



I have fought the good fight, I have finished the race,
I have kept the faith. 2 Timothy 4:7

Swimming 2019

Schedule, Modest Swimwear & Equipment you will need:

Orientation 9:15 am Lessons 10 am-12 noon August 3rd Saturday
Lessons 10 am-12 noon August 10th Saturday
Lessons 10 am-12 noon August 17th Saturday
Lessons 10 am-12 noon August 24th Saturday
Free swim time will be available for participants & their parents. <i>They have a water slide at the pool!</i>



1. Modest Swimwear Required



Guys: Swim trunks/board shorts below the knee and a swim shirt. Only dark colored clothing will be allowed, absolutely no light colored or white clothing!
Girls: One piece swimsuit with, a swim shirt and swim board shorts below the knee, over top of it. Only dark colored clothing will be allowed, absolutely no light colored or white clothing! One piece cover-up swim dress; or swim skirt can go over your shorts as well. Girls can also purchase a modest swimsuit from a number of websites. There is a link on our [swimming page](#) to a document that lists websites that offer modest swimwear for girls and women.



2. Towel, Sunscreen, & Water

Bring your towel & sunscreen. Each swimmer will need plenty of drinking water. So make sure you bring it to each lesson, 32 oz or bigger!



3. Swim Goggles

Optional but highly recommended for all swimmers. We have found that Speedo brand goggles work the best for us, but use whatever brand works best for your family. No swim/dive masks. To check the fit:

1. Hold the goggles on your eyes (without straps on).
2. Press the eye cups into your eye sockets.
3. Let go - they should stay in place. If they don't, they are not a good fit.
4. Try another style!

Tips: What shape is your eye socket? The goggle shape should match for a good fit. You can make adjustments to the spread of the eyepiece, but if the goggles don't hold without the strap, at least for a few seconds, don't buy them.



4. Baby Stuff

Babies must wear swim diapers. No built-in floatation swimwear allowed. Optional are small, floatable, bathtub type toys to stimulate babies during swimming. Life vests are available for all ages.

5. Swimming is for the whole family—kids & adults

Cost is \$70 (1/2 price for birth - 3 years old) per person. We have a limited number of classes for swimming; first come, first served. Get an additional \$5 [discount per swimmer](#) for membership in CHEA, HSLDA, & supporting FPM (\$40 annually-minimum). We will be renting the pool for PSP Sports And More exclusively during our swimming time; location—Town of Apple Valley Aquatic Center, 14999 Dale Evans Parkway, Apple Valley, CA.