

**CITY OF BERWYN RECREATION DEPARTMENT**  
6501 W. 31st STREET, BERWYN (708) 788-2010



## 2019 SWIM LESSONS NOW TAKING REGISTRATION!

We offer 4 session of classes with each session meeting on Tue/Wed. & Thursdays for 2 weeks

Session 1 - June 18, 19, 20, 25, 26 & 27th

Session 2 - July 2, 3, 9, 10 & 11th

Session 3 - July 16, 17, 18, 23, 24 & 25th

Session 4 - July 30, 31, Aug. 1, 6, 7, 8th

Sessions are limited to 8 swimmers per class

Parent & Child Preschool	9:30am - 9:55am	Resident: \$35 Non-Resident: \$45
Levels 1-2-3-4-5	10:00am - 10:45am	Resident: \$50 Non-Resident: \$60
Levels 1-2-3-4-5	11:00am - 11:45am	Resident: \$50 Non-Resident: \$60

Barracudas Swimming & Water Polo Club  
Monday thru Thursday - 11 a.m. to 11:50 a.m.  
June 11th thru August 16th - \$85.00

American Red Cross Safety Classes

Lifeguarding | CPR | AED | First Aid: Certification - \$175 Re-Certification - \$75

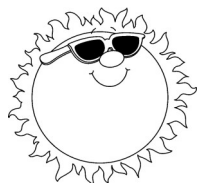
CPR | AED | First Aid Certification: \$100.00 Re-Certification \$50.00

[www.berwynrecreation.com](http://www.berwynrecreation.com)

### SWIM LESSON LEVEL DESCRIPTION



Parent & Child Age 5 & under	Parent enters water with the child. Explore water raising comfort level by playing games, singing songs & using facility equipment/structures.
Level 1 Introduction to Water Skills	Must be able to stand in 3ft of water. Explore water and introduce arm/leg movement, bobbing, bubbles, slide & pool drop
Level 2 Fundamental Aquatic Skills	Must be able to stand 3ft of water and kick without assistance. Continued skills from level 1 - using arms, legs, bobbing, bubbles, jumps, games, glide, activities, floating, slide & pool drops.
Level 3 Stroke Development	Must be able to stand in 4ft of water or Swim 15-30 yards. Introduction to underwater swimming & deep water exploration. Diving introduced and development of swim strokes.
Level 4 Stroke Improvement	Must be able to stand in 5ft of water or Swim 30-60 yards. Continued skills from level 3 Deep water exploration, diving & advanced improvement of all swim strokes.
Level 5 Skill Refinement & Proficiency	Must be able to swim 75+ yards. Prepare for Barracudas swim team & basic water rescues. Advanced training in freestyle, breaststroke, backstroke, butterfly, diving flip turns, treading & underwater swimming.
Barracudas Swimming & Water Polo Club	Pass level 5 and/or swim 150+ yards Practice & train competitive swim strokes, meet starts & finishes, flip turns, diving, as well as water polo fundamentals and techniques. Building upon teamwork, leadership, & safety. Qualify & receive certification in American Red Cross Jr. Lifeguarding. Prepare for further interest in Aquatic Athletics & rescue skills.
Lifeguarding CPR/AED/First Aid	Age 15+, swim 300 yards continuously, reach bottom of 10ft, & swim with 10lbs brick. Introduction to Lifeguarding Rescue skills with CPR, AED, & First Aid Training. Knowledge & development of swim skills, leadership, team building, & safety. Pool/classroom learning. American Red Cross certification upon completion. Mentor with Pavek Pool Guards.



# 2019 Summer Season Pool



## Pass on sale!

**Go to [www.berwynrecreation.com](http://www.berwynrecreation.com) for pricing**