

MILL VALLEY SWIM SCHOOL

Swim Lesson Registration Info

Mail/Fax/Online: February 26th

In Person/Walk In: February 28th

SPRING DATES

WEEKDAY LESSONS

Monday Privates

4/2, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21 ***No Class 4/9** (7 Lessons)

Tuesday Privates

4/3, 4/17, 4/24, 5/1, 5/8, 5/15, 5/22 ***No Class 4/10** (7 Lessons)

Wednesday Privates

4/4, 4/18, 4/25, 5/2, 5/9, 5/16, 5/23 ***No Class 4/11** (7 Lessons)

Thursday Privates

4/5, 4/19, 4/26, 5/3, 5/10, 5/17, 5/24 ***No Class 4/12** (7 Lessons)

Monday/Wednesday Groups

4/2, 4/4, 4/16, 4/18, 4/23, 4/25, 4/30, 5/2, 5/7, 5/9, 5/14, 5/16, 5/21, 5/23 ***No Class 4/9, 4/11** (14 Lessons)

Tuesday/Thursday Groups

4/3, 4/5, 4/17, 4/19, 4/24, 4/26, 5/1, 5/3, 5/8, 5/10, 5/15, 5/17, 5/22, 5/24 ***No Class 4/10, 4/12** (14 Lessons)

WEEKEND LESSONS

Saturday Groups & Privates:

4/21, 4/28, 5/5, 5/12, 5/19 (5 Classes)

Sunday Groups & Privates

4/22, 4/29, 5/6, 5/20 ***No Class 5/13** (4 Classes)

SUMMER DATES

WEEKDAY LESSONS

Session 1: 6/18 - 6/21

Session 2: 6/25 - 6/28

Session 3: 7/9 - 7/12

Session 4: 7/16 - 7/19

Session 5: 7/23 - 7/26

Session 6: 7/30 - 8/2

Session 7: 8/6 - 8/9

WEEKEND LESSONS

Saturday Groups & Privates:

6/23, 6/30, 7/14, 7/21, 7/28, 8/4 ***No Class 7/7** (6 Classes)

Sunday Groups & Privates:

6/24, 7/1, 7/15, 7/22, 7/29, 8/5 ***No Class 7/8** (6 Classes)

Swim Lesson Policies, Procedures & Refunds

- Group classes that do not meet minimum enrollment may be canceled last minute.
 - We are sorry but **we cannot provide refunds, credits or make-up classes for missed classes**. Even if you miss a day (or more) you must pay for the entire session of lessons.
 - Private Swim Lessons are one-on-one instructor. There is a semi-private lesson option. Registration for semi-private lessons will only be accepted if two students are registered together and are of similar skill ability. Lessons must be paid for in full before start of lesson.
 - Specific instructors or genders of instructors are not guaranteed in group or regular private lessons**. Please request customized private lessons for a specific instructor.
 - To maintain consistency and quality of our swim lesson program, new students will NOT be allowed to register for swim lessons after the end of the 3rd class. Only a senior staff member may transfer your child during the session if he/she believes the other class may be a better fit for your child.
 - If your child is having a challenging time in swim lessons or you have developed a scheduling conflict, you have until the **end of the 2nd day** of lessons to notify us **in writing** to withdraw from the course to receive a **prorated credit or refund**. If you cancel the morning of the 2nd day of lessons, you will be charged for that 2nd day. After the **2nd day of class, you will be charged the full amount of the course. No Exceptions**.
 - If the drop deadline has passed, we are **NOT** able to offer you make-up lessons, a credit or refund for the rest of your lessons. Even if your child is sick, we are unable to withdraw your child and provide you a refund. If a **serious** illness, injury or circumstance occurs you **may request** an exception. **Documentation will need to be provided and this is not guaranteed. Approval subject to each circumstance.**
 - If your session or a single class is canceled by the Department due to unforeseen circumstances, an automatic credit will be placed on your account. It is your responsibility to request a refund.
 - If our regular schedule of group or private lessons does not fit your schedule or needs, you may request Custom Private Lessons for an additional fee. Please see page 106 for more information on Custom Private Lessons.
 - If you or your child are new to lessons and have a difficult experience at the pool, please **immediately notify** the Aquatic Lead, Aquatics Coordinator, or Aquatics Supervisor so they may assist you. If they are not on deck or available at that exact time, please email them. Contact info is available at the Front Desk.
 - We do not give refunds for weather, lack of child participation, traffic, or parking issues.
 - Custom swim lessons follow the same refund policy.
 - Questions about our policies? Please contact the Aquatics Supervisor at (415) 383-1370.
- If the session has not yet started, 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 our refund policy time frame. If you want to leave a credit on your account, no fee will be assessed.

PARENT INFANT/TOT

The Mill Valley Swim School is happy to announce its extensive Water Adjustment Classes for ages 6 months – 36 months.

Parent/Infant 6 – 18 Months

Children and their parents are introduced to the aquatic environment and encouraged to enjoy the water while singing songs, playing games and learning water safety. The course introduces babies to a positive water environment in a class setting. Great class for becoming oriented to swim lessons! Parent participation is required.

