



Sunset Athletic Club

**Indoor Aquatic Center
Swim Programs
Fall 2019**

Children's Group Swim Lessons
Including Guppies

***Registration for the following programs online:
sunsetac.clubautomation.com**

*Youth Swim Lessons

*Swim Conditioning Program

*Special Events



Children's Group Swim Lessons – Fall 2019

Fall Session I: September 16th-Oct. 10th

Fall Session II: October 21st-Nov. 19th (no Class Oct. 31st makeup is Nov. 19th)

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

Choose M/W evenings or T/TH afternoons

Saturday Fall Session: September 21st to Nov. 9th

Per Session Rates: \$ 68.00 for members / \$ 99.00 for non members

Walk-In Registration: Wednesday, September 11th

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

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

WALK-IN REGISTRATION FOR SECOND SESSION: Wednesday October 16th

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. September 11th & Wed October 16th 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	3:30-5:15pm	Guppies & Levels 1-5
Monday & Wednesday	4:55-7:15pm	Guppies & Levels 1-5
Saturday	10:15a-12:30pm	Levels 1 -5 & Guppie



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.

Fall Session I: Mondays September 16th, 23rd, 30th and Oct 7th 7:15-7:55pm
Fall Session II: Mondays Oct. 21st 28th Nov. 4th and 11th 7:15-7:55pm

Fees: per session: \$ 50.00 members / \$ 72.00 non members



Adult Swim Lessons

Adult Group Swim Lessons are tailored to the adult student who wants to learn new skills or improve on current skills. Increase your comfort level in the water, improve your stroke technique and learn some life savings skills. Classes are 40 minutes.

Summer Session 1: Wednesday Evenings September 18th, 25rd, Oct. 2nd and 9th 7:15-7:55p
Summer Session 2: Wednesday Evenings Oct. 23rd, 30th Nov, 6th and 13th 14th 7:15-7:55p

Fees per session: \$ 50. for members / \$ 72. For non members
Non members must pay at the time of registration



To register please visit: <https://sunsetac.clubautomation.com/>
Click Register for Classes and filter to Aquatics



Sunset Athletic Club

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.

Spring Session: Monday & Wednesday	September 16 th to November 6 th
4:00-4:40 pm	
4:40-5:20pm	
SAC Members \$ 120.00	Non members \$ 170.00

Spring Session: Tuesday & Thursday	September 17 th to November 12 th (no Class Oct. 31 st make up Nov. 12)
6:00-6:40	
6:40-7:20 pm	
SAC members \$ 120.00	Non members \$ 170.00

Spring Session: Saturday	September 21 st to Nov. 9 th
10:00-10:40am	
SAC Members \$ 68.00	Non members \$ 99.00

To register please visit: <https://sunsetac.clubautomation.com/>
Click Register for Classes and filter to Aquatics



SHORT SWIM

Short on time? Short on resources? Short on things to do between the holidays? Then our new Short Swim session may be what you need, 6 classes in 2 weeks, offered Tuesday, Wednesday & Thursday. Afternoon and evening class times are available.

Tuesday, Wednesday & Thursday Dec. 3rd, 4th, 5th and 10th, 11th, 12th
2 weeks, 6 classes

Classes will be offered 4:20pm-6:35pm

Lesson time will be determined based off of your child's level

Short Swim Session Rates \$55.00 SAC members / \$ 75.00 non members
*For this special session there are NO MAKE –Ups, and NO REFUNDS,
regardless of when you register, or if you withdraw at any time.*

Evaluations & Registration

Wednesday, Nov 27th

SAC members ONLY 5:00-5:30pm

Open to all 5:30-6:00pm

See rollover dates on following pages

To register please visit: <https://sunsetac.clubautomation.com/>

Click Register for Classes and filter to Aquatics



Pumpkin Pool Patch

Friday October 25th
4:30 pm-5:30 pm

Come Play Spooky pool games with pumpkins!
We will be playing a variety of pool games with a spooky Halloween twist!
Fun for all ages!

