WELCOME TO THE AQUATICS & FITNESS CENTER

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Hours of Operation

Mon – Thurs:	6:30 am – 9:00 pm*
Fri:	6:30 am – 6:30 pm*
Sat:	7:30 am – 5:00 pm*
Sun:	8:30 am – 5:00 pm*

* The pool will close 5 minutes prior to the facility closing to allow patrons time to use the locker room and exit.

Holiday Schedule

September 1st	CLOSED
November 11th	CLOSED
November 27th	CLOSED
November 28th	CLOSED
December 24th	CLOSES at 12:00pm
December 25th	CLOSED
December 31st	CLOSES at 2:00pm
January 1st	CLOSED

Enjoy a wonderful facility - use our Aquatics & Fitness Center!

- No Initiation Fees!
- Drop-Ins Welcome
- You do not have to reside in Mill Valley to workout. Everyone is welcome!
- Your drop-in rate includes the pool, gym and spa during your visit (be sure to check the pool schedule for availability).
- Drop off daycare available in the mornings Mon-Sat with our Kidzwatch program. See page 54 for more information.

See page 49 for fee information, based upon your residency.

MILL VALLEY AQUATICS & FITNESS CENTER INFORMATION AND GUIDELINES

180 Camino Alto, Mill Valley, CA 94941

Guidelines for Entire Aquatics & Fitness Center

- Entry fee is required for all guests
- Towels are NOT provided, but may be purchased
- Towels are required to work out on the Fitness Floor
- No Cell Phone use allowed in Locker Rooms, Fitness Floor, or elevator
- Persons under the influence of alcohol or drugs will NOT be permitted in the facility
- Persons using foul language or rude conduct will be asked to leave the facility
- Lockers are available in the Locker Rooms; bring a Lock
- Private Lockers are available to Annual Pass Holders for $10 per month
- No Food or Drink allowed (except Kidzwatch)
- No GLASS containers allowed

Swimming Pool Guidelines

- **Follow lifeguard instruction and Code of Conduct at all times, or you may be asked to leave**
- Please follow all posted guidelines
- Children 6 & under must have an adult in the water within arms reach of them at all times
- Children 7, 8, & 9 years old must be accompanied by an adult or responsible 16+ year old
- Children 3 & under, and anyone not potty-trained, must wear a disposable and reusable swim diaper
- Swim diapers can be purchased at the desk
- All swimmers must wear a swimsuit
- A cleansing shower is required before entering the pool or spa
- No food, drink, glass, gum or tobacco products allowed
- No running on pool deck
- Persons with a communicable disease, wearing bandages or having open wounds will not be allowed to use the facility
- Rough play, pushing, fighting, back dives, back jumps and flips are prohibited
- Only Coast Guard approved lifejackets allowed
- NO DIVING; feet first entries only
- For specific pool program's allowed equipment, please refer to page 55
- Due to ventilation, management will determine when the roof/windows will be open

Spa Rules

- Children under 4 years old are NOT allowed in the spa
- Unsupervised use by children under the age of 14 is prohibited
- For children ages 4-14, the adult must wear a bathing suit and be fully submerged in the spa
- Any individual wearing a swim diaper is NOT allowed in the spa
- You are not allowed to sit on the edge of the Spa with your feet in the water.
- Adults must be in the water with their children
- Maximum of 2 children per adult
- Please keep your head above water in the Spa
- Elderly people, pregnant women, young children and persons with health conditions, should consult with a physician
- No lifejackets or toys allowed

Slide Rules

- **State law requires you must be 48" tall to ride the slide**
- Slide feet first on your back only
- Slide users must be able to demonstrate swimming ability
- Follow the Slide Attendant's directions at all times

Fitness Floor Guidelines

- Minimum age = 16 years old (14 & 15 year olds may attend an orientation and become approved to use the fitness floor. See page 52 for details)
- Before you begin an exercise program, you should consult your physician
- Please follow all posted guidelines
- If you are unfamiliar with our equipment, you need to attend a free 30 min orientation session with one of our fitness staff
- It is required to bring a small towel while working out and to wipe down the machines after use
- Appropriate attire must be worn: clean shirts, shorts, sweats. No swim suits or wet clothing. Closed-toed (athletic) shoes required.
- Please limit use of any single cardio machine to 30 minutes
- Please wipe down equipment after use
- Please re-rack your weights
- No Personal Training sessions with non-MVPR staff allowed in the facility or on MVCC grounds

SWIMMING POOL FEATURES

- Main Pool: 3 Lanes; 25 Yards Long; 4-5' Deep
- Cove Pool: Wide Stairs; 3-4' Deep
- Water Temperature: 82-86°F
- ADA Accessible
- 11 Person Spa
- Retractable Roof & Water Slide

FITNESS & WEIGHT EQUIPMENT

14 Spin Bikes	StarTrac
5 Treadmills	Precor/StarTrac
5 Ellipticals	Precor/StarTrac
4 Recumbent Bikes	Precor/StarTrac
3 Upright Bikes	StarTrac
1 Vario	Technogym
1 Rowing Machine	Technogym

Icarian Weight Machines: Abdominal Bench, Adjustable Bench, Squat Rack, Horizontal Bench, Olympic Bench Press

20 Days of Shopping
at the Aquatics & Fitness Center

Are you a local business owner?

Are you a craft person?

Do you want to sell neat gifts during the holiday season or could your service be a great gift for someone to give during the Holidays?

New this year, the Aquatics & Fitness Center has Lobby Space Available to Vendors for the first 20 Days of December.

The Fine Print:

- Space Available in the Mornings/Afternoons and Weekdays and Weekends during higher foot traffic
- Application Fee of $20/day for a 3 hour time slot (returned to you if not accepted)
- You are allowed to sell your Product/Service but if providing a service, you must show proof of insurance with your application
- Only one vendor allowed per day
- To Request an Application, email Kat Reisinger at kreisinger@cityofmillvalley.org

SAVE THE DATE

Annual Health & Wellness Fair & Family Fun Run!
SATURDAY JAN 10th!

Last year was a BLAST so don't miss out on this year's fun!

RACE INCLUDES:

- Toddler 100 Meter Dash (Ages 2-5)
- Stroller Stride – 1 Mile Walk
- Family Fun Jog – 1.5 Mile
- Family Fun Run – 1.5 Mile
- Competitive 3 Mile Race

Run is along the Tamalpais Valley Bike & Walking Path

Want to showcase your healthy business or do you have a product that promotes wellbeing?

Become A Vendor At the Event!

Turn in an Application to the Aquatics & Fitness Supervisor, Kat Reisinger at kreisinger@cityofmillvalley.org.

Application Fee is $40
Due by Dec. 8th, 2014

Health Fair will be held indoors if rainy weather while Fun Run will still continue outdoors.

AQUATICS & FITNESS CENTER USE FEES

There are multiple ways you can use the Center.
(Access grants you the use of both the Pool & Fitness Floor)

1. Pay a per visit fee
2. Purchase a 20 pre-paid punch pass
3. Play unlimited all year round with an annual pass

These options DO NOT include Fitness Classes. Fees are NOT a Day Pass. We DO NOT have public restrooms. **To shower, you must pay $5.**

* All users must follow the Code of Conduct posted at the Center and online.

Per Visit Use Fees

(does NOT include classes - Fees are NOT a day pass)

Age Group	City of Mill Valley Residents (within city limits)	Mill Valley Unincorporated	Non Mill Valley Residents
Youth (2-18)	$5.00	$5.50	$6.00
Adults (19-59)	$7.00	$7.50	$8.00
Seniors (60+)	$6.00	$6.50	$7.00
Pool Deck use only	$5.00	$5.00	$5.00

20 Pre-paid Visits Pass - A 10% Discount Compared to Per Visit Fees!

(20 Pre-Paid Visits cannot be shared with or transferred to other individuals)

Age Group	City of Mill Valley Residents (within city limits)	Mill Valley Unincorporated	Non Mill Valley Residents
Youth (2-18)	$90 ($4.50 per visit)	$99 ($4.95 per visit)	$108 ($5.40 per visit)
Adults (19-59)	$126 ($6.30 per visit)	$135 ($6.75 per visit)	$144 ($7.20 per visit)
Seniors (60+)	$108 ($5.40 per visit)	$117 ($5.85 per visit)	$126 ($6.30 per visit)

ANNUAL PASS - The BEST workout value in Mill Valley!*

(Annual passes cannot be shared with other individuals)

Age Group	City of Mill Valley Residents (within city limits)	Mill Valley Unincorporated	Non Mill Valley Residents
Youth (2-18)	$275 ($22.92 per month)	$314 ($26.17 per month)	$358 ($29.83 per month)
Adults (19-59)	$484 ($40.33 per month)	$534 ($44.50 per month)	$578 ($48.17 per month)
Seniors (60+)	$374 ($31.17 per month)	$424 ($35.33 per month)	$468 ($39.00 per month)
2 Senior Household	$534 ($44.50 per month)	$611 ($50.92 per month)	$677 ($56.42 per month)
2 Adult Household	$699 ($58.25 per month)	$770 ($64.17 per month)	$842 ($70.17 per month)
Family Pass Up to two Adults (19-59) & two Youths (2-18) living at the same Address.	$825 ($68.75 per month) $60 per additional youth	$952 ($79.33 per month) $70 per additional youth	$1,100 ($91.67 per month) $80 per additional youth

* A Monthly Payment option is available when purchasing an Annual Pass. Just complete and return our Pass Holder Agreement form. Forms are available at the front desk and online.

