



SWIM LESSON GUIDE

Spring 2024

GROUP SWIM LESSONS



TERM & REGISTRATION DATES

SPRING 2024

Session 1: April 2 — May 4

Session 2: May 7 — June 8

Registration Opens: March 1, 2024

SUMMER 2024

Session 1: June 18—July 20

Session 2: July 23—August 24

Registration Opens: May 1, 2024



GROUP SWIM CONTRACT

TERMS & CONDITIONS

RULES: All MPOHA rules must be agreed upon and followed. Students are not allowed to enter the pools before or after their designated swim lesson times. All swimmers are required to exit the pool area immediately after their lesson, unless you are a HOA member, and it is open swim.

RESPONSIBILITY: Children under 10 must always be accompanied by a responsible person 14 years or older. The person responsible must remain in the building for the lesson.

PUNCTUALITY: The participant is expected to be punctual and understand that the instructor may have another appointment immediately preceding or following their appointment. The instructor is not obligated to continue past the allotted time scheduled for the lesson.

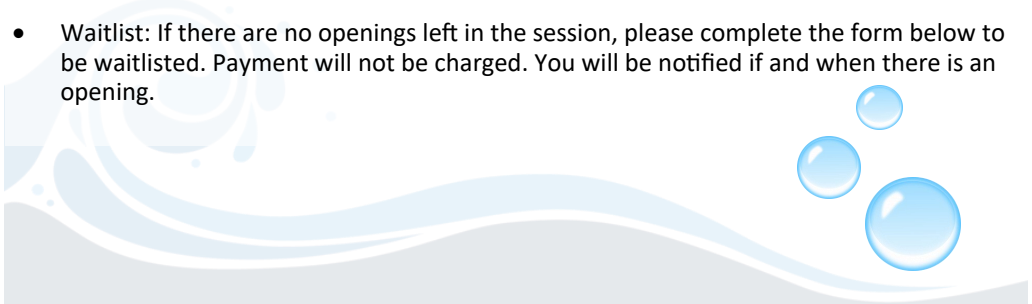
COMMITMENT: All children have the right to an enjoyable experience and it is the responsibility of the participant to follow all rules and instructions and behave positively. I support the commitment that the participant has made in choosing to attend programming.

COMPLIANCE: We reserve the right to refuse service to anyone not in compliance with these terms and conditions. Failure to adhere to program policies is cause for dismissal with no refund of fees.

MEDICAL/BEHAVIORAL: In the “Notes” field, please list any medical/behavioral history or physical restrictions that could impact participation in program activities. List any medical or behavioral conditions that may require special attention.

LESSON & PAYMENT INFORMATION

- All lessons are 25 minutes in length.
- There is an expiration date for each session you purchase. A five-week session will expire at the end of the sixth week.
- Payment for the lessons is due prior to the beginning of the session. A credit card is required to be on file. When registration opens, you can purchase one or both sessions in the current term. Please note that registration is only confirmed if payment has been submitted. Registering for the first session does not hold your spot for the second session within the term.
- Waitlist: If there are no openings left in the session, please complete the form below to be waitlisted. Payment will not be charged. You will be notified if and when there is an opening.



SWIM LEVEL PLACEMENT

On the first week of swim lessons, all students will be assessed by the Aquatics staff to determine their capabilities and swim level. Once assessed, students will be divided into one of the following 4 swim levels.

1. Starfish Explorers
2. Floating Otters
3. Seal Swimmers
4. Sailfish Stroke Masters

STARFISH EXPLORERS (Level 1)

As the names suggest, Level 1 is all about exploring and getting comfortable with the water – having the confidence to submerge yourself completely.

FLOATING OTTERS (Level 2)

Next up is Level 2, which is all about having the comfortability to float on their backs and their stomachs without assistance.

SEAL SWIMMERS (Level 3)

Level 3 is composed of getting the students to understand and implement the front crawl stroke.

SAILFISH STROKE MASTERS (Level 4)

Mastering the front crawl stroke moves the students onto level 4, where they will learn 3 other strokes: Backstroke, Breaststroke, and Butterfly.

LEVELING UP

Students will slowly move up the levels as they start to understand and master their lessons. Leveling up students to the next class isn't limited to the end of the session, as students with high understanding can level up at any time the swim instructor deems it necessary.

