



SPRING REGISTRATION

OPENS AT 9 A.M.
ON FEB. 7
FOR NCPRD RESIDENTS
Feb. 14 for non-residents

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!

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.

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.

FEE

\$60 NCPRD RESIDENTS
\$75 NON-RESIDENTS

REGISTER ONLINE AT 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.

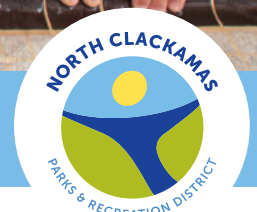
TEEN WAVE/TAKE THE PLUNGE

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.
 Each session consists of eight 30-minute classes.
 The fee is \$60 for NCPRD residents and \$75 for non-residents.

WEEKDAY & WEEKEND SESSIONS

| | | |
|------------|------------------|------------------------------------|
| Session 1: | Tuesday/Thursday | Apr. 4 – 27 |
| Session 2: | Monday/Wednesday | Apr. 17 – May 10 |
| Session 3: | Tuesday/Thursday | May 2 – May 25 |
| Session 4: | Monday/Wednesday | May 15 – Jun. 12 (No Class May 29) |
| Session 4: | Saturday | Apr. 8 – Jun. 3 (No Class May 27) |

TUESDAY AND THURSDAY EVENINGS

SESSION 1: APR. 4 – 27 AND SESSION 3: MAY 2 – MAY 25

| 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 | SEALS INTRO | | | | |
| | SEALS | LEVEL 1 | LEVEL 1 | | |
| SWIMMING SEALS | MIGHTY SEALS | | | | |
| | | LEVEL 2 | LEVEL 2 | | |
| | | LEVEL 3 | | LEVEL 3 | |
| | | | LEVEL 4 | | TW/TTP |
| | | | | LEVEL 5 | LEVEL 7 |
| | | | | LEVEL 6 | LEVEL 8 |

MONDAY AND WEDNESDAY EVENINGS

SESSION 2: APR. 17 – MAY 10 AND SESSION 4: MAY 15 – JUN. 12 (NO CLASS MAY 29)

| 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. |
|----------------|------------------|------------------|------------------|------------------|
| SEALS INTRO | | | | |
| SEALS | LEVEL 1 | | | |
| | LEVEL 2 | SEALS INTRO | | |
| SWIMMING SEALS | LEVEL 3 | | LEVEL 1 | LEVEL 1 |
| | | SEALS | LEVEL 2 | |
| | | MIGHTY SEALS | | LEVEL 3 |
| | | | LEVEL 4 | |
| | | | | LEVEL 5 |

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SWIM LESSON SCHEDULES

SATURDAY MORNINGS

SESSION 5: APR. 8 – JUN. 3 (NO CLASS MAY 27)

| 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. | 11:25 - 11:55 A.M. |
|---------------|------------------|-------------------|--------------------------|--------------------|--------------------------|
| SEALS INTRO | | | WATER BABIES & AQUA TOTS | | WATER BABIES & AQUA TOTS |
| SEALS | | | SEALS | | |
| | | | SWIMMING SEALS | | |
| LEVEL 1 | LEVEL 1 | | | LEVEL 1 | LEVEL 1 |
| | LEVEL 2 | LEVEL 2 | | | |
| | LEVEL 3 | LEVEL 3 | | | |
| | | LEVEL 4 | | | |
| | | | | LEVEL 5 | |
| | | | | LEVEL 6 | LEVEL 7 |



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