



# north clackamas aquatic park

North Clackamas Aquatic Park (7300 S.E. Harmony Rd., Milwaukie) features six pools, three water slides, a state-of-the-art wave pool, a kiddie pool with Sammy the Seal slide, and a 29-foot rock climbing wall. *Schedules subject to change. Facility will be closed for its annual maintenance shutdown from 9/1 - 9/26. Additional Closures: 11/11, 11/27-11/28, 12/24-12/25, and 1/1.*

## 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, \$8.25; non-resident, \$13

### ADDITIONAL BIG SURF RECREATION SWIM DATES:

12/22, 12/23, 12/26, 12/29,  
12/30, 12/31, and 1/2.

**Noon-1:30 p.m. or 2-3:30 p.m.**

Reserve your spot online at [ncprd.org](https://ncprd.org)

## H2O FITNESS

H2O Fitness is an instructor-led 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.

Fee: NCPRD, \$6.75; non-resident, \$9 -or- Punch card (18 classes): NCPRD, \$108; non-resident, \$146

### Senior 62+:

Fee: NCPRD, \$6.25; non-resident, \$8 -or- Punch card (18 classes): NCPRD, \$100; non-resident, \$128

### 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 TIME

Dive Well Fitness Time is an independent workout time in the dive pool for individuals who are 13 years 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. This 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, \$5.25; non-resident, \$7 -or- Punch card (24 visits): NCPRD, \$105; non-resident, \$140

## LAP POOL FITNESS TIME

Lap Pool Fitness Time 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, \$5.25; non-resident, \$7 -or- Punch card (24 visits): NCPRD, \$105; non-resident, \$140



## SENIOR SWIM

A senior discounted rate for water fitness is available. *This discount is only available during the designated times listed below.*

**Fee:** NCPRD, \$3; non-resident, \$4

## 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, \$4.25; non-resident, \$6  
Child NCPRD, \$3.25; non-resident, \$5

	SUN	MON	TUE	WED	THUR	FRI	SAT
<b>BIG SURF</b>	NOON-1:30PM 2-3:30PM						NOON-1:30PM 2-3:30PM
<b>LAP POOL FITNESS (13 &amp; OLDER)</b>		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	
<b>LAP POOL FITNESS (ALL AGES)</b>	NOON-3:30PM						8:30AM-3:30PM
<b>DIVE WELL FITNESS</b>		6-9AM 11AM-12:30PM 3-8PM	10AM-12:30PM 3-6PM 7-8PM	6-9AM 11AM-12:30PM 3-8PM	10AM-12:30PM 3-8PM	6-9AM 11AM-12:30PM	
<b>SENIOR SWIM (62 &amp; OLDER)</b>		6-7:55AM 10AM-12:30PM	10AM-12:30PM	6-7:55AM 10AM-12:30PM	10AM-12:30PM	6-7:55AM 10AM-12:30PM	
<b>DEEP H2O</b>		10:05-10:55AM	6:05-6:55PM	10:05-10:55AM		10:05-10:55AM	8:35-9:25AM
<b>H2O FIT</b>		8:05-8:55AM 6:05-6:55PM		8:05-8:55AM 6:05-6:55PM		8:05-8:55AM	
<b>PARENT PRESCHOOL SWIM (6 &amp; UNDER)</b>	10:45-11:45AM	9-10AM	9-10AM	9-10AM	9-10AM	9-10AM	9-10AM



# Swim Lessons



North Clackamas Aquatic Park (7300 S.E. Harmony Rd., Milwaukie) provides the largest swim lesson program at one facility in Oregon. Classes are available for all ages and ability levels. From babies to adults and swimmers to non-swimmers – there is something for everyone! Each session consists of eight 30-minute classes.

## PARENT-TOT PROGRAMS

### AGES 12-35 MONTHS OLD

This introduction to water swim lesson is structured for child and adult participants to explore the water together.

#### **WATER BABIES (12-18 MONTHS OLD)**

Designed for babies accompanied by an adult in the water with the adult being an integral part of the learning process. A positive approach to water adjustment, focusing on enjoyment and development of skills.

#### **AQUA TOTS (19-35 MONTHS OLD)**

Adults accompany their children in the water with emphasis on teaching both child and adult swimming progression and safety skills.



