

## SUMMER 2025 SESSIONS

Session 1 June 9th - 19th

Session 2 June 23rd- July 3rd

Session 3 July 7th - 17th

Session 4 July 21st - 31st

Session 5 August 4th - 7th \*Prorated 1 week session

Fall Season starts Aug 25th!



Monday - Thursday Sessions	Friday Session
\$90/members \$100/nonmembers	\$90/members \$100/nonmembers
<p>Levels 1-4 offered at:</p> <p>Morning: 9:00, 9:30, 10:00, 10:30, 11:00, 11:30 (Outdoor Pool)</p> <p>Afternoon: 3:30, 4:00, 4:30, 5:00, 5:30, 6:00 (Covered Pool)</p>	<p>June 13-August 8 *no class 7/4</p> <p>Level ½ Combo at: 8:30, 9:30, 10:30</p> <p>Parent Tot at: 9:00, 10:00, 11:00 (Outdoor Pool)</p>

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

## SUNAKS

### SWIM TEAM

Summer Season June 9 - July 31. Email [angie@sunoaks.com](mailto:angie@sunoaks.com) to sign up for the entire season, with monthly billing. Or, jump in and out as you please with 2-week sessions! Go Stingrays!

### Session Cost (2 week sessions)

Otters - \$85 member/\$95 non member

Dolphins - \$105 member/\$115 non member

Stingrays - \$120 member/\$130 non member

### Season Cost (8 weeks)

Otters - \$300 member/\$320 non member

Dolphins - \$340 member/\$360 non member

Stingrays - \$380 member/\$400 non member

### Swim Team Times

Otters - 8:45-9:30 or 11:00 - 11:45

Dolphins - 9:30 - 10:30

Stingrays - 9:30 - 11:00

### Swim Meets and Events

Visit [sunoaks.com/swimteam](http://sunoaks.com/swimteam) for dates.

Swim meets are optional.

Scan here to visit the  
Swim Team page!



## Private Lessons

Available upon request  
Email [angie@sunoaks.com](mailto:angie@sunoaks.com)

### Private Lessons:

\$100/\$120 4 x 20 min lesson

\$190/\$210 8 x 20 min lesson

\$150/\$170 4 x 30 min lessons

\$280/\$310 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.