








**We swim for good times!®**

[btaquatics.org](http://btaquatics.org)

# FACE-UP FIRST® SWIMMING at B-T AQUATICS

Brownell-Talbot School 400 N. Happy Hollow Blvd. Omaha, NE 68132 402.556.1205

<b>Sailors</b>	<b>Mates</b>	<b>25 Club</b>	<b>Animal Lanes</b>	
<p><b>Age:</b> Under 3</p> <p><b>Practice Time</b> 10 Minutes</p> <p><b>Swimmer to Coach</b> 1:1</p> <p><b>Tuition &amp; Registration</b> \$15 per practice Pre-registration required</p> <p><b>Uniform</b> Swim diaper required</p>  <p><b>Cap &amp; Goggles</b> Optional; provided by B-TA or bring your own</p> <p><b>Prerequisites</b> Swimmer: None Parent/Guardian: Water Safety Education Course</p> <p><b>Included in Tuition</b> Family Swims on Saturday afternoons</p> <p><b>Choose this for...</b> all children under age three</p>	<p><b>Age:</b> 3 &amp; Over</p> <p><b>Practice Time</b> 30 Minutes</p> <p><b>Swimmer to Coach</b> 3:1</p> <p><b>Tuition &amp; Registration</b> \$15 per practice Pre-registration required</p> <p><b>Uniform</b> Solid navy training /competition style suit required</p>  <p><b>Cap &amp; Goggles</b> Required; provided by B-TA or bring your own</p> <p><b>Prerequisites</b> Swimmer: None Parent/Guardian: Water Safety Education Course</p> <p><b>Included in Tuition</b> Family Swims on Saturday afternoons</p> <p><b>Choose this for...</b> children three and older</p>	<p><b>Age:</b> 5 &amp; Over</p> <p><b>Practice Time</b> 30 Minutes</p> <p><b>Swimmer to Coach</b> Varies</p> <p><b>Tuition &amp; Registration</b> \$3 per practice Pay-As-You-Go Drop-In Program</p> <p><b>Uniform</b> Solid navy training /competition style suit required</p>  <p><b>Cap &amp; Goggles</b> Required; bring your own</p> <p><b>Prerequisites</b> Swimmer: 25 Back and 25 Crawl Parent/Guardian: Water Safety Education Course</p> <p><b>Included in Tuition</b> 25 Club Practices</p> <p><b>Choose this for...</b> swimmers ages five and older who can swim full lengths of the pool and who want lots of stroke technique feedback</p>	<p><b>Age:</b> 5 &amp; Over</p> <p><b>Practice Time</b> 60 Minutes</p> <p><b>Swimmer to Coach</b> Varies</p> <p><b>Tuition &amp; Registration</b> \$3 per practice Pay-As-You-Go Drop-In Program</p> <p><b>Uniform</b> Solid navy training /competition style suit required</p>  <p><b>Cap &amp; Goggles</b> Required; bring your own</p> <p><b>Prerequisites</b> Swimmer: 25 Back and 25 Crawl Some Fly and Breast recommended Parent/Guardian: Water Safety Education Course</p> <p><b>Included in Tuition</b> Animal Lane Practices</p> <p><b>Choose this for...</b> Swimmers ages five and older who want a swimming workout without little to no stroke technique feedback</p>	<p><b>GOAL rents space at the B-T pool.</b></p> <p><b>From their website...</b></p> <p>Greater Omaha Aquatics Leopardsharks, commonly referred to as GOAL, is a coach-owned and operated swim club. GOAL is a club member of the Midwestern Swimming LSC, a local association of clubs which are all members of USA Swimming, the National Governing Body.</p> <p>The experienced GOAL coaching staff offers high quality professional coaching and technique instruction for all ages and abilities. The goal of our team is to provide every swimmer with a positive learning experience which is both challenging and fun. We believe that success in competitive swimming is highly dependent upon having the best possible stroke and skills technique. That belief drives our practice philosophy.</p> <p><a href="http://www.goaquatics.com">www.goaquatics.com</a></p> <p>Most swimmers moving from the Face-Up First swimming programs will move into GOAL's Penguin or Dolphin groups that practice at B-T.</p>

