

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.