

***Sunset Athletic Club***

# Indoor Aquatic Center Swim Programs Winter 2018

Children's Group Swim Lessons  
including Guppies

**\*Registration forms for the following programs on the  
Activity Wall:**

\* Ault Swim Conditioning

\*Adult Swim Lessons

\*Youth Swim Lessons

\*Water Babies

\*Swim Conditioning Program

\*Special Events



## Children's Group Swim Lessons – Winter 2018

**Winter Session I:** January 15<sup>th</sup>- February 8<sup>th</sup>

**Winter Session II:** February 19<sup>th</sup>- March 15<sup>th</sup>

Classes are offered 2 days a week, for 4 weeks (8 classes per session)

Choose M/W evenings or T/TH afternoons

**Saturday Winter Session:** January 20<sup>th</sup> – March 10<sup>th</sup>

**Per Session Rates:** \$ 65.00 for members / \$ 95.00 for non members

**Walk-In Registration: Wednesday, January 10<sup>th</sup>**

**SAC members only** 5:00-5:30pm, **Open to all** 5:30-6:15pm

A child may register for Session I, Session II (but not both) or Saturday.

**WALK-IN REGISTRATION FOR SECOND SESSION: Wednesday February 14<sup>th</sup>**

**SAC members only** 5:00-5:30pm, **Open to all** 5:30-6:15pm

No phone in, mail in, faxed in, or emailed registrations taken.

**\*\* Each child must have a swim evaluation before they can register for their first session of group swim lessons\*\*** (returning students do not need an evaluation; however an evaluation is recommended if the child has not been in our program for over 6 months)  
Evaluations held Wed. Jan. 10th & Wed. Feb. 14 5:00-6:00pm

### Guppies

This swim readiness program, originally designed for children who are **3 years of age, will now be expanded to include 4 year olds who are a bit hesitant in the water.**

Upon successful completion of the Guppies Class, the child will be eligible to enroll in our regular group swim lessons.

Guppies follow the group swim lesson procedures for evaluations and registration.

### **\*SCHEDULE SUBJECT TO CHANGE\***

Classes are 30 minutes in length and are grouped by skill level.

Tuesday & Thursday	1:00-2:00pm	Guppies & Preschool Levels 1-3
Tuesday & Thursday	3:30-5:15pm	Guppies & Levels 1-5
Monday & Wednesday	5:30-7:15pm	Guppies & Levels 1-5
Saturday	10:15a-12:30pm	Levels 1 -5 & Guppie



## Adult Swim Lessons

You're never too old to learn!

Whether you are a beginning swimmer, need to brush up your swimming skills, or want to learn a new swimming stroke, our adult group swim lessons are for you.

Classes are 40 minutes in length and available to those 16 years and older.

Winter Session I	Wednesdays, Jan. 17 – Feb. 7 <sup>th</sup>	7:15-7:55pm
Winter Session II	Wednesdays, Feb. 21 <sup>st</sup> – March 14 <sup>th</sup>	7:15-7:55pm

**Fees:** per session: \$ 41.00 members / \$ 72.00 non members

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## Youth Swim Lessons

This swim program is ideal for those ages 11-15, with limited swimming experience.

Increase your comfort in the water, better your swimming strokes and learn some life saving skills. Classes are 40 minutes in length.

Winter Session I:	Mondays Jan. 15 <sup>th</sup> - Feb. 5 <sup>th</sup>	7:15-7:55pm
Winter Session II:	Mondays Feb. 19 <sup>th</sup> - March. 12 <sup>th</sup>	7:15-7:55pm

**Fees:** per session: \$ 41.00 members / \$ 72.00 non members

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## Water Babies (ages 6 - 36 months)

Come play with us in our warm water therapy pool!

