

SWIM 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. If necessary, students may be transferred into the appropriate swimming level at the beginning of the first day of lessons. Typical lesson group size is 3-7 youngsters per group.

Parent/child lessons are offered for those children age four 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 toilet-trained must wear plastic pants and/or swimming 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 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/or plastic pants over their diapers.**



Toddler/Parent 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. **For toddlers between 18 months and 3 years of age. Children who are not potty trained must wear swimming diapers and/or plastic pants over their diapers.**



Seahorse 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/or plastic pants 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) stroke and a standing front dive.



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 improve the front dive.



Level 5 Killer Whales are strong swimmers. The advanced skills they learn include stride jump entry, long shallow dive, 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. They will become familiar with CPR and first aid.



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



HELPFUL TIPS TO REGISTER YOUR CHILD INTO THEIR APPROPRIATE SWIMMING LEVEL:

When registering for swim lessons, place your child into their appropriate level by using the class descriptions.

1. Read the class/level descriptions.
2. Has it been longer than 3 months since your child was in a structured swimming environment? If so, we suggest repeating the last level completed.
3. Do not over estimate your child's ability. It is better to repeat a level than to advance to a higher level at which he/she may feel uncomfortable.

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. Note: Due to the nature of our program and the lack of time and pool space, we do not offer make up lessons.

REGISTER ONLINE AT WWW.PVRPD.ORG OR CALL US AT 482-1996 X 10

SWIM LESSONS

All swim lessons are held at Pleasant Valley Pool located at: 1030 Temple Avenue, Camarillo, CA

Pleasant Valley Pool is an indoor heated facility with water temperature ranging from 81 to 83 degrees. Register online at www.pvrpd.org and *save 10%* or call us at 482-1996 x 10.

HEALTHY SWIMMING

Please refrain from bringing your child to class if they have had one or more of the following within the past 48 hours: upset stomach, vomiting, diarrhea and/or irregular bowel movements. Contact with certain bodily fluids may cause our facility to close.

SWIM LESSON REFUND POLICY:

To receive a full refund (less \$5), it must be requested one week prior to the start of class. Refunds will not be granted after the class begins. All refunds and transfers will be charged a \$5 administration fee. Please request your refund through the District Office located at 1605 E. Burnley Street or by calling 482-1996 x 10. Note: Due to the nature of our program and the lack of pool space, we do not offer make up lessons. Thank you for choosing PVRPD!

WEEKDAY EVENING SWIM LESSONS (MONDAY, TUESDAY AND WEDNESDAY)

Weekday Swim Lessons are taught on Mondays, Tuesdays and Wednesdays for two consecutive weeks. During these lessons, important water skills and proper swimming techniques are taught in a small group setting.

WEEKDAY EVENING LESSONS – SEAHORSE

Days: Monday, Tuesday and Wednesday

Class #	Age	Time	Date	Fee
9003.100	3+	5:15-5:45pm	9/11-9/20	\$50
9003.200	3+	5:15-5:45pm	10/9-10/18	\$50
9003.300	3+	5:50-6:20pm	11/6-11/15	\$50

WEEKDAY EVENING SWIM LESSONS – GUPPIES

Days: Monday, Tuesday and Wednesday

Class #	Age	Time	Date	Fee
9003.400	4+	5:50-6:20pm	9/11-9/20	\$50
9003.500	4+	6:25-6:55pm	9/11-9/20	\$50
9003.600	4+	5:50-6:20pm	10/9-10/18	\$50
9003.601	4+	6:25-6:55pm	10/9/10/18	\$50
9003.700	4+	5:15-5:45pm	11/6-11/15	\$50
9003.800	4+	6:25-6:55pm	11/6-11/15	\$50