PARENT/TOT 18 – 36 Months

Very young children are introduced to basic swimming skills while still in the security and comfort of their parents arms. Skills taught include: Bubble Blowing, Going Under Water, Floating, Safe Water Entry & Exit, Arm and Leg Actions on Front & Back as well as water safety. Course promotes learning through a positive environment and sets your child up for swim lesson success! Parent participation is required.



Swim Club-taught in a coaching style, emphasizing stroke practice and skill refinement

	Skills Practiced During Class	Exit Skills to Advance	Length	Ratio	Age
Beginner	Intro to Stroke Refinement for Freestyle & Backstroke-Endurance Work on Breaststroke & Butterfly-Learn Basics of Pace Clock-Become familiar w/ long distance swimming	Refined Strokes of Freestyle, Backstroke, Breaststroke, & Butterfly-Able to perform Open Turn & Mini Flip Turn-Must be able to swim 500 yards	45	6:1	7–10
Intermediate	(Class runs concurrently w/ Advanced) Endurance Focus & Cont. Refinement on all 4 strokes-Speed Swimming Introduced-Not a main instruction class. Designed for skill practice	Child is able to Swim a minimum of 1000 yards during class-Has a refined knowledge of all 4 competitive strokes-Able to work on technical aspects of swimming	45	8:1	7–15
Advanced	(Class Runs Concurrently w/Intermediate w/an Additional 15 min). Continued refining of strokes and major emphasis on swim team drills & long distance swimming-Designed for Exercise-Learn Race Pacing & Competitive Aspects of Swimming	Great for Exercise & Fitness-Designed as a Swim Team Course with attention towards Endurance; Child swims min of 2000 yards during class; Continued practice on specific refinement on minutia	60	8:1	10–15

Combo Classes:

We try our best not to cancel any classes however, in lieu of canceling a class due to low enrollment, sometimes group classes will be combined. For example, a Level 2 may merge with a Level 1 or Level 3 making it a combination class. We reduce the ratio for this class and assign one of our strongest instructors.

splash-erific!!

SWIM SCHOOL CLASS DESCRIPTIONS

Swim Lesson Program for Early Swimmers

New! In an effort to follow industry trends we have updated what defines our early swimmer level program which has eliminated the need for the Piranha level class. Please read the lesson descriptions below to help you determine what level your child should be enrolled in.

If you have any questions, please call the Aquatics Department at (415) 383-1370.

Level Name	Main Focus	Skills Practiced During Class	Exit Skills Necessary to Advance Levels	Length	Ratio	Age
Guppy	Water Adjustment	How to enter and exit water safely -blowing bubbles-face submersion- floating-glides & water play.	Enter water independently, travel at least 5 yards, submerge to mouth and blow bubbles for at least 30 seconds then safely exit the water. Front glide 2 body lengths, roll to back and float for 3 seconds with assistance.	30	3:1	3-5
Turtle	Swimming Readiness	Breath control-face submersion-swimming unsupported-kicking with support- supported alternating arms and legs- floating.	Glide on front 2 body lengths, roll to back and float for 5 seconds, recover to vertical position. Glide on back 2 body lengths, roll to front and float for 5 seconds, recover to vertical position. Swim using combined arm and leg actions for 3 body lengths.	30	3:1	3-5
Sea Otter	Stroke Development	Swim without support-discuss stroke technique/ independent streamline on front and back- taking breaths while swimming- intro to deep water & treading-breaststroke arms and legs.	Push off and swim on front using combined arm and leg actions 3 body lengths, roll to back float for 10 seconds, roll back to front and swim using combined arm and leg actions for 3 body lengths.	30	3:1	3-5
Dolphin	Stroke Refinement and Endurance	Deep water class- Breaststroke timing w/arms & legs-technique/ smooth swimming work-side breathing & breath control – body position- practice swimming across pool. Endurance training.	Step from the side into chest-deep water, move into a front float for 5 seconds, return to vertical position. Move into a back float for 5 seconds, return to vertical position. Push off and swim using combined arm and leg actions on front unsupported for 5 body lengths, roll to back and float for 15 second, roll to front then continue for 5 body lengths.	30	5:1	3-5

Level Swim Program for Ages 6–12 years

	Skills Practiced During Class	Exit Skills Necessary to Advance Levels	Length	Ratio	Age
Level 1	Aides students to feel comfortable in Water-Basic Swim Skills-Head/Face submersion-Floating	"Tootsie Roll"-Unsupported Floating-3 Independent Bobs-For 2 Body Lengths Arm & Leg Actions-Unsupported Glide	30	4:1	6–12
Level 2	Unsupported Floats-Wall Push Offs-Treading-Back Crawl-Kickboard Kicking on Front & Back	All Performed for 5 Lengths: Unrefined Front Crawl-Unrefined Back Crawl-Kickboard for 15 Body Lengths on Front & Back	30	5:1	6–12
Level 3	Repeated Endurance Swim Up to 15 yards-Side Breathing-Streamline & Smoothness Emphasized-Elementary Backstroke-Breaststroke Legs	All Performed for 15 Body Lengths (20 yards): Front Crawl with Side Breathing-Elementary Backstroke-Backstroke-Streamline Kicking Front & Back w/Kickboard-Able to Swim Under Water & Retrieve Objects	30	6:1	6–12
Level 4	Works on Swimming Across Entire Pool-Swimming Underwater- Breaststroke Arms & Legs w/Timing- Intro to Butterfly-Works on Endurance	Swim Front Crawl with Side Breathing for 25 yards-For 20 Body Lengths: Breaststroke, Backstroke, Elementary Backstroke, Kicking Front & Back without Kickboard	30	8:1	6–12
Level 5/6	Stroke Refinement of Front Crawl, Back Crawl, Breaststroke, Butterfly-Endurance Build Up-Lap Swim Workouts-Discussion of Technique	Course Designed to be Repeated Multiple Times to Get Exercise & Perfection of Skills-Student Can Also Enroll in Swim Club	30	8:1	6–12

