

SPRING & SUMMER 2011

## Get Fit, Get Happy, Get Ready for SUMMER



### Swim Team - SAC Attack!

Be sure to mark you calendar for Swim Team Registration

**Alumni Registration is April 30th from  
6:30-11:00am and 3:00-7:00pm\***

\*MUST have been on the team for 2 consecutive seasons to qualify. So, this would be your 3rd season.

**Open Registration is May 1st at 8:30am**

With another fun year ahead, don't forget to get here early for registration. Please note: Registration is in the main lobby, not the Aquatics Center. Space is limited and by registration only.

Child must be a member to join the Swim Team.

Questions: SacAttackSwimming@hotmail.com

*The Outdoor Aquatics Center will soon be open...*

**When we all follow the rules below it  
will be a great summer!**

- \* **Please bring a beach towel from home** if you are using the outdoor pools. Club towels may only be used inside the club.
- \* Members may bring one guest up to five times in one year. Guest fees are \$10.00 per visit and all guests must sign in at our guest registry located at any of our Service Desks.
- \* Organized parties are not allowed at SAC unless sanctioned by Sunset Athletic Club. We have designed spaces that appropriately function for events to enhance the celebration for the host and minimize the impact of the event on our members not attending the event. The member hosting an un-sanctioned personal celebration of any kind can face serious penalties.

*Please contact the business office if you have questions.*

### Get in shape on the Indoor Rock Wall

With summer just around the corner, the staff at the climbing wall is getting excited for the 2011 season of summer camp, continuing instructional courses on Saturdays, offering open climbing seven days a week all summer long, training competitive youth climbers, and hosting members' special events.

For the 2011 season of summer camp, the climbing wall will host eight weeks of camps, scheduled each week on Monday, Wednesday and Friday from 10:30am-1:30pm. As in past years, additional camps may be added when waiting lists of five or more climbers develop.

Instructional clinics will continue to be held on Saturdays from 9:00-10:00am. The course offerings include "Get Me On The Wall", a general introduction to climbing; "Belay Basics", which teaches safe belaying; "Kids Climb", offering an introduction in a kid friendly format; "Climbing Technique", teaching advanced techniques; and "Lead Climbing", an advanced course for experienced climbers. *Continued on page 2...*



PHOTOS THIS PAGE: BROOK KIRKLIN

### BB Coach Inspires Young Players



**Youth Basketball training  
sessions in July and August**

After a successful college basketball career, Steve Garrity played and coached professionally both in the US and in Europe. Steve brings a dynamic but fun approach in learning basketball skills and developing players to achieve their potential with the abilities they have.

Steve's goal is to cater to Basketball players of all abilities, both boys and girls. These concentrated classes are packed with individual contests and develop specific individual skills according to the abilities of each participant. Programs will develop players footwork, drive, lay ups and game tactics.

Registration is required, please contact coach Steve Garrity for all details: 503-875-8281 or coachgarrity@yahoo.com.

## SAC Notes

Share the Health  
and Give...

### Blood Drive at Sunset Athletic Club

Wednesday, June 22nd

2:00 - 7:00pm



#### Your Club Connection

Owner - Chuck Richards

General Manager - Carleen Prentice

Bookkeeper - Nancy Johnson

Administrative Director -

Jen Prentice

Office Manager - Barb Johnson

Special Projects - Kathi Marcus

Systems Support - Ron Daley

Tennis Director - Niren Lall, USPTA

USPTA Tennis Staff

Michelle Aman, Kean Feeder,

Niren Lall, Rob Peterson,

Tim Smither, Kristi Somers,

Mike Tammen, Chris Wolff

Personal Training Staff

Dr. Bruce Farmer,

Al Granville, Zane Kelly,

Eleni Kehagiaras, Jason Mead,

Joni Neilson, Jane Richardson,

Jamie Sanne, Judith Skinder,

Farrah Thomason

Clubhouse Director - Erin Cahill

Racquetball Director

Paul Maduell

Group Fitness Director

JoAnne Kehagiaras

Climbing Director

Laura Davis

Indoor Aquatics Director

Gale Parsons

Facilities Technician - Bryan Hall

Website: [www.SunsetAC.com](http://www.SunsetAC.com)

SAC is proud to be a member of



## Group Fitness

### Pilates Studio Group Training

By popular request we are adding two new Pilates Studio Group Classes. As of April 1st we will offer two weekly options: Monday at 11:00am & Friday at 9:00am. This Group Pilates Training will feature our newest instructor Julie Ruud!