WEEKDAY EVENING SWIM LESSONS – DOLPHINS

Days: Monday, Tuesday and Wednesday

Class #	Age	Time	Date	Fee
9003.021	4+	5:50-6:20pm	9/11-9/20	\$50
9003.022	4+	6:25-6:55pm	9/11-9/20	\$50
9003.023	4+	5:50-6:20pm	10/9-10/18	\$50
9003.024	4+	6:25-6:55pm	10/9-10/18	\$50
9003.025	4+	5:50-6:20pm	11/6-11/15	\$50
9003.026	4+	6:25-6:55pm	11/6-11/15	\$50

WEEKDAY EVENING SWIM LESSONS – STINGRAYS

Days: Monday, Tuesday and Wednesday

Class #	Age	Time	Date	Fee
9003.900	5+	5:15-5:45pm	9/11-9/20	\$50
9003.010	5+	5:50-6:20pm	9/11-9/20	\$50
9003.011	5+	5:15-5:45pm	10/9-10/18	\$50
9003.012	5+	6:25-6:55pm	10/9-10/18	\$50
9003.013	5+	5:15-5:45pm	11/6-11/15	\$50
9003.014	5+	5:50-6:20pm	11/6-11/15	\$50

WEEKDAY EVENING SWIM LESSONS – SHARKS

Days: Monday, Tuesday and Wednesday

Class #	Age	Time	Date	Fee
9003.015	6+	5:15-5:45pm	9/11-9/20	\$50
9003.016	6+	5:50-6:20pm	9/11-9/20	\$50
9003.017	6+	5:15-5:45pm	10/9-10/18	\$50
9003.018	6+	6:25-6:55pm	10/9-10/18	\$50
9003.019	6+	5:15-5:45pm	11/6-11/15	\$50
9003.020	6+	6:25-6:55pm	11/6-11/15	\$50

SATURDAY MORNING SWIM LESSONS

Each session of Saturday lessons consist of four – 30 minute classes. During these lessons, important water skills and proper swimming techniques are taught in a small fun group setting. Private Lessons, Adult Only Group Lessons and Group Lessons are offered.

SATURDAY LESSONS - PRIVATE

Day: Saturday

Class #	Age	Time	Date	Fee
9004.031	4+	7:45-8:15am	9/9-9/30	\$70
9004.033	4+	8:20-8:50am	9/9-9/30	\$70
9004.057	4+	7:45-8:15am	10/7-10/28	\$70
9004.058	4+	8:20-8:50am	10/7-10/28	\$70

SATURDAY LESSONS – ADULT ONLY GROUP

Day: Saturday

Class #	Age	Time	Date	Fee
9004.032	18+	7:45-8:30am	9/9-9/30	\$50
9004.059	18+	7:45-8:30am	10/7-10/28	\$50

SATURDAY LESSONS – DUCKS

Day: Saturday

Class #	Age	Time	Date	Fee
9004.001	6-18mos	8:55-9:25am	9/9-9/30	\$42
9004.025	6-18mos	11:15-11:45am	9/9-9/30	\$42
9004.066	6-18mos	8:55-9:25am	10/7-10/28	\$42
9004.051	6-18mos	11:15-11:45am	10/7-10/28	\$42

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SWIM LESSONS

SATURDAY LESSONS – TURTLES

Day: Saturday

Class #	Age	Time	Date	Fee
9004.002	18-24mos	8:55-9:25am	9/9-9/30	\$42
9004.026	18-24mos	11:15-11:45am	9/9-9/30	\$42
9004.034	18-24mos	8:55-9:25am	10/7-10/28	\$42
9004.052	18-24mos	11:15-11:45am	10/7-10/28	\$42

SATURDAY LESSONS – SEAHORSE

Day: Saturday

Class #	Age	Time	Date	Fee
9004.007	3+	9:30-10:00am	9/9-9/30	\$42
9004.013	3+	10:05-10:35am	9/9-9/30	\$42
9004.039	3+	9:30-10:00am	10/7-10/28	\$42
9004.060	3+	10:05-10:35am	10/7-10/28	\$42

