

Kim Hay
 2145 Ostman Rd
 West Linn, OR 97068

Swim For Fun
Aquatics Program
Lake Oswego District Pool/ PCC-Sylvania Campus

swimforfun.com
 cascadiaswimming.com
 kim@swimforfun.com
 503-655-7939 hm

Swim Lesson Program

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 Wed. May 5 from 6:30-8:00pm at the LO pool
2. Mail in registration anytime
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 May 31.

Session Dates:

Times available:

LOHS Pool	Mini 1	June 21-24	Morning:	8:15 , 9:00, 9:45, 10:30, 11:15
	Session 1	June 28-July 8	Afternoon:	12:45, 1:30, 2:15
	Session 2	July 12-22	Evening:	5:30, 6:00, 6:30 TBA
	Session 3	July 26- Aug 5		
	Session 4	Aug 23-Sept 2 (No pm classes)		

PCC Pool	Mini 1	June 21-24	Afternoon	1:00, 1:45, 2:30, 3:15
	Session 1	June 28-July 8		3:00, 3:45, 4:30 , 5:15
	Session 2	July 12-22		
	Session 3	July 26- Aug 5	Saturday	11:30, 12:15, 1:00, 1:45, 2:30
	Mini 2	Aug 9-12		
	Saturday 1	June 19- July 17	no lessons on July 3	4 classes
	Saturday 2	July 24-Aug 14		4 classes

Cost

2-Week Session:			
\$100	Early registration per session per child		
\$115	If registering starting June 1		
\$80	Evening classes (30 min classes)		
1-Week Session: Mini Session and when a 2- Week Session has not filled			
All participants			
\$60	per session per child		
\$65	per session per child	If registering starting June 1	
\$45	per session per child	Evening classes (30 min classes)	
Saturday classes: (at PCC)			
\$60	per session per child	(4) week	

No make-up classes; No refunds within two weeks of the first day of class; 50 % refund if canceling more than two weeks before the first day of class; All credits must be used by the end of Session 4

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Class Structure

Levels 1-8 (see website for level descriptions) 4 children per class (2) week 40 min. classes Monday- Thursday Each level is determined by child's age and ability Child must be at least 3 years of age	Pre Swim Team (PST) 6 children per class (2) week 40 min. classes Monday- Thursday There will be a fun swim meet at the end of each Session on Friday from 4-6pm at PCC Each level is determined by child's age and ability Child must be at least 5 years of age
Tiny Tots (TT) 4 children per class (2) week 30 min. classes Monday- Thursday Parent participation at pool side Child must be at least 2 years of age	Water Babies (WB) 5 children per class (2) week 30 min. classes Monday- Thursday Parent participation with child in the pool Child must be at least 6 months old Must have minimum of (3) students

Swim Team Programs

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

Cascadia Swimming May 17-Aug 13	Recreational Swim Team PCC Pool	
<u>Times available:</u> Monday – Friday Friday	5-6pm 4-6pm Every Friday during practice All-comer's swim meet held	
<u>Cost</u> 4 weeks 150 8 weeks 225 13 weeks 275	includes USA registration, meet entries for one local meet and swim cap	
Cascadia Swimming	USA Swim Team	See website at cascadiaswimming.com
All year round competitive swimming program. New members can start at any time.		
See website for team info including practice times, fees and meet schedule 15 % family discount available- ask for details		

Private Lessons

All participants Private: \$32 per 1/2 hr. class per child Semi-Private: \$22 per 1/2 hr. per child

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Items for Sale

fins	\$20	Snack cards:	\$5, \$10, \$20
goggles	\$8-\$16		Snack cards receive an additional 10% on their card
swim caps	\$6		For ex.- Pay \$5 and receive \$5.50 on card
Hydro-Fit equipment	varies		<u>Snack cards must be used up by the end of Session 4.</u>
bar bells	\$16		<u>No refunds will be given out.</u>
diving rings	\$7		
kick boards	\$11		
pull buoys	\$6		
mesh bags	\$11		

Bio for Swim For Fun Owner and Assistant Program Director

Kim Hay- Owner and Program Director - WSI, LGT, CPR/AED/PR, First Aid, Certified Pool Operator, USA Swim Coach, Fundamentals of Instructor Training, BS at OSU – Housing Design

Kim Hay started her teaching career at age 12 and has taught every year since, for 30 years. Kim swam competitively for almost 20 years in Age Group, High School, College and Masters. Swim For Fun was established in 1997 and is now operating in both West Linn, Lake Oswego and Portland areas.

Kim's previous teaching and coaching experience includes: Mingus Park Pool, Coos Bay; Tacoma YMCA, Tacoma, WA; River's Edge Athletic Club, Lake Oswego, OR; RiverPlace Athletic Club, Portland, OR; Cascade Summit Pool, West Linn, OR; Skyline Ridge Pool, West Linn, OR; LOSC, Lake Oswego, OR Cascadia Swimming, Portland, Or.

Angela Baker- Assistant Program Director- WSI, LG Instr., LGT, CPR/AED/PR, First Aid, Certified Pool Operator, Fundamentals of Instructor Training, Blood Borne Pathogens Training, Emergency Oxygen Training, Swim Instructor Training- Portland Parks and Rec., BS from PSU in Community Health Education

Angela Baker has been in the aquatic environment her whole life, starting as a baby swimmer in her grandparents' pool. Starting at an early age, Angela swam competitively for local swim clubs TAC, THSC and HHS. She has been teaching swimming since 1987 to variety of age groups and abilities from babies to adults to seniors. She has also worked with students with disabilities including the visually impaired, cerebral palsy, autism, attention deficit, multiple sclerosis, missing limbs, and the hearing impaired.

Benefits of the Swim for Fun aquatics programs:

1. 4:1 student to instructor ratio- other local programs 6:1
2. 40 min. lessons- 10 min. per child- other programs only 5 min.
3. **2-Week** and **1-Week** sessions offered- easy to schedule other activities without missing a week or two of lessons or skipping out on lessons totally
4. students retain skills longer with (2) weeks of lessons in a row

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