REGISTRATION

Cost: $30 / session (6 lessons)

Register at the Member Services desk at the Academic and Student Rec Center.

MORE INFORMATION

Members can register up to one additional youth guest per child from their household.

For more information on our youth programming policies, please visit:  
www.pdx.edu/recreation/youth-programs

CONTACT

Contact Craig Gosnell at 503-725-5129 or cgosnell@pdx.edu for any questions.

Campus Rec makes every effort to be accessible to all abilities. For accommodations please contact:

Jen Armbruster at 503-725-2927 or j.armbruster@pdx.edu.

FALL 2013

Fall Term: October 12 - November 16
(6 consecutive Saturdays)
Registration Opens: Monday, September 23

Time:
9:00 am - 9:30 am
9:00 am - 9:30 am
9:00 am - 9:30 am
9:40 am - 10:10 am
9:40 am - 10:10 am
9:40 am - 10:10 am
10:20 am - 10:50 am
10:20 am - 10:50 am
10:20 am - 10:50 am
11:00 am - 11:30 am
11:00 am - 11:30 am

Level:
Tadpoles
Clown Fish
Barracudas
Starfish
Rainbow Fish
Sea Turtles
Tadpoles
Clown Fish
Sea Turtles
Tigerfish
Guppies

GENERAL INFORMATION

Wetsuits or rash guards are strongly recommended. The pool is chilly for young children. Wetsuits will allow the child to stay comfortable in the water longer and participate fully in the class. Wetsuits for children 6 months to 6 years old are provided.
PARENT & CHILD AQUATICS
(6 MONTHS - 3 YEARS)

**Starfish**
Parents and children learn together to increase a child’s comfort level in the water and build a foundation of basic skills. This class is fun-filled and helps introduce water safety concepts.

**Examples of Skills taught:**
- Learn how to enter and exit the water in a safe manner
- Explore submerging
- Explore buoyancy on the front and back position
- Glide on the front and back with assistance
- Perform combined stroke on front and back with assistance

**Prerequisites:** Child 6 months - 3 years old. A parent/guardian must accompany each child in the water.

PREREQUISITES

**Examples:**
- Submerged objects

EXAMPLES OF SKILLS TEACHED:
- Gain basic aquatic skills.
- Orient children to the aquatic environment and helps them increase their comfort level in the water. As in all our taught basic aquatic safety, survival and swimming skills, the guardian must accompany each child in the water.

LEVEL 1 - Tadpoles

- Child is at least 3 years old.
- Child must be able to swim, float and glide on front/back with assistance and can fully submerge independently.

LEVEL 2 - Guppies

- Child is at least 3 years old and is comfortable in the water without parent.

LEVEL 3 - Rainbow Fish

- Child is at enrolling in school (K-12) in the fall.

PRESCHOOL AQUATICS
(AGES 3-5 YEARS)

Throughout the three levels, preschool-age children are taught basic aquatic safety, survival and swimming skills, and increase their comfort level in the water. As in all our classes, your child will always know that it’s safety first.

**Level 1 - Tadpoles**

Orients children to the aquatic environment and helps them gain basic aquatic skills.

**Examples of Skills taught:**
- Blow bubbles through mouth and nose
- Submerge mouth, nose and eyes
- Open eyes under water and retrieve submerged objects
- Front and back glides
- Roll from front to back and back to front
- Tread with arm and hand actions
- Arm and leg actions on front and back

**Prerequisites:** Child is at least 3 years old.

**Examples of Skills taught:**
- Bobbing while moving toward safety
- Rotary breathing
- Survival float
- Tread water
- Butterfly and dolphin kicks on front
- Scissors kick
- Front crawl and elementary backstroke

**Prerequisites:** Level 1-2 prerequisites, must be able to swim, float and glide on front/back without assistance for short distances/times (5 body lengths or 15 seconds).

**LEARN-TO-SWIM (K - 12)**

**Level 1 - Clown Fish**

- Helps participants feel comfortable in the water.

**Examples of Skills taught:**
- Blow bubbles through mouth and nose
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Arm and leg actions on front and back

**Prerequisites:** Child is at enrolling in school (K-12) in the fall.

**Level 2 - Sea Turtles**

- Helps children start to gain basic swimming propulsive skills to be comfortable in and around water.

**Examples of Skills taught:**
- Enter water by jumping in
- Fully submerge and hold breath
- Front, jellyfish and tuck floats
- Recover from a front and back float or glide to a vertical position
- Back float and glide
- Change direction of travel while swimming on front or back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back

**Prerequisites:** Child is at least 3 years old. Child must be able to swim, float and glide on front/back with assistance and can fully submerge independently.

**Level 3 - Barracudas**

- Builds on the skills in Level 2 through additional guided practice in deeper water.

**Examples of Skills taught:**
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly

**Prerequisites:** Level 1-3 prerequisites, must be able to swim in deep water; can perform elementary backstroke and scissor kick.

**Level 4 - Tiger Fish**

- Develops confidence in the skills learned and improves other aquatic skills.

**Examples of Skills taught:**
- Feet-first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Plus age-appropriate water safety topics

**Prerequisites:** Level 1-3 prerequisites, must be able to swim in deep water; can perform elementary backstroke and scissor kick.

**Level 5 - Dolphins**

- Provides further coordination and refinement of strokes.

**Examples of Skills taught:**
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Sculling

**Prerequisites:** Level 1-4 prerequisites, must be able to perform open turns, front crawl, breaststroke, butterfly, back crawl, sidestroke and elementary backstroke.

**Level 6 - Marlins**

- Refines the strokes so participants swim with ease, efficiency, power and smoothness over greater distances.

**Options include the following:**
- Fitness Swimmer
- Personal Water Safety

**Prerequisites:** Level 1-5 prerequisites, swim strokes are proficient and can swim each 25-50 yards. Must be able to demonstrate flip turns on front and back and surface dives.