Classes are for students of all fitness levels. Come and see how easy it is to experience improved flexibility, balance and stability with Pilates training.

We offer class options to fit every schedule and budget:

4 class pack: \$80 - 8 class pack \$125 - Unlimited (one month) \$150

### Group-X takes a break in Fall

Group Exercise takes a vacation from August 29th through September 9th (Labor Day).

Classes resume September 6th with a new Fall schedule.

### New LiveStrong Indoor Spinning Bikes

Anyone who has ever participated in an indoor cycling class knows the incredible advantages of this type of exercise. Spinning is safe and effective for virtually anybody as it is self-paced and low-impact. Everyone from the individual recovering from injury to the most elite athlete can benefit from a spinning workout. So, if you have never taken one of our spin classes, or have been meaning to return for more fun on the bike this is a great time to join a class!

We have recently replaced some of our bikes with the new LiveStrong bikes. These bikes have road-inspired adjustable drop handlebars, dual speed pedal and cage, with belt driven fly wheel.

You will have room for two water bottles on this bike to get you through the EXTREME rides! Join us in our next Spin Class and try out our new LiveStrong spin bikes.

## Racquetball

### USA Racquetball National Junior Olympics in June

Sunset Athletic Club is proud to host this exciting Junior Olympic event. Come out and cheer the top elite juniors from around the nation play at the club this summer.

The event runs four days, Thursday June 22nd through Sunday the 26th. Good luck to all of the players! For more info: [www.oregonracquetball.org](http://www.oregonracquetball.org)

Get into the club and get fit playing racquetball. Join a league or sign up for private lessons with our club pro Paul Maduell. Organize regular play with others and find out the benefits of the fast and fun sport of racquetball.

Play Safe! Remember that proper protective eye wear are required at all time when playing racquetball and squash. Check out the lobby pro shop or service desk to gear-up with the proper equipment.

## Climbing Wall

Continued from page 1...During the summer, open climbing will continue on the same schedule as during the school year, Monday through Thursday from 5:00-9:00pm, Friday from 6:00-10:00am and weekends from 10:00am-2:00pm.

Also at the climbing wall this summer, the kids on the climbing team will have the opportunity to train twice a week, and it can be a great time for new interested youth climbers to get a feel for the "competition training" program.

Members can host special events at the climbing wall this summer, too. Events are scheduled for private use of the climbing wall at the convenience of the member, and offer a great option for birthdays, team events, and family gatherings.

For more information on any of the programs at the climbing wall, please ask the climbing staff for more information or go to [www.sunsetrockclimbing.com](http://www.sunsetrockclimbing.com).

# SAC Aquatics

Summer  
2011

BROOK KERLIN

## Indoor Pools Summer Programs

### Indoor Aquatics Director - Gale Parsons

Registration for Swim Camps and Private Swim Lesson  
Request forms are available at the Athletic Service Desk.

Want to get everyone into the water?

Contact the Service Desk and upgrade to a Family Membership!

## Summer Swim Camps

### Ship's Ahoy

3-days: Tues./Weds./Thurs.  
July 5th, 6th, 7th - 1 to 3pm

### Beach Blanket Bingo

3-days: Tues./Weds./Thurs.  
Aug. 23rd, 24th, 25th - 1 to 3pm

Ages 4-10. Call for details!



## Private Lessons - Indoor Pools

Private swim lessons must be purchased in advance, in packages of four 30 minute lessons. Dates and times are arranged between the instructor and student. Lesson packages expire one month from date of purchase and are non-refundable and non-transferable.

Fill out your private lesson request form at the Service Desk. An instructor will call you based on availability.

### Private Swim Lesson Rates

Private Lessons: Four lessons, 30 minutes each:  
\$72.00 Member/\$108.00 Non-Member

Semi-Private Lessons: Four lessons, 30 minutes each:

Two students with 1 instructor, must sign up together. Price is total for both.  
\$108.00 Member/\$144.00 Non-Member

*Remember: bring your beach towel from home  
if you are using our outdoor facilities.  
Club towels are for indoor use only. Thank you!*

## Group Lessons - Indoor Pools

Morning Lessons, Monday-Friday, 10:15 am-12:30pm

30 minute lessons, 5 days a week for 2 weeks. \$60 member/\$90 non-member

Session 1: June 20th - July 1st

Session 2: July 11th - July 22nd

Session 3: July 25th - August 5th

Session 4: August 8th - August 19th

Afternoon Lessons - Tuesday & Thursday 2:00-4:15pm

Evening Lessons - Monday & Wednesday 5:30-7:15pm

30 minute lessons, 2 days a week for 4 weeks. \$50 member/\$75 non-member

Session 1: June 20th - July 21st (No classes July 4-8)

Session 2: July 25th - August 18th

Please note: Every child must have a swim evaluation before their first session.

