

# Penn Valley Athletic Club

The latest PVAC news, views, and announcements

## Home Swim Meets This Week

PVAC will close at 4 p.m. on **Monday, June 28** and **Thursday, July 1** for home swim meets vs. Sylvan and Zelenople. Championship meets are July 10 and 11 at SEBCO and Belmont.

## Session Two Swimming Lessons

Session Two group swim lessons are scheduled for Saturdays, July 17, 24, 31 and August 7. You can sign up at the desk to reserve your class time. 10 a.m. Beginner and Intermediate, 10:30 a.m. Intermediate or Development, 11 a.m. Beginner or Development, 11:30 a.m. Intermediate & Development.

## July Group Fitness Schedule

New group fitness schedule for July!

**Monday** 10 a.m. Tabata **Tuesday** 5:30 p.m. HIIT  
**Wednesday** 10 a.m. Cardio/Core **Thursday** 9 a.m.  
 Pumped Up Cardio and Arms 10 a.m. Tabata  
 \*No classes week of July 26-31.

## Mommy & Me

Sessions 2 & 3 of Mommy & Me are starting in July!

**Session 2** – Saturdays July 17, 24, 31 and August 2  
 10:30-11 a.m.

**Session 3** – Saturdays July 17, 24, 31 and August 2  
 11:15-11:45 a.m.

Taught by Lauren Mortimer, Y Certified Instructor.

## Upcoming Events

June 28 – Home Swim Meet vs. Sylvan

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

June 29 – Mommy & Me class at 6:30 p.m.

July 1 – Home Swim Meet vs. Zelenople

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

July 2 – Diving Lessons



## Volleyball and Soccer Clinics at PVAC

This July, PVAC will offer volleyball and soccer clinics to members and non-members.

### Volleyball Clinic

July 19 – 21

9:30 – 11:30 a.m.

This clinic will be led by our very own Taylor Welter, BHS varsity and AAU volleyball player.

### Soccer Clinic

July 26 – 28

9:30 – 11:30 a.m.

Jonah Doerr, BHS varsity mid fielder will instruct players in foot skills and drills.

- Clinics are open to kids grades 2 – 5.
- Registration fee is \$40 for members, \$50 for non-members.
- You may register and make payments at the desk.

## MAKE THE MOST OF YOUR MEMBERSHIP

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