

SWIM LESSONS



Session Dates: Monday, September 21st - Sunday, October 25th (5 lessons)

Member - \$50 per session * Non Member - \$75 per session

Parent/Child Classes - 6mos-4 years old

Waterbabies

Mondays - 5:30pm-6:00pm

Saturdays - 10:00am-10:30am

Waterbabies/Water Pioneers introduces basic skills to parents and children through songs, games and activities. A parent/guardian is required to accompany each child in the water.

Water Pioneers

Saturdays - 10:30am-11:00am

Preschool Classes - 3-4 years old

Starfish

Mondays - 5:00pm-5:30pm

Tuesdays - 5:30pm-6:00pm

A first time group experience without parents. This class works towards basic skills including body positions, blowing bubbles, floating, kicking, jumping and water safety.

Wednesdays - 10:30am-11:00am

Saturdays - 11:00am-11:30am

Hermit Crab

Tuesdays - 5:00pm-5:30pm

Wednesdays - 5:30pm-6:00pm

Children will continue to explore using simultaneous and alternating arm and leg actions on the front and back to gain proficiency for future strokes. Children should be able to put their face in the water comfortably for 3 seconds and front and back float for 3-5 seconds.

Thursdays - 5:00pm-5:30pm

Saturdays - 11:30am-12:00pm

Learn to Swim Classes - 5-13 years old

Sea Turtle

Mondays - 6:30pm-7:00pm

Tuesdays - 6:00pm-6:30pm

Wednesday - 6:00pm-6:30pm

Front and back stroke techniques are introduced with the main focus on getting the child more comfortable with the water.

Thursdays - 6:30pm-7:00pm

Saturdays - 12:00pm-12:30pm

Manta Ray

Mondays - 6:00pm-6:30pm

Tuesdays - 6:30pm-7:00pm

Wednesdays - 6:30pm-7:00pm

Children will work towards independent performance of the basic skills: bobs, floats without support and recovering to a vertical position. Children must be able to put their face in the water for 3 seconds and front and back float for 3-5 seconds.

Thursdays - 6:00pm-6:30pm

Saturdays - 12:30pm-1:00pm

Swordfish

Mondays - 7:00pm-7:30pm

Wednesdays - 7:00pm-7:30pm

Children are taught to survival float, swim the front crawl, back stroke and elementary back stroke. Children must be able to swim independently on front and back for 5 yards and be comfortable in deep water.

Thursdays - 7:00pm-7:30pm

Private Swim Lessons

Lessons available daily - 30 minutes per lesson (5 week session)

Private swim lessons can be scheduled with the aquatics department: 610-332-1842

Member: \$120 per session * Non Member: \$150 per session



Bethlehem Township Community Center
610-332-1900 * www.bethlehtownship.org