## PRESCHOOL PROGRAMS

### AGES 3 TO 5 YEARS OLD

Class ratios are maximum of one instructor to five students and classes are taught in shallow water.

#### **SEALS INTRO 1:5 RATIO**

*Prerequisite: Any participant who has not taken lessons before.*

Entry level swimming lesson. Introduces students to basic swimming and water safety skills.

#### **SEALS 1:5 RATIO**

*Prerequisite: Assisted Front and Back Floats, 3 Independent Bobs with Blowing Bubbles.*

Builds on basic swimming and water safety skills while focusing on independent swimming, glides, and underwater skills.

#### **SWIMMING SEALS 1:5 RATIO**

*Prerequisite: Unassisted Front and Back Floats - 5 seconds.*

Begins the basics of front crawl with a continued focus on independent swimming. Introduces students to back crawl skills.

#### **MIGHTY SEALS 1:5 RATIO**

*Prerequisite: Unassisted Front and Back Glide - 2 Yards, Front Crawl with Magic Stick - 2 Yards.*

Students will be familiarized with back crawl, while finning and elementary backstroke are introduced. Front crawl and rotary breathing refinement continued.

# SCHOOL AGE PROGRAMS

## AGES 5 YEARS OLD AND UP

### LEVEL 1 1:6 RATIO

*Prerequisite: Any participants who have not taken lessons before or participants that are switching from Seals Intro or Seals because of age.*

Entry level swimming lesson. Introduces students to basic swimming and water safety skills.

### LEVEL 2 1:6 RATIO

*Prerequisite: Front Glide – 2 Yards, Back Glide – 2 Yards.*

Builds on basic swimming and water safety skills while focusing on front crawl, breath control, endurance, and introduces students to back crawl.

### LEVEL 3 1:8 RATIO

*Prerequisite: Back Glide - 3 Yards, Front Crawl – 5 Yards.*

Begins refinement of front crawl with a focus on rotary breathing. Continues to familiarize students with back crawl, while introducing finning and elementary backstroke.

### LEVEL 4 1:8 RATIO

*Prerequisite: Front Crawl with Rotary Breathing – 15 Yards, Back Crawl – 5 Yards.*

Develops student's ability to swim front crawl for increased distances with a mastery of rotary breathing, while continuing improvement in back crawl and elementary backstroke.

### LEVEL 5 1:10 RATIO

*Prerequisite: Front Crawl with Rotary Breathing – 15 Yards, Back Crawl – 15 Yards, Elementary Backstroke – 15 Yards.*

Introduces breaststroke, dolphin kick, and treading water. Promotes swimming endurance while establishing student's ability to demonstrate front crawl, back crawl and elementary backstroke for greater distances.

### LEVEL 6 1:10 RATIO

*Prerequisite: Front Crawl with Rotary Breathing – 25 Yards, Back Crawl – 25 Yards, Elementary Backstroke – 25 Yards, Treading without Finning – 1 Minute.*

Increases swimming endurance in front crawl, back crawl and elementary backstroke. Improves breaststroke and treading water for 1 minute 30 seconds and introduces sidestroke.

### LEVEL 7 1:10 RATIO

*Prerequisite: Front Crawl with Rotary Breathing – 50 Yards, Back Crawl – 50 Yards, Breaststroke – 25 Yards, Treading without Finning – 1 Minute 30 Seconds.*

Explores circle swimming, workout equipment, stretching, body alignment, and diving from the side and board. Continues to use and improve previously learned strokes.

## TEEN WAVE/TAKE THE PLUNGE (TW/TTP)

### AGES 12 YEARS OLD AND UP

This combined class is for teens and adults who have not had the chance to become comfortable in and around the aquatic environment through formal swimming lessons. Class emphasizes skill development and water safety awareness.



# SWIM LESSON SCHEDULES

Swim lessons are offered on weekday and weekend sessions.  
The fee is \$65 for NCPRD residents and \$85 for non-residents.

