

# SWIMMING LESSONS

## BASIC DESCRIPTION OF LESSON SKILLS AND LEVELS

The goal of the Learn-to-Swim program for children three years and older is to develop progressive swimming skills. Each skill level includes the teaching and assessment of critical water skills, plus a water safety component. When registering, place your child into their appropriate level using the class descriptions. Typical lesson size is 3-7 participants per group.

Parent/child lessons are offered for those children age three and under. These specially designed lessons focus on a fun and safe early water experience for the little ones. Songs and games are used to present a variety of water orientation and adaptation skills in a fun and reassuring environment. One parent or adult must accompany each child in the water. **Children who are not potty trained must wear swimming diapers and plastic pants with full elastic legs and waist over their diapers.** Safety information is included in each lesson session. Our swimming lesson levels are equivalent to the American Red Cross swimming lessons levels.

## CLASS DESCRIPTIONS AND SKILL LEVELS

**Infant/Parent Ducks Level** are infants and their parents enjoying their first water experience. This class emphasizes water adaptation, orientation, safety, fun, and much, much more! **For infants between 6 and 18 months. Children who are not potty trained must wear swimming diapers and plastic pants with full elastic legs and waist over their diapers.**



**Toddler/Parent Turtles Level** are toddlers and their parents who are pursuing more advanced water adaptation, and orientation. Skills include bubble blowing, kicking, floating with support, and more. **For toddlers between 18 months and 3 years of age. Children who are not potty trained must wear swimming diapers and plastic pants with full elastic legs and waist over their diapers.**



**Seahorse Level** is the child's first experience in a lesson without being accompanied by an adult. Children will experience buoyancy in water, play water games, blow bubbles, learn about water safety, and more. **Children who are not potty trained must wear swimming diapers and plastic pants with full elastic legs and waist over their diapers.**



**Level 1 Guppies** are students with no experience in the water or those who are fearful. Guppies learn a variety of assisted floats (front and back), glides, bobbing, and blowing bubbles. Guppies also become familiar with flutter kicking and alternating arm action.



**Level 2 Dolphins** have limited experience in the water, but should feel comfortable in the pool. They learn unsupported floats and glides that add arm strokes and kicks-the first stage of formal stroke development. Dolphins learn how to turn over in deeper water, various reaching assists, rhythmic breathing, and a variety of kicks.



**Level 3 Stingrays** have confidence in the water. The skills they learn include retrieving a submerged object, treading water, underwater swimming, elementary backstroke, the crawl (or freestyle) and introduction to diving.



**Level 4 Sharks** have good basic strokes and strong water skills. They learn the breaststroke and sidestroke and work on improving crawl and elementary backstroke. They will use a combination of kicks to tread water for 2 minutes. Sharks also learn the survival float, sculling and more.



**Level 5 Killer Whales** are strong swimmers. The advanced skills they learn include stride jump entry, standing dive from the diving board, and a flip turn. Killer Whales should be able to swim front crawl and back crawl for a distance of 50 yards.



**Level 6 Barracudas** are advanced swimmers. Barracudas focus on endurance and skill proficiency in areas of diving, perfecting strokes, flip turns, use of starting blocks and other competitive starts.



All swimming lessons will be held at the Pleasant Valley Aquatic Center located at 1030 Temple Ave., Camarillo

### SWIMMING LESSON REFUND POLICY:

To receive a full refund (less \$5), it must be requested *one week prior* to the starting date of the class. Refunds will not be granted after the class begins. All refunds and transfers will be charged \$5. All refunds must be requested through the District Office located at 1605 E. Burnley St. or by calling 482-1996 ext. 10 or 11.

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## EVENING SWIMMING LESSONS MONDAY, TUESDAY, WEDNESDAY

Enjoy six 25 minute swimming lesson classes. Lessons are taught Monday, Tuesday and Wednesday evenings for two weeks at a time. During these lessons, important water safety skills and proper swimming techniques are taught in a fun class setting.

## SATURDAY MORNING SWIMMING LESSONS

Saturday lessons are taught in the morning for four weeks at a time. Choose a convenient time and appropriate level to fit your child's ability. During these lessons, important water safety skills and proper swimming techniques are taught in a fun class setting.

## PRIVATE SWIMMING LESSONS

Private lessons are offered on Saturday mornings. Enjoy 25 minutes of private instruction to fit your needs. Private lessons are perfect for anyone!

