Kenton Swim School – Summer/Fall 2026

Instructor

Christi - Lead Instructor/Owner

I grew up wishing I was a dolphin! I've been swimming recreationally my whole life and was on the swim team in high school and the club team in college. My formal swim instructor training is through Portland Parks and I'm an instructor for PP&R and teach private lessons in my own pool. I was an elementary school teacher and currently run the children's grief support program for Providence Hospice.

In 2026, another lead instructor may be added to the summer roster so that more lessons can be made available. Additionally, one or more assistant instructors may be onboarded to support group lessons, which will allow more swimmers to participate.

Facility

The pool is located in our backyard in North Portland (Kenton neighborhood) and is accessed through the gate in the tall fence to the left of the house. There is an outdoor shower and a private bathroom/changing room.

The property is fully secured and access to the pool is limited to participants. The gate locks automatically and should remain closed *at all times*. **You will be provided with the exact address and a 4-digit gate code to open the gate when your enrollment is confirmed.**

Lesson Overview

Lessons are 25 minutes in length. Participants should arrive 5 minutes before the start of their lesson.

Swimmers are enrolled in group and semi-private lessons based on their abilities/skills. Please see the end of this document for a description of the levels, the prerequisites for each level, and skills that will be taught at each level.

Private lessons are $60/swimmer per 25-minute lesson and are one swimmer & one instructor (1:1)

- Swimmers can enroll in as many private lessons as they would like during the session. Scheduled availability for private lessons is limited, however, there is often flexibility to schedule private lessons outside the normal days/times that lessons are offered.

Semi-private lessons are $40/swimmer per 25-minute lesson and are two swimmers & one instructor (2:1)

- Normally, semi-private lessons are scheduled when there are two swimmers at the same level that want to enroll together. These may be siblings or may be swimmers from different families that are at the same level. Semi-private lessons are scheduled like private lessons with some flexibility to schedule outside normal lesson times.

Group lessons are $30/swimmer per 25-minute lesson. Group lessons are three swimmers & one instructor (3:1)**

- Group lessons are weekly for the session (ex: Tuesdays at 4:30pm for 3 weeks). Swimmers can enroll in lessons on multiple days if desired.
    - ***In 2026, group lessons may be open to as many as 5 swimmers. Group lessons with 4 or 5 swimmers will have an additional instructor making the ratios 2:1 or 5:2.*

Weeklong Intensives are $120/swimmer (20% discount) for five days in a row of group lessons (Monday-Friday).

- Levels for the weeklong intensives are TBD but will likely be Goldfish, Penguin and/or Otter levels, depending on interest.

Tentative Schedule *(as of 2/9/26)*

Session 1: July 7th - July 26th

Afternoons: Tuesday & Thursday: 4:30pm - 7:00pm

Mornings: Wednesday: 9:30am - 12:00pm, Saturday: 9:00am - 11:30am, Sunday: 9:00am - 11:00am

Weeklong Intensive: 7/20-7/24 8:30am or 9:00am

Session 2: August 3rd - August 23rd

Afternoons: Tuesday & Thursday: 4:30pm - 7:00pm

Mornings: Tues, Weds & Thurs: 9:30am - 12:00pm, Saturday: 9:00am - 11:30am, Sunday: 9:00am - 11:00am

Weeklong Intensive: 8/3-8/7 AND 8/10-8/14 at 8:30am or 9:00am

Session 3: September 8th - September 27th
Afternoons: Wednesday & Thursday: 4:30pm-7:00pm
Mornings: Saturday & Sunday: 9:00am-12:30pm

Payment Policies
Payment in full for all lessons in the session must be received 2 weeks (14 days) prior to the first lesson. If payment is not received on time (don't worry, you will get plenty of reminders), your swimmer's spot may be offered to someone on the waiting list. If you enroll less than 14 days prior to the first day of the session, a revised deadline will be shared with you.
The following forms of payment are accepted:

- Venmo (preferred)
- Apple Pay
- Cash or Check

Specific payment details will be shared with you when enrollment is confirmed.
For all payment types, please include the name(s) of the swimmer(s).

