



North Clackamas Aquatic Park (7300 S.E. Harmony Rd., Milwaukie) features six pools, three water slides, a state-of-the-art wave pool, a kiddie pool with Sammy the Seal slide, and a 29-foot rock climbing wall. *Schedules subject to change.*

BIG SURF RECREATION SWIM

JUNE 21 - AUGUST 31

This recreational swim time is open to the public and features 400,000 gallons of fun. During Big Surf Recreation Swim, the facility is open for all to enjoy the many features including the water slides, hot tub, interactive fountains, 29-foot climbing wall, and wave pool. Weekday Big Surf swim times begin June 23. Closed Jul. 4 and Sep. 1.

Fee: NCPRD, \$8.25; non-resident, \$13

BIG SURF SWIM TIMES

7 days a week, Monday-Sunday

Noon-1:30 p.m. or 2-3:30 p.m.

Reserve your spot online at ncprd.com

H2O FITNESS

H2O Fitness is a water exercise program designed to enhance your health and wellness. We pride ourselves in offering a safe and energizing fitness program. All H2O Fitness classes are drop-in only.

Fee: NCPRD, \$6.75; non-resident, \$9 -or- Punch card (18 classes): NCPRD, \$108; non-resident, \$146

Senior 62+:

Fee: NCPRD, \$6.25; non-resident, \$8 -or- Punch card (18 classes): NCPRD, \$100; non-resident, \$128

DEEP H2O

Venture into the 13-foot pool where you'll use buoyancy equipment to enhance flotation of the body. This exercise routine enhances flexibility and range of motion while using water to reduce stress on the body. basic swimming and water safety skills.

H2O FIT

H2O Fit is a refreshing way for people of any fitness level to comfortably tone and strengthen muscles while developing coordination. This low-impact workout uses water resistance and allows improvement at your own pace.

SWIM PROGRAMS

DIVE WELL FITNESS TIME

Dive Well Fitness Time is an independent workout time in the dive pool for individuals who are 13 years or older. Complementary equipment is available during these times, including Aqua Joggers, noodles, and foam weights. The dive pool is 12 yards long and wide, and 13 feet deep. This pool is maintained at a temperature of 82 degrees year-round. We encourage all swimmers to communicate and share the space for different types of workouts.

Fee: NCPRD, \$5.25; non-resident, \$7 -or- Punch card (24 visits): NCPRD, \$105; non-resident, \$140

Senior 62+:

Fee: NCPRD, \$3, non-resident, \$4
 Time/Date: 6 a.m.-12:30 p.m. M/W/F
 8:30 a.m.-12:30 p.m. Tu/Th

LAP POOL FITNESS TIME

Lap Pool Fitness Time is an independent workout time in the lap pool for individuals who are 13 years or older. Complementary equipment is available during these times, including kickboards, pull buoys, and diving bricks. The lap pool is 25 yards long and is maintained at a temperature of 82 degrees year-round. The pool depth ranges from 3 feet six inches to 4 feet nine inches. We offer both circle swim and split shared lanes in designated areas.

Fee: NCPRD, \$5.25; non-resident, \$7 -or- Punch card (24 visits): NCPRD, \$105; non-resident, \$140

Senior 62+:

Fee: NCPRD, \$3, non-resident, \$4
 Time/Date: 6 a.m.-12:30 p.m. M/W/F
 8:30 a.m.-12:30 p.m. Tu/Th



PARENT PRESCHOOL SWIM

Come and enjoy our special swim time for infants, preschool-aged children and their parents or guardians! During Parent Preschool Swim the wading pool and interactive fountain areas are open for those 6 years of age and younger. Fun water toys, including the Sammy the Seal slide, fountains, and teaching aides are available. All children must be supervised in the water by a parent or adult guardian at all times. Swim diapers are required for all children who are not potty-trained. One hundred person capacity. Pre-registration highly recommend.

