# WELCOME TO THE AQUATICS & FITNESS CENTER


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## Hours of Operation

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

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

## Holiday Schedule

| | |
|---|---|
| December 24th | CLOSES @ 12:00pm |
| December 25th | CLOSED |
| December 31st | CLOSES @ 2:00pm |
| January 1st | CLOSED |
| February 15th | CLOSED |

## Enjoy a wonderful facility-use our Aquatics & Fitness Center!

- No Initiation Fees!
- Drop-Ins Welcome
- You do not have to reside in Mill Valley to work out. Everyone is welcome!
- Your drop-in rate includes the pool, gym and spa during your visit (be sure to check the pool schedule for availability).
- Drop off daycare available in the mornings Mon-Sat with our Kidzwatch program. See page 51 for more information.

See page 43 for fee info, based upon your residency.

# MILL VALLEY AQUATICS & FITNESS CENTER INFORMATION AND GUIDELINES

**180 Camino Alto, Mill Valley, CA 94941**

## Guidelines for Entire Aquatics & Fitness Center

- Entry fee is required for all guests
- Towels are NOT provided, but may be purchased
- Towels are required to work out on the Fitness Floor
- No cell phone use allowed in Lobby, Locker Rooms, Fitness Floor, or elevator
- 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
- Lockers are available in the Locker Rooms; bring a Lock
- Private Lockers are available to Annual Pass Holders and Punch Card Holders for $10 per month
- No food or drink allowed (except Kidzwatch)
- No GLASS containers allowed

## Swimming Pool Guidelines

- **Follow lifeguard instruction and Code of Conduct at all times, or you may be asked to leave.**
- Please follow all posted guidelines.
- Children 6 & under must have an adult in the water within arms reach of them at all times.
- Children 7, 8, & 9 years old must be accompanied by an adult or responsible 16+ year old.
- Children 3 & under, and anyone not potty-trained, must wear a disposable and reusable swim diaper.
- Swim diapers can be purchased at the desk.
- All swimmers must wear a swimsuit.
- A cleansing shower is required before entering the pool or spa.
- No food, drink, glass, gum or tobacco products allowed.
- No running on pool deck.
- Persons with a communicable disease, wearing bandages or having open wounds will not be allowed to use the facility.
- Rough play, pushing, fighting, back dives, back jumps and flips are prohibited.
- Only Coast Guard approved lifejackets allowed.
- NO DIVING; feet first entries only.
- For specific pool program's allowed equipment, please refer to page 52.
- Due to ventilation, management will determine when the roof/windows will be open.
- Lap swim rules outlined on page 52.
- Pool schedule subject to change depending on programming, rentals, or weather.

## Spa Rules

- Children under 4 years old are NOT allowed in the spa.
- Unsupervised use by children under the age of 14 is prohibited.
- For children ages 4-14, the adult must wear a bathing suit and be fully submerged in the spa.
- Any individual wearing a swim diaper is NOT allowed in the spa.
- You are not allowed to sit on the edge of the Spa with your feet in the water.
- Adults must be in the water with their children.
- Maximum of 2 children per adult.
- 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.
- No lifejackets or toys allowed.

## Fitness Floor Guidelines

- Minimum age = 16 years old (11-15 year olds may attend an orientation and become approved to use the fitness floor). See page 48 for details.
- Before you begin an exercise program, you should consult your physician.
- Please follow all posted guidelines.
- If you are unfamiliar with our equipment, you need to attend a 30 min. orientation session with one of our fitness staff. Fee is waived if purchasing an annual pass. Otherwise it is $15.
- It is required to bring a small towel while working out and to wipe down the machines after use.
- Appropriate attire must be worn: clean shirts, shorts, sweats. No swim suits or wet clothing. Closed-toed (athletic) shoes required.
- Please limit use of any single cardio machine to 30 minutes.
- Please wipe down equipment after use.
- Please re-rack your weights.
- No Personal Training sessions with non-MVPR staff allowed in the facility or on MVCC grounds.

## Slide Rules

- **State law requires you must be 48" tall to ride the slide.**
- Slide feet first on your back only.
- Slide users must be able to demonstrate swimming ability.
- Follow the Slide Attendant's directions at all times.

## 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 & WEIGHT EQUIPMENT

| | |
|---|---|
| 14 Spin Bikes | StarTrac |
| 6 Treadmills | Precor/StarTrac |
| 5 Ellipticals | Precor/StarTrac |
| 4 Recumbent Bikes | Precor/StarTrac |
| 4 Upright Bikes | StarTrac |
| 2 Vario | Technogym |
| 1 Rowing Machine | Technogym |

**Icarian Weight Machines:** Abdominal Bench, Adjustable Bench, Squat Rack, Horizontal Bench, Olympic Bench Press

# AQUATICS & FITNESS CENTER USE FEES

AQUATICS|FITNESS
MILL VALLEY

**There are multiple ways you can use the Center.**
(Access grants you the use of both 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 annual 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 users must follow the Code of Conduct posted at the Center and online.

## 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 |
| Adult Chaperone & Aide Fee | $3.00 | $3.00 |

## 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) | $95 ($4.75 per visit) | $115 ($5.75 per visit) |
| Adults (19-59) | $135 ($6.75 per visit) | $150 ($7.50 per visit) |
| Seniors (60+) | $110 ($5.50 per visit) | $130 ($6.50 per visit) |

## ANNUAL PASS-The BEST workout value in Mill Valley!*

(Annual 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) | $285 ($23.75 per month) | $380 ($31.67 per month) |
| Adults (19-59) | $505 ($42.08 per month) | $610 ($50.83 per month) |
| Seniors (60+) | $395 ($32.92 per month) | $490 ($40.83 per month) |
| 2 Senior Household | $560 ($46.67 per month) | $710 ($59.17 per month) |
| 2 Adult Household | $735 ($61.25 per month) | $885 ($73.75 per month) |
| 1 Senior / 1 Adult Household | $675 ($56.25 per month) | $830 ($69.17 per month) |
| Family Pass: 1 Youth / 1 Adult | $800 ($66.67 per month) | $1,000 ($83.33 per month) |
| Family Pass: 2 Youth / 2 Adult residing in same household | $860 ($71.67 per month)<br>$65 per additional youth | $1,150 ($95.83 per month)<br>$85 per additional youth |

## Group Exercise Class Fees

| | |
|---|---|
| Drop In | $13/class |
| 12 Class Pass | $125.00 |
| 24 Class Pass | $240.00 |
| Monthly Unlimited Class Pass | $80.00 |

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

Any level of exerciser can be accommodated.

Ages 14+

* A Monthly Payment option is available when purchasing an Annual Pass. Just complete and return our Pass Holder Agreement form. Forms are available at the front desk and online.

Check with your Insurance Company for possible Health Club reimbursement.

Prices subject to change. A scholarship program is 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.

## LOCKER RENTAL

Lockers are available to rent for anybody who purchases an Annual 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 rentail available for day use drop-in. You must bring your own lock or purchase one from the Front Desk.

# GROUP EXERCISE CLASSES

**For an updated schedule, see our website at millvalleycenter.org or call 415-383-1370**
**** See page 43 for Group Exercise class fees ****

## ABS: AQUA BODY SCULPT with Tina

Dare to challenge your core muscles with a special focus on the abdominal region – in the water! Come experience the difference of one-on-one coaching combined with unique moves designed to awaken your body and mind to the world of zero-impact resistance training found only in the physical properties of water. Advised for the more conditioned exerciser or frequent water aerobics participant.

## BARRE & STROLLER BARRE**

This class is a unique blend of ballet, pilates, barre and yoga, as well as cardio exercises designed to help moms build strength and muscle tone and improve posture. Stroller Barre is held outdoors. Barre classes focus on strengthening and creating an ideal length/tension relationship in all the postural muscles, creating a taller, leaner-looking mommy!

## BODY SCULPT

High energy, full body workout using hand weights, body bars, bands, and mat work to build muscle endurance and sculpt and tone head to toe.

## BODY TONE

With a focus on accurate form and low-impact strengthening, Body Tone will sculpt and define your muscles while incorporating small cardio segments ensuring that you leave class feeling productive and stronger. Class incorporates use of hand-weights, resistance bands, bosu ball and body bars as well as cardiovascular, stretching and strength-training exercise to help burn calories, increase flexibility and tone muscles. Slow motion fitness incorporated to maximize muscle burn out and guarantee a great work out.

## BODYSHOTS BOXING BOOTCAMP

Jab, Cross, Slip your way into incredible shape with this all out boxing class that incorporates real combinations, bootcamp drills and tons of sweaty fun! BodyShots® will knock your socks off!

## CARDIO INTERVAL

This interval class welcomes all levels; it can be modified for low or high intensity workouts. Various plyometric and callisthenic movements, basic step, kickboxing and hi/low aerobic movements are performed.

## CUBAN SALSA

Introductory level (although a great workout!) non-partnered dance class designed to teach you the fundamentals of timing, balance and footwork. Class focuses on Cuban-style salsa movements, turns and footwork patterns from casino, rumba and regueton. Come ready to sweat and dance big...class draws on Afro-Cuban roots from Yoruba tradition with Afro-Haitian influence.

## FIT4BABY

Prenatal program designed for moms to be only in any stage of pregnancy. Classes include warm-up, strength training, cardio, stretching, and balance exercises. Prenatal classes may reduce aches and pains, increase energy and may speed the labor, delivery and recovery process.

## HATHA YOGA

'One-size-fits-all' Hatha Yoga class that's a plain old great stretch for anyone at any level of experience. Great for beginners.

## MOVE YOUR ASANA PHYSIQUE

Bridge the gap between yoga and traditional fitness classes with this barre infused fusion class. Move Your Asana® provides a dynamic body-sculpting workout for all levels- blending the physical strength and cardio elements that you love about interval training, with the emotional strength and centering that comes from linking breathe to fluid movements in yoga while also incorporating the toning and elongating of isometric barre moves. Class focuses on flexibility, stamina, strength and balance- with the emphasis on integrity of each movement and FUN! Class is done barefoot or with grip socks.

## PILATES

Pilates exercises develop improved core control, coordination, standing alignment and balance. Pilates rings and blocks are used to develop improved balance, flexibility, stability and muscle tone. Modifications will be offered for beginning to advanced students.

## PRE-POST NATAL**

Set to music, this course better prepares the expectant mother and slenderizes the postpartum mother. Luray offers a complete body workout. Separate fees apply.

## SPIN LITE

Learn the basics of seat set up, how to use the resistance dial, different hand positions and the different exercises you can do on the bike. Class includes a 50 minute cardio ride which strengthens your legs, joints and is non impactful. Class perfect for all first-time spinners, those with rehabilitation needs and active seniors.

