

Penn Valley Athletic Club

The latest PVAC news, views, and announcements

Open for Business!

PVAC will open at 12 noon on Saturday, May 28. First week hours are: 5/28-5/30 12-8; 5/31-6/2 4-8, 6/2 12-8.

We are excited to see you at the pool!

Lap Swim

Lap swim is open to **members only**, on Tuesday, Thursday, and Saturday mornings from 7-10 a.m.

First lap swim of the season will be Saturday, June 4 last will be September 3.

PVAC Swim Team

A winning tradition, PVAC swim team is making it's return! Interested? Visit

www.pennvalleyac.com/swim-team

Practice begins Monday, June 6. Contact Trisha Murray with questions 724-290-7063.

Group Exercise Classes

Classes are open to members and non-members and are free! This summer we will offer a Wednesday night Mid-Week Mash Up class from 6-7 p.m.

www.pennvalleyac.com/group-exercise

Moonlight Swims

Returning on Friday evenings will be our moonlight swims! Always popular! Look for snack bar specials and themes throughout the summer!

First moonlight swim will be **Friday June 3!** Pool closes at 9 p.m.



Swim Lessons Are Back!

Our instructors are ready to help your swimmer reach their goal! We have several instructors with many years of swim experience and expertise in specific stroke development. Sign up at the front desk for private lessons! Group lessons limited to 4 participants, and signups are available online. See the group lesson schedule on the website.

We are offering three levels for lessons:

Beginner - Swimmers getting comfortable in the large pool with heads above water.

Intermediate – Swimmers progressing into swimming with heads underwater.

Development – Swimmers ready to begin stroke development.

Plus, a Parent and Swimmer group class on Saturday mornings!

Lessons are open to PVAC members and non-members alike.

Members:

\$45 for 4 - 30 minute group lessons
\$65 for private lessons

Non-Members:

\$65 for 4 - 30 minute group lessons
\$65 for private lessons

MEMBERSHIP INVOICES HAVE BEEN SENT!

What are you waiting for? Sign up today!

Email: pvacfinance@gmail.com

<http://www.pennvalleyac.com/membership>