

Penn Valley Athletic Club

The latest PVAC news, views, and announcements

Opening Weekend

The weather didn't cooperate with us very well, but we're opening on Memorial Day at noon! Join us for pulled pork, coleslaw, and fresh cut fries.

Sign Ups

Sign up for swim lessons, diving lessons, group exercise, and our diving clinic at the front desk! Forms are available on the website to download and complete. Bring the forms and payment to the desk, and we'll get you signed up!

Moonlight Swim

Our first moonlight swim is scheduled for this Friday, June 4. Celebrate the end of the school year and the beginning of the summer season with us. Loaded fries in the snack bar. Can't wait to see you there!

Group Exercise Classes

Classes begin on June 8. Punch cards are available for purchase, and your first class is FREE! \$40/member for 11 classes, \$50/non-member.

The complete schedule is available at <https://www.pennvalleyac.com/group-exercise>

Upcoming Events

- June 5 – group swim lessons begin
- June 7 – swim team practice begins
- June 9 – group exercise class schedule kicks off
- June 11 – session one of diving lessons begin
- June 12 – first Teen Party of the season
- June 15 – first session of Mommy & Me begins



Memorial Day

Memorial Day, observed on the last Monday of May, honors the men and women who died while serving in the U.S. military.

Originally known as Decoration Day, it began in the years following the Civil War and became an official federal holiday in 1971. May was chosen to commemorate lost soldiers because the flowers were in bloom. On the first Decoration Day, General James Garfield made a speech at Arlington National Cemetery and 5,000 participants decorated the graves of the 20,000 Civil War soldiers buried there. Today, soldiers decorate the 400,000 graves at Arlington with American Flags. Traditionally, the President or Vice President lay a wreath at the Tomb of the Unknown Soldier, and a moment of remembrance is held across the country at 3 p.m. Americans observe Memorial Day by visiting cemeteries or memorials, holding family gatherings and participating in parades.

NOT A MEMBER YET?

What are you waiting for? Sign up today!
<http://www.pennvalleyac.com/membership>