

WELCOME TO THE AQUATICS & FITNESS CENTER



No Initiation Fees!

- Everyone is welcome! You do not have to reside in Mill Valley to work out.
- Drop-in rate includes the pool, gym and spa (be sure to check the pool schedule for availability).
- KidzWatch drop off daycare program available mornings Mon – Sun.

Drop-Ins Welcome!

Hours of Operation

Mon – Thurs:	6:30am – 9:00pm
Fri:	6:30am – 6:30pm
Sat:	7:30am – 5:00pm
Sun:	8:30am – 5:00pm

Holiday Schedule

Tues, Dec 24	Open hours 6:30am – 12:00pm
Wed, Dec 25	CLOSED
Tues, Dec 31	Open hours 6:30am – 2:00pm
Wed, Jan 1	CLOSED
Mon, Jan 20	8:00am – 5:00pm
Mon, Feb 17	8:00am – 5:00pm

No Swim Lessons

1/20, 2/17-2/21, 3/13

The pool will close 5 minutes prior to the facility closing to allow patrons time to use the locker room and exit.

AQUATICS & FITNESS CENTER USE FEES



To access the Pool & Fitness Floor

1. Pay a per visit fee.
 2. Purchase a 20 pre-paid punch pass.
 3. Play unlimited all year round with an auto-renewing monthly pass.
- These options DO NOT include Fitness Classes. Fees are NOT a Day Pass. We DO NOT have public restrooms. **To shower, you must pay the regular drop-in rate.**
All fees include \$2 scholarship fee.

Per Visit Use Fees (Does NOT include classes-Fees are NOT a day pass)

Age Group	City of Mill Valley Residents (within city limits)	Greater Mill Valley & Beyond
Under 2	No Charge	No Charge
Youth (2-18)	\$7.00	\$8.00
Adults (19-59)	\$9.00	\$10.00
Seniors (60+)	\$8.00	\$9.00

20 Pre-paid Visits Pass

(20 Pre-Paid Visits cannot be shared with, or transferred to, other individuals)

Age Group	City of Mill Valley Residents (within city limits)	Greater Mill Valley & Beyond
Under 2	No Charge	No Charge
Youth (2-18)	\$97 (\$4.85 per visit)	\$117 (\$5.85 per visit)
Adults (19-59)	\$137 (\$6.85 per visit)	\$152 (\$7.60 per visit)
Seniors (60+)	\$112 (\$5.60 per visit)	\$132 (\$6.60 per visit)

Prices include \$2 scholarship fee.

MONTHLY PASS-The BEST workout value in Mill Valley!*

(Monthly passes cannot be shared with other individuals)

Age Group	City of Mill Valley Residents (within city limits)	Greater Mill Valley & Beyond
Under 2	No Charge	No Charge
Youth (2-18)	\$23.92 per month	\$31.42 per month
Adults (19-59)	\$42.67 per month	\$50.59 per month
Seniors (60+)	\$32.67 per month	\$41.00 per month
2 Senior Household	\$46.84 per month	\$59.34 per month
2 Adult Household	\$61.34 per month	\$73.92 per month
1 Senior / 1 Adult Household	\$56.42 per month	\$68.92 per month
Family Pass: 1 Youth / 1 Adult*	\$50.17 per month	\$61.42 per month
Family Pass: 2 Youth / 2 Adult*	\$72.34 per month	\$96.42 per month
*residing in same household	\$5.42 per additional youth	\$7.17 per additional youth

Prices include \$2 scholarship fee.

Locker Rental

Lockers are available to rent for anybody who purchases a Monthly Pass or Punch Card.

- 12 Month Commitment | \$120/year or \$10/month auto debit
- 6 Month Commitment | \$90/6 months or \$15/month auto debit
- 3 Month Commitment | \$60/3 months or \$20/month auto debit

No refunds if you terminate your rental early. No locker rental available for day use drop-in. You must bring your own lock or purchase one from the Front Desk.

Group Exercise Class Fees

Drop In	\$13/class
12 Class Pass	\$127.00
24 Class Pass	\$242.00
Monthly Unlimited Class Pass	\$82.00

****Fees for these classes are NOT included in your drop-in gym rate.**

Any level of exerciser can be accommodated.

Ages 14+

Check with your Insurance Company for possible Health Club reimbursement.

Prices subject to change.

Scholarship program available to make the Center accessible to everyone! See the Community Center Section for more information. Depending on use, shower-only times may be limited.

An **Adult Chaperone** or **Aide** is defined as someone who is actively assisting another individual who needs help or assistance for safety and/or health reasons. The Aide/Chaperone can be in the water or on the fitness floor and must always be within an arm's reach of the person needing assistance. This person is not working out, not in gym clothes and is not actively participating in any fitness class, space or using equipment. The sole purpose of the Aide/Chaperone is to provide a safer workout environment for the person needing assistance.

Adult Chaperone or Aides do not direct exercises, activities, provide training, Physical Therapy, Occupational Therapy or any other therapeutic services. Personal Trainers and therapy professionals must be on staff with City of Mill Valley Recreation Department.

Outside professionals may not conduct business in or on City facilities and properties and are not permitted at the Aquatics and Fitness Center.

GROUP EXERCISE CLASSES

For an updated schedule, see our website at millvalleyrecreation.org or call (415) 383-1370.

See page 79 for Group Exercise class fees.

Aqua Insanity

Intermediate-Advance level. Performance-based water class focusing on the latest exercise science to reach optimal "functional age" potential. Active coaching focuses on anaerobic intervals, power training, and deep-end core control. Designed for those with strong water and fitness condition. Designed for those comfortable in deep water with accomplished Water Fitness class skills.

Aqua Zumba

Low-impact workout blending dance with muscle toning water resistance exercise. Set to heart pumping energetic, fun music from around the world with easy to follow water-paced routines.

Barre & Stroller Barre®

Unique blend of ballet, pilates, barre, yoga, and cardio exercises designed for moms to build strength, develop muscle tone and improve posture. Stroller Barre portion is held outdoors.



Body Sculpt

Low impact, high energy full body workout incorporating hand weights, body bars, balls and bands. Emphasizing proper form/execution, balance, flexibility, muscular endurance and strength.

Body Tone

Low impact focusing on accurate form, strengthening, stretching, sculpting and defining muscles through small cardio segments. Incorporating hand-weights, resistance bands, Bosu ball and body bars.

Cardio Interval

All ability level interval class modified for low or high intensity workouts. Includes various plyometric and calisthenic movements, basic step, kickboxing and hi/low aerobic movements with core, strength building, and abdominal exercise routines.

Family Fitness @ the Center

Geared towards kids of all ages and their families. Class is filled with safe, fun and challenging games, activities and exercises providing creative options for quality family time and to start active family lifestyles.

Hatha Yoga

All ability level class includes foundational poses and sequences. Designed to build strength, balance and flexibility incorporating breathwork and body alignment.

Mat Pilates

All ability level class. Challenge and calm the mind and body while improve core strength & stability, posture, balance, and increase flexibility. Incorporating pilates rings, rollers, balls, and bands in core training exercises that may reduce pain and the risk of injury.



Pilates Barre

All ability and fitness levels. This transformational full body workout concentrates on hips, thighs, seat, abdominals and arms while emphasizing core stability to support precise movements, integrating whole body balance, strength and flexibility, lengthening and working towards leaner muscles.

Spin

All fitness level upbeat spin class with an emphasis on improving cardiovascular endurance while having fun! High energy, challenging cardio workout on fixed exercise bikes using hill climbs, sprints, and endurance drills is designed to meet your fitness goals. During inclement weather, the class may move indoors.

Stroller Strides

Stroller-based fitness program designed for moms with little ones and soon to be moms. Each total body workout incorporates power walking, strength, toning, songs, and activities.

STRONG by Zumba

All fitness level fun bootcamp/HIIT workout set to music with a driving beat. Utilizes body resistance and traditional fitness moves including squats, planks, jacks, lunges, pushups. Four increasingly challenging sections zero in on core muscle training with floor work (bring a mat or towel).

GROUP EXERCISE CLASSES

For an updated schedule, see our website at millvalleyrecreation.org or call (415) 383-1370.

See page 79 for Group Exercise class fees.

STRONGMOM® Aqua

Aqua program designed for moms and soon to be moms to strengthen, maintain stamina, and improve flexibility. Water exercise may also improve circulation, reduce musculoskeletal stress and swelling.