Check with your Insurance Company for possible Health Club reimbursement.

Prices subject to change. A scholarship program is available to make the Center accessible to everyone! See the Community Center Section for more information. Depending on use, shower-only times may be limited.

GROUP EXERCISE CLASSES

BODY SCULPT
High energy, full body workout, using hand weights, body bars, bands, and mat work to build muscle endurance, and sculpt and tone head to toe.

CARDIO INTERVAL
This interval class welcomes all levels; it can be modified for low or high intensity workouts. Various plyometric and callisthenic movements lead to the first 1/2 hour of cardio and then the last 1/2 hour is interval training between cardio and weight training. Basic step, kickboxing and hi/low aerobic movements are performed.

FIT4BABY/BARRE & STROLLER BARRE*
This class is a unique blend of ballet, pilates, barre, yoga as well as cardio exercises designed to help moms build strength and muscle tone and improve posture. Stroller Barre held outdoors. Barre classes focus on strengthening and creating an ideal length/tension relationship in all the postural muscles, creating a taller, leaner-looking mommy!

GENTLE VINYASA YOGA
Come experience the benefits of a gentle flowing yoga class in a safe and non-threatening environment. Learn to listen to your body, practice breath-work, and achieve body awareness. Proper body alignment cues, pose modifications, and physical adjustments will be given throughout class so that all participants will feel successful. No pressure, no competition, just show up, have an open mind, and leave class feeling relaxed and rejuvenated.

HATHA YOGA
'One-size-fits-all' Hatha Yoga class that's a plain old great stretch for anyone at any level of experience. Great for Beginners.

INTRO/PERSONALIZATION TO WATER AEROBICS
Receive precise, detailed and personalized attention to your body alignment, water stretching and range of movement in the water. Strengthen the basics for a more focused approach to understanding how water's dynamic 3D resistance offers different - and often deeper - core benefits than land.

PILATES
Pilates exercises develop improved core control, coordination, standing alignment and balance. Pilates rings and blocks are used to develop improved balance, flexibility, stability and muscle tone. Modifications will be offered for beginning to advanced students. The benefits are minimized injury risk and facilitated rehabilitation for those recovering from injury.

CLASS FEES
Drop-In: $11 / 12 class pass: $120 / 24 class pass: $220

Monthly Unlimited Class Pass: $75

No passes may be shared.

***Fees for these classes are NOT included in your drop-in gym rate.**

Any level of exerciser can be accommodated.

Ages: 14+ (depending on the class)

PRE-POST NATAL*
Set to music, this course better prepares the expectant mother and slenderizes the postpartum mother. Luray offers a complete body workout. Separate fees apply.

SPIN
Challenging and upbeat spin class for all fitness levels with an emphasis on improving cardiovascular endurance and having fun! High energy cardio workout, using hill climbs, sprints, and endurance drills to help meet your fitness goals.

STEP
A choreographed step class using an elevated "step" to perform high energy dance moves to help tone and strengthen your legs, glutes and core.

STROLLER STRIDES*
Stroller-based fitness program designed for moms with little ones. Each total body workout incorporates power walking, strength, toning, songs and activities. We welcome both moms and soon-to-be-moms. Class held outdoors with your little ones.

WATER EXERCISE
High energy and fast paced class in shallow and deep water. Buoyancy belts may be used to target core muscles.

WATER THERAPY
Gentle pace, low impact class to rebuild strength and improve flexibility. Ideal for persons with Arthritis and other limitations or post surgery rehabilitation.

ZUMBA
Let the rhythm of Latin music shake your hips and burn unwanted calories, boost your physical endurance and range of motion while learning the latest Salsa, Mambo, Cha Cha, Merengue, Afro-Cuban, Reggaeton and Hip Hop dance steps. Come join the FUN!

GROUP EXERCISE CLASSES

SAMPLE SCHEDULE: see our website for the current schedule at millvalleycenter.org

	FITNESS STUDIO	SPIN ROOM	POOL
MON	8:30am – Step – Christine 9:30am – Body Sculpt – Sheri 9:30am – Stroller Strides – Karin* 10:30am – Pre/Post Natal – Luray* 11:30am – Pilates – Kathy*	11:00am – Sheri	9:00am – Water Exercise – TBD 10:00am – Water Therapy – TBD 6:00pm – Water Exercise – Carla
TUES	8:30am – Cardio Interval – Lisa 9:30am – Body Sculpt – Sheri 10:30am – Hatha Yoga – Tom 5:15pm – Zumba – Stephanie	12:00pm – Sheri 6:30pm – Christine	9:00am – Water Exercise – Sarah 10:00am – Water Therapy – Sarah
WED	8:30am – Step – Lisa 9:30am – Body Sculpt – Christine 9:30am – Stroller Strides – Karin* 10:30am – Pre/Post Natal – Luray* 12:15pm – Hatha Yoga – Grace	8:45am – Sheri	9:00am – Water Exercise – Tina 10:00am – Water Therapy – Tina 11:00am – Intro to Water Aerobics – Tina 6:00pm – Water Exercise – Carla
THUR	8:30am – Cardio Interval – Lisa 9:30am – Body Sculpt – Christine 10:30am – Hatha Yoga – Tom 10:30am – Stroller Strides – Karin* 5:15pm – Zumba – Marion	12:00pm – Sheri 6:30pm – Natie	9:00am – Water Exercise – TBD 10:00am – Water Therapy – TBD 6:00pm – Water Exercise – Sarah
FRI	8:30am – Vinyasa Yoga – Emily 9:30am – Body Sculpt – Sheri 9:30am – Fit4Mom Stoller Barre – Karin* 10:30am – Pre/Post Natal – Luray*	8:45am – Christine 10:45am – Sheri ** (Beginning Spin Series) ** Call 415-383-1370 for dates	9:00am – Water Exercise – Tina 10:00am – Water Therapy – Tina 11:00am – Intro to Water Aerobics – Tina
SAT	8:30am – Step – Christine/Debbie/Syndee*** 9:30am – Body Sculpt – Christine/Debbie/Syndee***	8:30am – Sheri	*** Weekend classes are a rotating schedule. Check with front desk to see which instructor teaches.
SUN	8:45am – Pilates – Kathy 9:45am – Yoga Blend – Emily/Suzanne***		

*special pricing and registration for these programs

PERSONAL FITNESS TRAINING

The Mill Valley Fitness Center offers affordable personal training options.
Crunched on time or on a budget? We have 30 minute training session options, and full one hour session packages to choose from.

Private One Hour Sessions
1 session: $70
Package of 4 sessions: $265
Package of 8 sessions: $520

Private 30 minute Sessions
1 session: $35
Package of 4 sessions: $133
Package of 8 sessions: $260

Our trainers will customize your workout according to individual needs, with strict attention to any pre-existing medical or physical conditions. If necessary they will also assist with your rehabilitation. To book an appointment please contact our trainers directly:

Elisa (415) 748-1977	sabinemenzel@yahoo.com	Tom (415) 420-3386	tom@fit-at-any-age.com
Sarah (707) 303-5825	scolasanti16@yahoo.com	Tracey (415) 381-4810	fourlegsgood1@yahoo.com
Sheri (415) 378-8609	getfitwithsheri@gmail.com	Lin (415) 847-2895	mindfulstrength@sbcglobal.net

Our Personal Trainers' bios are available online at: www.millvalleycenter.org

Beginning Spin Workshop & Ride

Let's be honest, spin class can de downright intimidating. The padded shorts and cycling shoes many people wear to class make it seem intense and exclusive. One 45 minutes class can burn 500 calories! but, spin doesn't have to be scary. In this Beginning Spin Series, you will learn how to set up your bike, how to use the resistence dial, the different hand positions and the different exercises you can perform on the bike.

Instructor Sheri Lempert will guide you through the basics and then end class with a 50 min Beginning Spin Ride. This is a great environment to learn this amazing cardio exercise which strengthens your legs, joints and is non impactful. **This workshop is great for all first-time spinners, active senior adults and those individuals who have always wanted a spin class that is less intense.** Workshop can be taken more than once.
Group Exercise Class Passes and Unlimited Monthly Passes are OK. Drop in $11.

Instructor: Sheri Lempert, 4 classes.