***Please note – we try our hardest to guarantee the same instructor during swim lessons however, due to illness of unforeseen circumstances, sometimes there are substitute teachers. The substitute teachers are all provided with notes on each child and an extensive lesson plan. If you have any questions, please see our Lesson Manager or the Front Desk staff.

Spring Weekday Group Lessons

MONDAY/WEDNESDAY GROUPS 4/2, 4/4, 4/16, 4/18, 4/23, 4/25, 4/30, 5/2, 5/7, 5/9, 5/14, 5/16, 5/21, 5/23***No Class 4/9, 4/11** (14 Lessons)

Level	Ages	Time	Course #	Cost
Guppy	3 - 5 yrs	3:40pm - 4:10pm	45503	\$254
	3 - 5 yrs	4:50pm - 5:20pm	45555	\$254
Turtle	3 - 5 yrs	3:40pm - 4:10pm	45579	\$254
	3 - 5 yrs	4:15pm - 4:45pm	45580	\$254
	3 - 5 yrs	5:25pm - 5:55pm	45589	\$254
Sea Otter	3 - 5 yrs	3:40pm - 4:10pm	46093	\$254
	3 - 5 yrs	4:15pm - 4:45pm	46094	\$254
	3 - 5 yrs	5:25pm - 5:55pm	46095	\$254
Dolphin	3 - 5 yrs	4:15pm - 4:45pm	45613	\$254
	3 - 5 yrs	4:50pm - 5:20pm	45614	\$254
	3 - 5 yrs	5:25pm - 5:55pm	45615	\$254
Level 1	6 - 12 yrs	3:40pm - 4:10pm	45622	\$254
Level 2	6 - 12 yrs	4:15pm - 4:45pm	45640	\$254
Level 3	6 - 12 yrs	4:50pm - 5:20pm	45656	\$254
Level 4	6 - 12 yrs	5:25pm - 5:55pm	45670	\$254
Level 5/6	6 - 12 yrs	6:00pm - 6:30pm	45684	\$184

SPLASHBALL Wednesdays Only 4/4, 4/18, 4/25, 5/2, 5/9, 5/16, 5/23 ***No Class 4/11** (7 Lessons)

Beginner	3:40pm - 4:40pm	45694	\$128
Int/Adv	4:45pm - 5:45pm	45695	\$128

TUESDAY/THURSDAY GROUPS 4/3, 4/5, 4/17, 4/19, 4/24, 4/26, 5/1, 5/3, 5/8, 5/10, 5/15, 5/17, 5/22, 5/24***No Class 4/10, 4/12** (14 Lessons)

Level	Ages	Time	Session 1	Cost
Guppy	3 - 5 yrs	3:40pm - 4:10pm	45557	\$254
	3 - 5 yrs	4:50pm - 5:20pm	45558	\$254
Turtle	3 - 5 yrs	3:40pm - 4:10pm	45590	\$254
	3 - 5 yrs	4:15pm - 4:45pm	45591	\$254
	3 - 5 yrs	5:25pm - 5:55pm	45592	\$254
Sea Otter	3 - 5 yrs	3:40pm - 4:10pm	46096	\$254
	3 - 5 yrs	4:15pm - 4:45pm	46097	\$254
	3 - 5 yrs	5:25pm - 5:55pm	46098	\$254
Dolphin	3 - 5 yrs	4:15pm - 4:45pm	45616	\$254
	3 - 5 yrs	4:50pm - 5:20pm	45617	\$254
	3 - 5 yrs	5:25pm - 5:55pm	45618	\$254
Level 1	6 - 12 yrs	3:40pm - 4:10pm	45623	\$254
Level 2	6 - 12 yrs	4:15pm - 4:45pm	45641	\$254
Level 3	6 - 12 yrs	4:50pm - 5:20pm	45657	\$254
Level 4	6 - 12 yrs	5:25pm - 5:55pm	45671	\$254
Level 5/6	6 - 12 yrs	6:00pm - 6:30pm	45685	\$184

SWIM CLUB FOR AGES 7 - 15 YEARS 4/3, 4/5, 4/17, 4/19, 4/24, 4/26, 5/1, 5/3, 5/8, 5/10, 5/15, 5/17, 5/22, 5/24***No Class 4/10, 4/12** (14 Lessons)

