

• AQUATIC PROGRAMS •

SATURDAY CLASSES ARE HIGHLIGHTED

AQUATIC REGISTRATION AND SKILL TESTING

Saturday, March 20, 2010, 1:30 PM - 2:15 PM
Bethel Park High School Pool

There will be one six (6) week session of Saturday lessons in the Spring. Lessons will begin on Saturday, March 27 and end on May 15. **NO LESSONS ON APRIL 3 & MAY 8.** All pool activities will be held in the Bethel Park High School pool unless otherwise stated.

CHILDREN ages 5 to 7 who have never had formal lessons need to be skill tested and **must register at SKILL TESTING at the pool.** They will be entered in a class at their ability level after they are skill tested.

CHILDREN ages 5 to 7 who have had lessons with this department before **must register at SKILL TESTING**, but **THEY DO NOT NEED TO BE SKILL TESTED.**

CHILDREN ages 8 and older, taking first lessons, will be in STEP 1, and must register at SKILL TESTING at the pool. There is no need for the child to be skill tested.

HOW TO REGISTER FOR SWIM LESSONS ON SATURDAY, MARCH 20:

BEGINNERS and STEP 1: Registration and SKILL TESTING is on a first-come basis. These classes have limited enrollment. You may also register at the Recreation Office beginning March 22.

FIRST TIME SWIMMERS WITH PARENT (3 & 4 years old): Registration is on a first-come basis. This class has limited enrollment. You may also register at the Recreation Office beginning March 22.

STEPS 2, 3, 4, 5: You may mail-in or drop-off registrations at the Recreation Office in the Municipal Building or register online at www.bethelpark.net.

PREREQUISITE: Swimmer MUST be able to submerge head completely under water before registering for the Beginner class.

A SWIMMER MUST PASS THE FOLLOWING IN ORDER TO MOVE ON TO THE NEXT STEP:

BEGINNER: Push off wall into streamline position and swim 10 big arm strokes with face in water (blowing bubbles out of nose) and without help from instructor.

STEP 1: Push off wall into streamline position and swim 1 width of freestyle (crawl stroke) with correct breathing, arm strokes and kick; turn over onto back and swim 1 width of kicking on back with head back and hips up.

STEP 2: Push off wall into streamline position and swim 1 length of freestyle (crawl stroke) with correct breathing, arm strokes, and kick; turn over onto back and swim 1 length of kicking on back with head back and hips up.

STEP 3: Sit-dive into water and swim 100 yards (4 lengths) of freestyle without stopping. Must have correct stroke form. Standing dive optional.

STEP 4: Standing dive into water and swim 200 yards (8 lengths): first 100 yards (4 lengths) must be freestyle with correct form; second 100 yards must be backstroke also with correct form; and then tread water for 2 minutes. Must be done without stopping for a prolonged period of time at any given wall.

STEP 5: Standing dive into water and perform 300 yards (12 lengths) without stopping for a prolonged period of time at any given wall. First 100 yards (4 lengths) must be freestyle, second 100 yards must be backstroke, and last 100 yards must be breaststroke. All strokes must be executed with correct form.

SATURDAY LESSON SCHEDULE:

SKILL LEVEL	TIME
Beginner* and Step 5	10:00 AM - 10:45 AM
Step 1* and 3	10:55 AM - 11:40 AM
Step 2 and 4	11:50 AM - 12:35 PM
Beginner*	12:45 PM - 1:30 PM
First Time Swim w/Parent*	1:40 PM - 2:10 PM

* **MUST register at BPHS pool at SKILL TESTING on Saturday, March 20, 1:30 PM - 2:15 PM.**

Registration for other lessons should be mailed in or dropped off at the Recreation Office, or register online at www.bethelpark.net.

WHEN: 6 Saturdays
MARCH 27 - MAY 15
NO LESSONS ON APRIL 3 & MAY 8.

FEE: \$55 (non-resident \$60)

NOTE: Goggles are available for purchase at the pool for \$5.00.

Ages 3 & 4 ONLY!
First Time Swim with Parent
Fee: \$55.00 Non-res add: \$5.00
6 Week Session Mar 27 2010 - May 15 2010
Ages: 3yrs to 4yrs
Register at 1:30pm at BPHS Pool on Saturday, March 20 during skill testing. You may also register at the Recreation Office beginning March 22. Children ages 3 & 4 may get used to being in the water with a parent. Parent must work with child in water; these are not swim lessons. Children will not need to be skill tested since both adult and child will be in the water for the program.
NO CLASSES ON APRIL 3 AND MAY 8.
3413.160 01:40pm-02:10pm Sa
BPHS Pool



Season Pass Available!
Aquacise
Fee: \$80.00 Non-res add: \$20.00
Daily Fee: \$5.00 Non-res add: \$1.00
Mar 17 2010 - May 26 2010

Ages: 21yrs and over
Any adult (21 years of age and over) is welcome to come. You do not have to be able to swim to participate. Classes feature water exercises. Aquacise is held throughout the year on Monday and Wednesday evenings.