## YOGA FOR ALL LEVELS

Come experience the benefits of a gentle flowing yoga class in a safe and non-threatening environment. Learn to listen to your body, practice breath-work, and achieve body awareness. Proper body alignment cues, pose modifications, and physical adjustments will be given throughout class so that all participants will feel successful.

WELL BEING
MILL VALLEY

# HAVE YOU HEARD ABOUT OUR *WELL BEING | MILL VALLEY*?

## *Here's what's new at Mill Valley!*

### Mindfulness and Well-Being

Work with Cody Strauss, personal life coach and professional organizer, to feel more centered, integrated and vibrant.

***Sessions Include:***

- Mindful Movement for Creative Living (50+)
- Transition to Vision (a life tune-up)

For more information, please see page 32 or contact Cody at cody@clearspacebayarea.com.

### FREE YOGA at Old Mill Park

***First Saturday of every month, 9:00–10:00am***

Practice a modification of alignment-based anusara-inspired yoga with a combination of breathing, standing and seated postures in front of the beautiful redwood trees. Prepare to sweat, breathe, align and stretch. Enjoy a fun unique environment of mindfulness and acceptance while strengthening your core, balance and long muscles. Designed for students of all levels of yoga. Class held in all-weather except severe rain.

**Bring a mat and water bottle.** Call 415-383-1370 for questions.

**Location:** Meet at Old Mill Park Amphitheatre, 10 minutes prior to start of class.

### Cooking Classes

Karin Collins, plant based chef & nutritionist educator will provide fun, informative and interactive cooking demos that are healthy, practical and easy!

***Demos Include:***

- Baby Food 101 (Make Your Own!)
- The Healthy Yummy Lunch Box

For detailed information, please see page 33 or contact Karin at karin@fit4mom.com.

### Community Fitness

Free guided nature walks consisting of a 1.5 – 2 mile age friendly walk led by a trained and friendly Recreation staff member who will run you through various stretches and relay some of the historical facts about our local parks, natural areas and open spaces.

***1st Saturday of Every Month, 2:00 – 4:00pm***

Meet at the Mill Valley Community Center in the parking lot in between the park restrooms and baseball diamond.

For questions about each walk, please contact Lisa McHenry at lmchenry@cityofmillvalley.org.

The City of Mill Valley is excited and proud to announce that we have launched a wellness program centering on an all-encompassing approach to healthy and happy living. The campaign includes programs centered around active living through exercise in movement, mindful awareness through meditation and stress reduction, healthy eating through educational programs. Our goal is to provide the community with affordable programs that teach the tools to live a happier, healthier, and more grounded lifestyle.

Interested in being part of our Well Being | Mill Valley program?
Contact Kat at kreisinger@cityofmillvalley.org

# GROUP EXERCISE CLASSES

**For an updated schedule, see our website at millvalleycenter.org or call 415-383-1370**
**** See page 43 for Group Exercise class fees ****

## RITUEL BARRE

Class is designed to provide a full-body workout in a 55 minute formal. Through a combination of isometric small movements and choreographed larger movements, muscle groups are worked to exhaustion, bringing about transformation in shape and strengths. Pilate's accessories and light weights are used in combination with one's own body weight, balance and stability to create resistance and to maintain alignment. We use the rhythm of the music for both pace and distraction as each participant finds their own level of exertion.

## SPIN

Challenging and upbeat spin class for all fitness levels with an emphasis on improving cardiovascular endurance and having fun! High energy cardio workout, using hill climbs, sprints, and endurance drills to help meet your fitness goals.

## STEP

A choreographed step class using an elevated "step" to perform high energy dance moves to help tone and strengthen your legs, glutes and core.

## STROLLER STRIDES**

Stroller-based fitness program designed for moms with little ones. Each total body workout incorporates power walking, strength, toning, songs and activities. We welcome both moms and soon-to-be-moms. Class is held outdoors with your little ones.

## WATER EXERCISE

High energy and fast paced class in shallow and deep water. Buoyancy belts may be used to target core muscles.

## WATER THERAPY

Gentle pace, low impact class to rebuild strength and improve flexibility. Ideal for persons with arthritis and other limitations or post surgery rehabilitation.

## YOGA FOR A STRONG HEALTHY BACK

Improve posture, muscle tone, balance and flexibility through cultivation of core strength. Gentle yoga sequences with a focus on the breath. Modifications for students who expect more vigorous practice.

## Exercise Technique Clinic - Know the Basics

**Tuesdays 12:30-1:30pm**
**1/12, 2/16, 3/22**

Class follows same fee policy as Group Exercise Classes

**Description:**

Not sure where your knees or toes should be when performing a squat? Not confident on the correct range of motion when using weights? This class is for you.
Learn how to execute some of the most common and beneficial exercises in this monthly class. As well as educating yourself on the most common errors people make and how to avoid injury.

**About the Instructor:**

Series taught by Personal Trainer Harriet Parsons. A reformed character, Harriet turned over a new leaf and switched careers to become a Personal Trainer in 2012. Harriet understands the challenges that go along with consistent exercise and healthy eating. Harriet is an advocate of lifting weights as well as cardio, to improve shape and become leaner. She is a wife, mom to one daughter and lives in Mill Valley. Harriet holds NCSF certificates in both Personal Training and Nutrition.

## Pre/Post Natal Personal Training

Scientific studies consistently confirm the numerous and outstanding benefits of exercise during pregnancy, both for the mother and her developing baby. Your body changes dramatically during and after pregnancy. It's important to customize your training to your body's changes. The American College of Sports Medicine recommends 30 minutes or more of moderate exercise on most, if not all days of the week to maintain a healthy pregnancy.

Benefits of working out during pregnancy:

- Reduce the risk of gestational diabetes and pregnancy-related high blood pressure
- Ease or prevent back pain and other discomforts
- Help you sleep better
- Prevent excess weight gain
- Boost your mood and energy level
- Help labor and recovery

Tilda is a mom and pre/postnatal fitness and massage therapist specialist and has over 15 years of experience.

# GROUP EXERCISE CLASS LIST

**SAMPLE SCHEDULE:** see our website for the current schedule at millvalleycenter.org

| | MORNING | MIDDAY | EVENING |
|---|---|---|---|
| MON | 8:15am: Spin – Sheri<br>8:30am: Step – Lisa<br>9:00am: Water Exercise – Tilda<br>9:15am: Bodyshots Boxing – Heather<br>9:30am: Stroller Strides – Karin C<br>9:30am: Body Sculpt – Sheri<br>10:00am: Water Therapy - Tilda<br>10:30am: Body Tone – Jude<br>10:30am: Pre/Post Natal – Luray* | 11:00am: Aqua Body Sculpt – Tina<br>12:00pm: Spin – Jenny | 6:00pm: Beg. Swing Dance – Mary & Al<br>6:15pm: Spin – Natalie<br>6:15pm: Water Exercise – Carla<br>7:15pm: Int. Swing Dance – Mary & Al |
| TUES | 8:30am: Cardio Interval – Lisa<br>9:00am: Water Exercise – Sarah<br>9:30am: Body Sculpt – Sheri<br>10:00am: Water Therapy – Sarah<br>10:45am: Hatha Yoga – Tom | 12:00pm: Spin – Sheri | 6:00pm: Water Exercise – Sarah |
| WED | 8:30am: Step – Lisa<br>8:45am: Spin – Sheri<br>9:00am: Water Exercise – Tina<br>9:30am: Stroller Strides – Karen M<br>9:30am: Body Sculpt – Tilda<br>10:00am: Water Therapy - Tina<br>10:30am: Body Tone – Jude<br>10:30am: Pre/Post Natal – Luray* | 12:15pm: Yoga – Emily | 6:15pm: Spin – Natalie<br>6:15pm: Water Exercise – Carla |
| THUR | 9:00am: Water Exercise – Jenny<br>9:30am: Body Sculpt – Christine<br>10:00am: Water Therapy – Jenny<br>10:45am: Hatha Yoga – Tom | 12:00pm: Spin – Sheri | 6:00pm: Water Exercise – Sarah<br>7:00pm: Cuban Salsa – Heidi |
| FRI | 8:30am: Spin – Natalie<br>8:30am: Cardio Interval – Lisa<br>9:00am: Water Exercise – Tina<br>9:30am: Body Sculpt – Sheri<br>10:00am: Water Therapy – Tina<br>10:30am: Rituel Barre – Deborah | 11:00am: Spin Lite – Sheri<br>11:00am: Aqua Body Sculpt – Tina<br>12:15pm: Yoga – Susanna | |
| SAT | 8:30am: Rituel Barre – Deborah **<br>8:30am: Spin – Sheri<br>9:30am: Body Sculpt **<br>10:30am: Fit4Baby – Karin | | **All Classes are Designed for All Levels of Exercisers and Can be Modified to be Easier or More Challenging**<br><br>* Pre/Post Natal held in Building A<br>** Instructors rotate |
| SUN | 8:45am: Spin – Cathy<br>8:45am: Pilates – Kathy<br>10:30am: Yoga Blend ** | | |

# PERSONAL FITNESS TRAINING

The Mill Valley Fitness Center offers affordable personal training options.
Crunched on time or on a budget? We have 30 minute training session options, and full one hour session packages to choose from.

**Private One Hour Sessions**
1 session: $70
Package of 4 sessions: $265
Package of 8 sessions: $520

**Private 30 minute Sessions**
1 session: $35
Package of 4 sessions: $133
Package of 8 sessions: $260

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:

| | | | |
|---|---|---|---|
| Elisa (415) 748-1977 | sabinemenzel@yahoo.com | Tom (415) 420-3386 | tom@fit-at-any-age.com |
| Sarah (707) 303-5825 | scolasanti16@yahoo.com | Tracey (415) 381-4810 | fourlegsgood1@yahoo.com |
| Sheri (415) 378-8609 | getfitwithsheri@gmail.com | Harriet (415) 400-9316 | mrsharrypfitness@icloud.com |
| Tilda (650) 867-2505 | tildaloftin@gmail.com | Tina (415) 827-6895 | katrinacanwrite@yahoo.com |

**Our Personal Trainers' bios are available online at: www.millvalleycenter.org**

## Aqua Personal Training in the Pool

**Benefits of Water Training:**

- Low-impact training, that still offers high-intensity benefits
- Adds safe and consistent resistance to tone and strengthen muscles
- Provides buoyancy to reduce impact on joints and injuries
- Great for those suffering from joint or back pain, diabetes, arthritis, obesity, injury, or want to try something new!

**Tina Parrish, Trainer & Instructor:**

Take your workout to the water! Medical experts realize the healing benefits of water and Tina can help you create a personalized training program that allows you to do more in less time with noticeable improvements from joint flexibility and muscle endurance to injury recovery and even managing diabetes. Must be able to enter water unassisted. Tina also teaches Water Aerobics, Water Therapy, and Aqua Body Sculpt classes at The Center.