STRONGMom® Fitness

This pre/postnatal class is designed for women at every stage of motherhood, including expectant moms. This full body workout puts extra emphasis on the core through pelvic floor and other postural exercises, helping to build strength from the inside out." Contact Coach Tilda for more information about STRONGMom® Aqua and STRONGMom® Fitness at tilda@coachtilda.com or www.coachtilda.com



TRX Strong

Intermediate to advanced level strength exercises utilizing TRX Suspension Trainer and body weight. "Feel the burn" while powering through multiple sets of high-tension loads in this time-based workout. Two unique blocks of strength exercises deliver a high intensity cardio workout. During inclement weather, the class may move indoors.

Unplug Yoga

All level class focusing on form and alignment with flowing sequences, breath work, deepening of poses and meditation. Reconnect, re-energize, and breathe while discovering and practicing self-care movement and exercises.

Water Fitness

Medium to high intensity. High energy, fast-paced class focusing on aerobic conditioning through challenging movements, repetitions, and sets. Focusing on corrective form, performance-based water skills, full-body muscle building, tougher core routines in deep water may be included. Designed for those comfortable in deep water with accomplished Water Strength class skills.

Water RX

Lower intensity and slow beginning level class designed for joint range of motion, balance and alignment, with core fundamentals. Participants progress to improve muscle mass and begin developing cardiovascular endurance. Ideal for persons recommended by physicians for pre-or-post surgery rehabilitations. Must be able to enter water unassisted. Taught in deep & shallow water. Buoyancy waist belts available for use.



Water Strength

Medium intensity intermediate level class focused on mastering core alignment in deep and shallow water exercise. Designed to build overall sense of strength and cardio ability. Includes more strenuous balance patterns and reactive movements such as bouncing. Expand deep water aerobic comfort (6ft depth). Learn to use a wide variety of water-specific equipment. Taught in deep and shallow water. Designed for those comfortable in deep water with accomplished Water RX class skills.

Yoga @ Old Mill Park

All level family friendly, community style yoga. Alignment-based Hatha practice, gently paced, and considerate of creaky joints. Enjoy mindful movement, stretching and strengthening in the company of majestic redwoods and fresh air. Recommended layered clothing and bringing yoga mat for outdoor use.

Yoga Flow & Go

All level class focused on enjoying the union of breath, movement and skillful alignment in a gentle flow that warms the body. Class moves into standing and strength building postures and finishes with deeper stretching. Participants depart for their day feeling strong, flexible and balanced.

Zumba/Zumba Gold

All level class adapted to fit the needs of all exercisers from those needing low-impact moves to a challenging cardio workout. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance! Zumba® is designed to bring people together for a calorie-burning dance fitness experience.

Zumba @ The Center

All level class that takes the "work" out of workout, mixing low-intensity and high intensity moves for an interval style, calorie burning dance fitness party on the lawn. Join the dance party with Latin and World rhythms and experience fun and upbeat exercise in disguise.

WINTER GROUP EXERCISE CLASS LIST

See our website for the current schedule and updates at millvalleyrecreation.org.

Don't forget to check out our complimentary monthly classes. Pick up or download a schedule at millvalleyrecreation.org.

M O N	8:30am: Spin – Sheri 8:30am: Cardio Interval – Loretta 9:00am: Water Fitness – Tina 9:15am: Strong by Zumba – Beth 9:30am: Stroller Strides – Karin* 9:30am: Body Sculpt – Sheri 10:00am: Water Strength – Tina 10:35am: Body Tone – Jude 11:00am: Aqua Insanity – Tina
T U E S	8:30am: Mat Pilates – Kathy 8:30am: TRX Circuit – Tilda** 9:00am: Water Fitness – Kim 9:30am: ZumbaHIIT Dance/Zumba Gold – Beth 10:00am: Water RX – Kim 10:45am: Hatha Yoga – Tom 12:00pm: Spin – Sheri 6:00pm: Water Fitness – Carla 6:00pm: TRX Strong – Tilda
W E D	8:30am: Cardio Interval – Loretta 8:30am: Spin – Sheri** 9:00am: Water Fitness– Tina 9:30am: Body Sculpt – Sheri 10:00am: Water Strength – Tina 10:35am: Body Tone – Jude 11:00am: Aqua Insanity – Tina 12:30pm: Unplug Yoga – Emily
T H U R	8:30am: Mat Pilates – Kathy 8:30am: TRX Circuit – Tilda** 9:00am: Water Fitness – Kathy 9:30am: ZumbaHIIT Dance/Zumba Gold – Beth 10:00am: Water RX – Kathy 10:45am: Hatha Yoga – Tom 12:00pm: Spin – Sheri 6:00pm: Water Fitness – Sheri 6:00pm: TRX Circuit – Ramiro
F R I	8:30am: Spin – Sheri** 8:30am: Power Step – Loretta - 1st Friday ONLY 9:00am: STRONGMOMAqua® - Tilda 9:00am: Water Fitness – Tina 9:15am: Power 60 – Harriet 9:30am: Body Sculpt – Sheri 9:30am: Stroller Strides – Carrie* 10:00am: Water Strength – Tina 10:30am: Body Sculpt – Sheri 11:00am: Aqua Insanity – Tina
S A T	8:30am: Spin – Sheri** 9:00am: TRX Strong – Harriet** 11:15am: Aqua Zumba – Bea



All Classes are Designed for All Levels of Exercisers and Can be Modified to be Easier or More Challenging.

*Additional Fee

** Outdoor Class

Free OUTDOOR Recreation



YOGA at Old Mill Park

1st SATURDAY of the Month 9-10AM

Family friendly, community style yoga. Enjoy mindful movement, stretching and strengthening in the company of majestic redwoods, and lots of fresh air. This class is an alignment-based Hatha practice, gently paced, and considerate of creaky joints. All levels of experience and flexibility are welcome. Bring along your kids, spouse, friends, neighbors. You can even bring your dog! Don't forget a mat (that can be used outside), props if you use them, and best to wear layers!



FAMILY FITNESS at The Center

2nd SATURDAY of the Month 9-10AM

Join Coach Tilda for a fun workout for the entire family! Geared towards kids of all ages and their families, class is filled with games, activities and exercises that are safe, fun and challenging for both kids and parents. Not only is this a creative way to start an active lifestyle at a young age, you get to spend quality time with your family!



ZUMBA at The Center

3rd SATURDAY of the Month 9-10AM

Join the dance party! We take the "work" out of workout, by mixing low-intensity and high intensity moves for an interval-style, calorie burning dance fitness party on the lawn. Once the Latin and World rhythms take over, you'll see why Zumba Fitness classes are often called exercise in disguise.



YOGA FUNDAMENTALS

4th SATURDAY of the Month 9-10 am

This class is suitable for absolute beginners as well as those seeking to strengthen the foundation of their existing yoga practice. Are you a long time practitioner plagued by injuries? A raw beginner wondering what yoga can do for you? Each Fourth Saturday we will learn and practice the fundamentals of healthy and safe alignment. We will learn a little anatomy, a little philosophy and some basic meditation techniques. Most of all we'll have fun! Class meets at **Old Mill Park Amphitheatre** 10 minutes prior to class.

For more information contact the Aquatics and Fitness Center. 415-383-1370



WELL BEING
MILL VALLEY



PERSONAL FITNESS TRAINING

The Mill Valley Fitness Center offers affordable personal training options.
All trainers can work with all levels of exerciser.

1 HOUR PERSONAL TRAINING

1 Session - \$70
4 Sessions - \$265
8 Sessions - \$520

30 MINUTE PERSONAL TRAINING

1 Session - \$35
4 Sessions - \$133
8 Sessions - \$260

1 HOUR 2-PERSON TRAINING

1 Session - \$49
4 Sessions - \$186
8 Sessions - \$364

30 MINUTE 2-PERSON TRAINING

1 Session - \$25
4 Sessions - \$94
8 Sessions - \$182

Prices shown are **per person** program costs.

Our trainers will customize your workout according to individual needs, with strict attention to any pre-existing medical or physical conditions. If necessary they will also assist with your rehabilitation.
To book an appointment please contact our trainers directly:



FITNESS FLOOR ORIENTATION

As a service to all Annual and Automatic Monthly Payment patrons a Free 1-hour fitness orientation is provided with any MVR Personal Trainer. Trainers will review all equipment, proper technique, safety guidelines, policies and procedures for pass holders to safely exercise and workout at the Aquatics and Fitness Center.

Equipment orientations are not personal training sessions. Failure to attend scheduled orientations or cancellation within a 24-hour period will result in loss of this free service.

Adults Ages 18 yrs+: (\$40) 1-hour fitness orientation with any MVP Personal Trainer to review all equipment, proper technique, review all safety guidelines, policies and procedures in order to safely exercise and work out at the Aquatics and Fitness Center.