Winter Session I:	Tues & Thurs Jan. 16 <sup>th</sup> -Feb. 8 <sup>th</sup>	11:30-12pm
Winter Session II:	Tues & Thurs Feb. 20 <sup>th</sup> –March 15 <sup>th</sup>	11:30-12pm

**Fees:** per session \$ 60.00 members / \$ 90.00. non members

Each child needs to be accompanied by an adult in the pool & to wear a swim diaper

### DROP-IN Individual Water Babies Class

For those who want to give the program a try or for those can only come occasionally, we invite you to come on in. Just stop by the Service Desk, check in and pay, and bring your receipt to the instructor.

Per Class fee: SAC member \$ 10.00                      Non member: & 15.00

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**Registration forms for these aquatic programs are available on the Activity Wall**  
**All non-members must submit payment with registration**



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## Swim Conditioning Program

This aquatic program is designed to improve stroke technique while swimming laps. Must be at least 7 years of age (approximately Level 4 or better)

**Prerequisites:** *please read carefully*

*To participate in this program the swimmer must be able to:*

Swim 50 yards freestyle with side breathing

Swim 50 yards backstroke

Swim 25 yards coordinated breaststroke

Demonstrate coordinated butterfly (15 yards) and a standing front dive

NEW PARTICIPANTS MUST HAVE INSTRUCTOR APPROVAL TO ENROLL

If participant registers and cannot meet the minimum requirements on the first day they will not be allowed to continue and will be eligible for a 50% refund.

<b>Winter Session: Monday &amp; Wednesday</b> 4:40-5:20pm	Jan. 15 <sup>th</sup> - March 14 <sup>th</sup>
SAC Members \$ 116.00	Non members \$ 165.00

<b>Winter Session: Tuesday &amp; Thursday</b> 6:30-7:10 pm	Jan. 16 <sup>th</sup> - March 15 <sup>th</sup>
SAC members \$ 116.00	Non members \$ 165.00

<b>Winter Session: Saturday</b> 10:00-10:40am	Jan. 20 <sup>th</sup> - March 10 <sup>th</sup>
SAC Members \$ 65.00	Non members \$ 95.00

Registration forms for this program are available at the Activity Wall.

NOTE: if there is space available and you register *after Feb. 12, 2018* the fee will be reduced by 50%



# Spring Break Camp

Ages 4-10



Mon, Tues, Wed  
March. 26<sup>th</sup>, 27<sup>th</sup> and 28<sup>th</sup>  
1:00-3:00pm

All levels and abilities welcome to come play, learn and have fun!

Camp fee: SAC members \$ 50.00

Non Members \$ 70.00

\*Space is limited, registration forms available as of Nov. 01

\*Swim Camps are designed to provide wholesome, safe and FUN water activities for your child regardless of swimming ability

\* Camp staff are certified and experienced lifeguards

#### Activity Regulations

Please check your child in each day with Camp Staff

Spectators will not be allowed on the deck, please enjoy the balcony

Children under the age of 7: must have an adult in the same pool at all times

During Camp, the staff will serve as the adult

No refunds granted after March 16<sup>th</sup> 2018.regardless of when you register



**Sunset Athletic Club**

## Adult Swim Conditioning

<b>Autumn Session: Sunday</b> 10:00-10:40am	Jan. 21 <sup>st</sup> March 11 <sup>th</sup>
SAC Members \$ 65.00	Non members \$ 95.00

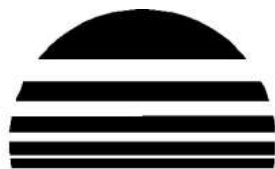
\_\_\_\_\_ Session 1 Sundays January 21<sup>st</sup>-March 11<sup>th</sup>

This aquatic program is designed to improve stroke technique while swimming laps.  
Must be 16 years of age

**Prerequisites:** *please read carefully*

*To participate in this program the swimmer must be able to:*

- Swim 50 yards freestyle with side breathing
- Swim 50 yards backstroke
- Swim 25 yards coordinated breaststroke



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# Water Polo

Mon, Tues, Wed  
March. 26<sup>th</sup>, 27<sup>th</sup> and 28<sup>th</sup>  
10:15- 11:45am



Come Learn the Basics of Water Polo!!  
From ages 8-13

SAC members \$ 50.00

Non Members \$ 70.00

**Prerequisites:** *please read carefully*

*To participate in this program the swimmer must be able to:*

Swim 50 yards freestyle with side breathing

Swim 50 yards backstroke

No refunds granted after March 16<sup>th</sup> 2018.regardless of when you register



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# Easter at the Pool



Friday March 23<sup>rd</sup> 2018  
4pm-5:30pm  
Ages 6-12

Come join us at the pool for some egg dying and Easter pool games!