Age	Day	Dates	Time	Fee	Course #
12+	F	9/5-9/26	10:45a-12p	$39	31240
12+	F	10/3-10/24	10:45a-12p	$39	31241
12+	F	10/31-11/21	10:45a-12p	$39	31243

Location: Community Center, Cove Room

Fitness Floor Orientation

Ages: 16yrs+

As a service to all patrons if you purchase an annual pass, we will provide a free fitness equipment orientation with one of our trained fitness staff. Equipment orientations are not personal training sessions. This is a basic introduction to the equipment which can take up to 30 minutes. Failure to attend scheduled orientations or cancel within a 24-hour period will result in loss of this free service.

Ages: 14-15yrs

You must book 1/2 hr training session ($35) with one of our Personal Trainers to get approved to use the Fitness Floor. If you purchase an annual pass we will provide this for free.

FITNESS FOR MOM!

Mill Valley Recreation is happy to provide multiple exercise options for women (and their support partners) throughout all stages of pregnancy!

Consistent exercise not only helps you maintain a positive mental state but also helps alleviate common discomforts from pregnancy and sets your body up for a more successful return to pre-pregnancy state.

Pre & Post Natal Exercise

Set to music, this course better prepares the expectant mother and slenderizes the postpartum mother. Luray offers a complete body workout along with special emphasis towards the body parts affected in the childbearing period – abdomen, back, pelvis and thighs. Students will gain strength, flexibility, stamina and control of their changing bodies. Women may begin class 2 weeks after a vaginal birth and 4-6 weeks after a Caesarean birth. Babies and Young Children are welcome to come to class. Any fitness level will be individually addressed by the instructor and can be accommodated.

Instructor: Luray Eshelman has an extensive background in Lamaze, teaching, physical therapy, fitness and dance.

Day	Time	Fee
M, W, F	*10:30-11:30am	$120 10 Punch Pass $14 Drop In

Location: Teen Zone Lounge

FIT4MOM

Fit4Baby/Barre

High energy pre/post natal program designed to strengthen the body for all the changes it will experience during pregnancy. This class is a unique blend of ballet, pilates, barre, yoga as well as cardio exercises designed to help moms build strength and muscle tone and improve posture. Created by a mom who was formerly a professional ballerina, this class incorporates prenatal training and yields amazing results in an exciting, fun format.

For specific dates and times, please email or call Kim

Location: Dance/Aerobics Studio.

To Register for Stroller Strides, Stroller Barre or Fit4Baby/ Barre: Go directly to www.marin.fit4mom.com. Any questions, contact the instructor Karin Collins at karin@fit4mom.com or at 415-734-8174.

***Kidzwatch childcare is available during these times. Please see page 54 for more information.**

STROLLER STRIDES

Come join a total fitness program that moms can do with their stroller-age children! It includes power walking and intervals of strength and body toning exercises using exercise tubing, the stroller and the environment. Workouts are usually 1 hour containing a 50 minute section of cardio/ strength and 10 minutes of abs and stretching. Classes are usually held outdoors unless extreme weather. You do not have to have a jogger stroller.

Day	Time	Fee
M. W	*9:30-10:30am	First class free
Th	*9:30-10:30am	Several class package options available

Location: Back patio behind community center

STROLLER BARRE

This class is a blend of ballet, Pilates, barre, yoga and stroller-based exercises performed outside with your child. Specifically designed to help moms build strength and muscle tone and improve posture, this class focuses on strengthening and creating an ideal length/tension relationship in all the postural muscles, creating a taller, leaner-looking mommy!

Day	Time	Fee
F	*9:30-10:30am	First class free Several class package options available

Location: Outside Lawn Area

KIDZWATCH

A Drop-In Quality Child Care Program

KidzWatch is a drop-in child-sitting service for the convenience of parents. We provide your child with a safe, positive, fun-filled experience. Children play in a toy-filled room or fenced in outdoor play area under the watchful eye of caring, trained staff. Children are accepted on a "first come, first-served" basis for a maximum of 2 hours.

We are not a licensed child-care facility. For children 3 months to 8 years of age, there is no diaper changing service.

HOURS:

M – F 8:30a – 1:00p
Sat 8:15a – 12:00p
No Sunday Hours

Daily Drop-in

Designed for parents who stay on-site either taking a swim, attending a class or enjoying another Community Center activity.

FEES:

$6 1st hour per child + $2.25 every 15 minutes thereafter.

LATE PICK UP:

If you pick up your child after our posted KidzWatch closing time, the fee is $7 per child for every 15 minutes that you are late. If you are only late by 1-14 minutes, you will be charged $7.

Daily Drop & Go

Designed for parents running errands in Mill Valley or attending to adult-only appointments. Get coffee with friends, hit the public path for a work out or enjoy shopping in the Depot while we watch your child.

FEES:

$11 1st hour per child + $2.25 every 15 minutes thereafter

LATE PICK UP:

If you pick up your child after our posted KidzWatch closing time, the fee is $10 per child for every 15 minutes that you are late. If you are only late by 1-14 minutes, you will be charged $10.

KidzWatch Guidelines

- Absolutely no sick children will be accepted into the KidzWatch Room (e.g., runny nose, cough, congestion, fever, vomiting, diarrhea, etc.). We strive to keep our room a healthy and happy place.
- Please make sure all of your child's belongings are labeled.
- Please make sure your child is fed and changed before checking them into the KidzWatch Room. You may bring snacks if needed. Nut-free zone.
- There is no diaper changing service.
- Children are supervised at all times. For the enjoyment of the children, the KidzWatch Room has an assortment of books, games, toys, and supervised activities/projects. Educational TV/learning videos are also used on occasion (especially during rainy days) to entertain the children. The Mill Valley Parks and Recreation Department cannot be responsible for anything broken, lost or stolen.

KidzWatch staff are fingerprinted, go through a Department of Justice Background check, and are CPR trained.

If you have items which you would like to donate to the KidzWatch Room, please contact the Aquatic/Fitness Center Supervisor. Any suggestions or comments are appreciated.

POOL PROGRAM DESCRIPTIONS

All pool rules are in effect and the lifeguard has the final say.

Many programs may be going on in the pool at the same time.
See Aquatics Front Desk for most current schedule.

Roof/Window Policy

To help maintain adequate air flow and to aide in the lifeguard's patron surveillance, the roof or windows may be opened at the management's discretion. Factors such as weather, air flow and general ventilation needs contribute to determining when the windows/roof will be open.

Family Swim

The shallow area of the pool is open for families to come and explore the water. Please note that the pool rules are in effect during 'Family Swim' including: Coast Guard approved flotation devices only. Children 3 and under are required to wear a disposable and reusable swim diaper. Adults must be in water actively supervising children under 7 years. All pool toys/equipment are subject to lifeguard approval.

Water Walking

Water Walking may be done by striding along the bottom of the pool, using buoyancy aids for arm & leg motions, and/or striding while floating. Water Walking isn't swimming slowly with the head above the water. If you wish to exercise by swimming, lap swimming is the appropriate activity for you. (No Instructor)
You may get splashed during water walking. Water Walkers may walk during Open or Family Swim times.

Lap Swim

The 3 lap lanes are open for ages 16+ to engage in continuous lap swimming. Lap lanes are rated for 'Slow, Medium & Fast' swimmers. Please swim in an appropriately paced lane. Splitting a lane is permissible when only 2 swimmers occupy the lane, circle swim when 3 or more swimmers share a lane. When joining a lane enter from the west side and do not begin swimming until all swimmers are aware of your presence. To pass, tap the foot of the person in front of you. Please pass at the walls. Our lap swim lanes can accommodate **7 swimmers maximum**. Kickboards, masks, snorkels and fins are only allowed during Lap Swim.

Open Swim

The entire pool is open for swim and play. The water-slide is in use. Please read and obey our pool rules on page 58. Kickboards, pull buoys, snorkels, paddles and lesson/class equipment are not available for use during Open Swim. Personal toys and pool equipment are only allowed at the lifeguard's discretion. No noodles or floatation toys allowed.

Swim Lessons/Splashball

The designated pool area is closed for Mill Valley Recreation department swimming lesson programs. If you are nterested in signing your child up for lessons, please refer to pages 58-67 of this activities guide.

Water-Ex (Water Exercise) Class

Aerobic exercise in the water! A high energy, vigorous class using the natural resistance of the water to provide strength training and aerobic conditioning. Build strength, endurance and flexibility in this exhilarating class. A portion of this class is taught using flotation and buoyancy aides; use ours or bring your own. (With Instructor)

Water Therapy (Thp Ex.) Class

Low impact, gentle movement class. Combine water walking and range of motion movements to tone, strengthen and stretch specific muscle groups. The buoyancy and resistance of the water is ideal for people with physical limitations associated with arthritis, disabilities and those recovering from injury or surgery. (With Instructor)

Intro/Personalization to Water Aerobics

Receive precise, detailed and personalized attention to your body alignment, water stretching and range of movement in the water. Strengthen the basics for a more focused approach to understanding how water's dynamic 3D resistance offers different - and often deeper - core benefits than land.