**Contact Tina @ 415-827-6895 with questions**

## Fitness Floor Orientation

Ages: 16yrs+

As a service to all patrons if you purchase an annual pass, we will provide a free fitness equipment orientation with one of our trained fitness staff. Equipment orientations are not personal training sessions. This is a basic introduction to the equipment which can take up to 30 minutes. Failure to attend scheduled orientations or cancellation within a 24-hour period will result in loss of this free service. If you are not an annual pass holder, you may attend a 30-minute Fitness Floor Orientation with a qualified trainer for $15.

Ages: 11-15yrs

You must book 1/2 hr training session ($15) with one of our Personal Trainers to get approved to use the Fitness Floor. If you purchase an annual pass we will provide this for free.

# FITNESS FOR MOM!

Mill Valley Recreation is happy to provide multiple exercise options for women (and their support partners) throughout all stages of pregnancy!

Consistent exercise not only helps you maintain a positive mental state but also helps alleviate common discomforts from pregnancy and sets your body up for a more successful return to pre-pregnancy state.

## Pre & Post Natal Exercise

Set to music, this course better prepares the expectant mother and slenderizes the postpartum mother. Luray offers a complete body workout along with special emphasis towards the body parts affected in the childbearing period – abdomen, back, pelvis and thighs. Students will gain strength, flexibility, stamina and control over their changing bodies. Women may begin class 2 weeks after a vaginal birth and 4-6 weeks after a Caesarean birth. Babies and young children are welcome to come to class. Any fitness level will be individually addressed by the instructor and can be accommodated.

*Instructor: Luray Eshelman has an extensive background in Lamaze, teaching, physical therapy, fitness and dance.*

| Day | Time | Fee |
|---|---|---|
| M, W | *10:30-11:30am | $120 10 Punch Pass<br>$14 Drop In |

**Location: Community Center, Mountain View Room**

**To Register for Stroller Strides & Stroller Barre:** Go directly to strollerstrides.net/marin. Any questions or concerns, contact the instructor Karin Collins at karin@strollerstrides.net or by phone at 415-734-8174.

***KidzWatch childcare is available during these times. Please see page 51 for more information.**

## 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.

**Fee:** First class free. Several class package options available.

| Day | Time |
|---|---|
| W/F | *9:30-10:30am |

**Location: Hauke Park**

## STROLLER BARRE

This class is a blend of ballet, Pilates, barre, yoga and stroller-based exercises performed outside with your child. Specifically designed to help moms build strength and muscle tone and improve posture, this class focuses on strengthening and creating an ideal length/tension relationship in all the postural muscles, creating a taller, leaner-looking mommy!

**Fee:** First class free. Several class package options available.

| Day | Time |
|---|---|
| M | *9:30-10:30am |

**Location: Hauke Park**

## FIT4BABY

Fit4Baby® is our prenatal program designed as a mom-to-be only class. It is a program created to safely and effectively teach women to exercise throughout their pregnancy. This program is offered for any stage of pregnancy. Classes include warm-up, strength training, cardio, stretching, and balance exercises.

**Fee:** First class free. Several class package options available.

| Day | Time |
|---|---|
| Sat | 10:30-11:30am |

**Location: Aerobics/Dance Studio**

# YOUTH AQUATICS & FITNESS PROGRAMS

## Teen Fitness Strength/Nutrition Training

Strength training for tweens? You bet! According to the Mayo Clinic and the American Pediatric Association, done properly, strength training offers many bonuses to teens. It is even a good idea for kids who simply want to look and feel better. In fact, strength training can put your child on a lifetime path to better health and fitness, not to mention give them that competitive edge in sports. For teens, light resistance and controlled movements are best — with a special emphasis on proper technique and safety. Each session will include nutrition tips and a strength training workout including handouts and an active introduction to basic anatomy. Class is limited to 3 in order to provide personalized and detailed instruction to all teens. 1st session will cover a health history and individual goals as well as a short workout.

*Instructor: Tilda Loftin.*

**Strength Training for Teens**

| Age | Day | Dates | Time | Fee | Course # |
|---|---|---|---|---|---|
| 10-14 | Tu,Th | 1/12-2/11 | 3:30-4:30pm | $253 | 36151 |
| 10-14 | Tu,Th | 1/12-2/11 | 4:45-5:45pm | $253 | 36152 |
| 10-14 | Tu,Th | 2/23-3/24 | 3:30-4:30pm | $253 | 36153 |
| 10-14 | Tu,Th | 2/23-3/24 | 4:45-5:45pm | $253 | 36154 |

**Location: Community Center, Fitness Floor**

## Splashball

This program is designed to introduce the sport of water polo to children 7-11 years old. The intent is to provide basic skills and understanding of the sport in a recreational format. Although water polo is known for its toughness and endurance, Splashball™ harnesses all the fun, dynamic aspects of the game in a safe, easy to learn aquatic experience that will motivate. All skill levels welcome!

A great way to get fit and HAVE FUN!

| Age | Day | Dates | Time | Fee | Course # |
|---|---|---|---|---|---|
| 7-11 | W | 1/13-2/10 | 4:45-5:45pm | $78 | 36121 |
| 7-11 | W | 2/24-3/23 | 4:45-5:45pm | $78 | 36122 |

**Location: Community Center, Cove**

**Did you know your 11-to-15-year-old CAN work out on the Fitness Floor?**

Sign them up for a 30 minute Fitness Floor orientation ($15) with a Personal Trainer to get approval.

See page 48 for trainer contact info.

# KIDZWATCH

## A Drop-In Quality Child Care Program

KidzWatch is a drop-in child-sitting service for the convenience of parents. We provide your child with a safe, positive, fun-filled experience. Children play in a toy-filled room or fenced-in outdoor play area under the watchful eye of caring, trained staff. Children are accepted on a "first come, first served" basis for a maximum of 2 hours.

**We are not a licensed child-care facility. For children 3 months to 8 years of age. There is no diaper changing service.**

**HOURS:**

M – F 8:30a – 1:00p
Sat 8:15a – 12:00p
No Sunday Hours

### Daily Drop-in

Designed for parents who stay on site either taking a swim, attending a class or enjoying another Community Center activity.

**FEES:**

$6 1st hour per child + $2.25 every 15 minutes thereafter.

**LATE PICK UP:**

If you pick up your child after our posted KidzWatch closing time, the fee is $10 per child for every 15 minutes that you are late. If you are only late by 1-14 minutes, you will be charged $10.

**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

Designed for parents running errands in Mill Valley or attending to adult-only appointments. Get coffee with friends, hit the public path for a workout or enjoy shopping in the Depot while we watch your child. Must be reachable by cell phone and able to return within 15 minutes.

**FEES:**

$11 1st hour per child + $2.25 every 15 minutes thereafter.

**LATE PICK UP:**

If you pick up your child after our posted KidzWatch closing time, the fee is $10 per child for every 15 minutes that you are late. If you are only late by 1-14 minutes, you will be charged $10.

### KidzWatch Guidelines

- Absolutely no sick children will be accepted into the KidzWatch Room (e.g., runny nose, cough, congestion, fever, vomiting, diarrhea, etc.). We strive to keep our room a healthy and happy place.
- Please make sure all of your child's belongings are labeled.
- Please make sure your child is fed and changed before checking them into the KidzWatch Room. You may bring snacks if needed.
  **NOTE**: Kidzwatch is a "nut-free" zone.
- There is no diaper changing service.
- Children are supervised at all times. For the enjoyment of the children, the KidzWatch Room has an assortment of books, games, toys, and supervised activities/projects. Educational TV/learning videos are also used on occasion (especially during rainy days) to entertain the children. The Mill Valley Recreation Department cannot be responsible for anything broken, lost or stolen.

KidzWatch staff are fingerprinted, go through a Department of Justice Background check, and are CPR trained.

If you have items which you would like to donate to the KidzWatch Room, please contact the Aquatics/Fitness Center Supervisor. Any suggestions or comments are appreciated.

# POOL PROGRAM DESCRIPTIONS

**All pool rules are in effect and the lifeguard has the final say.**

Many programs may be going on in the pool at the same time.
See Aquatics Front Desk for most current schedule.

## Roof/Window Policy

To help maintain adequate air flow and to aide in the lifeguard's patron surveillance, the roof or windows may be opened at the management's discretion. Factors such as weather, air flow and general ventilation needs contribute to determining when the windows/roof will be open. Windows will always be open at a minimum of 6 inches.

## Family Swim

The shallow area of the pool is open for families to come and explore the water. Please note that the pool rules are in effect during 'Family Swim' including Coast Guard approved flotation devices only. Children 3 and under are required to wear a disposable and reusable swim diaper. Adults must be in the water actively supervising children under 7 years. All pool toys/equipment are subject to lifeguard approval.

## Water Walking

Water Walking may be done by striding along the bottom of the pool, using buoyancy aids for arm & leg motions, and/or striding while floating. Water Walking isn't swimming slowly with the head above the water. If you wish to exercise by swimming, lap swimming is the appropriate activity for you. (No Instructor)
**You may get splashed during water walking. Water Walkers may walk during Open or Family Swim times. Water Walking is a shared space activity and you will be required to share a lane with up to 6 other individuals. Deep end space cannot be guaranteed.**

## Lap Swim

The 3 lap lanes are open for ages 16+ to engage in continuous lap swimming. Lap lanes are rated for 'Slow, Medium & Fast' swimmers. Please swim in an appropriately paced lane. Splitting a lane is permissible when only 2 swimmers occupy the lane; circle swim when 3 or more swimmers share a lane. When joining a lane enter from the west side and do not begin swimming until all swimmers are aware of your presence. To pass, tap the foot of the person in front of you. Please pass at the walls on the left side. Our lap swim lanes can accommodate **7 swimmers maximum**. Kickboards, masks, snorkels and fins are only allowed during Lap Swim.

## Open Swim

The entire pool is open for swim and play. The water slide is in use. Please read and obey our pool rules on page 42. 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

The entire pool area may be closed for Mill Valley Recreation Department swimming lesson program. Lessons are open to the public and start as young as 6 months. Group lessons are available for children ages 3 years to 15 years. Private lessons are available for children, adults and seniors. Due to the high popularity of our swim lesson program there may be lessons going on in lap lanes or other areas of the pool when it's not indicated on the schedule. For more information on our lesson program, please refer to pages 59-66 of this activities guide.

## Splashball

The Cove Area is entirely used for Splashball, a shallow waterpolo sport. Splashball is fun for youth ages 7-11 and harnesses all the fun and dynamic aspects of Water Polo without the toughness. Great way for your child to stay active.

## Shared Space

The 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. However, there are times when the pool will have shared programming to maximize the space. During these times we appreciate your patience and expect everyone to respect all users.