Beg. Swim Club	7 - 15 yrs	3:30pm - 4:15pm	45696	\$324
Int. Swim Club	7 - 15 yrs	4:20pm - 5:05pm	45697	\$324
Adv. Swim Club	7 - 15 yrs	4:20pm - 5:20pm	45707	\$352

Spring Weekday Private Lessons

MONDAY PRIVATES 4/2, 4/16, 4/23, 4/30, 5/7, 5/14, 5/21 *No Class 4/9 (7 Lessons)

	Course #	Course #	Course #	PRV	Semi
3:05pm - 3:35pm	45202	45203		\$184	\$142
3:40pm - 4:10pm	45204	45387		\$247	\$177
4:15pm - 4:45pm	45388	45389		\$247	\$177
4:50pm - 5:20pm	45390	45391		\$247	\$177
5:25pm - 5:55pm	45392	45393		\$247	\$177
6:00pm - 6:30pm	45394	45395	45396	\$184	\$142

TUESDAY PRIVATES 4/3, 4/17, 4/24, 5/1, 5/8, 5/15, 5/22 *No Class 4/10 (7 Lessons)

	Course #	Course #	Course #	PRV	Semi
3:05pm - 3:35pm	45399			\$184	\$142
3:40pm - 4:10pm	45400	45401	45205	\$247	\$177
4:15pm - 4:45pm	45206	45207		\$247	\$177
4:50pm - 5:20pm	45208			\$247	\$177
5:25pm - 5:55pm	45209	45210		\$247	\$177
6:00pm - 6:30pm	45211	45212		\$184	\$142

WEDNESDAY PRIVATES 4/4, 4/18, 4/25, 5/2, 5/9, 5/16, 5/23 *No Class 4/11 (7 Lessons)

	Course #	Course #	Course #	PRV	Semi
3:05 - 3:35pm	45215	45216		\$184	\$142
3:40 - 4:10pm	45217	45218		\$247	\$177
4:15 - 4:45pm	45219	45220		\$247	\$177
4:50 - 5:20pm	45221	45222		\$247	\$177
5:25 - 5:55pm	45223	45224		\$247	\$177
6:00 - 6:30pm	45225	45226	45227	\$184	\$142

THURSDAY PRIVATES 4/5, 4/19, 4/26, 5/3, 5/10, 5/17, 5/24 *No Class 4/12 (7 Lessons)

	Course #	Course #	Course #	PRV	Semi
3:05 - 3:35pm	45230			\$184	\$142
3:40 - 4:10pm	45231	45147	45148	\$247	\$177
4:15 - 4:45pm	45149	45150		\$247	\$177
4:50 - 5:20pm	45151			\$247	\$177
5:25 - 5:55pm	45152	45153		\$247	\$177
6:00 - 6:30pm	45154	45155		\$184	\$142



Spring Saturday Swim Lessons

SATURDAY PRIVATES 4/21, 4/28, 5/5, 5/12, 5/19 (5 Classes)

	Course #	Course #	Course #	PRV Cost	Semi Cost
8:30am - 9:00am	45188	45189	45190	\$132	\$102
9:05am - 9:35am	45373	45374		\$177	\$127
10:15am - 10:45am	45375	45376		\$177	\$127
10:50am - 11:20am	45377			\$177	\$127
11:25am - 11:55pm	45378	45379	45193	\$177	\$127
11:25am - 11:55pm	45191	45192	45194	\$177	\$127

SATURDAY GROUP 4/21, 4/28, 5/5, 5/12, 5/19 (5 Classes)

Level	Time	Ages	Session 1	Cost
Parent Infant	9:40am - 10:10am	6 - 18 months	45485	\$67
Parent Tot	9:05am - 9:35am	18 - 36 months	45492	\$67
Guppy	9:05am - 9:35am	3 - 5 yrs	45559	\$92
	9:40am - 10:10am	3 - 5 yrs	45560	\$92
	10:15am - 10:45am	3 - 5 yrs	45561	\$92
	10:50am - 11:20am	3 - 5 yrs	45562	\$92
Turtle	9:40am - 10:10am	3 - 5 yrs	45593	\$92
	10:15am - 10:45am	3 - 5 yrs	45594	\$92
	10:50am - 11:20am	3 - 5 yrs	45595	\$92
Sea Otter	9:40am - 10:10am	3 - 5 yrs	46099	\$92
	10:15am - 10:45am	3 - 5 yrs	46100	\$92
	10:50am - 11:20am	3 - 5 yrs	46101	\$92
Dolphin	9:05am - 9:35am	3 - 5 yrs	45619	\$92
	9:40am - 10:10am	3 - 5 yrs	45620	\$92
	10:15am - 10:45am	3 - 5 yrs	45730	\$92
	10:50am - 11:20am	3 - 5 yrs	45621	\$92
Level 1	9:05am - 9:35am	6 - 12 yrs	45624	\$92
	10:15am - 10:45am	6 - 12 yrs	45625	\$92
Level 2	10:15am - 10:45am	6 - 12 yrs	45642	\$92
Level 3	9:40am - 10:10am	6 - 12 yrs	45658	\$92
Level 4	10:50am - 11:20am	6 - 12 yrs	45672	\$92
Level 5/6	11:25am - 11:55am	6 - 12 yrs	45686	\$92

SWIM CLUB PROGRAM 4/21, 4/28, 5/5, 5/12, 5/19 (5 Classes)

Intermediate	11:25am - 12:10pm	8 - 15yrs	45706	\$117
Advanced	11:25am - 12:25pm	10 - 15yrs	45708	\$127

Just keep swimming...
Just keep swimming...

