

SUMMER SESSIONS

- Session 1 June 10th - 20th
- Session 2 June 24th- July 3rd*
- Session 3 July 8th - 18th
- Session 4 July 22nd - August 1st
- Session 5 August 5th - 8th**

*No class July 4th. Prorated.
 **1 week prorated session.



Monday - Thursday Sessions	Friday Sessions		
\$85/member \$95/non-member	\$85 member \$95 nonmember		
<p>Levels 1 through 4 offered at each time below</p> <table style="width: 100%;"> <tr> <td style="width: 50%; vertical-align: top;"> <p>Morning Sessions (Outdoor Pool)</p> <p>9:00, 9:30, 10:00, 10:30, 11:00, 11:30</p> </td> <td style="width: 50%; vertical-align: top;"> <p>Afternoon Sessions (Covered Pool)</p> <p>3:30, 4:00, 4:30, 5:00, 5:30, 6:00</p> </td> </tr> </table>	<p>Morning Sessions (Outdoor Pool)</p> <p>9:00, 9:30, 10:00, 10:30, 11:00, 11:30</p>	<p>Afternoon Sessions (Covered Pool)</p> <p>3:30, 4:00, 4:30, 5:00, 5:30, 6:00</p>	<p>Session Dates June 14-August 9 *No class July 5th</p> <p>Level 1/2 Combo at: 8:30, 9:30, 10:30</p> <p>Parent Tot at: 9:00, 10:00, 11:00</p>
<p>Morning Sessions (Outdoor Pool)</p> <p>9:00, 9:30, 10:00, 10:30, 11:00, 11:30</p>	<p>Afternoon Sessions (Covered Pool)</p> <p>3:30, 4:00, 4:30, 5:00, 5:30, 6:00</p>		

Times subject to change based on enrollment. 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.



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

Semi-Private:
 \$80/\$100 per child 4 x 30 min lesson
 \$135/\$155 per child 8 x 30 min lesson
 1st price member 2nd price non-member

SOSS News

- Ask Angie about our "auto-enroll" program!
- We work with Summer Camp to get your kids to and from their lessons!
- After Swim School, your kids can transition to our Swim Team. Visit sunoaks.com/swimteam to learn more. Go Stingrays!



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.