



Sunset Athletic Club

**Indoor Aquatic Center
Swim Programs
Fall 2022**

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 – Fall 2022

Fall Session I: September 19th-Oct. 12th

Fall Session II: October 24th-Nov. 21st (no Class Oct. 31st makup is Nov. 21st)

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

Choose M/W evenings or T/TH afternoons

Saturday Fall Session: October 29th to Dec. 17th

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 Wed. September 13th & Wed October 19th 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	4pm-6pm	Guppies & Levels 1-5
Monday & Wednesday	5pm-7pm	Guppies & Levels 1-5
Saturday	10:15a-12:30pm	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

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.

Fall Session: Mon & Wed September 19th –November 14th (No Class Oct 31st.)
5:15-6:00 pm Swimming in Pool

SAC Members \$ 120.00 Preferred Guest \$ 180.00

Fall Session Session: Tue & Thurs September 20th –November 10th
3:10-3:50pm or 5:15-6pm

SAC members \$ 120.00 Preferred Guest \$ 180.00

Fall Session Session: Saturday's September 17th to Nov. 5th
9:00am-9:40 am Swimming in Pool

SAC members \$ 75.00 Preferred Guest \$ 125.00

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



SHORT SWIM

Short on time? Short on resources? Short on things to do between the holidays? Then our new Short Swim session may have what you need, 6 classes in 2 weeks, offered Tuesday, Wednesday & Thursday. Afternoon and evening class times are available.

Tuesday, Wednesday & Thursday Dec. 6th, 7th, 8th, 13th, 14th, 15th,
2 weeks, 6 classes

Classes will be offered 4:30pm-6:30pm

Lesson time will be determined based off of your child's level

Short Swim Session Rates \$65.00 SAC members / \$ 115.00 Preferred Guest
*For this special session there are NO MAKE-Ups, and NO REFUNDS,
regardless of when you register, or if you withdraw at any time.*

Classes will be Available for Registration As of Dec. 1st.
To register please visit: <https://sunsetac.clubautomation.com/>
Click Register for Classes and filter to Aquatics



Pumpkin Pool Patch

Sunday Oct. 30th
3:30-4:30pm

Come Play Spooky pool games with pumpkins!
We will be playing a variety of pool games with a spooky Halloween twist!
Fun for all ages!

Fees: SAC member \$ 25.00 per child
Non member \$ 40.00 per child

No refunds granted after Wednesday, October 26, 2022

To Register please go to <https://sunsetac.clubautomation.com/>





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:

Member 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 Guest. 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

Summer Session 2 to Fall Session 1-Aug 25th @8pm

Fall Session 1 to Fall Session 2- Oct 13th @ 8pm

Fall Session 2 to Short Swim and Winter Session 1- Dec. 1st At 8pm

Preferred Guest

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

Summer Session 2 to Fall Session 1-Aug 28th @8am

Fall Session 1 to Fall Session 2- Oct 16th @ 8am

Fall Session 2 to Short Swim and Winter Session 1- Dec. 4th At 8pm

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 Guest are non members who have their EFT on file.

Please fill out this Link to become a Preferred Guest:

<https://www.cognitofirms.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.
- 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

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