

SUN OAKS Swim School FOR ADULTS

Session 1: April 12-May 7
Session 2: May 10-June 4
Session 3: June 7-July 2
Session 4: July 5-July 30
Session 5: August 2-August 27

ADULT STROKE & TURN CLINIC SERIES

Time: Tuesdays 5:30-6:30pm

Price: \$40 members/\$50 nonmembers

Have you ever wanted to boost your confidence in the pool, learn proper stroke technique & flip turns? Well this class is for you! Coach Dante has an expansive knowledge of swimming fundamentals & will take a hands-on approach to teaching you the necessary skills to take your swimming to the next level. You are destined to improve and succeed! Must be safe in deep water and be able to swim 25 yards.

MASTERS SWIMMING

Mondays/Wednesdays/Fridays, 5:15-6:15am with Coach Shannon

Mondays & Thursdays 5:30-6:30pm, Saturdays 9-10am with Coach Dante

Price: \$69 members/\$89 non

Drop-in available on Saturday only \$7 members \$10 non

Are you a lap swimmer looking to take your swimming to the next level? Or, an ex-swimmer looking for a team to practice with again? Well dive right in! Coaches will give stroke technique and feedback within a structured swim workout. Coach Shannon has 30+ years of swimming experience that ranges from her own collegiate swimming career to teaching and coaching swimmers of all levels. Coach Dante was an accomplished All American swimmer, still competes at the collegiate level and has coached Masters for years. These coaches will challenge the more seasoned swimmer, while modifying workouts to suit the needs of a more recreational lap swimmer. Some call this class, "an extended swim camp for adults." Must be able to swim 50 yards without stopping.



PRIVATE ADULT LESSONS

1 x 30 min session \$40 members /\$50 non-members

4 x 30 min sessions \$140 members /\$160 non-members

8 x 30 min sessions \$270 members/\$290 non-members

Sign up online or email angie@sunoaks.com