



Sunset Athletic Club

Welcome to the Water!

SWIM LESSONS **REGISTRATION & SESSION DATES**

Children's Group Swimming Lessons - Winter 2012

Sessions

Winter Session I: January 16th- February 9rd

Winter Session II: February 20th-March 15th

Saturday Session: January 21st-March 10th

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

Choose M/W evenings or T/TH afternoons

Rates

Per Session Rates: \$50 member/ \$75 non members

Registration

Wednesday, January 11, 2012 - Walk - In Registration Only

SAC members only 5:30pm - 6:15pm

Open to public 6:15 - 7pm

Or, Call (503)645-3535 and arrange an evaluation with Gale Parsons prior to registration date of January 11, 2012.

-No phone in registrations taken at this time.

-A child may register for Session 1, Session 11 and Saturday

First lesson with SAC? Each child must have a swim evaluation before they can register for their first session of group swim lessons.

Returning students - D not need an evaluation, however it is recommended if the child has not been enrolled in our program for over 6 months

Swimming Lessons

For the following classes you may register at the Service Desk. No swim evaluation required for these programs.

Youth Swim Lessons (11-15 Years of age) - Mondays 7:15-7:55pm
4 week session designed for those with limited swimming experience.

Adult Swim Lessons (16 and older) - Saturdays 9:15-9:55am; or Weds. 7:15-7:55pm
4 week session designed for those with limited/intermediate swimming skills.

Aquatics Classes

Winter Session I: January 10th- February 3rd
Winter Session II: February 14th-March 10th

Water Babies (6-36 months) - Tuesdays & Thursdays 12:30-12:55pm
4 week session, one adult per child required in the water.

Guppies (3 years of age only) - The American Red Cross recommends that children be 4 years of age to participate in the "Learn To Swim Program". So, SAC proudly offers a swim program, just for 3 year olds, called Guppies. Guppies classes are offered with the "Learn To Swim Program", while no swim evaluation is required.

Tuesdays & Thursdays

1:00-1:30pm

3:30-4:00pm

Mondays & Wednesdays

5:30-6:00pm

Saturdays

11:55a-12:25pm

Swim Conditioning Class

For those swimmers who want to improve on stroke technique and endurance. Participants must meet several swim skill requirements. Minimum age 7 years old. Choose Monday/Wednesday/Friday afternoons or Saturday mornings. Register for this program at the Activity Wall.

Swim Technique Workshop

Designed to improve your skills in the four competitive strokes. Two day workshop Monday & Wednesday March 12 & 14 4pm - 4:45pm
Registration forms at Activity Wall

Aquatics Camps

Spring Break Swim Camp

Monday/Tuesday/Wednesday, March 26, 27, 28 from 1:00-3:00pm

Ages 4-10

Daily activities include theme project, safety lesson swim instruction, aquatic games and snack.

Registration forms available at Activity Wall by February 1st.