



Sunset Athletic Club

Indoor Aquatic Center Swim Programs Winter 2019

Children's Group Swim Lessons
Including Guppies

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

*Adult Swim Lessons

*Youth Swim Lessons

*Water Babies

*Swim Conditioning Program

*Special Events



Children's Group Swim Lessons – Winter 2019

Winter Session I: January 14th- February 7th

Winter Session II: February 18th- March 14th

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

Choose M/W evenings or T/TH afternoons

Saturday Winter Session: January 19th – March 19th

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

Walk-In Registration: Wednesday, January 9th

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 February 13th

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. Jan. 9th & Wed. Feb. 13th 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	5:30-7:15pm	Guppies & Levels 1-5
Saturday	10:15a-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.

Winter Session I Wednesdays, Jan. 16 – Feb. 6th 7:15-7:55pm
Winter Session II Wednesdays, Feb. 20st – March 10^h 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.

Winter Session I: Mondays Jan. 14th- Feb. 4th 7:15-7:55pm
Winter Session II: Mondays Feb. 18th- March. 11th 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!

Winter Session I: Thursday's at 6pm
Winter Session II: Thursday's at 6pm

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



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.

Winter Session: Monday & Wednesday	Jan. 14 th - March 7 th
4:00-4:40 pm	
4:40-5:20pm	
SAC Members \$ 120.00	Non members \$ 170.00

Winter Session: Tuesday & Thursday	Jan. 15 th - March 7 th
6:00-6:40	
6:40-7:20 pm	
SAC members \$ 120.00	Non members \$ 170.00

Winter Session: Saturday	Jan. 19 th - March 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

Spring Break Camp

Ages 4-10



Tue, Wed, Thur
March. 26th, 27th and 28th
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 Jan. 15th

*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 March 16th 2019. regardless of when you register

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

Click Register for Classes and filter to Aquatics



Easter at the Pool



Friday April 19th 2019
4pm-5:15pm
Ages 6-12

Come join us at the pool for some egg dying and Easter pool games!

\$15.00 for Sac Members
\$18.00 for Non Members

No refunds granted after April 12th 2019 regardless of when you register.

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



Sunset Athletic Club

Group Swim Lesson Roll Over Dates

Members

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

Winter session 1 to Winter Session 2- Feb 7th @ 8pm

Winter 2 to Spring 1-March 14th @ 8pm

Spring 1 to Spring 2- April 25th @ 8pm

Spring 2 to Summer 1- June 6th @8pm

Preferred Guest

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

Winter session 1 to Winter Session 2-Feb 9th @ 8am

Winter 2 to Spring 1 March 16th @ 8am

Spring 1 to Spring 2 April 27th @ 8am

Spring 2 to Summer 1- June 8th @ 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.

Winter Session 1- January 9th

Winter session 1 to Winter Session 2-Feb 13th

Winter 2 to Spring 1-March 20th

Spring 1 to Spring 2- May 1st

Spring 2 to Summer 1- June 12th

Dates are Subject to change