



Sunset Athletic Club

Welcome To The Water!

Indoor Aquatic Center Swim Programs

Summer 2018

***Children's Group Swim Lessons**

including Guppies

Register for the following programs at the Service Desk:

***Swim Conditioning Program**

***Youth Group Swim Lessons**

*** Adult Group Swim Lessons**

***Swim Camps**

***Special Events**



2017 Summer Group Swim Lessons at SAC

Morning lessons – M thru Th 10:15am-12:30pm

30 minute lessons, 4 days/week for two weeks \$ 65. member / \$ 95. non member

Session I:	June 25 -28, July 9-12	registration Wed. June 20	<i>see below</i>
Session II:	July 16-26	registration Thr July 12	10:30-12noon
Session III:	July 30 – August 9	registration Sun. July 29	<i>see below</i>
Session IV:	August 13 – 23	registration Thr. Aug. 9	10:30-12noon

Evening lessons – Mon & Wed. 5:30-7:15pm

30 minute lessons, 2 days/week for four weeks \$ 65. member / \$ 95. non member

Session I:	June 25 – July 25 (no classes 7/2 & 7/4)	registration Wed. June 20	<i>see below</i>
Session II:	July 30 - August 22	registration Thr. July 29	<i>see below</i>

Afternoon lessons – Tue & Thr 2:15-4:00pm

30 minute lessons, 2 days/week for four weeks \$ 65. member / \$ 95. non member

Session I:	June 26 – July 26 (no classes 7/3 & 7/5)	registration Wed. June 20	<i>see below</i>
Session II:	July 31 – August 23	registration Sun. July 29	<i>see below</i>

Registration I: Wednesday, June 20 5:00-6:00pm

SAC Members ONLY from 5:00-5:30p

OPEN TO ALL 5:30-6:00p

On this day you may register for only one session, the **earliest** one, or the **only** one you want. For additional sessions, you must register on the specific registration day/time.

Registration II: Sunday, July 29 4:00-5:00

SAC Members ONLY from 4:00-4:30p

OPEN TO ALL 4:30-5:00p

Every child must have a swim evaluation before they can register for their first group swim lesson session. NOTE: *child should be at least 4 years old on first day of lessons.*

Evaluations will take place on Wednesday, June 20, 5:00-5:45pm, & Sunday, July 29, 4:00-4:45pm

Registration & Refunds

New participant registration must be done in person, and non member payment is due at the time of registration. *Our refund policy* – If a registered participant withdraws at least 48 hours prior to the first class meeting they are entitled to a full refund, minus any late fees. There is no prorating for missed classes. Registrations received after designated registration day & time are subject to a late fee.

Schedule is always subject to change.

For more Information contact the Aquatics Director, 503-645-3535 ext. 262 or

Email us at: aquatics@sunsetac.com



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Indoor Aquatic Center Swim Camp

Session I

Ages 4-10

Diving Dolphins

M/Tu July 2nd & 3rd
Camp time: 1:00-3:00pm

Camp fees:	SAC Member	Non Member
	\$ 35.00	\$ 50.00

Water Polo

Mon, Tues, July 2nd & 3rd
10:15- 11:45am



Come Learn the Basics of Water Polo!!
From ages 8-13

SAC members \$ 35.00 Non Members \$ 50.00

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

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

Registration is also available under the SAC Online access portal. Under Register for Classes

For more Information contact the Aquatics Director, 503-645-3535 ext. 262 or
email us: aquatics@sunsetac.com

No refunds granted after June 30th 2018.regardless of when you register

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.

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

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. 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?

Registration forms for the following programs are available on the Activity Wall, per season. These programs DO NOT require a swim evaluation. **Registration is also available under the SAC Online access portal. Under Register for Classes**

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

NEXT SEASON: Autumn