

# Penn Valley Athletic Club

The latest PVAC news, views, and announcements

## Home Swim Meet June 17

PVAC will close at 4 p.m. on Thursday, June 17 for our first home swim meet vs. Zelenople. The meet begins at 6 p.m. Come out and support our team, which is 80 swimmers strong!

## Teen Party

Our first Teen Party of the season was a big success! Thanks to all who came out and enjoyed the evening. Our next party is scheduled for Saturday, July 10! Open to members and guests.

## 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>

## Mommy & Me Class Begins

Our first Penn Valley Mommy & Me Class begins this Tuesday, June 15 at 6:30. There's still time to register for this class, designed for parent and swimmers ages 9 months to 3 years. Second session will be offered on Saturdays in July. Register at the front desk.

## Upcoming Events

June 14 – First Swim Meet @ Belmont

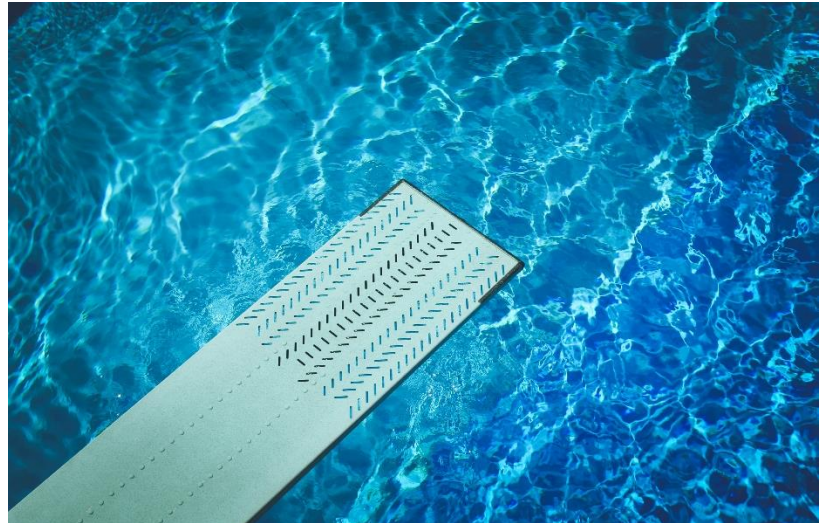
June 15 – Mommy & Me class at 6:30 p.m.

June 17 – Home Swim Meet vs. Zelenople

**\*PVAC closes at 4 p.m.**

June 21 – Home Swim Meet vs. Vandergrift

**\*PVAC closes at 4 p.m.**



## Diving Board Safety

The diving board at Penn Valley is a popular attraction for kids of all ages! The Penn Valley lifeguard staff follows all recommendations from the American Red Cross regarding diving board use and safety. We ask that patrons keep the following rules in mind:

- **Anyone swimming in deep water should be competent, comfortable and able to swim to the side of the pool from any spot in the deep area**
- **Only one person** on the diving board at a time
- **Only one bounce** is allowed on the diving board
- **Swim immediately to the closest ladder or wall**
- **No floaties or floatation devices** can be worn when going off the board

Lifeguards reserve the right to ask swimmers they feel are not competent, to refrain from using the board. These rules are enforced for your safety and that of all members and guests.

## MAKE THE MOST OF YOUR MEMBERSHIP

See all Penn Valley has to offer!  
[pennvalleyac.com](http://pennvalleyac.com)