

Sunset Athletic Club

**Indoor Aquatic Center
Swim Programs
Winter 2023**

Children's Group Swim Lessons
Including Guppies

***Registration for the following programs online:
sunsetac.clubautomation.com**

- *Youth Swim Lessons
- *Adult Swim Lessons
- *Swim Conditioning Program
- *Special Events



Children's Group Swim Lessons – Winter 2023

Winter Session I: January 16th- Feb. 9th

Winter Session II: February 20th –March 16th

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 14th- March 4th

Per Session Rates: \$ 75.00 for members / \$ 125.00 for Preferred Guest

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

Click Register for Classes and filter to Aquatics

**** 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 January 4th and February 15th from 5pm-6pm

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	3:30pm-5:30pm	Guppies & Levels 1-5
Monday & Wednesday	4pm-6pm	Guppies & Levels 1-5
Saturday	10:00a-12:00pm	Levels 1 -5 & Guppie

Drop off & Pick up

Indoor Group Swim Lessons will meet inside at the Aquatic viewing balcony prior to class. Once the class is complete the instructor will return with the swimmers to the balcony.

Changing rooms are available downstairs before and after class.



Sunset Athletic Club

Indoor/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.

Outdoor

Winter Session: Mon & Wed

January 9th- March 1st 4pm-4:45 pm

Outdoor Swimming in Pool

SAC Members \$ 120.00

Preferred Guest \$ 180.00

Indoor

Winter Session: Tue & Thurs January 10th-March 2nd 6:30-7:10pm

SAC members \$ 120.00

Preferred Guest \$ 180.00

Indoor

Winter Session: Saturday's

January 14th- March 4th 3:30pm-4:15pm

SAC members \$ 75.00 Preferred Guest \$ 125.00

To register please visit: <https://sunsetac.clubautomation.com/>
Click Register for Classes and filter to Aquatics



Early Bird Laps with Joel

Need accountability while swimming laps? Want to increase your swimming endurance? Come join Joel Rollings Sunday Mornings.
Starting January 14th 2023

This 8 week program is for Adult Swimmers who want to lap swim and have a well rounded workout. Improve stroke endurance and have a chance to connect with fellow SAC members.

Session 1: January 14th – March 4th 8:15am- 9:15am
Sac Members \$75.00 Preferred Guest \$125.00

Who's Joel?

Joel Rollings comes to Sunset Athletic Club with over 25 years of coaching experience at the high school, club, collegiate and master's levels. Prior to moving to Oregon Rollings worked at the University of Wisconsin at Whitewater where he was a five time conference coach of the year. During his time there he coached 56 conference champions, 14 All-Americans and two national champions, with his student-athletes breaking school records a combined 92 times.

In 2012-13, Rollings helped guide Amy Spaay to NCAA Division III national championships in the 100- and 200-yard breaststrokes, including an NCAA Championship record time in the 100. She is the first swimming or diving champion of either gender in school history. The Warhawks placed 19th at the NCAA Division III Championships, the best finish in school history.

Prior to UW-Whitewater, Rollings served as the interim assistant swimming coach at the Milwaukee (2005-06) and the head coach for the Germantown Swim Club (2000-05). From 1998-2000, Rollings was the head age-group coach for the highly respected Phillips 66 Splash Club in Oklahoma, preceded by a stint as a graduate assistant coach at Texas Christian University (1996-98).

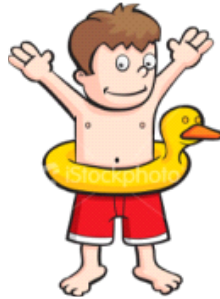
To register please visit: <https://sunsetac.clubautomation.com/>
Click Register for Classes and filter to Aquatics



Sunset Athletic Club

Spring Break Camp

Ages 4-11



Tue, Wed, Thur
March. 28th , 29th , and 30th
1:00-3:00pm

All levels and abilities welcome to come play, learn and have fun!

Camp fee: SAC members \$ 75.00

Preferred Guest \$ 95.00

*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.

No refunds granted after March 20th 2023 regardless of when you register.

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

Registration opens online on Feb. 9th



Easter at the Pool



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

Friday April 5th
4pm-5:15pm
Ages 5-12

\$20.00 for Sac Members
\$25.00 for Preferred Guest

No refunds granted after March 25th 2023 regardless of when you register.
To register please visit: <https://sunsetac.clubautomation.com/>
Click Register for Classes and filter to Aquatics.



Sunset Athletic Club

Sunset Athletic Club Group Swim Lessons

Thank you for supporting our program here at Sunset Athletic Club here is some information on how to register online

Members:

Members who are currently enrolled or have been in our swim program within the last 6 months can roll over into the next session. By registering online at <https://sunsetac.clubautomation.com>

Preferred Guest

Non-members who would like to participate in programming must become Preferred Guests. Preferred Guest is a non member who has their EFT on file.

To become a Preferred Guest Fill link below:

<https://www.cognitoforms.com/SunsetAthleticClub1/EFTApplicationForPreferredGuests>

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. 9th @ 8pm

Winter Session 2 to Spring Session 1 March 16th @ 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. 12th @ 8am

Winter Session 2 to Spring Session 1 March 19th @ 8am

Please Contact us at aquatics@sunsetac.com
For all information about group swim lessons!

Swim Lesson & Aquatic Program FAQ's:

How do I register my child for Group Swim Lessons?

Here at Sunset Athletic Club we offer two 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 aquatics@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 Guests are non members who have their EFT on file.

Please fill out this Link to become a Preferred Guest:

<https://www.cognitofrms.com/SunsetAthleticClub1/EFTApplicationForPreferredGuests>

Non members who wish to receive group swim lesson information may also email us at aquatics@sunsetac.com.

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 4-5 year olds.

Guppies classes are offered along with group swim lesson programs; please follow the Group Swim Lesson registration procedure.

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, Group Lessons, Guppies 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.
- As a Preferred Guest please respect the fact that only the person who is participating in a Club program may use the Club, and only during that program.
- 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.

**If you do not have an account or cannot access your account please e-mail me at:
aquatics@sunsetac.com**

Sac Inclement Weather Policy

During inclement weather Programming for Aquatics will follow Beaverton School District clouser announcements. If Beaverton announces 2 hour delay, programming will resume as usual.