Mandatory Fitness Floor Safety Orientation for Youth Access

Ages 11 – 13 yrs: (\$80) provides a package of (4) 30-minute training sessions with any MVR Personal Trainer to review all equipment, proper technique, review all safety guidelines, policies and procedures in order to safely exercise and work out at the Aquatics and Fitness Center. Required before access to independent workouts.

Ages 14-17 yrs: (\$40) 1 -hour fitness orientation with any MVP Personal Trainer to review all equipment, proper technique, review all safety guidelines, policies and procedures in order to safely exercise and work out at the Aquatics and Fitness Center. Required before access to independent workouts.

For additional training and exercise opportunities for youth, teens, and adults, please see pages 80-88 or contact the Aquatics & Fitness Supervisor at (415) 383-1370.

PERSONAL TRAINERS

AQUA & GENERAL FITNESS - Water is the wave of the fitness future! Aquatic Assessments & Post-Assessment Training as well as General Personal Training available.



Tina Parrish – Aqua and Fitness Personal Trainer. Use the Water to Get Moving!

Certified AEA Water Fitness Professional and NASM Personal Trainer specializing in using water to teach safe and effective exercises for active adults of all ages and abilities. Water exercise may improve mobility, reduce chronic health challenges such as degenerative conditions, injuries, and metabolic disorders like diabetes, obesity, and high blood pressure. Health coaching and integrative approach to overall wellbeing transforming mindset through exercise and positive collaboration with health and wellness professionals to address individual needs.

AQUA ASSESSMENT 60 minute session – \$140 (Includes 2 pool passes)

POST-ASSESSMENT 60 minute sessions - 1 Session - \$70 | 4 Sessions - \$265

POST-ASSESSMENT 30 minute sessions - 1 Session - \$35 | 4 Sessions - \$133

Contact Tina at (415) 827-6895 | tinalandwater@yahoo.com

GENERAL FITNESS - Learn a variety of fitness principles and build a healthy lifestyle through exercise.



Tom Beyer – Enhance your Mind, Body & Spirit

Certified ACE Fitness Trainer, B.A. degree, teaching credentials in yoga and meditation.

20 + years of experience helping people of all fitness levels and rehabilitation needs work toward individual goals. Specializes in Pre & Post Op Rehab, Stability, Balance & Fluidity, Gentle personalized approach tailored to each individual's needs.

Contact Tom at (415) 420-3386 | tom@fit-at-any-age.com



Jill Hawkins – A balanced lifestyle leads to happiness and wellness

Recreation Therapist with over 25 years of experience in health, wellness, personal training, land and water group fitness instruction.

Enjoy fitness & exercise with this result driven, motivating and empowering trainer supporting the creation of a fun and balanced lifestyle. Specializes in coordination, balance and joint rehabilitation. Equating fitness to freedom, maintaining muscle and flexibility.

Contact Jill at (224) 323-3915 | jillsuzanne27@gmail.com



Sheri Lempert – Specializing in Safe, Effective Full-Body Workouts, Fitness Nutrition

Certified NASM, ACE, TRX, and Maddog Athletics Trainer.

Specializes in cardiovascular and resistance training, with an emphasis on proper form, effective training techniques, and nutrition for optimal performance. Workouts focus on sculpt, tone, endurance, strength, balance and flexibility in safe, effective, challenging workouts aimed at reaching health, fitness, and lifestyle goals. Inspiring strong, vibrant active, healthy, balanced lifestyles.

Contact Sheri at (415) 378-8609 | getfitwithsheri@gmail.com | getfitwithsheri.com



Tilda Loftin – Work hard, keep it fun and see great results

NASM certified personal trainer, massage therapist, land and water group fitness instructor

Focuses on proper technique, nutrition and a whole-body approach to fitness. Specializes in teen, pre/post-natal and corrective exercise, utilizing a combination of high intensity drills, strength workouts, plyometric and body resistance with proper technique that can quickly, and safely, improve strength and fitness.

Contact Tilda at (650) 867-2505 | tilda@coachtilda.com | coachtilda.com

PERSONAL TRAINERS

The Mill Valley Fitness Center offers affordable personal training options.
All trainers can work with all fitness and ability levels.

GENERAL FITNESS - Learn a variety of fitness principles and build a healthy lifestyle through exercise.



Elisa Menzel – Balance Exercise Programs for Older Adults

Certified ACE Fitness Trainer.

Featuring a well-designed exercise program with concurrent performance of balance exercises and additional tasks to improve function, balance-recovery, reaction capacity and postural stability. Experience superior multi-component balance training through an all-inclusive strategy in a safe and caring personal training session.

Contact Elisa at (415) 748-1977 | Elisa@fitness-inside-out.net



Tracey O'Hare – Movement for everybody

Certifications from ACSM, ACE and TRX. B.S. in Kinesiology. HAES advocate. Aqua and fitness personal trainer.

Specializes in adapting training for rehabilitation needs (orthopedic, cardiac and cancer-related), beginners and seniors focusing on effective body awareness, safe movement, skills, technique, confidence and progressions encouraging improved strength and fitness.

Overcoming Fear of Water Class for Adults available. Cost: \$45/ 30-Minute Private Lesson for 1 Person

Contact Tracey at (415) 381-4810 | tracey_ohare@hotmail.com



Harriet Parsons – Specialist in the Fundamentals

Certified TRX, NCSF Personal Training and Nutrition.

Specializes in providing creative, fun, high energy workouts through fundamentals to ensure the correct neural pathways are firing up to optimizing workouts, whilst minimizing the risk of injury. Providing structure and focus to workouts using weights with cardio workouts.

Contact Harriet at (415) 400-9316 | mrsharryfitness@icloud.com



Ramiro Vasquez – Fitness and wellness should be a joyful passion

Certified ACE Fitness Trainer with 5 years of personal training experience.

Training style focuses on the use of free weights and body weight. Specializes in developing body building/power lifting training techniques for both men and women incorporating new training styles ideal for a wide variety of fitness levels. Personalized training program utilizes active listening, establishing fitness goals, and promoting wellness from within through balance of mind, body and soul.

Contact Ramiro at (707) 308-5694 | Ramirov2018@icloud.com



Carol Viliani – Safe strength, balance and flexibility training for all levels

Certified ACE Fitness Trainer. BS degree in Zoology from UC Berkeley with 20 years as Food Nutrition and Science professional.

Specializes in whole body strength, high performance recreational workouts, plyometrics, speed and agility training. Techniques for developing strength training with confidence, individual fun and goal-oriented workouts encourage strong, confident and active lifestyles. Senior clients focus on five activities of daily life with fitness being a catalyst for positive change affecting every aspect of life.

Contact Carol at (303) 910-3176 | carolvigliani@gmail.com

Disclaimer: Consult a physician before beginning any exercise program. Mill Valley Recreation is not a medical facility or rehabilitation center able to address significant medical concerns. Physician consent form required only for participants with a heart condition.

PERSONAL TRAINERS

The Mill Valley Fitness Center offers affordable personal training options.
All trainers can work with all fitness and ability levels

NUTRITION - Nourish your body with whole foods. Transform your health.



Kat O'Loughlin – Certified Nutrition Consultant leading monthly classes at the Mill Valley Community Center.

Educating health-minded clients and encouraging dietary and lifestyle changes which may increase energy, improve sleep, mood, immune and digestive health and reduced inflammation. Focus is on developing the understanding and connection between food and optimum health beyond weight loss. Schedule a complimentary 15-minute consultation.

Pricing same as Personal Fitness Training Prices on page 84. Purchase packages of 4 or 8 sessions. Single session not available.

Contact Kat at (415) 350-3795 | NutritionWithKat@gmail.com

PILATES & YOGA - Grasp the basics of Yoga, learn to modify a practice while healing, and much more.



Susanna Czuchra – Between Heaven and Earth Wellness

All level yoga class taught by Acupuncturist, herbalist, and Iyengar tradition yoga teacher with a private practice in Mill Valley, offering group classes at the Aquatics and Fitness Center. Specializes in helping people of all fitness levels find comfort and grace through mindful movement with a playful and direct teaching style and a keen sense of resolving physical complaints through application of the yoga asanas. Experienced in working with many types of challenges including fibromyalgia and scoliosis.

Contact Susanna at (415) 271-2171 | between.heaven.earth@mac.com

FaceBook: **Between Heaven and Earth Wellness**



Kathy Catalano – Private Pilates and Yoga Instruction (Iyengar)

Certified ACE Fitness Trainer, Mat and Small Apparatus Pilates, and Yoga Alliance E-RYT 300 Hour, Women's Pelvic Floor training.