Fee: Adult NCPRD, \$4.25; non-resident, \$6
 Child NCPRD, \$3.25; non-resident, \$5

	SUN	MON	TUE	WED	THUR	FRI	SAT
BIG SURF	NOON-1:30PM 2-3:30PM	NOON-1:30PM 2-3:30PM	NOON-1:30PM 2-3:30PM	NOON-1:30PM 2-3:30PM	NOON-1:30PM 2-3:30PM	NOON-1:30PM 2-3:30PM	NOON-1:30PM 2-3:30PM
DEEP H2O		10:05-10:55AM	6:05-6:55PM	10:05-10:55AM		10:05-10:55AM	8:35-9:25AM
DIVE WELL FITNESS		6-10AM 11-11:55AM 3:30-8PM	8:30-11:55AM 3:30-5:55PM 7-8PM	6-10AM 11-11:55AM 3:30-8PM	8:30-11:55AM 3:30-8PM	6-9AM 11-11:55AM	
H2O FIT		8:05-8:55AM 6:05-6:55PM		8:05-8:55AM 6:05-6:55PM		8:05-8:55AM	
LAP POOL FITNESS (13 & OLDER)	NOON-3:30PM	6-7:55AM 9AM-5:55PM 7-8PM	8:30AM-8PM	6-7:55AM 9AM-5:55PM 7-8PM	8:30AM-8PM	6-7:55AM 10AM-3:30PM	8:30AM-3:30PM
LAP POOL FITNESS (ALL AGES)	NOON-3:30PM	NOON-5:55PM	NOON-5:55PM	NOON-5:55PM	NOON-5:55PM	NOON-3:30PM	8:30AM-3:30PM
PARENT/ PRESCHOOL (6 & UNDER)	10:45-11:45AM	9-10AM	9-10AM	9-10AM	9-10AM	9-10AM	9-10AM

Swim Lessons



North Clackamas Aquatic Park (7300 S.E. Harmony Rd., Milwaukie) 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!

PARENT-TOT PROGRAMS

AGES 12-35 MONTHS OLD

This introduction to water swim lesson is 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.



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.

SCHOOL AGE PROGRAMS

AGES 5 YEARS OLD 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 (TW/TTP)

AGES 12 YEARS OLD 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.



SWIM LESSON SCHEDULES

Swim lessons are offered on weekday and weekend sessions.
The fee is \$65 for NCPRD residents and \$85 for non-residents.

— REGISTRATION OPENS —

For NCPRD residents on **April 1 at noon**
and non-residents on **April 8 at noon**

WEEKDAY & WEEKEND SESSIONS

Session 1:	Monday-Thursday	Jun. 23 - Jul. 3
Session 2:	Monday-Thursday	Jul. 7 - 17
Session 3:	Monday-Thursday	Jul. 21 - 31
Session 4:	Monday-Thursday	Aug. 4 - 14
Session 5:	Monday-Thursday	Aug. 18 - 28
Session 6:	Saturdays	Jun. 28 - Aug. 23 (No class Jul. 5)
Session 7:	Sundays	Jun. 29 - Aug. 24 (No class Jul. 6)

WEEKDAY MORNING LESSONS

SESSIONS 1-5

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

WEEKDAY EVENING LESSONS

SESSIONS 1-5

4-4:30PM	4:35-5:05PM	5:10-5:40PM	5:45-6:15AM	6:20-6:50PM	6:55-7:25PM
SEALS INTRO			AQUA-TOTS/ WATER BABIES		
SEALS		SEALS			
	MIGHTY SEALS	SWIMMING SEALS			
LEVEL 1	LEVEL 1			LEVEL 1	
	LEVEL 2		LEVEL 2	LEVEL 2	
			LEVEL 3	LEVEL 3	
		LEVEL 4			
LEVEL 6	LEVEL 5				
		LEVEL 7			TW/TTP

SATURDAY MORNING LESSONS

SESSION 6 (No class Jul. 5)

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

SUNDAY MORNING LESSONS

SESSION 7 (No class Jul. 6)

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

SENSORY FRIENDLY SWIM

JULY 11 AND AUGUST 8

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, \$7; non-resident, \$11
Time/Date: 4:30-6 p.m. F 7/11, 8/8



REGISTER ONLINE AT **NCPRD.COM**