

PLEASANT VALLEY AQUATIC CENTER



1030 Temple Avenue, Camarillo
(805) 482-1996 / 987-8198 • www.pvrpd.org

ENTRY FEES

Single Entry Fee

Ages 3 & under	Free
Ages 4+	\$3
Ages 60+	\$2.50

Splash Pass

	10 Entries	20 Entries
Ages 4+	\$27	\$51
Ages 60+	\$22.50	\$42.50

Single Entry Fees and Splash Passes are valid for the following programs:
Lap, Recreational and Therapeutic Swim.

Structured Swim Workout Pass

	10 Entries	20 Entries
Ages 16+	\$20	\$35
Single Entry Fee	\$3	

Water Exercise

	10 Entries	20 Entries	Single Entry
Ages 12+	\$50	\$90	\$7
Ages 60+	\$45	\$81	\$7

\$1 Admission

Recreational Swim

- Fridays 6:30-8:30pm

Pool Closures

- Sundays
- August 27 – September 10 for Maintenance
- November 22 after 2:30pm
- November 23 – 26 for Thanksgiving
- December 9 for Camarillo Christmas Parade
- December 23 – 26 for Christmas
- January 1 for New Years

SCHEDULE

Lap Swimming

Morning Lap	M/W/TH/F	5:30-8am
Morning Lap*	Sa	5:30-11:30am
Lunch Time Lap	M-F	11:30am-2:30pm
Evening Lap until 11/8	M-W	8-9pm
Evening Lap until 11/9	Th	5:30-8:30pm
Evening Lap 11/13-12/28	M-Th	5:30-8:30pm

*Only 2 Lanes Available from 8-11:30am

Aquatic Programs and Classes

Structured Swim Workout*	M/Th	6-7:30am
Water Exercise*	M/W/F	8:15-9:15am
Deep Water Exercise*	Tu/Th	8:15-9:15am
Therapeutic Swim	M-Th	9:30-11:15am
Toddler Time	M-Th	9:30-11:15am
Cycling/Strength Training*	Tu/Th	6:30-8pm
Aquacize	Tu/W/Th	7-8pm
Recreational Swim	F	6:30-8:30pm
Recreational Swim	Sa	12-3pm

*Separate Pass Required

Swim Lessons & PVST

Weekday Evening Lessons	M/Tu/W	5:30-8pm
Saturday Morning Lessons	Sa	8-11:30am
Pleasant Valley Swim Team	M-F	4:15-5:15pm*

*Call Swim Team for specific practice times



Friday, October 27 5:30-8:30pm

Join us for a fun and spooky evening filled with pumpkin painting, games, and swimming!

Pre-registration required. Limited number of pumpkins available. Register by Monday, October 23, 5pm.

Class#7016.001 Cost: \$10

AQUATICS PROGRAMS

Descriptions

Aquacize

Enjoy a low-impact aerobic workout taught by an instructor. Achieve your fitness goals, whether it is weight loss, improving range of motion, or general well-being, with a cardio and resistance workout. Pay a single entry fee or purchase a Splash Pass. First class is free! Note: The weekday morning Water Exercise Class/Deep Water is different and requires an Exercise Pass for entry. See schedule for times and fees.

Cycling/Strength Training

Instructor: Brian Smallwood

Location: Pleasant Valley Aquatic Center

\$10 Drop-In, Multiple Entry Passes Available. Build your cycling fundamentals and core strength related to cycling, running, walking, and swimming. This class is for beginners through advanced athletes. Classes will be based around work on the bike, but can include body-weight strength exercises, running and or swimming. Required equipment: Bicycle, stationary bike trainer, proper shoes for cycling and running, sweat towels, exercise mat, and for certain designated classes: swim gear.

Tu/Th 6:30-8pm Ages 13+

Deep Water Exercise

Instructor: Debbie Lopez

Class is primarily taught in deep water emphasizing abdominals, strength training and cardio. A flotation belt is recommended. Participants should be comfortable in deep water. Equipment is provided on a first-come first-serve basis. A Water Exercise pass is needed for entry. Single entry of \$7. First class is free!

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. During busy times we encourage sharing a lane or circle swimming.

PV Swim Team

Join the Pleasant Valley Swim Team. Practice year-round at our indoor aquatic center. Contact us at 768-4846 or visit our website at www.pvst.org for more information.

Recreation/Family Swim

Come slide down our 65 foot water slide (7+ years of age) and jump as high as you can on our diving board. All ages welcome. For the safety of our patrons, a swim test is required to use our slide and diving board.