Saturday	Age: 4+		
Class #	Time	Dates	Fee
8884.140	8:00-8:25am	9/6-9/27	\$69
8884.141	8:30-8:55am	9/6-9/27	\$69

8884.142	8:00-8:25am	10/4-10/25	\$69
8884.143	8:30-8:55am	10/4-10/25	\$69

8884.144	8:00-8:25am	11/1-11/22	\$69
8884.145	8:30-8:55am	11/1-11/22	\$69

## ADULT SWIMMING LESSONS

Learn the basics on water safety and how to swim. Our professionally trained instructors will teach you how to float, glide, swim front crawl, back crawl and reduce fear so you feel comfortable in the water.

Saturday	Age: 16+		
Class #	Time	Dates	Fee
8884.001	8:00-8:45am	9/6-9/27	\$43
8884.002	8:00-8:45am	10/4-10/25	\$43



## INFANT/PARENT – DUCKS



Ducks are infants and parents enjoying their first water experience together.

This class emphasizes water adaptation, orientation, safety, fun and more! *Children must wear a swimming diaper and plastic pants with full elastic legs and elastic waist over the swimming diaper. Elasticized plastic pants are available for purchase at the Aquatic Center.*

Saturday	Age: 6 to 18 months		
Class #	Time	Dates	Fee
8884.003	10:30-10:55am	9/6-9/27	\$34
8884.004	11:00-11:25am	9/6-9/27	\$34
8884.005	10:30-10:55am	10/4-10/25	\$34
8884.006	11:00-11:25am	10/4-10/25	\$34
8884.007	10:30-10:55am	11/1-11/22	\$34
8884.008	11:00-11:25am	11/1-11/22	\$34

## TODDLER/PARENT – TURTLES



Turtles are toddlers and their parents who are pursuing more advanced water adaptation and orientation. Skills include bubble blowing, kicking, and floating with support and more. *Children must wear a swimming diaper and plastic pants with full elastic legs and elastic waist over the swimming diaper. Elasticized plastic pants are available for purchase at the Aquatic Center.*

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Saturday	Age: 18 months to 3 years		
Class #	Time	Dates	Fee
8884.009	10:30-10:55am	9/6-9/27	\$34
8884.010	11:00-11:25am	9/6-9/27	\$34
8884.011	10:30-10:55am	10/4-10/25	\$34
8884.012	11:00-11:25am	10/4-10/25	\$34
8884.013	10:30-10:55am	11/1-11/22	\$34
8884.014	11:00-11:25am	11/1-11/22	\$34

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## SEAHORSE



This is the child's first experience in a lesson without being accompanied by an adult. Children will experience buoyancy, blow bubbles, begin to build confidence in the water and more.

M/T/W	Age: 3+		
Class #	Time	Dates	Fee
8884.015	5:30-5:55pm	9/8-9/17	\$49
8884.016	6:00-6:25pm	9/8-9/17	\$49
8884.017	5:30-5:55pm	9/29-10/8	\$49
8884.018	6:00-6:25pm	9/29-10/8	\$49
8884.019	5:30-5:55pm	10/20-10/29	\$49
8884.020	6:00-6:25pm	10/20-10/29	\$49
8884.139	5:30-5:55pm	11/3-11/12	\$49
8884.021	6:00-6:25pm	11/3-11/12	\$49

Saturday	Age: 3+		
Class #	Time	Dates	Fee
8884.022	9:00-9:25am	9/6-9/27	\$34
8884.023	9:30-9:55am	9/6-9/27	\$34
8884.024	10:00-10:25am	9/6-9/27	\$34
8884.025	9:00-9:25am	10/4-10/25	\$34
8884.026	9:30-9:55am	10/4-10/25	\$34
8884.027	10:00-10:25am	10/4-10/25	\$34
8884.028	9:00-9:25am	11/1-11/22	\$34
8884.029	9:30-9:55am	11/1-11/22	\$34
8884.030	10:00-10:25am	11/1-11/22	\$34



Register online at [www.pvrpd.org](http://www.pvrpd.org) or call us at (805) 482-1996 ext. 10.

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## GUPPIES



Guppies learn a variety of assisted floats (front & back), bobbing, and bubble blowing.

Guppies become familiar with kicking and alternating arm action. Safety skills are included daily. Guppies should feel comfortable in the water without adult supervision.

