

# • AQUATIC PROGRAMS •

## SWIM LESSON REGISTRATION AND SKILL TESTING

**Saturday, August 25, 10:30 AM - 11:15 AM**

**Bethel Park High School Pool**

There will be **TWO five (5) week** sessions of Saturday lessons in the Fall.

Session 1 will begin on **September 8** and end on **October 20**.  
Session 2 will begin on **October 27** and end on **December 8**.  
**No lessons will be held on September 29, October 6, November 24 and December 1.**

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.

### HOW TO REGISTER FOR SWIM LESSONS on Saturday, August 25:

Please bring a check or exact 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 Community Center beginning **August 27**.

**TODDLER TADPOLES (6 months - 4 years old):** Registration is on a first-come basis. You may also register at the Recreation Office in the Community Center beginning **August 27**.

**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](http://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 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 25 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](http://www.bethelpark.net). A nominal fee will be added for each online registration.

**WHEN: 5 Saturdays**  
**Session 1: September 8 - October 20**

**Session 2: October 27 - December 8**

**NO LESSONS ON SEP 29, OCT 6, NOV. 24 & DEC. 1**

**FEE: \$45.00 (non-resident \$50.00)**  
**45 MINUTE GROUP LESSONS FOR ONLY \$45.00!!!**

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

### Toddler Tadpoles

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 25, during skill testing.** You may also register at the Community Center beginning August 27.

Ages: 6 months to 4 years  
**Resident Fee: \$45.00** Non-Res Fee: \$50.00  
5 Session Dates  
Class Times: 1:40 PM - 2:10 PM

3413.360  
Class Dates: 9/8/2018 - 10/20/2018 Sat

3413.361  
Class Dates: 10/27/2018 - 12/08/2018 Sat

**Location: BPHS Pool**  
**NO CLASS ON: Sep 29, Oct 6, Nov 24, Dec 1**



Recreation NEWS

### Private Swim Lessons

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 in the Community Center to schedule your specific time.

Ages: 5 to 12 years  
**Resident Fee: \$85.00** Non-Res Fee: \$95.00  
5 Session Dates  
Time: TBD 10:00 AM - 2:00 PM

3413.303  
Class Dates: 9/8/2018 - 10/20/2018 Sat

3413.313  
Class Dates: 10/27/2018 - 12/08/2018 Sat

**Location: BPHS Pool**  
**NO CLASS ON: Sep 29, Oct 6, Nov 24, Dec 1**

### Adult Private Swim Lessons

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 in the Community Center to schedule your specific time.

Ages: 18 and over  
**Resident Fee: \$85.00** Non-Res Fee: \$95.00  
5 session dates  
Class Times: TBD 10:00 AM - 2:00 PM

3401.301  
Class Dates: 9/8/2018 - 10/20/2018 Sat

3401.302  
Class Dates: 10/27/2018 - 12/08/2018 Sat

**Location: BPHS Pool**  
**NO CLASS ON: Sep 29, Oct 6, Nov 24, Dec 1**

*Look for the next issue of the Bethel Park Chronicles mailed the week of December 10, 2018!*

### Pittsburgh Synchronized Swimming

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 should be able to swim 25 yards across the length of the pool. Swimmers will be grouped by swimming ability and will need a swimsuit, cap and nose clips. Email [pghsynchroswim@yahoo.com](mailto:pghsynchroswim@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: \$65.00** Non-Res Fee: \$70.00  
 7 Session Dates  
 Class Times: 7:30 PM - 9:00 PM

3413.370  
 Class Dates: 8/28/2018 - 10/9/2018 Tue

3413.371  
 Class Dates: 8/30/2018 - 10/11/2018 Thu

3413.372  
 Class Dates: 10/23/2018 - 12/11/2018 Tue

3413.373  
 Class Dates: 10/25/2018 - 12/13/2018 Thu

**Location: BPHS Pool**  
**NO CLASS ON: Oct 16, Oct 18, Nov 6, Nov 22**

### Season Pass Available Aquacise

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

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 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: 8/22/2018 - 10/10/2018 Mon, Wed

3405.302  
 Class Dates: 10/22/2018 - 12/17/2018 Mon, Wed

**Location: BPHS Pool**  
**NO CLASS ON: Sep 3, Nov 21, Nov 26**

### Lap Swimming

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 and over  
**Resident Fee: \$40.00** Non-Res Fee: \$45.00  
**Daily Fee: \$5.00** Non-Res Fee: \$6.00  
 14 Session Dates  
 Class Times: 8:30 PM - 9:30 PM

3411.301  
 Class Dates: 8/22/2018 - 10/10/2018 Mon, Wed

3411.302  
 Class Dates: 10/22/2018 - 12/17/2018 Mon, Wed

**Location: BPHS Pool**  
**NO CLASS ON: Sep 3, Nov 21, Nov 26**

### Bethel Park Masters Swimming

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: \$400.00**  
**School year: \$325.00**  
**Monthly: \$45.00**  
**Daily drop-in: \$5.00**  
 Dates: 8/27/2018 - 7/31/2019  
 Times: Mon and Wed 5:30am - 6:45am  
 Saturday 6:00am - 7:30am  
 Email [coachkbpswim@gmail.com](mailto:coachkbpswim@gmail.com) with any questions.