Structured Swim Workouts

Instructor: Brian Smallwood

Do you have trouble creating your own swim workouts? These workouts are designed to improve swim fitness and technique with specific drills for swimmers and triathletes. *Must be able to swim freestyle for a continuous swim of at least 10 minutes.

Therapeutic Swim

This time is for individuals who are not able to lap swim or participate in more advanced exercise classes due to physical reasons. Therapeutic Swim is for individual exercise and is not lead by an instructor. This swim time is shared with other programs. This is not a therapy pool and the water temperature ranges from 80-82 degrees.

Toddler Time

This time is set aside for toddlers and their parent to enjoy swimming in a non structured environment. Active in-water supervision is required. Enjoy toys in the shallow water near the stairs. Children who are not potty trained must wear a swimming diaper and plastic/vinyl briefs (diaper cover) with elastic around the legs and waist. This swim time is shared with other programs.

Water Exercise

Instructor: Debbie Lopez

Work at your own pace and enjoy all the benefits of a land workout without the impact on your bones and joints. This class is taught primarily in the shallow water and integrates cardio, sculpting and strength training by using the natural resistance of the water, water dumbbells and noodles. A Water Exercise pass is needed for entry. Single entry of \$7. First class is free!

COMPETITIVE SWIMMING FOR ALL LEVELS

Beginners to All-Americans • Junior Olympic Champions • CIF Champions

Practices held Monday-Thursday at
the Pleasant Valley Aquatic Center

- Free Tryouts by Appointment
- For more information contact us at CoachTim@PVST.org or call (805) 768-4846

Ventura County's first Level 3 Recognized Club by USA Swimming

VISIT OUR WEBSITE AT WWW.PVST.ORG



AMERICAN RED CROSS

CPR/AED Adult and Child

Ages: 15+ **Cost:** \$120

Location: Community Center

This course is designed to teach students to respond to breathing and cardiac emergencies in adults, children and infants and to use an AED. Materials provided.

7016.002 3-8pm Th 10/12

Lifeguard Training/Title 22

Ages: 15+ **Cost:** \$245

Instructor: Ann Wright

Upon successful completion of this class you will be certified as an **American Red Cross Lifeguard with Title 22**. 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 will be required to complete online work in addition to completing all water skills. A \$35 fee is due to the American Red Cross prior to the start of the course. Instructor will contact you regarding the fee and online activities.

7016.003 4-9pm M-F 9/11-9/15

7016.004 4-9pm M-F 10/16-10/20

7016.005 4-9pm M-F 11/13-11/17

7016.006 4-9pm M-F 12/11-12/15

View online details at www.pvrpd.org

Water Safety Instructor

Ages: 16+ **Cost:** \$215

Instructor: Ann Wright

This course will help you teach skills that may save a life, gain terrific work experience as an aquatics professional, earn money or join a volunteer team while you help people learn valuable skills. In addition you will learn organizational and presentation skills that will help you in any career and make a difference in people's lives. This is a blended learning course, online participation is required. A \$35 fee is due to the American Red Cross prior to the start of the course. Instructor will contact you regarding the fee and online activities.

Prerequisites:

Minimum age of 16. Fundamentals of Instructor Training Course (FIT). Demonstrate swimming skills consistent with the Stroke Performance Charts, Level 4.

7016.007 4-8pm M-Th 9/18-9/21

7016.008 4-8pm M-Th 10/23-10/26

PLEASANT VALLEY AQUATIC CENTER



Springboard Diving

Ages: 7+ **Cost:** \$53

Instructor: Ann Wright

The first 30 minutes of class will be dryland, stretch, and basic tumbling work. 1 hour in pool diving. Divers should wear shorts and t-shirt over suit for stretching/tumbling. Wetsuits are okay to keep warm. Any skill level accepted. Pre-Requisite: Must be able to swim 25 yards and tread water for 30 seconds.

7016.009 4-5:30pm F 9/15-9/29

7016.010 4-5:30pm F 10/6-10/20

7016.011 4-5:30pm F 10/27-11/10

7016.012 4-5:30pm F 12/1-12/15

Surfing

Ages: 9+ **Cost:** \$78

Instructor: Try Surf Staff

Location: Gold Coast Beach Ventura (2 miles north of Fairgrounds or 1/2 mile north of Emma Wood)

Learn the basics of surfing and also ocean awareness and safety. Participant must be able to swim in shallow area of shoreline and cannot depend on 100% one-on-one care from instructor. Call Arthur at (805) 368-8766 for further questions.