Registration must be done in person, and payment is due at the time of registration. Our refund policy:

If you withdraw before the start of the first lesson you are entitled to a full refund; if you withdraw before the third class meeting you are entitled to a 50% refund.

Adult Lessons - Wednesday Evenings 7:15-7:55pm

45 minute lessons, 1 day a week for 5 weeks. \$50 member/\$75 non-member

Session 1: June 22nd - July 20th (No classes July 4-8)

Session 2: July 25th - August 18th

Youth Lessons - Monday Evenings 7:15-7:55pm

45 minute lessons, 1 day a week for 5 weeks. \$50 member/\$75 non-member

Session 1: June 20th - July 18th (No class July 4th)

Session 2: July 25th - August 15th

Contact Gale in the Aquatics Center for complete information on swim lessons. 503-645-3535 x262

## Outdoor Pool Swim Team-SAC Attack!

Be sure to mark your calendar for May 1st  
Swim Team - OPEN Registration at 8:30am

*The team will be limited, so sign up early!*

Sunset Athletic Club's **Laura Cantwell** returns as Head Coach of the highly successful SAC Attack Swim Team.

Laura is excited to see the program continue to grow each year.

Last year, 200 swimmers enjoyed an incredible summer together. The team capped off the season by taking first place in the **Metro Portland Summer League Championships!**

We are already looking ahead to the success of the 2011 summer team.

### GO SAC ATTACK!!!

The Swim Team Program includes a Swim Team T-shirt and eight weeks of instruction. Information on practice times and other details will be available before the sign up dates.

*This is a very popular program, so sign up May 1st!*

# SUNSET ATHLETIC CLUB SUMMER CAMPS

2011

All of our Camps are  
High-Spirited & Fun!



Sports Camps below run Monday - Friday  
9:00 am to 1:00 pm

\*OTHER CAMPS - TIMES AS NOTED

**ADVANCED REGISTRATION IS REQUIRED!**

Please pick up forms at the Service Desk

Cost: \$79 member - \$89 non-member, unless noted

## Sports & Activities Camps - Ages 6 to 10 -

We will play a variety of sports including  
basketball, soccer, climbing wall,  
racquetball, swimming, tennis & more.



Our great coaches provide the  
energy and leadership to insure a  
summer full of fantastic memories!

Session 1: June 20 - June 24

Session 2: June 27 - July 1

Session 3: July 11 - July 15

Session 4: July 18 - July 22

Session 5: July 25 - July 29

Session 6: August 1 - Aug. 5

Session 7: August 8 - Aug. 12

Session 8: August 15 - Aug. 19

Session 9: August 22 - Aug. 26

## Squirts Sports Camps - Ages 4 to 6 -

Our skill-building adventures range from sports, water-  
play and hikes to circle games and relays. It's always  
about fun and friendly activities  
where everyone wins!

Session 1: Not Available

Session 2: June 27 - July 1

Session 3: July 11 - July 15

Session 4: July 18 - July 22

Session 5: July 25 - July 29

Session 6: Not Available

Session 7: August 8 - August 12

Session 8: Not Available

Session 9: Not Available



## WHAT TO BRING (for Sports Camps above):

**PLEASE LABEL YOU CHILD'S BELONGINGS!**

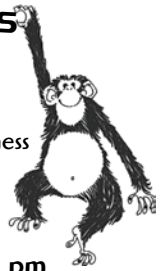
1. Wear play clothes that can get dirty.
2. Wear tennis shoes you can run in, with non-marking soles.
3. Please bring swimming suits and towels every day.
4. Your child will need a sack lunch Monday - Thursday.

Friday we celebrate the last day of camp with a pizza lunch party!

## Summertime Monkeys Climbing Camps

- 3 Day Sessions, Ages 6 to 12 -

Play climbing games, learn climbing skills, develop fitness  
and have fun! Climbs are safe and supervised. All gear  
is included. **Please bring a sack lunch.** Limited to 10  
climbers/camp - Minimum of 5 climbers required.



