

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 very limited or no experience in the water. 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.



Swimming Lesson Refund Policy:

Refund requests must be one week prior to the start date of the class. Refunds will not be granted after the class begins. Failure to attend a class or "no shows" will not be granted a refund. All refunds and transfers will be charged \$5. Refunds must be requested through the District Office located at 1605 E. Burnley St. or by calling 482-1996 ext. 10.

Note: If the District cancels a morning swim lesson, it will be rescheduled on the first or second Friday of your current two week swim lesson session and a refund will not be granted. If the District cancels an evening or Saturday swim lesson, a pro-rated portion of your cost will be refunded.



SWIMMING LESSONS

We offer a variety of swim lessons to fit your needs and abilities.

AM & PM swimming lessons are taught Monday – Thursday for two weeks at a time beginning June 15th.

Private Lessons – for Adults and Children!

Enjoy four, 25 minute classes of private instruction to fit your needs. Private lessons are perfect for an adult who has always dreamed of learning how to swim, or for the individual who needs more specific challenges. Register early, these classes fill quickly!

Saturday Private Lessons

| | |
|--|---------------|
| Saturday | Age 3+ |
| No class Saturday, July 4th. | |
| Class #..... Time..... Date..... Cost | |
| 8773.260..... 7:30-7:55am..... 6/20-7/18 | \$71 |
| 8773.261..... 8:00-8:25am..... 6/20-7/18 | \$71 |
| | |
| 8773.262..... 7:30-7:55am..... 7/25-8/15 | \$71 |
| 8773.263..... 8:00-8:25am..... 7/25-8/15 | \$71 |

Weekday AM Private Lessons

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|--|------|
| Monday-Thursday | |
| Class #..... Time..... Date..... Cost | |
| 8773.130..... 8:45-9:10am..... 6/15-6/18 | \$71 |
| 8773.131..... 8:45-9:10am..... 6/22-6/25 | \$71 |
| 8773.132..... 8:45-9:10am..... 6/29-7/2 | \$71 |
| 8773.133..... 8:45-9:10am..... 7/6-7/9 | \$71 |
| 8773.134..... 8:45-9:10am..... 7/13-7/16 | \$71 |
| 8773.135..... 8:45-9:10am..... 7/20-7/23 | \$71 |
| 8773.136..... 8:45-9:10am..... 7/27-7/30 | \$71 |
| 8773.137..... 8:45-9:10am..... 8/3-8/6 | \$71 |
| 8773.138..... 8:45-9:10am..... 8/10-8/13 | \$71 |
| 8773.139..... 8:45-9:10am..... 8/17-8/20 | \$71 |

Adult Swimming Lessons for Adults 16 and Older

Beginning Learn to Swim

Learn basic water safety and begin to feel comfortable in the water. Our instructors will teach you how to float, glide and more, so you reduce your fear and feel comfortable in the water.

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|--|-----------------|
| Saturday | Age: 16+ |
| No class Saturday, July 4th. | |
| Class #..... Time..... Date..... Cost | |
| 8773.326..... 7:30-8:10am..... 6/20-7/18 | \$43 |
| 8773.327..... 7:30-8:10am..... 7/25-8/15 | \$43 |

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|--|-----------------|
| Monday – Thursday | Age: 16+ |
| Class #..... Time..... Date..... Cost | |
| 8773.328..... 6:30-6:55pm..... 6/29-7/9 | \$58 |
| 8773.329..... 7:00-7:25pm..... 7/13-7/23 | \$58 |

Intermediate Learn to Swim

This class concentrates on further development of basic stroke techniques. Students should have confidently passed the Beginning Learn to Swim class. Learn to perfect breathing skills and conditioning while utilizing good stroke technique. Basic deep water activities such as diving, treading water, and swimming under water will be introduced.

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|--|-----------------|
| Saturday | Age: 16+ |
| No class Saturday, July 4th. | |
| Class #..... Time..... Date..... Cost | |
| 8773.330..... 8:20-9:00am..... 6/20-7/18 | \$43 |
| 8773.331..... 8:20-9:00am..... 7/25-8/15 | \$43 |

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|--|-----------------|
| Monday-Thursday | Age: 16+ |
| Class #..... Time..... Date..... Cost | |
| 8773.332..... 7:00-7:25pm..... 6/29-7/9 | \$58 |
| 8773.333..... 6:30-6:55pm..... 7/13-7/23 | \$58 |

Infant/Parent – Ducks



Ducks – 6 to 18 months

Ducks are infants and their parents enjoying their first water experience. This class emphasizes water adaptation, orientation, safety, fun, and much more! Safety skills are included daily. Children who are not potty trained must wear swimming diapers and plastic pants with full elastic legs and waist over their diapers. No cloth diapers.

