

Penn Valley Athletic Club

The latest PVAC news, views, and announcements

Opening Weekend

The pool is filled, the heater is on, and we are looking forward to welcoming **you** this Saturday, May 28 at 12 noon. Celebrate Memorial Day at the pool with us on Monday, May 30.

Swim Lesson Sign Ups

Sign up for swim lessons when you visit us at the club! Group lesson signups are available online for you to complete before arrival. Lessons are open to members and non-members, and private or group lessons are offered. Private lessons are scheduled with the instructor.

Family Camp Out

Mark your calendars for our Penn Valley Family Camp Out. August 20 – 21. Details will be forthcoming on the website shortly!

Pool Hours

Just a reminder...pool opens Memorial Day weekend from 12-8 p.m. **Tuesday, May 31 – Thursday, June 2 hours are 4-8.** Pool will operate with regular hours beginning Friday, June 3 with 12 noon opening.

Upcoming Events

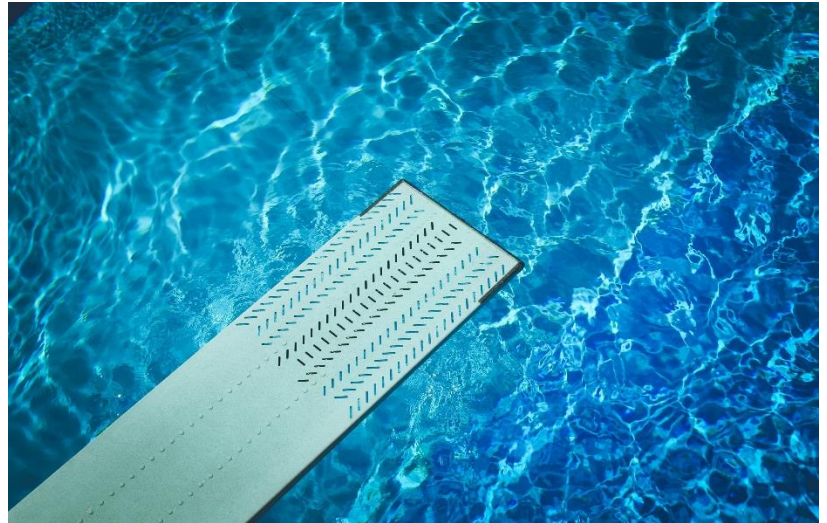
June 3 – First Moonlight Swim until 8 p.m.

June 4 – group swim lessons begin 10 a.m.

June 4 – lap swim begins at 7 a.m.

June 6 – swim team practice begins 9 a.m.

June 8 – Mid-Week Mash Up Group exercise 6-7 p.m.



Diving Board Safety

The diving board at Penn Valley is a popular attraction for kids of all ages! The Penn Valley lifeguard staff follows all recommendations from the American Red Cross regarding diving board use and safety. We ask that patrons and guests keep the following rules in mind:

- **Anyone swimming in deep water should be *competent, comfortable, and able to swim to the side of the pool from any spot in the deep area***
- Only **one person** on the diving board at a time
- Only **one bounce** is allowed on the diving board
- **Swim immediately to the closest ladder or wall**
- **No floaties or flotation devices** can be worn when going off the board

Lifeguards reserve the right to ask swimmers they feel are not competent, to refrain from using the board. These rules are enforced for your safety and that of all members and guests.

Learn more now at:

<https://www.pennvalleyac.com/swim-team>

NOT A MEMBER YET?

What are you waiting for? Sign up today!

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