



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

Fall Group Lessons

Session Dates

Session 1: September 5-28*

Session 2: October 2-26

Session 3: Oct. 30 - Nov. 16**

*No Class Monday Sept. 4. Make-up Fri. Sept 8th

**Session 3 pro-rate pricing \$60 for members
Non-members \$70

Session Fees

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

Lessons run Monday/Wednesday

OR

Tuesday/Thursday

Session Schedule
Toddler (age 2) 3:40pm
Level 1 (ages 3-5) 4:00pm
Level 2 (ages 4-7) 4:30pm
Level 3 (ages 5+) 5:00pm

*Session 1 meets at the outside pool. Session 2&3 meet at the covered pool.

*Classes range from Level T - Level 3
(Class descriptions on back)

Parent & Tot

Dates: September 8-29 (Fridays only)

Times: 10:00 am (6 - 36 months)

Fees: Members: \$35

Non members: \$40

*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:

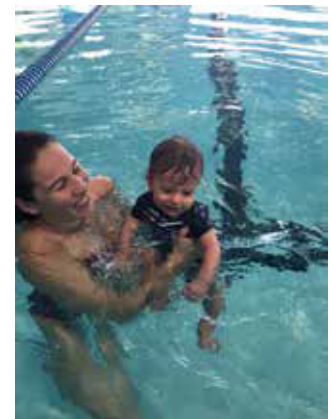
\$25/\$40 per child 1 x 30 min lesson

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

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

See the Front Desk to view the schedules and sign up.

Email angie@sunoaks.com with questions and for alternate options.



See the front desk to sign up!



SUN OAKS AQUATICS REDDING
SWIM LESSONS

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T level

Level Toddler: Age 2

Has little or no experience. 20 minute semi-private lesson.

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
 - o Freestyle, Backstroke, Breast Stroke, Dolphin Kick
- o Push-offs, jumps & dives
- o Water safety in deep water