

• AQUATIC PROGRAMS •

SATURDAY CLASSES ARE HIGHLIGHTED

AQUATIC REGISTRATION AND SKILL TESTING

**WILL BE HELD ON
Saturday, August 27, 10:30 AM - 11:15 AM
Bethel Park High School Pool**

There will be **TWO six (6) week** sessions of Saturday lessons in the Fall.

Session 1 will begin on **September 10** and end on **October 22**.

Session 2 will begin on **October 29** and end on **December 17**.

No lessons will be held on September 17, November 26 and December 3.

All aquatic 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, first time swimmers, 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, AUGUST 27:

BEGINNERS and STEP 1: Registration and SKILL TESTING is on a first-come basis. You may also register at the Recreation Office beginning August 29.

TODDLER TADPOLES (6 months - 4 years old): Registration is on a first-come basis. You may also register at the Recreation Office beginning August 29.

STEPS 2, 3, 4, and 5: You may mail-in or drop-off registrations at the Recreation Office in the Municipal Building OR register online at www.bethelpark.net. A nominal fee will be added for each online registration.

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 is 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
toddler Tadpoles*	1:40 PM - 2:10 PM

* **MUST register at BPHS pool during SKILL TESTING on Saturday, August 27 from 10:30 AM to 11:15 AM.**

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

A nominal fee will be added for each online registration.

WHEN: 6 Saturdays

**Session 1: September 10 - October 22
NO LESSONS ON SEPTEMBER 17.**

**Session 2: October 29 - December 17
NO LESSONS ON NOV. 26 & DEC. 3.**

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

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

★ NEW! NEW! NEW! ★

Toddler Tadpoles

Description: This is an introductory swimming class for babies and toddlers, 6 months to 4 years old, with a parent / caregiver in the water with them.

This class, led by an instructor, will help your baby develop a confidence in the water which will last a lifetime through rhyme, songs, and movement. Introducing your toddler to the water in his early years helps to develop strength, motor development and coordination. Your baby will learn how to jump into the water, float on his back, kick and learn basic swimming strokes, all while having a splashing good time!

Register at 10:30am at BPHS Pool on Saturday, August 27, during skill testing. Your baby / toddler will not need to be skill tested, this is just for registration purposes. You may also register at the Recreation Office beginning August 29.

Ages: 6 months to 4 years w/parent
Resident Fee: \$55.00 Non-Res Fee: \$60.00
 6 Session Dates
 Class Times: 1:40 PM - 2:10 PM

3413.360
 Class Dates: 9/10/2016 - 10/22/2016 Sat

3413.361
 Class Dates: 10/29/2016 - 12/17/2016 Sat

**Location: BPHS Pool
 NO CLASS ON: Sep 17, Nov 26, Dec 3**

Private Swim Lessons

Description: One on One Swim Lessons! An instructor will give your child individual swim lessons tailored to what your child needs. Our experienced and patient instructors will be in the water with your child while he or she learns at their own pace, whether it is getting accustomed to the water for the first time, learning basic water skills, or getting enough individual help to advance to the next level. These 1/2 hour private lessons will be scheduled during swim lessons, on the hour and half hour. Register at the Recreation Office to schedule your specific time.

Ages: 5 to 12 years
Resident Fee: \$100.00 Non-Res Fee: \$105.00
 6 Session Dates

Class Times: 10:00 AM - 2:00 PM

3413.303
 Class Dates: 9/10/2016 - 10/22/2016 Sat

3413.313
 Class Dates: 10/29/2016 - 12/17/2016 Sat

**Location: BPHS Pool
 NO CLASS ON: Sep 17, Nov.26, Dec 3**

Adult Private Swim Lessons

Description: One on One Swim Lessons for those over 18 years of age. An instructor will give you individual swim lessons tailored to what you need. Our experienced and patient instructors will be in the water with you while you learn at your own pace, whether it is learning basic water skills or getting enough individual help to advance your skills to the next level. These 1/2 hour private lessons will be scheduled during swim lessons, on the hour and half hour. Register at the Recreation Office to schedule your specific time.

