



# Indoor Aquatic Center Swim Programs Spring 2017

Children's Group Swim Lessons  
including Guppies

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

\*Adult Swim Lessons

\*Youth Swim Lessons

\*Water Babies

\*Swim Conditioning Program

\* Aquatic Workshops

\*Special Events



Welcome To The Water

## Children's Group Swim Lessons – Spring 2017

Spring Session I: April 10 – May 04

Spring Session II: May 15 – June 12 (no classes M. May 29)

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

Saturdays – Spring Session: April 15 – June 10 (no classes Sat, May 27)

**Per Session Rates:** \$ 64. for members / \$ 93. for non members

### Walk-In Registration: Wednesday, April 05, 2017

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

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

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 Wednesday, April 05, 5:00-5:45p & Wednesday, May 10, 5:00-5:45pm

### >SUPPLEMENTAL REGISTRATION FOR SESSION II:

Wednesday, May 10, SAC members 5:00-5:30pm, Open to all 5:30-6:00pm

Children must be 4 years old by the first day of the session to participate in regular group swim lessons.

### Guppies

This swim readiness program, originally designed for children who are 3 years old has been expanded to include 4 year olds who are a bit hesitant in the water. Upon successful completion of the Guppies program, the child will be eligible for our regular group swim lessons. Guppies follow the 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	4:55-7:15pm	Guppies & Levels 1-5
Saturday	10:45a-12:30pm	Levels 1 -5 & Guppies



**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.

Spring Session I:	Wednesdays	April 12 – May 03	7:15-7:55pm
Spring Session II	Wednesdays	May 17 – June 07	7:15-7:55pm

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



**Youth Swim Lessons**

This swim program is ideal for those ages 11-15, with limited swimming experience. Increase your comfort in the water, improve your swimming strokes and learn some life saving skills. Classes are 40 minutes in length.

Spring Session I:	Mondays	April 10 – May 01	7:15-7:55pm
Spring Session II:	Mondays	May 15 - June 12	7:15-7:55pm
		(* ) no class M. May 29	

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



**Water Babies (ages 6 - 36 months)**

Come play with us in our warm water therapy pool!

Spring Session I:	Tues & Thurs	April 11 – May 04	11:30-11:55am
Spring Session II:	Tues & Thurs	May 16 – June 08	11:30-11:55am

**Fees:** per session \$ 60.00. members / \$92.00 non members

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

**NEW! Drop-in Individual Water Babies Class**

For those who want to give the program a try, or for those who can only come occasionally. Just stop by the Service Desk, check in, get a receipt and present it to the instructor.

Per class fee: SAC member \$ 10.00                      Non member \$ 15.00



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



Welcome to the Water!

## Swim Conditioning Program

This aquatic program is designed to improve stroke technique while swimming laps.

**Prerequisites:** Must be at least 7 years of age (approximately Level 4 or better).

**Please read carefully:**

Prerequisites for participation in this program:

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 requirements on the first day they will not be allowed to continue and will be given a 50% refund.

<b>Spring Session: Monday/Wednesday</b>		April 10 – June 05 (no class M. May 29)	
Squad A	7-12 years	M/W	4:40-5:20pm
SAC Members	\$ 116.00	Non members	\$ 165.00

<b>Spring Session: Tuesday &amp; Thursday</b>		April 11 – June 01	
Squad B	7-12 years	T/Th	6:35-7:15pm
SAC members	\$ 116.00	Non members	\$ 165.00

<b>Spring Session: Saturday</b>		April 15 – June 10 (no class Sat. May 27)	
Squad C	7-10 years	Sat	10:00-10:40a
SAC Members	\$ 64.00	Non members	\$ 93.00

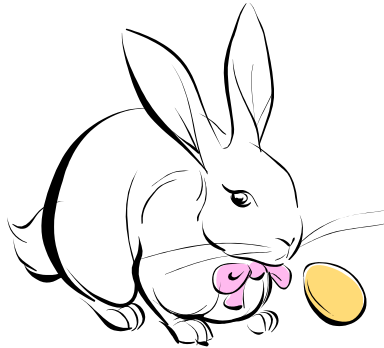


Registration forms for this program are available at the Activity Wall.

NOTE: if there is space available and you register *after May 01, 2016* the fee will be reduced by 50%



*SAC Annual*  
**Underwater Easter Egg Hunt**



**Wednesday, March 22, 2017**  
**5:50-7:00pm**

**Hunts for ages 1-12 years**

\*\*Parent must go in the pool with any child under the age of 7

Fees:

For registrations received BY 12 noon on Wed. March 15, 2017  
\$ 8.00 for SAC members \$ 15.00 for non members

For registration received after 12 noon on Wed. March 15, 2017  
\$ 10.00 for SAC members \$ 20.00 for non members

No refunds granted after Thursday, March 16, 2017 regardless of when you register.  
Registration forms available at the Activity Wall as of February 01, 2017



# Spring Break Swim Camp

Monday, Tuesday & Wednesday  
March 27, 28 & 29, 2017

Ages: 4-10 years old

1:00-3:00pm

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

Camp Fees: SAC member \$ 50.00 Non Member \$ 70.00

Space is limited \* Registration forms available at the Activity Wall

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

Camp staff are SAC swim instructors and lifeguards.

## **Activity Regulations**

Please check your child in each day with the camp staff.

Spectators will not be allowed to remain on the pool deck.

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

During camp time, the staff will serve as the adult.

Before and after camp these children must have an adult with them in any pool.

Please be prompt in collecting your child.

\*\* No Refunds granted after March 16<sup>th</sup>, 2017 regardless of when you register.

Space is limited! Register early! Forms available as of February 01, 2017



# Aquatic Workshops

These workshops are designed to improve the aquatic skills of the advanced swimmer. All participants must be at least 7 years of age, and a level 4 or better swimmer.

*Please note additional workshop requirements. (\*)*

Participant may choose one, or both, workshops per day providing they can meet the requirements.

## **Tuesday, June 13**

*3:45-4:25pm Breaststroke – improve the efficiency of the arm stroke, the kick, the glide & timing  
(\*) must be able to demonstrate a coordinated breaststroke*

*4:30-5:10pm Swim Team Tune Up – learn the terminology, practice the four competitive strokes, and work on drills to have a great swim team experience*

## **Wednesday, June 14**

*3:45-4:25pm Backstroke – improve the efficiency of the components of the backstroke*

*4:30-5:10pm Turns – improve open turns and experience flip turns  
(\*) must be able to swim 50 yards continuous freestyle with an efficient open turn*

## **Thursday, June 15**

*3:45-4:25pm Freestyle – always room for improvement with this classic stroke*

*4:30-5:10pm Starts – improve standing front dive, and take it to the starting blocks  
(\*) must be able to perform a standing front dive, no belly flops*

### Fees: per workshop

Members	\$ 15.00 per person, per workshop
Non members	\$ 25.00 per person, per workshop

### Refund Policy

Once you register you must request a refund if you are unable to attend.  
No refunds granted after June 05, regardless of when you register

*NOTE: if participant cannot demonstrate the requirements at the start of the workshop, they will not be allowed to continue, and are not eligible for a refund*

# 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: Summer**

**Summer Sessions begin June 2017**





# 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 emailing us you will get an email with two different opportunities to have an evaluation.

Be sure you email us prior to March 01, 2017 so you don't miss out

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 slot.

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 our Aquatics Director.