**At all times you must follow the Code of Conduct.**
**If you do not follow the posted Guidelines, User Code or Lifeguard Instructions you may be asked to leave.**

# AMERICAN RED CROSS CERTIFICATION PROGRAMS

**Cancellation & Refund Policy for all ARC Classes:** Patron requested refunds/credits must be requested no later than 7 days prior to the program's start date. No refunds/credits will be given if requested after the 7-day deadline. No refunds/credits if student does not pass the course. **No Exceptions.**

## Lifeguard Training Course

This course teaches participants how to prevent, prepare for and respond to emergencies in, on and around the water. This course contains a blended learning segment that requires participants to complete certain segments online via redcross.org prior to attending the course. Students who complete this course successfully will be certified in American Red Cross Lifeguard Training/First Aid and CPR/AED for Lifeguards (valid 2 years). NO job guarantee comes with certification. Participants must be 15 years of age by last class meeting. Pre-requisite Swimming Test: Swim 300 yards using a combination of breaststroke and front crawl (freestyle), submerge 7 to 12 feet for a 10lb diving brick and swim with diving brick for 20 yards.

You must register for Blended Learning classes at least one week in advance. Registrations will not be taken within seven days of the course start date.

*Instructor: TBA, 4 classes*

| Age | Day | Dates | Time | Fee | Course # |
|---|---|---|---|---|---|
| 15+ | M-Th | 2/15-2/18 | 10a-5p | $198 | 36164 |

**Location: Aquatics Center**

## Lifeguard Review Course

This is a review and re-certification course for Individuals with a current Lifeguarding/First Aid/CPR/AED certificate that is about to expire. This course contains a blended learning segment that requires participants to complete certain segments online via redcross.org prior to attending the course. The purpose of a review course is to give individuals the opportunity to review the course content within a formal course setting. You must successfully take both the written and practical tests to receive certification. Must bring whistle and resuscitation mask to class or purchase on site for additional fee. Course fee includes ARC $35 cert fee.

You must register for Blended Learning classes at least one week in advance. Registrations will not be taken within seven days of the course start date.

*Instructor: TBA, 2 classes*

| Age | Day | Dates | Time | Fee | Course # |
|---|---|---|---|---|---|
| 15+ | W-Th | 2/17-2/18 | 9a-5p | $126 | 36165 |

**Location: Community Center**

## American Red Cross: First Aid/CPR & AED Training

The ARC First Aid/CPR/AED program helps participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach skills to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over There is a written portion to this course that must be successfully passed or else you will not receive certification.

Course fee includes ARC $35 cert fee & resuscitation mask.

*Instructor: TBA, 4 classes*

| Age | Day | Dates | Time | Fee | Course # |
|---|---|---|---|---|---|
| 11+ | Sun | 1/31 | 9a-4:30p | $130 | 36166 |
| 11+ | Tu, Th | 3/8, 3/10 | 5:30-9:30pm | $130 | 36167 |

**Location: Aquatics Center**

**For more information on training, contact the Aquatics Division at 415-383-1370 or email scortes@cityofmillvalley.org**

## Winter Pool Schedule: Effective December 14–20, January 4-10

CLOSED on: 12/25, 1/1/2016,1/18/16, 2/15/16, and closing early on 12/24 & 12/31.

### 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 6:30-8:55am | Lap Swim 6:30-8:55am | Lap Swim 6:30-8:55am | Lap Swim 6:30-8:55am | Lap Swim 6:30-8:55am | Lap Swim 7:30a-12:00p | Lap Swim 8:30a-12:00p |
| Water Exercise Water Walk* 9:00-10:00am | Water Exercise Water Walk* 9:00-10:00am | Water Exercise Water Walk* 9:00-10:00am | Water Exercise Water Walk* 9:00-10:00am | Water Exercise Water Walk* 9:00-10:00am | | |
| Thp. Exercise Water Walk* 10:00-11:00am | Thp. Exercise Water Walk* 10:00-11:00am | Thp. Exercise Water Walk* 10:00-11:00am | Thp. Exercise Water Walk* 10:00-11:00am | Thp. Exercise Water Walk* 10:00-11:00am | | |
| Water Walk Water Exercise 11:00a-12:00p | Lap Swim 11:00a-12:00p | Water Walk 11:00a-12:00p | Lap Swim 11:00a-12:00p | Water Walk Water Exercise 11:00a-12:00p | | |
| Lap Swim 12:00-2:00pm | Closed 12-1:30pm | Lap Swim 12:00-2:00pm | Closed 12-1:30pm | Lap Swim 12:00-2:00pm | Open Swim 12:00-4:55pm<br>Slide Hours 12:30-4:45pm | Open Swim 12:00-4:55pm<br>Slide Hours 12:30-4:45pm |
| Water Walk-2Lanes Lessons-1Lane 2:00-3:30pm | Water Walk 2 Lanes 1:30-3:00pm | Water Walk 2 Lanes 2:00-3:30pm | Water Walk 2 Lanes 1:30-3:00pm | Water Walk 2:00-3:30pm | | |
| Lap Swim-2Lanes Lessons-1Lane 3:30-6:00pm | Lap Swim-2Lanes Lessons-1Lane 3:00-6:00pm | Lap Swim-2Lanes Lessons-1Lane 3:30-6:00pm | Lap Swim-2Lanes Lessons-1Lane 3:00-6:00pm | Lap Swim 3:30-6:25pm | Closed 4:55pm | Closed 4:55pm |
| Water Exercise 1 Lane 6:15-7:15pm | Water Exercise 1 Lane 6:00-7:00pm | Water Exercise 1 Lane 6:15-7:15pm | Water Exercise 1 Lane 6:00-7:00pm | Closed 6:25pm | **Locker Rooms Close**<br>Mon-Thur @ 9:15pm<br>Fri @ 6:45pm<br>Sat & Sun @ 5:15pm | |
| Lap Swim -1Lane 6:00-7:15pm<br>Lap Swim 7:00-8:55pm | Lap Swim -1Lane 6:00-7:15pm<br>Lap Swim 7:00-8:55pm | Lap Swim -1Lane 6:00-7:15pm<br>Lap Swim 7:00-8:55pm | Lap Swim -1Lane 6:00-7:15pm<br>Lap Swim 7:00-8:55pm | * No dedicated lane for water walking.<br>**** There may be other programs or lessons occuring in the pool that differ from the schedule**<br>Call 415-383-1370 with questions regarding the pool schedule. | | |
| Closed 8:55pm | Closed 8:55pm | Closed 8:55pm | Closed 8:55pm | | | |

### 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 6:30-9:00am | Water Walk 6:30-9:00am | Water Walk 6:30-9:00am | Water Walk 6:30-9:00am | Water Walk 6:30-9:00am | Swim Lessons Family Swim Water Walk 7:30a-12:00p | Swim Lessons Family Swim Water Walk 8:30a-12:00p |
| Family Swim / Water Walk 9:00a-12:00p | Family Swim / Water Walk 9:00a-12:00p | Family Swim / Water Walk 9:00a-12:00p | Family Swim / Water Walk 9:00a-12:00p | Family Swim / Water Walk 9:00a-6:25p | | |
| Water Walk 12:00-2:00pm<br>Swim Lessons Shared Space @ 2 | Closed 12-1:30pm | Water Walk 12:00-2:00pm<br>Swim Lessons Shared Space @ 2 | Closed 12-1:30pm | | Open Swim 12:00-4:55pm | Open Swim 12:00-4:55pm |
| Swim Lessons Family Swim Water Walk 2:00-7:00pm | Swim Lessons Family Swim Water Walk 1:30-7:00pm | Swim Lessons Family Swim Water Walk 2:00-7:00pm | Swim Lessons Family Swim Water Walk 1:30-7:00pm | | Closed 4:55pm | Closed 4:55pm |
| Water Walk 7:00-8:55pm | Water Walk 7:00-8:55pm | Water Walk 7:00-8:55pm | Water Walk 7:00-8:55pm | Closed 6:25pm | **Locker Rooms Close**<br>Mon-Thur @ 9:15pm<br>Fri @ 6:45pm<br>Sat & Sun @ 5:15pm | |
| Closed 8:55pm | Closed 8:55pm | Closed 8:55pm | Closed 8:55pm | | | |

## Winter Pool Schedule: Effective December 21–27

CLOSED early on 12/24, CLOSED on 12/25

### Main Pool / Lanes

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| Open 6:30am | Open 6:30am | Open 6:30am | Open 6:30am | CLOSED FOR CHRISTMAS DAY | Open 7:30am | Open 8:30am |
| Lap Swim 6:30-8:55am | Lap Swim 6:30-8:55am | Lap Swim 6:30-8:55am | Lap Swim 6:30-8:55am | | Lap Swim 7:30a-12:00p | Lap Swim 8:30a-12:00p |
| Water Exercise 9:00-10:00am | Water Exercise 9:00-10:00am | Water Exercise 9:00-10:00am | Water Exercise 9:00-10:00am | | | |
| Thp. Exercise Water Walk 10:00-11:00am | Thp. Exercise Water Walk 10:00-11:00am | Thp. Exercise Water Walk 10:00-11:00am | Thp. Exercise Water Walk 10:00-11:00am | | | |
| Water Walk Water Exercise 11:00a-12:00p | Lap Swim 11:00a-12:00p | Water Walk 11:00a-12:00p | Lap Swim 11:00a-12:00p | | Open Swim 12:00-4:55pm<br>Slide Hours 12:30-4:45pm | Open Swim 12:00-4:55pm<br>Slide Hours 12:30-4:45pm |
| Lap Swim 12:00-2:00pm | Closed 12-1:30pm | Lap Swim 12:00-2:00pm | CLOSED FOR CHRISTMAS EVE | | | |
| Water Walk 2:00-3:30pm | Open Swim 1:30-6:00pm<br>Slide 2:00-4:45pm | Open Swim 2:00-6:00pm<br>Slide 2:00-4:45pm<br>**FREE SWIM DAY!** | | | | |
| Lap Swim 3:30-6:00pm | Water Walk 1 Lane 4:45-5:55pm | | | | Closed 4:55pm | Closed 4:55pm |
| Water Exercise 1 Lane 6:15-7:15pm | Water Exercise 1 Lane 6:00-7:00pm | Water Exercise 1 Lane 6:15-7:15pm | | | **NOTE: Locker Rooms Close**<br>Mon-Thur @ 9:15pm<br>Fri @ 6:45pm<br>Sat & Sun @ 5:15pm | |
| Lap Swim - 1 Lane 6:00-7:00pm<br>Lap Swim 7:00-8:55 | Lap Swim - 1 Lane 6:00-7:00pm<br>Lap Swim 7:00-8:55 | Lap Swim - 1 Lane 6:00-7:00pm<br>Lap Swim 7:00-8:55 | | | | |
| Closed 8:55pm | Closed 8:55pm | Closed 8:55pm | | | | |