Ages: 18 years and over
Resident Fee: \$100.00 Non-Res Fee: \$105.00
 6 Session Dates

Class Times: 10:00 AM - 2:00 PM

3401.301
 Class Dates: 9/10/2016 - 10/22/2016 Sat

3401.302
 Class Dates: 10/29/2016 - 12/17/2016 Sat

**Location: BPHS Pool
 NO CLASS ON: Sep 17, Nov 26, Dec 3**

Aquacise

Description: 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.

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 pool each evening you attend.

Ages: 21 years and over
Resident Fee: \$55.00 Non-Res Fee: \$66.00
Daily Fee: \$5.00 Non-res Fee: \$6.00
 14 Session Dates

Class Times: 7:30 PM - 8:30 PM

3405.301
 Class Dates: 8/29/2016 - 10/17/2016 Mon, Wed

3405.302
 Class Dates: 10/24/2016 - 12/14/2016 Mon, Wed

**Location: BPHS Pool
 NO CLASS ON: Sep 5, Nov 23, Nov 28**

Bethel Park Masters Swimming

Description: For swimmers over the age of 18. Did you swim at high school or college? Would you like to take the sport up again, but feel you are too out of shape? Or would you like to improve your swimming technique in the high school eight-lane pool? Our Masters Swimming program caters to all adults, whatever your age, for swimmers of all levels. Whether you are a Masters swim champion, would like to swim a few meets, or if you are a triathlete who would like to increase your endurance, or if you would like instruction from our experienced coaches to help you swim with better technique, this program is for you. You will need to register with USMS if you decide to join. Please just drop in at the pool one morning and see if this is for you! Register at the pool.

Ages: 18 years and over
Fee: Full season: \$400
School year: \$325
Monthly: \$45
Daily drop-in: \$5
 Times: Mon and Wed 5:30am - 6:45am
 Saturday 6:00am - 7:30am

Email coachkbpswim@gmail.com with any questions.

Community Swim

Daily Fee: \$5.00 Non-Res: \$7.00

Swim Dates: 9/10/2016 - 12/18/2016
 Fridays 6:30 - 8:30 PM
 Saturdays 2:30 - 4:30 PM
 Sundays 2:30 - 4:30 PM

Location: BPHS Pool

NO COMMUNITY SWIM ON: Sep 9, Sep 17, Sep 30, Oct 1, Oct 7, Oct 21, Oct 28, Nov 25, Nov 26, Nov 27, Dec 2, Dec 3, Dec 4.
NO SWIMMING ON SCHOOL HOLIDAYS AND POSTED SWIM MEET DAYS.

3407.310 **Youth Pass** Ages: 5 to 17 years
Resident Fee: \$35.00 Non-Res Fee: \$40.00

3407.320 **Adult Pass** Ages: 18 years and over
Resident Fee: \$50.00 Non-Res Fee: \$55.00

3407.330 **Family Pass (1 child)**
Resident Fee: \$80.00 Non-Res Fee: \$90.00

3407.340 **Family Pass (2+children)**
Resident Fee: \$90.00 Non-Res Fee: \$100.00

Daily Rates - \$5.00 per day (non-resident \$7.00)

Daily Family Pass - \$10 for up to 5 immediate family members. (non-resident \$13)

Beginning October 24, passes, except for Daily Family Pass, 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 list 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.**

Location: BPHS Pool

NO COMMUNITY SWIM ON: Sep 9, Sep 17, Sep 30, Oct 1, Oct 7, Oct 21, Oct 28, Nov 25, Nov 26, Nov 27, Dec 2, Dec 3, Dec 4.

