SATURDAY CLASSES ARE HIGHLIGHTED

AQUATIC PROGRAMS

SWIM LESSON REGISTRATION AND SKILL TESTING
SATURDAY, JANUARY 20, 2018, 1:30 PM - 2:15 PM
Bethel Park High School Pool

There will be one six (6) week session of Saturday lessons in the winter.
February 3, 2018 - March 17, 2018
No lessons on March 3.

45 minute group lessons for only $55!!!!!!

CHILDREN up to age 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.

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

CHILDREN up to age 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, JANUARY 20:

BEGINNERS and STEP 1: Registration and Skill TESTING is on a first-come, first-served basis. These classes have limited enrollment. You may also register at the Community Center beginning January 22.

TOODLER TADPOLES: Registration is on a first-come, first-served basis. This class has limited enrollment. You may also register at the Community Center beginning January 22.

STEPS 2, 3, 4, and 5: You may mail-in or drop-off registrations at the Community Center OR register online at www.bethelpark.net.

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

PREREQUISITE: Swimmer MUST be able to submerge head completely under water and be potty trained 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 1:50 AM - 12:35 PM
Beginner* 12:45 PM - 1:30 PM
Toddler Tadpoles* 1:40 PM - 2:10 PM

* MUST register at BPHS pool at SKILL TESTING on Saturday, January 20 from 1:30 – 2:15 PM.

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

A nominal fee will be added for each online registration.

WHEN: 6 Saturdays
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 1:30 PM at BPHS Pool on Saturday, January 20, during skill testing. You may also register at the Community Center beginning January 22.

Ages: 6 months to 4 years

Resident Fee: $55.00 Non-Res Fee: $60.00
6 Session Dates
3413.460

Class Dates: 2/3/2018 - 3/17/2018 Sat
Class Times: 1:40 PM - 2:10 PM

Location: BPHS Pool
NO CLASS ON: Mar 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 Community Center to schedule your specific time.

Ages: 5 to 12 years

Resident Fee: $100.00 Non-Res Fee: $110.00
6 Session Dates
3413.403

Class Dates: 2/3/2018 - 3/17/2018 Sat
Class Times: TBD 10:00 AM - 2:00 PM

Location: BPHS Pool
NO CLASS ON: Mar 3

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.

Swim Session Dates: 1/5/2018 - 5/20/2018
6:30 - 8:30 PM Fri
2:30 - 4:30 PM Sat
2:30 - 4:30 PM Sun

3407.110 Youth Pass Ages: 5 to 17 years
Resident Fee: $35.00 Non-Res Fee: $40.00

3407.120 Adult Pass Ages: 18 years and over
Resident Fee: $50.00 Non-Res Fee: $55.00

3407.130 Family Pass (up to 3 immediate family members)
Resident Fee: $80.00 Non-Res Fee: $90.00

3407.140 Family Pass (4+ immediate family members)
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)

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. 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: Jan 12, Jan 13, Jan 14, Jan 17, Mar 30, Mar 31, Apr 1
NO SWIMMING ON SCHOOL HOLIDAYS AND POSTED SWIM MEET DATES.

Look for the next issue of the Bethel Park Chronicles mailed the week of February 19, 2018!
### 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 pgshcswim@yahoo.com for more details.

- **Daily Fee:** $5.00
- **Resident Fee:** $35.00
- **Non-Resident Fee:** $40.00

**Class Dates:**

- **Location:** BPHS Pool

### 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
- **Fees:**
  - **Full season:** $300
  - **Monthly:** $45
  - **Daily drop-in:** $5

**Location:** BPHS Pool

**Notes:**
- Email coachkbpswim@gmail.com with any questions.

### 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.

- **Daily Fee:** $5.00
- **Non-Resident Fee:** $6.00

**Class Dates:**

- **Location:** BPHS Pool

### Lifeguard Instruction

**Description:** This is a combined course that includes Standard First Aid and CPR for the Professional Rescuer certification. Participants must be 15 years of age by April 3, 2018. Classes will be held on five days:

- **Tuesday, April 3**
  - Community Center
- **Wednesday, April 4**
  - BPHS Pool
- **Thursday, April 5**
  - Community Center
- **Wednesday, April 11**
  - Community Center
- **Thursday, April 12**
  - BPHS Pool

Participants MUST attend all sessions for certification. Time listed includes class time and pool time.

- **Ages:** 15 years and over
- **Fees:**
  - **Resident Fee:** $240.00
  - **Non-Resident Fee:** $250.00

**Location:**
- **BPHS Pool and Community Center**

### 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.

- **Tuesday, April 10**
  - Community Center
- **Thursday, April 12**
  - BPHS Pool

- **Ages:** 15 years and over
- **Fees:**
  - **Resident Fee:** $120.00
  - **Non-Resident Fee:** $125.00

**Location:**
- **BPHS Pool and Community Center**

### 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 please email the Recreation Department: recreation@bethelpark.net for exact dates, fees and to make arrangements for scouts to earn their badges.

- **Class Day:** Sunday
- **Class Times:** 6:00pm-9:00pm

**Location:** BPHS Pool

### Farmers’ Market

A big THANK YOU to our customers for supporting the 2017 Bethel Park Farmers’ Market. Look for exciting 2018 Market information in the Spring Chronicles.