



Palos Verdes Beach & Athletic Club

SUMMER SWIM LESSONS 2022

Semi- Private Lessons Ages 2-14

**MONDAY-
THURSDAY**

**One week sessions
beginning on
June 20th, 2022**



10:00 AM- Level One
10:30 AM- Level One
11:00 AM- Level Two
11:30 AM- Level Three
12:00 PM- Level Four
12:30 PM- Level Five

***NO MAKE-UPS, NO PRO-RATES, NO REFUNDS**

PVBAC Member- \$80 per week
PVE Resident- \$88 per week
Non-Resident- \$96 per week
(Cash or check payment only due at time of enrollment)





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SUMMER SWIM LESSONS 2022

CLASS DESCRIPTIONS

Skill levels listed below are based on successful completion of the class. The following classes are 30 minutes of instruction, Monday through Thursday. Classes are limited to 3 students

LEVEL 1: WATER EXPLORATION –

Introduction to Water Safety. Skills to be taught are: fully submerge face; buoyancy and breath control (bubble blowing, supported float front and back); water entry and exit independently; locomotion (supported kicking on front and back and alternating arm action).

LEVEL 2: PRIMARY SKILLS –

Participants will be taught to hold breath and fully submerge head; float on their own; get out at side of pool; flutter kick front and back; combined stroke action arms and legs.

LEVEL 3: STROKE READINESS –

Participants will be taught to retrieve objects, eyes open, no support; jump into deep water, coordinate arm stroke for front crawl (freestyle) with breathing to the side; elementary backstroke; turns; beginning diving.

LEVEL 4: STROKE DEVELOPMENT –

Participants will experiment with buoyancy and floating positions; dive from side of pool; elementary backstroke, freestyle, breaststroke, and sidestroke; turns.

LEVEL 5: STROKE REFINEMENT –

Participants will be taught to do alternate breathing; beginner diving progression from the diving board; long shallow dive; the four strokes (freestyle, breaststroke, backstroke, butterfly); open turn on front and back.

ALL NON-MEMBERS MUST SUPPLY THEIR OWN TOWELS

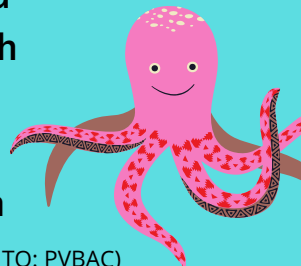
Session 1: June 20th-June 23rd

Session 2: June 27th- June 30th

Session 3: July 11th- July 14th

Session 4: July 18th- July 21st

Session 5: July 25th- July 28th



REGISTER IN PERSON WITH CASH OR CHECK (PAYABLE TO: PVBC)
PAYMENT MUST ACCOMPANY APPLICATION

For more information, please contact Amanda or Chris, Director at (310) 375-8777

NO MAKE UP CLASSES, NO EXCHANGES, NO REFUNDS, NO EXCEPTIONS

PLEASE NOTE: PARTICIPANTS ARE TO EXIT THE CLUB WHEN THEIR SWIM LESSON HAS CONCLUDED.