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|--|------------------------|
| Saturday Lessons – Ducks | Age 6-18 months |
| Saturday | |
| No class Saturday, July 4th | |
| Class #..... Time..... Date..... Cost | |
| 8773.264..... 8:00-8:25am..... 6/20-7/18 | \$34 |
| 8773.265..... 10:30-10:55am..... 6/20-7/18 | \$34 |

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| 8773.266..... 8:00-8:25am..... 7/25-8/15 | \$34 |
| 8773.267..... 10:30-10:55am..... 7/25-8/15 | \$34 |

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|--|------------------------|
| Weekday PM Lessons – Ducks | Age 6-18 months |
| Monday - Thursday | Age 6-18 months |
| Class #..... Time..... Date..... Cost | |
| 8773.140..... 5:30-5:55pm..... 6/15-6/25 | \$58 |
| 8773.141..... 6:30-6:55pm..... 6/15-6/25 | \$58 |
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| 8773.142..... 5:30-5:55pm..... 6/29-7/9 | \$58 |
| 8773.143..... 6:30-6:55pm..... 6/29-7/9 | \$58 |

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| 8773.144..... 5:30-5:55pm..... 7/13-7/23 | \$58 |
| 8773.145..... 6:30-6:55pm..... 7/13-7/23 | \$58 |

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| 8773.146..... 5:30-5:55pm..... 7/27-8/6 | \$58 |
| 8773.147..... 6:30-6:55pm..... 7/27-8/6 | \$58 |

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| 8773.148..... 5:30-5:55pm..... 8/10-8/20 | \$58 |
| 8773.149..... 6:30-6:55pm..... 8/10-8/20 | \$58 |

Toddler/Parent – Turtles



Turtles – 18 months to 3 years

Turtles are toddlers and their parents who are pursuing more advanced water adaptation and orientation. Skills include bubble blowing, kicking, floating with support, and more. Safety skills are included daily. Children who are not potty trained must wear swimming diapers and plastic pants with full elastic legs and waist over their diapers. No cloth diapers.

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|--|--------------------------|
| Saturday Lessons – Turtles | Age 18 mos.-3 yrs |
| Saturday | |
| No class Saturday, July 4th. | |
| Class #..... Time..... Date..... Cost | |
| 8773.268..... 8:00-8:25am..... 6/20-7/18 | \$34 |
| 8773.269..... 10:30-10:55am..... 6/20-7/18 | \$34 |

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| 8773.270..... 8:00-8:25am..... 7/25-8/15 | \$34 |
| 8773.271..... 10:30-10:55am..... 7/25-8/15 | \$34 |

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| Weekday PM Lessons – Turtles | Age 18 mos.-3 yrs |
| Monday - Thursday | Age 18 mos.-3 yrs |
| Class #..... Time..... Date..... Cost | |
| 8773.150..... 5:30-5:55pm..... 6/15-6/25 | \$58 |
| 8773.151..... 6:30-6:55pm..... 6/15-6/25 | \$58 |

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| 8773.152..... 5:30-5:55pm..... 6/29-7/9 | \$58 |
| 8773.153..... 6:30-6:55pm..... 6/29-7/9 | \$58 |

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| 8773.154..... 5:30-5:55pm..... 7/13-7/23 | \$58 |
| 8773.155..... 6:30-6:55pm..... 7/13-7/23 | \$58 |

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| 8773.156..... 5:30-5:55pm..... 7/27-8/6 | \$58 |
| 8773.157..... 6:30-6:55pm..... 7/27-8/6 | \$58 |

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| 8773.158..... 5:30-5:55pm..... 8/10-8/20 | \$58 |
| 8773.159..... 6:30-6:55pm..... 8/10-8/20 | \$58 |

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

SWIMMING LESSONS

We offer a variety of swim lessons to fit your needs and abilities.
See Page 57 to register for lessons.

Seahorse



Seahorse

This 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. No cloth diapers.

Saturday - Sea Horse

Saturday **Age 3+**
No class Saturday, July 4th.

| Class # | Time | Date | Cost |
|----------|---------------|-----------|------|
| 8773.272 | 8:30-8:55am | 6/20-7/18 | \$34 |
| 8773.273 | 9:00-9:25am | 6/20-7/18 | \$34 |
| 8773.274 | 9:30-9:55am | 6/20-7/18 | \$34 |
| 8773.275 | 10:00-10:25am | 6/20-7/18 | \$34 |

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|----------|---------------|-----------|------|
| 8773.276 | 8:30-8:55am | 7/25-8/15 | \$34 |
| 8773.277 | 9:00-9:25am | 7/25-8/15 | \$34 |
| 8773.278 | 9:30-9:55am | 7/25-8/15 | \$34 |
| 8773.279 | 10:00-10:25am | 7/25-8/15 | \$34 |

Weekday AM Lessons – Sea Horse

Monday - Thursday **Age 3+**

| Class # | Time | Date | Cost |
|----------|---------------|-----------|------|
| 8773.000 | 9:15-9:40am | 6/15-6/25 | \$58 |
| 8773.001 | 9:45-10:10am | 6/15-6/25 | \$58 |
| 8773.002 | 10:15-10:40am | 6/15-6/25 | \$58 |
| 8773.003 | 10:45-11:10am | 6/15-6/25 | \$58 |

