

• AQUATIC PROGRAMS •

SATURDAY CLASSES ARE HIGHLIGHTED

AQUATIC REGISTRATION AND SKILL TESTING

Saturday, June 3, 1:45 - 2:30 PM
Bethel Park High School Pool

Please bring a check or cash to pay for lessons at registration.
A spot will not be held without payment.

SESSION SCHEDULE

(Monday through Thursday, 8 classes)

SESSION 1 6/19/2017 – 6/29/2017
SESSION 2 7/10/2017 – 7/20/2017
SESSION 3 7/24/2017 – 8/3/2017

FEES:

Weekday lessons \$80/8 classes (non-res \$85)
Private Lessons \$145 for 8 lessons (non-res \$155)

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

CLASS SCHEDULE:

SKILL LEVEL	TIME
Beginner* and Step 5	10:30 AM - 11:15 AM
Step 1* and 3	11:25 AM - 12:10 PM
Step 2 and 4	12:20 PM - 1:05 PM
Beginner*	1:15 PM - 2:00 PM

* MUST register at BPHS pool at SKILL TESTING on Saturday, June 3 from 1:45 - 2:30 PM.

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.

CHILDREN ages 5 to 7 who have **never had formal lessons** need to be skill tested and **must register and pay 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 and pay 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 and pay 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, June 3:

Please bring a check or cash to pay for lessons at registration.
A spot will not be held without payment.

BEGINNERS and STEP 1: Registration and SKILL TESTING is on a first-come basis. You may also register at Recreation Office beginning June 5.

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.

PRIVATE SWIM LESSONS: Register at Skill Testing or at the Recreation Office to schedule your specific time.

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.



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 or at skill testing to schedule your specific time.

Ages: 5 to 12 years
Resident Fee: \$145.00 Non-Res Fee: \$155.00
8 Session Dates
Class Times: TBD 10:30 AM – 1:30 PM

3413.203
Class Dates: 6/19/2017 - 6/29/2017 Mon, Tue, Wed, Thu

3413.213
Class Dates: 7/10/2017 – 7/20/2017 Mon, Tue, Wed, Thu

3413.223
Class Dates: 7/24/2017 - 8/3/2017 Mon, Tue, Wed, Thu

Location: BPHS Pool

You can register online for most
Recreation programs!
www.bethelpark.net

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: \$145.00 Non-Res Fee: \$155.00
8 Session Dates
Class Times: TBD 10:30 AM - 1:30 PM

3401.201
Class Dates: 6/19/2017 - 6/29/2017 Mon, Tue, Wed, Thu

3401.202
Class Dates: 7/10/2017 – 7/20/2017 Mon, Tue, Wed, Thu

3401.203
Class Dates: 7/24/2017 - 8/3/2017 Mon, Tue, Wed, Thu

Location: BPHS Pool

Pittsburgh Synchronized Swimming

Description: Synchronized Swimming combines the grace of dance, the agility of gymnastics and the athleticism of swimming all in one sport. Swimmers will perform a variety of individual figures and team routines which include performances of coordinated movements (similar to dance) in time to music. This exciting sport encourages confidence, creativity, strength, flexibility and teamwork. All three of the instructors have competed in National Age Group, Intercollegiate and/or Master Competitions. As the team progresses, swimmers will have the opportunity to compete or participate in a swim show for friends and family. No synchro experience is necessary. Swimmers will be grouped by swimming ability and will need a swimsuit, cap and nose clips. Email pghsynchrosim@yahoo.com for more details. Twice a week discount rate is not available with online registration.

Ages: 6 to 18 years
Resident Fee: \$40.00 Non-Res Fee: \$45.00
Twice a week: \$60.00 Non-Res Fee: \$65.00
6 Session Dates

3413.270
Class Dates: 5/2/2017 - 6/13/2017 Tue
Class Times: 7:30 PM - 9:00 PM

3413.271
Class Dates: 5/4/2017 - 6/8/2017 Thu
Class Times: 7:30 PM - 9:00 PM

Location: BPHS Pool
NO CLASS ON: May 16

Pittsburgh Synchronized Swimming – Summer Session!

Description: Synchronized Swimming combines the grace of dance, the agility of gymnastics and the athleticism of swimming all in one sport. Swimmers will perform a variety of individual figures and team routines which include performances of coordinated movements (similar to dance) in time to music. This exciting sport encourages confidence, creativity, strength, flexibility and teamwork. All three of the instructors have competed in National Age Group, Intercollegiate and/or Master Competitions. As the team progresses, swimmers will have the opportunity to compete or participate in a swim show for friends and family. No synchro experience is necessary. Swimmers will be grouped by swimming ability and will need a swimsuit, cap and nose clips. Email pghsynchrosim@yahoo.com for more details. **The summer session has classes on Tuesdays AND Thursdays.**

Ages: 6 to 18 years
Resident Fee: \$40.00 Non-Res Fee: \$45.00
9 Session Dates

3413.275
Class Dates: 6/15/2017 - 7/25/2017 Tue, Thu
Class Times: 8:30 PM - 9:30 PM

Location: BPHS Pool
NO CLASS ON: Jun 22, Jul 4, Jul 13

SATURDAY CLASSES ARE HIGHLIGHTED

Lifeguard Recertification

Description: 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! Participants must attend both sessions.

