

AQUATIC CLASS DESCRIPTIONS

All classes held at the Pleasant Valley Aquatic Center located at 1030 Temple Avenue, Camarillo.

Lap Swim

Lap swimming times are available throughout the week (refer to pool schedule). Lap swimming times are open to all ages, as long as you can swim continually. At times we are busier than normal and encourage sharing a lane or circle swimming with three or more participants per lane. We recommend that faster swimmers swim in the middle lanes and slower swimmers swim in the outside lanes.

Therapeutic Swimming

This time is for individuals who are not able to lap swim or participate in more advanced exercise classes due to physical reasons. Exercise at your own pace. Beginning June 15, this time is shared with Water Aerobics and will primarily use the deep end of the pool.

Recreation Swim

Come play in our outdoor SPLASH ZONE, slide 65 feet on our WATER SLIDE, jump as high as you can off our DIVING BOARD or try your game at WATER BASKETBALL! Active in-water supervision is required for children under 10 years old. Proper bathing suit attire is required (no street clothes) and all flotation devices must be USCG approved. See our schedule for specific times.

Fitness Pass Classes

Getting fit has never been so easy. No monthly dues and no annual enrollment fee! Purchase a fitness pass and you have the freedom to choose Water Aerobics or Deep Water Cardio Sculpt.

Instructor and National Academy of Sports Medicine (NASM) Certified **Personal Trainer:** Allison Thomson.

Location: Pleasant Valley Aquatic Center 1030 Temple Avenue, Camarillo

Note: See Spring schedule at www.pvrpd.org for class times through Friday, June 12. Summer class times begin Monday, June 15.

Water Aerobics

Mondays • Wednesdays • Fridays

Work at your own pace and enjoy all of the benefits of land aerobics without the impact on your joints. This class is mostly taught in the shallow water.

Deep Water Cardio-Sculpt

Tuesdays and Thursdays

Kick it up a notch with this low impact, high energy class. This class is primarily taught in deep water. Use of flotation belt is recommended. Equipment is provided on a first come-first serve-basis.

PLEASANT VALLEY
AQUATIC CENTER



Water Polo

Drop In Water Polo

Bring a friend and drop in for a fun pickup game of water polo on Wednesday evenings.

Beginning Water Polo

Wednesday

Age: 8+

Whether you are new to the game or looking to improve your skills this class will teach you how to pass, catch, shoot, goal tend and more during this four week course. Participants will learn the fundamentals and rules of this sport. Must be able to swim 50 yards comfortably and be able to tread water. Caps and balls provided.

Class #	Time	Date	Cost
8773.400.....	7:45-8:45pm.....	6/17-7/8	\$39
8773.401.....	7:45-8:45pm.....	7/15-8/5	\$39

Intermediate Water Polo

Wednesday

Age: 8+

Improve upon skills learned in Beginning Water Polo and learn more advanced techniques. Class sizes are small so personal goals can be emphasized.

Class #	Time	Date	Cost
8773.402.....	7:45-8:45pm.....	6/17-7/8	\$39
8773.403.....	7:45-8:45pm.....	7/15-8/5	\$39

Diving

Beginning Diving

This class will focus on proper techniques to safely master a variety of dives. The front dive, back dive, and a front flip will be taught. Participants must be able to swim the width of the pool prior to registering for the class. **Instructor:** Ann Wright

Monday/Wednesday

Age: 8-18

Class #	Time	Date	Cost
8883.141.....	6:15-7:15pm.....	7/6-7/22	\$62

PV Swim Team

Join the Pleasant Valley Swim Team. Practice at our newly renovated indoor aquatic center. Contact us at 987-6886 or visit our website at www.pvst.org for more information.

Rentals

The Pleasant Valley Aquatic Center is available for rent on Saturdays and Sundays after 4pm. Host your next swim meet, party or fundraiser with us! View our website at www.pvrpd.org for rental information.