

JUNIOR LIFEGUARD PROGRAM

The Junior Lifeguard Program emphasizes leadership, team work and water safety. The first 45 minutes will include classroom training and swim conditioning at the covered pool. The second 45 minutes will be dedicated to lifeguard field training, where under direct supervision, kids will practice being a lifeguard and blow their whistle at rec swim.

Session 1: June 13 - July 6*

Session 2: July 11- August 3

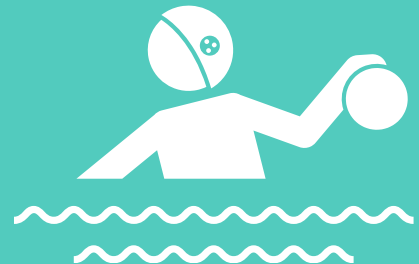
Tuesday/Thursday 12:30-1:15

*No class 7/4 - prorated session

\$100 MEMBERS

\$120 NON-MEMBERS

S U N A K S WATER POLO



AN INTRODUCTION TO THE SPORT OF WATER POLO. THIS CLASS WILL COVER THE BASIC RULES, SKILL SETS & TECHNIQUES ASSOCIATED WITH THE GAME OF COMPETITIVE WATER POLO. PLAYERS WILL FOCUS ON SWIMMING, PASSING & SHOOTING. GETTING INTO GREAT SHAPE & TONS OF FUN ARE A GUARANTEE!! CLASSES TAKE PLACE IN DEEP WATER. MUST BE ABLE TO SWIM 25 YARDS ON FRONT & BACK TO PARTICIPATE.

\$135 members

\$155 non-members

JUNE 13-AUGUST 3, NO CLASS 7/4
TUESDAYS & THURSDAYS AT THE
COVERED POOL

1:30-2:30 AGES 7-10
2:30-3:30 AGES 11-16

EMAIL ANGIE@SUNOAKS WITH
QUESTIONS. REGISTER ONLINE AT
SUNOAKS.COM