



***Sunset Athletic Club***

Indoor Aquatic Center

Swim Conditioning

Swim Program

Fall 2020



Sunset Athletic Club

## Swim Conditioning Program

This aquatic program is designed to improve stroke technique while swimming laps. Must be at least 8 years of age (approximately Level 4 or Swim Team Experience) and current members of Sunset Athletic Club.

### **Curb side drop off & pick up**

Parents instructed to drop off children at the Café door and Pick up at the Front Lobby Door. Instructor will be waiting to greet swimmers and they will all walk to the pool together. At the end of the swim the instructor will walk with them to the Front Lobby while parents pick them up

### **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

**FIRST TIME PARTICIPANTS MUST HAVE INSTRUCTOR APPROVAL TO ENROLL**

*This program is in strict compliance with OHA 2351C (9/04/2020)*

**Instructor: Laura Cantwell, Aquatics Director**

### **Fall Session 1: Tuesday & Thursday**                      October 20<sup>th</sup> – November 12<sup>th</sup>

(Another class will be added upon demand)

- 3:45-4:00 pm Curbside Drop off at Cafe
- 4:00-4:40 pm Swimming in Pool
- 4:40-4:50 pm Guardian pick up at Lobby

SAC Members \$120.00

### **Fall Session 2: Tuesday & Thursday**                      December 1<sup>st</sup> – December 17<sup>th</sup>

- 3:45-4:00 pm Curbside Drop off at Café
- 4:00-4:40 pm Swimming in Pool
- 4:40-4:50 pm Guardian Pick up at Lobby

SAC members \$120.00

### **Fall Session: Saturday**    October 24<sup>th</sup> – December 5<sup>th</sup>

- 10:45-11:00 am Curbside Drop off at Cafe
- 11:00-11:40 am Swimming in Pool
- 11:40-11:50 am Guardian Pick up at Lobby

SAC Members \$68.00

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

**All Participants:**

***Due to Covid Guidance all limitations and restrictions below apply***

- Swimmers must come swim ready. This means suit under sweats. After swim, they may use the deck showers to rinse off, dry off with towels and put sweats back on and leave. Locker rooms will not be available.
- 6-foot distancing must be maintained at all times in and out of the pool, unless from the same family.
- Swimmers will be assigned a lane by the instructor based off of their ability. Each lane will have two swimmers 1 swimmer at the end of each lane.
- Swimmers must **Start/Stop** at their assigned location (which will be assigned on the first day of class)
- Swimmers must wear a mask when entering and walking through the club.
- All belongings must be left in Lockers outside of the Aquatics Center.

**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.

**If you do not have an account or cannot access your account please e-mail Laura Cantwell at: [aquatics@sunsetac.com](mailto:aquatics@sunsetac.com)**