Ages: 16 years and over
Resident Fee: \$120.00 Non-Res Fee: \$125.00
 2 Session Dates

3415.202
 Class Dates: 5/12/2017 - 5/13/2017
 Class Times: 4:00 PM - 9:00 PM Fri
 8:30 AM - 2:00 PM Sat

**Location: Community Center
 BPHS Pool**

Season Pass Available!

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. Purchase a pass or sign in and pay at the pool each evening you attend. The fee for nightly attendance is \$5.00 for a resident or \$6.00 for a non-resident.

Ages: 21 years and over
Resident Fee: \$65.00 Non-Res Fee: \$75.00
Daily Fee: \$5.00 Non-Res Fee: \$6.00
 16 Session Dates

3405.201
 Class Dates: 6/5/2017 - 7/26/2017 Mon, Wed
 Class Times: 7:30 PM - 8:30 PM

Location: BPHS Pool

Community Swim

Description: The pool is open for you, your family, and friends to swim!

Pay at the pool each time you swim or purchase a pass for the season.

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.

3407.210 Youth Pass Ages: 5 to 17 years
Resident Fee: \$35.00 Non-Res Fee: \$40.00

3407.220 Adult Pass Ages: 18 years and over
Resident Fee: \$50.00 Non-Res Fee: \$55.00

3407.230 Family Pass (up to 3 immediate family members)
Resident Fee: \$80.00 Non-Res Fee: \$90.00

3407.240 Family Pass (4 + immediate family members)
Resident Fee: \$90.00 Non-Res Fee: \$100.00

Resident Daily Fee: \$5.00 Non-Res Daily Fee: \$7.00
Daily Family Pass - \$10 for up to 5 immediate family members. (non-resident \$13)
 Beginning July 12, PASSES, except for Daily Family Pass, will be available at HALF-PRICE.

Swim Dates: 6/19/2017 - 8/2/2017 Mon, Tue, Wed, Thu
 Swim Times: 6:30 PM - 8:30 PM

Location: BPHS Pool
NO COMMUNITY SWIM ON: Jun 22, Jul 4, Jul 13, & Jul 27

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: \$50.00 Non-Res Fee: \$55.00
Daily Fee: \$5.00 Non-Res Fee: \$6.00
 16 Session Dates

Class Times: 8:30 PM - 9:30 PM

3411.201
 Class Dates: 6/5/2017 - 7/26/2017 Mon, Wed
 Class Times: 8:30 PM - 9:30 PM

Location: BPHS Pool

Bethel Park Sharks

2017 Bethel Park Summer Swim Team

SEASON LENGTH: Thursday, June 15 through Thursday, July 27

Age Requirements: All children ages 14 years or younger as of June 1, 2017.

Practice Times: Monday, Wednesday, & Thursday - 5:15-6:30 p.m. at Bethel Park High School Pool.

Meet Dates: June 22, 29, & July 6, 13, 18, 27

Recommended Skills: Be able to swim 1 length of the pool freestyle or backstroke.

Fees: **\$150.00** (\$160.00 for non-residents) Or **\$50.00** for current Bethel Park Recreation Swim Team members

Required Equipment: Goggles and a Swimsuit

These can be purchased at local sporting goods stores or they are available for purchase through the team.

Coaches: All coaches on staff are USA Swimming registered coaches with years of swimming and coaching experience.

Head Coach: Diane Majchrzak

Assistant Coaches: Shannon Zimmerman & Jessica Hirsh and members of the BPHS Varsity Swim Team

When and where can I register?

All interested swimmers can register for the team beginning May 1, 2017 at www.bprswim.org. Click on the "Start Registration" link on the left hand side to join!

Any questions or concerns you have prior to registering can be directed to Kelly Kutrufis at kkutrufis@gmail.com.
Parent meeting: Tuesday, May 30, 6:30 pm BPHS Room M431

REGISTRATION IS ONLINE ONLY AND NOT THROUGH THE RECREATION OFFICE OR COMMUNITY CENTER

Swim Team Fall Clinic

Description: 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! 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. 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: 8/28/2017 - 9/14/2017 Mon, Tue, Wed, Thu

Class Times: 6:30 PM - 7:30 PM

Location: BPHS Pool
NO CLASS ON: Sep 4

Bethel Park Masters Swimming

Description: For swimmers over the age of 18. Did you swim in 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
Full season: \$400
School year: \$325
Monthly: \$45
Daily drop-in: \$5
 Times: 5:30am - 6:45am Mon, Wed
 6:00am - 7:30am Sat

Email coachkbpswim@gmail.com with any questions.

Location: BPHS Pool

WE'VE GOT YOU COVERED

Where else can you park in a covered lot for just **\$2.00** a day. Our **2200-space** parking garage at the South Hills Village T station not only keeps your car out of the weather, it keeps you dry with a covered walkway from the garage to the T platform. All for just 2 dollars a day. For more information, call customer service at **412.442.2000** or visit **PortAuthority.org**

PortAuthority.org