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| 8773.004 | 9:15-9:40am | 6/29-7/9 | \$58 |
| 8773.005 | 9:45-10:10am | 6/29-7/9 | \$58 |
| 8773.006 | 10:15-10:40am | 6/29-7/9 | \$58 |
| 8773.007 | 10:45-11:10am | 6/29-7/9 | \$58 |

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| 8773.008 | 9:15-9:40am | 7/13-7/23 | \$58 |
| 8773.009 | 9:45-10:10am | 7/13-7/23 | \$58 |
| 8773.010 | 10:15-10:40am | 7/13-7/23 | \$58 |
| 8773.011 | 10:45-11:10am | 7/13-7/23 | \$58 |

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| 8773.012 | 9:15-9:40am | 7/27-8/6 | \$58 |
| 8773.013 | 9:45-10:10am | 7/27-8/6 | \$58 |
| 8773.014 | 10:15-10:40am | 7/27-8/6 | \$58 |
| 8773.015 | 10:45-11:10am | 7/27-8/6 | \$58 |

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|----------|---------------|-----------|------|
| 8773.016 | 9:15-9:40am | 8/10-8/20 | \$58 |
| 8773.017 | 9:45-10:10am | 8/10-8/20 | \$58 |
| 8773.018 | 10:15-10:40am | 8/10-8/20 | \$58 |
| 8773.019 | 10:45-11:10am | 8/10-8/20 | \$58 |

View Our Website for
May Swimming Lessons.

Weekday PM Lessons – Sea Horse

Monday - Thursday **Age 3+**

| Class # | Time | Date | Cost |
|----------|-------------|-----------|------|
| 8773.160 | 6:00-6:25pm | 6/15-6/25 | \$58 |
| 8773.161 | 7:00-7:25pm | 6/15-6/25 | \$58 |

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|----------|-------------|----------|------|
| 8773.162 | 6:00-6:25pm | 6/29-7/9 | \$58 |
| 8773.163 | 7:00-7:25pm | 6/29-7/9 | \$58 |

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|----------|-------------|-----------|------|
| 8773.164 | 6:00-6:25pm | 7/13-7/23 | \$58 |
| 8773.165 | 7:00-7:25pm | 7/13-7/23 | \$58 |

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|----------|-------------|----------|------|
| 8773.166 | 6:00-6:25pm | 7/27-8/6 | \$58 |
| 8773.167 | 7:00-7:25pm | 7/27-8/6 | \$58 |

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|----------|-------------|-----------|------|
| 8773.168 | 6:00-6:25pm | 8/10-8/20 | \$58 |
| 8773.169 | 7:00-7:25pm | 8/10-8/20 | \$58 |

Guppies



Guppies – Level 1

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

Saturday Lessons - Guppies

Saturday **Age 4+**

No class Saturday, July 4th.

| Class # | Time | Date | Cost |
|----------|---------------|-----------|------|
| 8773.280 | 8:30-8:55am | 6/20-7/18 | \$34 |
| 8773.281 | 9:00-9:25am | 6/20-7/18 | \$34 |
| 8773.282 | 9:30-9:55am | 6/20-7/18 | \$34 |
| 8773.283 | 10:00-10:25am | 6/20-7/18 | \$34 |

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|----------|---------------|-----------|------|
| 8773.284 | 8:30-8:55am | 7/25-8/15 | \$34 |
| 8773.285 | 9:00-9:25am | 7/25-8/15 | \$34 |
| 8773.286 | 9:30-9:55am | 7/25-8/15 | \$34 |
| 8773.287 | 10:00-10:25am | 7/25-8/15 | \$34 |

Weekday AM Lessons – Guppies

Monday - Thursday **Age 4+**

| Class # | Time | Date | Cost |
|----------|---------------|-----------|------|
| 8773.020 | 9:15-9:40am | 6/15-6/25 | \$58 |
| 8773.021 | 9:45-10:10am | 6/15-6/25 | \$58 |
| 8773.022 | 10:15-10:40am | 6/15-6/25 | \$58 |
| 8773.023 | 10:45-11:10am | 6/15-6/25 | \$58 |

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|----------|---------------|----------|------|
| 8773.024 | 9:15-9:40am | 6/29-7/9 | \$58 |
| 8773.025 | 9:45-10:10am | 6/29-7/9 | \$58 |
| 8773.026 | 10:15-10:40am | 6/29-7/9 | \$58 |
| 8773.027 | 10:45-11:10am | 6/29-7/9 | \$58 |

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|----------|---------------|-----------|------|
| 8773.028 | 9:15-9:40am | 7/13-7/23 | \$58 |
| 8773.029 | 9:45-10:10am | 7/13-7/23 | \$58 |
| 8773.030 | 10:15-10:40am | 7/13-7/23 | \$58 |
| 8773.031 | 10:45-11:10am | 7/13-7/23 | \$58 |

