

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 his/her 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 swim 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 swim 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 swim 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 swim 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 their front and back 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.



If the Swimming Lesson of your choice is full, please add your name to the wait list and we will notify you when a spot becomes available.

Swimming Lesson Refund Policy:

Refund requests must be made 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.

Swimming Lessons

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

Adult Swimming Lessons for Ages 16 and Older

Adult Learn to Swim - Beginning

Learn the basics of 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..... Cost
 8001.001.... 8:00-8:45am 1/9-1/30 \$44

No class 2/13 or 4/3

8001.002.... 8:00-8:45am 2/6-3/6 \$44
 8001.003.... 8:00-8:45am 3/13-4/10 \$44

Adult Learn to Swim - Intermediate

This class concentrates on further development of front crawl, various stroke techniques, moving into deeper water, and more. Students should have confidently passed the Adult Beginning Learn to Swim class.

Saturday **Age: 16+**
Class #..... Time..... Dates..... Cost
 8001.004.... 9:00-9:45am 1/9-1/30 \$44

No class 2/13 or 4/3

8001.005.... 9:00-9:45am 2/6-3/6 \$44
 8001.006.... 9:00-9:45am 3/13-4/10 \$44

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 children and adults!

Saturday **Age: 3+**
Class #..... Time..... Dates..... Cost
 8001.007.... 8:00-8:25am 1/9-1/30 \$71
 8001.008.... 8:30-8:55am 1/9-1/30 \$71
 8001.146.... 9:00-9:25am 1/9-1/30 \$71

No class 2/13

8001.009.... 8:00-8:25am 2/6-3/6 \$71
 8001.010.... 8:30-8:55am 2/6-3/6 \$71
 8001.144.... 9:00-9:25am 2/6-3/6 \$71

No class 4/3

8001.011.... 8:00-8:25am 3/13-4/10 \$71
 8001.012.... 8:30-8:55am 3/13-4/10 \$71
 8001.145.... 9:00-9:25am 3/13-4/10 \$71

Infant/Parent - Ducks



Ducks - 6 to 18 months

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 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..... Cost
 8001.013.... 8:30-8:55am 1/9-1/30 \$34
 8001.014.. 11:00-11:25am 1/9-1/30 \$34

No class 2/13

8001.015.... 8:30-8:55am 2/6-3/6 \$34
 8001.016.. 11:00-11:25am 2/6-3/6 \$34

No class 4/3

8001.017.... 8:30-8:55am 3/13-4/10 \$34
 8001.018.. 11:00-11:25am 3/13-4/10 \$34

Toddler/Parent - Turtles



Turtles - 18 months to 3 years

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

Saturday **Age: 18 months to 3 years**
Class #..... Time..... Dates..... Cost
 8001.019.... 9:00-9:25am 1/9-1/30 \$34
 8001.020.. 10:30-10:55am 1/9-1/30 \$34

No class 2/13

8001.021.... 9:00-9:25am 2/6-3/6 \$34
 8001.022.. 10:30-10:55am 2/6-3/6 \$34

No class 4/3

8001.023.... 9:00-9:25am 3/13-4/10 \$34
 8001.024.. 10:30-10:55am 3/13-4/10 \$34



Seahorse



Seahorse

This is the child's first experience in a lesson without being accompanied by an adult. Children experience buoyancy in the water, play water games, blow bubbles, gain confidence, and more. *Children must wear a swimming diaper and plastic pants with elastic legs and elastic waist over the swimming diaper. Elasticized plastic pants are available for purchase at the Aquatic Center.*

M/T/W **Age: 3+**
Class #..... Time..... Dates..... Cost
 8001.025.... 5:30-5:55pm 1/11-1/20 \$49
 8001.026.... 6:00-6:25pm 1/11-1/20 \$49

8001.027.... 5:30-5:55pm 2/1-2/10 \$49
 8001.028.... 6:00-6:25pm 2/1-2/10 \$49

8001.029.... 5:30-5:55pm 2/22-3/3 \$49
 8001.030.... 6:00-6:25pm 2/22-3/3 \$49

8001.031.... 5:30-5:55pm 3/15-3/24 \$49
 8001.032.... 6:00-6:25pm 3/15-3/24 \$49

Saturday **Age: 3+**
Class #..... Time..... Dates..... Cost
 8001.033.... 9:30-9:55am 1/9-1/30 \$34
 8001.034.. 10:00-10:25am 1/9-1/30 \$34

No class 2/13

8001.035.... 9:00-9:25am 2/6-3/6 \$34
 8001.036.... 9:30-9:55am 2/6-3/6 \$34
 8001.037.. 10:00-10:25am 2/6-3/6 \$34

No class 4/3

8001.038.... 9:00-9:25am 3/13-4/10 \$34
 8001.039.... 9:30-9:55am 3/13-4/10 \$34
 8001.040.. 10:00-10:25am 3/13-4/10 \$34

**All Swimming Lessons
will be held at the
Pleasant Valley Aquatic Center
located at
1030 Temple Avenue, Camarillo**

Swimming Lesson Refund Policy:

Refund requests must be made 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.

