

Safe Swimming CAP Program



Everyone needs to be safe and skilled in the water. The B-T Aquatics Safe Swimming CAP program is a fun way for your family to learn and practice safe swimming. The program begins with our [Make A Splash Day](#) in May and wraps up with our [Back to Pool](#) day in September. We want you to think about water safety all summer.

Everyone in the family can earn a Safe Swimming CAP prize.

To earn your safe swim cap...

PARENTS

1. Attend the [Make A Splash](#) event at B-T Aquatics on May 16, 2009. Watch the short Water Safety Video on display. (Be sure to sign-in so we know you watched!)
2. Take our [online Water Safety for Parents & Caregivers course](#). (The course materials and test are free. There is a \$5 fee if you would like a certificate of completion.)
3. Visit the B-T Aquatics website in June, July, and August. The first of each month there will be a new page with more water safety information.

C: [Safe Children \(June\)](#)

A: [Safe Adults \(July\)](#)

P: [Safe Pools \(August\)](#)

Take the short quiz at the bottom of each page and submit your answers.

4. Attend the B-T Aquatics [Back to Pool Day](#) on September 13, 2009 for more safe fun in the pool, and to collect your free Swim CAP. (You must be present at the event to get your cap and certificate.)

CHILDREN

1. Attend the [Make A Splash](#) event at B-T Aquatics on May 16, 2009. Watch the short Water Safety Video on display. (Be sure to sign-in so we know you watched!)
2. Participate in a water safety activity offered at the [Make A Splash](#) event:
a) Walk the Plank Challenge, b) Dump Test, or c) Free Swimming Lesson
3. With your parents, visit the B-T Aquatics website in June, July, and August. The first of each month there will be a new page with more water safety information.

C: [Safe Children \(June\)](#)

A: [Safe Adults \(July\)](#)

P: [Safe Pools \(August\)](#)

Take the short quiz at the bottom of each page and submit your answers.

4. Attend the B-T Aquatics [Back to Pool Day](#) on September 13, 2009 for more safe fun in the pool, and to collect your free Swim CAP. (You must be present at the event to get your cap and certificate.)

B-T Aquatics, Brownell-Talbot School, 400 N. Happy Hollow Blvd., Omaha, NE 68132
402.556.1205 aquatics@brownell.edu btaquatics.org

WE SWIM FOR GOOD TIMES!