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|----------|---------------|----------|------|
| 8773.032 | 9:15-9:40am | 7/27-8/6 | \$58 |
| 8773.033 | 9:45-10:10am | 7/27-8/6 | \$58 |
| 8773.034 | 10:15-10:40am | 7/27-8/6 | \$58 |
| 8773.035 | 10:45-11:10am | 7/27-8/6 | \$58 |

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|----------|---------------|-----------|------|
| 8773.036 | 9:15-9:40am | 8/10-8/20 | \$58 |
| 8773.037 | 9:45-10:10am | 8/10-8/20 | \$58 |
| 8773.038 | 10:15-10:40am | 8/10-8/20 | \$58 |
| 8773.039 | 10:45-11:10am | 8/10-8/20 | \$58 |

Weekday PM Lessons – Guppies

Monday - Thursday **Age 4+**

| Class # | Time | Date | Cost |
|----------|-------------|-----------|------|
| 8773.170 | 6:00-6:25pm | 6/15-6/25 | \$58 |
| 8773.171 | 7:00-7:25pm | 6/15-6/25 | \$58 |

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|----------|-------------|----------|------|
| 8773.172 | 6:00-6:25pm | 6/29-7/9 | \$58 |
| 8773.173 | 7:00-7:25pm | 6/29-7/9 | \$58 |

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|----------|-------------|-----------|------|
| 8773.174 | 6:00-6:25pm | 7/13-7/23 | \$58 |
| 8773.175 | 7:00-7:25pm | 7/13-7/23 | \$58 |

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|----------|-------------|----------|------|
| 8773.176 | 6:00-6:25pm | 7/27-8/6 | \$58 |
| 8773.177 | 7:00-7:25pm | 7/27-8/6 | \$58 |

| | | | |
|----------|-------------|-----------|------|
| 8773.178 | 6:00-6:25pm | 8/10-8/20 | \$58 |
| 8773.179 | 7:00-7:25pm | 8/10-8/20 | \$58 |

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

SWIMMING LESSONS

**We offer a variety of swim lessons to fit your needs and abilities.
View our website for Swimming Lessons in May.**

Dolphins



Dolphins – Level 2

Dolphins may 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. Safety skills are included daily.

Saturday Lessons - Dolphins

Saturday Age 4+

No class Saturday, July 4th.

| Class # | Time | Date | Cost |
|----------|---------------|-----------|------|
| 8773.288 | 8:30-8:55am | 6/20-7/18 | \$34 |
| 8773.289 | 9:00-9:25am | 6/20-7/18 | \$34 |
| 8773.290 | 9:30-9:55am | 6/20-7/18 | \$34 |
| 8773.291 | 10:00-10:25am | 6/20-7/18 | \$34 |
| 8773.292 | 8:30-8:55am | 7/25-8/15 | \$34 |
| 8773.293 | 9:00-9:25am | 7/25-8/15 | \$34 |
| 8773.294 | 9:30-9:55am | 7/25-8/15 | \$34 |
| 8773.295 | 10:00-10:25am | 7/25-8/15 | \$34 |

Weekday AM Lessons – Dolphins

| Monday - Thursday | Age 4+ | | |
|-------------------|---------------|-----------|------|
| Class # | Time | Date | Cost |
| 8773.040 | 9:15-9:40am | 6/15-6/25 | \$58 |
| 8773.041 | 9:45-10:10am | 6/15-6/25 | \$58 |
| 8773.042 | 10:15-10:40am | 6/15-6/25 | \$58 |
| 8773.043 | 10:45-11:10am | 6/15-6/25 | \$58 |
| 8773.044 | 9:15-9:40am | 6/29-7/9 | \$58 |
| 8773.045 | 9:45-10:10am | 6/29-7/9 | \$58 |
| 8773.046 | 10:15-10:40am | 6/29-7/9 | \$58 |
| 8773.047 | 10:45-11:10am | 6/29-7/9 | \$58 |
| 8773.048 | 9:15-9:40am | 7/13-7/23 | \$58 |
| 8773.049 | 9:45-10:10am | 7/13-7/23 | \$58 |
| 8773.050 | 10:15-10:40am | 7/13-7/23 | \$58 |
| 8773.051 | 10:45-11:10am | 7/13-7/23 | \$58 |
| 8773.052 | 9:15-9:40am | 7/27-8/6 | \$58 |
| 8773.053 | 9:45-10:10am | 7/27-8/6 | \$58 |
| 8773.054 | 10:15-10:40am | 7/27-8/6 | \$58 |
| 8773.055 | 10:45-11:10am | 7/27-8/6 | \$58 |
| 8773.056 | 9:15-9:40am | 8/10-8/20 | \$58 |
| 8773.057 | 9:45-10:10am | 8/10-8/20 | \$58 |
| 8773.058 | 10:15-10:40am | 8/10-8/20 | \$58 |
| 8773.059 | 10:45-11:10am | 8/10-8/20 | \$58 |

