

• AQUATIC PROGRAMS •

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AQUATIC REGISTRATION AND SKILL TESTING

Saturday, May 18, 1:45 - 2:30 PM

Bethel Park High School Pool

Please bring a check or exact cash to pay for lessons at registration.

A spot will not be held without payment.

SESSION SCHEDULE:

(Monday through Thursday, 8 classes)

SESSION 1 6/10/2019 – 6/20/2019

SESSION 2 6/24/2019 – 7/11/2019

No lessons 7/1 to 7/4/2019

SESSION 3 7/15/2019 – 7/25/2019

FEES:

Weekday lessons

\$75/ 8 classes (non-res \$80)

Private Lessons \$135 for 8 lessons

(non-res \$145)

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, May 18 from 1:45 - 2:30 PM.

STEPS 2, 3, 4, 5: You may mail-in or drop-off registrations at the Community Center 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, May 18:

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 Community Center beginning **May 20**.

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 Recreation Office in the Community Center to schedule your specific time.

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: \$135.00 Non-Res Fee: \$145.00
8 Session Dates

Time: TBD 10:30 AM - 1:30 PM

3413.203
Dates: 06/10/2019 - 06/20/2019 Mon, Tue, Wed, Thu

3413.213
Dates: 06/24/2019 - 07/11/2019 Mon, Tue, Wed, Thu

3413.223
Dates: 07/15/2019 - 07/25/2019 Mon, Tue, Wed, Thu

Location: BPHS Pool
No class Jul 1, Jul 2, Jul 3, Jul 4

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: \$135.00 Non-Res Fee: \$145.00
8 session dates

Time: TBD 10:30AM - 1:30PM

3401.201
Dates: 06/10/2019 - 06/20/2019 Mon, Tue, Wed, Thu

3401.202
Dates: 06/24/2019 - 07/11/2019 Mon, Tue, Wed, Thu

3401.203
Dates: 07/15/2019 - 07/25/2019 Mon, Tue, Wed, Thu

Location: BPHS Pool
No class Jul 1, Jul 2, Jul 3, Jul 4

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

Ages: 8 - 18
Resident Fee: \$35.00 Non-Res Fee: \$40.00
Twice a week: \$50.00 Non-Res Fee: \$55.00
5 Session Dates

3413.270
Dates: 06/11/2019 - 07/16/2019 Tue
Time: 7:30PM - 9:00PM

3413.271
Dates: 06/06/2019 - 07/25/2019 Thu
Time: 7:30PM - 9:00PM

Location: BPHS Pool
No class Jun 20, Jul 2, Jul 4, Jul 18



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' 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: \$35.00 Non-Res Fee: \$40.00
Twice a week: \$50.00 Non-Res Fee: \$55.00
5 session dates

3413.272
Dates: 06/11/2019 - 07/16/2019 Tue
Time: 7:30PM - 9:00PM

3413.273
Dates: 06/06/2019 - 07/25/2019 Thu
Time: 7:30PM - 9:00PM

Location: BPHS Pool
No class Jun 20, Jul 2, Jul 4, Jul 18

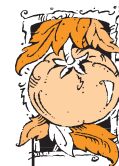
Aquacise

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

3405.201
Dates: 06/03/2019 - 07/24/2019 Mon, Wed
Time: 7:30PM - 8:30PM

Location: BPHS Pool



CHECK OUT THE FARMERS' MARKET TUESDAYS, 3:00 – 7:00 PM Great Location!!! South Park Skating Rink Lot See page 30 for details





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.

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.**

Dates: 06/10/2019 - 07/25/2019 Mon, Tue, Wed, Thu
Time: 6:30PM - 8:30PM

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 2, PASSES, except for Daily Family Pass, will be available at HALF-PRICE.

Location: BPHS Pool
NO COMMUNITY SWIM Jun 20, Jul 2, Jul 4, Jul 18

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. The fee for nightly attendance is \$5.00 (non-res \$6.00).

Ages: 18 and over
Resident Fee: \$5.00 Non-Res Fee: \$6.00

3411.201
Dates: 06/03/2019 - 07/24/2019 Mon, Wed
Time: 8:30PM - 9:30PM

Location: BPHS Pool

Bethel Park Sharks 2019 Bethel Park Summer Swim Team

Season Length: Monday, June 10 through Tuesday, July 23
Age Requirements: All children ages 14 years or younger as of June 1, 2019.

