

## PLEASANT VALLEY AQUATIC CENTER



### Lap Swimming

Morning Lap	M/Th	5:30-8:30am
Morning Lap	W/F	5:30-7:30am
Morning Lap*	Sa	5:30-11:30am
Lunch Time Lap	M-F	11:30am-2:30pm
Evening Lap	M-W	8-9pm
Evening Lap	Th	6-9pm

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

### Aquatic Programs and Classes

Structured Swim Workout*	M/Th	6-7:30am
Water Exercise Combo*	W/F	7:45-8:45am
Water Exercise*	M/W/F	9-10am
Deep Water Exercise*	Tu/Th	9-10am
Therapeutic Swim	M-Th	10-11:15am
Toddler Time	M-Th	10-11:15am
Aquacize	Tu/W/Th	7-8pm
Cycling	T/Th	6:30-8pm
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-Th	4:30-5:30pm*

\*Call Swim Team for specific practice times

1030 Temple Avenue, Camarillo

482-1996 / 987-8198 • www.pvrpd.org

### Single Entry Fee

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

### Splash Passes

	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: Aquacize, Toddler Time, Lap, Recreational and Therapeutic Swim.

### Structured Swim Workout Pass

	10 Entries	20 Entries	Single Entry
Ages 16+	\$20	\$35	\$3
Ages 60+	\$18	\$32	\$2.50

PVRPD is not responsible for lost, forgotten, or stolen passes.

### Water Exercise

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

### Recreation Swim \$1 Admission

Fridays	6:30-8:30pm
---------	-------------

### Specialty Hours & Pool Closures

Sundays	CLOSED
June 10	CLOSED
May 29	Lap Swim 8-11:30am / Rec Swim 12-3pm

# 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](http://WWW.PVST.ORG)



# 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 a Exercise Pass for entry. See schedule for times and fees.*

### 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!

### 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!

### 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](http://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 led 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. Children who are not potty trained must wear a swimming diaper and plastic/vinyl briefs (diaper cover) with elastic around the legs and waist.

### **NEW!** Cycling/Strength Training

**Instructor:** Brian Smallwood  
**Location:** Pleasant Valley Aquatic Center  
Tuesdays and Thursdays at 6:30-8pm. Ages 13+. \$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.

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

**POOLparty**

**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.**

## AMERICAN RED CROSS COURSES

### CPR/AED Adult and Child

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

**Location:** Community Center Room 6

This course is designed to teach students to respond to breathing and cardiac emergencies in adults, children and infants and to use an AED. Standard First Aid will teach you the basics on how to deal with hot/cold emergencies, shock, stroke awareness, and injuries such as cuts, bruises, chemical burns, heat burns and much more. Materials provided.

7014.001 3-8pm Th 4/6

### American Red Cross Lifeguard Training

**Ages:** 15+ **Cost:** \$249

**Instructor:** Ann Wright

**Location:** Pleasant Valley Aquatic Center.

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.

7014.002 4-9pm M-F 4/10-4/14

7014.003 4-9pm M-Th 5/15-5/18

### Water Safety Instructor

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

**Instructor:** Ann Wright

This approximately 30-hour 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. Whether you want to splash around with kids and teach them to swim, help children and adults refine their strokes or teach diving safety techniques, you can do it as an American Red Cross Water Safety Instructor. 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.**

7014.004 4-8pm M-Th 4/24-4/27

7014.005 4-8pm M-Th 5/22-5/25

## Lifeguard Tryouts **Must be 16 or older to apply**

Want to be a part of our lifeguard team?

Turn in your completed application and Lifeguard certification and sign up for a tryout date.

Tryouts will be held at Pleasant Valley Aquatic Center:

Saturday	3/25	9am
Sunday	4/2	12pm
Saturday	4/8	9am

For more information, visit our website or call us at 805-987-8198.

Application can be found on our website at [www.pvrpd.org](http://www.pvrpd.org)



## 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. Learn the basics of diving such as: buoyancy control, mask clearing, regulator recovery, etc. **Student must be 8 years old by class start date.**

7014.008 9-10:30am Sa 4/8

7014.009 9-10:30am Sa 5/6

### 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.**

7014.010 10:45-12:15pm Sa 4/8

7014.011 10:45-12:15pm Sa 5/6

### 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.**

7014.012 12:30-2pm Sa 4/8

7014.013 12:30-2pm Sa 5/6

### PADI – Scuba Private Lesson

**Ages:** 8+ **Cost:** \$75

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.