Swimming Lessons

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

See Page 45 to register for lessons.

Guppies



Guppies – Level 1

Guppies learn a variety of assisted floats, glides, bobbing, kicking and more. Students build confidence and should feel comfortable in the water without adult supervision.

M/T/W	Age: 4+		
Class #	Time	Dates	Cost
8001.041	5:30-5:55pm	1/11-1/20	\$49
8001.042	6:00-6:25pm	1/11-1/20	\$49
8001.043	5:30-5:55pm	2/1-2/10	\$49
8001.044	6:00-6:25pm	2/1-2/10	\$49
8001.045	5:30-5:55pm	2/22-3/3	\$49
8001.046	6:00-6:25pm	2/22-3/3	\$49
8001.047	5:30-5:55pm	3/15-3/24	\$49
8001.048	6:00-6:25pm	3/15-3/24	\$49

Saturday	Age: 4+		
Class #	Time	Dates	Cost
8001.049	9:30-9:55am	1/9-1/30	\$34
8001.050	10:00-10:25am	1/9-1/30	\$34
8001.051	11:00-11:25am	1/9-1/30	\$34

No class 2/13

8001.052	9:30-9:55am	2/6-3/6	\$34
8001.053	10:00-10:25am	2/6-3/6	\$34
8001.054	11:00-11:25am	2/6-3/6	\$34

No class 4/3

8001.055	9:30-9:55am	3/13-4/10	\$34
8001.056	10:00-10:25am	3/13-4/10	\$34
8001.057	11:00-11:25am	3/13-4/10	\$34

If the Swimming Lesson of your choice is full, please add your name to the wait list and we will notify you when a spot becomes available.



Dolphins



Dolphins – Level 2

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, rhythmic breathing, a variety of kicks and more.

M/T/W	Age: 4+		
Class #	Time	Dates	Cost
8001.058	5:30-5:55pm	1/11-1/20	\$49
8001.059	6:00-6:25pm	1/11-1/20	\$49
8001.060	6:30-6:55pm	1/11-1/20	\$49
8001.061	5:30-5:55pm	2/1-2/10	\$49
8001.062	6:00-6:25pm	2/1-2/10	\$49
8001.063	6:30-6:55pm	2/1-2/10	\$49
8001.064	5:30-5:55pm	2/22-3/3	\$49
8001.065	6:00-6:25pm	2/22-3/3	\$49
8001.066	6:30-6:55pm	2/22-3/3	\$49

8001.067	5:30-5:55pm	3/15-3/24	\$49
8001.068	6:00-6:25pm	3/15-3/24	\$49
8001.069	6:30-6:55pm	3/15-3/24	\$49

Saturday **Age: 4+**

Class #	Time	Dates	Cost
8001.070	9:00-9:25am	1/9-1/30	\$34
8001.071	9:30-9:55am	1/9-1/30	\$34
8001.072	10:00-10:25am	1/9-1/30	\$34
8001.073	11:00-11:25am	1/9-1/30	\$34

No class 2/13

8001.074	9:00-9:25am	2/6-3/6	\$34
8001.075	9:30-9:55am	2/6-3/6	\$34
8001.076	10:00-10:25am	2/6-3/6	\$34
8001.077	11:00-11:25am	2/6-3/6	\$34

No class 4/3

8001.078	9:00-9:25am	3/13-4/10	\$34
8001.079	9:30-9:55am	3/13-4/10	\$34
8001.080	10:00-10:25am	3/13-4/10	\$34
8001.081	11:00-11:25am	3/13-4/10	\$34

All Swimming Lessons will be held at the Pleasant Valley Aquatic Center located at 1030 Temple Avenue, Camarillo

Stingrays



Stingrays – Level 3

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.

M/T/W	Age: 5+		
Class #	Time	Dates	Cost
8001.082	6:00-6:25pm	1/11-1/20	\$49
8001.083	6:30-6:55pm	1/11-1/20	\$49
8001.084	6:00-6:25pm	2/1-2/10	\$49
8001.085	6:30-6:55pm	2/1-2/10	\$49
8001.086	6:00-6:25pm	2/22-3/3	\$49
8001.087	6:30-6:55pm	2/22-3/3	\$49
8001.088	6:00-6:25pm	3/15-3/24	\$49
8001.089	6:30-6:55pm	3/15-3/24	\$49

Saturday **Age: 5+**

Class #	Time	Dates	Cost
8001.090	9:30-9:55am	1/9-1/30	\$34
8001.091	10:00-10:25am	1/9-1/30	\$34
8001.092	10:30-10:55am	1/9-1/30	\$34
8001.093	11:00-11:25am	1/9-1/30	\$34

