

# SWIM LESSONS



**Session Dates: Monday, January 22nd - Saturday, February 24th**

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

## **Parent/Child Classes - 6mos-4 years old**

### **Waterbabies**

**Mondays - 5:30pm-6:00pm**

**Tuesdays - 10:00am-10:30am**

**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**

**Thursdays - 10:00am-10:30am**

**Thursdays - 5:00pm-5:30pm**

**Saturdays - 10:30am-11:00am**

## **Preschool Classes - 3-4 years old**

### **Starfish**

**Mondays - 1:30pm-2:00pm**

**Mondays - 5:00pm-5:30pm**

**Tuesdays - 5:30pm-6:00pm**

**Wednesdays - 5:00pm-5:30pm**

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

**Thursdays - 10:30am-11:00am**

**Thursdays - 5:00pm-5:30pm**

**Saturdays - 11:00am-11:30am**

### **Hermit Crab**

**Mondays - 5:00pm-5:30pm**

**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 - 1:30pm-2:00pm**

**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 - 6:30pm-7:00pm**

**Tuesdays - 6:30pm-7:00pm**

**Wednesdays - 6:00pm-6:30pm**

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 - 6:30pm-7:00pm**

**Saturdays - 12:30pm-1:00pm**

### **Swordfish**

**Mondays - 6:00pm-6:30pm**

**Tuesdays - 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.

**Wednesdays - 7:00pm-7:30pm**

**Thursdays - 6:00pm-6:30pm**

## **Private Swim Lessons**

**Lessons available Monday - Saturday - 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.bethlehemtownship.org](http://www.bethlehemtownship.org)