7014.014 7-8:30pm Th 4/6

7014.015 7-8:30pm Th 5/4

### DIVING

#### NEW! 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.

7014.006 4-5:30pm F 4/21-5/5

7014.007 4-5:30pm F 5/12-5/26

### SWIMMING LESSONS

**New this Spring: Saturday lessons are now 8 weeks long!**

#### REFUND POLICY

Class Refunds - If withdrawal/transfer from a program/class is made 5 business days prior to the start of a class there will be a full refund less a \$10 administrative fee. If withdrawal is made less than 5 business days before the first day of the program, there will be no refund issued. Registrants failing to be present for the program will forfeit all fees paid. No refund will be issued for programs and activities where the registration cost is \$10 or less.

#### NEW! Adaptive Swim Lessons

**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.

**Ages: 4+** **Cost: \$59**

7014.030 5:30-5:55pm M/Tu/W 4/3-4/12

7014.031 6-6:25pm M/Tu/W 4/3-4/12

7014.032 6:30-6:55pm M/Tu/W 4/3-4/12

7014.033 5:30-5:55pm M/Tu/W 4/17-4/26

7014.034 6-6:25pm M/Tu/W 4/17-4/26

7014.035 6:30-6:55pm M/Tu/W 4/17-4/26

7014.036 5:30-5:55pm M/Tu/W 5/1-5/10

7014.037 6-6:25pm M/Tu/W 5/1-5/10

7014.038 6:30-6:55pm M/Tu/W 5/1-5/10

7014.039 5:30-5:55pm M/Tu/W 5/15-5/24

7014.040 6-6:25pm M/Tu/W 5/15-5/24

7014.041 6:30-6:55pm M/Tu/W 5/15-5/24

#### Adult Learn to Swim

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

**Ages: 14+** **Cost: \$107**

7014.042 8-8:45am Sa 4/1-5/20



#### 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+** **Cost: \$105**

7014.043 6:30-6:55pm M/Tu/W 4/3-4/12

7014.044 7-7:25pm M/Tu/W 4/3-4/12

7014.045 7:30-7:55pm M/Tu/W 4/3-4/12

7014.046 6:30-6:55pm M/Tu/W 4/17-4/26

7014.047 7-7:25pm M/Tu/W 4/17-4/26

7014.048 7:30-7:55pm M/Tu/W 4/17-4/26

7014.049 6:30-6:55pm M/Tu/W 5/1-5/10

7014.050 7-7:25pm M/Tu/W 5/1-5/10

7014.051 7:30-7:55pm M/Tu/W 5/1-5/10

7014.052 6:30-6:55pm M/Tu/W 5/15-5/24

7014.053 7-7:25pm M/Tu/W 5/15-5/24

7014.054 7:30-7:55pm M/Tu/W 5/15-5/24

**Ages: 3+** **Cost: \$139**

7014.055 8-8:25am Sa 4/1-5/20

7014.056 8:30-8:55am Sa 4/1-5/20

7014.057 9-9:25am Sa 4/1-5/20

7014.058 9:30-9:55am Sa 4/1-5/20

7014.059 10-10:25am Sa 4/1-5/20

7014.060 10:30-10:55am Sa 4/1-5/20

7014.061 11-11:25am Sa 4/1-5/20

#### 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

This class helps parents and infants become comfortable in the aquatic environment by playing games and developing skills. Parents are taught to safely work with their child in the water, including how to appropriately support and hold their child, as well as several water safety topics. As they progress they will explore more advanced skills including front and back glides with assistance, and changing direction in the water.

**Ages: 6mos-3yr** **Cost: \$81**

7014.062 10-10:25am Sa 4/1-5/20

7014.063 11-11:25am Sa 4/1-5/20

#### Pre-School: Orientation to the Water Environment

This is a child's first experience in a lesson without being accompanied by an adult. Songs, games, and activities help orient pre-school age children to the aquatic environment. Children learn basic aquatic skills while developing positive attitudes, good swimming habits and safe practices. Prerequisite: Students should be comfortable in the water without a parent and be able to sit on the steps.