Sessions run Mon/Weds/Friday: 10:30 am-1:30 pm



Session 1 June 27-July 1

Session 2 July 11-July 15

Session 3 July 18-July 22

Session 4 July 25-July 29

Session 5 August 1-August 5

Session 6 August 8-August 12

Session 7 August 15-August 19

Session 8 August 22-August 26

**Climbing, Per Session Cost:**

**\$90 Members - \$115 Non Members**

Includes gear rental

## Summer Tennis Camps

Classes taught by Tennis Director Niren Lall, and Pro's Kristi  
Somers, Tim Smither and Chris Wolff.

**Players are grouped and taught according to experience:  
Beginner, Intermediate and Advanced levels. Ages 7 and up.**

Four-day long, weekly camps, 10:15 am - 1:15 pm

**\$144 members, \$168 fitness, \$204 Non Members**

Camp 1: June 20 - 23

Camp 6: June 25 - 28

Camp 2: June 27 - June 30

Camp 7: Aug. 1 - 4

Camp 3: July 6 - 7\*

Camp 8: Aug. 8 - 11

Camp 4: July 11 - 14

Camp 9: Aug. 15 - 18

Camp 5: June 18 - 21

Camp 10: Aug. 22 - 25

\*No camp Monday, July 4th or Tues., July 5th - Camp 3 cost pro-rated



"Fun that's Out  
of this World!"

## Clubhouse Camps

Half-Day, Full-Day & Full Week Camps  
Monday through Friday

Register at the Service Desk, or  
online at: [www.sacclubhouse.com](http://www.sacclubhouse.com)

**Summer day camps for ages 4-11. Don't miss the fun!**

Each day is different, fun, and designed ONLY for the Clubhouse Kids.  
Bring your suit & towel for Water Slide Wednesdays! Snow-Cones on Friday!

**Themes include:** Indoor/Outdoor games, Arts & Crafts, Jump Houses,  
Water Fun, Obstacle Courses, Handball, Relays & Races and much more!

• **Session I runs 9:00 am to 12:00 noon**

• **Kids Club Lunch runs Noon to 1:00 pm**

\$5 per day (included free if participating in AM and PM camps)

• **Session II runs 1:00 pm to 4:00 pm**

• Member; \$15 daily per camp or \$60 weekly rate per camp

• Non-member; \$20 daily per camp or \$75 weekly rate per camp

• **Camp Schedule:**

11 Camps available, AM and PM; June 20 - Sept. 2

**Ages 4-11. Children are divided into two age-appropriate groups.**

**Kids Club Hourly Fun, Mon-Thurs: 8:00am to 8:00pm**

**Fridays: 8:00am to 6:00pm & Saturdays: 8:00am to Noon**

Kids will enjoy games and playtime in our upstairs Kids Club area. Hourly  
Rates are \$3.60/member - \$4.80/non-member. Two-hour maximum per  
visit. Four hour max, per day. Minimum 2 hours between visits. Clubhouse  
Pass is valid. **Our Clubhouse crew can get kids attending Kids Club to  
and from any SAC Camp!** Contact the director for more details.

**Please ask at the Service Desk for full descriptions & schedules.**

## Tennis

Welcome to Spring, SAC tennis players! USTA season is under way and summer is coming fast. All summer camp information is now out and available for sign up for all summer camps for the junior program.

Summer camps will start June 20th and run all the way through August 25th. See the tennis center or online for all registration forms and info. Sign up now to reserve your spot in camp!

The next club tournament is the Wild West Doubles Tournament which will be combined Mixed Doubles and Combined Men's/Women's Doubles starting April 27-30th.

Come dressed as your favorite Wild West character for the dinner and party Saturday night that is included in your entry! Sign up by April 21st. Also look for Mixed doubles nights coming up for May and June hopefully with some outdoor play. Hope to see all of you on the courts soon!

- Your Tennis Director, Niren Lall

## Junior Tennis

### Summer Tennis Camps

Taught by Tennis Director Niren Lall and Pro's Kristi Somers, Tim Smither and Chris Wolff, designed for boys and girls from Beginning to Advanced levels, who wish to develop and fine-tune their skills. Weekly sessions. Class size is limited, register early to reserve a spot!

**Sign up in the Tennis Center, or call 503-645-6713**

#### • Beginning (Tiny Tots Tennis) - Ages 3 to 6 •

Emphasis on fun, for children with little or no experience.

June 20th - Aug. 25th, Tuesdays & Thursdays, 2:30 - 3:15 pm

1 week session: \$20 members, \$24 fitness members, \$28 non members

#### Ten weekly Camps running from

**June 20th - August 25th**

**Classes run 10:15am - 1:15pm**

4 day Camps - Students are split into separate groups by ability level. See enclosed Camp insert for dates.