Lap Swimming

Description: Swim without the crowd and do laps on your own! Purchase a pass to swim Monday and Wednesday evenings. Or, sign in and pay at the pool each evening you attend. The fee for nightly attendance is \$5.00 (non-res \$6.00).

Ages: 18 years and over
Resident Fee: \$40.00 Non-Res Fee: \$45.00
Daily Fee: \$5.00 Non-res Fee: \$6.00

Class Times: 14 Session Dates
 8:30 PM - 9:30 PM

3411.301
 Class Dates: 8/29/2016 - 10/17/2016 Mon, Wed

3411.302
 Class Dates: 10/24/2016 - 12/14/2016 Mon, Wed

Location: BPHS Pool

NO CLASS ON: Sep 5, Nov 23, Nov 28

Swim Team Fall Clinic

Description: This clinic is for students, ages 6 to 14, who are NOT registered with the Bethel Park Recreation Swim Team and have an interest in swimming competitively. This will prepare your child to swim competitively! Certified Recreation swim team coaches conduct the clinic. Instruction will be given on legal turns and basic stroke technique in freestyle, backstroke and breaststroke. You MUST be able to swim and breathe to one side with your face in the water for at least one length BEFORE registering for this clinic! A cap (if you have long hair) and goggles are strongly recommended. Information about the clinic will be explained on the first night and a parent meeting will be scheduled to provide further information about our competitive swim team.

Ages: 6 to 14 years
Resident Fee: \$50.00 Non-Res Fee: \$65.00
 11 Session Dates

3421.303
 Class Dates: 8/29/2016 - 9/15/2016
 Mon, Tue, Wed, Thur
 Class Times: 6:30 PM - 7:30 PM

Location: BPHS Pool
NO CLASS ON: Sep 5

Scout Swimming

Description: Bethel Park Recreation will sponsor a program at the Bethel Park High School pool on Sunday evenings for Boy Scout or Girl Scout groups to work on earning their water-related badges. LEADERS, email the recreation office: recreation@bethelpark.net for exact dates, fees and to make arrangements for scouts to earn their badges.

All ages
 Location: BPHS Pool



JOIN THE PACER TRACK CLUB 2016 CROSS COUNTRY TEAM



Boys and girls, from 8 to 18 years old, who like to RUN, are encouraged to participate regardless of experience. Interested runners should meet at the Gilfillan Trail for sign ups and practice.

STARTS MONDAY, AUGUST 29 at 6:00PM!

Practices are held on Mondays, Tuesdays and Thursdays at 6:00PM at the Gilfillan Trail which is located off of Route 19, between the Mall and the Upper Saint Clair High School. Turn off Route 19 onto Orr Road.

WHAT HAPPENS AT PRACTICE?

We RUN. We sweat, we laugh and we make friends. We RUN more. We work hard conditioning our bodies and our minds. The athletes properly warm up and stretch. We improve the aerobic and anaerobic muscle capability of our athletes and exercise core muscle groups.

CROSS COUNTRY MEETS

Most races are 3000 meters or a little less than 2 miles. Meets will be held on Saturday and Sunday mornings. All Athletes can participate in the meets. The Three Rivers Association Championship is held the first weekend in November.

COST

The Cost is \$50.00 plus you must have a 2016 USATF membership. If you do not already have a USATF membership for 2016 it will cost \$20.00. If you are not a USATF member bring a copy of your Birth Certificate. The Pacer meet is free, other meets cost \$8.00 per athlete. The Pacers will provide a running shirt. You will need a well fitting pair of RUNNING shoes.

The Pacer Track Club is a private, non-profit organization, which is a part of USA Track and Field (USATF). USATF is a national body responsible for coordinating track and field at all levels.

We post updates and information to our website and group Facebook page. Visit there often. WWW.ETEAMZ.COM/PACERTC/. www.facebook.com/groups/494971583973427/

If you need more information, call Damon Rhodes at 412-475-7206 or Steve Meddings at 724-301-8101

Ask your friends and classmates to join with you!