No class 2/13

8001.094	9:30-9:55am	2/6-3/6	\$34
8001.095	10:00-10:25am	2/6-3/6	\$34
8001.096	10:30-10:55am	2/6-3/6	\$34
8001.097	11:00-11:25am	2/6-3/6	\$34

No class 4/3

8001.098	9:30-9:55am	3/13-4/10	\$34
8001.099	10:00-10:25am	3/13-4/10	\$34
8001.100	10:30-10:55am	3/13-4/10	\$34
8001.101	11:00-11:25am	3/13-4/10	\$34

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Swimming Lessons

We offer a variety of swim lessons to fit your needs and abilities.
Register online at www.pvrpd.org.

Sharks



Sharks – Level 4

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

Days: M/T/W **Age: 6+**
Class #..... **Time**..... **Dates**..... **Cost**
 8001.102... 5:30-5:55pm.....1/11-1/20 \$49
 8001.103... 6:30-6:55pm.....1/11-1/20 \$49

8001.104... 5:30-5:55pm.....2/1-2/10 \$49
 8001.105... 6:30-6:55pm.....2/1-2/10 \$49

8001.106... 5:30-5:55pm.....2/22-3/3 \$49
 8001.107... 6:30-6:55pm.....2/22-3/3 \$49

8001.108... 5:30-5:55pm.....3/15-3/24 \$49
 8001.109... 6:30-6:55pm.....3/15-3/24 \$49

Saturday **Age: 6+**
Class #..... **Time**..... **Dates**..... **Cost**
 8001.110... 9:30-9:55am.....1/9-1/30 \$34
 8001.111... 10:00-10:25am.....1/9-1/30 \$34
 8001.112... 10:30-10:55am.....1/9-1/30 \$34
 8001.113... 11:00-11:25am.....1/9-1/30 \$34

No class 2/13
 8001.114... 9:30-9:55am.....2/6-3/6 \$34
 8001.115... 10:00-10:25am.....2/6-3/6 \$34
 8001.116... 10:30-10:55am.....2/6-3/6 \$34
 8001.117... 11:00-11:25am.....2/6-3/6 \$34

No class 4/3
 8001.118... 9:30-9:55am.....3/13-4/10 \$34
 8001.119... 10:00-10:25am.....3/13-4/10 \$34
 8001.120... 10:30-10:55am.....3/13-4/10 \$34
 8001.121... 11:00-11:25am.....3/13-4/10 \$34



Killer Whales



Killer Whales – Level 5

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

Days: M/T/W **Age: 6+**
Class #..... **Time**..... **Dates**..... **Cost**
 8001.122... 6:00-6:25pm.....1/11-1/20 \$49
 8001.123... 6:00-6:25pm.....2/1-2/10 \$49
 8001.124... 6:00-6:25pm.....2/22-3/3 \$49
 8001.125... 6:00-6:25pm.....3/15-3/24 \$49

Day: Saturday **Age: 6+**
Class #..... **Time**..... **Dates**..... **Cost**
 8001.126... 9:00-9:25am.....1/9-1/30 \$34
 8001.127... 10:00-10:25am.....1/9-1/30 \$34
 8001.128... 11:00-11:25am.....1/9-1/30 \$34

No class 2/13
 8001.129... 9:00-9:25am.....2/6-3/6 \$34
 8001.130... 10:00-10:25am.....2/6-3/6 \$34
 8001.131... 11:00-11:25am.....2/6-3/6 \$34

No class 4/3
 8001.132... 9:00-9:25am.....3/13-4/10 \$34
 8001.133... 10:00-10:25am.....3/13-4/10 \$34
 8001.134... 11:00-11:25am.....3/13-4/10 \$34

Barracudas



Barracudas– Level 6

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**..... **Cost**
 8001.135... 9:30-9:55am.....1/9-1/30 \$34
 8001.136... 10:30-10:55am.....1/9-1/30 \$34
 8001.137... 11:00-11:25am.....1/9-1/30 \$34

No class 2/13
 8001.138... 9:30-9:55am.....2/6-3/6 \$34
 8001.139... 10:30-10:55am.....2/6-3/6 \$34
 8001.140... 11:00-11:25am.....2/6-3/6 \$34

No class 4/3
 8001.141... 9:30-9:55am.....3/13-4/10 \$34
 8001.142... 10:30-10:55am.....3/13-4/10 \$34
 8001.143... 11:00-11:25am.....3/13-4/10 \$34

American Red Cross Lifeguard Certification Classes

Upon successful completion of this class, you will be certified as an American Red Cross Lifeguard. The following prerequisites will be tested at the pool on the first day of class: 300 yard swim, tread water without the use of hands, retrieve a 10 lb. object from depth of 7+ feet, and other required skills. Participants must purchase a first aid training pack, resuscitation mask and Lifeguard Manual from the Red Cross prior to the first day of the class. **Location:** Pleasant Valley Aquatic Center (unless otherwise noted).