Practice Times: Monday, Wednesday, & Thursday - 5:15-6:30 p.m. at Bethel Park High School Pool. **Pool is closed on July 4.**

Meet Dates: June 20, 27, July 2, 11, 18, and 23

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

Fees: **\$175.00** (\$185.00 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: TBA

Assistant Coaches: TBA

When and where can I register?

All interested swimmers can register for the team beginning May 1, 2019 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, June 4, 6:30pm
BPHS Room M431

REGISTRATION IS ONLINE ONLY AND NOT THROUGH THE COMMUNITY CENTER

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: 08/26/2019 - 09/12/2019 Mon, Tue, Wed, Thu
Time: 6:30PM - 7:30PM

Location: BPHS Pool
No class Sep 2

Bethel Park Masters Swimming

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
Fee: Daily drop-in: \$5
Times: 5:30am - 6:45am Mon, Wed
Email coachkbpswim@gmail.com with any questions.

Location: BPHS Pool

*Look for the next issue of the Bethel Park Chronicles
mailed the week of August 12, 2019!*

• THESE ARE NOT BETHEL PARK RECREATION PROGRAMS •

Bethel Park Slow Pitch Association (BPSPA)

Bethel Park's Club Slow Pitch Softball - IMS and Bethel Park High School Fall 2019 registration will run from **June 1, 2019 thru July 29, 2019**. Registration information will be posted at www.bpspa.org. Interested slow pitch softball girls who will be in grades 7-12 during the 2019-2020 school year are welcome to join the fun. Tryouts for the JV (8th - 11th grade) and Varsity (9th-12th) teams will be held around the first week of August 2019 with the specific dates and times to be announced when registration opens in June. Grades 7-9 are eligible to play Junior High, Grades 8-11 are eligible to try-out for JV and grades 9-12 try out for the Varsity team. BPSPA plays competitive slow pitch softball teams in the WPISL including Montour, TJ, North Hills, North Allegheny, Seneca Valley, Mt. Lebanon and Peters to name a few. Come join this fun growing club sport and organization. Play Ball!

Tennis

Tennis is through the Upper St. Clair Tennis Development Program. Dates are as follows:

Junior clinics:

Level 3.0 and up- April 22 - June 16, 2019 (8 weeks)
Level 1 & 2 - April 22 - June 16, 2019 (8 weeks)

Adult clinics:

Level 1 - 4 - April 22 - June 16, 2019 (8 weeks)

Please call USCTDP for registration information at 412-831-2630 or email: tennis@usctdp.com

Summer Session:

Junior clinics:

Level 3.0 and up- June 17 - August 22, 2019 (10 weeks) Summer Camps
Level 1 & 2 - June 17 - August 11, 2019 (8 weeks)

Adult clinics:

Level 1 - 4: June 17 - August 11, 2019 (8 weeks)

Please call USCTDP for registration information at 412-831-2630 or email: tennis@usctdp.com

BETHEL PARK SOCCER ASSOCIATION

Established ~ 1966

FLIGHT Soccer is for girls and boys ages 5-10 who wish to experience soccer in the recreational setting. Flights sessions run for eight consecutive Saturdays tentatively beginning August 31, 2019. Players will be contacted by their coaches approximately two weeks prior to the start of Flights. Teams may be co-ed.



FALL 2019 ONLY - Flight fee: \$75.00 Non-residents add \$10.00
FULL YEAR: FALL 2019 & SPRING 2020 - Flight fee \$130.00 Non-residents add \$20.00

TRAVEL Soccer is for players ages 8 (2011 birth year) and older who want to participate in a more competitive soccer program against teams from neighboring communities.

Attendance to one of the travel evaluation sessions is strongly recommended to be placed on a team. Please go to www.bpsoccer.org for specifics on days and times.

FULL YEAR: FALL 2019 & SPRING 2020 Travel fee: \$170.00 Non-residents add \$20.00 Uniform fee: \$50.00 (if necessary)

Soccer Registration is NOW OPEN.

To register for FALL 2019 Soccer, please go to: www.bpsoccer.org

Travel Soccer registration deadline is June 22, 2019

In-house/Flights Soccer registration deadline is July 31, 2019

All registration questions should go to registration@bpsoccer.org