At all times you must follow the Code of Conduct.

If you do not follow the posted Guidelines, User Code or lifeguard instructions you may be asked to leave.

AMERICAN RED CROSS COURSES

Cancellation & Refund Policy for all ARC Classes: Patron requested refunds/credits must be requested no later than 7 days prior to the program's start date. No refunds/credits will be given if requested after the 7-day deadline. No refunds/credits if student does not pass the course. **No Exceptions.**

Lifeguard Training Course

This course teaches participants how to prevent, prepare for and respond to emergencies in, on and around the water. Students who complete this course successfully will be certified in American Red Cross Lifeguard Training/First Aid and CPR/AED for Lifeguards (valid 2 years). NO job guarantee comes with certification. Participants must be 15 years of age by last class meeting. Pre-requisite Swimming Test: Swim 300 yards using a combination of breaststroke and front crawl (freestyle), submerge 7 to 12 feet for a 10lb diving brick and swim with diving brick for 20 yards.

Age	Day	Dates	Time	Fee	Course #
15+	Sa-Tu	11/22-11/25	9a-4:30p	$198	31312
15+	Sa	11/22-12/13	9:30a-3p	$198	31313

Location: Community Center

Lifeguard Review Training Course

This is a review and re-certification course for Individuals with a current Lifeguarding/First Aid/CPR/AED certificate that is about to expire. The purpose of a review course is to give individuals the opportunity to review the course content within a formal course setting. You must successfully take both the written and practical tests to receive certification. Must bring whistle and resuscitation mask to class or purchase on site for additional fee. Course fee includes ARC $35 cert fee. Cancellation Policy: Patron requested refunds/credits must be requested no later than 7 days prior to the programs start date. No refunds/credits will be given if requested after the 7-day deadline.

Age	Day	Dates	Time	Fee	Course #
15+	M-Tu	11/24-11/25	9a-4:30p	$126	31315
15+	Sa	12/6-12/13	9:30a-3:30p	$126	31316

Location: Community Center

For more information on training, contact the Aquatics Department at 415-383-1370 or email scortes@cityofmillvalley.org

Big Splash Pool Party

AQUATASTIC!

These wonderful parties are a great way to enjoy the pool with your own private room during your special occasion. Great for birthdays, family reunions, or just to have a private space for your group during public open swim. Parties are for children 6 years of age and older. Private pool rentals also available. Prices starting at $225. All pool rules are in effect during the party.

Go to www.millvalleycenter.org for details
For pricing, availability and booking please call 383-1370, ext. 4719

PRIVATE PARTY ROOM!

Fall Pool Schedule: Effective August 25 - December 14

Main Pool / Lanes

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open 6:30am	Open 6:30am	Open 6:30am	Open 6:30am	Open 6:30am	Open 7:30am	Open 8:30am
Lap Swim 6:30-9:00am	Lap Swim 6:30-9:00am	Lap Swim 6:30-9:00am	Lap Swim 6:30-9:00am	Lap Swim 6:30-9:00am	Lap Swim 7:30-8:00am	Lap Swim 8:30-9:00am
Water Exercise / Water Walk 9:00-10:00am	Water Exercise / Water Walk 9:00-10:00am	Water Exercise / Water Walk 9:00-10:00am	Water Exercise / Water Walk 9:00-10:00am	Water Exercise / Water Walk 9:00-10:00am	Lap Swim (2 lanes) / Swim Lessons (1 lane) 8:00-11:15am	Lap Swim (2 lanes) / Swim Lessons (1 lane) 9:00-11:00am
Thp. Exercise / Water Walk 10:00-11:00am	Thp. Exercise / Water Walk 10:00-11:00am	Thp. Exercise / Water Walk 10:00-11:00am	Thp. Exercise / Water Walk 10:00-11:00am	Thp. Exercise / Water Walk 10:00-11:00am		
Water Walk 11:00a-12:00p	Lap Swim 11:00a-12:00p	Water Walk / Intro H2O Walk 11:00a-12:00p	Lap Swim 11:00a-12:00p	Water Walk / Intro H2O Walk 11:00a-12:00p	Swim Lessons 11:15a-12:30p	Swim Lessons 11:00a-12:30p
Lap Swim 12:00-2:00pm	Closed 12-2pm	Lap Swim 12:00-2:00pm	Closed 12-2pm	Lap Swim 12:00-2:00pm	Open Swim 12:15-4:55pm	Open Swim 12:15-4:55pm
H2O Walk-1Lane 2:00-3:30pm	Water Walk 2:00-4:00pm	H2O Walk-1Lane 2:00-3:30pm	Water Walk 2:00-4:00pm	Water Walk 2:00-3:30pm		
Lap Swim-2Lanes 2:00-4:00pm	Swim Lessons 3:00-7:00pm	Lap Swim-2Lanes 2:00-4:00pm	Swim Lessons 3:00-7:00pm		Slide Hours 12:30-4:45pm	Slide Hours 12:30-4:45pm
Swim Lesson-1Lane 3:30-4:30pm		Swim Lesson-1Lane 3:30-4:30pm				
Swim Lessons 4:00-6:00pm		Swim Lessons 4:00-6:00pm		Lap Swim 3:30-6:25pm	Closed 4:55pm	Closed 4:55pm
Water Exercise / Splash Pool 6:00-7:00pm	Water Exercise / Splash Pool 6:00-7:00pm	Water Exercise / Splash Pool 6:00-7:00pm	Water Exercise / Splash Pool 6:00-7:00pm			
Lap Swim-2Lanes 6:00-7:00pm	Lap Swim-2Lanes 6:00-7:00pm	Lap Swim-2Lanes 6:00-7:00pm	Lap Swim-2Lanes 6:00-7:00pm	Closed 6:25pm		
Lap Swim 7:30-8:55pm	Lap Swim 7:30-8:55pm	Lap Swim 7:30-8:55pm	Lap Swim 7:30-8:55pm			
Closed 8:55pm	Closed 8:55pm	Closed 8:55pm	Closed 8:55pm			

NOTE: Locker Rooms Close
Mon-Thur @ 9:15pm
Fri @ 6:45pm
Sat & Sun @ 5:15pm

Shallow End / "Cove Area"

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Open 6:30am	Open 6:30am	Open 6:30am	Open 6:30am	Open 6:30am	Open 7:30am	Open 8:30am
Water Walk 6:30-8:00am	Water Walk 6:30-8:00am	Water Walk 6:30-8:00am	Water Walk 6:30-8:00am	Water Walk 6:30-8:00am	Water Walk 7:30-8:00am	Water Walk 8:30-9:00am
Family Swim / Water Walk 8:00a-3:00p	Family Swim / Water Walk 8:00a-12:00p	Family Swim / Water Walk 8:00a-3:00p	Family Swim / Water Walk 8:00a-12:00p	Family Swim / Water Walk 8:00a-6:25p	Water Walk / Swim Lessons 8:00-9:00am	Water Walk / Swim Lessons 9:00-10:00am
Family Swim / Water Walk / Swim Lessons 3:00-4:00pm	Closed 12-2pm	Family Swim / Water Walk / Swim Lessons 3:00-4:00pm	Closed 12-2pm		Swim Lessons 9:00a-12:30p	Swim Lessons 10:00a-12:30p
	Family Swim / Water Walk 2:00-4:00p		Family Swim / Water Walk 2:00-4:00p			
Swim Lessons 4:00-5:30pm	Swim Lessons 3:00-5:30pm	Splashball 4:00-5:30pm	Swim Lessons 3:00-5:30pm		Open Swim 12:15-4:55pm	Open Swim 12:15-4:55pm
					Closed 4:55pm	Closed 4:55pm
Swim Lessons / Family Swim / Water Walk 5:30-7:00pm	Swim Lessons / Family Swim / Water Walk 5:30-7:00pm	Swim Lessons / Family Swim / Water Walk 5:30-7:00pm	Swim Lessons / Family Swim / Water Walk 5:30-7:00pm	Closed 6:25pm		
Water Walk 6:00-8:55pm	Water Walk 6:00-8:55pm	Water Walk 6:00-8:55pm	Water Walk 6:00-8:55pm			
Closed 8:55pm	Closed 8:55pm	Closed 8:55pm	Closed 8:55pm			

NOTE: Locker Rooms Close
Mon-Thur @ 9:15pm
Fri @ 6:45pm
Sat & Sun @ 5:15pm

MILL VALLEY SWIM SCHOOL

Swim Lesson Registration Info

Mail/Fax/Online: Monday, August 25th
Walk-in: Tuesday, September 2nd

WEEKDAY LESSONS

Monday Privates – No class 11/10 & 11/24
Session 1: 9/8, 9/15, 9/22, 9/29, 10/6, 10/13 (6 Lessons)
Session 2: 10/20, 10/27, 11/3, 11/17, 12/1, 12/8 (6 Lessons)

