

The Bensalem School District will sponsor the
2019
Spring 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.

Spring I Registration for Monday/Wednesday, Tuesday/Thursday ONLY
~ (At Shafer Middle School Pool) ~
Monday, February 25, 2019 from 6-9 PM
Tuesday, February 26, 2019 from 6-9 PM

*Monday and Wednesday classes start February 27, 2019 and end
April 8, 2019*
*Tuesday and Thursday classes start February 28, 2019 and end
April 4, 2019*

Spring I Registration for Saturday ONLY
~ (At Shafer Middle School Pool) ~
Friday, March 15, 2019 from 6-9 PM

Saturday classes start March 16, 2019 and end May 18, 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.

<u>Lesson Fees</u>	
Weekday Swim Lessons	\$100
Saturday Swim Lessons	\$80

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.
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 PM to 4:00 PM and Saturday from 1:00 PM to 2:00 PM at Shafer Middle School for senior citizen recreational swim. **There is no charge.** Saturday Senior Swim is currently happening. Week day Senior Swim will start March 18, 2019.
7. **Open Swim**
We offer Open Swim on Friday nights 7:00 PM to 9:00 PM and Saturday afternoons 2:00 PM to 3:30 PM. We charge 3 dollars per swimmer. Children 13 and under must be accompanied by a parent 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 AM - 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 6
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	Water Babies and Levels 1 to 6

~ Saturday Schedule ~

TIME	CLASS
9:00 AM – 9:45 AM	Adult Swim Lessons
10:00 AM – 10:45 AM	Water Babies and Levels 1 to 6
11:00 AM – 11:45 AM	Levels 1 to 6
12:00 PM – 12:45 PM	Levels 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.