*\$144 members, \$168 fitness members, \$204 non members*

#### • Beginner & Advanced Beginner - Ages 7 and up •

For children with little experience. Intro to racquet handling, hand-eye skills, grips, strokes and playing concepts.

#### • Intermediate •

Stroke Technique combined with movement is taught. Students should be able to get serve in and be able to rally.

#### • Advanced Tennis •

Beginning Tournament players that have little tournament experience and high school players will benefit from this class.

#### • Pre-Invitational Class (Players must be approved by Tennis Pro's) •

Players working towards invitational level.

Lower level "A" or "Champ" level players.

June 20th - Aug. 24th, Mon. & Weds, 3:00 pm - 4:30 pm

*\$19 per class, members and non-members*

#### • Invitational Class (Players must be approved by Tennis Pro's) •

For Juniors who are "A" or "Champ" level tournament players. Guest Pro's play in. Need SAC staff, USPTA Pro permission to sign up.

June 20th - Aug. 24th, Mon. & Weds, 3:00 pm - 4:30 pm

*\$19 per class, members and non-members*

## Indoor Aquatics Center

Both Group Fitness and Special Classes are held in the Indoor Aquatics Center. Members who are eligible for Group Fitness classes are also welcome to join our free Aquatics Group Fitness classes. Special Classes, such as "Swim Technique Workshops" and "Conditioning Programs", have extra fees involved.

### Water Fitness; Conquer the Columbia

During the month of May we will attempt to conquer 1,200 miles of the Columbia River. For every water fitness class you attend, you will cover 100 miles. So, get in 12 classes in May and you'll enjoy the healthy benefits of a water workout, a beautiful souvenir certificate and a great prize! Just sign up the first day you attend class in May!

### Underwater Easter Egg Hunt - Ages 1 and up

Hunt special Easter Eggs in our indoor pool! Thurs., April 14, 6:30-7:30pm. Participants divided in to age groups. Parents must enter water with kids under age 7. Registration is required.

### Snorkeling Class - Ages 8 and older

Saturday, May 7th from 12:00 noon - 2:00pm

Presented by Pacific Water Sports, this 2-hour class introduces the participant to the wonderful world of snorkeling. All equipment is provided. Space is limited. Contact Pacific Water Sports at 503-642-3483 to register.

### Summer Group Swim Lessons

See the enclosed yellow insert for more swim lesson info. Please note, all children must have a swim evaluation before they register for their "first-ever" SAC group swim lesson. Pick up a packet at the Activity Wall for information on days, times, fees and registration procedures.

### Swim Conditioning Program - Ages 7 and up

Tuesday and Thursday afternoons, June 21st - August 18th, from 4:15 to 5:00pm. Please note, no classes July 5th & 7th.

### Swim Technique Workshops - Ages 7 and up

These are designed to improve your overall swimming abilities in freestyle, backstroke, breaststroke and butterfly. Prerequisites: Swim one length of the lap pool, freestyle and backstroke.

June 14th & 15th, 4:15 to 5:00pm

**Sign up for all classes at the Aquatics Center...and enjoy a great time in the water!**

*Please remember; For the health and safety of our pool users, Spectators are not permitted on the pool deck. We encourage you to observe pool activities from our viewing balcony.*

## SAC Pro Shop

**in the lobby...**

climbing harnesses, aquatics gear, apparel for your workout, tennis, racquetball and squash gear, yoga mats and more

also visit the **tennis center** for adidas and Prince footwear, tennis racquets and other accessories for the courts



Our Professional Racquet Service and Selection Staff are there for **you!**

## Clubhouse

### NEW SAC Clubhouse FUN!

#### Friday Night Pool and Pretzel Parties: 7:00-9:00pm

Join us the first Friday of EVERY month for organized fun in our indoor pools. Kids will enjoy special games, relays and races, and more. In addition to our popular water totters, kids will enjoy time on our BRAND NEW floats in the shapes of PRETZELS AND FRUIT!

Open to ages 7-11.

Member prices: \$12.00/child or \$20.00/family - Non-member prices: \$15.00/child or \$25.00/family - FREE WITH THE CLUBHOUSE PASS

#### Sunday Mad Science Club: Noon-2:00pm

EVERY Sunday afternoon, kids are invited to enjoy the magic of science. Explore the ooey and gooey, the slippery and slimy, the mystery of matter and gas, physical and chemical changes, and more! We know how to make science fun! Open to ages 7-11.

