FALL WEEKDAY GROUP LESSONS

Tuesday and Thursday

10/1, 10/3, 10/8, 10/10, 10/15, 10/17, 10/22, 10/24, 10/29, 11/5, 11/7, 11/12, 11/14, 11/19, 11/21, 12/3, 12/5, 12/10, 12/12 (19 classes)

Early Swim Program Lessons for Ages 3/5yrs. Cost \$285.

Class	Time	Course #
Guppy	3:00-3:30pm	27548
	3:35-4:05pm	27549
	4:10-4:40pm	27550
Turtle	3:00-3:30pm	27551
	3:35-4:05pm	27552
	4:10-4:40pm	27553
Sea Otter	4:10-4:40pm	27554
	4:45-5:15pm	27555
Dolphin	4:45-5:15pm	27556
	5:20-5:50pm	27557
Piranha	4:45-5:15pm	27590

Level Program Lessons for Ages 6-15yrs. Cost \$342.

Class	Time	Course #
Level 1	4:00-4:40pm	27564
	4:45-5:25pm	27565
Level 2	4:45-5:25pm	27573
	5:30-6:10pm	27575
Level 3	4:00-4:40pm	27579
	4:45-5:25pm	27580
	5:30-6:10pm	27581
Level 4	4:00-4:40pm	27583
	5:30-6:10pm	27584
Level 5/6	5:30-6:10pm	27585

Swim Club for Ages 4-15yrs.

Class	Time	Ages	Cost	Course #
MiniMasters	3:35-4:05pm	4-6yrs.	\$285	27558
Beg. Swim Club	3:30-4:00pm	7-15yrs.	\$285	27559
Int. Swim Club	4:00-4:45pm	7-15yrs.	\$342	27560
	5:00-5:45pm	7-15yrs.	\$342	27561
Adv. Swim Club	4:00-5:00pm	7-15yrs.	\$389	27562
	5:00-6:00pm	7-15yrs.	\$389	27563



Splashball

This program is designed to introduce the sport of water polo to children 7-11 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! Instructor will accomdoate beginners and more advanced students.

Instructor: TBA. 10 classes

Age	Day	Dates	Time	Fee	Course #
7-11	W	10/2-12/4	4-5pm	\$181	27893

Location: Community Center, Cove

No Class 11/27



^{*}No Class 10/31, 11/26, 11/28

FALL WEEKEND GROUP LESSONS

Saturday

10/5, 10/12, 10/19, 10/26, 11/2, 11/16, 11/23, 12/7, 12/14 (9 classes)

Early Swim Program Lessons for Ages 3-5yrs. Cost \$135.

Class	Time	Course #
Parent Infant	9:35-10:05am	27744
Parent Tot	9:00-9:30am	27731
	10:10-10:40am	27732
Guppy	9:00-9:30am	27733
	9:00-9:30am	27735
	9:35-10:05am	27736
	10:10-10:40am	27737
	10:45-11:15am	27738
	11:20-11:50am	27739
Turtle	9:00-9:30am	27740
	9:35-10:05am	27741
	10:10-10:40am	27742
	11:20-11:50am	27743
Sea Otter	9:35-10:05am	27745
	10:10-10:40am	27746
	10:45-11:15am	27747
	11:20-11:50am	27748
Dolphin	10:45-11:15am	27749
Piranha	10:45-11:15am	27750

Level Program Lessons for Ages 6-15yrs. Cost \$162.

Time	Course #
9:00-9:40am	27760
10:30-11:10am	27762
9:00-9:40am	27763
9:45-10:25am	27764
9:00-9:40am	27765
10:30-11:10am	27766
9:45-10:25am	27767
11:15-11:55am	27768
11:15-11:55am	27769
11:15-11:55am	27751
11:15-11:55am	27752
	9:00-9:40am 10:30-11:10am 9:00-9:40am 9:45-10:25am 9:00-9:40am 10:30-11:10am 9:45-10:25am 11:15-11:55am 11:15-11:55am

^{**}Swim Club classes are 40min.

