

## North Valley Swim School

- We are committed to providing professional swim lessons in a warm, gentle, and nurturing environment.
- Children can focus better, learn new skills and relax more easily in warm water. Our pool is kept at 92° - 96°.
- Chico's only comprehensive swim school, encompassing your child's swim experience from infant/toddler lessons to pre-swim team.
- Over 30 years experience of proven, progressive methods and award winning techniques. Now teaching our third generation of swimmers.
- Over 2,000 children and adults taught every year.
- NVSS instructors are CPR Certified and follow the National Swim School Association Infant-Toddler Program.
- Safety first, last, and always.



**NVSS at In Motion Fitness**  
1293 E First Ave, Chico, CA 95926  
530.345.6707 • [NVSS@InMotionFitness.net](mailto:NVSS@InMotionFitness.net)



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North Valley Swim School  
*It's a life preserver!*



**2018 SWIM LESSONS**  
*Reserve Now!*

North Valley Swim School **530.345.6707**  
[NVSS@InMotionFitness.net](mailto:NVSS@InMotionFitness.net)  
**SIGN UP ONLINE TODAY**



## Class Descriptions

### PARENT-TOT CLASSES

**Ages: 6 months to 2 years**

**Details: 30 minutes**

Children and Parents participate together in our Parent-Tot classes with a balance between fun and structure, participants attain the following skills:

- Familiarity with water
- Beginning breath control
- Submersions and back floating
- Simple propulsions through the water
- Self life saving techniques



### PRIVATE INSTRUCTION

**Ages: 6 months to adult**

**Details: 15 minutes of formal, intense instruction**

Our most popular type of lesson. One-on-one instruction for a client's optimal learning experience. Lessons are tailored to the clients' individual needs and swim level.

### ADULT LESSONS

Private, Tri-Training, Beginner - Advanced.

### IMFAST

**Ages: 4 to 18 years**

**Details: 6 students per group, 30 minutes**

These swim classes help "bridge the gap" between swim lessons and swim teams. They provide exceptional coaching and water play, so your child can explore swimming as a sport, before or instead of a competitive team. Have fun and learn life skills.

#### 3 Level Options

**Level 1:** Must know freestyle & backstroke.

**Level 2:** Must know freestyle, backstroke, butterfly, and breaststroke.

**Level 3:** In lap pool. Learning dives and turns.  
All classes build endurance.

### POWER SESSION - CONTACT NVSS FOR DATES

**Ages: 6 months and older**

**Details: 20 minute lessons, 5 day intensive**

## Fee Schedule

Annual Family Registration Fee		\$25
<b>LESSON TYPE</b>	<b>4 CLASSES</b>	<b>8 CLASSES</b>
Parent-Tot (\$11 ea.)	--	\$88
IMFAST (\$10 ea.)	\$40	\$80
Private Instruction (\$12.50 ea.)	\$50	\$100
Power Sessions	\$85 (5 lessons)	

### ROLL-OVER PROGRAM

When enrolled in the Roll-Over program, you receive **priority** registration. Ask the NVSS office for information about this program. We make every attempt to schedule lessons based on the needs of the client.

## Session Schedule

### NVSS 2018 SWIM SEASON

*NVSS provides a year-round program.*

*Clients may begin lessons at any time (space permitting).*

*Call 345-6707 for current availability.*

#### Winter Session

*Jan. 8th - March 2nd*

#### Spring Power Session

*March 19th - March 23rd*

#### Spring 1 Session

*March 3rd - May 4th*

#### Spring 2 Session

*May 7th - June 1st*

### NVSS DIVE SHOP

A great place to purchase swimming accessories. Goggles, caps, swim diapers, rashguards and backpacks. Drop by the NVSS office or the In Motion Front Desk.



### WATER IN MOTION (min. age 14)

- Learn how to get the most out of your swim sessions
- Develop open water skills
- Practice skills year round
- Video recorded sessions

**Cost: FREE to members**

\$50/mo Non-Members + \$25 Registration Fee

**Tuesday:** 9am-10am for adults

**Thursday:** 9am-10am for adults

### CORE VENDOR

NVSS is a registered vendor for CORE Butte Charter School. NVSS offers classes throughout the day and evening to fit the needs of home schooling families. Please contact NVSS for details.

## Registration & Payments

- Registration can be done by phone, in person, or online. Go to [InMotionFitness.net](http://InMotionFitness.net), and click on North Valley Swim School.
- Payment due in full at time of registration. NVSS accepts credit cards, debit cards, cash or check.
- An Annual Family Registration Fee (\$25) per year is due when scheduling your first lesson.
- After registering, NVSS will send an email confirmation of lesson time and instructor.
- Before your first lesson, please stop by the office and sign a Participation and Release Form and pick up your session pass.
- We reserve the right to change/substitute instructors in the case of an emergency.
- **Just a reminder, we have a NO MAKE-UP policy.** Unless this is due to N.V.S.S. occurrences (such as, weather determined as detrimental -lightning, severe storm, temperature, etc). Please plan on attending ALL lessons, unless notified by the NVSS office.
- **We have a NO REFUND policy for lessons.** Please plan ahead, as we only issue **credits** to cancellations of lessons for illness with a Doctor verification. Due to the nature of our administration and accounting, refunds are not an option. We may provide you with a lesson credit that must be used within 12 months.