

# SUMMER FUN GUIDE

2017 SAVE THIS PULL-OUT SECTION

Hidden Valley Lake is proud to announce that many of the activities you enjoyed last summer are being brought back in full swing—bigger and better for 2017—with many additions and improvements based on all the input we received.

With so many activities so close, you and the kids will have a blast, and keep busy throughout the summer. Please sign up and take advantage of these community activities for all ages!

## TIPS TO ENSURE A GREAT SUMMER

Looking to improve your own economy? How about a summer job? HVL offers summer employment and we have a variety of positions. Whether you are saving up for college or simply need to pay the bills, be sure to pick up an application.

- Have your Amenity card updated. This can be done at Member Services and it gets you access to the pool and it's required for all activities!
- Get in shape! Swimming is one of the best exercises for the body, so if you are trying to keep up with your New Year's resolutions to keep fit, the pool is a great place to do it. And, if you are not so confident about your swimming, check out our swim lesson offerings. (Private swim lessons only offered to adults, more information upon request.)

Join in the fun! Check out our summer activities calendar for all the great activities for all ages. Sign up early to reserve your place.

## 2017 EVENTS

### HVL EVENTS

- April 15 ... Easter Egg Hunt 9-11  
Hunt starts at 10 SHARP
- July 2..... Fireworks over the Lake
- July 2..... Independence Day Activities
- Aug. 26.... Car Show
- Oct. 27.... Kids Spookfest
- Oct. 28.... Teen Halloween Party
- Dec. 2..... Tree Lighting and  
Gingerbread House Contest
- Dec. 31 .... New Year's Eve Party

## CONCERTS ON THE GREEN

- 3rd Friday of the Month  
5-8pm  
Open to the Public
- May 19..... Funky Dozen
  - June 16..... California Cowboys
  - July 21..... Decades
  - Aug. 18..... Hearts and Bones
  - Sept. 15..... Lake County Diamonds



## YOUTH FISHING DAYS

- April 22 ..... 8:00am-Noon

## POOL

- May 27..... First Day pool opens
- September 4 ... Pool Closes at 8pm

## SWIM LESSONS

- (8 classes per session \$52.50)  
9am - Noon
- Session 1 ..... June 20-June 30
  - Session 2 ..... July 11-July 21
  - Session 3 ..... July 25-Aug. 4
  - Session 4 ..... Aug. 8-Aug 18

## AQUA AEROBICS

- (14 classes \$47.50)
- Tuesday and Thursday 8-9am**
    - Session 1 ..... May 30-July 13
    - Session 2 ..... July 18- Aug 31
  - Wednesday and Friday 8-9am**
    - Session 1 ..... May 31-July 14
    - Session 2 ..... July 19- September 1
  - Tuesday and Thursday 7-8pm**
    - Session 1 ..... May 30-July 13
    - Session 2 ..... July 18- Aug 31

## SYNCHRONIZED SWIM

- (14 classes \$47.50)
- Wednesday 8-9pm**
    - Session 1 ..... May 31-August 30
  - Saturday 8-9am**
    - Session 2 ..... June 2-September 8

## SWIM LESSON REFUND POLICY

Refund requests must be made one week prior to the start date of the class. No refunds will be granted after the class begins. Failure to attend a class or "no shows" will not be granted a refund. All refunds must be requested through Member Services located at 18174 Hidden Valley Road.

