

• AQUATIC PROGRAMS •

**AQUATIC REGISTRATION AND SKILL TESTING
WILL BE HELD ON**

Saturday, March 21, 2020 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 28 and end on May 16**. All pool activities will be held in the Bethel Park High School pool unless otherwise stated.

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 23.

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 23.

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 28 - MAY 16**

No lessons on April 11 and April 18

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 21, 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.

*Look for the next issue of the
Bethel Park Chronicles
mailed the week of
May 11, 2018!*

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 21, during skill testing.

Ages: 6 months- 4
Resident Fee: \$55.00 Non-Res Fee: \$60.00
6 session dates

3413.160
Dates: 03/28/2020 - 05/16/2020 Sat
Time: 1:40PM - 2:10PM

Location: BPHS Pool
No class: Apr 11, Apr 18

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 - 17
Resident Fee: \$100.00 Non-Res Fee: \$110.00
6 session dates

3413.103
Dates: 03/28/2020 - 05/16/2020 Sat
Time: 10:00AM - 2:00PM

Location: BPHS Pool
No class: Apr 11, Apr 18

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: 03/28/2020 - 05/16/2020 Sat
Time: 10:00AM - 2:00PM

Location: BPHS Pool
No class: Apr 11, Apr 18



Recreation
N
BPHS



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 and are certified coaches through USA Synchro. As the team progresses, swimmers will have the opportunity to compete or participate in swim shows. 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 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

Time: 7:30PM - 9:00PM
3413.170

Dates: 02/25/2020 - 03/31/2020 Tue

3413.171
Dates: 02/27/2020 - 04/02/2020 Thu

3413.172
Dates: 04/14/2020 - 05/26/2020 Tue

3413.173
Dates: 04/16/2020 - 05/21/2020 Thu

3413.173
Dates: 04/16/2020 - 05/21/2020 Thu

Location: BPHS Pool
No class: Apr 28

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 pghsynchroswim@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: 02/25/2020 - 03/31/2020 Tue

3413.176
Dates: 02/27/2020 - 04/02/2020 Thu

3413.177
Dates: 04/14/2020 - 05/26/2020 Tue

3413.178
Dates: 04/16/2020 - 05/21/2020 Thu

3413.178
Dates: 04/16/2020 - 05/21/2020 Thu

Location: BPHS Pool
No class: Apr 28



The Farmers' Market begins
on May 5 at a
Great Location!
See details on page 35.



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
 3405.101
 Dates: 03/09/2020 - 06/03/2020 Mon, Wed
 Time: 7:30PM - 8:30PM

Location: BPHS Pool
No class: Apr 13, May 25

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
 3411.101
 Dates: 03/09/2020 - 06/03/2020 Mon, Wed
 Time: 8:30PM - 9:30PM

Location: BPHS Pool
No class: Apr 13, May 25

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: 1/4/2020 - 5/17/2020
 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 16, 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: Feb 21, Feb 22, Feb 23, Apr 10, Apr 11, Apr 12, Apr 18, Apr 19. NO SWIMMING ON SCHOOL HOLIDAYS AND POSTED SWIM MEET DAYS.

Follow us on Instagram
 @bethel_park_recreation 

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: 8/26/2019 - 7/29/2020
 Times: Mon and Wed 5:30am - 6:45am
 Saturday 6:00am - 7:30am
 Email coachkbpswim@gmail.com with any questions.

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

Look for the next issue of the Bethel Park Chronicles mailed the week of May 11, 2020!

South Hills Elks

Meet our 2020 Hoop Shoot Finalists!

On Saturday, January 4th the South Hills Elks hosted their annual Hoop Shoot Basketball Tournament at the Bethel Park Community Center.

Contestants become eligible to compete by participating in a qualifying event at their school. Gym teachers in the Bethel Park, South Park, and Mount Lebanon schools have been asked to provide their students with an opportunity to participate in this FREE program.

Winners of the Bethel Park Local event advance to compete next at the District Level

Competition on January 19th at Westminster College in New Wilmington, PA. After that, it's on to the State competition taking place on March 7th at Penn State.

Representing the South Hills Elks at the District Level in New Wilmington this year will be:

Ella Carbone	girls 8-9	13/25 shots
Geno Cortes	boys 8-9	13/25 shots
Rachel Skultety	girls 10-11	11/25 shots
Zackery DeLong	boys 10-11	15/25 shots
Addie Lonergan	girls 12-13	19/25 shots
Michael Bruckner	boys 12-13	22/25 shots

William Penn Elem
St. Louise de Marillac
South Park MS
South Park MS
St. Louise de Marillac
Neil Armstrong MS



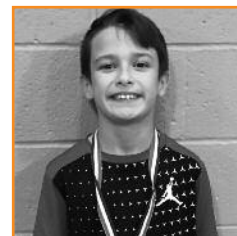
* Ella Carbone



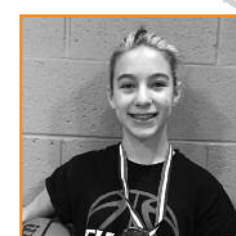
Geno Cortes



Rachel Skultety



Zackery DeLong



* Addie Lonergan



Michael Bruckner

*Will be advancing to the States level competition!

If you'd like to see your child compete next winter (Jan 2021), please contact your child's gym teacher to find out how he/she may qualify to compete.