Class #: 8001.155 **Cost: \$142**
Time..... **Day(s)**..... **Date**
 7:00-8:30pm..... Monday..... 1/4
 4:00-9:00pm..... Tue & Thu..... 1/5-1/14
 8:00am-1:00pm..... Sat..... 1/9
 2:00-8:30pm..... Sat..... 1/9

Class #: 8001.156 **Cost: \$142**
Time..... **Day(s)**..... **Date**
 7:00-9:00pm..... Tuesday..... 2/2
 4:00-9:00pm..... Tue & Thu..... 2/4-2/23

Class #: 8001.157 **Cost: \$142**
Time..... **Day(s)**..... **Date**
 7:00-9:00pm..... Tue & Thu..... 3/2 & 3/4
 7:00-9:00pm..... Tuesday..... 3/9-3/30
 4:00-9:00pm..... Thursday..... 3/11-4/1

Now Hiring
year round Lifeguards

www.pvrpd.org
482-1996 x 14

Flexible hours & great pay!
\$9.47-\$11.50/hr
Apply Today!



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 (see page 13). 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 the faster swimmers swim in the middle lanes and the 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 in a heated, indoor pool that is open year round.

Recreation/Family Swim

Come play in our outdoor SPLASH ZONE, slide 65 feet on our WATER SLIDE, jump as high as you can on our DIVING BOARD, or try your game at WATER BASKETBALL! Active in-water supervision is required for children 10 and under. Proper bathing suit attire is required (no street clothes), and all flotation devices must be USCG approved. Recreational swimming is offered on Fridays and Saturdays. Refer to the schedule on page 13 for specific times.

Toddler Time

Enjoy the warm shallow water and outdoor splash zone. This special time is set aside for toddlers up to 4 years of age and their parents. Active in water supervision is required. Swimmers must wear a swim diaper and plastic pants with full elastic legs and waist over their swim diaper. Reusable plastic pants are available for purchase at the Aquatic Center. Children are free when accompanied by a paying adult.

Rentals

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

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 whatever classes you want to attend!

Instructor and National Academy of Sports Medicine (NASM) Certified Personal Trainer: Allison Thomson. All classes are held at the Pleasant Valley Aquatic Center.

Water Aerobics

M/W/F 9:00-10:00am
Work at your own pace and enjoy all of the benefits of land aerobics without the impact on your joints. This class is primarily taught in the shallow water.



Deep Water Cardio-Sculpt

T/Th 9:00-10:00am
Kick it up a notch with this low impact, high energy class. This class is primarily taught in deep water. The use of a flotation belt is recommended. Equipment is provided on a first-come, first-serve basis.

Senior Fitness

M/W 10:15-11:15am
This class is designed specifically for senior citizens to improve strength, balance, and flexibility. This class is taught on the outdoor patio (weather permitting - will be moved to the pool deck). Enjoy fresh air and meet new friends while you work out. Please bring personal hand weights and a floor mat to class (limited mats are available for use). Purchase a Fitness Pass and enjoy your choice of three different classes. Your first class is free!

PLEASANT VALLEY
AQUATIC CENTER

Diving

Monday

Age: 8+

Learn a variety of dives in this four week class. Safety features and dry land tumbling will be covered as well. Bring comfortable athletic clothing for dry land tumbling along with a bathing suit and a towel. Class sizes are small so individual goals can be emphasized. **Instructor:** Ann Wright. **Location:** PVAC (Pleasant Valley Aquatic Center)

Class#..... Time..... Date..... Fee
8001.158..... 6:45-8:30pm..... 1/11-2/1 \$59
8001.159..... 6:45-8:30pm..... 3/1-3/22 \$59

Water Polo

Drop In Water Polo

Bring a friend and drop in for a fun pickup game of water polo. Caps and balls are provided or you can bring your own. Wednesday evenings.

Beginning Water Polo

Wednesday

Age: 8+

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

Class #..... Time..... Date..... Fee
8001.150..... 7:15-8:30pm..... 1/13-2/3 \$39
8001.151..... 7:15-8:30pm..... 2/10-3/3 \$39
8001.152..... 7:15-8:30pm..... 3/17-4/7 \$39

Intermediate Water Polo

Wednesday

Age: 8+

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

Class #..... Time..... Date..... Fee
8001.153..... 7:15-8:30pm..... 1/13-2/3 \$39
8001.154..... 7:15-8:30pm..... 2/10-3/3 \$39

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. Come watch our speedy swimmers in action on Saturday, February 13 at their home swim meet. Admission is FREE. Meet starts at 9:00am.