Specializes in exercise to therapeutically increase movement, strength and flexibility emphasizing proper breathing, correct spinal and pelvic alignment and optimizing safe movement of the shoulder girdle. Focus on enhancing sports performance training deep "core" muscle groups, improving safety and efficiency of movements. Developing programs of specific Pilates exercises and/or Yoga poses and stretches to target muscle imbalances, improving posture and balance which may prevent or relieve chronic back pain.

Contact Kathy at (415) 717-4093 | kscinca@icloud.com



Emily Dixon – Principles of Ashtanga Yoga

Emily's teaching style comes from a deep love and respect for the principles of Ashtanga yoga, 20 years of committed practice and 15 years of teaching. 500 hours of basic and advanced training, severe injuries and 18 months with her teacher in India brought Emily deeper into the healing and transformative powers of yoga. Her real gift is her own imperfection and beginner's mind, because it gives students permission to be where they are in an inclusive body positive environment. Emily teaches because she loves to share it!

Contact Emily at (415) 407-3957 or emilydixonmarketing@yahoo.com

Disclaimer: Consult a physician before beginning any exercise program. Mill Valley Recreation is not a medical facility or rehabilitation center able to address significant medical concerns. Physician consent form required only for participants with a heart condition.

FITNESS FOR MOM!



Stroller Barre®

Stroller Barre® is a 60-minute cardio and strength interval class designed to improve posture, stability, and mobility. This workout combines moves inspired by barre, ballet, Pilates, fitness, and yoga to help you regain posture and alignment while strengthening your body from the inside out. Stroller Barre® will help you reconnect with your body, increase flexibility and develop the core strength needed for motherhood.

Day	Time
M	*9:30am–10:30am

Fee: First class free. Several class package options available.
Location: Hauke Park



Stroller Strides

Come join a total fitness program that moms can do with their stroller-age children! It includes power walking and intervals of strength and body toning exercises using exercise tubing, the stroller and the environment. Workouts are usually 1 hour containing a 50 minute section of cardio/strength and 10 minutes of abs and stretching. Classes are usually held outdoors unless extreme weather. You do not have to have a jogger stroller.

Day	Time
W, F	*9:30am–10:30am

Fee: First class free. Several class package options available.
Location: Hauke Park

To register for Stroller Strides or Stroller Barre, go to Marin.fit4mom.com. Any questions or concerns, contact Karen McMillin at karenmcmillin@fit4mom.com or by phone at (415) 793-6195.



STRONGMom® Aqua

Water holds a multitude of physiological benefits during pregnancy, from reducing musculoskeletal stress to supporting the weight of the fetus. Allow your heart to pump blood more efficiently, reduce pregnancy-related swelling (edema) and take the pressure off your bladder. Coach Tilda will guide you through a full body workout in the pool to strengthen, help you maintain stamina, and improve your flexibility. Class ends with some relaxing yoga moves and stretching to leave you fresh and energized. Coach Tilda has over 17 years of experience in pre/postnatal fitness. She is the Cofounder and Head Coach for STRONGMom®, a pre/postnatal fitness app, and a mom who worked out herself in the water during both her pregnancies.

Day	Time	Location
Fridays	*9:00am	Cove

Cost: \$13 for drop in or available under monthly fitness pass.
Class is limited to 8 people



STRONGMom® Fitness

This pre/postnatal class is designed for women at every stage of motherhood, including expectant moms. This full body workout puts extra emphasis on the core through pelvic floor and other postural exercises, helping to build strength from the inside out. Contact Coach Tilda for more info about STRONGMom® Aqua and Fitness at tilda@coachtilda.com or coachtilda.com.

Day	Time	Location
Tu, Th	*10:00-11:30am	Cove

Cost: \$13 for drop in or available under monthly fitness pass.
Class is limited to 8 people



*KidzWatch childcare is available during these times. Please see page 89 for more information.

KIDZWATCH

A Drop-In Quality Child Care Program

Children play in a toy-filled room or fenced-in outdoor playground area under the watchful eyes of caring, trained MVR staff. Children are accepted on a "first come, first served" basis for a maximum of 2 hours. KidzWatch is not a licensed child-care facility. Children are supervised at all times. For the enjoyment of the children, KidzWatch contains an assortment of books, games, toys, and supervised activities/projects. Educational TV/learning videos are also used on occasion to entertain the children. The Mill Valley Recreation Department is not responsible for broken, lost or stolen personal items. MVR KidzWatch staff are CPR trained, fingerprinted and background check through Department of Justice.

Hours:

M – F	8:30am–1:00pm
Sat	8:15am–12:00pm
Sun	8:30am–12:00pm

Onsite Daily Drop-in

Quality childcare program designed for children 3 months to 8 years of age. Designed for parents who stay onsite either taking a swim, attending a class or enjoying another MV Community Center activity. Diaper changing service is not provided.

Onsite Daily Drop-in Fees:

\$6 first hour per child + \$2.25 every 15-minutes thereafter.

ATTENDING A GROUP FITNESS CLASS?

If you are only attending one group fitness class, you will only be charged for 1 hour as long as you pick up no more than 15 minutes after the end of the class.

Daily Drop & Go–Offsite

Designed for Mill Valley caregivers/parents enjoying a workout, walking the public path, running errands, shopping or meeting for coffee with friends in the City. Parents/caregivers must be able to return within 15-minutes and reachable/responsive by cell phone.

Daily Drop & Go - Offsite Fees:

\$11 first hour per child + \$2.25 every 15 minutes thereafter.



KidzWatch Guidelines

- For the wellbeing and safety of all, sick children will not be accepted into the KidzWatch Room (e.g., runny nose, cough, congestion, fever, vomiting, diarrhea, etc.). KidzWatch is a healthy and happy place.
- Label all belongings
- Prior to checking into the KidzWatch room, please feed and change your children.
- Due to allergies and dietary restrictions please refrain from bringing snacks into KidzWatch which is a "nut-free" zone.
- Diaper changing service is not provided. Parents will be asked to return to KidzWatch.
- Late Pick Up: Children picked-up after the posted KidzWatch closing time will be charged \$10 per child for every 15 minutes. Late pickups from the initial close that are 1–14 minutes will be charged \$10.

Donations:

To donate to the KidzWatch Room, please contact the Aquatics/Fitness Center Supervisor. Donation receipt provided.

POOL PROGRAM DESCRIPTIONS

All Aquatics and Fitness Center Guidelines, Policies and Rules apply.
All pool toys/equipment are subject to staff/lifeguard approval.

Family Swim (Cove or Splash Shallow Area)

Families are invited to come and explore the shallow 3ft-4ft deep water.

Water Walking

Independent workout consisting of striding along the bottom of the pool, using buoyancy aids for arm & leg motions, and/or striding while floating. Exercise by swimming slowly with the head above the water, is considered Lap Swim. Water Walkers may walk during Open Swim or Family Swim. Water Walking is a shared space activity requiring an area or 6-person lane to be shared with other individuals. Splashing may occur. Deep-end access is not guaranteed.

Lap Swim-all ages

Up to 3-lap lanes can each accommodate a maximum of 7 swimmers to engage in continuous lap swimming. Lap lanes are rated for 'Slow, Medium & Fast' swimmers. Standard MVR Lap Swim etiquette is always enforced. Please circle swim in an appropriately paced lane, west-end entry, wait to begin swimming until all swimmers are aware of your presence. No lane splitting. To pass, tap the foot of the person in front of you. Pass at the walls on the left side. Kickboards, masks, snorkels and fins are only allowed during Lap Swim.

Open Swim

An area of the pool is open for free swim and play. The water slide is open during posted hours.

Kickboards, pull buoys, snorkels, paddles and lesson/class equipment are not available for use during Open Swim. Personal toys and pool equipment are only allowed at the lifeguard's discretion. No noodles, balls or flotation toys allowed.

