

Summer Group Lessons

Session Dates

Session 1: June 5 - June 15
Session 2: June 19 - June 29
Session 3: July 5 - July 14*

*week 1 lessons run Wed.-Fri. (5th,6th,7th)
*week 2 lessons run Mon.-Fri. (10th-14th)

Session 4: July 17 - July 27
Session 5: July 31-Aug 10

Session Fees

| Member Fee | Non-member Fee | Student-Teacher Ratio |
|----------------|----------------|--------------------------------|
| 1 session \$80 | 1 session \$90 | 4:1 Level 1 & 2 6:1 Level 3 |

Session Schedule

All classes run Mon.-Thurs. (except session 3)

| Morning Times | Evening Times |
|---------------|---------------|
| 10:00 a.m. | 5:00 p.m. |
| 10:30 a.m. | 5:30 p.m. |
| 11:00 a.m. | 6:00 p.m. |
| 11:30 a.m. | |

*a.m. lessons in outdoor pool p.m. lessons in covered pool
*Classes range from Level 1 - Level 3
(Class descriptions on back)

Parent & Tot

Dates: June 16 - August 11 (Fridays only)

Times: 10:00 am (6 - 18 months)

Fees: Members: \$70

10:30am (18 months - 36 months)

Non members: \$80

*No class July 7

*All children must use reusable swim diapers.

Private Lessons

Private Lesson Availability with
Ms. Angie and Staff:

Private Lessons:

\$30/\$40 1 x 20 min lesson

\$90/\$120 4 x 20 min lesson

\$160/\$205 8 x 20 min lesson

Semi-Private:

\$25/\$40 per child 1 x 30 min lesson

\$75/\$100 per child 4 x 30 min lesson

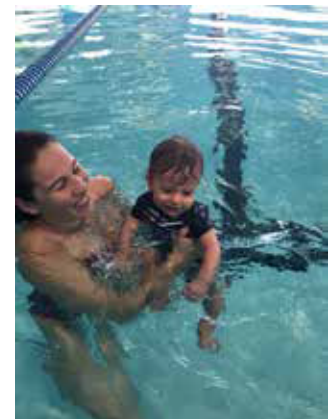
\$125/\$155 per child 8 x 30 min lesson

Monday-Thursday (Outdoor Pool): -10am & 12-1 pm

Fridays (Outdoor Pool): 9-10 am & 11 am - 1 pm

Monday-Friday (Covered Pool): 3-5 pm & 6:30-7pm

Saturday & Sunday : By appt only



See the front desk to sign up!



SUN OAKS AQUATICS REDDING
SWIM LESSONS

3452 Argyle Road
Redding, CA 96002
530-221-4405

Lessons Descriptions

1 level

Level 1: Ages 3-5

Has little or no experience

Session Focus:

- o Breath control through guided full body submersions
- o Floating & gliding
- o Pulling & kicking
- o Water safety

2 level

Level 2: Ages 4-7

Has passed Level 1 class or can perform the following skills:

- o Submerge underwater
- o Floats & Glides comfortably on front & back
- o Kicks Independently on front & back

Session Focus

- o Proper kicking & pulling techniques
- o Coordination between kicks & pulls
- o Breath control & side breathing
- o Water safety

3 level

Level 3: Ages 5 & Up

Has passed Level 2 Class or can perform the following skills:

- o Roll over from front to back & back to front un-assisted
- o Freestyle un-assisted for 10 yards
- o Backstroke un-assisted for 10 yards

Session Focus

- o Breath control & side-breathing
- o Proper Body & Head Position
- o Coordination between kicks & pulls
 - Freestyle, Backstroke, Breast Stroke, Dolphin Kick
- o Push-offs, jumps & dives
- o Water safety in deep water