Tuesday Privates – No class 11/11 & 11/25
Session 1: 9/9, 9/16, 9/23, 9/30, 10/7, 10/14 (6 Lessons)
Session 2: 10/21, 10/28, 11/4, 11/18, 12/2 12/9 (6 Lessons)

Wednesday Privates – No class 11/26
Session 1: 9/10, 9/17, 9/24, 10/1, 10/8, 10/15 (6 Lessons)
Session 2: 10/22, 10/29, 11/5, 11/12, 11/19, 12/3 12/10 (7 Lessons)

Thursday Privates – No class 11/27
Session 1: 9/11, 9/18, 9/25, 10/2, 10/9, 10/16 (6 Lessons)
Session 2: 10/23, 10/30, 11/6, 11/13, 11/20, 12/4 12/11 (7 Lessons)

Monday/Wednesday Groups – No class 11/10, 11/24, 11/26
Session 1: 9/8, 9/10, 9/15, 9/17, 9/22, 9/24, 9/29, 10/1, 10/6 10/8, 10/13, 10/15 (12 Lessons)
Session 2: 10/20, 10/22, 10/27, 10/29, 11/3, 11/5, 11/12, 11/17, 11/19, 12/1, 12/3, 12/8, 12/10 (13 Lessons)

Tuesday/Thursday Groups – No class 11/11, 11/25, 11/27
Session 1: 9/9, 9/11, 9/16, 9/18, 9/23, 9/25, 9/30, 10/2, 10/7, 10/9, 10/14, 10/16 (12 Lessons)
Session 2: 10/21, 10/23, 10/28, 10/30, 11/4, 11/6, 11/13, 11/18, 11/20, 12/2, 12/4, 12/9, 12/11 (13 Lessons)

WEEKDAY BRIDGE PRIVATE LESSONS

Weeks of 12/15 - 1/2 See Page 67 for Details & Dates

WEEKEND LESSONS

Saturday Groups & Privates – No class 11/8 & 11/29
Session 1: 9/6, 9/13, 9/20, 9/27, 10/4, 10/11, 10/18 (7 Lessons)
Session 2: 10/26, 11/2, 11/16, 11/23, 12/7, 12/14 (6 Lessons)

Sunday Groups & Privates – No class 11/9 & 11/30
Session 1: 9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19 (7 Lessons)
Session 2: 10/26, 11/2, 11/16, 11/23, 12/7, 12/14 (6 Lessons)

Swim Lesson Policies, Procedures & Refunds

- If the session has not yet started, Refunds/Credits/Transfers may be requested a minimum of 2 working days prior to the start of a session. **No refunds, credits or transfers will be provided less than 2 working days in advance.**
- **All** refund requests will be charged an administrative fee of $20, even if made within our refund policy timeframe. If you want to leave a credit on your account, no fee will be accessed.
- We are sorry but, **we cannot provide refunds, credits or make-up classes for missed classes**. Even if you miss a day (or more) you must pay for the entire session of lessons.
- Private Swim Lessons are 30 minutes in length. There is a semi-private lesson option. Registration for semi-private lessons will only be accepted if two students are registered together and are of similar skill ability. Lessons must be paid for in full before start of lesson.
- **Specific instructors or genders of instructors are not guaranteed in group or regular private lessons.** Please request customized private lessons for a specific instructor.
- To maintain consistency and quality of our swim lesson program, new students will NOT be allowed to register for swim lessons after the end of the 3rd class. Only a senior staff member may transfer your child during the session if he/she believes the other class may be a better fit for your child.
- If your child is having a challenging time in swim lessons or you have developed a scheduling conflict, you have until the **end of the 2nd day** of lessons to notify us **in writing** to withdraw from the course to receive a **prorated credit or refund**. After the **2nd day of class, you will be charged the full amount of the course. No Exceptions.**
- If the drop deadline has passed, we are **NOT** able to offer you make up lessons, a credit or refund for the rest of your lessons. Even if your child is sick, we are unable to withdraw your child and provide you a refund. If a **serious** illness, injury or circumstance occurs you **may request** an exception. **Documentation will need to be provided and this is not guaranteed. Approval subject to each circumstance.**
- If your session or a single class is cancelled by the Department due to unforeseen circumstances, an automatic credit will be placed on your account. It is your responsibility to request a refund.
- If our regular schedule of group or private lessons does not fit your schedule or needs, you may request Custom Private Lessons for an additional fee. Please see page 67 for more information on Custom Private Lessons.

PARENT INFANT/TOT

The Mill Valley Swim School is happy to announce its extensive Water Adjustment Classes for Ages 6 months – 36 months.

PARENT/INFANT 6 – 18 Months

Children and their parents are introduced to the aquatic environment and encouraged to enjoy the water while singing songs, playing games and learning water safety. The course introduces babies to a positive water environment in a class setting. Great class for becoming oriented to swim lessons! Parent Participation is Required.

PARENT/TOT 18 – 36 Months

Very young children are introduced to basic swimming skills while still in the security and comfort of their parents arms. Skills taught include: Bubble Blowing, Going Under Water, Floating, Safe Water Entry & Exit, Arm and Leg Actions on Front & Back as well as water safety. Course promotes learning through a positive environment and sets your child up for swim lesson success!
Parent Participation is Required.

Swim Club - taught in a coaching style, emphasizing stroke practice and skill refinement

	Skills Practiced During Class	Exit Skills to Advance	Length	Ratio	Age
MiniMasters	Swimming for Fitness & Fun - Technical Stroke Refinement - Flip & Open Turns - Competitive Swimming Skills Introduced - Continuous Swimming - Workouts Ranging from 300 to 1500 yards	Focused Work on Technique - Continuous Swimming Enforced - Designed to be Repeated until Swimmer Reaches Age 7	35	6:1	4-6
Beginner	Intro to Stroke Refinement for Freestyle & Backstroke - Endurance Work on Breaststroke & Butterfly - Learns Basics of Pace Clock - Becomes Familiar w/ long distance swimming	Refined Strokes of Freestyle, Backstroke, Breaststroke, & Butterfly - Able to perform Open Turn & Mini Flip Turn - Must be able to swim 500 yards	45*	6:1	7-10
Intermediate	(Class runs concurrently w/ Advanced) Endurance Focus & Cont. Refinement on all 4 strokes - Speed Swimming Introduced - Not a main instruction class. Designed for skill practice	Child is able to Swim a minimum of 1000 yards during class - Has a refined knowledge of all 4 competitive strokes - Able to work on technical aspects of swimming	55*	8:1	8-15
Advanced	(Class Runs Concurrently w/Intermediate w/ an Additional 15 min). Continued refining of strokes and major emphasis on swim team drills & long distance swimming - Designed for Exercise - Learns Race Pacing & Competitive Aspects of Swimming	Great for Exercise & Fitness - Designed as a Swim Team Course with attention towards Endurance; Child swims min of 2000 yards during class; Continued practice on specific refinement on minutia	65*	8:1	10-15

*Sat/Sun Swim Club is 45 minutes. See Weekend Group Lessons for more information.

swimming is fun!

SWIM SCHOOL CLASS DESCRIPTIONS

Early Swimmer Program for Ages 3-5

Level Name	Main Focus	Skills Practiced During Class	Exit Skills Necessary to Advance Levels	Length	Ratio	Age
Guppy	Water Adjustment	How to enter & exit water safely - blowing bubbles - Face Submersion - Floating - Games & Water Play	3 Independent Bobs - Water Comfort w/o parent - Back & Front Float supported - Child Swims w/Multiple Instructors	35	3:1	3-5
Turtles	Swimming Readiness	Breath Control - Face Submersion - Swimming Unsupported - Kicking with Flotation Devices - Supported Big Alternating Arms & Legs - Floating	10 Independent Bobs - Back & Front Float Unsupported - "Tootsie Roll" - Front & Back Glide 5 yards - Child Jump in & Swim to Wall	35	3:1	3-5
Sea Otter	Stroke Development	Swim w/o Support - Discuss Stroke Technique/Streamline on Front & Back - Taking Breaths while Swimming - Intro to deep H20 & Treading - Backstroke Arms & Legs	All Performed for 8 Body Lengths / ¼ lap: 15 Independent Bobs - Front & Back Glide w/flotation Device - Retrieve Objects from Bottom of Cove - Proper Demonstration of Elementary Backstroke - Back Crawl - Front Crawl w/2 Survival Breaths	35	4:1	3-5
Dolphin	Stroke Refinement	Breaststroke Timing w/Arms & Legs - Technique/Smooth Swimming Work - Side Breathing & Breath Control - Body Positioning in Water - Practice Swimming Across Pool	All Performed for 12 Body Lengths / ½ lap: Unrefined Breaststroke - Elementary Backstroke - Front & Back Glide w/o Kicks - Backstroke - Front Crawl w/side breathing 25 yards - Kicking w/kickboard on Front & Back for 25 yards	35	5:1	3-5
Piranha	Endurance Development	Deep Water Class - Specific Refinement of Strokes - Heavy Emphasis on Endurance & Repeated Practice - Intro to Speed Swimming - Student Swims Multiple Laps During Lesson	All Performed for 25 Yards: 15 Deep Water Bobs - Front Crawl w/Side Breathing - Elementary Backstroke - Back Crawl - Breaststroke - Front & Back Kicking with Kickboard - Retrieve Objects off bottom of Deep End	35	5:1	3-5
MiniMasters	Refinement w/ Endurance	Swimming for Fitness & Fun - Technical Stroke Refinement - Flip & Open Turns - Competitive Swimming Skills Introduced - Continuous Swimming - Workouts Ranging from 300 - 1500 yds	Taught in Coaching Style - Focused work on Technique & Competivie Swimming - Continuous Swimming Enforced - Designed to be Repeated until Swimmer Reaches Age 6 & should Enroll in Swim Club or Level 5	35	6:1	4-6

