

• AQUATIC PROGRAMS •

**SWIM LESSON REGISTRATION
AND SKILL TESTING**

Saturday, March 23, 2019 1:45 PM - 2:30 PM

Bethel Park High School Pool

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

There will be one six (6) week session of Saturday lessons in the Spring. Lessons will begin on **Saturday, March 30 and end on May 11. No lessons on April 20.** All pool activities will be held in the Bethel Park High School pool unless otherwise stated.

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.

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

BEGINNERS and STEP 1: Registration and SKILL TESTING is on a first-come basis. These classes have limited enrollment. You may also register at the Community Center beginning March 25.

FIRST TIME SWIMMERS WITH PARENT (3 & 4 years old): Registration is on a first-come basis. This class has limited enrollment. You may also register at the Community Center beginning March 25.

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

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

**WHEN: 6 Saturdays
March 30 - May 11
No lessons on April 20**
FEE: \$55 (non-resident \$60)

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

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

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

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 at SKILL TESTING on Saturday, March 23, 1:45 PM - 2:30 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.



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 1:45pm at BPHS Pool on Saturday, March 23, during skill testing. You may also register at the Community Center beginning March 25.

Ages: 6 months - 4
Resident Fee: \$55.00 Non-Res Fee: \$60.00
6 Session Dates

3413.160
Dates: 03/30/2019 - 05/11/2019 Sat
Time: 1:40PM - 2:10PM

Location: BPHS Pool
NO CLASS: Apr 20

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 - 12
Resident Fee: \$100.00 Non-Res Fee: \$110.00
6 Session Dates

3413.103
Dates: 03/30/2019 - 05/11/2019 Sat
Time: 10:00AM - 2:00PM

Location: BPHS Pool
NO CLASS: Apr 20

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: \$100.00 Non-Res Fee: \$110.00
6 Session Dates

3401.101
Dates: 03/30/2019 - 05/11/2019 Sat
Time: 10:00AM - 2:00PM

Location: BPHS Pool
NO CLASS: Apr 20

Pre Summer League Swim 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 - 13
Resident Fee: \$30.00 Non-Res Fee: \$40.00
8 Session Dates

3421.103
Dates: 04/15/2019 - 04/25/2019 Mon, Tue, Wed, Thu
Time: 5:30PM - 6:30PM

Location: BPHS Pool
NO CLASS: Apr 18, Apr 22



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. Both 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 pghsynchrowim@yahoo.com for more details. Twice a week discount rate is not available with online registration.

Ages: 8 - 18
Resident Fee: \$40.00 Non-Res Fee: \$45.00
Twice a week: \$60.00 Non-Res Fee: \$65.00
6 Session Dates

Class Times: 7:30 PM - 9:00 PM

3413.170
Dates: 02/26/2019 - 04/02/2019 Tue

3413.171
Dates: 02/21/2019 - 03/28/2019 Thu

3413.172
Dates: 04/16/2019 - 05/28/2019 Tue

3413.173
Dates: 04/11/2019 - 05/23/2019 Thu

Location: BPHS Pool
NO CLASS: Apr 18, May 21

**Recreation
NEWS**





★ NEW! NEW! NEW! ★

Masters Synchronized Swimming

For swimmers over the age of 18. No prior synchronized swimming experience is necessary. Learn new aquatic skills such as eggbeater kick and sculling and get a great workout! Synchro promotes flexibility & team work, and increases physical activity. Our instructors will teach correct techniques and FINA figures. There will be an opportunity to learn synchronized swimming routines, perform in seasonal exhibitions, and compete in Master's level competitions. Participants must be comfortable in deep water, able to swim 100 yards (4 laps) and swim freestyle, backstroke, and breaststroke. Instructor is available to help improve strokes and / or kicks. Synchro instructors have prior competitive experience in Masters and / or age group competition. Email pghsynchrosim@yahoo.com for more details. Twice a week discount rate is not available with online registration.



Ages: 18 and over
Resident Fee: \$40.00 Non-Res Fee: \$45.00
Twice a week: \$60.00 Non-Res Fee: \$65.00
 6 session dates
 Time: 7:30PM - 9:00PM

3413.175
 Dates: 02/26/2019 - 04/02/2019 Tue
 3413.176
 Dates: 02/21/2019 - 03/28/2019 Thu
 3413.177
 Dates: 04/16/2019 - 05/28/2019 Tue
 3413.178
 Dates: 04/11/2019 - 05/23/2019 Thu

Location: BPHS Pool
NO CLASS: Apr 18, May 21

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. 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: \$5.00 Non-Res Fee: \$6.00
 Dates: 03/04/2019 - 05/29/2019 Mon, Wed
 Time: 7:30PM - 8:30PM

Location: BPHS Pool
NO CLASS: Apr 22, May 27

Lap Swimming

Swim without the crowd and do laps on your own on Monday and Wednesday evenings. Sign in and pay at the pool each evening you attend.

Ages: 18 and over
Resident Fee: \$5.00 Non-Res Fee: \$6.00
 Dates: 03/04/2019 - 05/29/2019 Mon, Wed
 Time: 8:30PM - 9:30PM

Location: BPHS Pool
NO CLASS: Apr 22, May 27



CONTINUING.....

Community Swim

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: 1/4/2019 - 5/19/2019
 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)

Beginning March 11, 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: Apr 19, Apr 20, Apr 21.
NO SWIMMING ON SCHOOL HOLIDAYS AND POSTED SWIM MEET DAYS.

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 with any questions.

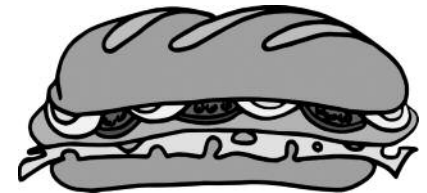
Location: BPHS Pool

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 for exact dates, fees and to make arrangements for scouts to earn their badges.

All ages
Location: BPHS Pool

Thank You!



The Award Winning Bethel Park High School "Black Hawk" Marching Band, Concert Band, Symphonic Band, Jazz Ensemble, Chamber Orchestra, String 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 2019 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: February 23 & April 13

See any Band, Orchestra, or Top 21 member to order or call the Hoagie Chair Person at 412-854-8179.

Look for the next issue of the Bethel Park Chronicles mailed the week of May 13, 2019!