## Fees

For registrations received by Friday March 16, 2018  
\$9.00 for SAC Members \$16 for Non Members

For registration received after March 16, 2018  
\$11.00 for Sac Members \$21.00 for Non Members

No refunds granted after Saturday, March 17, 2018 regardless of when you register. Registration forms are located on the activity wall.



# Swim Lesson & Aquatic Program FAQ's:

## How do I register my child for Group Swim Lessons?

Come to the walk-in swim lesson registration for that season.

If your child has never been in our group swim lesson program, *or if it has been more than 6 months since his/her last swim session*, he/she will need a swim evaluation.

Swim evaluations are conducted at the time of the registration

## Guppies:

It is recommended by swimming authorities that children be at least 4 years of age to participate in the group swim lessons. To this end, SAC has created a swim readiness program, Guppies, for 3 year old children. This introductory program has proven very valuable in the early stages of learning to swim and has now been expanded to include inexperienced 4 year olds.

Guppies classes are offered along with group swim lesson programs; please follow the Group Swim Lesson registration and evaluation procedures.

## What if I cannot make it to the Registration?

If you cannot make it to the registration, someone may represent you (neighbor, friend, grandma, etc.) Or you may call the Aquatics Director *after* the registration takes place to check on the availability of classes. You will still be required to come in to register.

Registrations taken after the designated registration day & time are subject to a late fee. *We DO not accept phone in, mail in, faxed in, or email registrations.*

## Can my child register for more than 1 session in the same season?

Yes, however a child may only register for one session *at a time*. If you sign your child up for session I, then when that session is complete you may sign your child up for session II. Otherwise we have no way of knowing what level your child will need (they may need to repeat the level, or they may pass to another level).

## How do I register my child/self for other Aquatic Programs?

Registration forms for the following programs are available on the Activity Wall, per season. These programs DO NOT require a swim evaluation.

Adult Swim Lessons (ages 16 and older)

Youth Swim Lessons (ages 11-15)

Swim Conditioning Program (ages 7-12, level 4 or better)

Aquatic Workshops

Swim Camps

Special seasonal events

**NEXT SEASON: Spring  
Spring Session Begins April 2018**

# Swimming at the Sunset Athletic Club

SAC members who are interested in group swim lessons at Sunset Athletic Club, who are not currently enrolled, or who are in need of an evaluation, are encouraged to email us at [groupswim@sunsetac.com](mailto:groupswim@sunsetac.com).

By contacting us you will get an email detailing opportunities to have an evaluation.  
New SAC member evaluations will be held:

Wednesday, Feb. 7<sup>th</sup> 6:40pm

Wednesday, Mar. 14<sup>th</sup> 6:40pm

Please contact us to confirm your reservation for one of these times.

Please note:

Non members who wish to receive group swim lesson information may also email us at [groupswim@sunsetac.com](mailto:groupswim@sunsetac.com)

## IMPORTANT

Please make sure you register your child for the correct class level (\*) and the day/time you want. Once your registration is received and confirmed, that is your spot.

You will only receive a phone call if there is a problem with your online registration.

If you want to make a change, and we can accommodate you, you will be subject to a transfer fee.

(\*)If you are uncertain of your child's class level, contact the Aquatics Director.

For additional information on group swim lessons, and other aquatic activities, email: [aquatics@sunsetac.com](mailto:aquatics@sunsetac.com)