

North Valley Swim School

- 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.
- We are committed to providing professional swim lessons in a warm, gentle, and nurturing environment.
- Safety first, last, and always.



NVSS at In Motion Fitness
1293 E First Ave, Chico, CA 95926
530.345.6707 • NVSS@InMotionFitness.net



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It's a life preserver!



2017 SWIM LESSONS
Space is limited - Reserve Now!

North Valley Swim School **530.345.6707**
NVSS@InMotionFitness.net
SIGN UP ONLINE TODAY

Class Descriptions

PARENT-TOT CLASSES

Ages: 6 months to 2½ years

Details: 4 Parent-Tot participants, 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 and older

Details: 15 minutes of formal, intense instruction

Our most popular type of lesson. One-on-one instruction for a client's optimal learning experience.

POWER SESSION - CALL OFFICE FOR DATES

Ages: 6 months and older

Details: 5 - 20 minute lessons, 5 day intensive

ImFast

Ages: 4 to 18 years

Details: 6 students per group, 30 minutes

These swim classes help "bridge the gap" between Swim Lessons and competitive 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: Need to know freestyle & backstroke.

Level 2: Need to know freestyle, backstroke, butterfly, and breaststroke.

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

ADULT LESSIONS

Private, Tri-Training, Beginner - Advanced.

Fee Schedule

Annual Family Registration Fee		\$25
CLASS	4 CLASSES	8 CLASSES
Parent-Tot (\$10.50 ea.)	--	\$84
ImFast (\$9.25 ea.)	\$37	\$74
Private Instruction (\$12 ea.)	\$48	\$96
Power Sessions	\$85 (5 lessons)	

ROLL-OVER PROGRAM

NVSS guarantees (to the best of our ability) your time, day and instructor from month to month. Year-round classes have become so popular, parents want to reserve their times. When enrolled in the Roll-Over program you receive **priority** registration for your children. Ask the NVSS office for information about this program. We make every attempt to schedule lessons around the needs of the client.

Session Schedule

NVSS 2017 SWIM SEASON

NVSS is a year-round program.

Clients may begin lessons at any time, space permitting.

Call 345-6707 for current availability.

Fall Sessions

Sept. 25th - Oct. 20th

Oct. 23rd - Dec. 21st

DIVE-IN SHOP

A great place to shop for swimming accessories. Goggles, caps, swim diapers, rashguards and backpacks. Drop by NVSS or the Front Desk.



WATER IN MOTION (min. age 14)

Learn how to get the most out of your swim sessions
Develop open water skills
Practice your 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

PERSONAL TRAINING

One-On-One and Small Groups available

Heather Martinez, Personal Trainer for swimming

Contact: swimmerchick34@gmail.com

Registration & Payments

- Registration can be done by phone, in person, or online! Go to *InMotionFitness.net*, and click on North Valley Swim School.
- Payment due in full at time of registration in order to reserve your lessons. NVSS accepts credit cards, debit cards, cash or check.
- An Annual Family Registration Fee (\$25) per year is due when scheduling your first class. The registration fee is waived if enrolled in the Roll-Over Program.
- After registering, NVSS will send a confirmation of lesson time and instructor.
- Before your first class, 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 case of an emergency.
- **Just a reminder, we have a NO MAKEUP 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 N.V.S.S. office.
- **We have a NO REFUND policy for lessons scheduled.** Please plan ahead, as we only issue **credits** to cancellations of a session for illness with a **Doctor verification.** Due to the nature of our administration and accounting, refunds are not an option. We will provide you with a lesson credit that must be used within 12 months.