First time students that miss the first week of class will be automatically placed in Level 1 lessons and the instructor will place them where they need to go after running a brief assessment on them. Returning students will still have to go through the assessment, but will have their previous levels taken into account.

PRESCHOOL

Ages 3-4

X	DAY	TIME	DATES	RATE
	Saturday	9:00am—9:25am	4/6-5/4	MEM: \$100
	Saturday	9:00am—9:25am	5/11-6/8	MEM: \$100
	Saturday	9:30am—9:55am	4/6-5/4	MEM: \$100
	Saturday	9:30am—9:55am	5/11-6/8	MEM: \$100

*1-2 classes offered at the above time. Each class has one instructor and up to four participants

X	DAY	TIME	DATES	RATE
	Tuesday	3:00pm-3:25pm	4/2-4/30	MEM: \$100
	Tuesday	3:00pm-3:25pm	5/7-6/4	MEM: \$100
	Tuesday	3:30pm-3:55pm	4/2-4/30	MEM: \$100
	Tuesday	3:30pm-3:55pm	5/7-6/4	MEM: \$100

*2 classes offered at the above time. Each class has one instructor and up to four participants

X	DAY	TIME	DATES	RATE
	Thursday	3:00pm-3:25pm	4/4-5/2	MEM: \$100
	Thursday	3:00pm-3:25pm	5/9-6/6	MEM: \$100
	Thursday	3:30pm-3:55pm	4/4-5/2	MEM: \$100
	Thursday	3:30pm-3:55pm	5/9-6/6	MEM: \$100

*2 classes offered at the above time. Each class has one instructor and up to four participants



SCHOOL AGE

Ages 5-7

X	DAY	TIME	DATES	RATE
	Saturday	10:00am—10:25am	4/6-5/4	MEM: \$100
	Saturday	10:00am—10:25am	5/11-6/8	MEM: \$100
	Saturday	10:30am—10:55am	4/6-5/4	MEM: \$100
	Saturday	10:30am—10:55am	5/11-6/8	MEM: \$100

*2 classes offered at the above time. Each class has one instructor and up to five participants

X	DAY	TIME	DATES	RATE
	Tuesday	4:00pm-4:25pm	4/2-4/30	MEM: \$100
	Tuesday	4:00pm-4:25pm	5/7-6/4	MEM: \$100
	Tuesday	4:30pm-4:55pm	4/2-4/30	MEM: \$100
	Tuesday	4:30pm-4:55pm	5/7-6/4	MEM: \$100

*2 classes offered at the above time. Each class has one instructor and up to five participants

X	DAY	TIME	DATES	RATE
	Thursday	4:00pm-4:25pm	4/4-5/2	MEM: \$100
	Thursday	4:00pm-4:25pm	5/9-6/6	MEM: \$100
	Thursday	4:30pm-4:55pm	4/4-5/2	MEM: \$100
	Thursday	4:30pm-4:55pm	5/9-6/6	MEM: \$100

*2 classes offered at the above time. Each class has one instructor and up to five participants



CLUB SWIM

Ages 8-12

X	DAY	TIME	DATES	RATE
	Saturday	11:00am-11:25am	4/6-5/4	MEM: \$100
	Saturday	11:00am-11:25am	5/11-6/8	MEM: \$100

*2 classes offered at the above time. Each class has one instructor and up to six participants

X	DAY	TIME	DATES	RATE
	Tuesday	5:00pm-5:25pm	4/2-4/30	MEM: \$100
	Tuesday	5:00pm-5:25pm	5/7-6/4	MEM: \$100

*2 classes offered at the above time. Each class has one instructor and up to six participants

X	DAY	TIME	DATES	RATE
	Thursday	5:00pm-5:25pm	4/4-5/2	MEM: \$100
	Thursday	5:00pm-5:25pm	5/9-6/6	MEM: \$100

*2 classes offered at the above time. Each class has one instructor and up to six participants



LIL' SWIMMERS

Ages 6 months—2 years, 11 months

X	DAY	TIME	DATES	RATE
	Saturday	9:00am-9:25am	4/6-5/4	MEM: \$125
	Saturday	9:00am-9:25am	5/11-6/8	MEM: \$125

*1 class offered at the above time. Each class has two instructors and up to six participants.

