



***Sunset Athletic Club***

**Indoor & Outdoor Aquatic  
Swim Programming  
Spring 2022**

Includes Information on the following programs  
*The following Program fall between April 4<sup>th</sup>-June 6<sup>th</sup>*

- \*Swim Conditioning
- \* Family Swim
- \*Adult Group Swimming Lessons
- \* Inside Group Swimming Lesson's
- \* Guppies, Guppies, Guppies



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.

**Spring Session: Mon & Wed** April 4<sup>th</sup> – May 26<sup>th</sup>.

5:15-6:00 pm Swimming in Pool

6:00 -6:10pm Guardian pick up at Lobby

SAC Members \$ 120.00 Preferred Guest \$ 180.00

**Spring Session: Tue & Thurs** April 5<sup>th</sup>- May 27<sup>th</sup>

5:00-5:40pm Swimming in Pool

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

SAC members \$ 120.00 Preferred Guest \$ 180.00

**Spring Session: Saturday's** April 9<sup>th</sup>- June 4<sup>th</sup> ( No Class Sat. May, 28<sup>th</sup>)

9:45-10:25am Swimming in Pool

10:25-10:35am Guardian Pick up at Lobby

SAC members \$ 120.00 Preferred Guest \$ 180.00

Registration will open March 11th  
To register please visit: <https://sunsetac.clubautomation.com/>  
Click Register for Classes and filter to Aquatics



## **Inside Children's Group Swim Lessons – Spring 2022**

**Spring Session I:** April 4<sup>th</sup>-April 28<sup>th</sup>

**Spring Session II:** May 9<sup>th</sup> -June 6<sup>th</sup> ( No Class 5/30)

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

Choose M/W or T/TH

**Saturday Spring Session:** April 9<sup>th</sup> –June 4<sup>th</sup> ( No Class 5/28)

**Levels offered:** Levels 1-5 will be offered ages 4yrs and up

**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**

**Classes available:** Classes are 30 minutes in length and are grouped by skill level.

Monday & Wednesday between 4pm-6:00pm

Tuesday & Thursday between 4pm and 5pm/ 6pm-7pm

Saturday's 10:30am -12:30pm

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

**If your swimmer needs an evaluation please contact the Aquatics Director at [aquatics@sunsetac.com](mailto:aquatics@sunsetac.com)**

### **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**

## 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.cognitofrms.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 2 to Spring 1- March 17<sup>th</sup> @8pm  
Spring Session 1 to Spring Session 2- April 28<sup>th</sup> @8pm  
Spring Session 2 to Summer Session 1-June 9<sup>th</sup>@ 8pm

### Preferred Guest

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

Winter Session 2 to Spring 1- March 20<sup>th</sup> @8am  
Spring Session 1 to Spring Session 2- May 1st@8am  
Spring Session 2 to Summer Session 1-June 12<sup>th</sup>@ 8am

Please Contact us at [groupswim@sunsetac.com](mailto:groupswim@sunsetac.com) For all information about group swim lessons!

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.

Please contact Aquatics Director at [aquatics@sunsetac.com](mailto:aquatics@sunsetac.com)



### **How to Register:**

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

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

Select: Reservations/swimming/Family Swim/Choose a lane and reserve your time  
Family Swim in the Therapy Pool is available on Sat&Sun

Reservations are for 45 mins only starting on the top of each 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 provided at this time)*

You are welcome to bring Noodles, Sinking toys, kickboards, goggles and a water bottle.  
Please leave all inflatables at home

### **Upon Arrival**

When arriving at the club please Enter at the Service desk entrance. A staff member will check you into the club and 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**  
**Drop in Open Swim**

Starting in March SAC will have drop in Open Swim  
NO RESERVATIONS NECESSARY (Exercise pool only)  
Those under 12 must be accompanied by an adult in the aquatic center.  
Those under the age 7 must be accompanied by an adult in the water.  
A Lifeguard will be on duty during this Open Swim Time

**Drop in Open Swim Days/Times**

*March 10<sup>th</sup> from 5pm-7pm*

*March 17<sup>th</sup> from 5pm-7pm*

*March 24<sup>th</sup> from 5pm-7pm*

*March 31<sup>st</sup> from 5pm-7pm*

**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 Open Swim you are to remain in the Exercise Pool. (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 12 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 provided at this time)*

You are welcome to bring Noodles, Sinking toys, kickboards, goggles and a water bottle.  
Please leave all inflatables at home

**Upon Arrival**

When arriving at the club please Enter at the Service desk entrance. A staff member will check you into the club and when exiting Sunset Athletic Club you must check out at the Lobby Desk and exit

*No Guests. No spectators allowed on the deck. Please use viewing balcony.*



# SAC ATTACK SWIM TEAM 2022

MUST BE A MEMBER OF SUNSET ATHLETIC CLUB AT TIME OF  
REGISTRATION

Cost \$195.00 per participant

## Open Registration

*SAC Attack Families who have been on the team for one year or families who are  
new to the team*

**May 1st**

*Registration begins online at 7am. A link will be posted on the  
Sunsetac.com Home Page.*

Sac Attack Swim team is open to swimmers ages 6-18. Must be level 2b or higher.  
Swimmers who are 5 years old or below level 2b will need to be evaluated prior to registration.

Questions: [SACATTACKSWIMMING@SUNSETAC.COM](mailto:SACATTACKSWIMMING@SUNSETAC.COM)

Limited Space Available Early registration Recommended

## Important Dates

***June 12th 4pm Parent Meeting for New and Returning Team Members***

***June 27<sup>th</sup> First Day of Swim Team Practice***

### Practice Options

Monday through Friday (Outdoor Pool)

7:00 AM

8:00 AM

9:00 AM

10:00 AM

11:15 AM

Practices will extend to mid-August

**Swim Meets: TBD**

Questions: [sacattackswimming@sunsetac.com](mailto:sacattackswimming@sunsetac.com)





## **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 [groupswim@sunsetac.com](mailto:groupswim@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 [groupswim@sunsetac.com](mailto:groupswim@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](mailto: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](mailto:aquatics@sunsetac.com)
- Group swim lesson Questions: [groupswim@sunsetac.com](mailto:groupswim@sunsetac.com)

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