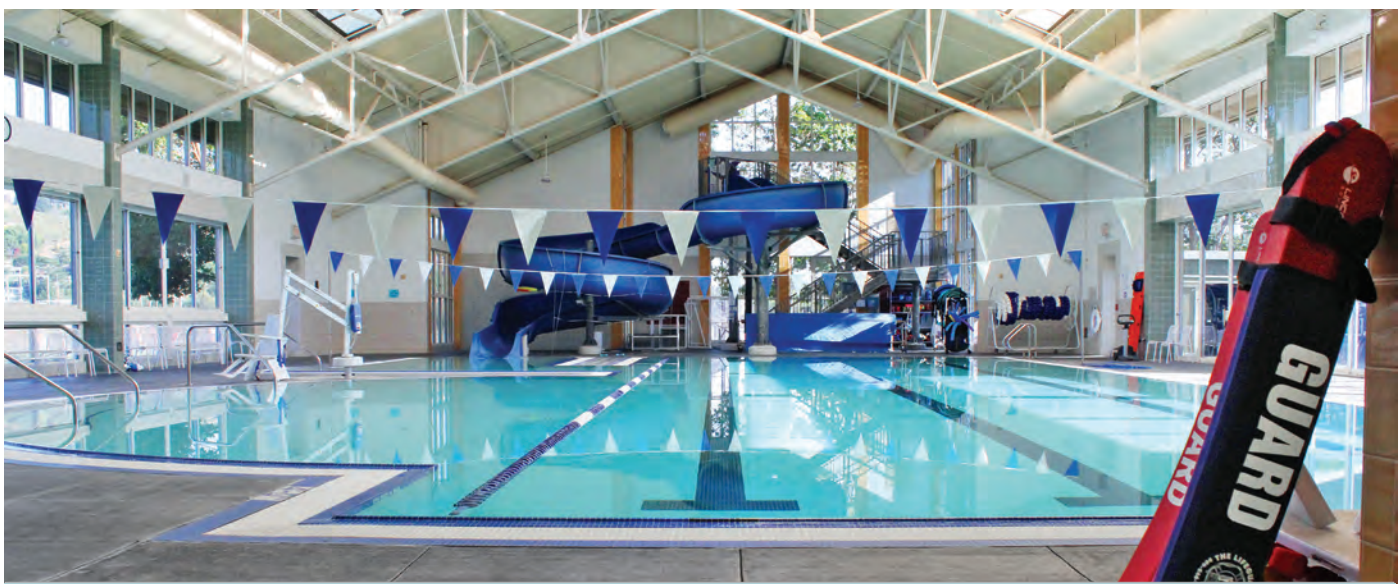
Swim Lessons

- Open to the public for ages 6-months - adult.
- Children under 3 years may register for parent/ child classes.
- Children ages 3 to 15 years may register for 11-levels of group lessons.
- Private lessons are available for children, adults and seniors.

Due to the high popularity of the swim lesson program there may be lessons occurring in lap lanes or various areas of the pool at any time. For more information on the MVR Swim Lesson Program, please refer to pages 93-97. Pool schedules indicate when the entire pool or a portion may be closed for the MVR swimming lesson program.

Shared Space

The MVR pool is a highly popular and well-used City of Mill Valley facility. Every effort is made to equally and fairly schedule time among all user groups. During shared-use times please abide by the Facility Guidelines, Code of Conduct and respect all users.



**AT ALL TIMES YOU MUST FOLLOW THE CODE OF CONDUCT.
IF YOU DO NOT FOLLOW THE POSTED GUIDELINES ON PAGE 5,
CODE OF CONDUCT OR LIFEGUARD INSTRUCTIONS, YOU MAY BE ASKED TO LEAVE.**

POOL PARTY

Rentals



POOL PARTY DURING OPEN SWIM

- Party participants must be 7 years or older
- Party is either Sat or Sun for 2 hours
- Starts at 12:15pm or 2:45pm
- Swimming and private party room included
- Must be at least 48" to ride the slide

COST

- \$325 1 - 15 Children & 4 Adult Swimmers
- \$350 16 - 25 Children & 4 Adult Swimmers
- Price includes \$100 refundable deposit

PRIVATE POOL PARTY AFTER HOURS

- Party after hours can start Fri @ 7pm, Sat & Sun @ 6pm
- Private use of entire pool, spa, patio, locker rooms and Cove Room
- Max capacity is 250

COST

- Party packages start at \$795 (local resident)
- 3 hour minimum rental including 30min setup & 30min clean up time
- Slide operation requires a min of 4 lifeguards
- \$500 refundable security deposit required

POOL SCHEDULES

Winter Pool Schedule

For Holiday Hours, see page 78 or visit millvalleyrecreation.org for more information.

MAIN POOL/"LANES"

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 6:30am	Open 6:30am	Open 6:30am	Open 6:30am	Open 6:30am	Open 7:30am	Open 8:30am
Lap Swim 6:30-9:00	Lap Swim 6:30-9:00	Lap Swim 6:30-9:00	Lap Swim 6:30-9:00	Lap Swim 6:30-9:00	Lap Swim 7:30-8:30	Lap Swim 8:30-9
Water Fitness/ Water Walk* 9:00-10:00	Water Fitness/ Water Walk* 9:00-10:00	Water Fitness/ Water Walk* 9:00-10:00	Water Fitness/ Water Walk* 9:00-10:00	Water Fitness/ Water Walk* 9:00-10:00	Lap Swim - 1 Lessons - 2 8:30-11:00	Lap Swim - 1 Laessons - 2 9:00-11:00
Aqua Zumba/ Water Walk* 10:00-11:00	Water RX/ Water Walk* 10:00-11:00	Water Strength/ Water Walk* 10:00-11:00	Water RX/ Water Walk* 10:00-11:00	Water Strength/ Water Walk* 10:00-11:00		
Aqua Insanity/ Water Walk* 11:00-12:00	Lap Swim 11:00-12:00	Aqua Insanity/ Water Walk* 11:00-12:00	Lap Swim 11:00-12:00	Aqua Insanity/ Water Walk* 11:00-12:00	Aqua Zumba - 2 11:15-12:15	Lessons 11:00-12:30
Lap Swim 12:00-2:00	POOL CLOSED 12:00-1:30	Lap Swim 12:00-2:00	POOL CLOSED 12:00-1:30	Lap Swim 12:00-3:30		
Water Walk - 1 Lap Swim - 2 2:00-3:30	Water Walk - 2 Lap Swim - 1 2:00-3:30	Water Walk - 1 Lap Swim - 2 2:00-3:30	Water Walk - 2 Lap Swim - 1 2:00-3:30	Open Swim Water Walk - 1 3:30-5:30	Open Swim 12:15-4:55 Slide Hours 12:30-4:30 *Slide may be opened or closed at managers discretion	Open Swim 12:15-4:55 Slide Hours 12:30-4:30 *Slide may be opened or closed at managers discretion
Lessons 3:30-6:00	Lessons 3:30-6:00	Lessons 3:30-6:00	Lessons 3:30-6:00	Lap Swim 5:30-6:25		
Swim Lessons - 1 Lap Swim - 2 6:00-7:00	Swim Lessons - 1 Water Fitness - 2 6:00-7:00	Swim Lessons - 1 Lap Swim - 2 6:00-7:00	Swim Lessons - 1 Water Fitness - 2 6:00-7:00	CLOSED 6:25pm	CLOSED 4:55pm	CLOSED 4:55pm
Lap Swim 7:00-8:55	Lap Swim 7:00-8:55	Lap Swim 7:00-8:55	Lap Swim 7:00-8:55	Pool will close @ 4:00 the last Friday of each month		
CLOSED 8:55pm	CLOSED 8:55pm	CLOSED 8:55pm	CLOSED 8:55pm	*No dedicated lane during water walking ***There may be other programs or lessons occurring in the pool that differ from the schedule Please call (415) 383-1370 with questions		

SHALLOW END "COVE AREA"

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Open 6:30am	Open 6:30am	Open 6:30am	Open 6:30am	Open 6:30am	Open 7:30am	Open 8:30am
Water Walk 6:30-8:00	Water Walk 6:30-8:00	Water Walk 6:30-8:00	Water Walk 6:30-8:00	Water Walk 6:30-8:00	Water Walk 7:30-8:00	Water Walk 8:30-9:00
Family Swim/ Water Walk 8:00am-3:00	Family Swim/ Water Walk 8:00-12:00	Family Swim/ Water Walk 8:00-3:00	Family Swim/ Water Walk 8:00-12:00	Family Swim/ Water Walk 8:00am-6:25pm	Swim Lessons 8:00-12:30	Swim Lessons 9:00-12:30
	POOL CLOSED 12:00-1:30		POOL CLOSED 12:00-1:30			
	Family Swim/ Water Walk 1:30-3:00		Family Swim/ Water Walk 1:30-3:00		Open Swim 12:15-4:55	Open Swim 12:15-4:55
Lessons 3:00-6:30	Lessons 3:00-6:30	Lessons 3:00-6:30	Lessons 3:00-6:30	CLOSED 6:25pm	CLOSED 4:55pm	CLOSED 4:55pm
Family Swim/ Water Walk 6:30-8:55	Family Swim/ Water Walk 6:30-8:55	Family Swim/ Water Walk 6:30-8:55	Family Swim/ Water Walk 6:30-8:55			
CLOSED 8:55pm	CLOSED 8:55pm	CLOSED 8:55pm	CLOSED 8:55pm			

PLEASE NOTE: The first and last 5 minutes of any scheduled activity are transition times; lane lines and equipment will be set-up and cleaned up.
SHARED SPACE: There may be classes/programs going on in the pool during lap swim/water walking or open swim. You may get splashed.
SWIM LESSONS: When swim lessons are not in session, the pool is allocated for open swim.