## — REGISTRATION OPENS —

For NCPRD residents on **August 5 at noon**  
and non-residents on **August 12 at noon**

### WEEKDAY & WEEKEND SESSIONS

Session 1:	Monday/Wednesday	Sep. 29 - Oct. 22
Session 2:	Tuesday/Thursday	Oct. 28 - Nov. 25 (No class Nov. 11)
Session 3:	Monday/Wednesday	Nov. 24 - Dec. 17
Session 4:	Saturdays	Oct. 4 - Nov. 22
Session 5:	Sundays	Oct. 5 - Nov. 23

### WEEKDAY EVENING LESSONS

SESSIONS 1-3 (No class Nov. 11)

4-4:30PM	4:35-5:05PM	5:10-5:40PM	5:45-6:15PM	6:20-6:50PM	6:55-7:25PM
SEALS INTRO		SEALS INTRO	SEALS INTRO		
SEALS		SEALS	SEALS		
SWIMMING SEALS			MIGHTY SEALS		
LEVEL 1	LEVEL 1		LEVEL 1		
	LEVEL 2	LEVEL 2		LEVEL 2	
	LEVEL 3			LEVEL 3	
				LEVEL 4	
		LEVEL 5 (M/W ONLY)		LEVEL 6 (T/TH ONLY)	LEVEL 7 (T/TH ONLY)
					TW/TTP (T/TH ONLY)

### SATURDAY MORNING LESSONS

SESSION 4

8:30-9AM	9:05-9:35AM	9:40-10:10AM	10:15-10:45AM	10:50-11:20AM	11:25-11:55AM
SEALS INTRO			AQUA-TOTS/ WATER BABIES	SEALS INTRO	AQUA-TOTS/ WATER BABIES
SEALS			SEALS	SEALS	
			SWIMMING SEALS	SWIMMING SEALS	
LEVEL 1	LEVEL 1	LEVEL 1	LEVEL 1		LEVEL 1
LEVEL 2	LEVEL 2	LEVEL 2			LEVEL 2
		LEVEL 3		LEVEL 3	
	LEVEL 4				
		LEVEL 5			



## SUNDAY MORNING LESSONS

### SESSION 5

8:30-9AM	9:05-9:35AM	9:40-10:10AM	10:15-10:45AM	10:50-11:20AM	11:25-11:55AM
SEALS INTRO	AQUA-TOTS/ WATER BABIES	SEALS INTRO	AQUA-TOTS/ WATER BABIES		
SEALS		SEALS			
LEVEL 1		SWIMMING SEALS	LEVEL 1	LEVEL 1	LEVEL 1
LEVEL 2	LEVEL 2			LEVEL 2	LEVEL 2
		LEVEL 3		LEVEL 3	
	LEVEL 4		LEVEL 5		LEVEL 6

## DAYTIME SEALS PRESCHOOL SWIM LESSONS

**Ages 3-5.** This Seals class will build on basic swimming and water safety skills while focusing on independent swimming, glides, and underwater skills. These four-day swim lesson sessions are taught in shallow water with a maximum ratio of one instructor to five students.

**Location:** North Clackamas Aquatic Park

**Fee:** NCPRD, \$32; non-resident, \$42

**Time/Date:**

11:15-11:45 a.m. W/F 10/8-10/17

11:50 a.m.-12:20 p.m. W/F 10/8-10/17

11:15-11:45 a.m. W/F 11/12-11/21

11:50 a.m.-12:20 p.m. W/F 11/12-11/21

## PRIVATE PRESCHOOL SWIM LESSONS

**Ages 3-5.** These private 1 on 1 swim lessons are for swimmers interested in receiving more in-depth training from an instructor. Our private lessons provide individualized attention to help improve swimming skills. Each session of lessons includes four 30-minute swim lessons.

**Location:** North Clackamas Aquatic Park

**Fee:** NCPRD, \$195; non-resident, \$250

**Time/Date:**

12:25-12:55 p.m. W/F 10/8-10/17

12:25-12:55 p.m. W/F 11/12-11/21

## SENSORY FRIENDLY SWIM

Sensory Friendly Swim is a welcoming aquatic environment for swimmers seeking reduced noise, limited lighting, and fewer swimmers in a flat-water setting. Swimmers are required to have a responsible supervisor join them in the water. The swim includes waterslides, dive well (no diving board), kiddie pool, hot tub (for 18+), and wave pool (no waves). Two quiet rooms are available as calm spaces. To reduce the noise level there will be no waves, interactive fountains, or whistles used.

**Fee:** NCPRD, \$7; non-resident, \$11

**Time/Date:** 4:30-6 p.m. Sa 10/18, 11/15, 12/20



REGISTER ONLINE AT **NCPRD.ORG**