

Swim Lesson Policies

Sign up at the Service Desk, or 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 Ian to schedule. 503-635-3561

Cost:

*Resident

- Private \$20 Child, \$30 Adult
- Semi-private \$16 per child
- 3 person semi-private \$14 per child

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

Mountain Park

Clubhouse

2 Mt. Jefferson Terrace

Phone: 503-635-3561

Fax: 503-635-0971

E-mail:

ian@mtparkhoa.com



www.mtparkhoa.com

Child Swim Lessons

Saturdays

Mornings

August 21–September 18

(4 Classes

no class Sep. 11th)



▶ **Mountain Park
Nature's
Neighborhood**

www.mtparkhoa.com



Group Swim Lesson Saturdays August 21st–September 18th (4 Classes-no class Sep. 11th)

Class: _____
 Child's Name: _____
 Age: _____ Birth date: _____
 Parents Name: _____
 Address: _____
 Phone Number: _____
 Email: _____
 Emergency Contact: _____

 Any Medical Conditions: _____

Notes: _____
 In participating in all recreational programs and events sponsored by the Mountain Park Home Owners Association, I hereby acknowledge that I understand there are risks of accidents resulting in bodily harm arising out of those activities. I understand that the recreation activities are planned with the safety of the participants in mind. I further acknowledge that my child has the physical capacity reasonably necessary to engage in recreation activity for which I have enrolled them. In case of emergency, accident, or illness, I give permission for my child to be treated by a professional medical person and admitted to a hospital if necessary. I agree to be the party responsible for all medical expenses which are incurred in their behalf. It is understood and agreed that the Mountain Park Home Owners Association, Boards, employees, volunteers, and agents be held harmless against all claims, damages, loss, or expenses including attorney fees arising out of or resulting from their participation in recreation programs. I agree pictures taken may be used for future promotions.

I have read the above waiver and understand the contents
 Signature: _____ Date: _____

11:55am Parent/Child Class
 Get your child comfortable with the water. 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)

9:00am Intro. To Swim Lessons
 Introduce your child to swimming. Participants learn to blow bubbles, get comfortable submerging, start floating on their front and back, and learn to kick and move arms while supported. (*Ages 2.5 to 3 years old)

9:35am Level 1: Beginner Skills
 Start with the basics. Children learn to float on their front and back on their own, kick with a kickboard, and glide on their front and back with some assistance. (*Ages 3 to 4 years old)

All levels \$20 for residents
 \$35 for non-residents and non-residents can register starting June 12th.

10:10am Level 2: Advanced Beginner
 Apply beginner skills. Children learn to kick on front and back while gliding without assistance and learn freestyle arm stroke with assistance. They will also be introduced to side breathing. (*Ages 4 to 5 years old)

10:45am Level 3: Stroke Readiness
 Children start swimming longer distances with the skills they learned in previous levels and will be introduced to elementary backstroke. (*Ages 5 to 6 years old)

11:20am Level 4: Stroke Development
 Developing and strengthen swim skills. Participants improve front crawl, backstroke and elementary backstroke endurance. Breaststroke, butterfly, and flip turns are introduced. (*Ages 6 to 7 years old)