**Ages: 3+** **Cost: \$59**

7014.064 5:30-5:55pm M/Tu/W 4/3-4/12

7014.065 6-6:25pm M/Tu/W 4/3-4/12

7014.066 5:30-5:55pm M/Tu/W 4/17-4/26

7014.067 6-6:25pm M/Tu/W 4/17-4/26

7014.068 5:30-5:55pm M/Tu/W 5/1-5/10

7014.069 6-6:25pm M/Tu/W 5/1-5/10

7014.070 5:30-5:55pm M/Tu/W 5/15-5/24

7014.071 6-6:25pm M/Tu/W 5/15-5/24

**Ages: 3+** **Cost: \$81**

7014.072 9:30-9:55am Sa 4/1-5/20

7014.073 10:30-10:55am Sa 4/1-5/20

### Level 1: Introduction to Water Skills

This level is designed for students with limited water experience. Activities help participants feel comfortable in the water environment and introduce basic swimming skills that are built on subsequent levels, such as: supported floats and glides, alternating arm and leg technique, and retrieving submerged objects. Prerequisites: Students should be comfortable in the water without a parent and be able to hold onto the wall.

Ages: 4+	Cost: \$59
7014.074 5:30-5:55pm	M/Tu/W 4/3-4/12
7014.075 6:30-6:55pm	M/Tu/W 4/3-4/12
7014.076 5:30-5:55pm	M/Tu/W 4/17-4/26
7014.077 6:30-6:55pm	M/Tu/W 4/17-4/26
7014.078 5:30-5:55pm	M/Tu/W 5/1-5/10
7014.079 6:30-6:55pm	M/Tu/W 5/1-5/10
7014.080 5:30-5:55pm	M/Tu/W 5/15-5/24
7014.081 6:30-6:55pm	M/Tu/W 5/15-5/24

Ages: 4+	Cost: \$81
7014.082 9:30-9:55am	Sa 4/1-5/20
7014.083 10:30-10:55am	Sa 4/1-5/20

### Level 2: Fundamental Aquatic Skills

Students are comfortable in the water and ready to learn the fundamental skills of swimming. Level 2 teaches floats without support and how to recover to a vertical position. Participants further develop alternating arm and leg actions on the front and back that lay the foundation for future strokes. Prerequisites: Successful completion of Level 1 and must be able to comfortably put their face in the water.

Ages: 4+	Cost: \$59
7014.084 6-6:25pm	M/Tu/W 4/3-4/12
7014.085 6:30-6:55pm	M/Tu/W 4/3-4/12
7014.086 6-6:25pm	M/Tu/W 4/17-4/26
7014.087 6:30-6:55pm	M/Tu/W 4/17-4/26
7014.088 6-6:25pm	M/Tu/W 5/1-5/10
7014.089 6:30-6:55pm	M/Tu/W 5/1-5/10
7014.090 6-6:25pm	M/Tu/W 5/15-5/24
7014.091 6:30-6:55pm	M/Tu/W 5/15-5/24

Ages: 4+	Cost: \$81
7014.092 9:30-9:55am	Sa 4/1-5/20
7014.093 10:30-10:55am	Sa 4/1-5/20

### Level 3: Stroke Development

Students are confident in the water on both their front and back. In Level 3, students are introduced to dolphin kick, scissor kick and breaststroke kick, and continue to build on their swimming skills. Level 3 students are challenged more by swimming 25 yards of the pool. Prerequisites: Successful completion of Level 2, and must feel comfortable swimming freestyle and backstroke.

Ages: 5+	Cost: \$59
7014.094 5:30-5:55pm	M/Tu/W 4/3-4/12
7014.095 7-7:25pm	M/Tu/W 4/3-4/12
7014.096 5:30-5:55pm	M/Tu/W 4/17-4/26
7014.097 7-7:25pm	M/Tu/W 4/17-4/26
7014.098 5:30-5:55pm	M/Tu/W 5/1-5/10
7014.099 7-7:25pm	M/Tu/W 5/1-5/10
7014.100 5:30-5:55pm	M/Tu/W 5/15-5/24
7014.101 7-7:25pm	M/Tu/W 5/15-5/24

Ages: 5+	Cost: \$81
7014.102 10-10:25am	Sa 4/1-5/20
7014.103 11-11:25am	Sa 4/1-5/20

### Level 4: Stroke Improvement

This level continues to develop confidence in the strokes learned thus far by improving their freestyle, backstroke, and elementary backstroke, as well as their endurance. Students learn the butterfly, sidestroke, and breaststroke in this level. Level 4 students are challenged by swimming continuously with the introduction of turning on the wall. Prerequisites: Successful completion of Level 3.

