



# SWIM LESSON GUIDE

## Summer 2024

# GROUP SWIM LESSONS



# TERM & REGISTRATION DATES

## SUMMER 2024

Session 1: June 18 — July 20

Session 2: July 23 — August 24

*Registration Opens: May 15, 2024*

## Fall 2024

Session 1: Sept. 17—Oct. 19

Session 2: Nov. 5—Dec. 7

*Registration Opens: August 1, 2024*



# GROUP SWIM CONTRACT

## TERMS & CONDITIONS

**RULES:** All MPHOA 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

Our swimming lessons are grouped based on age, but we recognize that not all students of a similar age will also be of a similar skill level when it comes to swimming. 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 two classes, Standard and Advanced.

## Standard

Standard level classes will focus on the fundamentals for their age group. The specific skills taught in Standard will vary based on age group as something that is Standard for a School Age child may be Advanced for a Pre-School age child. Here are some examples of Standard skills for each age group:

- **Pre-School**— Back floats (stationary), rolling over in the water, putting eyes in the water, kicking, independence in the water, Jumping and returning to ledge
- **School Age**— Back kick glides, face in kick glides, freestyle arms, freestyle with front breaths, treading water
- **Club Swim**—Freestyle with side breaths (unilateral), backstroke, treading water, building endurance to swim 25-50 yards non-stop

## Advanced

Advanced classes will focus on skills that are more difficult for the age group and require a stronger baseline skill set. Just like for Standard classes, the skills considered Advanced will vary by age group. Here are some examples of Advanced skills by age group:

- **Pre-School**—Freestyle Arms, ring dives to 3.5' deep, back kick glides
- **School Age**—Freestyle with side breaths, backstroke, elementary backstroke, treading water in deep water, comfort in deep water
- **Club Swim**—Freestyle with bilateral breathing, breaststroke, butterfly, diving (ground level) in deep water

## LEVELING UP

Your child will move up based on their mastery of the skills being taught. Sometimes this will be mid-session, as space allows. Instructors and the aquatics coordinator will monitor your child's progress and are happy to answer any questions you have.

# PRESCHOOL

Ages 3-4

X	DAY	TIME	DATES	RATE
	Saturday	9:00am—9:25am	6/22-7/20	MEM: \$100
	Saturday	9:00am—9:25am	7/27-8/24	MEM: \$100
	Saturday	9:30am—9:55am	6/22-7/20	MEM: \$100
	Saturday	9:30am—9:55am	7/27-8/24	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	3:30pm-3:55pm	6/18-7/16	MEM: \$100
	Tuesday	3:30pm-3:55pm	7/23-8/20	MEM: \$100

\*1 class is offered at the above times. Each class has one instructor and up to four participants

X	DAY	TIME	DATES	RATE
	Thursday	3:00pm-3:25pm	6/20-7/18	MEM: \$100
	Thursday	3:30pm-3:55pm	7/25-8/22	MEM: \$100

\*1 class 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	6/22-7/20	MEM: \$100
	Saturday	10:00am—10:25am	7/27-8/24	MEM: \$100
	Saturday	10:30am—10:55am	6/22-7/20	MEM: \$100
	Saturday	10:30am—10:55am	7/27-8/24	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	6/18-7/16	MEM: \$100
	Tuesday	4:00pm-4:25pm	7/23-8/20	MEM: \$100
	Tuesday	4:30pm-4:55pm	6/18-7/16	MEM: \$100
	Tuesday	4:30pm-4:55pm	7/23-8/20	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	6/20-7/18	MEM: \$100
	Thursday	4:00pm-4:25pm	7/25-8/22	MEM: \$100
	Thursday	4:30pm-4:55pm	6/20-7/18	MEM: \$100
	Thursday	4:30pm-4:55pm	7/25-8/22	MEM: \$100

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





# CLUB SWIM

**Ages 8-12**

Club Swim is intended for children who already have basic swim skills. If your child in this age group needs to learn how to swim, contact the aquatics department to discuss options.

