The Blue Makos . . .

Dive into action with the Blue Makos! *Are you into speed, competition, and perfecting your technique? Strut your stuff in this pre-competitive league, racing against other pools in Portland at quarterly mock-swim meets. Receive one hour per week of expert coaching in a fun, supportive environment. Participants will be given instruction on butterfly, backstroke, breaststroke, and freestyle, including competitive dives and turns. It is a great place to begin your journey to competitive swimming.*

Participants must be able to swim the length of the pool: Front Crawlstroke and Backstroke. (This correlates to passing Sea Lion level in the Portland Parks and Recreation swim lesson program.)

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, December 15 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	Sept 30 - Dec 9	9 classes (no 11/11, 11/25)
Buckman	Wednesday	4:00 - 5:00pm	Oct 2 - Dec 11	9 classes (no 11/27)
Buckman	Friday	4:00 - 5:00pm	Oct 4- Dec 13	10 classes (no 11/29)
Columbia	Saturday	12:10 - 1:10pm	Oct 5 - Dec 14	10 classes (no 11/24)
Dishman	Sunday	5:00 - 6:00pm	Oct 6 - Dec 8	9 classes (no 12/1)
EPCC	Sunday	5:15 - 6:15pm	Oct 20 - Dec 8	7 classes (no 12/1)
Mt. Scott HOME SCHOOL	Thursday	1:00 - 2:00pm	Oct 3 - Dec 12	10 classes (no 11/28)
Mt. Scott	Saturday	12:00 - 1:00pm	Oct 5 - Dec 14	10 classes (no 11/30)
Mt. Scott	Sunday	5:45 - 6:45pm	Oct 6 - Dec 8	9 classes (no 12/1)
SWCC	Saturday	11:30 am- 12:30pm	Oct 5- Dec 14	10 classes (no 11/30)

Cost

7 classes	$45.50 resident / $59.15 non resident
9 classes	$58.50 resident / $76.05 non-resident
10 classes	$65.00 resident / $84.50 non-resident

Winter Term Dates:

January 6 to March 15 — Meet on Sunday, March 16

Spring Term Dates:

March 31 to June 7 — Meet on Sunday, June 8