

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.

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 SWIM LESSONS

These four-day swim lesson sessions are taught in shallow water with a maximum ratio of one instructor to five students.

SEALS

Ages 3-5. An entry-level swimming lesson that introduces students to basic swimming and water safety skills.

Location: North Clackamas Aquatic Park

Fee: NCPRD, \$34; non-resident, \$44

Time/Date:

Session 6:	10-10:30 a.m.	W/F	10/14-10/23
	10:35-11:05 a.m.	W/F	10/14-10/23
	11:10-11:40 a.m.	W/F	10/14-10/23
Session 7:	10-10:30 a.m.	W/F	11/13-11/25
	10:35-11:05 a.m.	W/F	11/13-11/25
	11:10-11:40 a.m.	W/F	11/13-11/25
Session 8:	10-10:30 a.m.	W/F	12/9-12/18
	10:35-11:05 a.m.	W/F	12/9-12/18
	11:10-11:40 a.m.	W/F	12/9-12/18

SWIM LESSON SCHEDULES

Swim lessons are offered on weekday and weekend sessions.

Fee: Session 1, 2, 4, 5: NCPRD, \$68; non-resident, \$88
Session 3 (6 classes): NCPRD, \$51; non-resident, \$66

— **REGISTRATION OPENS** —

For NCPRD residents on **August 4 at noon**
and non-residents on **August 11 at noon**

WEEKDAY & WEEKEND SESSIONS

Session 1:	Tuesday/Thursday	Oct. 6 - Oct. 29
Session 2:	Monday/Wednesday	Nov. 2 - Nov. 30 (No class Nov. 11)
Session 3:	Tuesday/Thursday	Dec. 1 - Dec. 17, 6-day session
Session 4:	Saturdays	Oct. 10 - Dec. 5 (No class Nov. 28)
Session 5:	Sundays	Oct. 11 - Dec. 6 (No class Nov. 29)

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	
	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 MORNING LESSONS

SESSION 4 (No class Nov. 28)

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			
LEVEL 1	LEVEL 1	LEVEL 1		LEVEL 1 (x2)	LEVEL 1 (x2)
	LEVEL 2	LEVEL 2	LEVEL 2	LEVEL 2	
LEVEL 3	LEVEL 3		LEVEL 3		LEVEL 4
				LEVEL 5	
			LEVEL 7		LEVEL 6

SUNDAY MORNING LESSONS

SESSION 5 (No class Nov. 29)

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	
SWIMMING SEALS		MIGHTY SEALS			
LEVEL 1	LEVEL 1	LEVEL 1		LEVEL 1 (x2)	LEVEL 1 (x2)
	LEVEL 2		LEVEL 2		
LEVEL 3	LEVEL 3	LEVEL 4	LEVEL 3	LEVEL 5	
			LEVEL 7		LEVEL 6



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		
Time/Date:	3:30-5 p.m.	Su	12/6
	noon-8 p.m.	Sa/Su	12/12 - 12/20
	3:30-8 p.m.	M	12/21

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, \$7.25; non-resident, \$11.25		
Time/Date:	4:30-6 p.m.	Sa	10/17, 11/21, 12/19



REGISTER ONLINE AT **NCPRD.ORG**

