM 10AM-12:30PM 3-5:55PM 7-8PM	10AM-12:30PM 3-8PM	6-7:55AM 10AM-12:30PM 3-5:55PM 7-8PM	10AM-12:30PM 3-8PM	6-7:55AM 10AM-12:30PM	8:30AM-3:30PM
LAP POOL FITNESS (ALL AGES)	12:30-3:30PM						8:30AM-3:30PM
DIVE WELL FITNESS		6-9AM 11AM-12:30PM 3-8PM	10AM-12:30PM 3-5:55PM 7-8PM	6-9AM 11AM-12:30PM 3-8PM	10AM-12:30PM 3-8PM	6-9AM 11AM-12:30PM	
DEEP H2O		10:05-10:55AM	6:05-6:55PM	10:05-10:55AM		10:05-10:55AM	8:35-9:25AM
H2O FIT		8:05-8:55AM 6:05-6:55PM		8:05-8:55AM 6:05-6:55PM		8:05-8:55AM	
PARENT PRESCHOOL SWIM (6 & UNDER)	11AM-NOON	9-10AM	9-10AM	9-10AM	9-10AM	9-10AM	11AM-NOON

* Lap Pool and Dive Well availability will be adjusted due to High School Swim Season 11/16/26-2/19/27. Please see the front desk for details.