

Astoria

PARKS & RECREATION

Join us for

WINTER SWIM LESSONS

\$65/
Session

Session
Dates

Registration
Opens

Registration
Closes

Tuesdays & Thursdays 4pm-7pm

January 10 - February 2

12/16

1/8

February 14 - March 9

1/27

2/12

Saturdays 10am-1pm

January 14 - March 4

12/17

1/12

Spaces Fill
Quickly!



Register at www.astoriaparks.com or by phone at 503-325-7027

SWIM LESSON

LEVEL DESCRIPTIONS

AQUA DUCKS: Develops comfort in water for both child and parent or guardian. Aqua Ducks is designed for ages 6 months to 3 years old.

LEVEL

1

This class teaches new swimmers how to submerge under water and find comfort in the water.

LEVEL

2

Newer swimmers will learn how to float on their front and backs in this class. They will also be introduced to streamlining.

LEVEL

3

Swimmers will learn how to propel themselves with proper kicks in streamline in this class.

LEVEL

4

In this class, swimmers will learn the fundamentals of the freestyle stroke.

LEVEL

5

Swimmers will advance to the lap pool for this class where they will learn to breathe bilaterally during freestyle as well as treading water.

LEVEL

6

In this advanced class, swimmers will develop all four swim strokes, diving, and lifetime strokes.