The **Spring Season Pass** is good for Monday and Wednesday nights, from March 17 through May 26, 2010.
PASS FEE: \$80 for resident (\$100 for non-resident)

You may pay nightly instead of purchasing a pass. The fee for nightly attendance is \$5.00 for a resident or \$6.00 for a non-resident. Sign in and pay at the door each evening you attend.
NO AQUACISE ON MONDAY, APRIL 5.
3405.101 08:30pm-09:30pm M W
BPHS Pool

CONTINUING...

Community Swim
Daily Fee: \$5.00 Non-res add: \$2.00
Jan 08 2010 - May 23 2010
Fridays 7:00 - 8:30 PM
Saturdays 2:30 - 4:30 PM
Sundays 2:30 - 4:30 PM
NO COMMUNITY SWIM ON APRIL 2, 3, 4 and MAY 7, 8, and 9.

PASS RATES:

\$35 Youth - under 18 years of age (non-resident \$40)
\$50 Adult - 18 years of age and older (non-resident \$55)
\$80 Family - includes one child (non-resident \$90)
\$90 Family - includes 2 or more children (non-resident \$100)
Daily Rates - \$5.00 per day (non-resident \$7.00)

Beginning March 15, PASSES will be available at HALF-PRICE.

SPECIAL NOTE: DO NOT BRING VALUABLES TO THE POOL. There are lockers available, but any locks used by the participant must be removed daily. A listing of pass-holders will be on file at the pool. Check in with the guard when entering the pool. Children under 14 years of age **MUST** be accompanied by at least one parent who is dressed to enter the water.

The pool will be closed on posted swim meet dates. Please check at the pool.
3407.101 Su F Sa
BPHS Pool

Lifeguard Instruction

Fee: \$220.00 Non-res add: \$10.00
7 Classes Mar 15 2010 - Mar 28 2010
Ages: 15yrs and over

This is a combined course that includes *Standard First Aid* and *CPR for the Professional Rescuer* certifications. Participants must be 15 years of age by March 15, 2010. Classes will be held on seven days:

Monday, March 15:	5:00 PM - 10:00 PM
Wednesday, March 17:	5:00 PM - 10:00 PM
Sunday, March 21:	5:00 PM - 10:00 PM
Monday, March 22:	5:00 PM - 10:00 PM
Tuesday, March 23:	5:00 PM - 10:00 PM
Thursday, March 25:	5:00 PM - 10:00 PM
Sunday, March 28:	5:00 PM - 10:00 PM

Participants **MUST** attend all sessions for certification.
3415.101 05:00pm-10:00pm Su M Tu W Th
BPHS Pool

Lifeguard Recertification

Fee: \$110.00 Non-res add: \$5.00
1 Class Apr 11 2010
Ages: 16yrs and over

Books are NOT included in this course. Check the back of your *Lifeguard Certification* card for the expiration date **BEFORE** you register for this class!

3416.110 08:00am-01:00pm Su
BPHS Pool

CPR for the Lifeguard

Fee: \$20.00 Non-res add: \$5.00
1 Class Apr 11 2010
Ages: 15yrs and over

CPR must be certified every 12 months. This class is designed for **CURRENTLY CERTIFIED LIFEGUARDS** who **ONLY** need to update their CPR certification. Please bring the pocket mask that you received at the certification course or purchase a new one.

3414.110 08:00am-01:00pm Su
BPHS Pool

Older Adult Open Swim

Fee: \$40.00 Non-res add: \$5.00
Daily Fee: \$5.00 Non-res add: \$1.00
 10 Week Session Feb 22 2010 - May 06 2010
 Ages: 55yrs and over
 The pool is OPEN for those 55 years of age and older. Enjoy the warm water Pathfinder School pool. DO NOT CALL PATHFINDER SCHOOL. No Senior Citizen discount. You may pay nightly instead of purchasing a pass. The fee for nightly attendance is \$5.00 (non-resident \$6.00).
NO SWIMMING ON THURSDAY, APRIL 1 and MONDAY, APRIL 5.
 3417.101 07:00pm-08:00pm M
 3417.102 06:30pm-07:30pm Th
 Pathfinder

