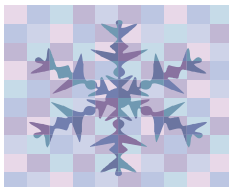


The Bensalem School District will sponsor the
2019
Winter I
Aquatics Swim Program



Classes will be held Monday and Wednesday, Tuesday and Thursday,
and Saturday

Located at:

Shafer Middle School Pool
3333 Hulmeville Road
Bensalem, PA 19020

Kellie McCarthy - Aquatics Program Coordinator
Ryan Iller & Annalise Dunn- Aquatics Program Assistant Coordinators

All classes, instructors and certifications will be governed by the
American Red Cross in cooperation with the Lower Bucks Chapter. All classes are filled on a first come
first serve basis.

Winter I 2019 Registration
~ (At Shafer Middle School Pool) ~
Thursday, January 3, 2019 from 6-9 PM
Friday, January 4, 2019 from 6-9 PM

Please Note: Registration is filled on a first come first serve basis. There is no mail-ins or early registrations. It is strongly
suggested that you register on the first day and arrive at least 20-30 minutes early to have the best chance to reserve your
space in the class you want.

***Monday and Wednesday classes start January 7, 2019 and end
February 20, 2019***

***Tuesday and Thursday classes start January 8, 2019 and end
February 14, 2019***

Saturday classes start on January 5, 2019 and end on March 9, 2019.

For Additional Information:

Please call (215) 750-2800 Extension 2203 or visit our website at WWW.Bensalemsd.org under
Community then "Aquatics." **The best way to make contact is through email at**
BTSDAquatics@bensalemsd.org.

| | Lesson Fees | |
|-----------------------|-------------|--------------|
| | Resident | Non-Resident |
| Weekday Swim Lessons | \$100 | \$105 |
| Saturday Swim Lessons | \$80 | \$85 |

1. **Water Babies** (Parent/Guardian and child)
Water Babies (6 months to 5 years) ~ The basic purpose is to acquaint the child with swimming techniques to overcome their fear of the water and to develop survival methods in water. A responsible adult must enter the water with the child. **ALL WATER BABIES MUST WEAR DISPOSABLE SWIMPANTS.**
2. **Level 1** (Introduction to Water Skills), **Level 2** (Fundamental Aquatic Skills), and **Level 3** (Stroke Development)
The skills learned are: water entry and exit, breath control and underwater swimming, buoyancy on front and back, changing direction and position, treading, swim on front and back, general and personal water safety and helping others. Students should be 48 inches tall (or able to hold onto the wall without assistance) and be able to hold their head underwater for 10 seconds.
***Note: To enter Advanced Classes, children should have cards showing that they have passed the first three level classes.**
3. **Level 4** (Stroke Improvement)
Children will learn the front crawl, back crawl, elementary, backstroke, breaststroke, and scissor kick. The front dive, treading and floating techniques should be mastered at this level.
4. **Level 5** (Stroke Refinement)
Children will learn butterfly and continue to practice front crawl, back crawl, breaststroke, elementary backstroke and breaststroke.
5. **Level 6** (Swimming and Skill Proficiency)
Children will learn personal water safety, fundamentals of diving, lifeguard readiness, and fitness swimmer.
***Note: Goggles are not required for any level but they are recommended.**
6. **Senior Citizens**
The pool is open on Monday, Wednesday, and Friday from 3:00 to 4:00P.M. at Shafer Middle School and Saturday from 1:00 to 2:00 P.M at Shafer Middle School for senior citizen recreational swim. There is no charge. **After October 31, 2018 there will ONLY be Saturday Senior Swim until March 2019.**
7. **Open Swim**
We offer Friday Night Open Swim from 7:00 to 9:00 P.M. and Saturday Open Swim from 2:00-3:30 which are both \$3 per person. Open swim is only held at Shafer Middle School. Children under the age of 13 must have a parent at the pool area at all times.
8. **Adult Swim lessons**
Adult swim lessons are for people over the age of 15 years old (beginners or people with experience that want to improve their strokes). Classes will be held on Saturday mornings from 9:00-9:45 AM.

**Please Note: To get maximum use of our staff, we reserve the right to cancel a class and/or open swim with five or less students.
In some cases the instructor to child ratio may be 1 to 5.**

~ Monday and Wednesday Schedule ~

| TIME | CLASS |
|-------------------|--------------------------------|
| 6:00 PM - 6:45 PM | Water Babies and Levels 1 to 5 |
| 7:00 PM - 7:45 PM | Levels 1 to 6 |

~ Tuesday and Thursday Schedule~

| TIME | CLASS |
|-------------------|---------------|
| 6:00 PM - 6:45 PM | Levels 1 to 6 |
| 6:45 PM - 7:30 PM | Levels 1 to 6 |

~ Saturday Schedule ~

| TIME | CLASS |
|---------------------|--------------------------------|
| 9:00 AM – 9:45 AM | Adults |
| 10:00 AM – 10:45 AM | Water Babies and Levels 1 to 5 |
| 11:00 AM – 11:45 AM | Level 1 to 6 |
| 12:00 PM – 12:45 PM | Level 1 to 6 |
| 1:00 PM – 2:00 PM | Senior Swim (no charge) |
| 2:00 PM – 3:30 PM | Open Swim |

****Please note that this is a tentative schedule. Classes offered at certain times may change.**