Level Swim Program for Ages 6-15 years

	Skills Practiced During Class	Exit Skills Necessary to Advance Levels	Length	Ratio	Age
Level 1	Aides students to feel comfortable in H20 - Basic Swim Skills - Head/Face submersion - Floating	"Tootsie Roll" - Unsupported Floating - 3 Independent Bobs - For 2 Body Lengths Arm & Leg Actions - Unsupported Glide	35	4:1	6-15
Level 2	Unsupported Floats - Wall Push Offs - Treading - Back Crawl - Kickboard Kicking on Front & Back	All Performed for 5 Lengths: Unrefined Front Crawl - Unrefined Back Crawl - Kickboard for 15 Body Lengths on Front & Back	35	5:1	6-15
Level 3	Repeated Endurance Swim Up to 15 yards - Side Breathing - Streamline & Smoothness Emphasized - Elementary Backstroke - Breaststroke Legs	All Performed for 15 Body Lengths (20 yards): Front Crawl with Side Breathing - Elementary Backstroke - Backstroke - Streamline Kicking Front & Back w/ Kickboard - Able to Swim Under Water & Retrieve Objects	35	6:1	6-15
Level 4	Works on Swimming Across Entire Pool - Swimming Underwater - Breaststroke Arms & Legs w/Timing - Intro to Butterfly - Works on Endurance	Swim Front Crawl with Side Breathing for 25 yards - For 20 Body Lengths: Breaststroke, Backstroke, Elementary Backstroke, Kicking Front & Back W/O Kickboard	35	8:1	6-15
Level 5/6	Stroke Refinement of Front Crawl, Back Crawl, Breaststroke, Butterfly - Endurance Build Up - Lap Swim Workouts - Discussion of Technique	Course Designed to be Repeated Multiple Times to Get Exercise & Perfection of Skills - Student Can Also Enroll in Swim Club	35	8:1	6-15

FALL WEEKDAY GROUP LESSONS

Monday and Wednesday

Session 1: 9/8, 9/10, 9/15, 9/17, 9/22, 9/24, 9/29, 10/1, 10/6, 10/8, 10/13, 10/15 (12 Lessons)
Session 2: 10/20, 10/22, 10/27, 10/29, 11/3, 11/5, 11/17, 11/19, 12/1, 12/3, 12/8, 12/10 (12 Lessons)
* No Class 11/10, 11/24 & 11/26

Level	Time	Ages	Cost	Session 1	Session 2
Guppy	3:30 - 4:05pm	3 - 5 yrs	$217	31054	31055
	4:10 - 4:45pm	3 - 5 yrs	$217	31056	31057
Turtle	3:30 - 4:05pm	3 - 5 yrs	$217	31068	31070
	4:10 - 4:45pm	3 - 5 yrs	$217	31069	31071
Sea Otter	4:50 - 5:25pm	3 - 5 yrs	$217	31081	31083
	5:30 - 6:05pm	3 - 5 yrs	$217	31082	31084
Dolphin/Piranha Combo	5:30 - 6:05pm	3 - 5 yrs	$217	31092	31093
Level 1	3:30 - 4:05pm	6 - 12 yrs	$217	31097	31098
Level 2	4:10 - 4:45pm	6 - 12 yrs	$217	31102	31103
Level 3	4:50 - 5:25pm	6 - 12 yrs	$217	31107	31108
Level 4	4:50 - 5:25pm	6 - 12 yrs	$217	31114	31115
Level 5/6	5:30 - 6:05pm	6 - 12 yrs	$217	31119	31120
Swim Club for Ages 4 - 15 years					
MiniMasters	3:30 - 4:05pm	4 - 6 yrs.	$217	31122	31123
Beginning Swim Club	3:30 - 4:15pm	7 - 15 yrs.	$241	31124	31131
Intermediate Swim Club	4:20 - 5:05pm	8 - 15 yrs.	$265	31125	31126
				31238	31239
Advanced Swim Club	4:20 - 5:20pm	10 -15 yrs.	$313	31127	31128
				31242	31244

Splashball

This program is designed to introduce the sport of water polo to children 7-12 years old. The intent is to provide basic skills and understanding of the sport in a recreational format. Although water polo is known for its toughness and endurance, Splashball™ harnesses all the fun, dynamic aspects of the game in a safe, easy to learn aquatic experience that will motivate. All skill levels welcome!

A great way to get fit and HAVE FUN!

Age	Day	Dates	Time	Fee	Course #
7-11	W	9/10-10/15	4:05-5:05pm	$91	31293
7-11	W	10/22-12/10	4:05-5:05pm	$106	31294

Location: Community Center, Cove

FALL WEEKDAY GROUP LESSONS

Tuesday and Thursday

Session 1: 9/9, 9/11, 9/16, 9/18, 9/23, 9/25, 9/30, 10/2, 10/7, 10/9, 10/14, 10/16 (12 Lessons)

Session 2: 110/21, 10/23, 10/28, 10/30, 11/4, 11/6, 11/13, 11/18, 11/20, 12/2, 12/4, 12/9, 12/11 (13 Lessons)

* No Class 11/11, 11/25 & 11/27

Level	Time	Ages	Cost	Session 1	Cost	Session 2
Guppy	3:30 - 4:05pm	3 - 5 yrs	$217	31058	$235	31060
	4:10 - 4:45pm	3 - 5 yrs	$217	31059	$235	31061
Turtle	3:30 - 4:05pm	3 - 5 yrs	$217	31072	$235	31073
	4:10 - 4:45pm	3 - 5 yrs	$217	31074	$235	31075
Sea Otter	4:50 - 5:25pm	3 - 5 yrs	$217	31085	$235	31086
	5:30 - 6:05pm	3 - 5 yrs	$217	31087	$235	31088
Dolphin	4:50 - 5:25pm	3 - 5 yrs	$217	31094	$235	31095
Piranha	5:30 - 6:05pm	3 - 5 yrs	$217	31132	$235	31133
Level 1	4:10 - 4:45pm	6 - 12 yrs	$217	31099	$235	31100
	5:30 - 6:05pm	6 - 12 yrs	$217	31101	$235	31136
Level 2	4:10 - 4:45pm	6 - 12 yrs	$217	31104	$235	31105
	4:50 - 5:25pm	6 - 12 yrs	$217	31106	$235	31137
Level 3	4:10 - 4:45pm	6 - 12 yrs	$217	31109	$235	31110
	4:50 - 5:25pm	6 - 12 yrs	$217	31111	$235	31138
Level 4	4:50 - 5:25pm	6 - 12 yrs	$217	31116	$235	31139
	5:30 - 6:05pm	6 - 12 yrs	$217	31117	$235	31118
Level 5/6	5:30 - 6:05pm	6 - 12 yrs	$217	31121	$235	31140
Swim Club for Ages 4 - 15 years						
MiniMasters	3:30 - 4:05pm	4 - 6 yrs.	$217	31141	$235	31142
Beg. Swim Club	3:30 - 4:15pm	7 - 15 yrs.	$241	31143	$261	31144
Int. Swim Club	4:20 - 5:05pm	8 - 15 yrs.	$265	31129	$287	31145
	5:25 - 6:10pm	8 - 15 yrs.	$265	31146	$287	31147
Adv. Swim Club	4:20 - 5:20pm	10 -15 yrs.	$313	31130	$339	31148
	5:25 - 6:25pm	10 -15 yrs.	$313	31150	$339	31151

FALL SATURDAY GROUP LESSONS

Saturday Groups

Session 1: 9/6, 9/13, 9/20, 9/27, 10/4, 10/11, 10/18 (7 Lessons)
Session 2: 10/25, 11/1, 11/15, 11/22, 12/6, 12/13 (6 Lessons)
* No Class 11/8 & 11/29

