



# 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**



**REGISTER AT PVBAC  
BEGINNING JUNE  
13TH, 2022**

**PVBAC MEMBER  
PRIORITY  
REGISTRATION  
BEGINS JUNE 10TH,  
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

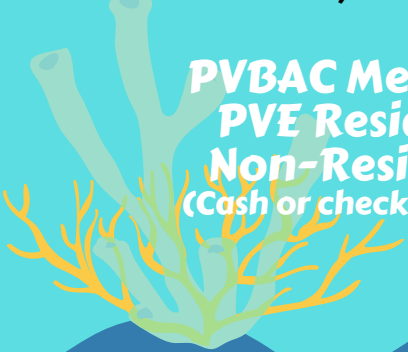


**SPACE IS  
LIMITED**

**SECOND  
CLASS NOW  
ADDED!!!**

**\*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**

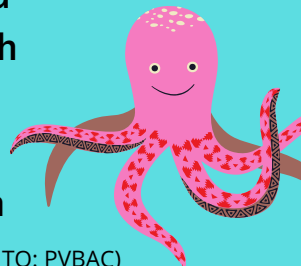
**Session 1: June 20th-June 23rd**

**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.