SOAR
SUN OAKS AQUATIC RACING

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

Summer Group Lessons

Session Dates

Session 1: June 11 - June 21
Session 2: June 25 - July 6*
Session 3: July 9 - July 19
Session 4: July 23- August 2
Session 5: August 6 - August 16

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

All classes run Mon.-Thurs. (except session 2)

Morning Times (all levels)	Evening Times
10:00 a.m.	5:00 p.m. Levels 1 & 2
10:30 a.m.	5:30 p.m. Levels 1 & 3
11:00 a.m.	6:00 p.m. Levels 1 & 2

Outdoor Pool Covered Pool

*Classes range from Level T - Level 3
(Class descriptions on back)
*No Classes July 4th, makeup day July 6th

Toddler Classes

M/W or T/TH Sessions: 9:40
Session Dates: Same as above

Friday Only Session: 9:20 and 9:40
Session Dates: June 8-29 & July 13-Aug 3

Cost: $40/member $50/non-member

Parent Tot Classes

Dates: June 8 - Aug 10 (Fridays only) **Time:** 10:00 am (6-18 mo) 10:30 am (18-36 mo)
*No class July 6th
Cost: $70/member $80/non-member

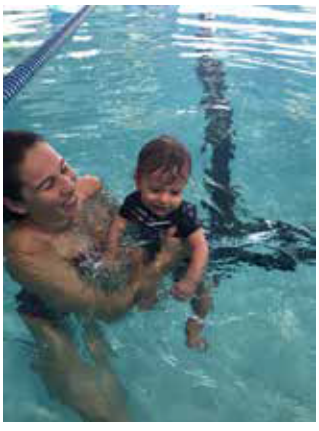
Private Lessons

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): 9-10am, 11:30am-1pm
Fridays (outdoor Pool): 11am-1pm
Monday-Friday (Covered Pool): 3-5pm & 6:30-7pm
Saturday & Sunday: By Appt Only



See the Front Desk to view the schedules and sign up.
Email angie@sunoaks.com with questions and for alternate options.

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T level

Level Toddler: Age 2

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

*All children must use swim diapers.

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