



AQUATICS PROGRAMS

Deer Valley offers its members and guests a 130,000-gallon year-round indoor pool and a 150,000-gallon seasonal outdoor pool for their recreational use. In addition, the club provides numerous programs and social activities throughout the year. BEGINNING MAY 6th !

Water Fitness Classes

Aquacise

Mondays, Tuesdays, Thursdays & Fridays 9am-10am

This basic water exercise class focuses on basic aerobic movements with an emphasis on flexibility training.

Free Swim

Mondays, Tuesdays, Thursdays & Fridays 10am-11am

This is a time that is open for exercising in the indoor pool. Equipment will be available during this time.

More classes will be available coming soon!

Kid's Swim Lessons

Swim lessons are available at Deer Valley!

Contact Adaira Brewer at adairacbrewer@gmail.com to set up all swim lessons.

\$25 per half hour for DVAC members.

Indoor Pool Party Rentals

Looking for a great space to have a birthday party? Book our indoor pool!
The delicious High Country Greek Restaurant will cater your party.

\$100.00 for 3 hours for DVAC members.

For more information contact Grace Norton at 828-262-3337.



