



Learn to swim fast...

It's never too soon to start; it's never too late to learn. B-TA offers beginning adult swimming lessons on Sundays. Our Face-Up First® method is the easiest and fastest way to learn to swim.

Ready to start? Find it online: Visit b-taquatics.org. Click on *Lessons* at the top of the page and then select a session. We have four sessions a year - winter, spring, summer, fall. It's always a good day to start to learn to swim. We encourage you to join the session in progress at any time.

Swim for Fitness & Fun Lap Swim / Family Swim

Looking for the ideal self-paced full body workout? Swim your way to fitness. B-TA offers adult lap swim hours several time each week. Admission is \$3.00 per swimmer per visit. OR Bring the whole family! Check the online calendar to find the dates and times of our Family Swims. Admission is \$3.00 per swimmer per visit. Admission to Family Swim is free to currently registered swimming lesson families when they bring their lesson student along to practice.

Ready to start? Find it online: Visit b-taquatics.org. Click *B-TA Calendars* at the top of the page. Look for scheduled Bonus Adult Lap Swims and Family Swims.

Some healthy competition...



Looking for a new fitness challenge? Used to be a competitive swimmer and want to start swimming again? Noticing how much your child is enjoying swimming and want to join in the fun. Interested in improving your swim time in the triathlon? Want to meet other like-minded lap swimmers? Join our newly-forming Masters swim team, B-T Aquatics Masters.

Our team is designed for, but not limited to, intermediate to advanced level swimmers who would like to improve their endurance and stroke technique. Participants, 18 and older, will be lead through practices by Coach Courtney Rogers. Team members have access to additional practice time during any of our Adult Lap Swim and Family Swim hours at no additional charge. We even have 50 meter training scheduled at Hitchcock pool in the summer!

Swimmers will be members of US Masters Swimming. Competition is optional, but there will be plenty of opportunities. All USMS members receive SWIMMER magazine and are eligible for special offers from sponsors, plus full access to all online training and social resources and much more!

Ready to start? Find it online: Visit b-taquatics.org. Click on *Swim Teams* at the top of the page, and then on Masters (Adults) from the drop down menu. Please accept our invitation to a one-week free trial of the program.