



North Clackamas Aquatic Park

swim lessons descriptions

ABOUT OUR SWIM LESSONS...

- Students may be enrolled in one learn-to-swim class and one session at a time.
- Before enrolling in the next class/session, the student must show certification (received on the last day of class).
- You may register your immediate family only. All classes must meet a minimum number of enrollees to be offered. Classes with insufficient registration will either be canceled or combined.

- The North Clackamas Aquatic Park's swimming lesson curriculum is designed to teach children of all ages and abilities how to be safe and have fun around the water. The program is intended to build on the knowledge each swimmer has and utilizes repetition, peer grouping and student based learning techniques. On average, each student advances one level per calendar year allowing them the time and practice to master skills in each of their classes. We stress positivity and fun in each class and have a "Pass/In Progress" rating system for each skill that is evaluated by one or two lead staff members at the end of each session.

PARENT-TOT PROGRAM – 8 TO 35 MONTHS

These introduction to water swim lessons are structured for child & adult participants to explore the water together.

Water Babies - 8 to 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, stressing enjoyment and development of skills.

Aqua Tots - 19 to 35 months old

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

PRE-SCHOOL PROGRAM – AGES 3-5

Seals Intro 1:5 ratio

Pre Req: 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

Pre Req: Assisted Front and Back Floats, three independent Bobs with blowing bubbles. Builds on basic swimming and water safety skills while focusing on independent swimming, glides and comfort underwater.

Swimming Seals 1:5 ratio

Pre Req: Unassisted Front and Back Floats - 5 seconds. Begins the basics of front crawl with a continued focus on independent swimming. Introduces student to back crawl skills.

Mighty Seals 1:5 ratio

Pre Req: Unassisted Front & 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 will be continued.

SCHOOL AGE PROGRAM – AGES 5 AND UP

Level 1 1:6 ratio

Pre Req: 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

Pre Req: Front Glide - 2 Yards, Back Glide - 2 Yards Builds on basic swimming and water safety skills while focusing on front crawl, breath control and endurance and introduces students to back crawl.

Level 3 1:8 ratio

Pre Req: 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

Pre Req: 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

Pre Req: Front Crawl w/ 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

Pre Req: Front Crawl with Rotary Breathing - 25 Yards, Back Crawl - 25 Yards, Elementary Backstroke - 25 Yards Treading without Finning - 1 Minute Increase swimming endurance in front crawl, back crawl and elementary backstroke. As well as, improve breaststroke and treading water for 1 minute 30 seconds and introducing sidestroke.

Level 7 1:10 ratio

Pre Req: 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.

Call the Aquatic Park at (503) 794-8080 to schedule a swim level assessment.