<b>M/T/W</b>			<b>Age: 4+</b>
<b>Class #</b>	<b>Time</b>	<b>Dates</b>	<b>Fee</b>
8884.031	5:30-5:55pm	9/8-9/17	\$49
8884.032	6:00-6:25pm	9/8-9/17	\$49

8884.033	5:30-5:55pm	9/29-10/8	\$49
8884.034	6:00-6:25pm	9/29-10/8	\$49

8884.035	5:30-5:55pm	10/20-10/29	\$49
8884.036	6:00-6:25pm	10/20-10/29	\$49

8884.037	5:30-5:55pm	11/3-11/12	\$49
8884.038	6:00-6:25pm	11/3-11/12	\$49

<b>Saturday</b>			<b>Age: 4+</b>
<b>Class #</b>	<b>Time</b>	<b>Dates</b>	<b>Fee</b>
8884.039	9:00-9:25am	9/6-9/27	\$34
8884.040	9:30-9:55am	9/6-9/27	\$34
8884.041	10:00-10:25am	9/6-9/27	\$34

8884.042	9:00-9:25am	10/4-10/25	\$34
8884.043	9:30-9:55am	10/4-10/25	\$34
8884.044	10:00-10:25am	10/4-10/25	\$34

8884.045	9:00-9:25am	11/1-11/22	\$34
8884.046	9:30-9:55am	11/1-11/22	\$34
8884.047	10:00-10:25am	11/1-11/22	\$34

## DOLPHINS



Dolphins have some experience in the water and must be able to perform the skills listed in the Level 1 - Guppies. Dolphins learn unsupported floats and glides that add arm strokes and kicks – the first stage of formal stroke development. Dolphins learn how to float and turn over in deep water, various reaching assists, rhythmic breathing and a variety of kicks. Safety skills included daily.

<b>M/T/W</b>			<b>Age: 4+</b>
<b>Class #</b>	<b>Time</b>	<b>Dates</b>	<b>Fee</b>
8884.048	5:30-5:55pm	9/8-9/17	\$49
8884.049	6:00-6:25pm	9/8-9/17	\$49
8884.050	6:30-6:55pm	9/8-9/17	\$49

8884.051	5:30-5:55pm	9/29-10/8	\$49
8884.052	6:00-6:25pm	9/29-10/8	\$49
8884.053	6:30-6:55pm	9/29-10/8	\$49

8884.054	5:30-5:55pm	10/20-10/29	\$49
8884.055	6:00-6:25pm	10/20-10/29	\$49
8884.056	6:30-6:55pm	10/20-10/29	\$49

8884.057	5:30-5:55pm	11/3-11/12	\$49
8884.058	6:00-6:25pm	11/3-11/12	\$49
8884.059	6:30-6:55pm	11/3-11/12	\$49

<b>Saturday</b>			<b>Age: 4+</b>
<b>Class #</b>	<b>Time</b>	<b>Dates</b>	<b>Fee</b>
8884.060	9:00-9:25am	9/6-9/27	\$34
8884.061	9:30-9:55am	9/6-9/27	\$34
8884.062	10:00-10:25am	9/6-9/27	\$34

8884.063	9:00-9:25am	10/4-10/25	\$34
8884.064	9:30-9:55am	10/4-10/25	\$34
8884.065	10:00-10:25am	10/4-10/25	\$34

8884.066	9:00-9:25am	11/1-11/22	\$34
8884.067	9:30-9:55am	11/1-11/22	\$34
8884.068	10:00-10:25am	11/1-11/22	\$34

## STINGRAYS



Stingrays have confidence in the water and successfully passed Level 2 – Dolphins. Stingrays will learn how to retrieve a submerged object, treading water, underwater swimming, elementary backstroke, freestyle and a standing front dive. Safety skills are included daily.

<b>M/T/W</b>			<b>Age: 5+</b>
<b>Class #</b>	<b>Time</b>	<b>Dates</b>	<b>Fee</b>
8884.069	6:00-6:25pm	9/8-9/17	\$49
8884.070	6:30-6:55pm	9/8-9/17	\$49

8884.071	6:00-6:25pm	9/29-10/8	\$49
8884.072	6:30-6:55pm	9/29-10/8	\$49

8884.073	6:00-6:25pm	10/20-10/29	\$49
8884.074	6:30-6:55pm	10/20-10/29	\$49

8884.127	6:00-6:25pm	11/3-11/12	\$49
8884.128	6:30-6:55pm	11/3-11/12	\$49

<b>Saturday</b>			<b>Age: 5+</b>
<b>Class #</b>	<b>Time</b>	<b>Dates</b>	<b>Fee</b>
8884.075	9:00-9:25am	9/6-9/27	\$34
8884.076	9:30-9:55am	9/6-9/27	\$34
8884.077	10:00-10:25am	9/6-9/27	\$34
8884.078	10:30-10:55am	9/6-9/27	\$34
8884.079	11:00-11:25am	9/6-9/27	\$34

