

Kim Hay
2145 Ostman Rd.
West Linn, Or 97068

Swim For Fun Aquatics Program 2016

swimforfun.com
cascadiaswimming.com
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503-655-7939

Swim Lesson Program

Location: Lake Oswego District Pool: 2455 Country Club Rd. Lake Oswego

The goal is to learn to swim and be safe so that one may have fun in and around an aquatic environment.

Registration Options

1. In Person Sign ups will be available Tue April 26 from 7:00-8:00pm at the LO Pool
2. Mail in registrations any time
3. Registrations by phone or email must have fees turned in within (3) business days or forfeit class spot. See email and phone number for Kim Hay above.
4. Early registration receives a discount on Session fee. See Cost below.
Early Registration ends after April 26.

Times Available**

Weekdays: Monday- Thursday/Friday	Weekends:
Morning: (8:15 T/Th only) 9:00, 9:45, 10:30, 11:15	Saturday: 12:00, 12:45, 1:30, 2:15, 3:00, 3:45, 4:30
Afternoon: 12:45, 1:30, 2:15, 3:00	Sunday: 10:15, 11:00, 11:45, 12:30, 1:15, 2:00
	<i>** Other times TBA or by demand</i>

Sessions Available:

Mini 1	June 13-16	(4) classes	Sat 1	Jun 18-July 30	(7) classes
Session 1	June 20-30	(8) classes	Sun 1	Jun 19-July 31	(7) classes
Session 2	July 5-14	(7) classes (no 7/4)	T/Th 8:15am 1	June 21-July 7	(6) classes
Session 3	July 18-28	(8) classes	T/Th 8:15am 2	July 12-28	(6) classes
Session 4	Aug 15-25	(8) classes	Fri	June 17-July 29	(7) classes

See website for other locations while LO Pool is down for yearly mainainence Aug 1-Aug 14.

Cost*

2- Week Session	
\$108	Early registration per session per child/ signing up for multiple session/ sibling discount
\$132	If registering for a single session after April 26
1- Week Session Mini 1 and 2 , only to receive discount	
\$54	Early registration per session per child/ signing up for multiple session/ sibling discount
\$66	If registering for a single session after April 26
Session 2, Fridays and Weekends	
\$94.50	Early registration per session per child/ signing up for multiple session/ sibling discount
\$115.50	If registering for a single session after April 26
T/Th 8:15 Classes	
\$81	Early registration per session per child/ signing up for multiple session/ sibling discount
\$99	If registering for a single session after April 26
<i>Payment due upon registration</i>	
<i>Payments can be made by check, cash or credit card; Cash and Credit Card in person only at the pool</i>	
<i>*Registration after classes have begun will be prorated at \$16.50 per 40 min. class</i>	

All classes held at the Lake Oswego District Pool

No refunds within two weeks of the first class. 50% refund if notified more than two weeks of the first class. All credits must be used by Session 4.

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Class Structure

2016

Levels 1-8 see level sheet for description of each level
(4) children per class
40 min. classes Mon- Thur or Fri or Sat or Sun
Each class is determined by child's age and ability
Child must be at least 3 years of age

Tiny Tots

(4) children per class
40 min. classes Mon- Thur or Fri or Sat or Sun
Parent participation with child at pool side
Child must be at least 2 years of age

Pre Swim Team

(6) children per class
40 min. classes Mon- Thur or Sat or Sun
Students may participate with Swim Team on Fridays
for a fun Mini Meet
Can swim 25 yards freestyle and backstroke
Child must be at least 4 years of age

Water Babies

(6) children per class
40 min. classes Mon- Thur
Parent participation with child in the pool
Child must be at least 6 months of age

Swim Team Programs

The goal is for swimmers to focus on improving endurance, strength, stroke technique and team values.

Cascadia Swimming	Recreational Swim Team	April 18- Aug 26
Practice schedule	<i>see Cascadia website calendar for updates</i>	
<i>Practices at the following pools:</i>	<i>During school year (Typical)</i>	
PCC- Sylvania Campus	Mon 8-9pm, Fri 5-6:30pm	
Lake Oswego High School	Tue/Wed 7-8am, Wed 7:30-9pm DL 1st, Sat 3:30-5:30 DL 1st, Sun 12-2pm DL 1st	
East Side Athletic Club	Tue/ Thur 4:15-6:10pm DL 1st	
<i>Practices at the following pools:</i>	<i>During Summer (Typical)</i>	
PCC- Sylvania Campus	Mon /Wed TBA	
Lake Oswego High School	Tue/Thu 8-9am, Fri 8:30-11am DL 1st Sat 3:30-5:30 DL 1st, Sun 12-2pm DL 1st	
East Side Athletic Club	Tue/ Thur 4:15-6:10pm DL 1st	
<i>Every Friday during practice a Mini Meet will be held starting June 17.</i>		

<u>Cost</u>	Includes USA Seasonal registration fee, t-shirt and team cap; can swim up to (5) practice per week	
4 weeks	\$150	(4 and 8 week sessions do not need to be consecutive)
8 weeks	\$225	
18 weeks	\$500	

Cascadia Swimming	USA Swim Team	See website at cascadiaswimming.com
All year long competitive USA swim team . New members can start anytime. See website for team info including practice times, fees and meet schedule 15% family discount available- ask for details		

Private and Semi Private Lessons are scheduled through Kim

Cost:	per 30 minute class
Private:	\$35
Semi Priv:	\$50

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