### Shallow End / "Cove Area"

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| Open 6:30am | Open 6:30am | Open 6:30am | Open 6:30am | CLOSED FOR CHRISTMAS DAY | Open 7:30am | Open 8:30am |
| Water Walk 6:30-9:00am | Water Walk 6:30-9:00am | Water Walk 6:30-9:00am | Water Walk 6:30-9:00am | | Water Walk 7:30-9:00am | Water Walk Family Swim 8:30a-12:00p |
| Family Swim 9:00a-12:00p | Family Swim 9:00a-12:00p | Family Swim 9:00a-12:00p | Family Swim 9:00a-12:00p | | Family Swim / Water Walk 9:00a-12:00p | |
| Water Walk Family Swim 12:00-3:00pm | Closed 12-2pm | Water Walk 12:00-2:00pm | CLOSED FOR CHRISTMAS EVE | | Open Swim 12:00-4:55pm | Open Swim 12:00-4:55pm |
| | Open Swim 1:30-6:00pm | Open Swim 2:00-6:00pm<br>**FREE SWIM DAY!** | | | | |
| Family Swim 3:00-7:00pm | | | | | Closed 4:55pm | Closed 4:55pm |
| | Family Swim 6:00-7:00pm | Family Swim 6:00-7:00pm | | | **NOTE: Locker Rooms Close**<br>Mon-Thur @ 9:15pm<br>Fri @ 6:45pm<br>Sat & Sun @ 5:15pm | |
| Water Walk 7:00-8:55pm | Water Walk 7:00-8:55pm | Water Walk 7:00-8:55pm | | | | |
| Closed 8:55pm | Closed 8:55pm | Closed 8:55pm | | | | |

## Winter Pool Schedule: Effective December 28 – January 3, 2016

CLOSED early 12/31. CLOSED 1/1/16

### Main Pool / Lanes

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| Open 6:30am | Open 6:30am | Open 6:30am | Open 6:30am | CLOSED FOR NEW YEAR'S DAY | Open 7:30am | Open 8:30am |
| Lap Swim 6:30-8:55am | Lap Swim 6:30-8:55am | Lap Swim 6:30-8:55am | Lap Swim 6:30-8:55am | | Lap Swim 7:30a-12:00p | Lap Swim 8:30a-12:00p |
| Water Exercise 9:00-10:00am | Water Exercise 9:00-10:00am | Water Exercise 9:00-10:00am | Water Exercise 9:00-10:00am | | | |
| Thp. Exercise Water Walk 10:00-11:00am | Thp. Exercise Water Walk 10:00-11:00am | Thp. Exercise Water Walk 10:00-11:00am | Thp. Exercise Water Walk 10:00-11:00am | | | |
| Water Walk Water Exercise 11:00a-12:00p | Lap Swim 11:00a-12:00p | Water Walk 11:00a-12:00p | Lap Swim 11:00a-12:00p | | Open Swim 12:00-4:55pm<br>Slide Hours 12:30-4:45pm | Open Swim 12:00-4:55pm<br>Slide Hours 12:30-4:45pm |
| Lap Swim 12:00-2:00pm | Closed 12-1:30pm | Lap Swim 12:00-2:00pm | CLOSED FOR NEW YEAR'S EVE | | | |
| Water Walk 2:00-3:30pm | Open Swim 1:30-6:00pm<br>Slide 1:30-4:45pm | Water Walk 2:00-3:30pm | | | | |
| Lap Swim 3:30-6:00pm | | Lap Swim 3:30-6:00pm | | | Closed 4:55pm | Closed 4:55pm |
| Water Exercise 1 Lane 6:15-7:15pm | Water Exercise 1 Lane 6:00-7:00pm | Water Exercise 1 Lane 6:15-7:15pm | | | NOTE: Locker Rooms Close<br>Mon-Thur @ 9:15pm<br>Fri @ 6:45pm<br>Sat & Sun @ 5:15pm | |
| Lap Swim 7:00-8:55pm | Lap Swim 7:00-8:55pm | Lap Swim 7:00-8:55pm | | | | |
| Closed 8:55pm | Closed 8:55pm | Closed 8:55pm | | | | |

### Shallow End / "Cove Area"

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|---|---|---|---|---|---|
| Open 6:30am | Open 6:30am | Open 6:30am | Open 6:30am | CLOSED FOR NEW YEAR'S DAY | Open 7:30am | Open 8:30am |
| Water Walk 6:30-9:00am | Water Walk 6:30-9:00am | Water Walk 6:30-9:00am | Water Walk 6:30-9:00am | | Water Walk 7:30-9:00am | Water Walk Family Swim 8:30a-12:00p |
| Family Swim 9:00a-12:00p | Family Swim 9:00a-12:00p | Family Swim 9:00a-12:00p | Family Swim 9:00a-12:00p | | Family Swim Water Walk 9:00a-12:00p | |
| Water Walk Family Swim 12:00-3:00pm | Closed 12-1:30pm | Water Walk Family Swim 12:00-3:00pm | CLOSED FOR NEW YEAR'S EVE | | Open Swim 12:00-4:55pm | Open Swim 12:00-4:55pm |
| Family Swim 3:00-7:00pm | Open Swim 1:30-6:00pm<br>Family Swim 6:00-7:00pm | Family Swim 3:00-7:00pm | | | Closed 4:55pm | Closed 4:55pm |
| Water Walk 7:00-8:55pm | Water Walk 7:00-8:55pm | Water Walk 7:00-8:55pm | | | NOTE: Locker Rooms Close<br>Mon-Thur @ 9:15pm<br>Fri @ 6:45pm<br>Sat & Sun @ 5:15pm | |
| Closed 8:55pm | Closed 8:55pm | Closed 8:55pm | | | | |

## Winter Pool Schedule: Effective January 11 - March 6

CLOSED on: 1/18, 2/15

### 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 6:30-8:55am | Lap Swim 6:30-8:55am | Lap Swim 6:30-8:55am | Lap Swim 6:30-8:55am | Lap Swim 6:30-8:55am | Lap Swim 7:30-8:00am | Lap Swim 8:30-9:00am |
| Water Exercise Water Walk* 9:00-10:00am | Water Exercise Water Walk* 9:00-10:00am | Water Exercise Water Walk* 9:00-10:00am | Water Exercise Water Walk* 9:00-10:00am | Water Exercise Water Walk* 9:00-10:00am | Lap Swim 2 Lanes Swim Lessons 1 Lane 8:00-11:00am | Lap Swim 2 Lanes Swim Lessons 1 Lane 9:00-11:00am |
| Thp. Exercise Water Walk* 10:00-11:00am | Thp. Exercise Water Walk* 10:00-11:00am | Thp. Exercise Water Walk* 10:00-11:00am | Thp. Exercise Water Walk* 10:00-11:00am | Thp. Exercise Water Walk* 10:00-11:00am | | |
| Water Walk Water Exercise 11:00a-12:00p | Lap Swim 11:00a-12:00p | Water Walk 11:00a-12:00p | Lap Swim 11:00a-12:00p | Water Walk Water Exercise 11:00a-12:00p | Swim Lessons 11:00a-12:30p | Swim Lessons 11:00a-12:30p |
| Lap Swim 12:00-2:00pm | Closed 12-1:30pm | Lap Swim 12:00-2:00pm | Closed 12-1:30pm | Lap Swim 12:00-2:00pm | Open Swim 12:00-4:55pm<br>Slide Hours 12:30-4:45pm | Open Swim 12:00-4:55pm<br>Slide Hours 12:30-4:45pm |
| Water Walk-1Lane 2:00-3:30pm | Water Walk 1:30-3:30pm<br>Shared Space @ 2 | Water Walk-1Lane 2:00-3:30pm | Water Walk 1:30-3:30pm<br>Shared Space @ 2 | Water Walk 2:00-3:30pm | | |
| Lap Swim-2Lanes 2:00-3:30pm | Swim Lessons 2:00-6:15pm | Lap Swim-2Lanes 2:00-3:30pm | Swim Lessons 2:00-6:15pm | Lap Swim 3:30-6:25pm | | |
| Lessons-1Lane 3:30-4:00pm | | Lessons-1Lane 3:30-4:00pm | | | | |
| Swim Lessons 4:00-6:00pm | Lessons -1 Lane 6:15-7:15pm | Swim Lessons 4:00-6:00pm | Lessons -1 Lane 6:15-7:15pm | | Closed 4:55pm | Closed 4:55pm |
| Water Exercise 1 Lane 6:15-7:15pm | Water Exercise 1 Lane 6:00-7:00pm | Water Exercise 1 Lane 6:15-7:15pm | Water Exercise 1 Lane 6:00-7:00pm | Closed 6:25pm | **Locker Rooms Close**<br>Mon-Thur @ 9:15pm<br>Fri @ 6:45pm<br>Sat & Sun @ 5:15pm | |
| Lap Swim -1Lane 6:15-7:15pm<br>Lap Swim 7:15-8:55pm | Lap Swim -1Lane 6:00-7:00pm<br>Lap Swim 7:00-8:55pm | Lap Swim -1Lane 6:15-7:15pm<br>Lap Swim 7:15-8:55pm | Lap Swim -1Lane 6:00-7:00pm<br>Lap Swim 7:00-8:55pm | * No dedicated lane for water walking.<br>** **There may be other programs or lessons occuring in the pool that differ from the schedule**<br>Call 415-383-1370 with questions regarding the pool schedule. | | |
| Closed 8:55pm | Closed 8:55pm | Closed 8:55pm | Closed 8:55pm | | | |

### 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 6:30-8:00am | Water Walk 6:30-8:00am | Water Walk 6:30-8:00am | Water Walk 6:30-8:00am | Water Walk 6:30-8:00am | Water Walk 7:30-8:00am | Water Walk 8:30-9:00am |
| Family Swim Water Walk 8:00a-3:00p | Family Swim Water Walk 8:00a-12:00p | Family Swim Water Walk 8:00a-3:00p | Family Swim Water Walk 8:00a-12:00p | Family Swim Water Walk 8:00a-6:25p | Water Walk Swim Lessons 8:00-9:00am | Water Walk Swim Lessons 9:00-10:00am |
| | Closed 12-1:30pm | | Closed 12-1:30pm | | Swim Lessons 9:00a-12:30p | Swim Lessons 10:00a-12:30p |
| | Family Swim Water Walk 1:30-4:00pm | | Family Swim Water Walk 1:30-4:00pm | | Open Swim 12:00-4:55pm | Open Swim 12:00-4:55pm |
| Swim Lessons 3:00-5:30pm | Swim Lessons 3:00-5:30pm | Swim Lessons 3:00-5:30pm | Swim Lessons 3:00-5:30pm | | Closed 4:55pm | Closed 4:55pm |
| Swim Lessons Family Swim 5:30-7:00pm | Swim Lessons Family Swim 5:30-7:00pm | Swim Lessons Family Swim 5:30-7:00pm | Swim Lessons Family Swim 5:30-7:00pm | Closed 6:25pm | **Locker Rooms Close**<br>Mon-Thur @ 9:15pm<br>Fri @ 6:45pm<br>Sat & Sun @ 5:15pm | |
| Water Walk 6:00-8:55pm | Water Walk 6:00-8:55pm | Water Walk 6:00-8:55pm | Water Walk 6:00-8:55pm | | | |
| Closed 8:55pm | Closed 8:55pm | Closed 8:55pm | Closed 8:55pm | | | |

