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

Contacts:
Contact Jessie Belter at 503-725-5129 or jbelter@pdx.edu if you have any questions.

Campus Rec makes every effort to be accessible to all abilities. For accommodations for facilities, activities and programs please contact:

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

Academic Year 2012 - 2013
Fall Term: October 13 - November 17
(6 consecutive Saturdays)
Registration Opens: Monday, September 24

Winter Term: January 26 - March 2
(6 consecutive Saturdays)
Registration Opens: Monday, January 7

Spring Term: April 13 - May 18
(6 consecutive Saturdays)
Registration Opens: Monday, April 1

Time: Level:
10:00 am - 10:30 am
Starfish
10:00 am - 10:30 am
Tadpoles
10:00 am - 10:30 am
Barracudas
10:45 am - 11:15 am
Guppies
10:45 am - 11:15 am
Clown Fish
10:45 am - 11:15 am
Sea Turtles
11:30 am - 12:00 pm
Rainbow Fish
11:30 am - 12:00 pm
Tiger Fish
11:30 am - 12:00 pm
Dolphins

Classes Offered
 æ Parent & Child
 æ Pre-school
 æ Learn to Swim Levels 1-6

FREE!
First 50 to register receive a youth bag and water bottle!

WETSUITS for children are provided! (6 months and older)

Printed on 100% Recycled Paper
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
• Finning arm action on back
Prerequisites: Child is at least 3 years old and is comfortable in the water without parent.

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.

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 - 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 least 3 years old.

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:
• Bobbing while moving toward safety
• Rotary breathing
• Survival float
• Tread water
• Flutter 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).

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 them 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.

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.

Prerequisites:
• Child is at least 3 years old.
• Arm and leg action on front and back
• Tread with arm and hand actions
• 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

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.
• 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 action on front and back
Prerequisites: Child is at least 3 years old.

Portland State University