


# north clackamas aquatic park

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: 12/24-12/25, 1/1, 1/18, 2/15, and 5/31.**

## 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 | 1/2-6/20 |
| **WINTER BREAK:** | 12:30-3:30pm | M-F | 12/21-23, 28-31 |
| **SPRING BREAK:** | 12:30-3:30pm | M-F | 3/22-3/26 |

## 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. Lap pool depth is 3 feet 6 inches to 4 feet nine inches.

# 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 -or- Punch card (24 admissions): NCPRD, $108; non-resident, $144

## 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<br>10AM-12:30PM<br>3-5:55PM<br>7-8PM | 10AM-12:30PM<br>3-8PM | 6-7:55AM<br>10AM-12:30PM<br>3-5:55PM<br>7-8PM | 10AM-12:30PM<br>3-8PM | 6-7:55AM<br>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<br>11AM-12:30PM<br>3-8PM | 10AM-12:30PM<br>3-5:55PM<br>7-8PM | 6-9AM<br>11AM-12:30PM<br>3-8PM | 10AM-12:30PM<br>3-8PM | 6-9AM<br>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<br>6:05-6:55PM | | 8:05-8:55AM<br>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.*

# SWIM LESSONS



North Clackamas Aquatic Park (7300 S.E. Harmony Rd., Milwaukie) provides one of the largest swim lesson programs 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! All sessions include eight, 30-minute sessions unless otherwise noted.

## 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.

**ATTENTION:** All Preschool and School Age swim lessons now require prerequisites to register for sessions above Seals Intro and Level 1. Please contact us before registration opens to make sure your child has the correct prerequisites in place. We offer free placement evaluations, contact the front desk to schedule yours today!

# 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.

# PRIVATE SWIM LESSONS

***Ages 3-8.*** These private 1-on-1 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 lesson is 30 minutes.

Location: North Clackamas Aquatic Park

Fee: NCPRD, $50 per lesson; non-resident, $65 per lesson

*Scheduling is arranged on a case-by-case basis according to student and instructor availability.*

# DAYTIME PRESCHOOL SWIM LESSONS

***Ages 3-5.*** These preschool classes 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, $34; non-resident, $44

**SEALS INTRO:**

Time/Date: 10-10:30 a.m. W/F

Time/Date: 11:10-11:40 a.m. W/F

**WINTER:** 1/13-1/22; 2/3-2/12, 3/10-3/19

**SPRING:** 4/7-4/16, 5/5-5/14, 6/2-6/11

**SEALS:**

Time/Date: 10:35 a.m.-11:05 a.m. W/F

**WINTER:** 1/13-1/22; 2/3-2/12, 3/10-3/19

**SPRING:** 4/7-4/16, 5/5-5/14, 6/2-6/11



## REGISTRATION OPENS

**WINTER:** NCPRD residents on **Dec. 1 at noon** and non-residents on **Dec. 8 at noon**

**SPRING:** NCPRD residents on **Feb. 2 at noon** and non-residents on **Feb. 9 at noon**

**ATTENTION:** All Preschool and School Age swim lessons now require prerequisites to register for sessions above Seals Intro and Level 1. Please contact us before registration opens to make sure your child has the correct prerequisites in place. We offer free placement evaluations, contact the front desk to schedule yours today!

# SWIM LESSON SCHEDULES

Swim lessons are offered on weekday and weekend sessions. The fee is $68 for NCPRD residents and $88 for non-residents.

