



***Sunset Athletic Club***

# Indoor Aquatic Center Swim Programs Spring 2018

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 – Spring 2018

**Spring Session I:** April 9<sup>th</sup>- May 3<sup>rd</sup>

**Spring Session II:** May 14<sup>th</sup> – June 11<sup>th</sup> (**NO CLASS MAY 28<sup>TH</sup>, MAKE UP JUNE 11<sup>TH</sup>**)

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:** April 14<sup>th</sup> - June 2<sup>nd</sup>

**Per Session Rates:** \$ 65.00 for members / \$ 95.00 for non members

**Walk-In Registration: Wednesday, April 4<sup>th</sup>**

**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.

**WALK-IN REGISTRATION FOR SECOND SESSION: Wednesday May 9<sup>th</sup>**

**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. April 9<sup>th</sup> & Wed. May 9<sup>th</sup> 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.

Spring Session I	Wednesdays, April. 11 <sup>th</sup> – May. 2 <sup>nd</sup>	7:15-7:55pm
Spring Session II	Wednesdays, May 16 <sup>th</sup> – June 6 <sup>th</sup>	7:15-7:55pm

**Fees:** per session: \$ 45.00 members / \$ 77.00 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.

Spring Session I:	Mondays April. 9 <sup>th</sup> - April 30 <sup>th</sup>	7:15-7:55pm
Spring Session II:	Mondays May 14 <sup>th</sup> -June 4 <sup>th</sup>	7:15-7:55pm

**(NO CLASS MAY 28<sup>TH</sup>, MAKE UP JUNE 11<sup>TH</sup>)**

**Fees:** per session: \$ 45.00 members / \$ 77.00 non members



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

Come play with us in our warm water therapy pool!

Winter Session I:	Tues & Thurs April. 10 <sup>th</sup> -May. 1 <sup>st</sup>	11:30-12pm
Winter Session II:	Tues & Thurs May 15 <sup>th</sup> -June 5 <sup>th</sup>	11:30-12pm

**Fees:** per session \$ 65.00 members / \$ 95.00. 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**

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

# 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.

## 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 Packet available May 7th**

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

New SAC member evaluations will be held:

Wednesday, May 2<sup>nd</sup> 6:00pm

Wednesday, June 6<sup>th</sup> 6:00pm

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](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 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](mailto:aquatics@sunsetac.com)