

Penn Valley Athletic Club

The latest PVAC news, views, and announcements

Lap Swim

The pool will be open to **members only** for lap swim on Tuesdays, Thursdays, and Saturdays from 7-9 a.m. No pre-registration is required.

Teen Party

Our first Teen Party of the season is planned for this Saturday, June 12! Signup sheet is available at the desk, and payment will be collected on Saturday when you arrive. The \$5 admission fee gets you pizza and drinks. Lots of music and fun from 8-10 for members and guests 13 – 18.

Diving Clinic Sign Ups

Signups are ongoing for our first ever diving clinic on June 19 & 20. Your instructor will be Butler High School Varsity Diving Coach Brittney Kelly. Information and online sign ups available <https://www.pennvalleyac.com/swim-lessons>

Group Exercise

Group exercise classes begin on Wednesday, June 9! Punch cards are available for purchase and are available to members and non-members. A complete schedule is available at www.pennvalleyac.com/group-exercise. You can purchase a card or drop in for \$5/class. Your first class is FREE!

Upcoming Events

June 7 – swim team practice begins

June 9 – group exercise class schedule kicks off

June 11 – session one of diving lessons begin

June 15 – first session of Mommy & Me starts

June 17 – first home swim meet of the season

June 19-20 – Diving Clinic



Swim Lessons, Diving Lessons & Classes

Session one of group swim lessons are underway! Details on the second session will be forthcoming. In the meantime, please consider the private lesson option for your swimmer! We have a group of great instructors, lessons are scheduled at your convenience, and your child will receive one on one attention. Sessions are four thirty-minute classes and are \$65 for members and \$85 for non-members.

Our first ever Mommy & Me class will begin on June 15 with Jenna! Splashing, having fun, and getting comfortable in the water with your child are the goals of this class. Additional sessions offered in July with Lauren. Members \$45 and non-members \$65.

This summer we are offering diving lessons! Group and private lessons available on Friday mornings. Diving is a great sport for dancers and gymnasts. Session starts this week! You can sign up at the desk. Four, thirty-minute sessions for group diving are \$45 for members and \$65 for non-members. If you have two divers, it is \$85 and \$100 respectively. Private lessons are \$65 for members and \$85 for non-members.

MAKE THE MOST OF YOUR MEMBERSHIP

See all Penn Valley has to offer!
pennvalleyac.com