

WINTER YOUTH PROGRAMS



Karate

Shudokan School of Karate offers traditional Okinawan karate for all skill levels. Ages 6 & older
Mon/Wed 4-5pm
Call Reed Secunda to arrange for a FREE trial, 503-491-3241.

Milwaukie Location

Kacrijitsu Self Defense

Classes build physical strength, agility and personal empowerment while creating lifelong skills. Ages 6 & older

Tues/Thurs 4-5pm
Call Mitchell Pennell to arrange for a FREE trial, 503-758-6961.

Milwaukie Location

Tae Kwon Do

Students will learn practical self-defense skills and work towards mind/body coordination. Kids gain confidence, set their own goals and test for belts when they're ready.

Ages 6-16 10:30-11:30am Saturday
Members \$39/month
Non-Members \$45/month
10% Discount for EXECUTIVE MEMBERS

Clackamas Location

FREE to EXECUTIVE MEMBERS

KID FIT & YOUTH POWER PLAY

Spring Break Camp

March 27-31

If you aren't taking the kids to Disneyland for Spring Break, this is the next best thing (well, almost). Miss Jade will keep kids busy with games that encourage them to use their imagination and build teamwork skills. Kids will also swim everyday.

Ages 5-11.

Members 3 days \$91 5 days \$135
Non-Members 3 days \$115 \$175
10% Discount for EXECUTIVE MEMBERS

Junior Fitness Certification

Junior Fitness Certification is a program designed to educate youth about safe, fun and effective exercise. Participants will graduate with an understanding of proper weight lifting technique, aerobic exercise guidelines, nutrition, flexibility and appropriate behavior in the Fitness Center. Each session includes a lecture and practical experience on the equipment. Graduates earn the privilege of using the Fitness Center normally restricted to 13 years of age and older. Parental supervision is not required.

\$50

10% Discount for EXECUTIVE MEMBERS

CLACKAMAS
March 4 11am-9pm

MILWAUKIE
January 14 9:30am-1pm
February 18 9:30am-1pm
April 22 9:30am-1pm
May 20 9:30am-1pm

KIDS NIGHT IN

(No Parent's Allowed)

Kids will have fun playing games with Miss Jade at Milwaukie or Miss O at Clackamas. Pajamas are welcome, but please make sure to wear athletic shoes for fun and games. Slippers, pillows, blankets and other snuggly items are welcome for quiet time at the end of the evening. Children should also bring a water bottle and snack. 5:30-8:30pm

Children on Executive Memberships \$15
Children on Fitness/Basic Memberships \$39
Non-Members \$39

CLACKAMAS
February 10

MILWAUKIE
January 27 February 24
March 17 April 21
May 19

WINTER YOUTH SWIM PROGRAMS

CLACKAMAS

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

All classes limited to FOUR students!

MILWAUKIE

4606 SE BOARDMAN, MILWAUKIE, OR 503-659-3845

TIME	MON/WED
3:30pm	Tadpole 1, Minnow 4
4:00pm	Tadpole 3, Minnow 2
4:30pm	Tadpole 2, Minnow 3
5:00pm	Tadpole 3, Minnow 4/5
6:30pm	Tadpole 3/4, Minnow 4/5
7:00pm	Tadpole 2, Minnow 3
TIME	TUES/THURS
3:30pm	Tadpole 2, Minnow 2
4:00pm	Tadpole 3, Minnow 3
4:30pm	Tadpole 2, Minnow 2
5:00pm	Tadpole 3/4, Minnow 4/5
5:30pm	Tadpole 1, Minnow 3

- **TADPOLES** PRESCHOOL AGE CHILDREN
- **MINNOWS** SCHOOL AGE CHILDREN
- SESSION CONSISTS OF EIGHT 30 MINUTE 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

10% Discount for EXECUTIVE MEMBERS!



SESSION DATES
MON./WED.
Jan. 9-Feb. 1, Feb. 6-March 1, March 6-April 5, April 10-May 3, May 8-31

TUES./THURS.
Jan. 10-Feb. 2, Feb. 7-March 2, March 7-April 6, April 11-May 4, May 9-June 1

SATURDAY-MILWAUKIE ONLY
Jan. 7-28, Feb. 11-March 4, April 8-29, May 13-June 3, June 10-July 1

NO CLASSES MARCH 27-31
NO CLASS MAY 29

TIME	MON/WED
10:45am	Tadpole 3
11:20am	Tadpole 2
11:55am	Tadpole 1
3:45pm	Tadpole 1, Minnow 2
4:20pm	Tadpole 2, Minnow 3
4:55pm	Tadpole 3, Minnow 4
5:30pm	Tadpole 4, Minnow 1
TIME	TUES/THURS
4:00pm	Tadpole 1, Minnow 1
4:35pm	Tadpole 2, Minnow 2
5:10pm	Tadpole 1, Minnow 4
5:45pm	Tadpole 2, Minnow 3
6:20pm	Tadpole 3, Minnow 2
6:55pm	Tadpole 4, Minnow 4
7:30pm	Minnow 2, Minnow 3
TIME	SATURDAY
10:30am	Tadpole 1, Tadpole 1.5
11:05am	Tadpole 2, Tadpole 2.5
11:40am	Minnow 1, Minnow 1.5
12:15pm	Minnow 2, Minnow 2.5
12:50pm	Tadpole 3, Minnow 3

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 Jan. 9-March 24, April 3-June 16 M/W/F

Intro 4:45-5:30pm, Intermediate 5:30-6:30pm, Advanced 6:30-7:30pm, Friday 5:30-6:30 for all swimmers

MILWAUKIE Jan. 10-March 24, April 4-June 16 T/Th/F

Intro 4:15-5:00pm, Intermediate 5:00-6:00pm, Advanced 6:00-7:00pm, Friday 6:00-7:00pm for all swimmers

MEMBER Intro \$147.50, Intermediate/Advanced \$180.00

NON-MEMBER Intro \$170.00, Intermediate/Advanced \$210.00

10% Discount for EXECUTIVE MEMBERS!

SUPERVISED POOL PLAY

FREE to children on Executive Memberships!

Kids who can swim the width of the pool come join us for supervised games, relays and swimming fun! Children who cannot swim may participate with an adult (16 or older). Parents must remain on premise during this activity.