



Nebraska Aquatics Learn to Swim

**Youth Swimming Lessons for ages 3 and up.
@ WOODS POOL PARK**

Nebraska Aquatics has over 20 years of quality swim lessons experience. Our trained, certified, energetic, and young Lincoln swimmers teach both water skills and a love for swimming. Our 4 to 1 swimmer-teacher ratio for the little ones and 5 to 1 for older swimmers is one of the best in town.

NEW THIS YEAR -- 3rd-8th Grade Swim Clinic
Taught by former Husker Swimmer and Nebraska Aquatics Head Coach CJ Bray, this group will work on a variety of stroke techniques. This is the place for a "higher" level of swimmer to build on what they know and gain strength/confidence in the water.

Here are the details:

Where: Woods Park Pool at 33rd & J

Who: Contact CJ Bray @

- 402-202-7375 (will have rain-day updates!)
- headcoachna@gmail.com
- <https://www.teamunify.com/Home.jsp?team=mwna>



When: Each 2-week session has 9 lessons, allowing for 1 possible rain day.

Dates	Session 1	Session 2	Session 3	Price
June 7-18 (9 days, with 1 rain day)	10:00- 10:40 am	10:50-11:30 am	<u>10:00-10:40am</u> 3-8th grade boys and girls stroke lessons with Coach CJ	\$55
June 21-July 2 (9 days, with 1 rain day)	10:00- 10:40 am	10:50-11:30 am	<u>10:00-10:40am</u> 3-8th grade boys and girls stroke lessons with Coach CJ	\$55
July 5-16 (9days, with 1 rain day)	10:00- 10:40 am	10:50-11:30 am	<u>10:00-10:40am</u> 3-6th grade boys and girls stroke lessons with Coach CJ	\$55

REGISTRATION FORM

Swimmer's Name _____

Age _____

Parent/Guardian _____

Address _____

Zip _____

Email(s) _____

Cell Phone _____ Other _____

Phone _____

1st Choice Session _____ 2nd Choice Session _____

Level _____ Class Time _____

How comfortable is your child in the water? Very Somewhat Not Very

FEE: \$55/child, per session. Make checks payable to Nebraska Aquatics.

Mail Registration Form(s) to:

CJ Bray

Nebraska Aquatics Swim Club

P.O. Box 30264

Lincoln, NE 68503

SORRY, NO REFUNDS

***The lists fill up fast so get your forms in TODAY!!!

Groups:

Guppy- New to the water. This group is for kids to learn how to trust the water, enjoy it and learn there is nothing to be afraid of. Also, pool rules are taught. (Suggested ages; 3-4 years of age)

Sea Horse- This group is the introduction to backstroke, freestyle, & rhythmic breathing. (Suggested ages; 4-7 years of age)

Cat fish- This group concentrates on refining freestyle with rhythmic breathing, work on swimming across the pool without stopping and introduce butterfly and breaststroke. (Suggested ages; 5-10)

Tiger Shark- This group is almost ready for swim team. They will refine all 4 strokes, learn dives & flip turns, and continue to work on continuous swimming. This level is an introduction to the Nebraska Aquatics swim team! (Suggested ages; 6-10)

Stroke Clinic- This group is for the swimmer who has "graduated" from swim lessons but is still a little uncomfortable to join a swim team. This group will meet in the long course pool (no "little" kids) and will learn great stroke techniques and about the sport of swimming with out the pressure of a swim team.