Weekday PM Lessons - Dolphins

| Monday - Thursday | Age 4+ | | |
|-------------------|-------------|-----------|------|
| Class # | Time | Date | Cost |
| 8773.180 | 5:30-5:55pm | 6/15-6/25 | \$58 |
| 8773.181 | 6:00-6:25pm | 6/15-6/25 | \$58 |
| 8773.182 | 6:30-6:55pm | 6/15-6/25 | \$58 |
| 8773.183 | 7:00-7:25pm | 6/15-6/25 | \$58 |
| 8773.184 | 5:30-5:55pm | 6/29-7/9 | \$58 |
| 8773.185 | 6:00-6:25pm | 6/29-7/9 | \$58 |
| 8773.186 | 6:30-6:55pm | 6/29-7/9 | \$58 |
| 8773.187 | 7:00-7:25pm | 6/29-7/9 | \$58 |
| 8773.188 | 5:30-5:55pm | 7/13-7/23 | \$58 |
| 8773.189 | 6:00-6:25pm | 7/13-7/23 | \$58 |
| 8773.190 | 6:30-6:55pm | 7/13-7/23 | \$58 |
| 8773.191 | 7:00-7:25pm | 7/13-7/23 | \$58 |
| 8773.192 | 5:30-5:55pm | 7/27-8/6 | \$58 |
| 8773.193 | 6:00-6:25pm | 7/27-8/6 | \$58 |
| 8773.194 | 6:30-6:55pm | 7/27-8/6 | \$58 |
| 8773.195 | 7:00-7:25pm | 7/27-8/6 | \$58 |
| 8773.196 | 5:30-5:55pm | 8/10-8/20 | \$58 |
| 8773.197 | 6:00-6:25pm | 8/10-8/20 | \$58 |
| 8773.198 | 6:30-6:55pm | 8/10-8/20 | \$58 |
| 8773.199 | 7:00-7:25pm | 8/10-8/20 | \$58 |

Weekday AM Lessons – Stingrays

| Monday - Thursday | Age 5+ | | |
|-------------------|---------------|-----------|------|
| Class # | Time | Date | Cost |
| 8773.060 | 9:15-9:40am | 6/15-6/25 | \$58 |
| 8773.061 | 9:45-10:10am | 6/15-6/25 | \$58 |
| 8773.062 | 10:15-10:40am | 6/15-6/25 | \$58 |
| 8773.063 | 10:45-11:10am | 6/15-6/25 | \$58 |
| 8773.064 | 9:15-9:40am | 6/29-7/9 | \$58 |
| 8773.065 | 9:45-10:10am | 6/29-7/9 | \$58 |
| 8773.066 | 10:15-10:40am | 6/29-7/9 | \$58 |
| 8773.067 | 10:45-11:10am | 6/29-7/9 | \$58 |
| 8773.068 | 9:15-9:40am | 7/13-7/23 | \$58 |
| 8773.069 | 9:45-10:10am | 7/13-7/23 | \$58 |
| 8773.070 | 10:15-10:40am | 7/13-7/23 | \$58 |
| 8773.071 | 10:45-11:10am | 7/13-7/23 | \$58 |
| 8773.072 | 9:15-9:40am | 7/27-8/6 | \$58 |
| 8773.073 | 9:45-10:10am | 7/27-8/6 | \$58 |
| 8773.074 | 10:15-10:40am | 7/27-8/6 | \$58 |
| 8773.075 | 10:45-11:10am | 7/27-8/6 | \$58 |
| 8773.076 | 9:15-9:40am | 8/10-8/20 | \$58 |
| 8773.077 | 9:45-10:10am | 8/10-8/20 | \$58 |
| 8773.078 | 10:15-10:40am | 8/10-8/20 | \$58 |
| 8773.079 | 10:45-11:10am | 8/10-8/20 | \$58 |

Stingrays



Stingrays – 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) stroke and a standing front dive. Safety skills are included daily.

Saturday Lessons – Stingrays

Saturday Age 5+

No class Saturday, July 4th.

| Class # | Time | Date | Cost |
|----------|---------------|-----------|------|
| 8773.296 | 8:30-8:55am | 6/20-7/18 | \$34 |
| 8773.297 | 9:00-9:25am | 6/20-7/18 | \$34 |
| 8773.298 | 9:30-9:55am | 6/20-7/18 | \$34 |
| 8773.299 | 10:00-10:25am | 6/20-7/18 | \$34 |
| 8773.300 | 10:30-10:55am | 6/20-7/18 | \$34 |
| 8773.301 | 8:30-8:55am | 7/25-8/15 | \$34 |
| 8773.302 | 9:00-9:25am | 7/25-8/15 | \$34 |
| 8773.303 | 9:30-9:55am | 7/25-8/15 | \$34 |
| 8773.304 | 10:00-10:25am | 7/25-8/15 | \$34 |
| 8773.305 | 10:30-10:55am | 7/25-8/15 | \$34 |