0264.100 9am-12pm Sa 9/9

0264.101 9am-12pm Sa 10/14

0264.102 9am-12pm Sa 11/11

0264.103 9am-12pm Sa 12/9



PADI Instructor: Bret Niedens

Professional Association of Diving Instructors

PADI classes meet one time only.

PADI - Seal Team

Ages: 8-12 **Cost:** \$55

The PADI Seal Team is for young divers who are looking for action-packed fun in a pool by doing exciting scuba Aqua Missions. The best part of the Specialty Aqua Missions is they reinforce safe diving skills while the kids are having fun. Part one, Aqua Mission, teaches kids the basics of diving: things like buoyancy control, mask clearing, regulator recovery, etc. **Student must be 8 years old by class start date.**

7016.015 9-10:30am Sa 9/16

7016.016 9-10:30am Sa 10/14

PADI - Discover Scuba

Ages: 10+ **Cost:** \$60

This is an introduction course to scuba diving for anyone who is interested in learning about and using real scuba equipment. Students dive in a supervised environment and all equipment is provided. This is not a certification course. **Student must be 10 years old by class start date.**

7016.017 10:30-11:30am Sa 9/16

7016.018 10:30-11:30am Sa 10/14

PADI - Skin Diver/Snorkeling

Ages: 8+ **Cost:** \$40

This is an introduction course to snorkeling. Students learn and use safe practices and skills. Prerequisites: participants should have good intermediate swimming skills be able to float/tread for 5 minutes and comfortably swim the length of the pool without floatation assistance. This is not a certification course. **Student must be 8 years old by class start date.**

7016.019 11:30-12:30pm Sa 9/16

7016.020 11:30-12:30pm Sa 10/14

PADI - Scuba Private Lesson

Ages: 8+ **Cost:** \$85

This class is designed so that you have one on one instruction with the dive instructor. Please refer to the age limits for Discover Scuba, Seal Team and Skin Diver/Snorkeling in the descriptions above. When you sign up you will choose what course you would like to take. One student per session.

7016.021 7pm-8:30pm Th 9/14

7016.022 7pm-8:30pm Th 10/12



HAVE YOUR NEXT PARTY AT THE POOL!
PERFECT FOR ALL AGES!

Celebrate your next birthday at the Pleasant Valley Aquatic Center. Enjoy themed decorations, food, birthday cake, and play games with your own party host. Pool party package details and fees are online.

SWIM LESSONS

Adaptive Swim Lessons

Ages: 4+ \$48*/\$59

Location: Pleasant Valley Aquatic Center

These private swim lessons are designed for individuals with special needs only. A staff member will call to verify prior to beginning of lesson.

7016.030	5:30-5:55pm	M/Tu/W	9/18-9/27
7016.031	6-6:25pm	M/Tu/W	9/18-9/27
7016.032	6:30-6:55pm	M/Tu/W	9/18-9/27
7016.033	5:30-5:55pm	M/Tu/W	10/2-10/11
7016.034	6-6:25pm	M/Tu/W	10/2-10/11
7016.035	6:30-6:55pm	M/Tu/W	10/2-10/11
7016.036	5:30-5:55pm	M/Tu/W	10/16-10/25
7016.037	6-6:25pm	M/Tu/W	10/16-10/25
7016.038	6:30-6:55pm	M/Tu/W	10/16-10/25
7016.039	5:30-5:55pm	M/Tu/W	10/30-11/8*
7016.040	6-6:25pm	M/Tu/W	10/30-11/8*
7016.041	6:30-6:55pm	M/Tu/W	10/30-11/8*

*No class 10/31.

Adult Learn to Swim

Ages: 14+ \$107

Learn basic water safety, conquer your fear and improve your swimming ability. Learn to float, glide and swim front crawl.

7016.042	8-8:45am	Sa	9/23-11/11
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Private Swimming Lessons

Private lessons are offered on Saturday mornings and weekday evenings. Enjoy 25 minutes of private instruction to fit your needs. Perfect for adults and children!