**Pre-Requisites:** Ability to freestyle 15 yards with front or side breaths.

X	DAY	TIME	DATES	RATE
	<b>Saturday</b>	<b>11:00am-11:25am</b>	<b>6/22-7/20</b>	<b>MEM: \$100</b>
	<b>Saturday</b>	<b>11:00am-11:25am</b>	<b>7/27-8/24</b>	<b>MEM: \$100</b>

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

X	DAY	TIME	DATES	RATE
	<b>Tuesday</b>	<b>5:00pm-5:25pm</b>	<b>6/18-7/16</b>	<b>MEM: \$100</b>
	<b>Tuesday</b>	<b>5:00pm-5:25pm</b>	<b>7/23-8/20</b>	<b>MEM: \$100</b>

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

X	DAY	TIME	DATES	RATE
	<b>Thursday</b>	<b>5:00pm-5:25pm</b>	<b>6/20-7/18</b>	<b>MEM: \$100</b>
	<b>Thursday</b>	<b>5:00pm-5:25pm</b>	<b>7/25-8/22</b>	<b>MEM: \$100</b>

\*1 class offered at the above time. This class has one instructor and up to six participants





# SWIM TEAM PREP

Age 10-13

Swim Team Prep is an advanced class intend for swimmers who already know the fundamentals of the competitive strokes we teach in club swim and are looking to refine those strokes to a competitive level. Space is very limited in this class to maintain a lower student to teacher ratio than Club Swim.

**Pre-requisites:** Ability to swim 50 yards (2 lengths) of each freestyle, breaststroke, and backstroke. Ability to swim 25 yards (1 length) of butterfly.

X	DAY	TIME	DATES	RATE
	Thursday	5:00pm-5:25pm	6/20-7/18	MEM: \$125
	Thursday	5:00pm-5:25pm	7/25-8/22	MEM: \$125

\*1 class offered at the above time. This class has one instructor and up to four participants



# LIL' SWIMMERS

Ages 6 months—2 years, 11 months

X	DAY	TIME	DATES	RATE
	Saturday	9:00am-9:25am	6/22-7/20	MEM: \$125
	Saturday	9:30am-9:55am	6/22-7/20	MEM: \$125
	Saturday	9:00am-9:25am	7/27-8/24	MEM: \$125
	Saturday	9:30am-9:55am	7/27-8/24	MEM: \$125

X	DAY	TIME	DATES	RATE
	Tuesday	3:30pm-3:55pm	6/18-7/16	MEM: \$125
	Tuesday	3:30pm-3:55pm	7/23-8/20	MEM: \$125

X	DAY	TIME	DATES	RATE
	Thursday	3:30pm-3:55pm	6/20-7/18	MEM: \$125
	Thursday	3:30pm-3:55pm	7/25-8/22	MEM: \$125



# 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](mailto: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](mailto: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](mailto:aquatics@mtparkhoa.com)  
[www.mtparkhoa.com/aquatics](http://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

