

PRIVATE LESSONS

Private Lessons will be available for participants of all ages. Private Lessons will be one-on-one with an experienced swim instructor. There will be three sessions of private lessons for the Summer. Each session meets for eight- thirty minute classes. Aquatics Management will put together a list of all available times and days we have for private lessons each session. Patrons will select the day and time from the list of available private lessons and select which day and time matches with their schedule. We will begin taking private registration at 9:00am on June 3, 2019 for Summer Session I, July 1, 2019 for Summer Session II, and July 22, 2019 for Summer session III. Private registration will be on a first come, first paid basis.

Private Lesson Price

\$144.00 - Member

\$184.00 - Non-member

Semi Private Lesson Price (total for both participants)

\$164 - Member

\$204 - Non-member

Monday-Friday

Session I: June 17th – June 27th

Session II: July 8th – July 18th

Session III: July 29th – August 8th

Saturdays and Sundays

Session I: June 22nd – August 11th

(8 Classes)

BLUE SHARKS SWIM TEAM

June 10th - July 27th

The Blue Sharks are ready to begin their tenth year in the Penn-Jersey Swim League! We will be keeping the tradition of providing a wholesome, and fun summer activity that provides quality competitive swimming instruction.

Practice Schedule (Monday - Friday)

Group 1 - Advanced (11 years - 18 years)

7:15am-8:45am - 5-6 lanes inside pool

Group 2 - Intermediate (9 years - 10 years)

8:45am-9:45am - 3 lanes inside pool

Group 3 - Novice (5 years - 8 years)

9:45am-10:30am - 3 lanes inside pool

Pre-Season Meeting

Thursday, June 6th - 7pm

Coach Sam and Coach Cam will be holding a pre-season meeting for all parents and guardians and swim team participants. Coaches will give their insight on what to expect this season and will be available to answer any questions regarding the season.

\$135 per swimmer - Member or Bethlehem Township Resident

\$235 per swimmer - Non-member

PARENT AND CHILD

AQUATICS LEVEL

Ages 6 months to 4 years old

Water Babies

6 months-4 years

Water Babies introduces basic skills to parents and children through songs, games and activities.

Parents are taught to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try the skills. Children are introduced to basic skills that lay a foundation to help them learn to swim. A parent/guardian is required to accompany each child in the water and participate in the classes.

Water Pioneers

18 months - 4 years

Water Pioneers builds on the skills introduced in Water Babies. Participants improve on these skills and learn more advanced skills in Water Pioneers. Once infants or young children are able to comfortably perform the skills in Water Babies, they progress to Water Pioneers. A parent/guardian is required to accompany each child in the water and participate in the classes.

PRESCHOOL CLASSES

Ages 3-4 years of age

Starfish

3 to 4 years old

A first time group experience without parents. Work toward independent performance of the basic skills including body positions, blowing bubbles, floating, kicking, jumping, and basic water safety. At this first level, children start developing good attitudes and safe practices around the water.

Hermit Crab

Continue to reinforce basic skills taught in Starfish and increase comfort level. Children continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain more proficiency for future strokes. Children should be able to put face in water comfortably for at least 3 seconds and be able to perform assisted front and back floats for 3-5 seconds.

Tadpole

This course builds on the skills learned in the previous levels. Tadpole provides additional practice of basic aquatic skills at a slightly more proficient performance level, such as performing skills for greater distances and times. **Skills in this level are performed independently with little assistance.**

LEARN TO SWIM

Ages 5-13 years of age

Sea Turtle

Introduction to Water Skills

Level 1

In this introductory class, students will learn basic personal water safety information and skills to help participants feel comfortable in the water and to enjoy the water safely. Front and back stroke techniques are introduced, with the main focus on getting the child more comfortable with the water. Participants start developing positive attitudes, good swimming habits and safe practices in and around the water.

Manta Ray

Fundamental Aquatic Skills

Level 2

Students will work toward independent performance of the basic skills: bobs, floats without support and recovering to a vertical position, glides, simultaneous and alternating arm and leg actions on the front and back, which lay the foundation for future strokes. **Prerequisites: Students must be comfortable in the water, be able to put face in water for at least 3 seconds, and be able to perform an assisted back float for 3-5 seconds.**

Swordfish

Stroke Development

Level 3

Continue to build on previously learned skills by providing additional guided practice. Participants are taught to survival float, swim the front crawl, back stroke and elementary backstroke. At this level participants will also be introduced to the scissor and dolphin kicks, and will build on the fundamentals important to treading water. As in all levels, additional safety skills and messages are taught. **Prerequisites: Must be able to swim independently on back and front for 5 yards, must be comfortable in deeper water.**

Seal

Stroke Improvement

Level 4

Continue to develop participants' confidence in the strokes learned thus far and to improve in other aquatic skills. In the Seals level, participants improve their skills and increase their endurance by swimming familiar strokes for greater distances. Participants add the arms to the scissor kick for the side stroke and the basics of turning at a wall. **Prerequisites: Must be able to swim front crawl and elementary backstroke for 15 yards and successfully tread water for 30 seconds.**

