



**WINTER  
REGISTRATION  
OPENS DEC. 5**  
FOR NCPRD RESIDENTS

**Dec. 12 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**

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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 is \$60 for NCPRD residents and \$75 for non-residents.

## WEEKDAY & WEEKEND SESSIONS

Session 1:	Tuesday & Thursday	Jan. 2 – 25
Session 2:	Monday & Wednesday	Jan. 29 – Feb. 26 (No class on Feb. 19)
Session 3:	Tuesday & Thursday	Feb. 27 – Mar. 21
Session 4:	Saturdays	Jan. 20 – Mar. 16 (No class on Feb. 10)

### TUESDAY & THURSDAY EVENING LESSONS SESSIONS 1 & 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.
SEALS INTRO	LEVEL 1			
SEALS	LEVEL 2			
LEVEL 1	LEVEL 3			
		SEALS INTRO	LEVEL 1	LEVEL 1
		SWIMMING SEALS	LEVEL 2	
		MIGHTY SEALS		LEVEL 3
			LEVEL 4	
				LEVEL 5

### MONDAY & WEDNESDAY EVENING LESSONS SESSION 2 (No class Feb. 19)

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

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**SATURDAY MORNING LESSONS**

SESSION 4 (No class Feb. 10)

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	SEALS	
			SWIMMING SEALS	SWIMMING SEALS	SWIMMING SEALS
LEVEL 1	LEVEL 1				LEVEL 1
LEVEL 2	LEVEL 2	LEVEL 2			LEVEL 2
	LEVEL 3	LEVEL 3			
		LEVEL 4			
				LEVEL 6	LEVEL 7

## ADDITIONAL SWIM OPTIONS

### FOUR-DAY PRESCHOOL SWIM LESSONS

**Ages 3-8.** These four-day swim lessons for preschoolers are taught in shallow water with a maximum ratio of one instructor to five students.

**Fee:** NCPRD, \$30; non-resident, \$38

**Time/Date:** 11:15-11:45 a.m. W/F

Seals Intro

**SESSION 1:** 1/10 - 1/19

**SESSION 3:** 3/6 - 3/15

Seals

**SESSION 2:** 2/7 - 2/16

### SENSORY FRIENDLY SWIM

Sensory Friendly Swim is a welcoming aquatic environment for swimmers seeking reduced noise, limited lighting and fewer swimmers in a flat-water setting. Swimmers are required to have a responsible supervisor join them in the water. The swim includes waterslides, dive well (no diving board), kiddie pool, hot tub (for 18+) and wave pool (no waves). Two quiet rooms are available as calm spaces. To reduce the noise level there will be no waves, interactive fountains or whistles used.

**Fee:** NCPRD, \$4; non-resident, \$6

**Time/Date:** 5-7 p.m. F 2/2, 3/15

### PRIVATE SWIM LESSONS

**Ages 3-8.** These private one-on-one 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

**Time/Date:** 11:50 a.m.-12:20 p.m. W/F  
12:25-12:55 p.m. W/F

**SESSION 1:** 1/10 - 1/19

**SESSION 2:** 2/7 - 2/16

**SESSION 3:** 3/6 - 3/15

### BIG SURF RECREATION SWIM

Big Surf Recreation Swim is the perfect time to experience all the exciting features at North Clackamas Aquatic Park, including Oregon's largest wave pool, three water slides, a toddler splash zone and a 29' rock climbing wall. Join us Saturday and Sunday, from noon-1:30 p.m. or 2-3:30 p.m. Online registration is recommended.

**Fee:** See rates at [ncprd.com](http://ncprd.com)

**Time/Date:** noon-1:30 p.m. or 2-3:30 p.m. Sa/Su

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