## Winter Break Pool Schedule: Effective February 13–19, 2016

CLOSED on 2/15

### Main Pool / Lanes

| SATURDAY | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|---|
| Open 7:30am | Open 8:30am | CLOSED FOR PRESIDENT'S DAY | Open 6:30am | Open 6:30am | Open 6:30am | Open 6:30am |
| Lap Swim 7:30a-12:00p | Lap Swim 8:30a-12:00p | | Lap Swim 6:30-8:55am | Lap Swim 6:30-8:55am | Lap Swim 6:30-8:55am | Lap Swim 6:30-8:55am |
| | | | Water Exercise 9:00-10:00am | Water Exercise 9:00-10:00am | Water Exercise 9:00-10:00am | Water Exercise 9:00-10:00am |
| | | | Thp. Exercise Water Walk 10:00-11:00am | Thp. Exercise Water Walk 10:00-11:00am | Thp. Exercise Water Walk 10:00-11:00am | Thp. Exercise Water Walk 10:00-11:00am |
| | | | Water Walk 11:00a-12:00p | Water Walk 11:00a-12:00p | Water Walk 11:00a-12:00p | Water Walk Water Exercise 11:00a-12:00p |
| Open Swim 12:00-4:55pm<br>Slide Hours 12:30-4:45pm | Open Swim 12:00-4:55pm<br>Slide Hours 12:30-4:45pm | | Closed 12-1:30pm | Lap Swim 12:00-2:00pm | Closed 12-1:30pm | Lap Swim 12:00-2:00pm |
| | | | Water Walk 1:30-3:00pm | Open Swim 2:00-6:15pm<br>Slide 2:00-4:45pm<br>**FREE SWIM DAY!** | Water Walk 1:30-3:00pm | Water Walk 2:00-3:30pm |
| | | | Lap Swim 3:00-6:00pm | | Lap Swim 3:00-6:00pm | Lap Swim 3:30-6:25pm |
| Closed 4:55pm | Closed 4:55pm | | | | | Closed 6:25pm |
| **NOTE: Locker Rooms Close**<br>Mon-Thur @ 9:15pm<br>Fri @ 6:45pm<br>Sat & Sun @ 5:15pm | | | Water Exercise 1 Lane 6:00-7:00pm | Water Exercise 1 Lane 6:15-7:15pm | Water Exercise 1 Lane 6:00-7:00pm | |
| | | | Lap Swim 7:00-8:55pm | Lap Swim 7:00-8:55pm | Lap Swim 7:00-8:55pm | |
| | | | Closed 8:55pm | Closed 8:55pm | Closed 8:55pm | |

### Shallow End / "Cove Area"

| SATURDAY | SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|---|---|
| Open 7:30am | Open 8:30am | CLOSED FOR PRESIDENT'S DAY | Open 6:30am | Open 6:30am | Open 6:30am | Open 6:30am |
| Water Walk 7:30-9:00am | Water Walk Family Swim 8:30a-12:00p | | Water Walk 6:30-8:00am | Water Walk 6:30-8:00am | Water Walk 6:30-8:00am | Water Walk 6:30-8:00am |
| Family Swim Water Walk 9:00a-12:00p | | | Family Swim 8:00a-12:00p | Family Swim 8:00a-12:00p | Family Swim 8:00a-12:00p | Family Swim Water Walk 8:00a-6:25p |
| Open Swim 12:00-4:55pm | Open Swim 12:00-4:55pm | | Closed 12-1:30pm | Water Walk 12:00-2:00pm | Closed 12-1:30pm | |
| Closed 4:55pm | Closed 4:55pm | | Family Swim Water Walk 2:00-8:55pm | Open Swim 2:00-6:00pm<br>**FREE SWIM DAY!**<br>Family Swim 6:00-7:00pm | Family Swim Water Walk 2:00-8:55pm | Closed 6:25pm |
| **NOTE: Locker Rooms Close**<br>Mon-Thur @ 9:15pm<br>Fri @ 6:45pm<br>Sat & Sun @ 5:15pm | | | | Water Walk 7:00-8:55pm | | |
| | | | Closed 8:55pm | Closed 8:55pm | Closed 8:55pm | |

# MILL VALLEY SWIM SCHOOL

## Swim Lesson Registration Info

**Mail/Fax/Online: Monday, December 7th**
**In Person / Walk-in: Wednesday, December 9th**

**WEEKDAY LESSONS**

**Monday Privates** – No class 1/18
Session 1: 1/11, 1/25, 2/1, 2/8 (4 Classes)
Session 2: 2/22, 2/29, 3/7, 3/14, 3/21 (5 Classes)

**Tuesday Privates**
Session 1: 1/12, 1/19, 1/26, 2/2, 2/9 (5 Classes)
Session 2: 2/23, 3/1, 3/8, 3/15, 3/22 (5 Classes)

**Wednesday Privates**
Session 1: 1/13, 1/20, 1/27, 2/3, 2/10 (5 Classes)
Session 2: 2/24, 3/2, 3/9, 3/16, 3/23 (5 Classes)

**Thursday Privates**
Session 1: 1/14, 1/21, 1/28, 2/4, 2/11 (5 Classes)
Session 2: 2/25, 3/3, 3/10, 3/17, 3/24 (5 Classes)

**Monday/Wednesday Groups** – No class 1/18
Session 1: 1/11, 1/13, 1/20, 1/25, 1/27, 2/1, 2/3, 2/8, 2/10 (9 Classes)
Session 2: 2/22, 2/24, 2/29 3/2, 3/7, 3/9, 3/14, 3/16, 3/21, 3/23 (10 Classes)

**Tuesday/Thursday Groups**
Session 1: 1/12, 1/14, 1/19, 1/21, 1/26, 1/28, 2/2, 2/4, 2/9, 2/11 (10 Classes)
Session 2: 2/23, 2/25, 3/1, 3/3, 3/8, 3/10, 3/15, 3/17, 3/22, 3/24 (10 Classes)

**WEEKEND LESSONS**

**Saturday Groups & Privates** – No class 2/13, 2/20
Session 1: 1/23, 1/30, 2/6, 2/27, 3/5, 3/12, 3/19, 3/26 (8 Classes)

**Sunday Groups & Privates** – No class 2/14, 2/21
Session 1: 1/24, 1/31, 2/7, 2/28, 3/6, 3/13, 3/20 (7 Classes)

*learn to swim!*

## Swim Lesson Policies, Procedures & Refunds

- 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 timeframe. If you want to leave a credit on your account, no fee will be assessed.
- 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 35 minutes in length. 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 cancelled 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 67 for more information on Custom Private Lessons.
- **Custom swim lessons follow the same refund policy.**
- 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.

# 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 | 30 | 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 | 8-12 |
| **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 | 10-12 |

*Sat/Sun Swim Club is 45 minutes. See Weekend Group Lessons for more information.

**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.

# SWIM SCHOOL CLASS DESCRIPTIONS

## Early Swimmer Program for Ages 3-5

| Level Name | Main Focus | Skills Practiced During Class | Exit Skills Necessary to Advance Levels | Length | Ratio | Age |
|---|---|---|---|---|---|---|
| Guppy | Water Adjustment | How to enter & exit water safely-blowing bubbles-Face Submersion-Floating-Games & Water Play | 3 Independent Bobs-Water Comfort w/o parent-Back & Front Float supported-Child Swims w/Multiple Instructors | 35 | 3:1 | 3-5 |
| Turtles | Swimming Readiness | Breath Control-Face Submersion-Swimming Unsupported-Kicking with Flotation Devices-Supported Big Alternating Arms & Legs-Floating | 10 Independent Bobs-Back & Front Float Unsupported-"Tootsie Roll"-Front & Back Glide 5 yards-Child Jump in & Swim to Wall | 35 | 3:1 | 3-5 |
| Sea Otter | Stroke Development | Swim w/o Support-Discuss Stroke Technique/Streamline on Front & Back-Taking Breaths while Swimming-Intro to deep Water & Treading-Backstroke Arms & Legs | All Performed for 8 Body Lengths / ¼ lap: 15 Independent Bobs-Front & Back Glide w/flotation Device-Retrieve Objects from Bottom of Cove-Proper Demonstration of Elementary Backstroke-Back Crawl-Front Crawl w/2 Survival Breaths | 35 | 4:1 | 3-5 |
| Dolphin | Stroke Refinement | Breaststroke Timing w/Arms & Legs-Technique/Smooth Swimming Work-Side Breathing & Breath Control-Body Positioning in Water-Practice Swimming Across Pool | All Performed for 12 Body Lengths / ½ lap: Unrefined Breaststroke-Elementary Backstroke-Front & Back Glide w/o Kicks-Backstroke-Front Crawl w/side breathing 25 yards-Kicking w/kickboard on Front & Back for 25 yards | 35 | 5:1 | 3-5 |
| Piranha | Endurance Development | Deep Water Class-Specific Refinement of Strokes-Heavy Emphasis on Endurance & Repeated Practice-Intro to Speed Swimming-Student Swims Multiple Laps During Lesson | All Performed for 25 Yards: 15 Deep Water Bobs-Front Crawl w/Side Breathing-Elementary Backstroke-Back Crawl-Breaststroke-Front & Back Kicking with Kickboard-Retrieve Objects off bottom of Deep End | 35 | 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 | 35 | 4:1 | 6-15 |
| **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 | 35 | 5:1 | 6-15 |
| **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 | 35 | 6:1 | 6-15 |
| **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 | 35 | 8:1 | 6-15 |
| **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 | 35 | 8:1 | 6-15 |

# WINTER WEEKDAY GROUP LESSONS

## Monday and Wednesday

**Session 1:** 1/11, 1/13, 1/20, 1/25, 1/27, 2/1, 2/3, 2/8, 2/10 (9 Classes)
**Session 2:** 2/22, 2/24, 2/29 3/2, 3/7, 3/9, 3/14, 3/16, 3/21, 3/23 (10 Classes)
* No Class 1/18