Spring Sunday Swim Lessons

SUNDAY PRIVATES 4/22, 4/29, 5/6, 5/20 *No Class 5/13 (4 Classes)

	Course #	Course #	Course #	PRV Cost	Semi Cost
9:05 - 9:35am	45195	45196	45197	\$142	\$102
9:05 - 9:35am	45380			\$142	\$102
10:15 - 10:45am	45381	45382	45383	\$142	\$102
10:50 - 11:20am	45384			\$142	\$102
11:25 - 11:55pm	45385	45386	45198	\$142	\$102
11:25 - 11:55pm	45199			\$142	\$102

GROUP 4/22, 4/29, 5/6, 5/20 *No Class 5/13 (4 Classes)

Level	Time	Ages	Session 1	Cost
Parent Infant	9:40am - 10:10am	6-18 months	45486	\$54
Parent Tot	9:05am - 9:35am	18-36 months	45495	\$54
Guppy	9:05am - 9:35am	3 - 5 yrs	45563	\$74
	9:40am - 10:10am	3 - 5 yrs	45564	\$74
	10:15am - 10:45am	3 - 5 yrs	45565	\$74
	10:50am - 11:20am	3 - 5 yrs	45566	\$74
Turtle	9:40am - 10:10am	3 - 5 yrs	45596	\$74
	10:15am - 10:45am	3 - 5 yrs	45597	\$74
	10:50am - 11:20am	3 - 5 yrs	45598	\$74
Sea Otter	9:40am - 10:10am	3 - 5 yrs	46102	\$74
	10:15am - 10:45am	3 - 5 yrs	46103	\$74
	10:50am - 11:20am	3 - 5 yrs	46104	\$74
Dolphin	9:05am - 9:35am	3 - 5 yrs	45731	\$74
	9:40am - 10:10am	3 - 5 yrs	45732	\$74
	10:15am - 10:45am	3 - 5 yrs	45733	\$74
	10:50am - 11:20am	3 - 5 yrs	45734	\$74
Level 1	9:05am - 9:35am	6 - 12 yrs	45626	\$74
	10:15am - 10:45am	6 - 12 yrs	45627	\$74
Level 2	10:15am - 10:45am	6 - 12 yrs	45643	\$74
Level 3	9:40am - 10:10am	6 - 12 yrs	45659	\$74
Level 4	10:50am - 11:20am	6 - 12 yrs	45673	\$74
Level 5/6	11:25am - 11:55am	6 - 12 yrs	45687	\$74