## 2017 YOGA

### ACTIVITIES CENTER

- Wednesdays, 6-7pm  
April 19-May 31  
(6 classes) \$40
- Thursdays, 9-10am  
April 20-June 1  
(6 classes) \$40
- DROP-IN: \$8



## 2017 CAMPS

- TENNIS CAMP**  
\$79 (5 classes)  
June 5-9 8:30-11:30am
- CRAFT CAMP**  
\$79 (5 classes) Ages 10 & Up  
Dates & Time....TBD
- TIE DYE FUN**  
\$15 (1 Class) Ages 10 & Up  
Dates & Time....TBD

## 2017 CRAFT SCHEDULE

- Wednesdays, 2-3pm  
(6 classes: \$5.25 each, or \$30 for 6)  
Ages 5-12 years
- June 28.... Thumb print Flower Pot
- July 5..... Dried Flower Frame
- July 12..... Airplane Magnet
- July 19..... Button Snail
- July 26..... Colorful Owl
- Aug. 2..... Paint a Mug

## YOUTH CENTER

- GRAND OPENING**  
Saturday, May 27, 2-5pm
- TEENS**  
Monday, Wednesday & Friday, 5-8pm
- PRE-TEENS**  
Monday, Tuesday & Thursday, 3-5pm
- JAM SESSIONS**  
Tuesday, 6-8pm

## 2017 GOLF PROGRAMS

### ADULT GOLF CLASSES

- May 6, Aug. 12 \$70.00 per series
- Four- 8 students.
- Sign up your own class & time or join our five-session, 1-hour evening classes starting at 5:30 PM

### COUPLES TWILIGHT GOLF

- April 28, May 26, 4:30 Shotgun Start. 9 holes of fun with dinner to follow. Includes: golf, prime rib buffet meal and prizes. \$39 non-members, \$27 for full-paid golfing members.

### JUNIOR GOLF CLUB

- \$120 for the year
- July 31 - Skills Challenge
- Aug. 7 - Jr. Club Championship

### FREE CLINIC

- April 2, 9, 30...12:00pm

### FIRST SWINGERS GOLF CAMP

- \$40 per camp
- June 16-17...9:00 am-11:00am
- July 28-29...9:00 am-11:00am

# 2017 POOL SCHEDULE

May 27 through September 4

**OPEN MEMORIAL DAY, JULY 4, AND LABOR DAY!!**

**(Same schedule as Sunday)**

Time	5:30 – 8:50AM	9:00 – 12:00AM	12– 5PM	5-7PM	7-8PM
Monday	Closed for Maintenance	Closed for Maintenance	Open Recreational Swimming	Open Recreational Swimming	Organized Activities 7-8
Tuesday	Lap Swimming Members Only	Organized Activities Swim Lessons Water Aerobics Members Only	Open Recreational Swimming	Open Recreational Swimming	Organized Activities 7-8
Wednesday	Lap Swimming Members Only	Organized Activities Swim Lessons Members Only	Open Recreational Swimming	Open Recreational Swimming	Organized Activities 7-8
Thursday	Lap Swimming Members Only	Organized Activities Swim Lessons Water Aerobics Members Only	Open Recreational Swimming	Open Recreational Swimming	Organized Activities 7-8
Friday	Lap Swimming Members Only	Organized Activities Swim Lessons Members Only	Open Recreational Swimming	Open Recreational Swimming	Organized Activities 7-8
Saturday	Lap Swimming Members Only	Open Recreational Swimming	Open Recreational Swimming	Open Recreational Swimming	Open Recreational Swimming
Sunday	Lap Swimming Members Only	Open Recreational Swimming	Open Recreational Swimming	Open Recreational Swimming	Open Recreational Swimming

**Please register at Member Services**



**CLASS DESCRIPTIONS**  
**HVLA SWIM LESSONS**

Children will learn quickly in a consistent and repetitive environment. Our positive yet direct reinforcement helps to identify and focus on strengths while correcting weaknesses with the end result of a confident and safe swimmer.

Everyone learns differently and some excel in private classes, others thrive in the positive peer pressure of a group class. We offer both, and after a time in the water, we can suggest if one or the other is better suited for your child. Our group lesson sizes vary depending on the level of swimmer. We keep our classes small to ensure safety as well as individual attention; as children advance, classes may grow in size to encourage progression and efficiency.

