

## Summer Group Lessons

### Session Dates

Session 1: June 6 - June 16  
 Session 2: June 20 - June 30  
 Session 3: July 5 - July 15 (Tues.-Fri.)  
 Session 4: July 18 - July 28  
 Session 5: Aug. 1 - Aug. 11

### Session Fees

Members Fee	Non-members Fee	Student-Teacher Ratio
1 session \$80 2 sessions \$150 3 sessions \$220	1 session \$90 2 sessions \$170 3 sessions \$250	4:1 Level 1 & 2 6:1 Level 3 & 4

*\*Multi-session discount must be paid all at once.*

### Session Schedule

*All classes run Mon.-Thurs.*

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 outside pool, P.M. lessons in covered pool  
 \*Classes range from Level 1 - Level 4  
 (Class descriptions on back.)*

## Parent & Tot

**Dates:** June 17 - August 12 (Fridays only)

**Times:** 10:00am (6 - 18 months)      10:30am (18 months - 36 months)

**Fees:** Members: \$70/Drop-in: \$10      Non members: \$80/Drop-in: \$15

*\*No class July 8*

*\*All children must use reusable swim diapers.*

## Private Lessons

### Private Lesson Availability with Ms. Angie and Staff:

Monday-Thursday (Outdoor Pool): 12-1 pm  
 Fridays (Outdoor Pool): 9-10 am & 11 am - 1 pm  
 Monday-Friday (Covered Pool): 3-5 pm  
 Saturday & Sunday : By appt only

*\*20 min. time slots for private lessons.*

*\*30 min. time slots for semi-private lessons.*

*\*email Angie with questions at [angie@sunoaks.com](mailto:angie@sunoaks.com)*



**See the Front Desk to view fee schedules & to sign-up.**

# Lesson Descriptions

## Level 1 (ages 3-4)

Has little or no experience

Session Focus: Breath control through guided full body submersions, floating & gliding, pulling & kicking, water safety

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## Level 2 (ages 4-7)

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

Submerge underwater, floats comfortably on front & back, kicks independently on front & back

Session Focus: Proper kicking & pulling techniques, coordination between kicks and pulls, breath control & side breathing, water safety

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## Level 3 (ages 5-9)

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

Roll over from front to back and back to front unassisted, freestyle unassisted for 5 yards, backstroke unassisted for 5 yards

Session Focus: Breath control and side breathing, floating and kicking, coordination between kicks and pulls, push-offs, jumps and dives, water safety in deep water

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## Level 4 (ages 6 and up)

Has passed Level 3 Class or can perform the following skills:

Comfortable swimming in all depths of pool, push off wall in streamline and swim freestyle for 10 yards, push off wall in streamline and swim backstroke for 10 yards, streamline kick on front for 10 yards, flutter kick on back for 10 yards, dolphin kick for 10 yards

Session Focus: Fundamentals of all 4 strokes and kicks, side-breathing in freestyle, endurance, jumps & dives, and water safety

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\*For our swimmers ages 6-12 who have completed Level 4 please see our SOAR Stroke School Flyer!

