



Sunset Athletic Club

**Indoor & Outdoor Aquatic
Fall
Swim Programming
2021**

Includes Information on the following programs
The following Program fall between September 20th and Nov 10th

- *Swim Conditioning
- * Family Swim
- *Outdoor Children's Group Swim Squad's



Sunset Athletic Club

Outdoor 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)

Prerequisites: *please read carefully*

To participate in this program the swimmer must be able to:

Swim 40 yards freestyle with side breathing

Swim 40 yards backstroke

Swim 20 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.

Instructor: Laura Cantwell, Aquatics Director

Fall Session 1: Tuesday & Thursday Sept. 20th-Nov. 4th

4:50-5:00pm Curbside Drop off at Cafe

5:00-5:40 pm Swimming in Pool

5:40-5:50pm Guardian pick up at Lobby

SAC Members \$ 120.00

Preferred Guest \$ 170.00

Fall Session 1: Mon-Thurs Sept. 20th- Oct 14th

3:00-3:10pm Curbside Drop off at Café

3:10-3:50pm Swimming in Pool

3:50-4:00pm Guardian Pick up at Lobby

SAC members \$ 120.00

Preferred Guest \$ 170.00

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

Click Register for Classes and filter to Aquatics



Sunset Athletic Club

Outdoor Children's Group Swim Squad's-Fall 2021

All Participants must be able to swim independently with no help.

Fall Session I: September 20th-October 13th

Fall Session II: Oct 18th-Nov. 10th

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

Monday's and Wednesdays Only Classes will start at 4pm,4:30p, and 5pm.

Per Session Rates: \$ 75.00 for members

\$ 125.00 for Preferred Guest (Non members who have EFT on file)

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

Click Register for Classes and filter to Aquatics

This program is designed to help swimmers who need help with their swim strokes. The class includes 30 minutes of instruction with lap swimming. All swimmers must be able to swim on their own.

If your swimmer needs an evaluation please contact the Aquatics Director at groupswim@sunsetac.com

Below is a description of each level Sac will be offering.

<p>Squad One: * Ages 6 to 8 years old * Can swim 20 yards of Backstroke and Freestyle by themselves * Beginner Swimmers who are learning the basic functions of a Lap Swimming</p>	<p>Squad Two: * Ages 9-10 years old * Intermediate swimmers who know the basic functions of all four swimming strokes. * Knows lane etiquette</p>
<p>Squad Three: * Ages 11-12 year olds * Advanced Swimmers who know how to swim all four swimming strokes</p>	<p>Squad Four: * Advanced Swimmers who know all strokes</p>

SCHEDULE SUBJECT TO CHANGE

Classes are 30 minutes in length and start at the top of each hour. Squads are grouped by skill level. Classes available Monday & Wednesday between 4pm-5:30pm

For exact Squad times please sign in and view availability on your member portal.

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



How to Register:

Your family can make a reservation to use the Exercise Pool Together*

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

Select: Reservations/swimming/Exercise Pool and reserve your time

Reservations are for 45 mins only starting on every quarter hour. All patrons must exit the Aquatic center to allow our cleaning team to sanitize the Aquatic Center.

**Days and Times are subject to Change*

Rules to Remember:

- No back dives, flips, or jumping from any side of any pool.
- Children who are not toilet trained must wear swim diapers in the pool
- Regulation swim attire must be worn.
- During a Swim Reservation you are to remain in the pool you have reserved. (Please do not enter another pool)
- No Tennis balls, Racquetballs, or other hard objects allowed in the Aquatic Center
- No Cell phones, Cameras, or other electronic devices allowed on the pool deck, or in pools
- Non-swimmers, and those under 16 years of age, shall not use the pool unless a lifeguard, or responsible adult observer is present

What to bring:

(All personal items must be kept in lockers outside of Aquatic Center locks are not provided at this time)

You are welcome to bring Noodles, Sinking toys, kickboards, goggles and a water bottle.

Please leave all inflatables at home

Due to OHA Guidance we cannot provide any of the above items

Upon Arrival

When arriving at the club please Enter at the Service desk entrance. A staff member will check you into the club and provide a Yellow wrist band which you must wear during your Family swim time. When exiting Sunset Athletic Club you must check out at the Lobby Desk and exit

****Reservation will include all persons on a Family Membership. Reservation will be for 45min
This is an ACTIVE family swim. All family members must be in the water during this reservation.
No Guests. No spectators allowed on the deck. THERE IS NO LIFEGUARD ON DUTY.***



Sunset Athletic Club

The Following Statements apply to all Sunset Athletic Club Programming

As per guidance: *OHA2352012922021

All Participants:

- 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.\
- 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.

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

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**