For our students under the ages of 3 (6 months to 3 years) we do offer private lessons, but we enjoy it when the parents are able to participate. We work on skills in the form of games and play time that teach consistency and safety while their comfort level and respect for the water increases—things you can easily reinforce at home!

**ADULT LESSONS**

Our Adult Program can help any level of swimmer (or non-swimmer). For those who desire to overcome years of fears to those who just want to improve technique and efficiency, let us help you meet your goals—whatever they may be.

Classes are 1 hour in length allowing us to gain comfort in the water and really meet the goals for that day. We can schedule classes according to your availability—

please note that the closer together the classes, the more you will retain and you will be more successful SOONER! We can make a schedule that will fit in with your busy life. Please contact us directly to discuss your needs and to schedule your lessons.

**LEVELS**

**MOMMY & ME**—Helps parents and infants become comfortable in the water by singing songs and playing games to develop your child’s skills. It’s an excellent first swim class for parents and toddlers in that it teaches parents holding techniques and water learning experience.

**BEGINNERS**—Introduction and comfort with water on and near the step area of the pool—blowing bubbles and assisted front kicking and float.

**ADVANCED BEGINNERS**—Understanding what they are able to do in the water while creating safe routines, gaining self-awareness and a level of independence—retrieving objects in the water, assisted front kicking and float, assisted back float, “monkey walks” on the wall, wall exit, and sitting jumps from the side of the pool to instructor.

**INTERMEDIATE**—Continued growth in safety and confidence while focus on independence begins to be stressed—breath control and nose bubbles, comfortable with complete submersion, unassisted front glide and

swimming with face in water, back float and elementary back stroke, roll from front swimming to back float unassisted, independent wall exit, standing jumps from the side of the pool and swimming back to the wall.

**ADVANCED INTERMEDIATE**—positive focus on strengths and introductions to other strokes. Technique is able to be recognized with a focus on safety and water awareness—alternate arm action during front swimming, refine breath control and side breathing, introduce treading water, unassisted standing jump from side of pool and roll to back float, unassisted back stroke.

**STROKE DEVELOPMENT**—Stroke introduction and endurance is taught. Stroke technique is stressed in conjunction with individual strengths—front crawl with side breathing and efficient breath control, tread water unassisted for 30 seconds, introduce dive from kneeling and standing position, retrieve objects from bottom of pool using “pike surface diving”, Back Stroke, Breast Stroke, introduction to Butterfly Stroke.

**ADVANCED STROKE DEVELOPMENT**—Able to recognize which stroke is natural and which will require additional focus. Technique is stressed in conjunction with personal goals—Freestyle or Front Crawl efficiently, Back, Breast, Side, Butterfly Strokes, racing starts, understanding the clock, racing turns and flips, tread water legs only with object in hands.

**HVLA Swim Sign-up 2017**

Swimmer’s Name \_\_\_\_\_ Date of Birth \_\_\_\_\_  
 Parent/Guardian \_\_\_\_\_  
 Address \_\_\_\_\_  
 City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_  
 Daytime Phone \_\_\_\_\_ Night Phone \_\_\_\_\_  
 Email Address \_\_\_\_\_  
 UBL (will be verified) \_\_\_\_\_ Non-members see sponsorship requirements information.

**Sessions: Space is limited • Register Early**

- [ ] Session 1 (June 20–30)
- [ ] Session 2 (July 11–21)
- [ ] Session 3 (July 25–August 4)
- [ ] Session 4 (August 8–18)

**Swimming Level**

- [ ] Mommy & Me “Ducklings” (M&M)
- [ ] Beginner (B) **Pool staff will contact you to set up lesson times for your child.**
- [ ] Advanced Beginner (AB)
- [ ] Intermediate (IM)
- [ ] Advanced Intermediate (AIM)
- [ ] Stroke Development (SD)
- [ ] Advanced Stroke Development (ASD)
- [ ] Private Lesson—Price will vary from group lessons (PL)

See **Class Descriptions** for proper placement

**OFFICE USE ONLY** Paid \_\_\_\_\_ Cash \_\_\_\_\_ Check # \_\_\_\_\_

**NOTE: Completed Liability Waiver + Release Forms must be attached**

Employee’s Initials: \_\_\_\_\_ Notes: \_\_\_\_\_

# SUMMER REGISTRATION

## HVLA SWIM LESSONS Space is limited • Register Early • Pool staff will contact you to set up lesson times for your child.