Summer Weekday Lessons

Session 1: 6/18 - 6/21 (4 lessons)				Session 2: 6/25 - 6/28 (4 lessons)			
	Course #	Course #	Cost P/SP		Course #	Course #	Cost P/SP
8:00am - 8:30am	46289	46278	\$106/\$82	8:00am - 8:30am	46284	46285	\$106/\$82
8:35am - 9:05am	46279	46280	\$106/\$82	8:35am - 9:05am	46286	46287	\$106/\$82
9:45am - 10:15am	46292		\$142/\$102	9:45am - 10:15am	46270		\$142/\$102
11:30am - 12:00pm	46298		\$142/\$102	11:30am - 12:00pm	46288		\$142/\$102
3:05pm - 3:35pm	46293	46121	\$106/\$82	3:05pm - 3:35pm	46340	46296	\$106/\$82
3:40pm - 4:10pm	46265	46266	\$142/\$102	3:40pm - 4:10pm	46305	46307	\$142/\$102
4:15pm - 4:45pm	46334	46335	\$142/\$102	4:15pm - 4:45pm	46305	46331	\$142/\$102
4:50pm - 5:20pm	46342	46343	\$142/\$102	4:50pm - 5:20pm	46271	46320	\$142/\$102
5:25pm - 5:55pm	46338	46339	\$142/\$102	5:25pm - 5:55pm	46272	46308	\$142/\$102
5:25pm - 5:55pm	43267	46283	\$142/\$102	5:25pm - 5:55pm	46328	46321	\$142/\$102
6:00pm - 6:30pm	46268	46269	\$106/\$82	6:00pm - 6:30pm	46308	46310	\$106/\$82
Session 3: 7/9 - 7/12 (4 lessons)				Session 4: 7/16 - 7/19 (4 lessons)			
	Course #	Course #	Cost P/SP		Course #	Course #	Cost P/SP
8:00am - 8:30am	46275	46273	\$106/\$82	8:00am - 8:30am	46333	46337	\$106/\$82
8:35am - 9:05am	46274	46257	\$106/\$82	8:35am - 9:05am	46147	46148	\$106/\$82
9:45am - 10:15am	46295		\$142/\$102	9:45am - 10:15am	46150		\$142/\$102
11:30am - 12:00pm	46311		\$142/\$102	11:30am - 12:00pm	46149		\$142/\$102
3:05pm - 3:35pm	46312	46329	\$106/\$82	3:05pm - 3:35pm	46159	46151	\$106/\$82
3:40pm - 4:10pm	43622	46313	\$142/\$102	3:40pm - 4:10pm	46327	46152	\$142/\$102
4:15pm - 4:45pm	46314	46297	\$142/\$102	4:15pm - 4:45pm	46300	46153	\$142/\$102
4:50pm - 5:20pm	46315	46316	\$142/\$102	4:50pm - 5:20pm	46154	46167	\$142/\$102
5:25pm - 5:55pm	46319	46318	\$142/\$102	5:25pm - 5:55pm	46161	46155	\$142/\$102
5:25pm - 5:55pm	46325	46319	\$142/\$102	5:25pm - 5:55pm	46156	46157	\$142/\$102
6:00pm - 6:30pm	46326	46330	\$106/\$82	6:00pm - 6:30pm	46165	46166	\$106/\$82
Session 5: 7/23 - 7/26 (4 Lessons)				Session 6: 7/30 - 8/2 (4 Lessons)			
	Course #	Course #	Cost P/SP		Course #	Course #	Cost P/SP
8:00am - 8:30am	46158	46170	\$106/\$82	8:00am - 8:30am	46176	46177	\$106/\$82
8:35am - 9:05am	46160	46301	\$106/\$82	8:35am - 9:05am	46164	46178	\$106/\$82
9:45am - 10:15am	46181		\$142/\$102	9:45am - 10:15am	46302		\$142/\$102
11:30am - 12:00pm	46303		\$142/\$102	11:30am - 12:00pm	46124		\$142/\$102
3:05pm - 3:35pm	46172	46304	\$106/\$82	3:05pm - 3:35pm	46281	46122	\$106/\$82
3:40pm - 4:10pm	46168	46162	\$142/\$102	3:40pm - 4:10pm	46137	46146	\$142/\$102
4:15pm - 4:45pm	46145	46163	\$142/\$102	4:15pm - 4:45pm	46132	46133	\$142/\$102
4:50pm - 5:20pm	46169	46171	\$142/\$102	4:50pm - 5:20pm	46134	46135	\$142/\$102
5:25pm - 5:55pm	46173	46174	\$142/\$102	5:25pm - 5:55pm	46136	46142	\$142/\$102
5:25pm - 5:55pm	46179	46180	\$142/\$102	5:25pm - 5:55pm	46141	46138	\$142/\$102
6:00pm - 6:30pm	46336	46175	\$106/\$82	6:00pm - 6:30pm	46139	46140	\$106/\$82

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Summer Weekday & Weekend Private Lessons

Session 7: 8/6 - 8/9 (4 lessons)

	Course #	Course #	Cost P/SP
8:00am - 8:30am	46182	46183	\$106/\$82
8:35am - 9:05am	46184	46248	\$106/\$82
9:45am - 10:15am	46196		\$142/\$102
11:30am - 12:00pm	46185		\$142/\$102
3:05pm - 3:35pm	46186	46187	\$106/\$82
3:40pm - 4:10pm	46188	46189	\$142/\$102
4:15pm - 4:45pm	46190	46191	\$142/\$102
4:50pm - 5:20pm	46192	46193	\$142/\$102
5:25pm - 5:55pm	46194	46127	\$142/\$102
5:25pm - 5:55pm	46195	46291	\$142/\$102
6:00pm - 6:30pm	46197	46198	\$106/\$82
6:00pm - 6:30pm	46336	46175	\$106/\$82

Summer Saturday Privates

6/23, 6/30, 7/14, 7/21, 7/28, 8/4 *No Class 7/7 (6 Classes)

	Course #	Course #	Course #	PRV Cost	Semi Cost
8:30am - 9:00am	46227	46226	46228	\$158	\$122
9:05am - 9:35am	46229	46230		\$212	\$158
10:15am - 10:45am	46231	46232		\$212	\$158
10:50am - 11:20am	46233			\$212	\$158
11:25am - 11:55pm	46234	46236	46235	\$212	\$158
11:25am - 11:55pm	46237	46238	46239	\$212	\$158

Summer Sunday Privates

6/24, 7/1, 7/15, 7/22, 7/29, 8/5 *No Class 7/8 (6 Classes)

	Course #	Course #	Course #	PRV Cost	Semi Cost
9:05am - 9:35am	46341	46240	46241	\$212	\$158
9:05am - 9:35am	46242			\$212	\$158
10:15am - 10:45am	46243	46244	46245	\$212	\$158
10:50am - 11:20am	46246			\$212	\$158
11:25am - 11:55pm	46247	46130	46129	\$212	\$158
11:25am - 11:55pm	46294			\$212	\$158



