

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 11, 12, 13, 18, 19 & 20th

Session 2 - June 25, 26, 27 & July 2, 3rd

Session 3 - July 9, 10, 11, 16, 17 & 18th

Session 4 - 23, 24, 25, 30, 31 & Aug. 1st

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

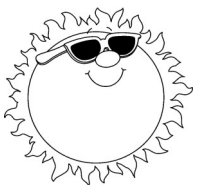
CPR | AED | First Aid Certification: \$100.00 Re-Certification \$50.00

www.berwynrecreation.com

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 for pricing