Missed Lessons

- For a planned absence, please provide notice by email no less than 3 days prior to the lesson and the lesson fee will be refunded. Refunds are processed **at the end of the session**. Alternatively, we can work together to find a time to make-up the lesson. This is dependent on availability.
- For absences with less than 3 days notice, a refund will *not* be provided but we can work together to find a time to make-up the lesson. This is dependent on availability and a make-up lesson may not be possible.
- For no-shows or absences with less than 12 hours notice, the lesson fee will *not* be refunded and a make-up lesson will *not* be offered.

Please note: there is a limit of one refund OR one make-up lesson for each swimmer per session.

Rules & Expectations

- Swimmers must be at least 3* years old and potty trained. There is a private bathroom onsite.
- All participants, or their legal representative, must sign the liability release before the first lesson.
- For minors, a guardian or responsible adult must be present on the pool deck at all times. Adults may use the hot tub during their swimmer's lesson as long as it is not a distraction to the swimmer(s).
- Sunscreen for swimmers must be applied AT LEAST 15 minutes prior to entering the pool.
- Long hair (shoulder length or longer) should be tied back or in a swim cap.
- All swimmers must rinse off in the heated rinse shower before entering the pool or hot tub.

**If you have a swimmer younger than 3yo that you feel is ready for a Goldfish-level class, please reach out to me directly to discuss.*

There is no lifeguard on duty.

Please be courteous of others while you are in the space. Any phone calls should be taken in a more private part of the yard, and all electronics should be muted or used with headphones.

You may photograph your child(ren) during lessons, however, you are expected to honor the personal privacy of other swimmers and families. Please try to photograph or video only your child(ren).

No Smoking
No Alcohol
No Glass
No Pets
No Food in the pool
No Band-aids in the pool

Swim levels

Goldfish

Pre-requisites: comfortable in pool without their grown-up, able to understand directions and communicate clearly, generally ages 3+

Skills we will work on:

Shallow water adjustment: getting comfortable in the water/being wet - water on body, face, head, moving through the water, ring retrieval from steps
Blowing bubbles - mouth & nose
Full face in water/head fully submerged
Bobs
Assisted back float
Assisted front float
Introduction to kicking
Introduction to arm circles/scoops
Safety topics/skills: pool entry - NEVER swim with out a grown-up, monkey crawl, pool exit (elbow, elbow, belly, knee)

Penguin

Pre-requisites: Able to blow bubbles (mouth & nose), full face in water, full head in water (bobs), assisted back float, assisted front float, pool exit from shallow end

Skills we will work on:

Continue shallow water adjustment
Flutter kicks
Arm circles/scoops
Back float
Front float
Front & back float recovery to standing
Front glide (with & without kicks)
Leveling off (moving from vertical to horizontal)
Jumping in
Safety topics/skills: refresh Goldfish topics, what to do if you fall in the pool (turn around, get to the side, get out), assisted to unassisted roll over, bobbing to safety

Otter

Pre-requisites: back & front float unassisted, front glide with and without kick (face in water), bobs

Skills we will work on:

Underwater exploration: Diving for rings, swimming through hoops
Back glide (with and without kicks)
Front crawl without side breathing
Introduction to side breathing
Introduction to backstroke
Jumping in to deeper water
Safety topics/skills: refresh Goldfish & Penguin topics, buddy system, unassisted turning over, bobbing to safety, exiting pool from deep end

Seal

Pre-requisites: back glide with kicking, front crawl without side breathing, side breathing on wall

Skills we will work on:

Front crawl with side breathing
Backstroke
Changing Directions
Underwater glide (push off from wall)
Deep water adjustment
Introduce diving
Safety topics/skills: refresh Goldfish, Penguin, & Otter topics, buddy system, arm or leg extension from deck, throwing assist (never jump in to save someone)

Polar Bear

Pre-requisites: comfortable in deep water, swim front crawl with side breathing for 30 feet, swim backstroke with arms for 30 feet

Skills we will work on:

Improve front crawl with side breathing
Improve back stroke
Underwater exploration - deep water bobs
Introduction to treading water
Jump into deep water & level off
Standing dive
Elementary backstroke kick
Safety topics/skills: refresh Goldfish, Penguin, Otter, & Seal topics, deep water reaching and throwing assists, changing direction in deep water, sculling, feet first surface dives (to bottom of pool)