

FALL YOUTH PROGRAMS



Karate

Shudokan School of Karate offers traditional Okinawan karate for all skill levels. Participants 5yrs. to Adult.
 Mon/Wed 4-5pm
 1 student \$65/month
 10% discount for add'l family members.
 Call Reed Secunda to arrange for a FREE trial, 503-491-3241.

Milwaukie Location



Tae Kwon Do

Students will learn practical self-defense skills and work towards mind and 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 \$34/month
 Non-Members \$40/month

Clackamas Location

Winter Break Camps

Dec. 18-22, Dec. 26-29 - 7:30am-5:30pm

The weather may not be nice enough for the kids to go outdoors, but we will make sure they get plenty of exercise! Kids will play court games, do crafts, swim and more! Ages 5-11.

Members 4 days \$120 5 days \$150
 Non-Members 4 days \$155 5 days \$195

(Executive Members receive 10% discount)
 Milwaukie location

Junior Fitness Certification

Junior Fitness Certification is a program designed to educate participants 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.

CLACKAMAS
 October 14 11am-3pm
 December 9 11am-3pm

MILWAUKIE
 September 23 9:30am-1pm
 October 14 9:30am-1pm
 November 11 9:30am-1pm

KIDS NIGHT IN

(No Parent's Allowed)

Fun and games just for kids. 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.

Children on Executive Memberships \$15
 Children on Fitness/Basic Memberships \$39
 Non-Members \$49
 (5:30 - 8:30pm)

CLACKAMAS
 October 20
 December 8

MILWAUKIE
 September 29
 October 27 (Halloween Theme)
 December 8

KID FIT & YOUTH POWER PLAY
FREE to EXECUTIVE MEMBERS

FALL 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	Minnow 2, Welcome to the Water
5:30pm	Tadpole 1, Minnow 4
6:00pm	Tadpole 2, Minnow 3
6:30pm	Tadpole 4
7:00pm	Minnow 5
7:30pm	Adult Lessons
TIME	TUES/THURS
3:30pm	Tadpole 2, Minnow 3
4:00pm	Tadpole 3, Minnow 2
4:30pm	Tadpole 2, Minnow 3
5:00pm	Tadpole 4, Minnow 4
5:30pm	Tadpole 1, Minnow 5

SESSION DATES
MON./WED. Sept. 11-Oct. 4,
Oct. 9-Nov. 1, Nov. 6-Dec. 6

TUES./THURS. Sept. 12-Oct. 5,
Oct. 10-Nov. 2 (No class 10/31),
Nov. 7-Dec. 7 (no classes Nov. 20-24)



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

- **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

**CHILDREN ON EXECUTIVE
MEMBERSHIPS RECEIVE
10% OFF SWIM & CAMPS!**

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 Sept 11-Dec. 1 M/W/F

Intro 4:45-5:30pm, Intermediate 5:30-6:30pm, Advanced 6:30-7:30pm, Friday Intro/Inter 5:30-6:30 Inter/Adv 6:30-7:30

MILWAUKIE Sept. 12-Dec. 1 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

KIDS 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.