*Registration fee includes one parent/guardian and one child. Parent participation is required.



GROUP SWIM CANCELLATION POLICY

When you enroll your student in swim lessons, you are reserving a slot for your child that is in high demand. By reserving this spot, you agree to pay for your reserved spot independent of your child's attendance. It is your responsibility to make sure that your vacations, appointments, and other activities do not interfere with the classes for which you have enrolled.

If lessons need to be cancelled by the Aquatics Department due to pool contamination, inclement weather, instructor illness, or any other emergency situations, then the Aquatics Program will offer and schedule one make-up class option at the end of the session.

Group Lesson Cancellation Policy

A two-week cancellation notice prior to the session's start date is required to receive a refund for the session. Individual classes within the session cannot be refunded. We reserve the right to make any changes in the schedule at any time up to and during a session.

ONLINE REGISTRATION

Online

Registration is completed through the app MemberMe+. If you do not already have a member account, please contact service@mtparkhoa.com or call 503-635-3561. Registration closes the first of the month before the class session starts.

Registration Difficulties

Send an email to aquatics@mtparkhoa.com if you have any difficulties registering.

CONTACT

Mt. Park Clubhouse
2 Mt. Jefferson Terrace
Lake Oswego, OR 97035

503-635-3561
aquatics@mtparkhoa.com
www.mtparkhoa.com/aquatics



PRIVATE SWIM LESSONS



PRIVATE SWIM CONTRACT

TERMS & CONDITIONS

RULES: All MPOHA rules must be agreed upon and followed. Students are not allowed to enter the pools before or after their designated swim lesson times. All swimmers are required to exit the pool area immediately after their lesson, unless you are a HOA member, and it is open swim.

RESPONSIBILITY: Children under 10 must always be accompanied by a responsible person 14 years or older. The person responsible must remain in the building for the lesson.

PUNCTUALITY: The participant is expected to be punctual and understand that the instructor may have another appointment immediately preceding or following their appointment. The instructor is not obligated to continue past the allotted time scheduled for the lesson.

COMMITMENT: All children have the right to an enjoyable experience, and I understand that it is the responsibility of the participant to follow all rules and instructions and behave positively. I support the commitment that the participant has made in choosing to attend programming.

COMPLIANCE: We reserve the right to refuse service to anyone not in compliance with these terms and conditions. Failure to adhere to program policies is cause for dismissal with no refund of fees.

MEDICAL/BEHAVIORAL: In the "Notes" field, please list any medical/behavioral history or physical restrictions that could impact participation in program activities. List any medical or behavioral conditions that may require special attention.

LESSON & PAYMENT INFORMATION

- All lessons are 25 minutes in length.
- If you are registering for a 2:1 Semi-Private Lesson, please list the names of both children on the form.
- *Please note* that all semi-private lessons are **not to be split** into two separate sessions. Swimmers in semi-private lessons will need to be in the pool at the same time.
- There is an expiration date for each session you purchase. A five-week session will expire at the end of the sixth week.
- Payment for the lessons is due prior to the beginning of the session. A credit card is required to be on file. When registration opens, you can purchase one or both sessions in the current term. Please note that registration is only confirmed if payment has been submitted. Registering for the first session does not hold your spot for the second session within the term.
- Waitlist: If there are no openings left in the session, please complete the form below to be waitlisted. Payment will not be charged. You will be notified if and when there is an opening.

Member Private Swim Lessons - TUESDAYS

Ages 3+

X	DAY	TIME	DATES	INSTRUCTOR	RATE
	Thursday	3:00pm-3:25pm	4/2-4/30	Missy	1:1 - \$200 2:1 - \$300
	Thursday	3:00pm-3:25pm	5/7-6/4	Missy	1:1 - \$200 2:1 - \$300
	Tuesday	4:00pm-4:25pm	4/2-4/30	Missy	1:1 - \$200 2:1 - \$300
	Tuesday	4:00pm-4:25pm	5/7-6/4	Missy	1:1 - \$200 2:1 - \$300
	Tuesday	5:00pm-5:25pm	4/2-4/30	Missy	1:1 - \$200 2:1 - \$300
	Tuesday	5:00pm-5:25pm	5/7-6/4	Missy	1:1 - \$200 2:1 - \$300

