

SPRING Registration

**NCPRD RESIDENT:
OPENS FEB. 4 AT NOON**

**NON-RESIDENT:
OPENS FEB. 11 AT NOON**

SWIM LESSONS

AT NORTH CLACKAMAS AQUATIC PARK

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

This 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, 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.

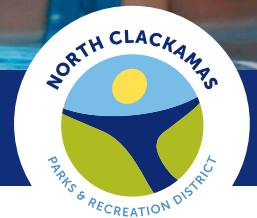
TEEN WAVE/TAKE THE PLUNGE

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	Apr. 1 - 24
Session 2:	Monday & Wednesday	Apr. 14 - May 7
Session 3:	Tuesday & Thursday	May 6 - 29
Session 4:	Monday & Wednesday	May 14 - Jun. 11 (No class on May 26)
Session 5:	Saturdays	Apr. 12 - Jun. 7 (No class on May 24)
Session 6:	Sundays	Apr. 13 - Jun. 15 (No class on April 20 and May 25)

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		SEALS INTRO		
SEALS		SWIMMING SEALS		SEALS
LEVEL 1	LEVEL 1	MIGHTY SEALS	LEVEL 1	
LEVEL 2	LEVEL 2		LEVEL 2	LEVEL 1
	LEVEL 3			
				LEVEL 3
			LEVEL 4	
				LEVEL 5

MONDAY & WEDNESDAY EVENING LESSONS SESSIONS 2 & 4 (No class May 26)					
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 5 (No class May 24)

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	
LEVEL 1	LEVEL 1	LEVEL 1			LEVEL 1
	LEVEL 2	LEVEL 2	LEVEL 2		
	LEVEL 3		LEVEL 3		
		LEVEL 4			
				LEVEL 6	
					LEVEL 7

SUNDAY MORNING LESSONS

SESSION 6 (No class April 20 and May 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		MIGHTY SEALS			
	LEVEL 1		LEVEL 1	LEVEL 1	LEVEL 1
LEVEL 2		LEVEL 2			LEVEL 2
	LEVEL 3			LEVEL 3	
			LEVEL 4		
					LEVEL 5
				LEVEL 6	



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ADDITIONAL SWIM OFFERINGS

DAYTIME PRESCHOOL SWIM LESSONS

Ages 3-5. These four-day swim lessons are taught in shallow water with a maximum ratio of one instructor to five students.

Location: North Clackamas Aquatic Park
Fee: NCPRD, \$30; non-resident, \$38

SEALS INTRO:

Entry level swimming lesson that introduces students to basic swimming and water safety skills.

Session 1:	11:15-11:45 a.m.	W/F	4/9-4/18
Session 2:	11:15-11:45 a.m.	W/F	5/7-5/16
Session 3:	11:15-11:45 a.m.	W/F	6/4-6/13

SEALS:

Builds on basic swimming and water safety skills while focusing on independent swimming, glides and underwater skills.

Session 1:	11:50 a.m -12:20 p.m.	W/F	4/9-4/18
Session 2:	11:50 a.m -12:20 p.m.	W/F	5/7-5/16
Session 3:	11:50 a.m -12:20 p.m.	W/F	6/4-6/13

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.

Location: North Clackamas Aquatic Park
Fee: NCPRD, \$185; non-resident, \$240

Session 1:	12:25-12:55 p.m.	W/F	4/9-4/18
Session 2:	12:25-12:55 p.m.	W/F	5/7-5/16
Session 3:	12:25-12:55 p.m.	W/F	6/4-6/13

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



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