

HIDDEN HOLLOW & KNOWLTON SWIMMING & DIVING TEAMS

Both clubs offer competitive swim & dive teams coached by an outstanding staff. We welcome returning and new team families for the 2022 season!

Hidden Hollow welcomes back Head Coach Sam Davy. Sam is the assistant coach at Swarthmore College where he has helped the Garnet break 36 school records and capture a conference title. Prior to arriving at Swat, he worked with the collegiate swim programs at the University of Tennessee and Ohio State. During his time in Knoxville and Columbus he worked with several age group and summer league swim teams. Sam was a swimmer at the University of Wisconsin- Stevens Point where he was a 16 time All-American.

Knowlton Swim Team welcomes back Kristin Abrams as Head Coach. She has experience in coaching all age groups including high school and post graduate level swimmers and has well over 20 years of teaching swimming lessons. She is looking forward to building a team dynamic, that is both fun and competitive. She cannot wait for the adventure to begin!

Hidden Hollow & Knowlton would like to welcome back Lead Coach Jim Rightley. With over 60 years of experience as a diver, coach and producer of High Diving Shows, Jim is eager to share his knowledge, skills, and enthusiasm for the sport. Jim still actively competes in Masters Diving Events at various venues.

For pre-season & regular season practice information visit Linvilla.com. New members are welcome to pre-season practice sessions.

Team swimmers must be 18 or under and must have ONE Parent as a member of HHKSC.

KNOWLTON

*Competes in the Delco League.
Confirm pre-season & regular season practice
dates & times at Linvilla.com.*

Knowlton Swim Team

Pre-Season Practice see website for details
Regular Season Practice Mon. – Fri. 9am – 12
Long Course Practice Tues. at HH 9:30 – 10:30am
Varsity Meets Saturday Mornings Thru July
JV Meets Wednesdays at 6pm Thru July

Knowlton Dive Team

Pre-Season Practice see website for details
Regular Season Practice Mon. – Fri. 9:30am – 12
Meets Tuesdays at 6pm Thru July

HIDDEN HOLLOW

*Competes in the Suburban League.
Confirm pre-season & regular season practice
dates & times at Linvilla.com.*

Hidden Hollow Swim Team

Pre-Season Practice see website for details
Regular Season Practice Mon. – Fri. 1 – 3:30pm
Long Course Practice Tues. at HH 9:30 – 10:30am
Meets Wednesday Evenings Thru July

Hidden Hollow Dive Team

Pre-Season Practice see website for details
Regular Season Practice Mon. – Fri. 10:30am – 12
Meets TBD

Novice Diving Championships

Knowlton Swim Club TBD

Mary Schlegel Diving Invitational

Hidden Hollow Swim Club June 25 & 26
*Register online at Linvilla.com
 See website for practice date and time*

HIDDEN HOLLOW & KNOWLTON SWIM CLUBS

2022



SWIMMING / DIVING TEAMS & LESSONS

Exclusively for Club Members

Knowlton Swim Club
610-872-9939

Hidden Hollow Swim Club
610-566-9860

Linvilla Orchards
610-876-7116

137 W. Knowlton Rd. Media, PA 19063
www.Linvilla.com

SWIM LESSONS

We invite you to enter a world where the pool is your classroom and learning is fun! Our goal is to teach the skills of water confidence, safety, sports, and a love of water. A qualified and caring staff teaches all of the classes using a hearty dose of fun, imagination, social interaction and creativity.



DATES & TIMES

Session 1 June 20 – July 1

Session 2 July 5 – July 15*

**No lessons July 4; first week will be Tuesday - Friday.*

Session 3 July 18 – July 29

Eight half-hour lessons are offered over each 2-week session, Monday through Thursday. Friday will be the make-up day due to inclement weather.

Hidden Hollow

10:45am – 11:15am

11:30am – 12:00pm

Knowlton

12:30pm – 1:00pm

1:00pm – 1:30pm

PRIVATE SWIM LESSONS

Give your child private, individual lessons with our skilled instructors. \$150 for 5 half-hour lessons. Register online.

PRIVATE LESSONS WITH COACH SAM

Give your child private individual lessons to develop and strengthen skills with Coach Sam. Visit our website for pricing and more details.

CLASS LEVELS

Classes are taught in small groups for all age groups and skill levels by certified instructors who promote water confidence and safety. The structure and methods employed by our qualified staff allow for a high level of individualized attention.

Minimum age for all classes is 3 years old.

LEVEL 1: INTRODUCTION TO WATER SKILLS

Students will learn how to feel comfortable in the water and safely enjoy it.

LEVEL 2: FUNDAMENTALS OF AQUATIC SKILLS

Students will learn basic swimming skills.

LEVEL 3: STROKE DEVELOPMENT

Additional guided practice will help students improve their skills.

LEVEL 4: STROKE IMPROVEMENT & REFINEMENT

Students will gain confidence during swim lessons, improve their stroke, and gain additional aquatic skills.

DIVING CLINICS

Strengthen and improve diving skills. Clinics are for advance divers only.

Clinic 1 June 27 – June 30

Pool not available July 1. Make up day Tues. July 5.

Clinic 2 July 11 – July 15

Clinic 3 July 25 – July 29

Clinics are offered Monday through Thursday 9am – 10am at Hidden Hollow. Friday will be the make-up day due to inclement weather.

*Dates and times are subject to change.
Visit Linvilla.com to confirm.*

REGISTRATION

- Registration will be available online at Linvilla.com one week prior to each session.
- Payment is due at the time of registration.
- Bring a copy of your receipt to the first lesson.
- No refunds will be issued after the first 2 classes.

LESSON FEES

Swim Lessons	\$110 per 8-lesson session
Add'l family members	\$ 95 per 8-lesson session
Private Lessons	\$150 per 5-lesson session
Private Lessons with Coach Sam	see website
Diving Clinics	\$ 50 per 4-session clinic

FOR MORE INFORMATION visit Linvilla.com or email:

KSC Swim Lessons

KSClessons@Linvilla.com

KSC Swim Team

Head Coach: Kristin Abrams
SwimCoachKSC@Gmail.com

HHSC Swim Lessons

Mike@Linvilla.com

HHSC Swim Team

Head Coach: Sam Davy
Coach specific questions email:
HHSCSwimCoach@Gmail.com
Administration specific questions email:
HiddenHollowSwimTeam@Gmail.com

KSC & HHSC Dive Teams & Clinics

Lead Coach: Jim Rightley
Diving@Linvilla.com