

SWIM LESSON LEVELS

PARENT/CHILD

Parent / Child swim classes allow young children to experience the water through songs, activities, and gentle play. Adults learn basic safety, coaching, motivation, and praise techniques to encourage their child. (6m-2.5 years)

INTRODUCTION TO LESSONS

Participants learn to blow bubbles, submerge, float on front and back with assistance, kick and move arms while supported. (2.5-3 years)

LEVEL 1- BEGINNER

Participants learn to float on front and back without assistance, kick with kickboard, glide on front and back with some assistance, as well as rhythmic breathing. (3-4 years)

SCHOOL AGE BEGINNER

Participants who are learning to swim for the first time or are in need of basic skill instruction. (6-10 years)

LEVEL 2-ADVANCED BEGINNER SKILLS

Participants learn to glide on front and back while kicking without assistance, arm strokes on front and back, and are introduced to side breathing. (4-5 years)

LEVEL 3- STROKE READINESS

This class is designed for children who need technique and endurance work. Practice will continue with freestyle, and backstroke. An introduction to butterfly will be taught. (5-6 years)

LEVEL 4- STROKE DEVELOPMENT

Participants improve endurance for front crawl, backstroke and elementary backstroke. Breaststroke, butterfly and flip turns are introduced. (6-8 years)

LEVEL 5- STROKE REFINEMENT

Participants refine mechanics of front crawl, backstroke, breaststroke, butterfly, flip turns, and learn sidestroke. (6-9 years)

SWIM LESSON POLICIES

Register at the Front Desk. Payment is due at the time of registration. All classes are on a first come/first serve basis.

Parents are welcome to observe lessons from the deck but please limit interaction with children so that our instructors have their full attention.

Children who use diapers must swim in waterproof swim diapers, no disposable or cloth diapers are allowed in the pool.

Non-members with children attending swim lessons may observe from the deck or pay a \$10 guest fee to enjoy our facilities. Thank you for your cooperation!

All lessons are charged on a per session, not per class, basis. Make up classes are not available.

Cancellation/Refund Policy:

Refunds will be given if notification is received 7 days prior to the start of the event. A 50% refund will be given if notification is received 6 days (or less) prior to the start of the event. No refunds will be given once the event has started.

Contact: Aquatics Department

503.690.2100 ext. 120 • jaquino@bethanyathletic.com




fitness that takes you somewhere

Bethany
Northwest Portland
503.690.2100

Hawthorn Farm
Hillsboro
503.640.6404

RiverPlace
Downtown Portland
Club: 503.221.1212

 facebook.com/oregonathleticclubs

SWIM LESSONS

WINTER SESSION

SESSIONS START JAN 2



OAC SWIM CLUB (Family Memberships Only)

For swimmers who are proficient (completed a Level 4) and would like to focus on technique and endurance in a non-competitive atmosphere. Ages 7 and above.

TIMES:

Monday/Wednesday, 5:15-6:00pm
 Tuesday/Thursday, 5:15-6:00pm

INSTRUCTOR:

Coach John Aquino

PARTICIPANTS WILL WORK ON:

Fitness
 Stroke technique
 Teamwork

PRICE:

Only \$25/month (per participant)
 Ongoing enrollment

To register for OAC Swim Club, please contact the Family Program Manager

Phone: 503.690.2100 ext. 120
 Email: jaquino@bethanyathletic.com

OAC Swim Club enrollment is a 2 month minimum and members must sign a Monthly Recurring Charge (MRC) form. The MRC eases enrollment and ensures a spot in the class.

GROUP SWIM LESSON SCHEDULE

CLASS	MONDAY	WEDNESDAY	SATURDAY
Parent/Child			9:30-10:00 am
Intro to Lessons			10:00-10:30 am
Level 1: Beginner	4:30-5 pm	4:30-5 pm	10:30-11:00 am
Level 2: Advanced Beginner Skills	5-5:30 pm	5-5:30 pm	11-11:30 am
Level 3: Stroke Readiness	5:30-6 pm	5:30-6 pm	11:30 am-12 pm
Level 4: Stroke Development	6-6:30 pm	6-6:30 pm	12:30-1 pm
Level 5: Stroke Refinement	6:30-7 pm		1-1:30 pm

PRIVATE LESSONS

In addition to our group lessons, we offer private (one instructor to one student) and semi-private (one instructor per multiple students) swim lessons. BAC does not match members for semi-private lessons.

PRICE:

Member

Private Lesson \$25/Child, \$30/Adult, \$96/4-pack, \$188/8-pack
Semi-Private \$18/Child, \$70/4-pack, \$136/8-pack
3 Person Semi-Private \$15/Child, \$58/4-pack, \$112/8-pack

*Non-Member**

Private Lesson \$136/4-pack, \$268/8-pack
Semi-Private \$110/4-pack, \$216/8-pack
3 Person Semi-Private \$98/4-pack, \$192/8-pack

**Non-members may take ONE introductory private lesson at \$35. After this lesson, non-members will be required to purchase a 4 or 8 lesson package.*

GROUP REGISTRATION

WINTER SESSION 1 (5 WEEKS)

Members *Non Members*
 Monday, Dec 5 Monday, Dec 12

Duration: Jan 2-Feb 4

WINTER SESSION 2 (5 WEEKS)

Members *Non Members*
 Monday, Jan 23 Monday, Jan 30

Duration: Feb 6-March 10

PRICE:

\$35/Members, \$60/Non-Members