

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 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

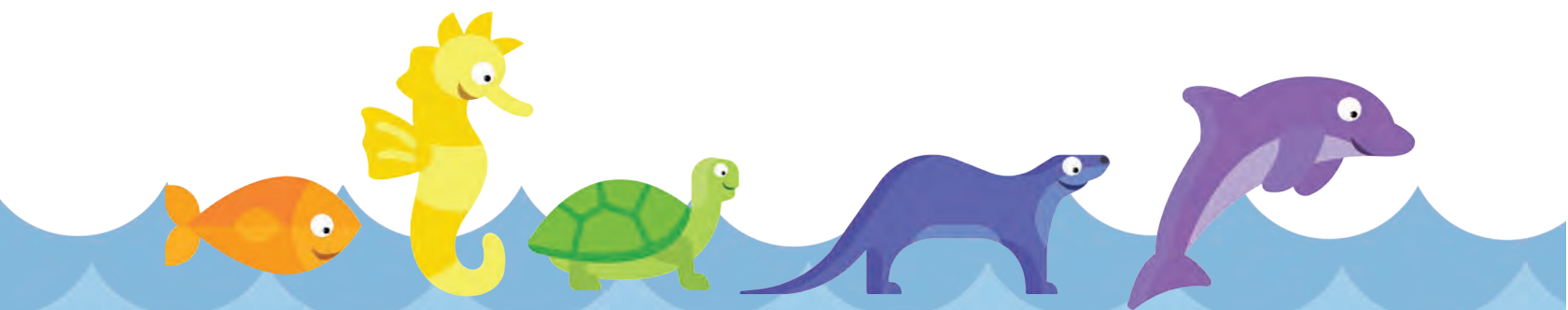
Winter 2020 - Group Swim Lessons – No Class 1/18, 1/19, 2/15, 2/16, 2/22, 2/23

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 REGISTRATION FORM

Adult/Guardian Information (Please Print)

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

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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 maybe 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:** _____

Must sign to register.

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 MV/PR	<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
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REFUND POLICY
PLEASE READ BEFORE SIGNING.