Ages: 3+ \$88*/\$105

7016.044	6:30-6:55pm	M/Tu/W	9/18-9/27
7016.045	7-7:25pm	M/Tu/W	9/18-9/27
7016.046	7:30-7:55pm	M/Tu/W	9/18-9/27
7016.047	6:30-6:55pm	M/Tu/W	10/2-10/11
7016.048	7-7:25pm	M/Tu/W	10/2-10/11
7016.049	7:30-7:55pm	M/Tu/W	10/2-10/11
7016.050	6:30-6:55pm	M/Tu/W	10/16-10/25
7016.051	7-7:25pm	M/Tu/W	10/16-10/25
7016.052	7:30-7:55pm	M/Tu/W	10/16-10/25
7016.053	6:30-6:55pm	M/Tu/W	10/30-11/8*
7016.054	7-7:25pm	M/Tu/W	10/30-11/8*
7016.055	7:30-7:55pm	M/Tu/W	10/30-11/8*

*No class 10/31.

Ages: 3+ \$139

7016.056	8-8:25am	Sa	9/23-11/11
7016.057	8:30-8:55am	Sa	9/23-11/11
7016.058	9-9:25am	Sa	9/23-11/11
7016.059	9:30-9:55am	Sa	9/23-11/11
7016.060	10-10:25am	Sa	9/23-11/11
7016.061	10:30-10:55am	Sa	9/23-11/11
7016.062	11-11:25am	Sa	9/23-11/11

Semi-Private Swimming Lessons

Upon Request Only. Share a class with a sibling, spouse, partner or friend! Perfect for adults and children! We recommend participants to be approximately the same swim level. Please refer to our class descriptions if you are unsure of level placement.

\$72/participant Weekday Lessons

\$100/participant Saturday Lessons

Refer to "Private Swimming Lessons" for available times.

Parent & Child

Ages: 6mos-3yrs \$81

7016.070 10-10:25am Sa 9/23-11/11

7016.071 11-11:25am Sa 9/23-11/11

Pre-school: Orientation to the Water Environment

Ages: 3+ \$48*/\$59

7016.072 5:30-5:55pm M/Tu/W 9/18-9/27

7016.073 5:30-5:55pm M/Tu/W 10/2-10/11

7016.074 5:30-5:55pm M/Tu/W 10/16-10/25

7016.075 5:30-5:55pm M/Tu/W 10/30-11/8*

*No class 10/31.

Ages: 3+ \$81

7016.076 9:30-9:55am Sa 9/23-11/11

7016.077 10:30-10:55am Sa 9/23-11/11

AYSO Region 68 - Spring League 2018

AYSO Region 68 will be conducting Spring league soccer on Sundays in February, March and April at Pleasant Valley Fields.

*Fun, safe, affordable, trained coaches - and memories that last a lifetime.
AYSO has been the first name in youth soccer since 1964.*

Registration Open: December 1-31

Who: Boys and Girls | age 4-18

What: Learn and play soccer

Where: Register online at CamarilloAYSOsoccer.org (click "Player Registration")

Costs: \$60 per player



Included: T-shirt and soccer socks

Not Included: Shorts, shin guards and shoes

Games Begin: February 2018

Need Help? Volunteers will be available to help during evening "Office Hours" at Region 68 HQ

(1161 Calle Suerte, Suite F, Camarillo)

Check our region calendar for dates

Questions: Email: registrar@aysor68.org

DON'T DELAY - REGISTER NOW!

Complete registration information at www.CamarilloAYSOsoccer.org under "Player Registration"

Level 1: Introduction to Water Skills

Ages: 4+	\$48*/\$59		
7016.078	5:30-5:55pm	M/Tu/W	9/18-9/27
7016.079	6:00-6:25pm	M/Tu/W	9/18-9/27
7016.080	5:30-5:55pm	M/Tu/W	10/2-10/11
7016.081	6:00-6:25pm	M/Tu/W	10/2-10/11
7016.082	5:30-5:55pm	M/Tu/W	10/16-10/25
7016.083	6:00-6:25pm	M/Tu/W	10/16-10/25
7016.084	5:30-5:55pm	M/Tu/W	10/30-11/8*
7016.085	6:00-6:25pm	M/Tu/W	10/30-11/8*

*No class 10/31.

Ages: 4+	\$81		
7016.086	9:30-9:55am	Sa	9/23-11/11
7016.087	10:30-10:55am	Sa	9/23-11/11

Level 2: Fundamental Aquatic Skills

Ages: 4+	\$48*/\$59		
7016.088	5:30-5:55pm	M/Tu/W	9/18-9/27
7016.089	6-6:25pm	M/Tu/W	9/18-9/27
7016.090	5:30-5:55pm	M/Tu/W	10/2-10/11
7016.091	6-6:25pm	M/Tu/W	10/2-10/11
7016.092	5:30-5:55pm	M/Tu/W	10/16-10/25
7016.093	6-6:25pm	M/Tu/W	10/16-10/25
7016.094	5:30-5:55pm	M/Tu/W	10/30-11/8*
7016.095	6-6:25pm	M/Tu/W	10/30-11/8*

*No class 10/31.