Summer Weekday Group Lessons

Monday - Thursday

Session 1:	6/18 - 6/21	(4 lessons)	Session 4:	7/16 - 7/19	(4 lessons)	Session 7:	8/6 - 8/9	(4 lessons)
Session 2:	6/25 - 6/28	(4 lessons)	Session 5:	7/23 - 7/26	(4 lessons)			
Session 3:	7/9 - 7/12	(4 lessons)	Session 6:	7/30 - 8/2	(4 lessons)			

Early Swim Program Lessons for Ages 3-5YRS

	Session 1	Cost	Session 2	Cost	Session 3	Cost	Session 4	Cost	Session 5	Cost	Session 6	Cost	Session 7	Cost	
Parent Infant/Tot	9:10am - 9:40am	46443	\$54	46444	\$54	46445	\$54	46446	\$54	46447	\$54	46448	\$54	46449	\$54
Guppy	10:20am - 10:50am	46383	\$74	46384	\$74	46419	\$74	46420	\$74	46421	\$74	46422	\$74	46423	\$74
Turtle	10:55am - 11:25am	46450	\$74	46451	\$74	46457	\$74	46458	\$74	46459	\$74	46460	\$74	46461	\$74

Afternoon Lessons: Early Swim Program Lessons for Ages 3-5Yrs

Guppy	3:40pm - 4:10pm	46424	\$74	46426	\$74	46428	\$74	46430	\$74	46432	\$74	46434	\$74	46436	\$74
	4:15pm - 4:45pm	46425	\$74	46427	\$74	46429	\$74	46431	\$74	46433	\$74	46435	\$74	46437	\$74
Turtle	4:15pm - 4:45pm	46462	\$74	46464	\$74	46466	\$74	46430	\$74	46470	\$74	46472	\$74	46474	\$74
	4:50pm - 5:20pm	46463	\$74	46465	\$74	46467	\$74	46431	\$74	46471	\$74	43473	\$74	46475	\$74
Sea Otter	4:50pm - 5:20pm	46481	\$74	46483	\$74	46485	\$74	46468	\$74	46489	\$74	46491	\$74	46493	\$74
	5:25pm - 5:55pm	46482	\$74	46484	\$74	46486	\$74	46469	\$74	46490	\$74	46492	\$74	46494	\$74
Dolphin	5:25pm - 5:55pm	46500	\$74	46501	\$74	46502	\$74	46487	\$74	46504	\$74	46505	\$74	46506	\$74

Level Program Lessons for Ages 6 - 15YRS

Level 1	3:40p - 4:10p	46508	\$74	46510	\$74	46512	\$74	46488	\$74	46516	\$74	46518	\$74	46520	\$74
	5:25p - 5:55p	46509	\$74	46511	\$74	46513	\$74	46503	\$74	46517	\$74	46519	\$74	46521	\$74
Level 2	4:15p - 4:45p	46526	\$74	46527	\$74	46528	\$74	46514	\$74	46530	\$74	46531	\$74	46532	\$74
Level 3	4:50p - 5:20p	46542	\$74	46543	\$74	46544	\$74	46545	\$74	46546	\$74	46547	\$74	46548	\$74
Level 4	4:50p - 5:20p	46552	\$74	46553	\$74	46554	\$74	46555	\$74	46556	\$74	46557	\$74	46558	\$74
Level 5/6	4:15p - 4:45p	46562	\$74	46563	\$74	46564	\$74	46565	\$74	46566	\$74	46567	\$74	46568	\$74

Swim Club Program

Beginner	4:50p - 5:35p	46569	\$94	46570	\$94	46571	\$94	46572	\$94	46573	\$94	46592	\$94	46593	\$94
Inter.	5:40p - 6:25p	46574	\$94	46576	\$94	46578	\$94	46580	\$94	46584	\$94	46585	\$94	46586	\$94
Advanced	5:40p - 6:40p	46575	\$102	46577	\$102	46579	\$102	46581	\$102	46582	\$102	46583	\$102	46587	\$102

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Summer Saturday Group Lessons

6/23, 6/30, 7/14, 7/21, 7/28, 8/4 ***No Class 7/7** (6 Classes)

Level	Time	Ages	Course #	Cost
Parent Infant	9:40am - 10:10am	6-18 months	46372	\$93
Parent Tot	9:05am - 9:35am	18-36 months	46379	\$93
Guppy	9:05am - 9:35am	3 - 5 yrs	46438	\$110
	9:40am - 10:10am	3 - 5 yrs	46439	\$110
	10:15am - 10:45am	3 - 5 yrs	46440	\$110
	10:50am - 11:20am	3 - 5 yrs	46441	\$110
Turtle	9:40am - 10:10am	3 - 5 yrs	46476	\$110
	10:15am - 10:45am	3 - 5 yrs	46477	\$110
	10:50am - 11:20am	3 - 5 yrs	46478	\$110
Sea Otter	9:40am - 10:10am	3 - 5 yrs	46496	\$110
	10:15am - 10:45am	3 - 5 yrs	46497	\$110
	10:50am - 11:20am	3 - 5 yrs	46498	\$110
Dolphin	9:05am - 9:35am	3 - 5 yrs	46507	\$110
	9:40am - 10:10am	3 - 5 yrs	46594	\$110
	10:15am - 10:45am	3 - 5 yrs	46595	\$110
	10:50am - 11:20am	3 - 5 yrs	46596	\$110
Level 1	9:05am - 9:35am	6 - 12 yrs	41746	\$110
	10:15am - 10:45am	6 - 12 yrs	41479	\$110
Level 2	10:15am - 10:45am	6 - 12 yrs	46534	\$110
Level 3	9:40am - 10:10am	6 - 12 yrs	46549	\$110
Level 4	10:50am - 11:20am	6 - 12 yrs	46559	\$110
Level 5/6	11:25am - 11:55am	6 - 12 yrs	46597	\$110