Level	Time	Ages	Cost	Session 1	Cost	Session 2
Parent Infant	9:10 - 9:45am	6-18 months	$127	31190	$109	31725
Parent Tot	9:00 - 9:35am	18-36 months	$127	31192	$109	31195
	10:30 - 11:05am	18-36 months	$127	31193	$109	31194
Guppy	9:10 - 9:45am	3 - 5 yrs	$127	31062	$109	31063
	9:50 - 10:25am	3 - 5 yrs	$127	31064	$109	31065
	10:30 - 11:05am	3 - 5 yrs	$127	31066	$109	31067
	11:10 - 11:45am	3 - 5 yrs	$127	31196	$109	31197
	11:50 - 12:25pm	3 - 5 yrs	$127	31198	$109	31199
Turtle	9:10 - 9:45am	3 - 5 yrs	$127	31076	$109	31200
	9:50 - 10:25am	3 - 5 yrs	$127	31077	$109	31201
	10:30 - 11:05am	3 - 5 yrs	$127	31078	$109	31202
	11:10 - 11:45am	3 - 5 yrs	$127	31079	$109	31203
	11:50 - 12:25pm	3 - 5 yrs	$127	31080	$109	31204
Sea Otter	9:10 - 9:45am	3 - 5 yrs	$127	31089	$109	31205
	9:50 - 10:25am	3 - 5 yrs	$127	31090	$109	31206
	11:10 - 11:45am	3 - 5 yrs	$127	31091	$109	31207
	11:50 - 12:25pm	3 - 5 yrs	$127	31208	$109	31209
Dolphin	10:30 - 11:05am	3 - 5 yrs	$127	31096	$109	31210
Piranha	11:10 - 11:45am	3 - 5 yrs	$127	31134	$109	31211
Level 1	9:10 - 9:45am	6 - 12 yrs	$127	31212	$109	31215
	9:50 - 10:25am	6 - 12 yrs	$127	31213	$109	31216
	10:30 - 11:05am	6 - 12 yrs	$127	31214	$109	31217
Level 2	9:10 - 9:45am	6 - 12 yrs	$127	31218	$109	31221
	9:50 - 10:25am	6 - 12 yrs	$127	31219	$109	31222
	11:50 - 12:25pm	6 - 12 yrs	$127	31220	$109	31223
Level 3	9:50 - 10:25am	6 - 12 yrs	$127	31112	$109	31113
	10:30 - 11:05am	6 - 12 yrs	$127	31224	$109	31225
Level 4	10:30 - 11:05am	6 - 12 yrs	$127	31226	$109	31229
	11:10 - 11:45am	6 - 12 yrs	$127	31227	$109	31230
	11:50 - 12:25pm	6 - 12 yrs	$127	31228	$109	31231
Level 5/6	11:10 - 11:45am	6 - 12 yrs	$127	31232	$109	31233
Swim Club Program						
Intermediate	9:00 - 9:45am	8 - 15yrs.	$141	31234	$121	31236
	11:10 - 11:55am	8 - 15yrs.	$141	31235	$121	31237
Advanced	9:00 - 9:45am	10 -15yrs.	$141	31245	$121	31247
	11:10 - 11:55am	10 -15yrs.	$141	31246	$121	31248

FALL SUNDAY GROUP LESSONS

Sunday Groups

Session 1: 9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19 (7 Lessons)
Session 2: 10/26, 11/2, 11/16, 11/23, 12/7, 12/14 (6 Lessons)
* No Class 11/9 & 11/30

Level	Time	Ages	Cost	Session 1	Cost	Session 2
Parent Infant	9:35 - 10:10am	6-18 mo.	$127	31191	$109	31298
Parent Tot	9:00 - 9:35am	18-36 mo.	$127	31299	$109	31301
	10:10 - 10:45am	18-36 mo.	$127	31300	$109	31302
Guppy	9:00 - 9:35am	3 - 5 yrs	$127	31303	$109	31308
	9:35 - 10:10am	3 - 5 yrs	$127	31304	$109	31309
	10:10 - 10:45am	3 - 5 yrs	$127	31305	$109	31310
	10:50 - 11:25am	3 - 5 yrs	$127	31306	$109	31314
	11:30 - 12:05pm	3 - 5 yrs	$127	31307	$109	31317
Turtle	9:35 - 10:10am	3 - 5 yrs	$127	31318	$109	31322
	10:10 - 10:45am	3 - 5 yrs	$127	31319	$109	31323
	10:50 - 11:25am	3 - 5 yrs	$127	31320	$109	31324
	11:30 - 12:05pm	3 - 5 yrs	$127	31321	$109	31325
Sea Otter	10:10 - 10:45am	3 - 5 yrs	$127	31326	$109	31329
	10:50 - 11:25am	3 - 5 yrs	$127	31327	$109	31330
	11:30 - 12:05pm	3 - 5 yrs	$127	31328	$109	31331
Dolphin	10:50 - 11:25am	3 - 5 yrs	$127	31332	$109	31333
Piranha	11:30 - 12:05pm	3 - 5 yrs	$127	31135	$109	31334
Level 1	10:10 - 10:45am	6 - 12 yrs	$127	31335	$109	31337
	11:30 - 12:05pm	6 - 12 yrs	$127	31336	$109	31338
Level 2	10:10 - 10:45am	6 - 12 yrs	$127	31339	$109	31341
	10:50 - 11:25am	6 - 12 yrs	$127	31340	$109	31342
Level 3	10:10 - 10:45am	6 - 12 yrs	$127	31343	$109	31345
	10:50 - 11:25am	6 - 12 yrs	$127	31344	$109	31356
Level 4	10:50 - 11:25am	6 - 12 yrs	$127	31357	$109	31358
Level 5/6	11:30 - 12:05pm	6 - 12 yrs	$127	31359	$109	31360
Swim Club Program						
Intermediate	11:30 - 12:15pm	8 - 15yrs.	$141	31361	$121	31362
Advanced	11:30 - 12:15pm	10 -15yrs.	$141	31363	$121	31364

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FALL WEEKDAY PRIVATE SWIM LESSONS

Mondays

SESSION 1: 9/8, 9/15, 9/22, 9/29, 10/6, 10/13 (6 Lessons)
Cost: Private $196/ SemiPrivate $130 (per student)

Time	Course #	Course #	Course #
1:45 - 2:15pm	30995		
2:20 - 2:50pm	30996	30997	
2:55 - 3:25pm	30998	30999	31000
3:30 - 4:00pm	30936	30937	30938
4:05 - 4:35pm	30939	30940	30941
4:40 - 5:10pm	30942	30943	30944
5:15 - 5:45pm	30945	31031	30946
5:50 - 6:20pm	30974	30975	30947
6:25 - 6:55pm	30948	30949	

SESSION 2: 10/20, 10/27, 11/3, 11/17, 12/1, 12/8 (6 Lessons)
*No Class 11/10 & 11/24
Cost: Private $196/ SemiPrivate $130 (per student)

Time	Course #	Course #	Course #
1:45 - 2:15pm	30980		
2:20 - 2:50pm	30950	30951	
2:55 - 3:25pm	30952	30953	30954
3:30 - 4:00pm	30955	30994	30978
4:05 - 4:35pm	30956	30957	30958
4:40 - 5:10pm	30959	30984	30985
5:15 - 5:45pm	30982	30960	30961
5:50 - 6:20pm	30962	30963	30964
6:25 - 6:55pm	30965	30966	

Tuesdays

SESSION 1: 9/9, 9/16, 9/23, 9/30, 10/7, 10/14 (6 Lessons)
Cost: Private $196/ SemiPrivate $130 (per student)

Time	Course #	Course #
2:55 - 3:25pm	30967	30897
3:30 - 4:00pm	30898	30899
4:05 - 4:35pm	30900	30901
4:40 - 5:10pm	30902	30903
5:15 - 5:45pm	30904	30976
5:50 - 6:20pm	30977	30905
6:25 - 6:55pm	30906	30981

SESSION 2: 10/21, 10/28, 11/4, 11/18, 12/2 12/9 (6 Lessons)
Cost: Private $196/ SemiPrivate $130 (per student)

Time	Course #	Course #
2:55 - 3:25pm	30971	30972
3:30 - 4:00pm	30907	30909
4:05 - 4:35pm	30908	30910
4:40 - 5:10pm	31019	30911
5:15 - 5:45pm	30912	30913
5:50 - 6:20pm	30914	30915
6:25 - 6:55pm	30916	30917

Wednesdays

SESSION 1: 9/10, 9/17, 9/24, 10/1, 10/8, 10/15 (6 Lessons)
Cost: Private $196/ SemiPrivate $130 (per student)

