

Aquatic Class Descriptions

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.

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. We encourage splitting a lane with two swimmers, or circle swimming when there are three or more participants per lane.

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. This is a non instructor based class, so you can exercise at your own pace.

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 12 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 whatever classes you want to attend! **Instructor and National Academy of Sports Medicine (NASM) Certified Personal Trainer: Allison Thomson.**

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. Class is mostly 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. Use of flotation belt is recommended. Equipment is provided on a first come-first serve-basis.

American Red Cross Lifeguard Certification Class

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 10lb 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). **Instructor:** Ann Wright. **Age:** 15+

Class #: 8002.602 Cost: \$142
Time Day(s) Dates
3:45-9pm Tues 4/6-5/11



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.

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 along with a bathing suit and a towel. **Instructor:** Ann Wright. **Location:** PVAC.
Class # Time Dates Cost
8002.590 6:45-8:30pm 5/3-5/24 \$50

Water Polo

Drop In Water Polo

Bring a friend and drop in for a fun pickup game of water polo. Caps and balls 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 this sport. Must be able to swim 50 yards comfortably and be able to tread water. Caps and balls provided.
Class # Time Date Cost
8002.591 7:15-8:30pm 4/14-5/5 \$39
8002.592 7:15-8:30pm 5/19-6/2 \$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 Cost
8002.593 7:15-8:30pm 4/14-5/5 \$39
8002.594 7:15-8:30pm 5/19-6/2 \$39



Pleasant Valley Aquatic Center LIFEGUARD TRYOUTS

Join our team of dedicated and professional lifeguards! Skills assessment, swim test and interviews will be held on:

- Saturday, March 6 3:30-5:30pm
- Thursday, March 18 7:00-8:30pm
- Saturday, March 20 3:30-5:30pm

Arrive on time and come prepared with photo identification, a copy of your current certifications, completed District application and Lifeguard Supplement. Interviews will be held immediately after completion of the water skills assessment and swim test.

Tryout Location:

Pleasant Valley Aquatic Center 1030 Temple Avenue, Camarillo

For more detailed information visit our website at www.pvrpd.org
We offer flexible hours and great pay - \$9.47 - \$11.50 per hour.