8884.080	9:00-9:25am	10/4-10/25	\$34
8884.081	9:30-9:55am	10/4-10/25	\$34
8884.082	10:00-10:25am	10/4-10/25	\$34
8884.083	10:30-10:55am	10/4-10/25	\$34
8884.084	11:00-11:25am	10/4-10/25	\$34

8884.085	9:00-9:25am	11/1-11/22	\$34
8884.086	9:30-9:55am	11/1-11/22	\$34
8884.087	10:00-10:25am	11/1-11/22	\$34
8884.088	10:30-10:55am	11/1-11/22	\$34
8884.089	11:00-11:25am	11/1-11/22	\$34

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## SHARKS



Sharks have strong water skills and have successfully passed Level 3 – Stingrays. Sharks will add the breaststroke and sidestroke to the improving freestyle and elementary backstroke. They will use a combination of kicks to tread water learn the survival float, sculling, improve the front dive and more.

M/T/W	Age: 6+		
Class #	Time	Dates	Fee
8884.090	5:30-5:55pm	9/8-9/17	\$49
8884.091	6:30-6:55pm	9/8-9/17	\$49

8884.092	5:30-5:55pm	9/29-10/8	\$49
8884.093	6:30-6:55pm	9/29-10/8	\$49

8884.094	5:30-5:55pm	10/20-10/29	\$49
8884.095	6:30-6:55pm	10/20-10/29	\$49

8884.129	5:30-5:55pm	11/3-11/12	\$49
8884.130	6:30-6:55pm	11/3-11/12	\$49

Saturday	Age: 6+		
Class #	Time	Dates	Fee
8884.096	9:00-9:25am	9/6-9/27	\$34
8884.097	9:30-9:55am	9/6-9/27	\$34
8884.098	10:00-10:25am	9/6-9/27	\$34
8884.099	10:30-10:55am	9/6-9/27	\$34
8884.100	11:00-11:25am	9/6-9/27	\$34

8884.101	9:00-9:25am	10/4-10/25	\$34
8884.102	9:30-9:55am	10/4-10/25	\$34
8884.103	10:00-10:25am	10/4-10/25	\$34
8884.104	10:30-10:55am	10/4-10/25	\$34
8884.105	11:00-11:25am	10/4-10/25	\$34

8884.106	9:00-9:25am	11/1-11/22	\$34
8884.107	9:30-9:55am	11/1-11/22	\$34
8884.108	10:00-10:25am	11/1-11/22	\$34
8884.109	10:30-10:55am	11/1-11/22	\$34
8884.110	11:00-11:25am	11/1-11/22	\$34

## KILLER WHALES



Killer Whales are strong swimmers that will learn the stride jump entry, long shallow dive, standing front dive from the diving board and a flip turn. Killer Whales should be able to swim front and back crawl for a distance of 50 yards.

M/T/W	Age: 6+		
Class #	Time	Dates	Fee
8884.111	6:30-6:55pm	9/8-9/17	\$49
8884.112	6:30-6:55pm	9/29-10/8	\$49
8884.113	6:30-6:55pm	10/20-10/29	\$49
8884.114	6:30-6:55pm	11/3-11/12	\$49

Saturday	Age: 6+		
Class #	Time	Dates	Fee
8884.115	10:30-10:55am	9/6-9/27	\$34
8884.116	11:00-11:25am	9/6-9/27	\$34

8884.117	10:30-10:55am	10/4-10/25	\$34
8884.118	11:00-11:25am	10/4-10/25	\$34

8884.119	10:30-10:55am	11/1-11/22	\$34
8884.120	11:00-11:25am	11/1-11/22	\$34

## BARRACUDAS



Barracudas are advanced swimmers that focus on endurance and skill proficiency in diving, perfecting strokes, flip turns and competitive starts.

Saturday	Age: 6+		
Class #	Time	Dates	Fee
8884.121	10:30-10:55am	9/6-9/27	\$34
8884.122	11:00-11:25am	9/6-9/27	\$34
8884.123	10:30-10:55am	10/4-10/25	\$34
8884.124	11:00-11:25am	10/4-10/25	\$34
8884.125	10:30-10:55am	11/1-11/22	\$34
8884.126	11:00-11:25am	11/1-11/22	\$34

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