

SWIM SCHOOL INFORMATION

Refrigerator Door Edition – FALL 2010



M	T	W	R	F	S	S	
					<u>11</u>	12	S
13	14	15	16	17	<u>18</u>	19	E
20	21	22	23	24	<u>25</u>	<u>26</u>	P
27	28	29	30	1	<u>2</u>	3	
4	5	6	7	8	9	10	O
11	12	13	14	15	<u>16</u>	17	C
18	19	20	21	22	<u>23</u>	<u>24</u>	T
25	26	27	28	29	<u>30</u>	31	
1	2	3	4	5	<u>6</u>	7	N
8	9	10	11	12	<u>13</u>	14	O
15	16	17	18	19	<u>20</u>	<u>21</u>	V
22	23	24	25	26	27	28	
29	30	1	2	3	4	5	D
6	7	8	9	10	<u>11</u>	12	E
13	14	15	16	17	18	19	C

POOL CLOSED: Oct. 31, Nov. 25-28, Dec. 12 & 19

PIRATE PARTIES: Sept. 19, Oct. 17, Nov. 14

~~Strikethrough~~ = No Lesson Days
Underline = Family Swim, Noon-3 PM
 Outline = Splash Meets
 Sept. 26, Oct. 24, Nov. 21, Dec. 4-5
Preregistration & Payment Required for Splash Meets

Included in Fall/Holiday 2010 Tuition

- Scheduled Lessons
- 12 Family Swim Admissions for the entire household (You may bring guests for \$3 per swimmer.)
- 3 Pirate Party Admissions for the entire household (No guest allowed at Pirate Parties – just registered Swim School families. There must be one adult in the water with the swimmer(s).)
- Fitness Swim Admission for adults in the registered swimmer's household (You may bring guests for \$3 per swimmer.) See website for Fitness Swim schedule.
- D.I.M.E. : We give Mates and Sailors a dime at the end of every lesson as an immediate payoff on their investment in learning to swim. (**D**ividend **I**ntended to **M**otivate and **E**ncourage)

Special Events

- Back to Pool Day w/Dive-In Movie:** Sunday, Sept. 12
- Splash Meets:** Open to general public. Swimmers must be able to complete one length of the pool (25 yards).

We swim for good times!®

B-T Theisen Pool, 400 N. Happy Hollow Blvd., Omaha, NE 68102
 402.556.1205 - aquatics@brownell.edu - btaquatics.org
 Jeanie Neal, Aquatics Director

S.W.I.M. Model™

- S** Stabilize: ability to maintain body awareness and control (resistant to change, self-restoring)
- W** Wend: ability to direct one's course, proceed and move about with purpose
- I** Idle: ability to stop, relax and rest (without exertion and disengaged from the "load")
- M** Measure: ability to calculate, judge, and make decisions

Make-ups & Refunds: Attendance at lessons is not required. Please make as many as you can.

Your time slot is yours to use. You don't have to lose it if your child is ill or if you have a scheduling conflict. You may switch time slots with a friend for another day/time or you may send your next door neighbor, a cousin, or a sibling to use your time slot if you can't make it to a class. A SWITCH web page is available to post switch requests. *Do not attend a different time slot to make-up for a missed class without swapping with someone else.* Times that appear "available" on the schedule are available for only new registrations, not for switching times.

There are twelve Family Swims and three Pirate Parties included in your swim school tuition. That's fifteen possible "make-up" opportunities to practice skills in the event of a missed lesson.

Locker Room Etiquette: To be considerate of all patrons, we prefer that children over the age of four use the appropriate-gender locker room or our hallway changing booths. Parents, be considerate of other users when escorting your young child into an opposite-sex locker room to use the restroom or shower. Our locker rooms are designed as group shower and dressing areas. Some patrons prefer to change privately in the restroom stalls. **Priority for the use of these stalls must be given to those needing to use the toilets.**

Please check your bags before you leave. Toiletries, hair grooming implements and accessories, and socks/underwear are treated as trash at the end of the day - not as Lost & Found items. Lost and found items are disposed of regularly.

Camera Week: Parents may come on deck to observe the lessons and take photos during the last week of the session.

Playroom: Please do not leave children unsupervised in the gallery playroom or the downstairs pool hall. Help children be respectful of the School facilities and property.

Supervision: We will keep children safe in the water, but B-T Aquatics is **NOT** equipped to supervise children before or after lessons. Parents must be at the pool door when class ends.

Water Safety Education Course: Every family is required to have at least one parent or guardian take our online course, Water Safety Education for Parents & Caregivers.

Uniform: Anyone not yet toilet trained must wear swim a swim diaper. Mates, Animal Lanes, and 25 Club swimmers are required to wear solid navy competition-style training suits and caps and goggles for every practice. We provide caps and goggles for Mates, but Animal Lane and 25 Club swimmers are required to provide their own. Swimmers will not be allowed to participate without the required uniform.