



Summer Swim Camps

The Sonoma State Lil' Wolves Summer Swim program is a great way to introduce your child to swimming. The camps are brought to you by the SSU Women's Water Polo team.

Join us this summer for some fun in the pool!

Spring Session Calendar

May 9 - May 24
By appointment.

Summer Session Calendar

(2 week sessions Mon. thru Fri., 9-12 and 3-7)
Session I: June 1-June 12
Session II: June 15-June 26
Session III: June 29-July 10
Session IV: July 13-July 24
Session V: July 27-August 7



Child's Name _____ Age _____

Class Registering for _____ Session _____

Time of Class _____ Amount Paid _____

Parent's Name _____ Phone _____

Address _____ E-Mail _____

Credit Card # _____ Card Type* _____

Name on card _____ Exp. Date _____

Checks may be made payable to Sonoma State Aquatics (please include this form).

* We can accept Visa or MasterCard. Mail checks and form to:

Sonoma State University Athletics

Attn: Receivables Administrator

1801 E. Cotati Ave.

Rohnert Park, CA 94928

For more information, call 707-664-2688 or email lilwolves@gmail.com

Sponsored by SSU Women's Water Polo



Summer Swim Camps

Spring Session Calendar

May 4 - May 29. By appointment.

Summer Session Calendar

(2 week sessions Mon. thru Fri., 9-12 and 3-7)

Session I: June 1-June 12

Session II: June 15-June 26

Session III: June 29-July 10

Session IV: July 13-July 24

Session V: July 27-August 7

Session VI: August 10-August 21 (pending)

**Private Lessons are Available.
Lifeguards Available for off-site events.**

Classes Offered

30 min. classes offered in two week sessions, start every half hour. 60 min. classes offered in two week sessions, start at the top of each hour.

(1 make-up class per session available, only with instructor and written office approval.)

Mommy and Me

Instruction for parents on how to teach their child pre-swimming skills and safety in the water. Incorporates fun games and songs. One parent per child, swim diapers are required.

Ages: 0-2

Cost: \$60 (30-minute class)

Only available at 11:00 am and 6:00 pm

(Level 1) Starfish

Learning to swim and water safety. How to float, paddle and kick, play in the water and basic safety skills for children.

Ages: 3-5

Cost: \$60 (30-minute class)

TM (Level 2) Guppies

For children with some swimming skills. Instruction on basic strokes, endurance and intro to independence in entering/exiting the pool safely.

Ages: 4-5

Cost: \$60 (30-minute class)

(Level 3) Seahorses

Developing stroke technique and endurance to swim the length of the pool. Concentration on mastering the crawl and backstroke.

Ages: 4-7

Cost: \$60 (30-minute class)

(Level 4) Turtles

Introduction to the four primary strokes, mastering of the crawl and backstrokes. Concentration on technique as well as swimming survival skills, rescue techniques and water safety. Swimmers will learn to swim multiple laps developing strength and fitness.

Ages: 5-9

Cost: \$60 (30-minute class)

(Level 5) Dolphins

Introduction to age group competitive swimming. Further emphasis on stroke technique, racing starts, turns and finish. Learn to tread water, swim distance and correct breathing.

Ages: 8+

Cost: \$80 (60-minute class)

(Level 6) Seawolves Swim Camp

Advanced swimming skills and technique development. Inner-team dual meets. Excellent conditioning, strength training and endurance training.

Ages: 8+

Cost: \$80 (60-minute class)

Private/Adult Swim

Introduction to swimming, raising comfort in the water, safety instruction, stroke development and confidence building. Coaching in stroke efficiency, endurance, weight loss and skills to continue swimming at a regular fitness routine.

Ages: open to all ages

Cost: \$100 for five lessons

\$175 for ten lessons

www.sonomaseawolves.com

Phone: (707) 664-2688



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