



# SWIM LESSONS

## AT NORTH CLACKAMAS AQUATIC PARK

The North Clackamas Aquatic Park provides the largest swim lesson program at one facility in the state of Oregon. There are classes available for all ages and ability levels. From babies to adults and swimmers to non-swimmers, there is something for everyone!

**Registration opens for NCPRD residents on August 2, non-residents on August 9.**

### PRE-SCHOOL 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.

### PARENT-TOT PROGRAMS

#### 12 - 35 MONTHS OLD

These introduction to water swim lessons are 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.

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**FEE \$60 NCPRD RESIDENTS  
\$75 NON-RESIDENTS**

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REGISTER ONLINE AT [NCPRD.COM](http://NCPRD.COM) OR BY CALLING **503-557-7873**



# SCHOOL AGE PROGRAMS

{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 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.

## LEVEL 8 | 1:12 RATIO

*Prerequisite: Completion of Level 7*

Increases fitness level and technique of all swimming strokes, while also focusing on endurance and organized swimming workouts.

## LEVEL 9 | 1:12 RATIO

*Prerequisite: Completion of Level 8*

Focuses on organized workouts designed to enhance fitness while continuing to refine strokes, build speed and develop competitive swimming skills.

# TEEN WAVE/TAKE THE PLUNGE

{AGES 12 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.



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# SWIM LESSON SCHEDULES

Swim lessons are offered in weekday and weekend sessions.  
The fee is \$60 for NCPRD residents and \$75 for non-residents.



## WEEKDAY AND WEEKEND SESSIONS

Session 1:	Tuesdays/Thursdays	Oct. 4 – 27
Session 2:	Mondays/Wednesdays	Oct. 24 – Nov. 21 (no class Oct. 31)
Session 3:	Tuesdays/Thursdays	Nov. 17 – Dec. 15
Session 4:	Saturdays	Oct. 1 – Nov. 19

## TUESDAY AND THURSDAY EVENINGS | SESSIONS 1 AND 3

4 - 4:30 P.M.	4:35 - 5:05 P.M.	5:10 - 5:40 P.M.	5:45 - 6:15 P.M.	6:20 - 6:50 P.M.	6:55 - 7:25 P.M.
SEALS INTRO	SEALS INTRO				
SEALS	SEALS				
SWIMMING SEALS	MIGHTY SEALS				
		LEVEL 1	LEVEL 1		
		LEVEL 2	LEVEL 2		
		LEVEL 3		LEVEL 3	
			LEVEL 4		
				LEVEL 5	LEVEL 8
				LEVEL 6/7	LEVEL 9

## MONDAY AND WEDNESDAY EVENINGS | SESSION 2

4 - 4:30 P.M.	4:35 - 5:05 P.M.	5:10 - 5:40 P.M.	5:45 - 6:15 P.M.	6:20 - 6:50 P.M.	6:55 - 7:25 P.M.	6:55 - 7:55 P.M.
SEALS INTRO		SEALS INTRO				
SEALS		SEALS				
SWIMMING SEALS		MIGHTY SEALS				
	LEVEL 1		LEVEL 1	LEVEL 1		
	LEVEL 2		LEVEL 2			
	LEVEL 3			LEVEL 3		
			LEVEL 4			
				LEVEL 5		
					TW/TTP	
					LEVEL 8	
						LEVEL 9

**SATURDAY MORNINGS** | SESSION 4

8:30 - 9 A.M.	9:05 - 9:35 A.M.	9:40 - 10:10 A.M.	10:15 - 10:45 A.M.	10:50 - 11:20 A.M.
SEALS INTRO			AQUA-TOTS/ WATER BABIES	
SEALS			SEALS	
				SWIMMING SEALS
LEVEL 1	LEVEL 1		LEVEL 1	
	LEVEL 2	LEVEL 2		
	LEVEL 3	LEVEL 3		
		LEVEL 4		
				LEVEL 5
				LEVEL 6/7



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