Fees: SAC member \$ 15.00 per child
Non member \$ 18.00 per child

No refunds granted after Wednesday, October 23, 2018

To Register please go to <https://sunsetac.clubautomation.com/>

Polar Bear Swim Camp

January 2nd, and 3rd
1:00-3:00pm Ages 4-10

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

Camp fee: SAC members \$ 50.00 Non Members \$ 70.00

*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 December 28th, 2019. regardless of when you register.

To register please visit: <https://sunsetac.clubautomation.com/>

Registration opens online on November 21st



Sunset Athletic Club

Sunset Athletic Club Group Swim Lessons

Thank you for supporting our program here at Sunset Athletic Club here is some information on how to register online

Members:

Member who are currently enrolled or have been in our swim program within the last 6 months can Roll over into the next session by registering online at <https://sunsetac.clubautomation.com>

Preferred Guest

If you are a non-member already participating in our program and would like to register for classes online you must become a Preferred Guest. Preferred Guest are non members who have their EFT on file.

Only non-members who are currently enrolled or have been in our program in the past 3 months can become Preferred Guest.

To become a Preferred Guest Fill link below

<https://www.cognitoforms.com/SunsetAthleticClub1/EFTApplicationForPreferredGuests>

Non Members:

Non members who are new to our program must come to an Open Registration to enroll in our program. We will Evaluate and enroll your child for group lessons at Open Registration.

All non-members who are new to Sunset Athletic Club must come to open registration before you can onboard to our online system

Please Contact us at groupswim@sunsetac.com For all information about group swim lessons!

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



Sunset Athletic Club

Group Swim Lesson Roll Over Dates

Members

Dates below list when online registration will be open to you as a member

Summer Session 2 to Fall Session 1- August 15th @ 8pm
Fall Session 1 to Fall Session 2- October 10th@8pm
Fall Session 2 to Short Swim- Nov. 21st @ 8pm
Short Swim to Winter Session 1-Dec. 19th @8pm

Preferred Guest

Dates below list when online registration will be open to you as a preferred guest.

Summer Session 2 to Fall Session 1- Aug 17th @8am
Fall Session 1 to Fall Session 2- October 12th @ 8am
Fall Session 2 to Short Swim- Nov. 23rd @ 8am
Short Swim to Winter Session 1-Dec. 21st @8am

Non Members/Members New to our program

Dates below are a list of our Open Registrations for group lessons. More information about Open

Registrations can be found in our Aquatic Packet.

Summer Session 2 to Fall Session 1- September 11th
Fall Session 1 to Fall Session 2- October 16th
Fall Session 2 to Short Swim- Nov. 27th
Short Swim to Winter Session 1-January 8th
5pm Members 5:30 Non members

Dates are Subject to change

To register please visit: <https://sunsetac.clubautomation.com/>

Click Register for Classes and filter to Aquatics

Swim Lesson & Aquatic Program FAQ's:

How do I register my child for Group Swim Lessons?

Here at Sunset Athletic Club we offer three levels of enrollment. See descriptions below.

Members:

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.

By contacting us you will get an email detailing opportunities to have an evaluation.

Preferred Guest

If you are a non-member already participating in our program and would like to register for classes online you must become a Preferred Guest. Preferred Guest are non members who have their EFT on file. Please e-mail me if you would like to be on boarded into this program.

Non Members:

Non members who are new to our program must come to an Open Registration to enroll in our program. We will Evaluate and enroll your child for group lessons at Open Registration. All non-members who are new to Sunset Athletic Club must come to open registration before you can onboard to our online system

Non members who wish to receive group swim lesson information may also email us at groupswim@sunsetac.com

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.

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?

Sign into your Club Automation account, Click register for classes you will be able sign up for Swim Conditioning, Youth, and Adult swim Classes

If you do not have an account or cannot access your account please e-mail me at: aquatics@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.
- If you would like additional information about programs, please contact me.
- General questions: aquatics@sunsetac.com
- Group swim lesson Questions: groupswim@sunsetac.com