



Sunset Athletic Club

Indoor Aquatic Center Swim Programs Autumn 2017

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 2017

Autumn Session I: September 18 – October 12

Autumn Session II: October 23 – November 16 (No class Oct. 31 make up Nov. 21st)

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 23 – November 18

Per Session Rates: \$ 64.00 for members / \$ 93.00 for non members

Walk-In Registration: Wednesday, September 13th

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.

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

WALK-IN REGISTRATION FOR SECOND SESSION: Wednesday October 18th

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 29th

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 13 & Mon. Oct. 18 5:00-6:00pm

“Short Swim”:

December 5th, 6th, 7th, 12th, 13th, 14th Tuesday, Wednesday & Thursday; afternoon and evening classes offered

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.

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|--------------------|----------------|--------------------------------|
| 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 | 10:45a-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.

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| Autumn Session | Wednesdays, Sept 20 – Oct. 11 | 7:15-7:55pm |
| Autumn Session | Wednesdays, Oct. 25– Nov. 15 | 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, better your swimming strokes and learn some life saving skills. Classes are 40 minutes in length.

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| Autumn Session I: | Mondays Sept. 18-Oct. 09 | 7:15-7:55pm |
| Autumn Session II: | Mondays Oct. 23-Nov. 13 | 7:15-7:55pm |

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!

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|--------------------|-------------------------------|------------|
| Autumn Session I: | Tues & Thurs Sept. 13-Oct.06 | 11:30-12pm |
| Autumn Session II: | Tues & Thurs Oct. 18 – Nov.10 | 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



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



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.

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| Autumn Session: Monday & Wednesday 4:40-5:20pm | Sept. 18 – Nov. 15 |
| SAC Members \$ 116.00 | Non members \$ 165.00 |

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|---|---|
| Autumn Session: Tuesday & Thursday 6:30-7:10 pm | Sept. 19 – Nov. 21 (NO CLASS OCT. 31 ST) |
| SAC members \$ 116.00 | Non members \$ 165.00 |

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| Autumn Session: Saturday 10:00-10:40am | Sept. 23 – Nov. 18 |
| 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 Oct. 9, 2017* the fee will be reduced by 50%



Children's' Group Swim lessons

SHORT SWIM

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

Tuesday, Wednesday & Thursday Dec. 5th, 6th, 7th, 12th, 13th, 14th
2 weeks, 6 classes

Choose afternoons

3:45-4:15pm
4:20-4:50pm

Guppies, Level 1 a/b, Level 2a/b
Level 3a/b, Level 4, Level 5

OR evenings

6:30-7:00pm
7:05-7:35pm

Guppies, Level 1a/b, Level 2a/b
Level 3a/b, Level 4, Level 5

Short Swim Session Rates \$48.00 SAC members / \$ 66.00 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 29th
SAC members ONLY 5:00-5:30pm
Open to all 5:30-6:00pm

NO PHONE IN REGISTRATIONS TAKEN



Sunset Athletic Club

Penguin Swim Camp

Ages 4-10

Tuesday, Wednesday & Thursday

Dec. 21st & 22 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 December 12, 2016.regardless of when you register.



New Adult Swim Conditioning

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|--|----------------------|
| Autumn Session: Sunday 10:00-10:40am | Sept. 24 – Nov. 19 |
| SAC Members \$ 64.00 | Non members \$ 93.00 |

_____ Session 1 Sundays September 24th - November 19th

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

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



Pumpkin Pool Patch

Friday October 27th
3:50 pm-5:00 pm



Fun for the Whole Family

Bring your bathing suit

Any child under the age of 7 **MUST** have an adult go in the pool
with them

You must be “water ready” to remain on the pool deck

Fees: SAC member \$ 7.00 per child
Non member \$ 14.00 per child

No refunds granted after Wednesday, October 23, 2017

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: Winter

Winter Sessions begin January 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.

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

New SAC member evaluations will be held:

Wednesday, Aug 23 6:40pm

Wednesday, Oct 11 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

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