

PVBAC

SUMMER SWIM PROGRAM 2024

Semi- Private Lessons | Ages 2-14

MONDAY - THURSDAY ONE WEEK SESSIONS

Session 1 | June 17-20, Session 2 | June 24-27, Session 3 | July 8-11
Session 4 | July 15-18, Session 5 | July 22-25, Session 6 | July 29-August 1

PVBAC Members:
\$100/Week
PVE Residents-
\$110/Week
Non-Residents-
\$120/Week

Level 1: 10:00 AM or 10:30 AM

Level 2: 11:00 AM

Level 3: 11:30 AM

Level 4: 12:00 AM

Level 5: 12:30 PM

REGISTER IN PERSON WITH CASH OR CHECK (PAYABLE TO PVBAC)
PAYMENTS MUST ACCOMPANY APPLICATION
NO MAKE-UP CLASSES, NO EXCHANGES, NO REFUNDS, NO EXCEPTIONS
MEMBER REGISTRATION BEGINS: MONDAY, APRIL 1ST
NON-MEMBERS BEGIN: MONDAY, APRIL 15TH
WWW.PVBAC.NET

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Level One | WATER EXPLORATION

Introduction to water safety. Skills taught include submerging face in water, bubble blowing, water entry & exit, supported front kicking, & supported back float.

Level Two | PRIMARY SKILLS

Skills taught include holding breath, submerging head, independent floating, front/back flutter kicking, combined kicking and front stroke, & side jumping.

Level Three | STROKE READINESS

Skills taught include retrieving objects underwater with eyes open, jumping into water, freestyle with breathing to the side, elementary backstroke, diving off side of pool.

Level Four | STROKE DEVELOPMENT

Skills taught include diving from side of the pool, elementary backstroke, freestyle, breaststroke, backstroke, flip turns, side breathing.

Level Five | STROKE REFINEMENT

Skills taught include beginner diving progression from the diving board, long shallow dive, the four strokes (freestyle, breaststroke, backstroke, butterfly), open turn on front and back.

PLEASE NOTE: ALL NON-MEMBERS MUST SUPPLY THEIR OWN TOWELS.
PARTICIPANTS MUST EXIT THE CLUB ONCE THEIR SWIM LESSON HAS CONCLUDED.

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Session 2: June 24 - June 27

Session 3: July 8 - July 11

Session 4: July 15 - July 18

Session 5: July 22 - July 25

Session 6: July 29 - August 1

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