Physically Challenged Swim

Fee: \$50.00 Non-res add: \$10.00
 10 Week Session Feb 25 2010 - May 06 2010
 Ages: 4yrs and over
 Residents of Bethel Park, Mt. Lebanon, Upper St. Clair and Peters Township may register for this 10-week program. Physical limitations and special needs must be listed on a physician's certificate for participation. All participants must have an able-bodied companion to assist them during all water activities and in the locker room. Send registration and payment to Bethel Park Recreation. DO NOT CALL PATHFINDER SCHOOL.
NO SWIMMING ON APRIL 1.
 3410.110 07:30pm-08:30pm Th
 Pathfinder School Pool

Open Water
SCUBA
Fee: \$165.00 Non-res add: \$10.00
Materials: \$85.00
 6 Week Session Mar 27 2010 - May 15 2010
 Ages: 12yrs and over
 Classroom time 2:30 - 4:30 PM
 Pool time 4:30 - 6:30 PM
 Preregistration is required. Additional fee of \$85.00, for books and video, is payable to instructor at the first class session. Deep water dive is required for certification. Call *Underwater Adventures* for any additional information at 724-787-8837 or email to barrys56@comcast.net.
NO LESSONS ON APRIL 3 AND MAY 8.
 3419.101 02:30pm-06:30pm Sa
 BPHS Pool



Aquafina MLB Pitch, Hit, & Run

Baseball Skills Competition
 Ages 7 to 14

This is a FREE program that allows boys and girls ages 7-14 to feature their batting, throwing, and base-running abilities. Competition is in four age divisions, with the top scorer in each skill event and "All-Around" high scorer advancing to the sectional competition (TBA). Team championship will be held at PNC Park.

The local competition will be held, **rain or shine:**

PLACE: Park Avenue Baseball Field
DAY: Sunday, May 16
TIME: 12:00 noon



Registration forms will be available in April at the Recreation Office, at the Bethel Park Community Center, and at the concession stand in Simmons Park.

Registration MUST include a copy of child's birth certificate.

REGISTRATION DEADLINE: Wednesday, May 12 at 4:00 PM

BETHEL PARK RECREATION YOUTH BASKETBALL TOURNAMENT

Begins Saturday, February 27, 2010

The Bethel Park Recreation Youth Basketball Tournament will again be held at Neil Armstrong Middle School beginning Saturday, February 27, 2010. The tournament will host basketball teams in boys and girls divisions for grades 4, 5, 6, 7 and 8.

Many communities from southwestern Pennsylvania will be represented. All teams will be scheduled to play at least three games in this annual round robin tournament.



Schedules and additional information will be available at the Recreation Office in the Municipal Building or by calling 412-831-1328.

ARE YOU A YOUTH SPORT VOLUNTEER COACH?

Overview- National Youth Sports Coaches Association

The *National Youth Sports Coaches Association* (NYSCA) is a membership organization and the most widely used volunteer coach training program in the nation, having trained more than 2.5 million coaches since 1981. More than 3,000 community-based agencies and organizations have offered this opportunity.

The NYSCA volunteer coach training program is designed to sensitize volunteer coaches to their responsibilities and hold them accountable to a strict Code of Conduct defined by the NYSCA Coaches' Code of Ethics Pledge.

The **NYSCA Introduction to Coaching Youth Sports** website is one of the most comprehensive resources for volunteer coaches, no matter what sport you're coaching. The website is designed to improve your understanding in all the important areas of youth coaching such as; **The Psychology of Coaching Youth Sports, Working with Kids with Special Challenges, Tips on Teaching and Communication, Parents as Partners, Child Abuse in Youth Sports, Injury Prevention, Hydration** and much more.



Initial Level Online Coaches Exam

After viewing the entire Introduction to Coaching Youth Sports website you have the opportunity to take the Initial Level Online coaches' exam. To become a member of the NYSCA it is **mandatory** for you to complete the Initial Level Online coaches' exam. The exam consists of fifteen multiple-choice questions and each question is explained in detail within the website. While reading the **Introduction to Coaching Youth Sports** website you should have familiarized yourself with each section before taking the exam.

HOW IT WORKS...

Initial Level Membership

Volunteer coaches may participate in the NYSCA training course (or "clinic") using the NYSCA Online Clinics. The Online Clinics offer realistic graphics to illustrate lessons, exclusive printable materials, and 24-hour-a-day access to the program. The online clinics for Initial Level Members consist of the Introduction to Coaching Youth Sports section and one sport-specific section covering the fundamentals of the game. Sport-specific clinics include Baseball, Basketball, T-Ball, Football, Flag Football, Softball, Cheerleading, Soccer, Volleyball, Inline Hockey and Ice Hockey. Coaches must successfully complete an exam and accept the NYSCA Code of Ethics Pledge. The fee for a one-year Membership through the Online Clinics is \$25. In addition, current NYSCA Members may access the Online Clinics after completing the Initial Level Membership requirements, and add other sport specific clinics to their membership. The fee for each additional sport specific clinic is \$5.