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Summer Sunday Group Lessons

6/24, 7/1, 7/15, 7/22, 7/29, 8/5 ***No Class 7/8** (6 Classes)

Level	Time	Ages	Course #	Cost
Parent Infant	9:40am - 10:10am	6 - 18 months	46373	\$93
Parent Tot	9:05am - 9:35am	18 - 36 months	46380	\$93
Guppy	9:05am - 9:35am	3 - 5 yrs	46442	\$110
	9:40am - 10:10am	3 - 5 yrs	46385	\$110
	10:15am - 10:45am	3 - 5 yrs	46386	\$110
	10:50am - 11:20am	3 - 5 yrs	46387	\$110
Turtle	9:40am - 10:10am	3 - 5 yrs	46479	\$110
	10:15am - 10:45am	3 - 5 yrs	46480	\$110
	10:50am - 11:20am	3 - 5 yrs	46452	\$110
Sea Otter	9:40am - 10:10am	3 - 5 yrs	46499	\$110
	10:15am - 10:45am	3 - 5 yrs	46599	\$110
	10:50am - 11:20am	3 - 5 yrs	46600	\$110
Dolphin	9:05am - 9:35am	3 - 5 yrs	46601	\$110
	9:40am - 10:10am	3 - 5 yrs	46602	\$110
	10:15am - 10:45am	3 - 5 yrs	46603	\$110
	10:50am - 11:20am	3 - 5 yrs	46604	\$110
Level 1	9:05am - 9:35am	6 - 12 yrs	46522	\$110
	10:15am - 10:45am	6 - 12 yrs	46523	\$110
Level 2	10:15am - 10:45am	6 - 12 yrs	46535	\$110
Level 3	9:40am - 10:10am	6 - 12 yrs	46551	\$110
Level 4	10:50am - 11:20am	6 - 12 yrs	46560	\$110
Level 5/6	11:25am - 11:55am	6 - 12 yrs	46598	\$110

Swim Club Program

Intermediate	11:25am - 12:10pm	8 - 15yrs	46588	\$140
Advanced	11:25am - 12:25pm	10 -15yrs	46589	\$152



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CUSTOM PRIVATE LESSONS



*personal
attention*

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

Custom private swim lessons are a great way to learn to swim for beginners or receive specialized technique instruction for the advanced swimmer while working with your busy schedule. Lessons are 30 minutes in length and can be scheduled as a solo lesson or in multiple blocks. Semi-Private Lessons are lessons with 1 instructor and 2 participants. As we are unable to assign partners, you must register with your partner for the same class.

COST:

\$40 / 1 Private Lesson for 1 Person for 30 minutes of instruction.*

\$30 / Per Child for 1 Semi-Private Lesson for 30 minutes of instruction.*

*\$2 total gets added to every class registration to go towards the Mill Valley Scholarship Fund

AGES 2 YEARS – ADULT

To request private lessons, please go online and download a Custom Lesson Request Form & Registration Form at millvalleyrecreation.org. Click on Aquatics & Fitness Center and scroll to Swim Lesson Information. You may also call (415) 383-1370 to request a form to be mailed, faxed, or emailed to you.

Custom lessons follow the same policies as regular lessons.



Overcoming Your Fear of Water for Adults

These are swimming Lessons geared for adults who are fearful of or who have had traumatic experiences in water taught by a USMC Adult

Learn to Swim instructor and personal trainer. Tracey O'Hare aims to help adults find comfort and security as the foundations of swimming. Progression through basic water and swimming skills occurs at the students' pace and level of comfort.

Feeling safe and comfortable is the first step for anyone who wants to swim. Adults who have developed a fear of water often attempt to bypass this crucial step only to find themselves frustrated and out of control making the potential of learning to swim even more distant.

Cost: \$40/1 Private Lesson for 1 Person for 30 minutes of Instruction. To Register: Contact Tracey directly at (415) 381-4810 or traceyohare@hotmail.com.

*quality
instruction*



MILL VALLEY REGISTRATION FORM

Adult/Guardian Information (Please Print)

Main Contact:			2nd Adult Name:			Mail to:		
Home:			Work:			MVPR		
Cell:			Home:			180 Camino Alto		
Address:			Work:			Mill Valley, CA		
City, State, Zip:			Cell:			94941		
Address:			Address:			Fax to:		
City, State, Zip:			City, State, Zip:			(415) 383-1377		
Email:			Email:					

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☐ 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: _____

Must sign to register.

Date: _____

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REFUND POLICY
PLEASE READ BEFORE SIGNING.

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

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

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