### WEEKDAY & WEEKEND SESSIONS

**WINTER:**

| | | |
|---|---|---|
| **Session 1:** | **Monday/Wednesday** | **Jan. 4 - Feb. 1 (No class Jan. 18)** |
| **Session 2:** | **Saturdays** | **Jan. 9 - Mar. 6 (No class Feb. 13)** |
| **Session 3:** | **Tuesday/Thursday** | **Feb. 2 - 25** |
| **Session 4:** | **Monday/Wednesday** | **Feb. 22 - Mar. 17** |

**SPRING:**

| | | |
|---|---|---|
| **Session 5:** | **Tuesday/Thursday** | **Mar. 30 - Apr. 22** |
| **Session 6:** | **Saturdays** | **Apr. 3 - May 22** |
| **Session 7:** | **Sundays** | **Apr. 4 - May 23** |
| **Session 8:** | **Monday/Wednesday** | **Apr. 26 - May 19** |
| **Session 9:** | **Tuesday/Thursday** | **Apr. 27 - May 20** |
| **Session 10:** | **Tuesday/Thursday** | **May 25 - Jun. 17** |

## MONDAY/WEDNESDAY & TUESDAY/THURSDAY EVENING LESSONS

SESSIONS 1, 3, 4, 5, 8, 9, 10 (No class Jan. 18)

| 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 | |
| | MIGHTY SEALS | SWIMMING SEALS | SWIMMING SEALS | | |
| LEVEL 1 | LEVEL 1 | LEVEL 1 | | LEVEL 1 | |
| LEVEL 2 | | LEVEL 2 | LEVEL 2 | LEVEL 2 | |
| | | LEVEL 4 | LEVEL 3 | LEVEL 3 | |
| LEVEL 5 | LEVEL 6 | | | | LEVEL 7 |
| | | | | | TW/TTP |

## SATURDAY & SUNDAY MORNING LESSONS

SESSIONS 2, 6, 7 (No class Feb. 13)

| 8:30-9AM | 9:05-9:35AM | 9:40-10:10AM | 10:15-10:45AM | 10:50-11:20AM | 11:25-11:55AM |
|---|---|---|---|---|---|
| | AQUA-TOTS/ WATER BABIES | | AQUA-TOTS/ WATER BABIES | | |
| SEALS INTRO | SEALS INTRO | SEALS INTRO | | | |
| SEALS | | SEALS | SEALS | | |
| SWIMMING SEALS | | MIGHTY SEALS | | SWIMMING SEALS | |
| LEVEL 1 | LEVEL 1 | LEVEL 1 | | LEVEL 1 | LEVEL 1 |
| | LEVEL 2 | | LEVEL 2 | | LEVEL 2 |
| LEVEL 3 | LEVEL 3 | LEVEL 4 | LEVEL 3 | LEVEL 5 | |
| | | | LEVEL 6 | | LEVEL 7 |



# AMERICAN RED CROSS LIFEGUARD

Become certified in lifesaving skills with this comprehensive American Red Cross Lifeguard Course. Participants will learn water rescue techniques, CPR/AED, first aid, and emergency response skills needed to prevent and respond to aquatic emergencies. Successful completion of the course includes American Red Cross Lifeguarding certification. Strong swimming skills and attendance at all classes are required.

Location: North Clackamas Aquatic Park
Fee: $51

**SPRING:**

| | | | |
|---|---|---|---|
| Time/Date: | 4-8 p.m. | F | 3/19 |
| | noon-8 p.m. | Sa/Su | 3/20 - 3/21 |
| | noon-8 p.m. | F | 3/26 |
| | noon-8 p.m. | Sa | 3/27 |

# 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, $7.25; non-resident, $11.25
Time/Date: 4:30-6 p.m. Sa
**WINTER:** 1/16, 2/20, 3/20
**SPRING:** 4/17, 5/15, 6/12



REGISTER ONLINE AT **NCPRD.ORG**

NORTH CLACKAMAS PARKS & RECREATION DISTRICT

# North Clackamas Aquatic Park

7300 S.E. Harmony Rd., Milwaukie



# WHERE THE FUN COMES IN WAVES

**WINTER BREAK BIG SURF SWIM DATES:**
**DEC. 21-23, DEC. 28-31 | 12:30-3:30 p.m.**

**SPRING BREAK BIG SURF SWIM DATES:**
**MAR. 22-26 | 12:30-3:30 p.m.**

NORTH CLACKAMAS PARKS & RECREATION DISTRICT

**ncprd.org/big-surf**