



Sunset Athletic Club

Indoor & Outdoor Aquatic Swim Programming 2022

Includes Information on the following programs
The following Program fall between January 10th-March 3rd

- *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.

Instructor: Laura Cantwell, Aquatics Director

Winter Session 1: Mon & Wed Jan 10th-March 2nd

4:50-5:00pm Curbside Drop off at Cafe

5:00-5:40 pm Swimming in Pool

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

SAC Members \$ 120.00

Preferred Guest \$ 180.00

Winter Session 1: Tue & Thurs Jan 11th-March 3rd

4:50-5:00pm Curbside Drop off at Café

5:00-5:40pm Swimming in Pool

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

SAC members \$ 120.00

Preferred Guest \$ 180.00

Winter Session 1: Mon, Tue, Thurs. Jan 10th –March 3rd

3:00-3:10pm Curbside Drop off at Café

3:10-3:50pm Swimming in Pool

3:50-4:00pm Guardian Pick up at Lobby

SAC members \$ 120.00

Preferred Guest \$ 180.00

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



Inside Children's Group Swim Lessons – Winter 2022

Winter Session 1: January 17th –February 10th

Winter Session 2: February 21st – March 14th

Classes are offered 2 days a week, for *4 weeks* (8 classes per session)
Monday/ Wednesday between 4pm-6pm

Levels offered: Levels 1-3 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

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

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

Adult Group Swim Lessons

Adult Group Swim Lessons are tailored to the adult student who wants to learn new skills or improve on current skills. Increase your comfort level in the water, improve your stroke technique and learn some life savings skills. Classes are 45 minutes.

Winter Session 1: January 11th- February 2nd

Winter Session 2: February 15th – March 10th

Classes are offered 2 days a week, for *4 weeks* (8 classes per session) or 1 day a week, for *4 weeks* (4 classes per session)

Class day/time: Tuesday's and Thursday's @ 9am- 9:45am

Per Session Rates:

Tuesday's & Thursday's

\$ 95.00 for Members

\$ 145.00 for Preferred Guest (Non members who have EFT on file)

Tuesday's Only

\$ 50.00 for Members

\$ 72.00 for Preferred Guest (Non members who have EFT on file)

Thursday's Only

\$ 50.00 for Members

\$ 72.00 for Preferred Guest (Non members who have EFT on file)



Guppies, Guppies, Guppies

Ages 3-5

This swim readiness program, originally designed for children who are **3 years of age, will now be expanded to include 4 year olds and 5 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.

Winter Session 1: January 11th- February 2nd

Winter Session 2: February 15th – March 10th

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

Class day/time: Tuesday's and Thursday's @ 10am- 10:30 am

Per Session Rates:

Tuesday's & Thursday's

\$ 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



Family Swim

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

Due to OHA Guidance we cannot provide any of the above items

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.



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.

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.cognitofrms.com/SunsetAthleticClub1/EFTApplicationForPreferredGuests>

Non members who wish to receive group swim lesson information may also email us at 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



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

The Following Statements apply to all Sunset Athletic Club Programming

All Participants:

- Swimmers must come swim ready. This means suit under sweats. After swim, they may use the deck showers to rinse off, dry off with towels and put sweats back on and leave. Locker rooms will not be available unless you have made arrangements with the instructor.
- Swimmers will be assigned a lane by the instructor based off of their ability. Each lane will have two swimmers 1 swimmer at the end of each lane.
- Swimmers must **Start/Stop** at their assigned location (which will be assigned on the first day of class)
- Swimmers must wear a mask when entering and walking through the club.
- All belongings must be left in Lockers outside of the Aquatics Center.

Curb side drop off & pick up- Outdoor programming only

Parents instructed to drop off children at the Café door and Pick up at the Front Lobby Door. Instructor will be waiting to greet swimmers and they will all walk to the pool together. At the end of the swim the instructor will walk with them to the Front Lobby while parents pick them up

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, Youth, and Adult swim Classes

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