The Blue Makos . . .

The Blue Makos program is one of the top levels of our swim lesson program at Portland Parks Aquatics. Each lesson is a swim practice for one hour to work on improving the four racing strokes and endurance of each stroke, as well as improving the racing elements with dives/starts, turns, endurance sprints, racing and relays, swim "sets", goals and times.

A pre-competitive swim league participants ages 6-15 will enjoy:

- 1 hour weekly swim practices at all pools
- Expert tips from an experienced swim coach
- A fun, supportive, learning environment
- Instruction on each of the four competitive strokes including dives and turns
- A mock swim meet on **Sunday, June 9th** from 8:00 -10:30am at Dishman Pool
- Every swimmer will receive a Blue Makos swim cap!

Practice Schedule

Buckman	Monday	4:00 - 5:00pm	Apr 1 - June 3	9 classes (no 5/27)
Buckman	Wednesday	4:00 - 5:00pm	Apr 3 - June 5	10 classes
Buckman	Friday	4:00 - 5:00pm	Apr 5 - June 7	10 classes
Columbia	Saturday	12:00 - 1:00pm	Apr 6 - June 8	8 classes (no 5/25 & 6/1)
Dishman	Sunday	5:00 - 6:00pm	Apr 7 - June 2	8 classes (no 5/26)
EPCC	Sunday	5:15 - 6:15pm	Apr 7 - June 2	9 classes (no 5/26)
Mt. Scott HOME SCHOOL	Thursday	1:00 - 2:00pm	Apr 4 - June 6	10 classes
Mt. Scott	Saturday	12:00 - 1:00pm	Apr 6 - June 8	9 classes (no 5/25)
Mt. Scott	Sunday	5:45 - 6:45pm	Apr 7 - June 3	8 classes (no 5/26)
SWCC	Saturday	11:30 am- 12:30pm	Apr 6 - June 8	9 classes (no 5/25)

Cost

8 classes	$52.00 resident / $67.60 non resident
9 classes	$58.50 resident / $76.05 non resident
10 classes	$65.00 resident / $84.50 non-resident

Summer Swim League 2013

Swim Season Begins Tuesday, June 18

Dual Meets: Sat July 6, Sat July 20 & Sat August 3

Championship Meet: Sat August 17