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

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.

WINTER TERM: January 25 - March 1, 2014
(6 consecutive Saturdays)
Registration Opens: Monday, January 6

FIRST 50 TO SIGN UP RECEIVE A FREE KID-SIZED WATER BOTTLE AND BAG

REGISTRATION

Cost: $30 / session (6 lessons)
Register at the Member Services desk at the Academic and Student Rec Center.

MORE INFORMATION

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CONTACT

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YOUTH SWIM LESSONS

WINTER 2014

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

Level:
Tadpoles
Clown Fish
Barracudas
Star Fish
Tadpoles
Sea Turtles
Guppies
Clown Fish
Sea Turtles
Tiger Fish
Guppies
Rainbow Fish

CLASSES OFFERED
Parent & Child • Pre-School • Learn to Swim Levels 1-6

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 • Pre-School • Learn to Swim Levels 1-6

Printed on 100% Recycled Paper
SWIM LESSON DESCRIPTIONS

PARENT & CHILD AQUATICS
(6 MONTHS - 3 YEARS)

Star Fish
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.

Level 1 - Tadpoles
Class targets 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.

Examples of Skills taught:
- Blow bubbles through mouth and nose
- Submerge mouth, nose and eyes
- Front and back glides and floats
- Recover from a front and back float or glide
- Roll from front to back and back to front
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action on back

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

Level 2 - Guppies
Helps children gain greater independence in their skills and develop more comfort in and around water.

Examples of Skills taught:
- Bobbing
- Front and back floats and glides
- Recover from a front and back float or glide
- Roll from front to back and back to front
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back

Prerequisites: Child is at least 3 years old.

Level 3 - Rainbow Fish
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 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 action on front and back

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

Level 2 - Sea Turtles
Gives participants success with fundamental skills.

Examples of Skills taught:
- Front, jellyfish and tuck floats
- Front and back glides and floats
- 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
- Finning arm action

Prerequisites: Level 1 prerequisites, must be able to swim, float and glide on front/back with assistance. Child 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, jellyfish and tuck floats
- Front and back glides and floats
- 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: Level 1 prerequisites, must be able to swim, float and glide on front/back with assistance. Child can fully submerge independently.

LEARN-TO-SWIM (K - 12)

Designed to help participants achieve maximum success, Learn-to-Swim courses are based on a logical, six-level progression that helps school-aged swimmers to develop their water safety, survival and swimming skills.

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).

Level 4 - Tiger Fish
Depends on 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; 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.