

# KidZone Winter 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:**

Jan. 20th, Feb. 17th

### **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.

### **Time:**

4-5pm

### **Cost:**

\$20 members/\$30 non-members for the entire month.

## **Birthdays**

### **Cost:**

\$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](mailto:calen@mtparkhoa.com)

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payment with registration reserves spot.

## **Swimming Lessons**

### **Dates:**

Tuesday & Thursday classes (start Jan 10th)  
& Saturday classes (start Jan. 14th).

### **Time:**

Varies depending on class level, please see Swim Class  
Levels insert for times.

### **Cost:**

Tues.-Thurs. classes; (total of 10 sessions):  
\$50 for members, \$75 for non-members;  
Saturday classes; (total of 5 sessions):  
\$25 for members, \$40 for non-members.

## **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 first before registration.

### **Dates:**

Monthly Class.

### **Time & Cost:**

Monday, Wednesday and Friday 4-5pm.  
\$40 for members/\$60 for non-members.

# Swimming Class Levels

## **Parent/Child Class**

Saturday only (11:00am)

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**

Saturday (11:35am)

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**

Tuesday & Thursday (4:30pm)/Saturday (12:10pm)

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**

Tuesday & Thursday (5:05pm)/Saturday (12:45pm)

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**

Tuesday & Thursday (5:40pm)/Saturday (1:20pm)

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**

Tuesday & Thursday (6:15pm)/Saturday (1:55pm)

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.