MILL VALLEY SWIM SCHOOL

Swim Lesson Registration Info

Mail/Fax/Online: December 10th

In Person/Walk In: December 11th

WINTER SESSION DATES: Jan. 6 - April 3, 2020

No classes on 1/20, 2/17-2/21, 3/13

Complete list of Group & Private Swim Lessons are available online for info and registration.

Swim Lesson Policies, Procedures & Refunds

- Age level indicates the participants must be that age by the first class meeting.
- Refunds/Credits/Transfers may be requested a minimum of 2 working days prior to the start of a session. No refunds, credits or transfers will be provided less than 2 working days in advance.
- All refund requests will be charged an administrative fee of \$20, even if made within the refund policy time frame.
- Programs not meeting minimum enrollment may be canceled. A refund will be provided.
- Participants may not make-up classes which they have missed. Class make-ups may be scheduled for MVR cancellations only.
- Lessons must be paid for in full before start of lesson.
- Private Swim Lessons are one-on-one with an instructor.
- Semi-Private Swim Lessons are two to three students with an instructor. Registration for semiprivate lessons will only be accepted if two or three students are registered together and are of similar skill ability.
- All classes will meet during inclement weather. Refunds are not provided for weather, lack of child participation, traffic, or parking issues.
- Children under the age of 6 require adult supervision on the pool deck throughout lessons.
- To ensure the safety of participants please pick up students promptly at the end of their class or program.



MILL VALLEY AQUATICS

SWIM LESSONS CLASS DESCRIPTIONS

Swim Lesson Program for Early Swimmers

For questions, please call the Recreation Coordinator at (415) 383-1370 or swimlessons@cityofmillvalley.org

Parent Infant & Parent TOT

Further your child's comfort in the water by building confidence and independence. Children will play games, explore the water and learn basic swimming skills including floats and kicks.

Swim Lesson Program for Ages 3-5yrs

Orange Guppy - Intro to Water Safety 3-5yrs
 Yellow Seahorse - Basic Swim 3-5yrs
 Green Turtle - Fundamentals 3-5yrs
 Blue Sea Otter - Stroke Development 4-5yrs
 Purple Dolphin - Stroke Refinement 4-5yrs



Orange Guppy - Intro to Water Safety 3-5yrs

Designed to introduce students to learning readiness and water safety skills. Working with an instructor, students will be oriented to an aquatic environment and learn how to blow bubbles, submerge face in the water, float, kick, use arms and glide with assistance.



Yellow Seahorse - Basic Swim 3-5yrs

Students gain greater independence and develop comfort in and around the water. Focusing on the transition from assisted to unassisted swimming, students will work on gliding, kicking, using their arms, floating, rolling from front to back and swimming with little to no assistance. Continuing the practice of learning readiness and water safety skills.



Green Turtle - Fundamentals 3-5yrs

Prerequisite Pass Yellow Basic Swim or MVR Aquatics Coordinator approval

Students practice fundamentals to gain propulsive skills. Students will continue to practice learning readiness and safety skills, swimming comfortably and independently on their front and back. Introductions to deeper water, side breathing, rolling, water entry and independently returning to safety.



Blue Sea Otter - Stroke Development 4-5yrs

Prerequisite Pass Green Fundamentals or MVR Aquatics Coordinator approval

Designed to continue developing freestyle and back strokes while incorporating proper flutter kicks and side breathing technique. Students will practice retrieving objects under water, deep water entries, safety skills, introduction to breaststroke and butterfly kick.



Purple Dolphin - Stroke Refinement 4-5yrs

Prerequisite Pass Blue-Stroke Development or MVR Aquatics Coordinator approval

Coordinating freestyle, backstroke and breaststroke, students will work on swimming the length of the pool while improving endurance and refining stroke technique. Further development of deep water entries and safety techniques.

Please note – We try hard to guarantee the same instructor during swim lessons however, due to illness or unforeseen circumstances, sometimes there are substitute instructors. Please feel free to talk to the substitute instructor directly. If you have additional questions, please contact our Aquatics Coordinator.

Swim Lesson Program Ages 6+

For Adult Swim Lessons, please contact the Recreation Coordinator at (415) 383-1370 or swimlessons@cityofmillvalley.org

Prerequisites and evaluations are designed to maintain quality instruction, optimizing the overall learning experience for each student. Incoming students above Level 1 are encouraged to schedule a free swim evaluation to ensure proper placement. Swim goggles and swim cap are recommended for Levels 3+.

Level 1 – Introduction to Water

Level 1 is for new and returning students, who need to acclimate to feel comfortable in the water. Students will practice and gain basic aquatic skills including breath control, blowing bubbles, submerge whole head in water and face float. Level 1 includes introduction of water safety skills.

Level 2 – Water Adaption (body positioning)

Prerequisite Pass Level 1 or Blue-Stroke Development or MVR Aquatics Coordinator approval

Level 2 builds upon the skills in level 1, focusing on body control in the water. This level focuses on back float, front and back gliding, the addition of kicking during front and back glide, changing body position from front to back and back to front. Level 2 develops of water safety skills.

Level 3 - Stroke Development

Prerequisite Pass Level 2 or Purple Stoke Refinement or MVR Aquatics Swim Evaluation

Level 3 students develop propulsive fundamentals. Arm action is added to the basics developed in Level 2. Students will be introduced to bilateral breathing with crawl stroke. The dolphin (butterfly) and frog (breaststroke) kicks are introduced at this level. Retrieving objects under water are also introduced at this level. Level 3 continues development of water safety skills from Level 2.

Level 4 - Stroke Progression

Prerequisite Pass Level 3 or MVR Aquatics Swim Evaluation

Level 4 will continue to refine crawl and back strokes, as well as the leg action of butterfly and breaststroke. The arm action of both butterfly and breast stroke are introduced at this level. In addition, deep water entries are included at this level. Level 4 continues development of water safety skills from Level 3.

Level 5 - Stroke Advancement

Prerequisite Pass Level 4 or MVR Aquatics Swim Evaluation

Coordinating freestyle, backstroke and breaststroke, students will work on swimming the length of the pool while improving endurance and refining stroke technique. Introduction to lap swimming, butterfly arms, safety and rescue skills and further use of Personal Flotation Devise (PFD).

Level 6 - Stroke Refinement

Prerequisite Pass Level 4 or MVR Aquatics Swim Evaluation

Instruction focuses on stroke technique and endurance, coordinating butterfly arms with proper kicks, wall turns, use of Personal Flotation Devise (PFD) and intermediate safety and rescue skills. Introduction of the pace clock and interval training as well as an introduction of lifeguarding skills including stride jump and approaches.

Swim Club

Level 5+ or can swim whole length of pool

Swim Club is designed for students who can swim at least one length of the pool in a continuous fashion or are in Level 5 or above. Swimmers review and continue to advance their training as they develop and refine stroke technique, strengthen core muscles and improve endurance in a professional lap swim training program.

Winter 2020 - Group Swim Lessons – No Class 1/20, 2/17-2/20, 3/13

MONDAY/WEDNESDAY GROUPS Jan 6-Apr 1 (23 classes)					TUESDAY/THURSDAY GROUPS Jan 7-Apr 2 (24 classes)				
Level	Age	Time	Course	Cost	Level	Age	Time	Course	Cost
Orange Guppy - Intro	3-5yrs	3:05-3:35	52698	\$439	Orange Guppy - Intro	3-5yrs	3:05-3:35	52700	\$458
	3-5yrs	3:40-4:10	52702	\$439		3-5yrs	3:40-4:10	52703	\$458
	3-5yrs	4:15-4:45	52699	\$439		3-5yrs	4:50-5:20	52701	\$458
Yellow Seahorse - Basic Swim	3-5yrs	3:05-3:35	52717	\$439	Yellow Seahorse - Basic Swim	3-5yrs	3:05-3:35	52719	\$458
	3-5yrs	4:50-5:20	52797	\$439		3-5yrs	3:40-4:10	52718	\$458
Green Turtle - Fundamentals	3-5yrs	3:40-4:10	52711	\$439	Green Turtle - Fundamentals	3-5yrs	5:25-5:55	52790	\$458
	3-5yrs	4:15-4:45	52712	\$439		3-5yrs	4:15-4:45	52713	\$458
Blue Sea Otter - Stroke Development	3-5yrs	3:40-4:10	52706	\$439	Blue Sea Otter - Stroke Development	3-5yrs	5:25-5:55	52791	\$458
Purple Dolphin - Refinement	4-5yrs	4:50-5:20	52716	\$439		3-5yrs	3:40-4:10	52788	\$458
Level 1	6-12yrs	3:40-4:10	52677	\$439	Level 1	3-5yrs	4:50-5:20	52789	\$458
Level 2	6-12yrs	4:15-4:45	52665	\$439		6-12yrs	6:00-6:30	52676	\$458
Level 3	6-12yrs	4:50-5:20	52667	\$439	Level 2	6-12yrs	5:25-5:55	52440	\$458
Level 4	6-12yrs	5:25-5:55	52672	\$439		6-12yrs	3:40-4:10	52668	\$458
Level 5	6-12yrs	6:00-6:30	52666	\$439	Level 3	6-12yrs	4:15-4:45	52673	\$458
Level 6	6-12yrs	6:00-6:30	53026	\$439		6-12yrs	4:15-5:00	53031	\$458
					Swim Club	7-15yrs	4:15-5:00	53031	\$458
					Level 4	6-12yrs	4:15-4:45	52673	\$458
					Level 5	6-12yrs	4:50-5:20	52709	\$458

