

KidZone Spring Program Information

Please sign up for all programs at the front desk,
payment with registration reserves spot.

Swimming Lessons

Dates: Spring Break (March 26th-30th)

Tuesday & Thursday classes (start April 3rd)

& Saturday classes (start April 7th)

Time: Varies depending on class level.

Cost: Spring Break; total of 5 classes: \$40 for members; \$60 for nonmembers;

(Tues & Thurs. classes; total of 10 classes):

\$50 for members, \$75 for nonmembers;

(Saturday classes; total of 5 sessions):

\$25 for members, \$40 for nonmembers.

Spring Break Camp (Ages 5-12)

Dates: March 26th-30th.

Time & Cost:

Full Week (M-F 8am-5pm): \$125 members/\$175 nonmembers

(for each additional sibling: \$100 members/\$150

nonmembers).

Full Day (8am-5pm): \$35 members/\$45 nonmembers (for

each additional sibling: \$30 members/\$40 nonmembers).

Mt. Park Swim Club (Ages 10-14)

Info: Club gives swimmers the ability to develop swim skills in the lap pool in a fun and safe way. Must pass prerequisite test or Intro to Swim Club first.

Dates: Monthly Class.

Time & Cost: Monday & Wednesday from 4-5pm. \$20 for members/\$30 for nonmembers.

Intro to Swim Club (Ages 9-14)

Info: For kids who can swim, but are just not at the right level for the Swim Club.

Dates: Monthly Class

Time & Cost: Fridays from 4-5pm. Free for members/\$15 for nonmembers.

KidZone Spring Program Information

Please sign up for all programs at the front desk,
payment with registration reserves spot.

Kidz Night Out (Ages 2-12)

Info: A great way to get the kids out having fun here at the clubhouse, while the parents get a night away. Tons of activities, swimming, food, and even a movie await.

Dates: March 16th, April 20th, May 18th

Time: 6-9pm

Cost: Members (\$20 first kid/\$15 add'l)

Non-members (\$30 first kid/\$25 add'l)

KidZone All-Sports Class (Ages 7-12)

Dates: Every Tuesday & Thursday in April & May.

Time: 4-5pm

Cost: \$20 members/\$30 non-members for the entire month. \$5 for drop-in.

KidZone Mini RC Helicopter Class

Info: Learn to fly some fun mini RC copters while also learning to repair them. Available for kids of all ages, but recommended for at least 6 and up. After the program is finished, you keep the helicopter!

Dates: Every Tuesday starting March 6th-April 10th

Time: 5:30-6pm

Cost: \$60 for members/\$75 for nonmembers.

KidZone Birthdays

Cost: Starting at \$125 for members & \$175 for nonmembers.

Package price is for 15 kids or under.

For info on birthdays, please contact Calen at:

503-635-3561 or calen@mtparkhoa.com

Swimming Class Levels

Parent/Child Class

Spring Break (8:30am)/Saturday (8:30am)

Parent/child swim classes allow young children to experience the water through games, activities, songs, and gentle play. Adults learn basic safety, coaching, motivation, and praise techniques to encourage their child. (*Ages 6 months to 2.5 years old)

Intro to Swim Lessons

Spring Break (9:05am)/Saturday (9:05am)

Introduce your child to swimming. Kids learn to blow bubbles, get comfortable submerging, start floating on their front & back, and learn to kick and move arms while supported. (Ages 2.5 to 3 years old)

Level 1: Beginner Skills

Spring Break (9:40am)/Tuesday & Thursday (4:30pm)/Saturday (9:40am)

Start with the basics. Children learn to float on their front & back on their own, kick with a kickboard, and glide on their front and back with some assistance. (*Requires Intro to swim lesson class or lifeguard approval)

Level 2: Advanced Beginner

Spring Break (10:15am)/Tuesday & Thursday (5:05pm)/Saturday (10:15am)

Apply beginner skills. Children learn to kick on front and back while gliding without assistance and learn freestyle arm stroke with assistance. Also introduction to side breathing. (*Requires Level 1 class or lifeguard approval)

Level 3: Stroke Readiness

Spring Break (10:50am)/Tuesday & Thursday (5:40pm)/Saturday (10:50am)

Children start swimming longer distances with the skills they learned in previous levels and will be introduced to elementary backstroke. (*Requires Level 2 class or lifeguard approval)

Level 4: Stroke Development

Spring Break (11:25am)/Tuesday & Thursday (6:15pm)/Saturday (11:25am)

Developing and strengthen swim skills. Participants improve front crawl, backstroke and elementary backstroke endurance. Breaststroke, butterfly, and flip turns are introduced. (*Requires Level 3 class or lifeguard approval)

Level 5: Stroke Refinement

Tuesday & Thursday only (6:50pm)

Swimmers will be introduced to sidestroke, survival swimming, long shallow dives and surface dives. The focus will be on strengthening flip turns with continued proficiency in stroke refinement and endurance of front & back crawl, butterfly, breaststroke, elementary backstroke, and sidestroke. (*Requires Level 4 class or lifeguard approval)

Swim Lesson Policies

Sign up at the Front Desk. All classes are on a first come/first serve basis. Lessons must be paid for at the time of registration to reserve a spot.

Parents are welcome to observe lessons from the balcony. Please limit interaction with children so instructors have their full attention.

Children who use diapers must swim in a waterproof swim diaper. Disposable or cloth diapers are not allowed in the pool. Swim diapers are available at the Service Desk for \$2.50.

No refunds, pro-rating or make up lessons are available. All sessions are billed on a per session basis.

Private Swim Lessons

We offer private (one instructor to one student) and semi-private (one instructor per multiple students) swim lessons. This is a great option for those unable to make group lesson times, or for students that need a smaller instructor to student ratio.

Please call to schedule. 503-635-3561

Cost:

*Member

- Private \$20 Child (30 min.), \$40 Adult (60 min.)
- Semi-private \$16 per child
- 3 person semi-private \$14 per child

*Non-members pay five dollars more for each class.