



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

Stroke School is a program for swim lesson graduates to learn the basics of competitive swimming, develop endurance and have fun. Freestyle, Backstroke, Breaststroke, Butterfly and Race Dives will be developed in a swim team environment. Swimmers will be divided up into lanes based on age and swimming ability. Instructors will coach swimmers from the deck to simulate an actual swim team practice. At the end of each session, the swimmers will participate in a "Mini Meet" and race their fellow Stroke School peers. Graduates of Stroke School are well prepared to join both the SOAR Summer Swim Team and SOAR Year-Round Competitive Team. Sign-up for Stroke School at the front desk today!



*Sign-up requirements:
 Must be 6-12 years old, has passed SOAR Level 4 class -OR-
 Has the following skills: freestyle with side breathing for 25 yards, backstroke for 25 yards, breaststroke for 15 yards, butterfly for 15 yards, flutter kick with kick board 25 yards, streamline kick on back for 15 yards, dolphin kick on front for 25 yards.

Email our Swim Lessons Director, Angie Baker, with any questions you may have at:
angie@sunoaks.com

Session Information	Member Fee	Non-member fee	Student-Teacher Ratio
Monday - Thursday x2 weeks	\$30/session	\$40/session	15:1 or better

Sessions
1. June 6 - June 16
2. June 20 - June 30
3. July 5 - July 16 (Tuesday-Friday)
4. July 18 - July 28
5. August 1 - August 11

Class Times
*All sessions will be held in the covered pool
9:00-9:45 am
1:15-2:00 pm