Sunday

10/6, 10/13, 10/20, 10/27, 11/3, 11/17, 11/24, 12/8, 12/15 (9 classes)

Early Swim Program Lessons for Ages 3-5yrs. Cost \$135.

Class	Time	Course #
Parent Infant/Tot	10:00-10:30am	27776
Guppy	10:00-10:30am	27777
	10:35-11:05am	27778
	10:35-11:05am	27779
	11:10-11:40am	27780
	11:45a-12:15p	27781
Turtle	10:00-10:30am	27772
	10:35-11:05am	27773
	11:10-11:40am	27774
	11:45a-12:15p	27775
Sea Otter	10:00-10:30am	27784
	10:35-11:05am	27785
	11:10-11:40am	27786
	11:45a-12:15p	27787
	11:45a-12:15p	27788
Dolphin	11:10-11:40am	27792
	11:45a-12:15p	27793
Piranha	10:35-11:05am	27789
	11:10-11:40am	27791
MiniMasters	10:00a-10:30am	27771

Level Program Lessons for Ages 6-15yrs. Cost \$162.

Class	Time	Course #
Level 1	11:30a-12:10p	27796
Level 2	10:45-11:25am	27795
Level 3	10:00-10:40am	27797
	11:30a-12:10p	27798
Level 4	10:45-11:25am	27799
Level 5/6	10:00-10:40am	27800

^{*}No Class 11/9 & 11/30

^{*}No Class 11/10 & 12/1

FALL WEEKDAY PRIVATE SWIM LESSONS

Weekday Private Lessons

MONDAYS

9/30, 10/7, 10/14, 10/21, 10/28, 11/4, 11/18, 12/2, 12/9 (9 classes) *No Class 11/11 & 11/25

Cost: Private \$292 / Semi \$193

Time	Course #	Course #	Course #	Course #
2:00-2:30pm	27591			
2:30-3:00pm	27592			
3:00-3:30pm	27593	27594	27595	
3:30-4:00pm	27596	27597	27598	27599
4:00-4:30pm	27600	27601	27602	27603
4:30-5:00pm	27604	27605	27606	27607
5:00-5:30pm	27608	27609	27610	27611
5:30-6:00pm	27613	27614	27615	
6:00-6:30pm	27616	27617		

TUESDAYS

10/1, 10/8, 10/15, 10/22, 10/29, 11/5, 11/12, 11/19, 12/3, 12/10 (10 classes)

*No Class 11/26

Cost: Private \$325 / Semi \$215

Time	Course #	Course #
2:00-2:30pm	27618	
2:30-3:00pm	27619	27620
3:00-3:30pm	27621	27622
3:30-4:00pm	27623	
5:30-6:00pm	27624	27625
6:00-6:30pm	27626	27627
6:15-6:45pm	28628	27629



WEDNESDAYS

10/2, 10/9, 10/16, 10/23, 10/30, 11/6, 11/13, 11/20, 12/4, 12/11 (10 classes)

*No Class 11/27

Cost: Private \$325 / Semi \$215

Time	Course #	Course #	Course #	Course #
2:00-2:30pm	27631			
2:30-3:00pm	27632			
3:00-3:30pm	27633	27634	27635	
3:30-4:00pm	27636	27637	27638	27639
4:00-4:30pm	27640	27641	27642	
4:30-5:00pm	27643	27644	27645	
5:00-5:30pm	27646	27647	27648	27649
5:30-6:00pm	27650	27651	27652	
6:00-6:30pm	27653	27654		

THURSDAYS

10/3, 10/10, 10/17, 10/24, 11/7, 11/14, 11/21, 12/5, 12/12 (9 classes)