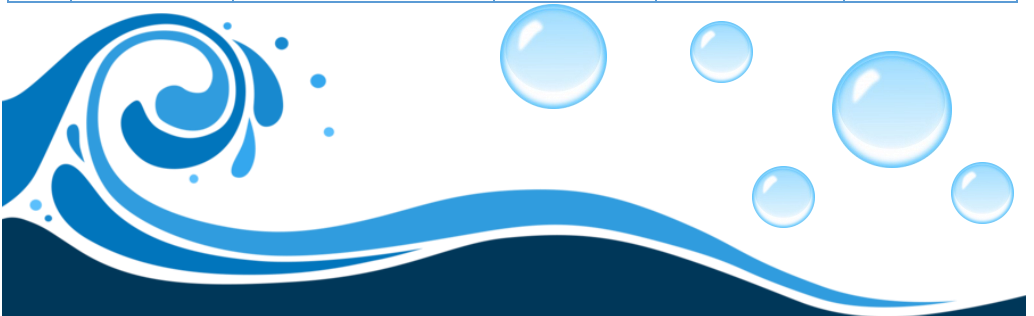
Ages 3+

X	DAY	TIME	DATES	INSTRUCTOR	RATE
	Tuesday	3:00pm-3:25pm	6/18-7/16	Missy	1:1 - \$200 2:1 - \$300
	Tuesday	3:00pm-3:25pm	7/23-8/20	Missy	1:1 - \$200 2:1 - \$300
	Tuesday	4:00pm-4:25pm	6/18-7/16	Missy	1:1 - \$200 2:1 - \$300
	Tuesday	4:00pm-4:25pm	7/23-8/20	Missy	1:1 - \$200 2:1 - \$300
	Tuesday	5:00pm-5:25pm	6/18-7/16	Missy	1:1 - \$200 2:1 - \$300
	Tuesday	5:00pm-5:25pm	7/23-8/20	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	6/18-7/16	Mariah	1:1 - \$200 2:1 - \$300
	Tuesday	3:00pm-3:25pm	7/23-8/20	Mariah	1:1 - \$200 2:1 - \$300
	Tuesday	4:00pm-4:25pm	6/18-7/16	Mariah	1:1 - \$200 2:1 - \$300
	Tuesday	4:00pm-4:25pm	7/23-8/20	Mariah	1:1 - \$200 2:1 - \$300
	Tuesday	5:00pm-5:25pm	6/18-7/16	Mariah	1:1 - \$200 2:1 - \$300
	Tuesday	5:00pm-5:25pm	7/23-8/20	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	6/20-7/18	Missy	1:1 - \$200 2:1 - \$300
	Thursday	3:00pm-3:25pm	7/25-8/22	Missy	1:1 - \$200 2:1 - \$300
	Thursday	4:00pm-4:25pm	6/20-7/18	Missy	1:1 - \$200 2:1 - \$300
	Thursday	4:00pm-4:25pm	7/25-8/22	Missy	1:1 - \$200 2:1 - \$300
	Thursday	5:00pm-5:25pm	6/20-7/18	Missy	1:1 - \$200 2:1 - \$300
	Thursday	5:00pm-5:25pm	7/25-8/22	Missy	1:1 - \$200 2:1 - \$300

## Member Private Swim Lessons - THURSDAYS

Ages 3+

X	DAY	TIME	DATES	INSTRUCTOR	RATE
	Thursday	3:00pm-3:25pm	6/20-7/18	Mariah	1:1 - \$200 2:1 - \$300
	Thursday	3:00pm-3:25pm	7/25-8/22	Mariah	1:1 - \$200
	Thursday	4:00pm-4:25pm	6/20-7/18	Mariah	1:1 - \$200 2:1 - \$300
	Thursday	4:00pm-4:25pm	7/25-8/22	Mariah	1:1 - \$200 2:1 - \$300
	Thursday	5:00pm-5:25pm	6/20-7/18	Mariah	1:1 - \$200 2:1 - \$300
	Thursday	5:00pm-5:25pm	7/25-8/22	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	6/22-7/20	Mariah	1:1 - \$200
	Saturday	9:00am-9:25am	7/27-8/24	Mariah	1:1 - \$200
	Saturday	10:00am-10:25am	6/22-7/20	Mariah	1:1 - \$200 2:1 - \$300
	Saturday	10:00am-10:25am	7/27-8/24	Missy	1:1 - \$200 2:1 - \$300
	Saturday	11:00am-11:25am	6/22-7/20	Mariah	1:1 - \$200 2:1 - \$300
	Saturday	11:00am-11:25am	7/27-8/24	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	6/22-7/20	Missy	1:1 - \$200 2:1 - \$300
	Saturday	9:00am-9:25am	7/27-8/24	Missy	1:1 - \$200 2:1 - \$300
	Saturday	10:00am-10:25am	6/22-7/20	Missy	1:1 - \$200 2:1 - \$300
	Saturday	10:00am-10:25am	7/27-8/24	Missy	1:1 - \$200 2:1 - \$300
	Saturday	11:00am-11:25am	6/22-7/20	Missy	1:1 - \$200 2:1 - \$300
	Saturday	11:00am-11:25am	7/27-8/24	Missy	1:1 - \$200 2:1 - \$300



# PRIVATE 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, 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](mailto: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](mailto: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](mailto: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](mailto:aquatics@mtparkhoa.com)  
[www.mtparkhoa.com/aquatics](http://www.mtparkhoa.com/aquatics)