Weekday PM Lessons – Stingrays

Monday - Thursday Age 5+

| Class # | Time | Date | Cost |
|----------|-------------|-----------|------|
| 8773.200 | 5:30-5:55pm | 6/15-6/25 | \$58 |
| 8773.201 | 6:00-6:25pm | 6/15-6/25 | \$58 |
| 8773.202 | 6:30-6:55pm | 6/15-6/25 | \$58 |
| 8773.203 | 7:00-7:25pm | 6/15-6/25 | \$58 |
| 8773.204 | 5:30-5:55pm | 6/29-7/9 | \$58 |
| 8773.205 | 6:00-6:25pm | 6/29-7/9 | \$58 |
| 8773.206 | 6:30-6:55pm | 6/29-7/9 | \$58 |
| 8773.207 | 7:00-7:25pm | 6/29-7/9 | \$58 |
| 8773.208 | 5:30-5:55pm | 7/13-7/23 | \$58 |
| 8773.209 | 6:00-6:25pm | 7/13-7/23 | \$58 |
| 8773.210 | 6:30-6:55pm | 7/13-7/23 | \$58 |
| 8773.211 | 7:00-7:25pm | 7/13-7/23 | \$58 |
| 8773.212 | 5:30-5:55pm | 7/27-8/6 | \$58 |
| 8773.213 | 6:00-6:25pm | 7/27-8/6 | \$58 |
| 8773.214 | 6:30-6:55pm | 7/27-8/6 | \$58 |
| 8773.215 | 7:00-7:25pm | 7/27-8/6 | \$58 |
| 8773.216 | 5:30-5:55pm | 8/10-8/20 | \$58 |
| 8773.217 | 6:00-6:25pm | 8/10-8/20 | \$58 |
| 8773.218 | 6:30-6:55pm | 8/10-8/20 | \$58 |
| 8773.219 | 7:00-7:25pm | 8/10-8/20 | \$58 |

SWIMMING LESSONS

**We offer a variety of swim lessons to fit your needs and abilities.
See Page 57 to register for lessons.**

Sharks

Sharks – Level 4



Sharks have good basic strokes and strong water skills. They add the breaststroke and sidestroke to the 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 improve the front dive. Safety skills are included daily.

Saturday Lessons – Sharks

Saturday **Age 6+**
No class Saturday, July 4th.

| Class # | Time | Date | Cost |
|----------|---------------|-----------|------|
| 8773.306 | 8:30-8:55am | 6/20-7/18 | \$34 |
| 8773.307 | 9:00-9:25am | 6/20-7/18 | \$34 |
| 8773.308 | 9:30-9:55am | 6/20-7/18 | \$34 |
| 8773.309 | 10:00-10:25am | 6/20-7/18 | \$34 |
| 8773.310 | 10:30-10:55am | 6/20-7/18 | \$34 |
| 8773.311 | 8:30-8:55am | 7/25-8/15 | \$34 |
| 8773.312 | 9:00-9:25am | 7/25-8/15 | \$34 |
| 8773.313 | 9:30-9:55am | 7/25-8/15 | \$34 |
| 8773.314 | 10:00-10:25am | 7/25-8/15 | \$34 |
| 8773.315 | 10:30-10:55am | 7/25-8/15 | \$34 |

Weekday AM Lessons – Sharks

| Monday - Thursday | Age 6+ | | |
|-------------------|---------------|-----------|------|
| Class # | Time | Date | Cost |
| 8773.080 | 9:15-9:40am | 6/15-6/25 | \$58 |
| 8773.081 | 9:45-10:10am | 6/15-6/25 | \$58 |
| 8773.082 | 10:15-10:40am | 6/15-6/25 | \$58 |
| 8773.083 | 10:45-11:10am | 6/15-6/25 | \$58 |
| 8773.084 | 9:15-9:40am | 6/29-7/9 | \$58 |
| 8773.085 | 9:45-10:10am | 6/29-7/9 | \$58 |
| 8773.086 | 10:15-10:40am | 6/29-7/9 | \$58 |
| 8773.087 | 10:45-11:10am | 6/29-7/9 | \$58 |
| 8773.088 | 9:15-9:40am | 7/13-7/23 | \$58 |
| 8773.089 | 9:45-10:10am | 7/13-7/23 | \$58 |
| 8773.090 | 10:15-10:40am | 7/13-7/23 | \$58 |
| 8773.091 | 10:45-11:10am | 7/13-7/23 | \$58 |
| 8773.092 | 9:15-9:40am | 7/27-8/6 | \$58 |
| 8773.093 | 9:45-10:10am | 7/27-8/6 | \$58 |
| 8773.094 | 10:15-10:40am | 7/27-8/6 | \$58 |
| 8773.095 | 10:45-11:10am | 7/27-8/6 | \$58 |
| 8773.096 | 9:15-9:40am | 8/10-8/20 | \$58 |
| 8773.097 | 9:45-10:10am | 8/10-8/20 | \$58 |
| 8773.098 | 10:15-10:40am | 8/10-8/20 | \$58 |
| 8773.099 | 10:45-11:10am | 8/10-8/20 | \$58 |

