

B-T AQUATICS

BROWNELL-TALBOT SCHOOL

We swim for good times!



SUMMER SKILLS EARN FALL FUN!

You need three things to be considered safe in the water: strong swimming skills, water safety knowledge, and practical experience. Our summer swimming challenge will help you develop all three.

Complete each task listed. Your completed challenge sheet is your ticket to more swimming fun this fall in the indoor pool at Brownell-Talbot School on the dates listed below.



FALL FAMILY SWIMMING DATES

September 26, October 17, and November 14
Noon – 3:00 PM

A completed Challenge Sheet is good for one family admission to Family Swim at B-T Aquatics on each of the dates listed. Contact the pool or visit btaquatics.org for a list of pool rules. Swimmers may be asked to demonstrate the skills listed as complete on this sheet.

B-T Aquatics at Brownell-Talbot School
400 N. Happy Hollow Blvd., Omaha 402.556.1205

This challenge sheet provided to participants at the Omaha Police Department's Southeast Precinct's 7th Annual S.A.F.E. event. Sheet # _____

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SWIMMER:

Have each task verified by a lifeguard, swimming instructor, or swim coach.

SWIMMING SKILLS: *Proficiency at these skills will help you be safe in the swimming pool.*

Skill	Date	Initials
Relaxed Backfloat – motionless, bod		
2.		
3.		
4.		
5.		

WATER SAFETY KNOWLEDGE: *Study and practice until you can answer all five questions without looking at the answers. Then, demonstrate that you can answer the questions. Date: _____ Initials: _____*

- 1.
- 2.
- 3.
- 4.
- 5.

PRACTICAL EXPERIENCE: *Even when you can pass the skills challenges and answer all the water safety questions, you need to practice to be safe. Visit the pool at least five times to practice your skills.*

Date	Date	Date	Date	Date
Initials	Initials	Initials	Initials	Initials