

JUNIOR LIFEGUARD PROGRAM

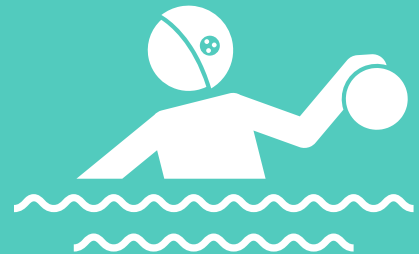
The Junior Lifeguard Program emphasizes leadership, team work and water safety. The class will include training in life saving skills, swim conditioning and some real life whistle blowing at rec swim. **Ages 8-14 welcome!**

Although kids will learn a ton through this course, there is no *official lifeguard certification earned from training.

Session 1: June 11 - July 3*
Session 2: July 9- August 1
Tuesday/Thursday 12:30-1:15
*No class 7/4 - prorated session

\$100 MEMBERS
\$120 NON-MEMBERS

SUN OAKS 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.

\$75members
\$85 non-members

Session 1 June 11 - July 3 *no class July 4, prorated
Session 2 July 9 - August 1

Tuesday/Thursday in 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