

Fun in the pool: from swim lessons to swim and dive teams

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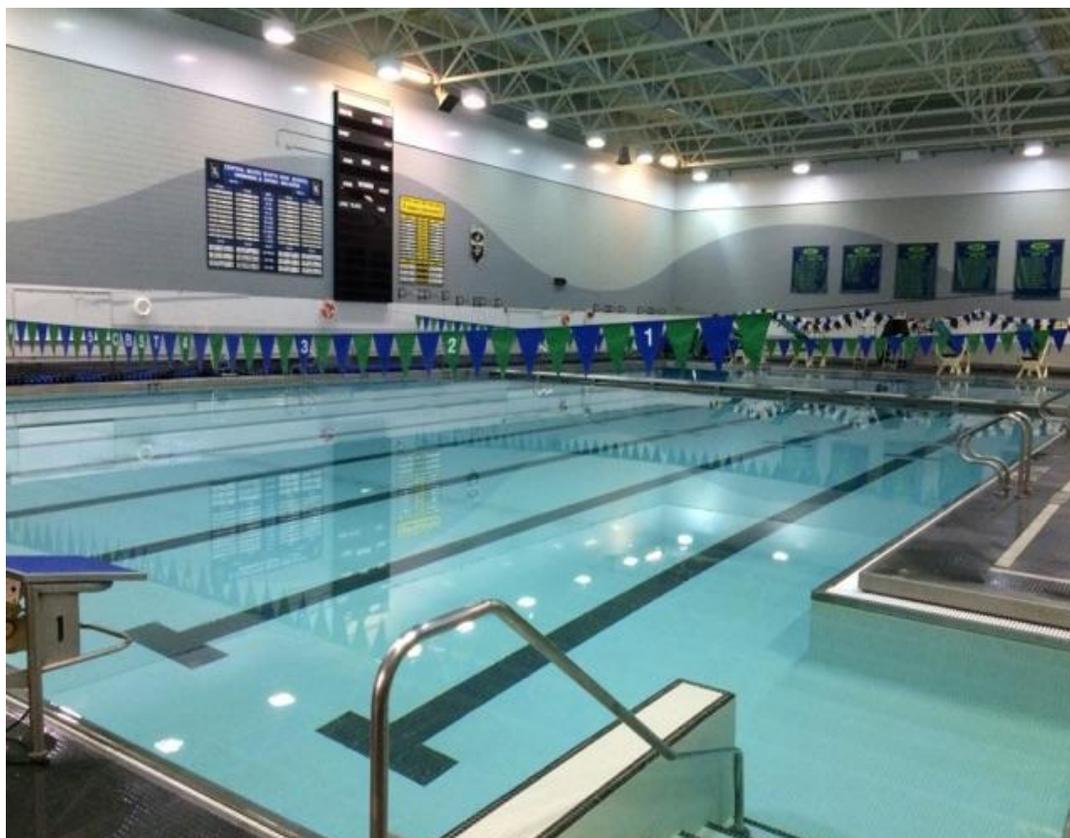
Swimmer spotlight

Upcoming Programs

Fall brings the start of
many programs from
swim lessons to
competitive swim and
dive teams.

We're Hiring!

In need of swim lesson
instructors and coaches



News: Spring Program Recap & CB South Pool Improvements

Central Bucks Aquatics offers aquatic programs for the community ranging from introductory swim lessons to competitive swim and dive teams, including a USA Swimming team. We're wrapping up our spring swim lessons and swim and dive clinics. After a successful fall/winter season that ended in March, our USA Swimming team of approximately 125 swimmers has been practicing and is looking forward to meets in June and July. See the swimmer spotlight at the end of the newsletter to read about one of our team swimmers and one of our lesson swimmers. Starting at the end of May and continuing through the summer, the CB South pool (pictured above) will be getting a new coat of paint and updated lighting to brighten the space up and undergoing improvements to the air circulation and sound systems.

Upcoming Programs



Lessons, Clinics, and Teams

Our **group swim lessons** for children starting at age 3 1/2 are offered in the fall and spring. Details for fall 2023 are posted [HERE](#). Registration will open on July 1st. Lessons fill very quickly when registration opens so check the details early and be ready to register on July 1st.

We offer **private swim lessons** (including adaptive lessons) on Sundays during the months of October through May for children starting at age 5. Information is posted [HERE](#). If you're interested, please email before registering: Ashley Bauer at asbauer@cbsd.org for standard lessons or Roberta Lichter at lichter@cbsd.org for adaptive lessons.

Our **swim and dive clinics** are a great opportunity for athletes to develop their skills and get ready for team participation. Our next swim clinic is the pre-team swim clinic which will be held in September. Information is posted [HERE](#). For returning team members, registration will open on July 1st with a deadline of August 15th. Evaluations for potential new members will be over the summer. If interested, please visit [the site](#) to complete and email a pre-registration form - ideally by the end of July. The next diving clinic will be in the spring, but new divers should consider the diving team described below.

Our next season for **swim and dive teams** will begin in the fall. We have two swim teams: CBST-SAL and CBST-USAS. We also have a diving team which is part of the SAL team. The SAL team can accommodate experienced competitive swimmers/divers and those new to the sport but is not a learn-to-swim program. The USAS team is for more experienced and committed swimmers. Information about all teams is posted [HERE](#). For returning team members, registration will open on July 1st with a deadline of August 15th. For potential new members, evaluations will be in June and July for the USAS team or September for the SAL team, including diving. If interested, please visit [the site](#) to complete and email a pre-registration form - no later than July 5th for the USAS team, and ideally by early August for the SAL team/diving.

Other Programs

Did you know there are scuba diving lessons available at CB South? Lessons are typically available in the fall, winter, and spring. Contact Underwater World for information. [215-672-4180](tel:215-672-4180)

Lifesaving courses are also available - if interested email Heather Yim at heayim@cbsd.org to find out when the next course will be held.

We're Hiring!

We're hiring swim lesson instructors and swim coaches. Lesson instructors must be 14 or older (adults as well as teens welcome) and do not need to have experience teaching but do need to be able to swim and enjoy working with kids. Adult swim coaches with varying degrees of coaching experience are needed for our clinics and teams. If you are interested, please email our Aquatics Manager Roberta Lichter at lichter@cbsd.org.



Swimmers in the spotlight: From Lessons to USA Swimming

Adele Dusault is in kindergarten at St. Jude Catholic School. Adele participates in group and private swim lessons. Adele shared the following: I love to swim and tread water in the deep end. I'm also having so much fun practicing my sit dive! My instructors are all really great too. They're kind and help me learn new skills. I'm just learning the breaststroke and I really like it. Freestyle is fun too! I am learning so much and I can't wait to be on the swim team one day! When I'm not swimming, I enjoy spending time with my family and friends. I also dance ballet and play the piano.

Love is my swim teacher. I love her because she helps swim in the deep end. Swimming is fun! - Adele Dusault



Maddy Russ is in 11th grade at CB East. Maddy is a member of our USA Swimming team, Central Bucks Swim Team - USAS and is also on the CB East high school team. Maddy shared the following: My favorite part about swimming is the sense of reward that comes with finishing practices, meets, and making friends. My favorite stroke is butterfly. I have been swimming since I was 7 years old, and I have been a part of the YMCA swim team, the Fanny Chapman swim team, the CB East Swim Team, and CBST. This aspect of my life has extended to teaching swim lessons in the summer and working as a lifeguard. I also volunteer with coaching the Special Olympics team at CB East. When I'm not swimming, I like playing guitar and writing poetry.