

SWIM PROGRAMS



SWIM TEAM

Swim team is a fun way for your child to learn a life skill. Your child will learn proper mechanics and breathing technique while improving cardiovascular fitness. Our coaches work to create a team environment where your child will learn good sportsmanship, boost self-esteem and make new friends. To join Swim Team swimmers must be able to swim front crawl with side breathing two lengths of the pool, back stroke two lengths of the pool and have knowledge of breast stroke and butterfly.

CLACKAMAS July 11-August 17 5:30-6:30pm
MILWAUKIE July 12-August 18 5-6pm or 6-7pm

MEMBER \$99 NON-MEMBER \$129

- **TADPOLES** PRESCHOOL AGE CHILDREN
- **MINNOWS** SCHOOL AGE CHILDREN
- SESSION CONSISTS OF EIGHT 30 MIN. CLASSES
- MAKE-UPS ARE NOT OFFERED FOR MISSED CLASSES

CANCELLATION POLICY:

CASH REFUNDS WILL ONLY BE ISSUED IF CLASS IS CANCELLED BY THE CLUB
PARTICIPANTS WHO CANCEL OR RESCHEDULE WITH A MINIMUM 7 DAYS NOTICE MAY RECEIVE A CLUB CREDIT LESS A PROCESSING FEE

MEMBER \$59 NON-MEMBER \$69

CLACKAMAS

9100 SE SUNNYSIDE, CLACKAMAS, OR 503-659-3846

TIME	MON./WED.	TIME	TUES./THURS.	TIME	Mon.-Thurs.
3:30pm	Tadpole 1, Minnow 4	3:30pm	Tadpole 2, Minnow 2	10:00am	Tadpole 1, Minnow 2
4:00pm	Tadpole 3, Minnow 2	4:00pm	Tadpole 3, Minnow 3	10:30am	Tadpole 3, Minnow 3
4:30pm	Tadpole 2, Minnow 3	4:30pm	Tadpole 2, Minnow 2	11:00am	Tadpole 4, Minnow 4/5
5:00pm	Tadpole 3, Minnow 4/5	5:00pm	Tadpole 3/4, Minnow 4/5	11:30am	Tadpole 2/Minnow 3
6:30pm	Tadpole 3/4, Minnow 4/5	5:30pm	Tadpole 1, Minnow 3		
7:00pm	Tadpole 2, Minnow 3				

www.EastSideAthleticClub.com

Facebook.com/EastSideAthleticClub

MILWAUKIE

4606 SE Boardman, Milwaukie, OR 503-659-3846

TIME	MON./WED.	TIME	TUES./THURS.
10:45am	Tadpole 1, Minnow 1	3:00pm	Tadpole 1, Minnow 1
11:20am	Tadpole 2, Minnow 2	3:35pm	Tadpole 2, Minnow 2
11:55am	Tadpole 3, Minnow 3	4:10pm	Tadpole 1, Minnow 4
3:00pm	Tadpole 1, Minnow 2	4:45pm	Tadpole 2, Minnow 3
3:35pm	Tadpole 2, Minnow 3	5:20pm	Tadpole 3, Minnow 2
4:10pm	Tadpole 3, Minnow 4	5:55pm	Tadpole 4, Minnow 1
4:45pm	Tadpole 4, Minnow 1	6:30pm	Minnow 2, Minnow 3
5:20pm	Tadpole 1, Minnow 2	7:05pm	Minnow 2, Minnow 4

MILWAUKIE SESSION DATES

MON./WED. June 6-29, July 11-Aug. 3, Aug. 8-31
TUES./THURS. June 7-30, July 12-Aug. 4, Aug. 9-Sept. 1

All classes limited to FOUR students!

CLACKAMAS SESSION DATES

MON./WED.
June 6-29, July 11-Aug. 3, Aug. 8-31
TUES./THURS.
June 7-30, July 12-Aug. 4, Aug. 9-Sept. 1
MON.thru THURS.
June 20-30, July 11-21, July 25-Aug. 4, Aug. 8-18

MARTIAL ARTS

MILWAUKIE

KARATE

Shudokan school of Karate offers traditional Okinawan Karate for all skill levels. Classes are held Mon./Wed. 4-5pm. Classes are open to beginning and intermediate students ages 6 & older. \$65/month 10% discount for additional family members. Call Reed Secunda for more information 503-491-3241.

TAE KWON DO & SELF DEFENSE

Classes build physical strength, agility and personal empowerment and are a fun way to become fit. Ages 6 & older. Call Stefan for more information 603-654-0130.

CLACKAMAS

TAE KWON DO

Tae Kwon Do develops the mind and body while creating lifelong skills. Students will learn practical self-defense skills and also work towards the benefits of mind and body coordination. Ages 6-16

Ages 6-9 7:15-7:45pm Thursdays Member \$23/month Non-Member \$28/Month
Ages 10-16 7:45-8:45pm Thursdays Member \$34/month Non-Member \$40/Month



Mix Fun and Fitness this summer with Camps at our Milwaukie location. Kids will learn, play and make new friends while keeping active with themed games, crafts and other activities. Discounts available for Executive Members and Multiple Registrations.

Camp participants need two snacks (one snack for Half Day camps), lunch, water bottle & non-marking athletic shoes. Participants will swim every day (except "field trip" days) and need a swim suit and towel. Children who cannot swim the width of the pool will be required to wear a life jacket.

Day Camp Participants may be dropped off as early as 7:30am and must be picked up by 5:30pm. Half Day Camps will begin at 9am and end at 1:30pm

BULLY PREVENTION HALF DAY CAMP Aug. 2-4, Aug. 29-31

Bullying continues to be a major issue for many kids. Often it is difficult to spot and define what bullying is. Come to a frank, age-appropriate (6 & older) discussion on bullying and learn some hands-on techniques to help avoid being a victim. Bully Prevention will be scheduled 9-11am, kids will have lunch and free time 11am-noon and then swim noon-1pm. Please pick children up no later than 1:30pm.
Member \$45
Non-Member \$57.50

Payment MUST be received at time of registration. No refunds or credits will be given unless program is cancelled by the club.



DAY CAMPS

SURVIVOR CAMP June 20-24, August 8-12

Kids will form "tribes" and compete throughout the week in team games such as Capture the Flag, Scavenger Hunt, Outdoor Adventures, etc. Nobody gets voted out of this camp! This camp does include adventures outside of the club. Ages 5-11
Member 3 days \$91, 5 days \$135
Non-Member 3 days \$115, 5 days \$175

VIDEO GAMES UNPLUGGED CAMP July 11-15, August 15-19

Real life FUN playing Pac Man Tag, Mario Party Obstacles, Animal Crossing & more! This camp includes a trip to Ultrazone for Laser Tag. Ages 5-11
Member 3 days \$101, 5 days \$145
Non-Member 3 days \$125, 5 days \$185

SUPER HERO CAMP June 27-July 1, August 22-26

Caped crusaders, masked knights and the brave men and women who save the day in real life. Kids will make comics, play games, create their very own super hero persona and SAVE THE DAY. This camp includes a visit from our real life local heroes. Ages 5-11
Member 3 days \$91, 5 days \$135
Non-Member 3 days \$115, 5 days \$175

SCIENCE CAMP July 18-22

Kids will have fun creating experiments, learning about different areas of science and play games to make learning more FUN. Some experiments will include: Rockets, Renewable Energies and Mixing Colors. This camp will include a day trip to OMS!! Ages 8-14 (no exceptions)
Member 3 days \$116, 5 days \$160
Non-Member 3 days \$140, 5 days \$200