**Early Swim Program Lessons for Ages 3-5**

| Class | Time | Session 1 | Cost | Session 2 | Cost |
|---|---|---|---|---|---|
| Guppy | 2:50-3:25pm | 35876 | $118 | 35879 | $131 |
| | 4:10-4:45pm | 35877 | $163 | 35880 | $181 |
| | 4:50-5:25pm | 35878 | $163 | 35881 | $181 |
| Turtle | 3:30-4:05pm | 35907 | $163 | 35910 | $181 |
| | 4:10-4:45pm | 35908 | $163 | 35911 | $181 |
| | 5:30-6:05pm | 35909 | $118 | 35912 | $131 |
| Sea Otter | 4:10-4:45pm | 35927 | $163 | 35929 | $181 |
| | 4:50-5:25pm | 35928 | $163 | 35930 | $181 |
| Dolphin/Piranha Combo | 5:30-6:05pm | 35945 | $118 | 35948 | $131 |

**Level Program Lessons for Ages 6-12**

| Class | Time | Session 1 | Cost | Session 2 | Cost |
|---|---|---|---|---|---|
| Level 1 | 3:30-4:05pm | 35955 | $163 | 35962 | $181 |
| | 4:50-5:25pm | 35956 | $163 | 35963 | $181 |
| Level 2 | 4:10-4:45pm | 35971 | $163 | 35972 | $181 |
| Level 3 | 4:10-4:45pm | 35987 | $163 | 35990 | $181 |
| | 4:50-5:25pm | 35988 | $163 | 35991 | $181 |
| Level 4 | 5:30-6:05pm | 36004 | $118 | 36005 | $131 |
| Level 5/6 | 5:30-6:05pm | 36050 | $118 | 36051 | $131 |

| Splashball - Wednesdays Only | Time | Course | Cost |
|---|---|---|---|
| **Session 1:** 1/13, 1/20, 1/27, 2/3, 2/10 (5 Classes) | 4:45-5:45pm | 36121 | $76 |
| **Session 2:** 2/24, 3/2, 3/9, 3/16, 3/23 (5 Classes) | 4:45-5:45pm | 36122 | $76 |

# WINTER WEEKDAY GROUP LESSONS

## Tuesday and Thursday

**Session 1:** 1/12, 1/14, 1/19, 1/21, 1/26, 1/28, 2/2, 2/4, 2/9, 2/11 (10 Classes)
**Session 2:** 2/23, 2/25, 3/1, 3/3, 3/8, 3/10, 3/15, 3/17, 3/22, 3/24 (10 Classes)

**Early Swim Program Lessons for Ages 3-5**

| Class | Time | Session 1 | Cost | Session 2 | Cost |
|---|---|---|---|---|---|
| Guppy | 2:50-3:25pm | 35870 | $131 | 35873 | $131 |
| | 4:10-4:45pm | 35871 | $181 | 35874 | $181 |
| | 4:50-5:25pm | 35872 | $181 | 35875 | $181 |
| Turtle | 3:30-4:05pm | 35899 | $181 | 35903 | $181 |
| | 4:10-4:45pm | 35900 | $181 | 35904 | $181 |
| | 4:50-5:25pm | 35901 | $181 | 35905 | $181 |
| | 5:30-6:05pm | 35902 | $131 | 35906 | $131 |
| Sea Otter | 4:10-4:45pm | 35923 | $181 | 35925 | $181 |
| | 4:50-5:25pm | 35924 | $181 | 35926 | $181 |
| Dolphin/Piranha Combo | 5:30-6:05pm | 35951 | $131 | 35944 | $131 |

**Level Program Lessons for Ages 6-12**

| Class | Time | Session 1 | Cost | Session 2 | Cost |
|---|---|---|---|---|---|
| Level 1 | 4:50-5:25pm | 35959 | $181 | 35960 | $181 |
| Level 2 | 4:10-4:45pm | 35975 | $181 | 35976 | $181 |
| Level 3 | 5:30-6:05pm | 35992 | $131 | 35993 | $131 |
| Level 4 | 5:30-6:05pm | 36002 | $131 | 36003 | $131 |
| Level 5/6 | 5:30-6:05pm | 36048 | $131 | 36049 | $131 |

**Swim Club Program for Ages 4-12**

| Class | Time | Session 1 | Cost | Session 2 | Cost |
|---|---|---|---|---|---|
| Beg. Swim Club | 3:30-4:15pm | 36028 | $231 | 36013 | $231 |
| Int. Swim Club | 4:20-5:05pm | 36023 | $231 | 36026 | $231 |
| Adv. Swim Club | 4:20-5:20pm | 36025 | $251 | 36027 | $251 |

*make a splash*

# WINTER WEEKDAY PRIVATE SWIM LESSONS

## Mondays (No Class 1/18)

**SESSION 1: 1/11, 1/25, 2/1, 2/8 (4 Classes)**

| Time | Course # | Course # | Course # | Cost |
|---|---|---|---|---|
| 1:30-2:05pm | 35780 | | | $105 Pvt / $81 Semi |
| 2:10-2:45pm | 35781 | 35782 | | $105 Pvt / $81 Semi |
| 2:50-3:25pm | 35783 | 35784 | | $105 Pvt / $81 Semi |
| 3:30-4:05pm | 35785 | 35786 | | $141 Pvt / $126 Semi |
| 4:10-4:45pm | 35787 | | | $141 Pvt / $126 Semi |
| 4:50-5:25pm | 35788 | | | $141 Pvt / $126 Semi |
| 5:30-6:05pm | 35789 | | | $105 Pvt / $81 Semi |
| 6:10-6:45pm | 35790 | 35791 | 35792 | $105 Pvt / $81 Semi |

**SESSION 2: 2/22, 2/29, 3/7, 3/14, 3/21 (5 Classes)**

| Time | Course # | Course # | Course # | Cost |
|---|---|---|---|---|
| 1:30-2:05pm | 35793 | | | $131 Pvt / $101 Semi |
| 2:10-2:45pm | 35583 | 35794 | | $131 Pvt / $101 Semi |
| 2:50-3:25pm | 35795 | 35796 | | $131 Pvt / $101 Semi |
| 3:30-4:05pm | 35797 | 35798 | | $176 Pvt / $126 Semi |
| 4:10-4:45pm | 35799 | | | $176 Pvt / $126 Semi |
| 4:50-5:25pm | 35800 | | | $176 Pvt / $126 Semi |
| 5:30-6:05pm | 35801 | | | $131 Pvt / $101 Semi |
| 6:10-6:45pm | 35802 | 35803 | 35804 | $131 Pvt / $101 Semi |

## Tuesdays

**SESSION 1: 1/12, 1/19, 1/26, 2/2, 2/9 (5 Classes)**

| Time | Course # | Course # | Course # | Cost |
|---|---|---|---|---|
| 2:10-2:45pm | 35805 | 35806 | | $131 Pvt / $101 Semi |
| 2:50-3:25pm | 35807 | 35808 | | $131 Pvt / $101 Semi |
| 3:30-4:05pm | 35809 | 35828 | | $176 Pvt / $126 Semi |
| 4:10-4:45pm | 35593 | | | $176 Pvt / $126 Semi |
| 4:50-5:25pm | 35763 | | | $176 Pvt / $126 Semi |
| 5:30-6:05pm | 35594 | | | $131 Pvt / $101 Semi |
| 6:10-6:45pm | 35595 | 35596 | 35597 | $131 Pvt / $101 Semi |

**SESSION 2: 2/23, 3/1, 3/8, 3/15, 3/22 (5 Classes)**

| Time | Course # | Course # | Course # | Cost |
|---|---|---|---|---|
| 2:10-2:45pm | 35598 | 35599 | | $131 Pvt / $101 Semi |
| 2:50-3:25pm | 35600 | 35601 | | $131 Pvt / $101 Semi |
| 3:30-4:05pm | 35602 | 35603 | | $176 Pvt / $126 Semi |
| 4:10-4:45pm | 35604 | | | $176 Pvt / $126 Semi |
| 4:50-5:25pm | 35605 | | | $176 Pvt / $126 Semi |
| 5:30-6:05pm | 35606 | | | $131 Pvt / $101 Semi |
| 6:10-6:45pm | 35607 | 35608 | 35609 | $131 Pvt / $101 Semi |

# WINTER WEEKDAY PRIVATE SWIM LESSONS

## Wednesdays

**SESSION 1: 1/13, 1/20, 1/27, 2/3, 2/10 (5 Classes)**

| Time | Course # | Course # | Course # | Cost |
|---|---|---|---|---|
| 1:30-2:05pm | 35610 | | | $131 Pvt / $101 Semi |
| 2:10-2:45pm | 35611 | 35612 | | $131 Pvt / $101 Semi |
| 2:50-3:25pm | 35769 | 35613 | | $131 Pvt / $101 Semi |
| 3:30-4:05pm | 35614 | 35615 | | $176 Pvt / $126 Semi |
| 4:10-4:45pm | 35616 | | | $176 Pvt / $126 Semi |
| 4:50-5:25pm | 35617 | | | $176 Pvt / $126 Semi |
| 5:30-6:05pm | 35618 | | | $131 Pvt / $101 Semi |
| 6:10-6:45pm | 35764 | 35765 | 35766 | $131 Pvt / $101 Semi |

**SESSION 2: 2/24, 3/2, 3/9, 3/16, 3/23 (5 Classes)**

| Time | Course # | Course # | Course # | Cost |
|---|---|---|---|---|
| 1:30-2:05pm | 35825 | | | $131 Pvt / $101 Semi |
| 2:10-2:45pm | 35584 | 35585 | | $131 Pvt / $101 Semi |
| 2:50-3:25pm | 35586 | 35587 | | $131 Pvt / $101 Semi |
| 3:30-4:05pm | 35588 | 35589 | | $176 Pvt / $126 Semi |
| 4:10-4:45pm | 35590 | | | $176 Pvt / $126 Semi |
| 4:50-5:25pm | 35591 | | | $176 Pvt / $126 Semi |
| 5:30-6:05pm | 35592 | | | $131 Pvt / $101 Semi |
| 6:10-6:45pm | 35619 | 35620 | 35621 | $131 Pvt / $101 Semi |

## Thursdays

**SESSION 1: 1/14, 1/21, 1/28, 2/4, 2/11 (5 Classes)**

| Time | Course # | Course # | Course # | Cost |
|---|---|---|---|---|
| 2:10-2:45pm | 35622 | 35623 | | $131 Pvt / $101 Semi |
| 2:50-3:25pm | 35836 | 35774 | | $131 Pvt / $101 Semi |
| 3:30-4:05pm | 35624 | 35625 | | $176 Pvt / $126 Semi |
| 4:10-4:45pm | 35626 | | | $176 Pvt / $126 Semi |
| 4:50-5:25pm | 35627 | | | $176 Pvt / $126 Semi |
| 5:30-6:05pm | 35628 | | | $131 Pvt / $101 Semi |
| 6:10-6:45pm | 35629 | 35630 | 35631 | $131 Pvt / $101 Semi |