*No Class 10/31 & 11/28

Cost: Private \$292 / Semi \$193

Time	Course #	Course #
2:00-2:30pm	27655	
2:30-3:00pm	27656	27657
3:00-3:30pm	27658	27659
3:30-4:00pm	27660	
5:30-6:00pm	27661	27662
6:00-6:30pm	27663	27665
6:15-6:45pm	27666	27667

personal attention

FALL WEEKEND PRIVATE SWIM LESSONS

Weekend Private Lessons

SATURDAYS

10/5, 10/12, 10/19, 10/26, 11/2, 11/16, 11/23, 12/7, 12/14 (9 classes)

*No Class 11/9 & 11/30

Cost: Private \$292 / Semi \$193

Time	Course #				
8:00-8:30am	27668	27669	27670	27671	27672
	27673	27674			
8:30-9:00am	27675	27676	27677	27678	27679
	27681	27682			
9:00-9:30am	27683	27684			
9.35-10:05am	27685	27687			
10:10-10:40am	27688	27689			
10:45-11:15am	27690	27691			
11:20-11:50am	27692	27693			
12:00-12:30pm	27696	27697	27698	27699	27700

SUNDAYS

10/6, 10/13, 10/20, 10/27, 11/3, 11/17, 11/24, 12/8, 12/15 (9 classes)

*No Class 11/10 & 12/1

Cost: Private \$292 / Semi \$193

Time	Course #				
9:00-9:30am	27702	27703	27704	27705	27706
	27707	27708			
9:30-10:00am	27709	27714	27715	27720	27721
	27722	27723			
10:00-10:30am	27724	27725			
10:35-11:05am	27726	27727			
11:10-11:40am	27728	27729			



FALL SWIM CLUB IS HERE!



A great way to stay in shape and practice your fitness swimming!

TUES & THURS 10/1 - 12/12 (19 LESSONS)

* No Classes 10/31, 11/26, 11/28

Time	Class	Ages	Length	Ratio	Cost	Course #
3:30 – 4:00pm	MiniMasters	4-6 yrs	30	6:1	\$285	27558
3:30 – 4:00pm	Swim Club Beginner	7-10 yrs	30	6:1	\$285	27559
4:00 – 4:45pm	Swim Club Intermediate	8-15 yrs	45	8:1	\$342	27560
4:00 – 5:00pm	Swim Club Advanced	9-15 yrs	60	8:1	\$389	27562
5:00 – 5:45pm	Swim Club Intermediate	8-15 yrs	45	8:1	\$342	27561
5:00 - 6:00pm	Swim Club Advanced	9-15 yrs	60	8:1	\$389	27563

SATURDAYS 10/5 – 12/14 (9 LESSONS)

* No Classes 11/9 & 11/30

Time	Class	Ages	Length	Ratio	Cost	Course #
11:15 – 11:55am	Swim Club Intermediate	8-15 yrs	45	8:1	\$162	27751*
11:15 – 11:55am	Swim Club Advanced	9-15 yrs	45	8:1	\$162	27752*

Only 40min in length due to Saturday Swim Lesson Schedule

Swim Club

Specifically designed for children who already know how to swim and want to work on fitness conditioning in a semicompetitive atmosphere. Please review our descriptions below to ensure adequate placement in classes. If your child does not meet the minimum requirements he or she may be moved down a level.

	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	Taught in a Coaching Style - Focused Work on Technique - Continuous Swimming Enforced - Designed to be Repeated until Swimmer Reaches Age 6	30	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	30	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 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	45	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	60	8:1	9-15

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.

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

SAVE THE DATE - Saturday Jan 11th

2nd Annual Family Fun Run & Health & Wellness Fair

This year's run will feature:

- Toddler Dash (ages 2-4)
- Stroller Stride 1 Mile (for families with kids in strollers any ages)
- Family Fun Run 1 Mile (for families with children ages 4-8 not in strollers)
- Family Fun Run Race 1.5 Miles (for individuals ages 8+ to jog/run with or without family)
- Competitive 3 Mile Race (for individuals ages 10+)

For Vendor Information, Donations or to Volunteer for the Fun Run, please email Aquatics & Fitness Supervisor, Kat Reisinger, at kreisinger@cityofmillvalley.org