SESSIONS	SWIMMING LEVELS	PARTICIPANT'S NAME
<input type="checkbox"/> Session 1 (June 20–30)	<input type="checkbox"/> MM <input type="checkbox"/> B <input type="checkbox"/> AB <input type="checkbox"/> IM <input type="checkbox"/> AIM <input type="checkbox"/> SD <input type="checkbox"/> ASD <input type="checkbox"/> PL	_____
<input type="checkbox"/> Session 2 (July 11–21)	<input type="checkbox"/> MM <input type="checkbox"/> B <input type="checkbox"/> AB <input type="checkbox"/> IM <input type="checkbox"/> AIM <input type="checkbox"/> SD <input type="checkbox"/> ASD <input type="checkbox"/> PL	_____
<input type="checkbox"/> Session 3 (July 25–Aug. 4)	<input type="checkbox"/> MM <input type="checkbox"/> B <input type="checkbox"/> AB <input type="checkbox"/> IM <input type="checkbox"/> AIM <input type="checkbox"/> SD <input type="checkbox"/> ASD <input type="checkbox"/> PL	_____
<input type="checkbox"/> Session 4 (Aug. 8–18)	<input type="checkbox"/> MM <input type="checkbox"/> B <input type="checkbox"/> AB <input type="checkbox"/> IM <input type="checkbox"/> AIM <input type="checkbox"/> SD <input type="checkbox"/> ASD <input type="checkbox"/> PL	_____

### SWIMMING LEVEL LEGEND

(M&M) Mommy & Me “Ducklings” / (B) Beginner / (AB) Advanced Beginner / (IM) Intermediate / (AIM) Advanced Intermediate / (SD) Stroke Development / (ASD) Advanced Stroke Development / (PL) Private Lesson

### AQUA AEROBICS

Tuesday and Thursday 8-9am	Wednesday and Friday 8-9am	Tuesday and Thursday 7-8pm
<input type="checkbox"/> Session 1 .... May 30-July 13	<input type="checkbox"/> Session 1 .... May 31-July 14	<input type="checkbox"/> Session 1 .... May 30-July 13
<input type="checkbox"/> Session 2 .... July 18- Aug 31	<input type="checkbox"/> Session 2 .... July 19- Sept. 1	<input type="checkbox"/> Session 2 .... July 18-Aug. 31

### PARTICIPANT'S NAME

\_\_\_\_\_

### SYNCHRONIZED SWIM

Wednesday 8-9pm	Saturday 8-9am
<input type="checkbox"/> Session 1 .... May 31-Aug. 30	<input type="checkbox"/> Session 2 .... June 2-Sept. 8

### PARTICIPANT'S NAME

\_\_\_\_\_

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### TENNIS CAMP

Monday-Friday, 8:30-11:30am  
 Session 1 .... June 5-9

### PARTICIPANT'S NAME

\_\_\_\_\_

### 2017 CRAFT SCHEDULE

Wednesday, 2-3pm  
 Session 1 .... June 28-Aug. 2

### PARTICIPANT'S NAME

\_\_\_\_\_

## Contact Information

Name of Participant \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ ZIP \_\_\_\_\_

Daytime Phone (\_\_\_\_) \_\_\_\_\_ Evening Phone (\_\_\_\_) \_\_\_\_\_

UBL# \_\_\_\_\_ Program Waiver & Release Attached?  Yes  No

Additional persons who may be called in an emergency:

NAME	ADDRESS	TELEPHONE	RELATIONSHIP