Member Private Swim Lessons - TUESDAYS

Ages 3+

X	DAY	TIME	DATES	INSTRUCTOR	RATE
	Tuesday	3:00pm-3:25pm	4/2-4/30	Mariah	1:1 - \$200 2:1 - \$300
	Tuesday	3:00pm-3:25pm	5/7-6/4	Mariah	1:1 - \$200
	Tuesday	4:00pm-4:25pm	4/2-4/30	Mariah	1:1 - \$200 2:1 - \$300
	Tuesday	4:00pm-4:25pm	5/7-6/4	Mariah	1:1 - \$200 2:1 - \$300
	Tuesday	5:00pm-5:25pm	4/2-4/30	Mariah	1:1 - \$200 2:1 - \$300
	Tuesday	5:00pm-5:25pm	5/7-6/4	Mariah	1:1 - \$200 2:1 - \$300



Member Private Swim Lessons - THURSDAYS

Ages 3+

X	DAY	TIME	DATES	INSTRUCTOR	RATE
	Thursday	3:00pm-3:25pm	4/4-5/2	Missy	1:1 - \$200 2:1 - \$300
	Thursday	3:00pm-3:25pm	5/9-6/6	Missy	1:1 - \$200 2:1 - \$300
	Thursday	4:00pm-4:25pm	4/4-5/2	Missy	1:1 - \$200 2:1 - \$300
	Thursday	4:00pm-4:25pm	5/9-6/6	Missy	1:1 - \$200 2:1 - \$300
	Thursday	5:00pm-5:25pm	4/4-5/2	Missy	1:1 - \$200 2:1 - \$300
	Thursday	5:00pm-5:25pm	5/9-6/6	Missy	1:1 - \$200 2:1 - \$300

Member Private Swim Lessons - THURSDAYS

Ages 3+

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	Thursday	3:00pm-3:25pm	4/4-5/2	Mariah	1:1 - \$200 2:1 - \$300
	Thursday	3:00pm-3:25pm	5/9-6/6	Mariah	1:1 - \$200 2:1 - \$300
	Thursday	4:00pm-4:25pm	4/4-5/2	Mariah	1:1 - \$200 2:1 - \$300
	Thursday	4:00pm-4:25pm	5/9-6/6	Mariah	1:1 - \$200 2:1 - \$300
	Thursday	5:00pm-5:25pm	4/4-5/2	Mariah	1:1 - \$200 2:1 - \$300
	Thursday	5:00pm-5:25pm	5/9-6/6	Mariah	1:1 - \$200 2:1 - \$300



Member Private Swim Lessons - SATURDAYS

Ages 3+

X	DAY	TIME	DATES	INSTRUCTOR	RATE
	Saturday	9:00am-9:25am	4/6-5/4	Missy	1:1 - \$200 2:1 - \$300
	Saturday	9:00am-9:25am	5/11-6/8	Missy	1:1 - \$200 2:1 - \$300
	Saturday	10:00am-10:25am	4/6-5/4	Missy	1:1 - \$200 2:1 - \$300
	Saturday	10:00am-10:25am	5/11-6/8	Missy	1:1 - \$200 2:1 - \$300
	Saturday	11:00am-11:25am	4/6-5/4	Missy	1:1 - \$200 2:1 - \$300
	Saturday	11:00am-11:25am	5/11-6/8	Missy	1:1 - \$200 2:1 - \$300



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When you enroll your student in swim lessons, you are reserving a slot for your child that is in high demand. By reserving this spot, you agree to pay for your reserved spot independent of your child's attendance. It is your responsibility to make sure that your vacations, appointments, and other activities do not interfere with the classes for which you have enrolled.

If lessons need to be cancelled by the Aquatics Department due to pool contamination, inclement weather, instructor illness, or any other emergency situations, the Aquatics Program will offer and schedule one make-up class option at the end of the session.

Private Lesson Cancellation Policy

You are allowed to cancel without charge if you call the Clubhouse at 503-635-3561 or email aquatics@mtparkhoa.com at least 24 hours before your scheduled lesson.

ONLINE REGISTRATION

Online

Registration is completed through the app MemberMe+. If you do not already have a member account, please contact service@mtparkhoa.com or call 503-635-3561. Registration closes the first of the month before the class session starts.

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