Time	Course #	Course #	Course #	Course #
1:45 - 2:15pm	31001			
2:20 - 2:50pm	31002	31003		
2:55 - 3:25pm	31004	31005	31006	31007
3:30 - 4:00pm	30918	30919	30920	30921
4:05 - 4:35pm	30986	31022		
4:40 - 5:10pm	30987	30988		
5:15 - 5:45pm	30989	30990	30991	31017
5:50 - 6:20pm	31023	30992	30993	
6:25 - 6:55pm	30922	30968		

SESSION 2: 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10 (7 Lessons)
*No Class 11/26
Cost: Private $229/ SemiPrivate $152 (per student)

Time	Course #	Course #	Course #	Course #
1:45 - 2:15pm	30969			
2:20 - 2:50pm	30923	30924		
2:55 - 3:25pm	31008	31009	31010	31011
3:30 - 4:00pm	31012	13013	31014	30925
4:05 - 4:35pm	30926	30970		
4:40 - 5:10pm	30896	30927		
5:15 - 5:45pm	30928	30929	30930	30931
5:50 - 6:20pm	30932	30933	30934	
6:25 - 6:55pm	30935	30973		

Thursdays

SESSION 1: 9/11, 9/18, 9/25, 10/2, 10/9, 10/16 (6 Lessons)
Cost: Private $196/ SemiPrivate $130 (per student)

Time	Course #	Course #
2:55 - 3:25pm	31034	30979
3:30 - 4:00pm	30883	31015
4:05 - 4:35pm	31016	31018
4:40 - 5:10pm	31024	31043
5:15 - 5:45pm	31028	31027
5:50 - 6:20pm	31029	31036
6:25 - 6:55pm	31042	31020

SESSION 2: 10/23, 10/30, 11/6, 11/13, 11/20, 12/4, 12/11 (7 Lessons)
*No Class 11/27
Cost: Private $229/ SemiPrivate $152 (per student)

Time	Course #	Course #
2:55 - 3:25pm	31021	31025
3:30 - 4:00pm	31026	31030
4:05 - 4:35pm	31032	31033
4:40 - 5:10pm	31035	31037
5:15 - 5:45pm	31047	31040
5:50 - 6:20pm	31041	31044
6:25 - 6:55pm	31038	31039

FALL WEEKEND PRIVATE LESSONS

Saturdays

SESSION 1: 9/6, 9/13, 9/20, 9/27, 10/4, 10/11, 10/18 (7 Lessons)
Cost: Private $229/ SemiPrivate $152 (per student)

Time	Course #	Course #	Course #	Course #	Course #	Course #
8:00 - 8:30am	31045	31152	31153	31154	31155	31156
8:35 - 9:05am	31046	31157	31158	31159	31160	31161
9:10 - 9:40am	31048	31162				
9:50 - 10:20am	31049	31163				
10:30 - 11:00am	31050	31164				
11:10 - 11:40am	31051	31166				
11:50 - 12:20pm	31052	31167				

SESSION 2: 10/25, 11/1, 11/15, 11/22, 12/6, 12/13 (6 Lessons)
*No Class 11/8 & 11/29
Cost: Private $196/ SemiPrivate $130 (per student)

Time	Course #	Course #	Course #	Course #	Course #	Course #
8:00 - 8:30am	31053	31168	31169	31170	31171	31172
8:35 - 9:05am	31173	31174	31175	31176	31177	31178
9:10 - 9:40am	31179	31180				
9:50 - 10:20am	31181	31182				
10:30 - 11:00am	31183	31184				
11:10 - 11:40am	31185	31186				
11:50 - 12:20pm	31187	31188				

Sundays

SESSION 1: 9/7, 9/14, 9/21, 9/28, 10/5, 10/12, 10/19 (7 Lessons)
Cost: Private $229/ SemiPrivate $152 (per student)

Time	Course #	Course #	Course #	Course #
9:00 - 9:30am	31250	31251	31252	31253
9:35 - 10:05am	31254	31255	31256	31257
10:10 - 10:40am	31258	31259		
10:50 - 11:20am	31260	31261		
11:30 - 12:00pm	31262	31263		
12:05 - 12:35pm	31264	31265		

Time	Course #
1:30 - 2:00pm	31266
2:05 - 2:35pm	31267
2:40 - 3:10pm	31268
3:15 - 3:45pm	31269
3:50 - 4:20pm	31270
4:25 - 4:55pm	31271

SESSION 2: 10/26, 11/2, 11/16, 11/23, 12/7, 12/14 (6 Lessons)
*No Class 11/9 & 11/30
Cost: Private $196/ SemiPrivate $130 (per student)

Time	Course #	Course #	Course #	Course #
9:00 - 9:30am	31272	31273	31274	
9:35 - 10:05am	31275	31276	31277	31278
10:10 - 10:40am	31279	31280		
10:50 - 11:20am	31282	31283		
11:30 - 12:00pm	31285	31286		
12:05 - 12:35pm	31287	31288		

Time	Course #
1:30 - 2:00pm	31289
2:05 - 2:35pm	31290
2:40 - 3:10pm	31291
3:15 - 3:45pm	31292
3:50 - 4:20pm	31295
4:25 - 4:55pm	31296

CUSTOM PRIVATE LESSONS

A GREAT WAY TO GET THE PERSONAL ATTENTION YOU DESERVE!

Custom private swim lessons are a great way to learn to swim for beginners or receive specialized technique instruction for the advanced swimmer while working with your busy schedule. Lessons are 30 minutes in length and can be scheduled as a solo lesson or in multiple blocks. Semi – Private Lessons are lessons with 1 instructor and 2 participants. As we are unable to assign partners, you must register with your partner for the same class.

Cost: $35/ 1 Private Lesson for 1 Person*
$25/ Per Child for 1 Semi-Private Lesson*
*$1 total gets added to every class registration to go towards the Mill Valley Scholarship Fund

Ages 2 Years – Adult

To request private lessons, please go online and completely fill out a Custom Lesson Request Form & Registration Form at millvalleycenter.org. Click on Aquatics & Fitness Center and scroll to Swim Lesson Information. You may also call 415-383-1370 to request a form to be mailed, faxed, or emailed to you. Custom lessons follow the same refund policy as regular lessons.

BRIDGE LESSONS DURING WINTER BREAK

*All Lessons are Private or Semi-Private and a great way to stay active during the holiday break.

Monday - Thursday 12/15 - 12/18 (4 Lessons)
Cost: $141 Private/ Semi-Private $101 per student

Time	Course #
2:20 - 2:50pm	31376
2:55 - 3:25pm	31377
3:30 - 4:00pm	31378
4:05 - 4:35pm	31379
4:40 - 5:10pm	31380
5:15 - 5:45pm	31381
5:50 - 6:20pm	31382
6:25 - 6:55pm	31383

Mondays 12/22 & 12/29 (2 Lessons)
Cost: $71 Private/ Semi-Private $51 per student

Time	Course #
2:20 - 2:50pm	31384
2:55 - 3:25pm	31385
3:30 - 4:00pm	31386
4:05 - 4:35pm	31387
4:40 - 5:10pm	31388
5:15 - 5:45pm	31389
5:50 - 6:20pm	31390
6:25 - 6:55pm	31391

Mill Valley Recreation Registration Form

Adult/Guardian Information (Please Print)	
Main Contact:	2nd Adult Name:
Home: Work: Cell:	Home: Work: Cell:
Address:	Address:
City, State, Zip:	City, State, Zip:
Email:	Email:

Mail to:
MVPR
180 Camino Alto
Mill Valley, CA
94941
Fax to:
(415) 383-1377

Participant Name	Birthdate (under 18)	Male/ Female	1st Choice Class Title / Dates	Course #	2nd Choice Class Title / Dates	Course #	Fee

☐ My Address/Info has recently changed

Scholarship Fund Donation Amount: _____

Total Fees: _____

Be sure to read and sign below: I hereby agree to indemnify and hold harmless the City of Mill Valley and its officers and employees from and against any and all liabilities for any injury which may be suffered by me or by my child arising out of or in any way connected with participation in the program noted above. In case of emergency, my child maybe treated by a qualified physician. I give permission to use mine or my child's photograph in Mill Valley Recreation brochures or publicity.

Signature: _____ **Date:** _____

Must sign to register.

☐ Please check here if you require special assistance to maximize your participation. You will be contacted.

REFUND POLICY
PLEASE READ BEFORE SIGNING.

You can register 24/7 at www.MillValleyCenter.org

PAY BY:
- o Cash
- o Check Payable to MVPR
- o MasterCard
- o Visa
- o Discover
- o Amex

Cardholder Name (as it appears on card): _____

Credit Card #: _____ Exp. Date: _____ V-Code: _____

Office Use Only	Fee Paid	Registrar	Date Processed	COA	Cash	Check #	Credit Card	Mill Valley Recreation Phone: **(415) 383-1370**