



# NORTH CLACKAMAS AQUATIC PARK

## SWIM LESSONS DESCRIPTIONS

### About Our Swim Lesson

Students may be enrolled in more than one class at a time. If the student requires a change of class there will be a \$5 processing fee for each class change and will be dependent on availability. Before enrolling in the next class or session, it is recommended that the student wait for their completion certification.

If the student does not pass and is registered for a higher level course, they will automatically be withdrawn and a credit issued (minus \$5 processing fee). We want to create a safe and successful environment for all students by making sure they are placed in the proper level.

### Parent-Tot Program – 12 to 35 months old

These introduction-to-water swim lessons are structured for child and adult participants to explore the water together. Each class will include 15 minutes of instruction, 15 minutes of practice and fun time with equipment and music.

#### Water Babies - 12 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, focusing on 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

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

Entry level swimming lesson introducing 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 comfort underwater.

#### 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 student 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 will be continued.

### School Age Program – Ages 5 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 and endurance. 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.

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