

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

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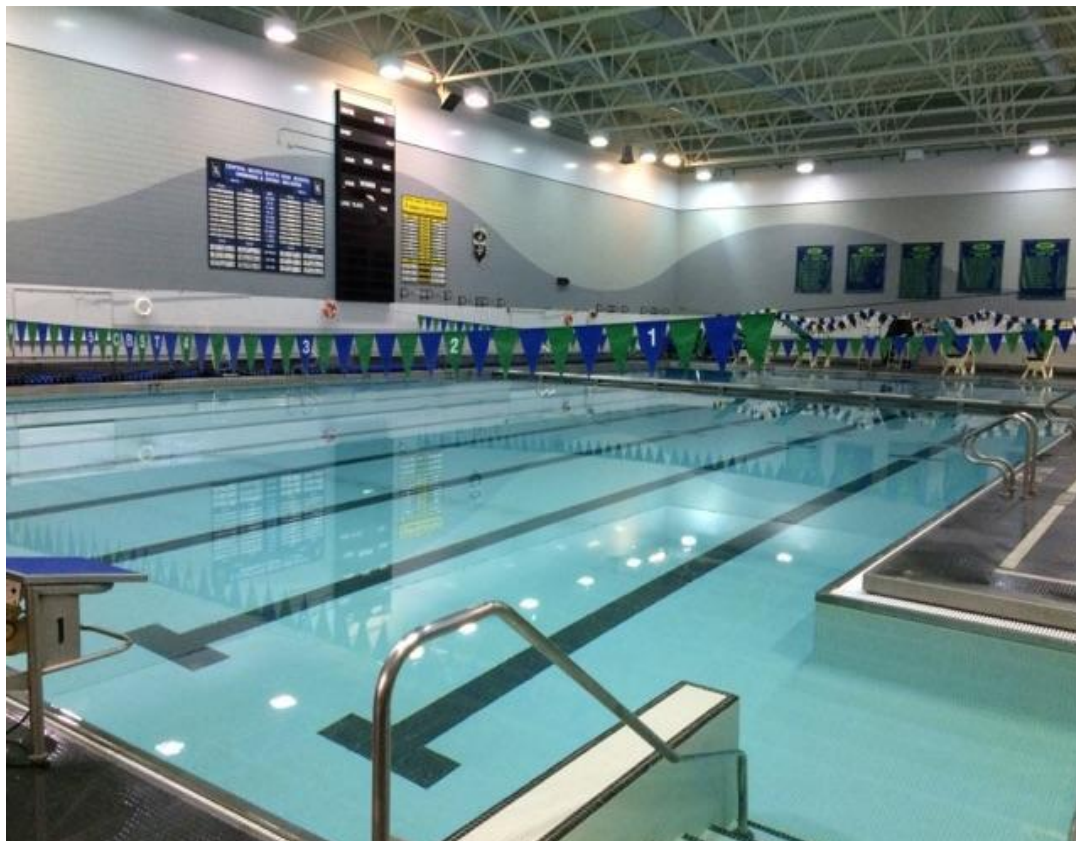
Summer Recap
Swimmer spotlight

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, lifeguards, and coaches



News: Summer 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've just wrapped up the summer season of our USA Swimming team. The CBST-USAS team of approximately 125 swimmers had another successful season with athletes qualifying for Junior, Senior, and Silver championships in addition to Zones and Futures meets. See the swimmer spotlight at the end of the newsletter to read about one of our team swimmers and a swimmer in our lessons program. Renovations continue at the CB South pool (pictured above) and are on track to be completed in time to welcome swimmers back to the pool in early September. Check out our next quarterly edition for an updated picture of the pool!

Upcoming Programs



We're Hiring!

We're hiring swim lesson instructors, lifeguards, 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 rlichter@cbsd.org.

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](#). Lessons are full at this time but if you'd like to be added to the wait list, contact Ashley Bauer at asbauer@cbsd.org.

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 to find out if there is space available before registering: Ashley Bauer at asbauer@cbsd.org for standard lessons or Roberta Lichter at rlichter@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 is open with a deadline of August 15th. Evaluations for potential new members are coming up soon. If interested, please visit [the site](#) to complete and email a pre-registration form. 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 is open with a deadline of August 15th. For potential new members, evaluations will be in September for the SAL team, including diving. If interested, please visit [the site](#) to complete and email a pre-registration form - ideally by early August. The USAS team evaluation window for this season has passed but if interested email Jennifer Steinberg at jsteinberg@cbsd.org to find out about the next opportunity to join the team.



Swimmers in the spotlight: From Lessons to USA Swimming

Adele Dusault is in going into 1st grade 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 a rising senior 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.