Ages: 6+	Cost: \$59
7014.104 6-6:25pm	M/Tu/W 4/3-4/12
7014.105 7-7:25pm	M/Tu/W 4/3-4/12
7014.106 6-6:25pm	M/Tu/W 4/17-4/26
7014.107 7-7:25pm	M/Tu/W 4/17-4/26
7014.108 6-6:25pm	M/Tu/W 5/1-5/10
7014.109 7-7:25pm	M/Tu/W 5/1-5/10
7014.110 6-6:25pm	M/Tu/W 5/15-5/24
7014.111 7-7:25pm	M/Tu/W 5/15-5/24

Ages: 6+	Cost: \$81
7014.112 9:30-9:55am	Sa 4/1-5/20
7014.113 11-11:25am	Sa 4/1-5/20

### Level 5: Stroke Refinement

Swimmers will strive to successfully swim 100 yards freestyle and backstroke, and 50 yards of butterfly and breaststroke. Students are also introduced to flip turns and surface dives.

Ages: 6+	Cost: \$59
7014.114 7:30-7:55pm	M/Tu/W 4/3-4/12
7014.115 7:30-7:55pm	M/Tu/W 4/17-4/26
7014.116 7:30-7:55pm	M/Tu/W 5/1-5/10
7014.117 7:30-7:55pm	M/Tu/W 5/15-5/24

Ages: 6+	Cost: \$81
7014.118 10-10:25am	Sa 4/1-5/20

### Level 6: Swimming & Skill Proficiency

This level prepares students for swim team, or Jr. Lifeguard program. Students swim continuously with more ease, proficiency, and smoothness over great distances. Students focus on competitive starts and flip turns. Prerequisite: Successful completion of Level 5.

Ages: 6+	Cost: \$59
7014.119 7:30-7:55pm	M/Tu/W 4/3-4/12
7014.120 7:30-7:55pm	M/Tu/W 4/17-4/26
7014.121 7:30-7:55pm	M/Tu/W 5/1-5/10
7014.122 7:30-7:55pm	M/Tu/W 5/15-5/24

Ages: 6+	Cost: \$39
7014.123 10:30-10:55am	Sa 4/1-5/20

**Petz Gazette . com**



**HAVE YOU PICKED UP YOUR COPY  
OF THE PETZGAZETTE  
THIS MONTH ?**

**Petz Gazette . com**



## TITAN

### WATER POLO CLUB

### SUMMER SEASON YOUTH WATER POLO

- Ages 8-18
- Rio Mesa & Camarillo High School Pools
- May - July, 2017
- M, T & TH 6:15-8:15 p.m.
- Saturday games in Ventura Co.
- Call or email for info:  
Debi Owens  
debio21@hotmail.com  
805.443.0491 (cell)

\*\*\*Non Profit # 455046417

[www.titanwaterpoloclub.com](http://www.titanwaterpoloclub.com)

## Park & Facility RENTALS

Meeting Rooms,  
Auditorium, Parks,  
Picnic Shelters, Pool,  
Tennis Courts,  
Gymnasium & More!

[www.pvrpd.org](http://www.pvrpd.org)  
805.482.1996



## Try-a-Tri

(Kid's Triathlon)

**Ages: 5+ Cost: \$30**

**Location: Pleasant Valley Aquatic Center**

Want to introduce your kids to the sport of Triathlons? Join us for a fun-sized kid's triathlon clinic with an overview of the sport and a swim, bike, and run designed for your kids! All skill levels welcome. Participants must bring a bike and helmet, swim suit and towel, and comfortable clothes and running shoes.

**7014.020 10am Sa 4/22**



## PIRATE and Mermaid CAMP

**Ages: 7-12 Cost: \$85**

**Location: Pleasant Valley Aquatic Center**

Ahoy, mateys & mermaids! Join us for a treasure-filled spring break camp with an adventurous week of crafts, games, swimming and more! Participants must be able to swim 50 yards (2 lengths) comfortably. Bring a sack lunch, water and sunscreen.

**7014.021 10am-1pm M-Th 4/10-4/13**