



**FALL**  
 REGISTRATION  
**OPENS AUG. 1**  
 FOR NCPRD RESIDENTS  
*Aug. 8 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\***

\*Wednesday & Friday Daytime Swim Lesson Fee Varies

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# 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.

## 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 for swim lesson sessions is \$60 for NCPRD residents and \$75 for non-residents, except for the Wednesday and Friday session, which is \$30 for NCPRD Residents and \$38 for non-residents.

## WEEKDAY & WEEKEND SESSIONS

Session 1:	Tuesday & Thursday	Oct. 3 – 26
Session 2:	Monday & Wednesday	Oct. 23 – Nov. 15
Session 3:	Tuesday & Thursday	Nov. 16 – Dec. 14 (No class on Nov. 23)
Session 4:	Saturdays	Oct. 7 – Dec. 9 (No class on Nov. 11 or 25)
Session 5:	Wednesday & Friday	Oct. 4 – 13
Session 6:	Wednesday & Friday	Nov. 1 – 15 (No class on Nov. 10)
Session 7:	Wednesday & Friday	Dec. 6 – 15

TUESDAY & THURSDAY EVENING LESSONS SESSIONS 1 & 3 (No class Nov. 23)					
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 6	

MONDAY & WEDNESDAY EVENING LESSONS 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.
SEALS INTRO		SEALS INTRO			
SEALS		SEALS			
SWIMMING SEALS		MIGHTY SEALS	SWIMMING SEALS		
	LEVEL 1		LEVEL 1	LEVEL 1	
	LEVEL 2		LEVEL 2		
	LEVEL 3			LEVEL 3	
			LEVEL 4		
				LEVEL 5	
					TW/TTP
					LEVEL 7

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**SATURDAY MORNING LESSONS**  
SESSION 4 (No class Nov. 11 and 25)

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			AQUA-TOTS/ WATER BABIES	SEALS INTRO	AQUA-TOTS/ WATER BABIES
SEALS				SEALS	
				SWIMMING SEALS	
LEVEL 1	LEVEL 1				LEVEL 1
	LEVEL 2	LEVEL 2			LEVEL 2
	LEVEL 3	LEVEL 3			
		LEVEL 4			
			LEVEL 5		
					LEVEL 6
			LEVEL 7		

**WEDNESDAY & FRIDAY MORNING LESSONS**  
SESSIONS 5 & 7

11:05 - 11:35 A.M.	
SEALS INTRO	

**WEDNESDAY & FRIDAY MORNING LESSONS**  
SESSION 6 (No class Nov. 10)

11:05 - 11:35 A.M.	
SEALS	

## PRIVATE SWIM LESSONS

**Ages 3-8.** These private 1 on 1 swim 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 session of lessons includes four-30 minute swim lessons.

Fee: NCPRD, \$185; non-resident, \$240

**SESSION 1:**

Time/Date: 11:40 a.m.-12:10 p.m. W/F  
12:15-12:45 p.m. W/F  
10/4, 10/6, 10/11, 10/13

**SESSION 2:**

Time/Date: 11:40 a.m.-12:10 p.m. W/F  
12:15-12:45 p.m. W/F  
11/1, 11/3, 11/8, 11/15 (No class 11/10)

**SESSION 3:**

Time/Date: 11:40 a.m.-12:10 p.m. W/F  
12:15-12:45 p.m. W/F  
12/6, 12/8, 12/13, 12/15

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