Member prices: \$10.00/child or \$15.00/family - Non-member prices: \$15.00/child or \$25.00/family - FREE WITH THE CLUBHOUSE PASS

We also offer Craft Clubs as well as Big Kid and Little Kid Fun each week: Survivor Night, Fear Factor, Pamper Parties, Movie Nights, and more! Pick up a seasonal booklet for more details.

### Kids Club HOURLY Fun!

Kids will enjoy games and playtime in our upstairs Kids Club area as well as exciting sports and special activities in our downstairs during designated times! Monday-Thursday: 8:00am-8:00pm, Fridays: 8:00am-6:00pm. Saturdays: 8:00am-Noon. Daily Hourly Limits: 2 hours per visit and 4 hours per day. A minimum of two hours must separate daily visits

Check out our NEW FUN available March 1st through June 17th. Kids, you won't want to miss out!

#### 10:00-11:00am:

Mon. and Weds.:  
Indoor Gym Games,  
Tues. and Thurs.:  
Arts and Crafts,  
Fridays:

Bounce House Fun.

#### 2:00-3:00pm:

Mon. and Weds.:  
Science Specials,  
Tues. and Thurs.:  
Sports Time,  
Fridays:

Bounce House Fun.

Unique Holidays and CRAZY days will be celebrated throughout the month. Please contact the SAC Clubhouse directly for more details on these activities!



**Fun that's  
Out of this World!**  
Join the Adventure online at  
[www.sacclubhouse.com](http://www.sacclubhouse.com)

#### Don't forget!

The SAC Clubhouse Crew "Runner Program" can help get kids to/from ANY club program, lesson, or camp for Kids Club! Contact the SAC Clubhouse today for more information!

### Parent's Night Out - Friday & Saturday evenings, 5:00-9:00pm

A date night for parents, a fun night for kids! Activities may include Sports, Crafts, Indoor Games, Movies, Inflatables. Themes like Ninja Night, Hawaiian Luau & many more. Enjoy a pizza dinner too!

Featured ONLY on selected dates, be sure to consult our website for available days: [www.sacclubhouse.com](http://www.sacclubhouse.com)

Cost: Members: \$20.00/child or \$35.00/family - Non-member: \$30.00 per child or \$40.00/family. Clubhouse Pass is valid for members. Rock Climbing: \$8.00 per climber ages 4 and up (Only available the first Sat. of each month. Must pre-register.) Late cancellation and no-show fees of \$20.00/family apply.

### American Red Cross Classes

#### Babysitting Certification Class

Become a certified babysitter in one day! A trained Red Cross instructor will teach kids ages 11-15 the basic training and necessary requirements to become certified after this six hour, thirty minute course. Contact the Clubhouse for class location. Please bring your own lunch.

Classes run from 10:00am-4:30 pm. Dates are:

Sun. April 10th, Sat. April 30th, Sat. May 14th, Fri. May 27th,  
Sun. June 12th, Wed. June 29th, Fri. July 15th, Sun. July 31st,  
Sat. Aug. 13th, Mon. Aug. 29th

\$50/member - \$60/non-member - \$50 (Late cancellation/no show fee applies)

#### When I'm in Charge Classes

This 2 1/2 hour course helps kids ages 8-11 learn how to take care of themselves and be safe at home alone. Kids learn how to handle phone calls, stranger danger, answer doors, emergencies, etc. Parent participation is encouraged for the last 30 minutes of each class. Classes run from 9:30am-12 noon.

Sat. April 16th, Sun. May 1st, Sat. May 21st, Mon. May 30th,  
Sat. June 11th, Tues. June 21st, Sat. July 9th, Wed. July 27th,  
Sun. Aug 14th, Thurs. Sept. 1st

\$25.00/member - \$30.00/non-member (Late cancellation/no show fee applies)

#### American Red Cross CPR/AED/First Aid Classes

Learn how to save the life of a loved one, or your own, today! This hands-on course teaches proper CPR techniques using real-life scenarios and the latest science for emergency care. AED and First Aid certification is also available at the end of all classes for an additional \$10 fee.

Current classes run April through June and include options for Adult, Child and Infant CPR/AED certification. See updated schedules online or ask at the Service Desk.

More details on upcoming programs, events and camps at our website: [www.sacclubhouse.com](http://www.sacclubhouse.com)



Enjoy our restful massage rooms  
in the Aquatics Center!  
Call 503-644-6109  
for your appointment  
or visit  
[AngelicHealingHands.com](http://AngelicHealingHands.com)