Winter 2020 - Private Swim Lessons (ages 2+) – No Class 1/20, 2/17-2/20, 3/13

MONDAY PRIVATES Jan 6-Mar 30 (11 classes)					TUESDAY PRIVATES Jan 7-Mar 31 (12 classes)					
Time	Day	Course	Course	Cost	Time	Day	Course	Course	Course	Cost
3:05-3:35pm	M	52725	52726	\$398	3:05-3:35pm	Tu	52734	52735		\$434
4:15-4:45pm	M	52728		\$398	4:15-4:45pm	Tu	52736			\$434
4:50-5:20pm	M	52729		\$398	4:50-5:20pm	Tu	52737			\$434
5:25-5:55pm	M	52730	52731	\$398	5:25-5:55pm	Tu	52738			\$434
6-6:30pm	M	52732	52733	\$398	6-6:30pm	Tu	52739	52740	53030	\$434
WEDNESDAY PRIVATES Jan 8-Apr 1 (12 classes)					THURSDAY PRIVATES Jan 9-Apr 2 (12 classes)					
3:05-3:35pm	W	52741	52742	\$434	3:05-3:35pm	Th	52750	52751		\$434
4:15-4:45pm	W	52744		\$434	4:15-4:45pm	Th	52752			\$434
4:50-5:20pm	W	52745		\$434	4:50-5:20pm	Th	52753			\$434
5:25-5:55pm	W	52746	52747	\$434	5:25-5:55pm	Th	52754			\$434
6-6:30pm	W	52748	52749	\$434	6-6:30pm	Th	52756	52757	52758	\$434

Private lessons can be converted to a semi-private lessons for up to 3 students of the same swim ability prior to session start.
 Per student cost to convert Monday classes to semi-private: \$288
 Per student cost to convert Tuesday, Wednesday or Thursday classes to semi-private: \$314

Please note – we try our hardest to guarantee the same instructor during swim lessons however, due to illness or unforeseen circumstances, sometimes there are substitute instructors. Please feel free to talk to the substitute instructor directly. If you have additional questions, please contact our Aquatic Lead or Aquatics Coordinator.

SWIM LESSONS

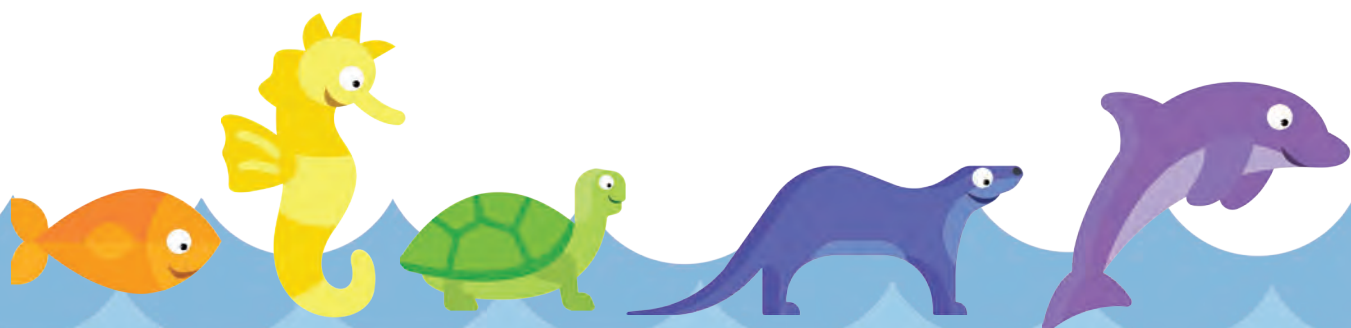
Winter 2020 - Group Swim Lessons – No Class 1/18, 1/19, 2/15, 2/16, 2/22, 2/23

SATURDAY GROUPS – Jan 11-Mar 28 (9 classes)					SUNDAY GROUPS – Jan 12-Mar 29 (9 classes)				
Level	Age	Time	Course	Cost	Level	Age	Time	Course	Cost
Parent & Infant	6-18mo	8:30-9:00	52697	\$128	Parent & Infant	6-18mo	9:40-10:10	52681	\$128
Parent & Tot	18-36mo	9:05-9:35	52683	\$128	Parent & Tot	18-36mo	9:05-9:35	52685	\$128
	18-36mo	10:15-10:45	52684	\$128	Orange Guppy - Intro	3-5yrs	9:05-9:35	52692	\$173
Orange Guppy - Intro	3-5yrs	9:05-9:35	52696	\$173		3-5yrs	10:50-11:20	52694	\$173
	3-5yrs	10:50-11:20	52794	\$173	Yellow Seahorse - Basic Swim	3-5yrs	9:40-10:10	52723	\$173
Yellow Seahorse - Basic Swim	3-5yrs	9:40-10:10	52720	\$173		3-5yrs	10:50-11:20	52724	\$173
	3-5yrs	10:15-10:45	52721	\$173	Green Turtle - Fundamentals	3-5yrs	9:05-9:35	52689	\$173
	3-5yrs	10:50-11:20	52722	\$173		3-5yrs	9:40-10:10	52688	\$173
Green Turtle - Fundamentals	3-5yrs	9:40-10:10	52710	\$173		3-5yrs	10:15-10:45	52690	\$173
	3-5yrs	10:50-11:20	52691	\$173	Blue Sea Otter - Stroke Development	3-5yrs	10:15-10:45	52686	\$173
Blue Sea Otter - Stroke Development	3-5yrs	10:50-11:20	52705	\$173		3-5yrs	10:50-11:20	52687	\$173
Purple Dolphin - Stroke Refinement	3-5yrs	9:05-9:35	52715	\$173	Purple Dolphin - Stroke Refinement	3-5yrs	11:25-11:55	52714	\$173
Level 1	6-12yrs	9:40-10:10	52680	\$173	Level 1	6-12yrs	9:40-10:10	52678	\$173
Level 2	6-12yrs	9:05-9:35	52439	\$173	Level 2	6-12yrs	10:15-10:45	52663	\$173
Level 3	6-12yrs	9:40-10:10	52669	\$173	Level 3	6-12yrs	10:15-10:45	52670	\$173
Level 4	6-12yrs	10:15-10:45	52674	\$173	Level 4	6-12yrs	11:25-11:55	52675	\$173
Level 5	6-12yrs	11:25-11:55	52441	\$173	Level 5	6-12yrs	11:25-11:55	52442	\$173
					Level 6	6-12yrs	11:25-11:55	53029	\$173

Winter 2020 - Private Swim Lessons (ages 2+) – No Class 1/18, 1/19, 2/15, 2/16, 2/22, 2/23

SATURDAY PRIVATES Jan 11-Mar 28 (9 classes)					SUNDAY PRIVATES Jan 12-Mar 29 (9 classes)				
Time	Day	Course	Course	Course	Cost	Time	Day	Course	Cost
8:30-9am	Sa	52759	52760		\$326	9:05-9:30am	Su	52783	\$326
10:15-10:45am	Sa	52765			\$326	10:50-11:20am	Su	52780	\$326
11:25-11:55am	Sa	52766	52767	52768	\$326				

Private lessons can be converted to a semi-private lessons for up to 3 students of the same swim ability prior to session start.
Per student cost to convert Saturday or Sunday classes to semi-private: \$236



Please note – we try our hardest to guarantee the same instructor during swim lessons however, due to illness or unforeseen circumstances, sometimes there are substitute instructors. Please feel free to talk to the substitute instructor directly. If you have additional questions, please contact our Aquatic Lead or Aquatics Coordinator.