**SESSION 2: 2/25, 3/3, 3/10, 3/17, 3/24 (5 Classes)**

| Time | Course # | Course # | Course # | Cost |
|---|---|---|---|---|
| 2:10-2:45pm | 35834 | 35632 | | $131 Pvt / $101 Semi |
| 2:50-3:25pm | 35633 | 35634 | | $131 Pvt / $101 Semi |
| 3:30-4:05pm | 35635 | 35636 | | $176 Pvt / $126 Semi |
| 4:10-4:45pm | 35637 | | | $176 Pvt / $126 Semi |
| 4:50-5:25pm | 35638 | | | $176 Pvt / $126 Semi |
| 5:30-6:05pm | 35639 | | | $131 Pvt / $101 Semi |
| 6:10-6:45pm | 35640 | 35641 | 35642 | $131 Pvt / $101 Semi |

# WINTER WEEKEND LESSONS

## Saturday Groups (No Class 2/13, 2/20)

**1/23, 1/30, 2/6, 2/27, 3/5, 3/12, 3/19, 3/26 (8 Classes)**

**Early Swim Program Lessons**

| Level | Time | Age | Course # | Cost |
|---|---|---|---|---|
| Parent Infant | 9:50-10:25a | 6-18 mo | 35842 | $105 |
| Parent Tot | 9:10-9:45a | 18-36mo | 35846 | $105 |
| Guppy | 9:10-9:45a | 3-5 yrs | 35857 | $145 |
| | 9:50-10:25a | 3-5 yrs | 35858 | $145 |
| | 10:30-11:05a | 3-5 yrs | 35865 | $145 |
| | 11:10-11:45a | 3-5 yrs | 35866 | $145 |
| Turtle | 9:50-10:25a | 3-5 yrs | 35889 | $145 |
| | 10:30-11:05a | 3-5 yrs | 35890 | $145 |
| | 11:10-11:45a | 3-5 yrs | 35895 | $145 |
| Sea Otter | 9:10-9:45a | 3-5 yrs | 35919 | $145 |
| | 9:50-10:25a | 3-5 yrs | 35920 | $145 |
| Dolphin / Piranha | 9:50-10:25a | 3-5 yrs | 35946 | $145 |
| | 11:10-11:45a | 3-5 yrs | 35947 | $145 |

**Level Program Lessons**

| Level | Time | Age | Course # | Cost |
|---|---|---|---|---|
| Level 1 | 9:10-9:45am | 6-12 yrs | 35953 | $145 |
| | 10:30-11:05am | 6-12 yrs | 35954 | $145 |
| Level 2 | 10:30-11:05am | 6-12 yrs | 35969 | $145 |
| Level 3 | 9:50-10:25am | 6-12 yrs | 35986 | $145 |
| Level 4 | 11:10-11:45am | 6-12 yrs | 36000 | $145 |

**Swim Club**

| Level | Time | Age | Course # | Cost |
|---|---|---|---|---|
| Intermediate | 11:20a-12:05p | 8-15 yrs | 36014 | $185 |
| Advanced | 11:20a-12:20p | 10-15 yrs | 36024 | $201 |

## Sunday Groups (No Class 2/14, 2/21)

**1/24, 1/31, 2/7, 2/28, 3/6, 3/13, 3/20 (7 Classes)**

**Early Swim Program Lessons**

| Level | Time | Age | Course # | Cost |
|---|---|---|---|---|
| Parent Infant | 11:10-11:45am | 6-18 mo | 35843 | $92 |
| Parent Tot | 9:50-10:25am | 18-36mo | 35847 | $92 |
| Guppy | 9:10-9:45am | 3-5 yrs | 35867 | $127 |
| | 9:50-10:25am | 3-5 yrs | 35868 | $127 |
| | 10:30-11:05am | 3-5 yrs | 35869 | $127 |
| Turtle | 9:50-10:25am | 3-5 yrs | 35896 | $127 |
| | 10:30-11:05am | 3-5 yrs | 35897 | $127 |
| | 11:10-11:45am | 3-5 yrs | 35898 | $127 |
| Sea Otter | 9:10-9:45am | 3-5 yrs | 35921 | $127 |
| | 9:50-10:25am | 3-5 yrs | 35922 | $127 |
| Dolphin / Piranha | 10:30-11:05am | 3-5 yrs | 35950 | $127 |

**Level Program Lessons**

| Level | Time | Age | Course # | Cost |
|---|---|---|---|---|
| Level 1 | 9:10-9:45am | 6-12 yrs | 35957 | $127 |
| | 10:30-11:05am | 6-12 yrs | 35958 | $127 |
| Level 2 | 9:50-10:25am | 6-12 yrs | 35970 | $127 |
| Level 3 | 9:50-10:25am | 6-12 yrs | 35989 | $127 |
| Level 4 | 10:30-11:05am | 6-12 yrs | 36001 | $127 |
| Level 5/6 | 11:10-11:45am | 6-12 yrs | 36047 | $127 |

**Swim Club**

| Level | Time | Age | Course # | Cost |
|---|---|---|---|---|
| Intermediate | 11:20a-12:05p | 8-15 yrs | 36014 | $185 |
| Advanced | 11:20a-12:20p | 10-15 yrs | 36024 | $201 |

## Saturday Privates (No Class 2/13, 2/20)

**1/23, 1/30, 2/6, 2/27, 3/5, 3/12, 3/19, 3/26 (8 Classes)**

| Time | Course # | Course # | Course # | Cost Pvt./Semi |
|---|---|---|---|---|
| 8:30-9:05am | 35643 | 35644 | 35645 | $209/$161 |
| 8:30-9:05am | 35646 | 35647 | 35759 | $209/$161 |
| 9:10-9:45am | 35648 | 35649 | | $281/$201 |
| 10:30-11:05am | 35650 | | | $281/$201 |
| 11:10-11:45am | 35651 | | | $281/$201 |
| 11:50a-12:25p | 35652 | 35653 | 35654 | $281/$201 |
| 11:50a-12:25p | 35655 | 35656 | | $209/$161 |

## Sunday Privates (No Class 2/14, 2/21)

**1/24, 1/31, 2/7, 2/28, 3/6, 3/13, 3/20 (7 Classes)**

| Time | Course # | Course # | Course # | Cost Pvt./Semi |
|---|---|---|---|---|
| 9:10-9:45am | 35657 | 35658 | 35659 | $246/$176 |
| 10:30-11:05am | 35660 | | | $246/$176 |
| 11:10-11:45am | 35661 | | | $246/$176 |
| 11:45a-12:20p | 35662 | 35663 | 35664 | $183/$141 |
| 11:45a-12:20p | 35832 | 35830 | 35831 | $183/$141 |

# CUSTOM PRIVATE LESSONS

## 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 35 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 35 minutes of instruction.*
$25 / Per Child for 1 Semi-Private Lesson for 35 minutes of instruction.*
*$1 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 completely fill out a Custom Lesson Request Form & Registration Form at millvalleycenter.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 refund policy as regular lessons.**

# Big Splash Pool Party

These wonderful parties are a great way to enjoy the pool with your own private room during your special occasion. Great for birthdays, family reunions, or just to have a private space for your group during public open swim. Parties are for children 7 years of age and older. Private pool rentals also available. Prices starting at $225. All pool rules are in effect during the party.

**Go to www.millvalleycenter.org for details** For pricing, availability and booking please call (415) 383-1370, ext. 4719

**PRIVATE PARTY ROOM!**

| Adult/Guardian Information (Please Print) | |
|---|---|
| Main Contact: | 2nd Adult Name: |
| Home: Work: Cell: | Home: Work: 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 (under 18) | Male/ Female | 1st Choice Class Title / Dates | Course # | 2nd Choice Class Title / Dates | Course # | Fee |
|---|---|---|---|---|---|---|---|
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
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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 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.

**REFUND POLICY**
**PLEASE READ BEFORE SIGNING.**

**You can register 24/7 at www.MillValleyCenter.org**

**PAY BY:**
- o Cash
- o Check Payable to MVPR
- o MasterCard
- o Visa
- o Discover
- o Amex

Cardholder Name (as it appears on card): _____

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** |
|---|---|---|---|---|---|---|---|---|
| | | | | | | | | |

WELL BEING
MILL VALLEY

# 4th Annual Family Fun Run & Health/Wellness Fair

## Saturday, January 9th!

## Last year was a BLAST so don't miss out on the fun!

**Peruse local vendors and explore new ways you and your family can get healthier, happier and more involved in the community!**

## Come run and enjoy the Fair after!

## FAMILY FUN RUN DETAILS

| Distance | Race Start | Ages | Cost | Course # | Timed/Not Timed |
|---|---|---|---|---|---|
| Competitive 3 Mile Race | 8:30am | 10 + | $15 | 36183 | Timed - Friendly Competitive |
| Family Fun 1.5 Mile Run | 9:15am | 8+ | $12 | 36186 | Timed - Friendly Competitive |
| Family Fun 1.5 Jog | 10:00am | 4+ | $10 | 36184 | Not Timed – YES Strollers |
| Family Fun 1 Mile Walk | 10:45am | All | $8 | 36187 | Not Timed – Strollers/Wagons Welcome |
| Toddler Obstacle Dash | 11:15am | 4 – 5 | $5 | 36185 | Guided Dash - No Parents |
| Toddler Dash | 11:45am | 2 – 3 | $5 | 36188 | Guided Dash with Parent (if needed) |

If you are part of a running group or group of friends/family (6+ registrants) who want to run together, contact Kat for discounted admission at kreisinger@cityofmillvalley.org.

### RUN DETAILS:

- Pre-registration recommended
- Small prizes are given for 1st, 2nd & 3rd place winners in 3 Mile and 1.5 Mile Race.
- You must check in 15 minutes **prior to the start of the run**.
- All runners must sign a waiver and any children under age 18 must have a parent's signature.
- Run is along Tamalpais Valley Multi-use Path.
- This is not a formal racing event. While competitive and high level of exercise is encouraged, the event is geared towards fun and community.
- Interested in volunteering for the run? Please contact Kat at kreisinger@cityofmillvalley.org.

## Health & Wellness Fair
## Free Admittance
## 10:00am – 2:00pm

**SAMPLES OF VENDORS INCLUDE:**

| | | |
|---|---|---|
| Fitness | Pre/Post Natal | Health Food |
| Wellness | Elder Care | Nutrition |

And MANY Kid-Friendly Activities Such As: Face Painting, Jumpee, UrbanSitter Crafts, Temporary Tattoos

**INTERESTED IN BEING A VENDOR?**
Call the Front Desk at 415-383-1370 with questions or visit our website at www.millvalleycenter.org.