**AQUATIC PROGRAMS**

**SATURDAY CLASSES ARE HIGHLIGHTED**

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### AQUATIC REGISTRATION AND SKILL TESTING

**Saturday, August 26, 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 16 and end on October 21.

**Session 2** will begin on October 28 and end on December 16.

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 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.

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**HOW TO REGISTER FOR SWIM LESSONS on Saturday, Aug. 26:**

- 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 the Recreation Office beginning August 28.

**TODDLER TADPOLES** (6 months - 4 years old):

Registration is on a first-come basis. You may also register at the Recreation Office beginning August 28.

**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 (craw 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 (craw 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: TIME**

**SKILL LEVEL**

<table>
<thead>
<tr>
<th>Beginner* and Step 5</th>
<th>10:00 AM - 10:45 AM</th>
</tr>
</thead>
<tbody>
<tr>
<td>Step 1* and 3</td>
<td>10:55 AM - 11:40 AM</td>
</tr>
<tr>
<td>Step 2 and 4</td>
<td>11:50 AM - 12:35 PM</td>
</tr>
<tr>
<td>Beginner*</td>
<td>12:45 PM - 1:30 PM</td>
</tr>
<tr>
<td>toddler Tadpoles*</td>
<td>1:40 PM - 2:10 PM</td>
</tr>
</tbody>
</table>

* MUST register at BPHS pool during SKILL TESTING on Saturday, August 26 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.

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

**45 MINUTE GROUP LESSONS FOR ONLY $55!!**

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

**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 26, during skill testing. You may also register at the Recreation Office beginning August 28.

**Location:** BPHS Pool

**NO CLASS ON:** Nov 25, Dec 2

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### 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: $110.00

**Class Times:**

- TBD 10:00 AM - 2:00 PM
- 3413.303 Class Dates: 9/16/2017 - 10/21/2017  Sat
- 3413.313 Class Dates: 10/28/2017 - 12/16/2017  Sat

**Location:** BPHS Pool

**NO CLASS ON:** Nov 25, Dec 2

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### 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: $110.00

**Class Times:**

- TBD 10:00 AM - 2:00 PM
- 3401.301 Class Dates: 9/16/2017 - 10/21/2017  Sat
- 3401.302 Class Dates: 10/28/2017 - 12/16/2017  Sat

**Location:** BPHS Pool

**NO CLASS ON:** Nov 25, Dec 2

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

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**www.bethelpark.net**

**REGISTER ONLINE @ www.bethelpark.net**

August 14, 2017
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 and 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. Swimmers should be able to swim 25 yards (across length of the pool). Email pgjsynchrosynvim@yahoo.com for more details. Twice a week discount rate is not available with online registration.

Ages: 8 to 18 years
Resident Fee: $45.00 Non-Res Fee: $50.00
Twice a week Fee: $65.00 Non-Res Fee: $70.00
Class Times: 7:30 PM - 9:00 PM

3413.370
Class Dates: 8/29/2017 - 10/10/2017
3413.371
Class Dates: 8/31/2017 - 10/10/2017
3413.372
Class Dates: 10/24/2017 - 12/12/2017
3413.373
Class Dates: 10/26/2017 - 12/14/2017

Location: BPHS Pool
NO CLASS ON: Oct 31, Nov 23

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.
PASS FEE: $55 for resident ($66 for non-resident) per session
There are 2 sessions for Fall.
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

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

3405.301
Class Dates: 8/30/2017 - 10/18/2017
Mon, Wed
3405.302
Class Dates: 10/25/2017 - 12/18/2017
Mon, Wed

Location: BPHS Pool
NO CLASS ON: Sep 6, Nov 22, Nov 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: $40.00 Non-Res Fee: $45.00

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

3411.301
Class Dates: 8/30/2017 - 10/18/2017
Mon, Wed
3411.302
Class Dates: 10/25/2017 - 12/18/2017
Mon, Wed

Location: BPHS Pool
NO CLASS ON: Sep 6, Nov 22, Nov 27

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

Dates: 9/25/2017 - 6/11/2018
Times: Mon and Wed 5:30am - 6:45am
Saturday 6:00am - 7:30am

Email coachbpmswim@gmail.com with any questions.

Location: BPHS Pool

Community Swim
Daily Fee: $ 5.00 Non-Res: $7.00

Swim Dates: 9/8/2017 - 12/17/2017
Fridays 7:00 - 9:00 PM
Saturdays 2:30 - 4:30 PM
Sundays 2:30 - 4:30 PM

NO SWIMMING ON SCHOOL HOLIDAYS AND POSTED SWIM MEET DAYS.

3407.310
Resident Fee: $35.00 Non-Res Fee: $40.00

Ages: 5 to 17 years

3407.320
Resident Fee: $50.00 Non-Res Fee: $55.00

Ages: 18 years and over

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 - $10.00 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.

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 12, 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, Tues, Wed, Thu

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

Location: BPHS Pool
NO CLASS ON: Sep 4

The Award Winning Bethel Park High School Marching Band, Concert Band, Symphonic Band, Jazz Ensemble, Symphonic Orchestra, Top 21 and Music Boosters would like to say "THANK YOU" to the Community for supporting our hoagie sales. The Music Department will be traveling in April 2018 to perform in the Festivals of Music competitions! Delicious Regular, Special and Turkey hoagies will be available for $6.00.

The dates for hoagie sales are Saturdays: September 16 October 28 January 20 February 17 April 14

The BAND FESTIVAL will be Saturday, October 7, 2017 BPHS Stadium, 7:00 PM
See any Band, Orchestra, or Top 21 member to order or call the Hoagie Chair Person at 412-854-8179.

REGISTER ONLINE @ www.bethelpark.net