

PALOS VERDES BEACH & ATHLETIC CLUB SUMMER SWIM PROGRAM 2026

Semi-Private Lessons | Ages 2-14

**One Week Sessions
Monday - Thursday**

PVBAC Members: \$115/Week

PVE Residents: \$125/Week

Non-Residents: \$135/Week

SESSION DATES:

Session 1 | June 15 - June 18
Session 2 | June 22 - June 25
Session 3 | June 29 - July 2
Session 4 | July 6 - July 9
Session 5 | July 13 - July 16
Session 6 | July 20 - July 23
Session 7 | July 27 - July 30

CLASS TIMES:

Level 1: 10:00-10:30am or 10:30-11:00am
Level 2: 11:00-11:30am
Level 3: 11:30-12:00pm
Level 4: 12:00-12:30pm
Level 5: 12:30-1:00pm

**Member registration begins: Monday, April 6th
Non-member registration begins: Monday, April 13th**

**Please register in person with cash or check (payable to PVBAC)
No make-up classes, no exchanges, or refunds - no exceptions.**

PALOS VERDES BEACH & ATHLETIC CLUB

SUMMER SWIM

PROGRAM 2026

Level One | WATER EXPLORATION

Introduction to water safety. Skills taught include submerging the face in water, bubble blowing, water entry and exit, supported front kicking, and supported back float.

Level Two | PRIMARY SKILLS

Skills taught include holding breath, submerging head, independent floating, front/back flutter kicking, combined kicking and front stroke, and side jumping.

Level Three | STROKE READINESS

Skills taught include retrieving objects underwater with eyes open, jumping into the water, freestyle with breathing to the side, elementary backstroke, and diving off the side of pool.

Level Four | STROKE DEVELOPMENT

Skills taught include diving from side of the pool, elementary backstroke, freestyle, breaststroke, backstroke, flip turns, and side breathing.

Level Five | STROKE REFINEMENT

Skills taught include beginner diving progression from the diving board, long shallow dive, the four strokes (freestyle, breaststroke, backstroke, butterfly), and open turn on front and back.

***PLEASE NOTE: ALL NON-MEMBERS MUST SUPPLY THEIR OWN TOWELS.
PARTICIPANTS MUST EXIT THE CLUB ONCE THEIR SWIM LESSON HAS CONCLUDED.***