

Kim Hay
 2145 Ostman Rd.
 West Linn, Or 97068

Swim For Fun Aquatics Program 2018

swimforfun.com
 cascadiaswimming.com
 swimforfun2002@yahoo.com
 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 Mon April 30 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 30.

Times Available**

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

Sessions Available:

Session 1 June 18-28 (8) classes Session 2 July 2-12 (7) classes (no 7/4) Session 3 July 16-26 (8) classes Session 4 Aug 13-23 (8) classes	Fri June 22-July 27 (6) classes Sat 1 Jun 23 -July 28 (6) classes Sun 1 Jun 24-July 29 (6) classes
--	--

See website for other locations while LO Pool is down for yearly maintenance Jul 30-Aug 12.

Cost*

2- Week Session \$120 Early registration per session per child/ signing up for multiple session/ sibling discount \$144 If registering for a single session after April 30
Fridays and Weekends (6-weeks) \$90.00 Early registration per session per child/ signing up for multiple session/ sibling discount \$104.00 If registering for a single session after April 30
Session 2 \$105.00 Early registration per session per child/ signing up for multiple session/ sibling discount \$126.00 If registering for a single session after April 30
Payment due upon registration <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 \$18 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.

Kim Hay
2145 Ostman Rd.
West Linn, Or 97068

Swim For Fun Aquatics Program 2018

swimforfun.com
cascadiaswimming.com
swimforfun2002@yahoo.com
503-655-7939

Class Structure

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

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

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

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 2- Aug 24
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, M/W 3:30-5pm, Tue 3:30-4:30pm, Fri 6-7:30pm	
Lake Oswego High School	T/Th 7:30-9pm DL 1st Sat 3:30-6:00pm DL 1st, Sun 11:30-2pm DL 1st	
<i>Practices at the following pools:</i>	<i>During Summer (Typical) TBA</i>	
PCC- Sylvania Campus	Mon /Wed 3-4:30pm	
Lake Oswego High School	Tue/Thu 8-9am, Fri 9-10:30am, Sat 4-5pm, 5-6pm, Sun 12:00-1:00pm, 1:00-2:00pm	
<i>Every Friday during practice a Mini Meet will be held starting June 22.</i>		
Cost	Includes USA Seasonal registration fee, t-shirt and team cap; can swim up to (5) practices per week	
4 weeks	\$150 (4 and 8 week sessions do not need to be consecutive)	
8 weeks	\$225	
21 weeks	\$560	

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

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.