



Sunset Athletic Club

Indoor Aquatic Center Swim Programs Autumn 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 – Autumn 2018

Autumn Session I: September 10-Oct. 4th

Autumn Session II: October 15th – November 12th (No class Oct. 31 make up Nov. 12th)

Classes are offered 2 days a week, for *4 weeks* (8 classes per session)
Choose M/W evenings or T/TH afternoons

Saturday Autumn Session: September 15th – November 3rd

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

Walk-In Registration: Wednesday, September 5th

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 October 10th

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.

Short Swim Registration is November 28th

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. Sept 5th & Mon. Oct. 10th 5:00-6:00pm

“Short Swim”:

December 4th, 5th, 6th, 11th, 12th, and 13th Tuesday, Wednesday & Thursday

Classes offered 4:20-6:35

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 10:45a-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.

Wednesday's Session 1 September 10– October 4th 7:15-8pm
Wednesday's Session 2 October 15th – November 12
(No class Wed Oct. 31 make up Mon Nov. 12th)

Fees: per session: Member 45.00/ Non member 72.00



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.

Monday's Session 1 September 10– October 4th 7:15-8pm
Monday's Session 2 October 15th – November 12

Fees: per session: Member 45.00/ Non member 72.00



Water Babies (ages 6 - 36 months)

Come play with us in our warm water therapy pool!

Drop-In Water Babies

Monday's at 6pm-6:30pm

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

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



Registration For these programs can be found here:

<https://sunsetac.clubautomation.com/>



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.

Autumn Session: Monday & Wednesday

4:00-4:40pm

4:40-5:20pm

SAC Members \$ 116.00

Sept. 10th-Nov.12

(No Class Oct 31st)

Non members \$ 165.00

Autumn Session: Tuesday & Thursday

6:30-7:10 pm

SAC members \$ 116.00

Sept. 11th – Nov. 8th

Non members \$ 165.00

Autumn Session: Saturday

10:00-10:40am

SAC Members \$ 65.00

Sept. 15th– Nov. 3rd

Non members \$ 95.00

Registration For these programs can be found here:

<https://sunsetac.clubautomation.com/>



New Drop-In Adult Conditioning Class

Autumn Session: Wednesday's	9:30-10:15 am
SAC Members \$ 10.00	Non members \$ 15.00

Adults who want to learn how to Lap swim. Or Swimmers who want to integrate swimming into their work out. Must be 16 years or older.



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. 4th, 5th, 6th, 11th, 12th, 13th
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 \$50.00 SAC members / \$ 70.00 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 28th

SAC members ONLY 5:00-5:30pm

Open to all 5:30-6:00pm

NO PHONE IN REGISTRATIONS TAKEN



Pumpkin Pool Patch

Friday October 26th
4:00 pm-5:15 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, 3rd, and 4th
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 20th, 2018. regardless of when you register.

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



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