**Location: BPHS Pool**

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

Swim Dates: 9/7/2018 - 12/16/2018  
 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 **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**  
**(up to 3 immediate family members)**  
**Resident Fee: \$80.00** Non-Res Fee: \$90.00

3407.340 **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)

**Beginning October 15, 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 14, Sep 15, Sep 21, Sep 29, Oct 5, Oct 6, Oct 7, Oct 12, Oct 26, Nov 23, Nov 24, Nov 25, Nov 30, Dec 1, Dec 2**

### Swim Team Fall 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. During the clinic, our competitive swim team coaching staff will work with your child to develop the basic fundamentals of the four basic competitive swim strokes (freestyle, backstroke, breaststroke, & butterfly) as well as an introduction to legal turns and starts. **Goggles are required for all swimmers and caps will be provided for athletes with hair shoulder length or longer.** Detailed information about the clinic will be provided on the first evening and information about swimming options after the clinic will be shared throughout the clinic.

Ages: 6 - 14  
**Resident Fee: \$50.00** Non-Res Fee: \$65.00  
 11 session dates

3421.303  
 Dates: 08/27/2018 - 09/13/2018 Mon, Tue, Wed, Thu  
 Time: 6:30PM - 7:30PM

**Location: BPHS Pool**  
**NO CLASS ON: Sep 3**

### Scout Swimming

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](mailto:recreation@bethelpark.net) for exact dates, fees and to make arrangements for scouts to earn their badges.

All ages  
**Location: BPHS Pool**

### • THESE ARE NOT BETHEL PARK RECREATION PROGRAMS •

### Travel Team Tryouts 2018-19 Season

Bethel Park Metro Travel Basketball will be holding tryouts for boys grades 3 through 8 and girls grades 4 through 8. This is the first year the BPBA will conduct tryouts for a 3rd grade boys team. The MetroUSA League does not currently offer a 3rd grade girls division. All 3rd grade girls are welcome to tryout for a 4th grade team but are not guaranteed to make the team. Players **MUST** attend at least two of the three tryouts with their specific grade level and gender. Players will not be permitted to attend tryout sessions with another grade level. **Tryouts will be conducted in September. Please visit [www.bpbasketball.com](http://www.bpbasketball.com) for specific days and times. Any questions should be directed to Jim Nath at [tryouts@bpbasketball.com](mailto:tryouts@bpbasketball.com).**

Travel Basketball requires a significant time commitment. **Players are expected to attend practices and games and to hone their skills on their own as well.**

Coach McVay's Summer Conditioning Camp is scheduled for August 27 through August 31 from 3:00 p.m. - 5:00 p.m. This camp is designed for Freshman through Senior players and advanced 7th and 8th graders. Questions about the camp can be directed to Coach McVay at [chimeramcv@aol.com](mailto:chimeramcv@aol.com).



The Bethel Park Jr. Hawks Hockey Team will be holding registration via the website beginning August 1. This is a great opportunity for Bethel Park Kindergarten through 6th graders (Mite through First Year Pee Wee) to get together once a week and play hockey wearing their School District's jersey. There are no tryouts for Jr. Hawks; all players are welcome to join the team, and there IS NO LIMIT TO EXPERIENCE OR SKILL. For more information on Jr. Hawks please see [www.bethelparkhockey.org](http://www.bethelparkhockey.org).

### Bethel Park Jr. Wrestling

Ages: 5-12  
 Grades: K-6  
**Registration will be held on Wednesday, October 24, 2018 from 6:30pm to 8:00pm** in the Bethel Park High School Cafeteria. You must bring 3 checks to registration (1 for registration, 2 for deposits).  
**1st wrestler - \$95**  
**2nd wrestler - \$85**  
**3rd wrestler - free**  
 Additional Requirement: Equip deposit - \$80 / Duty deposit - \$150  
 Practices for beginners will be held on Tuesdays and Thursdays from 6:00 - 7:00 pm. Practices for experienced will be held Mondays, Tuesdays and Thursdays from 7:00 - 9:00 pm. The first practice for experienced will be on Monday, November 12th and the first practice for beginners will be held on Tuesday, November 13th. Matches and tournaments are held Saturdays and/or Sundays and a few possible weeknights during the season, which ends in March. Your child will practice and compete based on their age, weight and experience. A schedule of matches will be available beginning in December 2018 [www.bethelparkwrestling.org](http://www.bethelparkwrestling.org) or contact [nikdelgreco@gmail.com](mailto:nikdelgreco@gmail.com) with questions.

### PACER Cross Country Track

**REGISTRATION and the first practice will be held Monday, August 27 at 6:00 PM.**  
 Description: New members please bring a copy of your birth certificate. All girls and boys, ages eight and older, can participate in the Cross Country season at the Gilfillan Trail, located near Westminster Presbyterian Church on Route 19, south of South Hills Village. Practices are Monday, Tuesday, and Thursday evenings with meets on Saturday and Sunday mornings. No experience is needed. A well-fitting pair of RUNNING shoes is necessary. Ages: 8yrs and over. **Fee: \$60.00\* plus a \$20 USATF membership if you don't already have one.**  
**Monday, Tuesday, Thursday, Time: 06:00pm-07:30pm**  
**Location: Gilfillan Trail**  
 Call Damon Rhodes at 412-475-7206 or Steve Meddings at 724-301-8101 for further information. Check our website at [www.pacertrackclub.com](http://www.pacertrackclub.com).

### Tennis

Ages: 3 yrs to Adult  
 Lessons and clinics are available for ages 3 to adult.  
 Aug 27 - Sept. 30, 2018 (5 wks) Junior and Adults 5 week session  
 Oct. 8 - Dec. 9, 2018 (9 wks) Junior and Adults Level 1 and 2  
 Oct. 8 - Jan. 13, 2019 (12 wks. session) Junior session only (advanced)  
 Call to register and direct questions to 412-831-2630 or Email: [tennis@usctdp.com](mailto:tennis@usctdp.com)  
**Location: USC Tennis Center**