SATURDAY LESSONS – GUPPIES

Day: Saturday

Class #	Age	Time	Date	Fee
9004.008	4+	9:30-10:00am	9/9-9/30	\$42
9004.014	4+	10:05-10:35am	9/9-9/30	\$42
9004.019	4+	10:40-11:10am	9/9-9/30	\$42
9004.040	4+	9:30-10:00am	10/7-10/28	\$42
9004.061	4+	10:05-10:35am	10/7-10/28	\$42
9004.045	4+	10:40-11:10am	10/7-10/28	\$42

SATURDAY LESSONS – DOLPHINS

Day: Saturday

Class #	Age	Time	Date	Fee
9004.009	4+	9:30-10:00am	9/9-9/30	\$42
9004.015	4+	10:05-10:35am	9/9-9/30	\$42
9004.016	4+	10:05-10:35am	9/9-9/30	\$42
9004.020	4+	10:40-11:10am	9/9-9/30	\$42
9004.021	4+	10:40-11:10am	9/9-9/30	\$42
9004.041	4+	9:30-10:00am	10/7-10/28	\$42
9004.062	4+	10:05-10:35am	10/7-10/28	\$42
9004.063	4+	10:05-10:35am	10/7-10/28	\$42
9004.046	4+	10:40-11:10am	10/7-10/28	\$42
9004.047	4+	10:40-11:10am	10/7-10/28	\$42

SATURDAY LESSONS – STINGRAYS

Day: Saturday

Class #	Age	Time	Date	Fee
9004.003	5+	8:55-9:25am	9/9-9/30	\$42
9004.010	5+	9:30-10:00am	9/9-9/30	\$42
9004.017	5+	10:05-10:35am	9/9-9/30	\$42
9004.022	5+	10:40-11:10am	9/9-9/30	\$42
9004.023	5+	10:40-11:10am	9/9-9/30	\$42
9004.027	5+	11:15-11:45am	9/9-9/30	\$42
9004.035	5+	8:55-9:25am	10/7-10/28	\$42
9004.042	5+	9:30-10:00am	10/7-10/28	\$42
9004.064	5+	10:05-10:35am	10/7-10/28	\$42
9004.048	5+	10:40-11:10am	10/7-10/28	\$42
9004.049	5+	10:40-11:10am	10/7-10/28	\$42
9004.053	5+	11:15-11:45am	10/7-10/28	\$42

SATURDAY LESSONS – SHARKS

Day: Saturday

Class #	Age	Time	Date	Fee
9004.004	6+	8:55-9:25am	9/9-9/30	\$42
9004.011	6+	9:30-10:00am	9/9-9/30	\$42
9004.018	6+	10:05-10:35am	9/9-9/30	\$42
9004.024	6+	10:40-11:10am	9/9-9/30	\$42
9004.028	6+	11:15-11:45am	9/9-9/30	\$42
9004.036	6+	8:55-9:25am	10/7-10/28	\$42
9004.043	6+	9:30-10:00am	10/7-10/28	\$42
9004.065	6+	10:05-10:35am	10/7-10/28	\$42
9004.050	6+	10:40-11:10am	10/7-10/28	\$42
9004.054	6+	11:15-11:45am	10/7-10/28	\$42

SATURDAY LESSONS – KILLER WHALES

Day: Saturday

Class #	Age	Time	Date	Fee
9004.005	6+	8:55-9:25am	9/9-9/30	\$42
9004.012	6+	9:30-10:00am	9/9-9/30	\$42
9004.029	6+	11:15-11:45am	9/9-9/30	\$42
9004.037	6+	8:55-9:25am	10/7-10/28	\$42
9004.044	6+	9:30-10:00am	10/7-10/28	\$42
9004.055	6+	11:15-11:45am	10/7-10/28	\$42

SATURDAY LESSONS – BARRACUDAS

Day: Saturday

Class #	Age	Time	Date	Fee
9004.006	6+	8:55-9:25am	9/9-9/30	\$42
9004.030	6+	11:15-11:45am	9/9-9/30	\$42
9004.038	6+	8:55-9:25am	10/7-10/28	\$42
9004.056	6+	11:15-11:45am	10/7-10/28	\$42

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