

GOOD TIMES

Holiday #2 November 28, 2009

THIS WEEK AT B-T AQUATICS

SATURDAY: GOAL practice, Marian H.S. practice, B-T/R/C H.S. Practice, Private Coaching Sessions

SUNDAY: Private Coaching Sessions, Kayak Water Polo

MONDAY: Holiday Lessons, Fitness Swim, B-T/R/C H.S. Practice, GOAL Practice, Marian H.S. Diving

TUESDAY: Holiday Lessons, Fitness Swim, GOAL practice, B-T/R/C H.S. Practice, Marian H.S. Diving, Duchesne H.S. Practice

WEDNESDAY: Holiday Lessons, Fitness Swim, GOAL practice, B-T/R/C H.S. Practice

THURSDAY: B-T/R/C High School Practice & HOME MEET (4:00 PM), GOAL Practice, Marian H.S. Diving Practice

FRIDAY: Fitness Swim, B-T/R/C H.S. Practice, GOAL Practice, Santa Weekend Events, Kayak Water Polo

NEXT WEEK: Family Swim on Saturday

All children at B-T Aquatics are to address their instructors as "Coach." Coach Stacey, Coach Neal, Coach Max, Coach Margie, etc. Just plain "Coach" works too.

Weekly Updates: GOOD TIMES is published most weeks on Saturdays during swimming lesson sessions. I would appreciate any feedback. I'd like this to be helpful to all of you.

B-TA Mission

B-T Aquatics provides training, encouragement, and opportunities for swimmers to achieve FACE-UP comfort, lifesaving endurance, and development of competitive swimming techniques so they may safely enjoy the benefits of swimming for fun and fitness.

GIFT CERTIFICATES: Give the gift of "Good Times!" B-T Aquatics gift certificates are available online at www.btaquatics.org/gift_certificates.htm. The certificates are completely transferable, do not expire, and may be used for any B-T Aquatics products or services.

HIGH SCHOOL SWIMMING: The B-T/Roncalli/Concordia Coop team has their first home meet on Thursday, December 3 at 4:00 PM. Come cheer on our swimmers as they take on Pius X from Lincoln.

SANTA WEEKEND: The entry deadline for the Santa weekend events is Monday, November 30. We do not accept late entries for this event. Information for our 7th Annual Santa Weekend is posted on the website. Remember to register and attend, even if you are taking a break... especially Voyagers! The Santa Weekend consists of a B-T 500 Challenge on Friday afternoon, a Shopping Splash on Friday evening, and a Splash Meet on Saturday afternoon. Each of the three events stands alone, register for one, two, or all three! For those of you who haven't attended before, a Shopping Splash is basically an Open Swim (read "babysitting"). We'll watch the kids so you can go shopping... get it?

ONLINE REGISTRATION: Online registration is available again. You will find the link on the main menu at the top of each page and in the registration section on each session page. We are currently accepting registrations for the Holiday, Winter, and Spring sessions. Summer registration will open on January 4.

ADULT PROGRAMS: I have added an Adult Learn to Swim & Learn to Swim Better course to our schedule. You can read about it here: www.btaquatics.org/adult_lessons.htm. The lessons begin in January. In addition to our FACE-UP FIRST® lessons, B-T Aquatics has opened our pool to the Total Immersion Program. Coach Kevin Millerick from Swim Tech in Colorado will be conducting a Total Immersion® Freestyle Clinic the weekend of January 23-24. You register for the clinic at www.totalimmersion.net.

FACEBOOK: Become a fan! Click on the [facebook](#) link on the B-T Aquatics home page.

QUESTIONS: Contact Coach Jeanie Neal. 402.556.1205 office, 402.505.2438 cell, email: aquatics@brownell.edu

USA SWIMMING: What can you have in common with the world class swimmers from the United States who compete at the World Championships and the Olympic Games? You can be a member of USA Swimming! Visit www.btaquatics.org/JOIN_USA_SWIMMING.htm to learn how.