

2019 Session Dates

Monday & Wednesday	Tuesday & Thursday	Friday
\$80/member \$90/non-member	\$80/member \$90/non-member	Pro-Rated
Session 1 January 7th - 30th Session 2 February 4th - 27th Session 3 March 4th - 27th Session 4 April 1st - May 1st* Session 5 May 6th - May 29th**	Session 1 January 8th - 31th Session 2 February 5th - 28th Session 3 March 5th - 28th Session 4 April 2nd - May 2nd* Session 5 May 7th - May 30th	Session 1 January 4th - 25th Session 2 February 1st - 22nd Session 3 March 1st- 22nd Session 4 Mar 29th - Apr 12th Session 5 Apr 26th - May 17th
*Spring Break 4/15-4/19 **No class Mon 5/27. Makeup 5/29	*Spring Break 4/15-4/19	



Available Group Classes

Parent Tot Ages 6mo-36mo

Toddler Ages 2-3

Level 1 Ages 3-5

Level 2 Ages 4-7

Level 3 Ages 5 & up

Pre-Team Ages 6-12

Class times and registrations available online at sunoaks.com under Swim School.
If desired class is full please email angie@sunoaks.com for options.

Private Lessons

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



T level 2:1 Ratio

Level Toddler: Age 2-3 *All children must use swim diapers.
Has little or no experience. 20 minute semi-private lesson.

1 level 4:1 Ratio

Level 1: Ages 3-5 Little or no experience

Session Focus:

- o Aquatic comfort
- o Pulling & Gliding
- o Breath control
- o Water Safety
- o Floating and Gliding

2 level 4:1 Ratio

Level 2: Ages 4-7 Passed Level 1 or can perform the following skills:

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

Session Focus

- o Independent breaths in deep water
- o Breath Control & Side Breathing
- o Proper kicking & pulling techniques
- o Deep water safety
- o Coordination between kick & pulls

3 level 6:1 Ratio

Level 3: Ages 5 & Up Passed Level 2 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 Push-offs, jumps & dives
- o Proper Body & Head Position
- o Water safety in deep water
- o Coordination between kicks & pulls
- Freestyle, Backstroke, Breast Stroke, Dolphin Kick

P Pre-Team 8:1 Ratio

Pre-Team: Ages 6-12 Passed Level 3 or can perform the following skills:

- o Unassisted and Safely freestyle with side breathing for 25 yards
- o Backstroke for 25 yards

Session Focus

- o Swim team readiness
- o Flip turns & streamline push-offs
- o Swim circle pattern with group in lap-lane
- o Race Dives
- o Proper technique of all 4 competitive strokes
- o Endurance