Weekday PM Lessons – Sharks

| Monday - Thursday | Age 6+ | | |
|-------------------|-------------|-----------|------|
| Class # | Time | Date | Cost |
| 8773.220 | 5:30-5:55pm | 6/15-6/25 | \$58 |
| 8773.221 | 6:00-6:25pm | 6/15-6/25 | \$58 |
| 8773.222 | 6:30-6:55pm | 6/15-6/25 | \$58 |
| 8773.223 | 7:00-7:25pm | 6/15-6/25 | \$58 |
| 8773.224 | 5:30-5:55pm | 6/29-7/9 | \$58 |
| 8773.225 | 6:00-6:25pm | 6/29-7/9 | \$58 |
| 8773.226 | 6:30-6:55pm | 6/29-7/9 | \$58 |
| 8773.227 | 7:00-7:25pm | 6/29-7/9 | \$58 |
| 8773.228 | 5:30-5:55pm | 7/13-7/23 | \$58 |
| 8773.229 | 6:00-6:25pm | 7/13-7/23 | \$58 |
| 8773.230 | 6:30-6:55pm | 7/13-7/23 | \$58 |
| 8773.231 | 7:00-7:25pm | 7/13-7/23 | \$58 |
| 8773.232 | 5:30-5:55pm | 7/27-8/6 | \$58 |
| 8773.233 | 6:00-6:25pm | 7/27-8/6 | \$58 |
| 8773.234 | 6:30-6:55pm | 7/27-8/6 | \$58 |
| 8773.235 | 7:00-7:25pm | 7/27-8/6 | \$58 |

| | | | |
|----------|-------------|-----------|------|
| 8773.236 | 5:30-5:55pm | 8/10-8/20 | \$58 |
| 8773.237 | 6:00-6:25pm | 8/10-8/20 | \$58 |
| 8773.238 | 6:30-6:55pm | 8/10-8/20 | \$58 |
| 8773.239 | 7:00-7:25pm | 8/10-8/20 | \$58 |

Killer Whales



Killer Whales – Level 5

Killer Whales are strong swimmers. The advanced skills they learn include stride jump entry, a 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.

Saturday Lessons – Killer Whales

Saturday **Age 6+**
No class Saturday, July 4th.

| Class # | Time | Date | Cost |
|----------|---------------|-----------|------|
| 8773.316 | 8:30-8:55am | 6/20-7/18 | \$34 |
| 8773.317 | 9:30-9:55am | 6/20-7/18 | \$34 |
| 8773.318 | 10:30-10:55am | 6/20-7/18 | \$34 |
| 8773.319 | 8:30-8:55am | 7/25-8/15 | \$34 |
| 8773.320 | 9:30-9:55am | 7/25-8/15 | \$34 |
| 8773.321 | 10:30-10:55am | 7/25-8/15 | \$34 |

Weekday AM Lessons – Killer Whales

| Monday - Thursday | Age 6+ | | |
|-------------------|---------------|-----------|------|
| Class # | Time | Date | Cost |
| 8773.100 | 9:15-9:40am | 6/15-6/25 | \$58 |
| 8773.101 | 9:45-10:10am | 6/15-6/25 | \$58 |
| 8773.102 | 10:45-11:10am | 6/15-6/25 | \$58 |
| 8773.103 | 9:15-9:40am | 6/29-7/9 | \$58 |
| 8773.104 | 9:45-10:10am | 6/29-7/9 | \$58 |
| 8773.105 | 10:45-11:10am | 6/29-7/9 | \$58 |
| 8773.106 | 9:15-9:40am | 7/13-7/23 | \$58 |
| 8773.107 | 9:45-10:10am | 7/13-7/23 | \$58 |
| 8773.108 | 10:45-11:10am | 7/13-7/23 | \$58 |
| 8773.109 | 9:15-9:40am | 7/27-8/6 | \$58 |
| 8773.110 | 9:45-10:10am | 7/27-8/6 | \$58 |
| 8773.111 | 10:45-11:10am | 7/27-8/6 | \$58 |
| 8773.112 | 9:15-9:40am | 8/10-8/20 | \$58 |
| 8773.113 | 9:45-10:10am | 8/10-8/20 | \$58 |
| 8773.114 | 10:45-11:10am | 8/10-8/20 | \$58 |