PRIVATE SWIM LESSONS

A Great Way to Get the Personal Attention You or Your Child Deserve!

- Ages 2 years - Adult
- Private or Semi-Private lessons are 30-minute lessons.
- Private Swim lessons are one-on-one with an instructor.
- Semi-Private Swim lessons are two to three students of similar swim ability with an instructor.

PRIVATE OR SEMI-PRIVATE LESSON SCHEDULE & COST:

See pages 95-96

To register for a Private Lesson Session simply go online at www.mvprgoplay.org or send in a Registration form via fax, drop-in or mail.

To register for Semi-Private Lesson Session, send in Registration forms for each student via fax, drop-in or mail. If children are from different families, please Indicate on your form who will be sharing the semi-private lessons.

Online registration is not available for Semi-Private Lessons.

Please contact the Aquatics Department, via email swimlessons@cityofmillvalley.org or 415-383-1370 for more Information

personal attention



quality instruction

MILL VALLEY AQUATICS & FITNESS CENTER

Information and Guidelines

All City of Mill Valley, MVR, Aquatics and Fitness Center Guidelines, Policies and Rules apply.

Please review our Code of Conduct on page 5.

- Entry fee is required for all guests.
- Food, drink, gum, tobacco, drugs, or alcohol are not permitted.
- GLASS containers are not permitted.
- Cell phone use is not permitted in Lobby, Locker Rooms, Fitness Floor, Studio, Elevator or KidzWatch.
- Persons under the influence of alcohol or drugs will NOT be permitted in the facility.
- Persons using foul language or rude conduct will be asked to leave the facility.
- Towels are NOT provided, but are recommended and available for purchase.
- Lockers available, bring a lock. Monthly rental available to Annual and Monthly pass holders (\$10 per month).
- Schedule subject to change depending on programming, rentals, or weather.
- Management will determine when the roof/windows will be open.

Swimming Pool Guidelines

- All swimmers must wear a swimsuit.
- A cleansing shower is required before entering the pool or spa.
- US Coast Guard approved flotation devices only.
- Children 3 years and under and anyone not toilet-trained are required to wear a disposable and a reusable swim diaper. Available for purchase.
- Children under 7 years must be actively supervised at arm length by an Adults(16+) in the water. Poolside supervision is not permitted.
- Children 7-9 years old must be accompanied by an adult (16+).
- All pool toys/equipment are subject to staff/lifeguard approval.
- Running is not permitted on pool deck.
- Persons with a communicable disease, wearing bandages or having open wounds will not be allowed to use the facility.
- NO DIVING; Rough play, pushing, fighting, back dives, back jumps and flips are prohibited.
- Lap swim etiquette is applicable including circle swimming, 7 persons per lane maximum, passing at the ends of lanes, appropriate speed in lanes and west-end water entry and exit.

Spa Rules

- Children under 6 years old are NOT allowed in the spa.
- Children ages 6–14 must be supervised by an adult (16+) wearing a bathing suit and fully submerged in the spa with children.
- Maximum of 2 children per adult.
- Any individual wearing a swim diaper is NOT allowed in the spa.
- Sitting on the edge of the Spa with your feet in the water blocks the lifeguards' view and for safety is not permitted.

- Please keep your head above water in the Spa.
- Elderly people, pregnant women, young children and persons with health conditions, should consult with a physician before using the Spa.
- Life jackets or toys are not permitted in the Spa.

Slide Rules

- California State law requires minimum height of 48".
- Slide feet first on backside only.
- Slide users must be able to demonstrate basic water skills.
- Slide Attendants and Lifeguards direction slide users at all times.

Fitness Floor Guidelines

- Minimum age is 11yrs.
- 11–13 year old students must attend a mandatory fitness four thirty-minute orientation safety sessions in order to become approved to use the fitness floor and studio.
- 14–17 year old students must attend a 1-hour safety orientation.
- Adults (18+) are encouraged to attend 1-hour safety orientation session.
- Patrons are asked to bring a small towel while working out and wipe down the machines after each use.
- Closed-toed athletic shoes required.
- Appropriate athletic attire must be worn at all times: clean shirts, shorts, sweats. Swim suits or wet clothing are not permitted.
- Please limit use of any single cardio machine to 30 minutes.
- Please wipe down equipment after use.
- Return all equipment and re-rack weights.
- No Personal Training, Therapy, or fitness instruction sessions with non-MVPR staff allowed in the facility or on property.

Swimming Pool Features

- Main Pool: 3 Lanes; 25 Yards Long; 4-5' Deep
- Cove Pool: Wide Stairs; 3-4' Deep
- Water Temperature: 82-86°F
- ADA Accessible
- 11 Person Spa
- Retractable Roof & Water Slide

Fitness Floor, Fitness Studio & Weight Equipment

- | | |
|-------------------|------------------|
| 10 Spin Bikes | 4 Upright Bikes |
| 6 Treadmills | 1 Rowing Machine |
| 6 Ellipticals | 1 Hybrid Bike |
| 4 Recumbent Bikes | 1 Stair Climber |

Additional weight training equipment and exercise accessories are available.

ACTIVELY RECRUITING



**LIFEGUARDS/
SENIOR
LIFEGUARDS**



**PRESCHOOL
AIDES/
INSTRUCTORS**



**SWIM AIDES/
INSTRUCTORS**



**FACILITY
ATTENDANT**



KIDZWATCH



**SUMMER
CAMP STAFF**



**CAMP
COUNSELORS
& DIRECTORS**



**SPECIAL
EVENT STAFF**



**YOUTH &
TEEN LEADERS**

TRAINING REQUIREMENTS

Aquatics positions require additional advanced training that can be provided in-house.

All positions require certification in CPR & First Aid within the first 3 months of your employment.

PERKS OF THE JOBS

Flexible Scheduling, Complimentary Gym & Pool Membership

Complimentary Child Care (depending on schedule)

Discount pricing on various programs & classes

Rate of Pay Range: \$12.88 - \$25.97

Paid professional development opportunities

Jobs/Applications at MILLVALLEYRECREATION.ORG or (415) 383-1370

QUESTIONS

Contact recreate@cityofmillvalley.org

TO APPLY

www.bit.ly/mvjjob

Mill Valley Community Center

180 Camino Alto

Mill Valley, CA 94941



MILL VALLEY REGISTRATION FORM

Adult/Guardian Information (Please Print)

Main Contact:	Work:	Cell:	2nd Adult Name:	Home:	Work:	Cell:
Home:	Address:		Address:	City, State, Zip:		
City, State, Zip:			Email:			

Mail to:
 MVPR
 180 Camino Alto
 Mill Valley, CA
 94941
Fax to:
 (415) 383-1377

Participant Name	Birthdate		1st Choice Class Title / Dates	Course #	2nd Choice Class Title / Dates	Course #	Fee
	(Under 18)	Male/ Female					

My Address/Info has recently changed

Scholarship Fund Donation Amount:

Total Fees:

Be sure to read and sign below: I hereby agree to indemnify and hold harmless the City of Mill Valley and its officers and employees from and against any and all liabilities for any injury which may be suffered by me or by my child arising out of or in any way connected with participation in the program noted above. In case of emergency, my child may be treated by a qualified physician. I give permission to use mine or my child's photograph in Mill Valley Recreation brochures or publicity.

Signature: _____ **Date:** _____

**REFUND POLICY
PLEASE READ BEFORE SIGNING.**

Please check here if you require special assistance to maximize your participation. You will be contacted.

You can register 24/7 at www.Millvalleyrecreation.org

PAY BY:	<input type="radio"/> Cash	<input type="radio"/> MasterCard	Cardholder Name (as it appears on card): _____
	<input type="radio"/> Check	<input type="radio"/> Visa	
	Payable to MVPR	<input type="radio"/> Discover	
		<input type="radio"/> Amex	
		Credit Card #: _____	Exp. Date: _____ V-Code: _____

Office Use Only	Fee Paid	Registrar	Date Processed	COA	Cash	Check #	Credit Card	Mill Valley Recreation Phone: (415) 383-1370
-----------------	----------	-----------	----------------	-----	------	---------	-------------	--



Mill Valley Age Friendly Fair

EXPLORE RESOURCES FOR OUR AGING COMMUNITY



GET INFORMATION ABOUT RETIREMENT PLANNING, HEALTH SCREENING, SMART PHONES, COMPUTER CLASSES, TRAVEL POSSIBILITIES, HOUSING, NUTRITION AND MORE!

Mill Valley Community Center
180 Camino Alto, Mill Valley
415-383-1370

For details visit: millvalleyrecreation.org

