

Winter - Spring Swim

- Session 1 January 8 - February 2
- Session 2 February 5 - March 1
- Session 3 March 4 - March 29
- * Spring Break April 1-12
- Session 4 April 15-May 10
- Session 5 May 13 - June 7 No Class 5/27 (prorated)

*T/Th morning times offered in Sessions 4 & 5 only



Mon/Wed Sessions	Tues/Thurs Sessions	Friday Sessions
\$85/members \$95/nonmembers		\$45 member \$50 nonmembers
9:30, 10:00, 10:30 Level 1/2 Combo 11:00-1:00 & 2:00-3:00 Private Lessons 3:30-6:00 Levels 1-4* 6:00-7:00 Private Lessons	9:30, 10:00, 10:30 Level 1/2 Combo 11:00-1:00 & 2:00-3:00 Private Lessons 3:30- 6:00 Levels 1-4* 6:00-7:00 Private Lessons	9:00 Parent Tot 9:30, 10:00, 10:30 Level 1/2 Combo 11:00-1:00 Private Lessons
*Classes run every 30 min	*Classes run every 30 min	

See most current class times & registrations at sunoaks.com under Swim School. If desired class is full, or for alternate options and questions email Angie at angie@sunoaks.com. Class descriptions on back.

SUNOAKS

SWIM TEAM

Otters 4:15-5:00

M/W or T/TH option = \$85 members, \$95 nonmembers
 3x per week = \$120 members, \$130 nonmembers
 4x per week = \$150 members, \$160 nonmembers

Dolphins 5:00-6:00

M/W or T/TH option = \$90 members, \$100 nonmembers
 3x per week = \$130 members, \$140 nonmembers
 4x per week = \$160 members, \$170 nonmembers

Stingrays 5:00-6:30

M/W or T/TH option = \$120 members, \$130 nonmembers
 3x per week = \$170 members, \$180 nonmembers
 4x per week = \$215 members, \$225 nonmembers

Session Dates *same as Swim School

*Visit our website, sunoaks.com/swimteam/ for list of Swim Meets and Team Events

*Levels 3 & 4 are welcome to participate in Team Events at Sun Oaks!



Private Lessons

Available upon request
 Email angie@sunoaks.com

Private Lessons:

\$100/\$120 4 x 20 min lesson
 \$180/\$210 8 x 20 min lesson

\$150/\$160 4 x 30 min lessons
 \$280/\$305 8 x 30 min lesson

Semi-Private:

\$80/\$100 per child 4 x 30 min lesson
 \$135/\$155 per child 8 x 30 min lesson

1st price members 2nd price nonmembers

P-T

Parent Tot - Ages 6-36 months.

No experience needed. All children must wear swim diapers.

Session focus: water acclimation, submersions, floating, kicking and water safety.

1 level

4:1 Ratio

Level 1: Ages 2-5

Little or no experience.

Session focus: aquatic comfort, breath control, pulling, kicking, floating, gliding and water safety.

2 level

4:1 Ratio

Level 2: Ages 3-6

Passed Level 1 or can perform the following skills: floats & kicks comfortably on front & back for 3 seconds unassisted.

Session focus: independent breaths in deep water, rolling from front to back, introduction to strokes if ready, deep water safety.

3 level

5:1 Ratio

Level 3: Ages 4-7

Passed Level 2 or can perform the following skills: comfortable swimming independently in deep water, can roll from front to back, swims freestyle, backstroke & dolphin for 10 yards.

Session focus: freestyle & side-breathing, backstroke, breaststroke, dolphin, endurance and dives.

4 level

Swim Team

6:1 Ratio

Level 4: Ages 5-7

Passed Level 3 or can perform the following skills: has learned strokes and swims freestyle, backstroke, breaststroke and dolphin for 15 yards.

Session focus: stroke technique for all 4 strokes, endurance and dives.

O Otters Swim Team

Otters Swim Team: Ages 5-8.

Passed Level 4 or can perform the following skills: freestyle with side breathing, backstroke, breaststroke and butterfly for 25 yards.

D Dolphins Swim Team

Dolphins Swim Team: Ages 9-12. Passed Otters or can perform the following skills: freestyle, backstroke, breaststroke for 50 yards. 100 IM with "legal" strokes.

S Stingrays Swim Team

Stingrays Swim Team: Ages 11 and up. Passed Dolphins or can perform the following skills: freestyle, backstroke, breast stroke for 100 yards. 200 IM with "legal" strokes.

*Session focus for ALL swim team groups is: stroke technique, dives, flip turns, endurance and team work. Swim team meets are OPTIONAL.