Orca

Stroke Refinement

Level 5

Refinement in performance of all strokes (front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and an increase in participants' endurance. Flip turns on the front and back are also introduced. **Prerequisites: Must be able to swim 25 yards of front crawl and elementary backstroke, and must be able to swim 15 yards of breaststroke and back crawl.**

BTCC



Summer 2019

WATERBABIES/WATER PIONEERS COMBINED**\$40 - Member****\$64 - Non-member****Monday-Thursday 10:45am-11:15am (Indoor Pool)**Session I: June 17th – June 27th

Program #: 350701.01 (Indoor pool)

Session II: July 8th – July 18th

Program #: 350701.04 (Indoor Pool)

Session III: July 29th – August 8th

Program #: 350701.05 (Indoor Pool)

Monday-Thursday 5:00pm-5:30pm (Indoor Pool)Session I: June 17th – June 27th

Program #: 350701.02

Session II: July 8th – July 19th

No classes on 7/11 & 7/18, make up will be on 7/12 & 7/19

Program #: 350701.06

Session III: July 29th – August 10th

Program #: 350701.07

Saturdays 9:15am-9:45am (Indoor Pool)Session I: June 22nd – August 10th

Program #: 350701.03

STARFISH**\$48 - Member****\$72 - Non-member****Monday-Thursday 10:30a-11:00am (Outdoor pool)**Session I: June 17th – June 27th

Program #: 350711.01

Session II: July 8th – July 18th

Program #:350711.03

Session III: July 29th – August 8th

Program #:350712.04

Saturdays 8:45am-9:15am (Indoor Pool)Session I: June 22nd – August 10th

Program #: 350711.02

HERMIT CRABS**\$48 - Member****\$72 - Non-member****Monday-Thursday 10:00am-10:30am (Outdoor pool)**Session I: June 17th – June 27th

Program #: 350712.01

Session II: July 8th – July 18th

Program #: 350712.03

Session III: July 29th – August 8th

Program #: 350712.04

Saturdays 8:45am-9:15am (Indoor Pool)Session I: June 22nd – August 10th

Program #: 350712.02

TADPOLES**\$48 - Member****\$72 - Non-member****Monday-Thursday 10:00am-10:30am (Outdoor Pool)**Session I: June 17th – June 27th

Program #: 350713.01

Session II: July 8th – July 18th

Program #: 350713.03

Session III: July 29th – August 8th

Program #: 350713.04

Saturdays 9:15am-9:45am (Indoor Pool)Session I: June 22nd – August 10th

Program #: 350713.02

SEA TURTLES**\$65 - Member****\$96 - Non-member****Monday-Thursday 9:00am-9:45am (Outdoor pool)**Session I: June 17th – June 27th

Program #: 350721.01

Session II: July 8th – July 18th

Program #: 350721.03

Session III: July 29th – August 8th

Program #: 350721.04

Saturday 10:45am-11:30am (Indoor pool)Session I: June 22nd – August 10th

Program #: 350721.02

MANTA RAYS**\$65 - Member****\$96 - Non-member****Monday-Thursday 9:00am-9:45am (Outdoor pool)**Session I: June 17th – June 27th

Program #: 350722.01

Session II: July 8th – July 18th

Program #: 350722.03

Session III: July 29th – August 8th

Program #: 350722.04

Saturday, 10:45am-11:30am (Indoor pool)Session I: June 22nd – August 10th

Program #: 350722.02

WORDFISH**\$65 - Member****\$96 - Non-member****Monday-Thursday 9:00am-9:45am (Outdoor pool)**Session I: June 17th – June 27th

Program #: 350723.01

Session II: July 8th – July 18th

Program #: 350723.03

Session III: July 29th – August 8th

Program #: 350723.04

Saturdays 10:00am-10:45am (Indoor Pool)Session I: June 22nd – August 10th

Program #: 350723.02

SEALS**\$65 - Member****\$96 - Non-member****Monday-Thursdays 10:00am-10:45am (Outdoor pool)**Session I: June 17th – June 27th

Program #: 350724.01

Session II: July 8th – July 18th

Program #: 350724.03

Session III: July 29th – August 8th

Program #: 350724.04

Saturday 10:00am-10:45am (Indoor Pool)Session I: June 22nd – August 10th

Program #: 350724.02

ORCAS**\$65 - Member****\$96 - Non-member****Monday-Thursday 9:00am-9:45am (Outdoor pool)**Session I: June 17th – June 27th

Program #: 350725.01

Session II : July 8th – July 18th

Program #: 350725.03

Session III: July 29th – August 8th

Program #: 350725.04

Saturday 11:45-12:30pm (Indoor pool)Session I: June 22nd – August 10th

Program #: 350725.02