Ages: 4+	\$81		
7016.096	10-10:25am	Sa	9/23-11/11
7016.097	11-11:25am	Sa	9/23-11/11

Level 3: Stroke Development

Ages: 5+	\$48*/\$59		
7016.098	6-6:25pm	M/Tu/W	9/18-9/27
7016.099	6:30-6:55pm	M/Tu/W	9/18-9/27
7016.100	6-6:25pm	M/Tu/W	10/2-10/11
7016.101	6:30-6:55pm	M/Tu/W	10/2-10/11
7016.102	6-6:25pm	M/Tu/W	10/16-10/25
7016.103	6:30-6:55pm	M/Tu/W	10/16-10/25
7016.104	6-6:25pm	M/Tu/W	10/30-11/8*
7016.105	6:30-6:55pm	M/Tu/W	10/30-11/8*

*No class 10/31.

Ages: 5+	\$81		
7016.106	9:30-9:55am	Sa	9/23-11/11
7016.107	10:30-10:55am	Sa	9/23-11/11

Level 4: Stroke Improvement

Ages: 6+	\$48*/\$59		
7016.108	6:30-6:55pm	M/Tu/W	9/18-9/27
7016.109	7-7:25pm	M/Tu/W	9/18-9/27
7016.110	6:30-6:55pm	M/Tu/W	10/2-10/11
7016.111	7-7:25pm	M/Tu/W	10/2-10/11
7016.112	6:30-6:55pm	M/Tu/W	10/16-10/25
7016.113	7-7:25pm	M/Tu/W	10/16-10/25
7016.114	6:30-6:55pm	M/Tu/W	10/30-11/8*
7016.115	7-7:25pm	M/Tu/W	10/30-11/8*

*No class 10/31.

Ages: 6+	\$81		
7016.116	10-10:25am	Sa	9/23-11/11
7016.117	11-11:25am	Sa	9/23-11/11

Level 5: Stroke Refinement

Ages: 6+	\$48*/\$59		
7016.118	7-7:25pm	M/Tu/W	9/18-9/27
7016.119	7-7:25pm	M/Tu/W	10/2-10/11
7016.120	7-7:25pm	M/Tu/W	10/16-10/25
7016.121	7-7:25pm	M/Tu/W	10/30-11/8*

*No class 10/31.

Ages: 6+	\$81		
7016.122	10-10:25am	Sa	9/23-11/11

Level 6: Swimming & Skill Proficiency

Ages: 6+	\$48*/\$59		
7016.123	7-7:25pm	M/Tu/W	9/18-9/27
7016.124	7-7:25pm	M/Tu/W	10/2-10/11
7016.125	7-7:25pm	M/Tu/W	10/16-10/25
7016.126	7-7:25pm	M/Tu/W	10/30-11/8*

*No class 10/31.

Ages: 6+	\$81		
7016.127	10:30-10:55am	Sa	9/23-11/11



TITAN

WATER POLO CLUB

FALL SEASON YOUTH WATER POLO

- Ages 8-14
- August 28 - November 19
- M, T & TH 6:15-8:15 p.m.
- Rio Mesa & Camarillo High School Pools
- Saturday games in Ventura Co.
- Call or email for info:
Debi Owens
debio21@hotmail.com
805.443.0491 (cell)

www.titanwaterpoloclub.com

***Non Profit # 455046417



CAMARILLO PONY BASEBALL

FALL 2017 SEASON • Open to all youth ages 5-15

Register online at
www.cpba.org
and be sure to check our
website frequently for updates
and information for
in-person registration.

DIVISION AGES	
Quarterhorse*	Age 5
Shetland	Age 6
Pinto	Ages 7-8
Mustang	Ages 9-10
Bronco	Ages 11-12
Pony	Ages 13-15

For prices & additional information visit our website at www.cpba.org
or email us at camponybaseball@outlook.com

*Your child will be placed in the league based on their age as of April 30, 2017 except for Quarterhorse.
The age for Quarterhorse players will be based on their age as of December 2, 2017