

Kim Hay
2145 Ostman Rd.
West Linn, Or 97068

Swim For Fun

Aquatics Program

2019

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 29 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 29.

Times Available**

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

Sessions Available:

Session 1	June 17-27	(8) classes	Fri 1	June 21-July 26	(6) classes
Session 2	July 1-11	(7) classes (no 7/4)	Sat 1	Jun 22 -July 27	(6) classes
Session 3	July 15-25	(8) classes	Sun 1	Jun 23-July 28	(6) classes
Mini 1	Aug 5-8	(8) classes	Mini Fri 2	Aug 9-23	(3) classes
Session 4	Aug 12-22	(8) classes	Mini Sat 2	Aug 10-24	(3) classes
			Mini Sun 2	Aug 11-25	(3) classes

See website for other locations while LO Pool is down for yearly maintenance Jul 29-Aug 4.

Cost* Payment due upon registration by check, cash or credit card in person at the pool.

2- Week Session	(8) classes	\$128 Early registration per session per child/ signing up for multiple session/ sibling discount
		\$152 If registering for a single session after April 29
Session 2	(7) classes	\$112.00 Early registration per session per child/ signing up for multiple session/ sibling discount
		\$133.00 If registering for a single session after April 29
Mini week	(4) classes	\$64.00 Early registration per session per child/ signing up for multiple session/ sibling discount
		\$76.00 If registering for a single session after April 29
Fridays and Weekends (6-weeks)		
		\$96.00 Early registration per session per child/ signing up for multiple session/ sibling discount
		\$114.00 If registering for a single session after April 29
Mini (Fri, Sat, Sun)		
		\$48.00 Early registration per session per child/ signing up for multiple session/ sibling discount
		\$57.00 If registering for a single session after April 29

**Registration after classes have begun will be prorated at \$19 per 40 min. class*

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

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 29- Aug 23
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	
Lake Oswego High School	T/Th 8-9:30pm DL 1st Sat 3:30-6:00pm DL 1st, Sun 11:30-2pm DL 1st, Fri 6-7:30pm	
<i>Practices at the following pools:</i>	<i>During Summer Starting 6/17</i>	
PCC- Sylvania Campus	Mon /Wed 3-4:30pm, Tue/Thur 3:30-4:30pm (starting 7/1)	
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	
Skyline Ridge Pool- West Linn	Mon /Wed 2-3pm (6/17-27)	
	Mon/Wed 8-9am Starting 6/17	
<i>Every Friday during practice a Mini Meet will be held starting June 21.</i>		
Cost	Includes USA Seasonal registration fee, t-shirt and team cap; can swim up to (5) practices per week	
4 weeks	\$150	8 weeks \$225
		17 weeks \$500
(4 and 8 week sessions do not need to be consecutive)		
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

All classes held at the Lake Oswego District Pool

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