Weekday PM Lessons – Killer Whales

| Monday - Thursday | Age 6+ | | |
|-------------------|-------------|-----------|------|
| Class # | Time | Date | Cost |
| 8773.240 | 5:30-5:55pm | 6/15-6/25 | \$58 |
| 8773.241 | 6:30-6:55pm | 6/15-6/25 | \$58 |
| 8773.242 | 5:30-5:55pm | 6/29-7/9 | \$58 |
| 8773.243 | 6:30-6:55pm | 6/29-7/9 | \$58 |
| 8773.244 | 5:30-5:55pm | 7/13-7/23 | \$58 |
| 8773.245 | 6:30-6:55pm | 7/13-7/23 | \$58 |
| 8773.246 | 5:30-5:55pm | 7/27-8/6 | \$58 |
| 8773.247 | 6:30-6:55pm | 7/27-8/6 | \$58 |
| 8773.248 | 5:30-5:55pm | 8/10-8/20 | \$58 |
| 8773.249 | 6:30-6:55pm | 8/10-8/20 | \$58 |

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



SWIMMING LESSONS

**We offer a variety of swim lessons to fit your needs and abilities.
See Page 57 to register for lessons.**

Barracudas

Barracudas— Level 6

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



Saturday Lessons – Barracudas

Saturday Age 6+

No class Saturday, July 4th.

| Class # | Time | Date | Cost |
|----------|---------------|-----------|------|
| 8773.322 | 9:00-9:25am | 6/20-7/18 | \$34 |
| 8773.323 | 10:00-10:25am | 6/20-7/18 | \$34 |

| | | | |
|----------|---------------|-----------|------|
| 8773.324 | 9:00-9:25am | 7/25-8/15 | \$34 |
| 8773.325 | 10:00-10:25am | 7/25-8/15 | \$34 |

Weekday AM Lessons – Barracudas

Monday - Thursday Age 6+

| Class # | Time | Date | Cost |
|----------|---------------|-----------|------|
| 8773.115 | 9:15-9:40am | 6/15-6/25 | \$58 |
| 8773.116 | 9:45-10:10am | 6/15-6/25 | \$58 |
| 8773.117 | 10:15-10:40am | 6/15-6/25 | \$58 |

| | | | |
|----------|---------------|----------|------|
| 8773.118 | 9:15-9:40am | 6/29-7/9 | \$58 |
| 8773.119 | 9:45-10:10am | 6/29-7/9 | \$58 |
| 8773.120 | 10:15-10:40am | 6/29-7/9 | \$58 |

| | | | |
|----------|---------------|-----------|------|
| 8773.121 | 9:15-9:40am | 7/13-7/23 | \$58 |
| 8773.122 | 9:45-10:10am | 7/13-7/23 | \$58 |
| 8773.123 | 10:15-10:40am | 7/13-7/23 | \$58 |

| | | | |
|----------|---------------|----------|------|
| 8773.124 | 9:15-9:40am | 7/27-8/6 | \$58 |
| 8773.125 | 9:45-10:10am | 7/27-8/6 | \$58 |
| 8773.126 | 10:15-10:40am | 7/27-8/6 | \$58 |

| | | | |
|----------|---------------|-----------|------|
| 8773.127 | 9:15-9:40am | 8/10-8/20 | \$58 |
| 8773.128 | 9:45-10:10am | 8/10-8/20 | \$58 |
| 8773.129 | 10:15-10:40am | 8/10-8/20 | \$58 |

Weekday PM Lessons – Barracudas

Monday - Thursday Age 6+

| Class # | Time | Date | Fee |
|----------|-------------|-----------|------|
| 8773.250 | 6:00-6:25pm | 6/15-6/25 | \$58 |
| 8773.251 | 7:00-7:25pm | 6/15-6/25 | \$58 |

| | | | |
|----------|-------------|----------|------|
| 8773.252 | 6:00-6:25pm | 6/29-7/9 | \$58 |
| 8773.253 | 7:00-7:25pm | 6/29-7/9 | \$58 |

| | | | |
|----------|-------------|-----------|------|
| 8773.254 | 6:00-6:25pm | 7/13-7/23 | \$58 |
| 8773.255 | 7:00-7:25pm | 7/13-7/23 | \$58 |

| | | | |
|----------|-------------|----------|------|
| 8773.256 | 6:00-6:25pm | 7/27-8/6 | \$58 |
| 8773.257 | 7:00-7:25pm | 7/27-8/6 | \$58 |

| | | | |
|----------|-------------|-----------|------|
| 8773.258 | 6:00-6:25pm | 8/10-8/20 | \$58 |
| 8773.259 | 7:00-7:25pm | 8/10-8/20 | \$58 |

Swimming Lesson Refund Policy:

Refund requests must be one week prior to the start date of the class. Refunds will not be granted after the class begins. Failure to attend a class or “no shows” will not be granted a refund. All refunds and transfers will be charged \$5. Refunds must be requested through the District Office located at 1605 E. Burnley St. or by calling 482-1996 ext. 10.

Note: If the District cancels a morning swim lesson, it will be rescheduled on the first or second Friday of your current two week swim lesson session and a refund will not be granted. If the District cancels an evening or Saturday swim lesson, a pro-rated portion of your cost will be refunded.