

SWIM REEDSBURG NEWS

APRIL POOLS DAY – FRIDAY APRIL 1ST!

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Swim Reedsburg will be participating in APRIL POOLS DAY again this year. April Pools Day is an annual event where families and others may go to a local pool and get safely prepared for our seasonal water-related

activities. This year April Pools Day will be held on April 1, 2011. Able Trek Tours will be bussing 2nd and 4th grade students from the local area schools. If your child is not with a participating school, call so we can fit you

into our schedule of water safety presentations. We will also be hosting a FREE OPEN SWIM from 6:00pm to 8:00pm when you bring in one canned good for the food pantry for each member of your family!

ELITE SWIM TEAM SPRING/SUMMER SESSION BEGINS APRIL 4TH

Elite Team is set to start up again on April 4th, 2011. It will stay at the same time of 3:45pm to 5:45pm Monday and Wednesdays and 3:45pm to 4:45pm on Fridays when there is not a meet scheduled

on the weekend. This session will run from April 4 through July 24 (16 weeks) and cost \$400.00. Contact us right away if you are interested in Elite Team! If you have not been on Elite Team before, we will set

up a time for you to try out before or on April 4! A swim cap and a team suit are required for swim team so check out our monthly coupon – it's good for merchandise in our store!

BIGGEST LOSER 5K/MINI TRI CHALLENGE

How wonderful to be able to finally get out and enjoy the weather! Our next Biggest Loser Challenge is going to allow us to do just that as well as shed weight before summer. We will be working towards completing a 5K or Mini Triathlon during this next challenge. Have no fear if you can already complete these events – you can join the

challenge too and try to beat your best time! The challenge will begin on April 11 with a price of \$65.00 for non-members and will give you access to all of our land and water fitness classes, our fitness room and the pool during open swim times. You will also receive entry into the Mini Tri or 5 K run on May 27th. If you are currently a member of Swim Reedsburg your cost will be \$15.00.

Points will be awarded the following way: 10 points per pound lost, 10 points per BMI % lost, 5 points per required activity/class attended and 10 points per additional activity/class attended. Required classes are the following: MONDAY - 6 -7 am run/bike, TUESDAY – 7:30 am The Burn or 4:15 pm Ultimate

Fitness for strength, WEDNESDAY – 5:30 pm ETC class for run/bike, THURSDAY – 7:30 am The Burn or 4:15 pm Ultimate Fitness for strength. Additional activities will be any other classes you attend at Swim Reedsburg as well as any extra runs, bikes or swims you complete. Please contact Kate with any questions or to register at Katlyn@swimreedsburg.com.

IMPORTANT DATES TO REMEMBER:

- April Pools Day is April 1
- Biggest Loser Challenge begins April
- Potluck and Card Party on March 25th at noon.

CONTEST: HOW MANY CALORIES ARE IN THE JAR?

Come into Swim Reedsburg any time during the month of April to compete in our "How Many Calories Are in the Jar?" Contest. Everybody is allowed one guess during

the month. Once you see the jar you must make your guess. The person whose guess is the closest to the amount of calories in the jar will be announced in our next Newsletter as well as on Facebook and our Website.

This person will win a 2 week membership at Swim Reedsburg. The winner will be able to choose between a Single membership or Fitness Only Single membership. See the next page for a breakdown of all of our memberships.

SWIM TEAM FUNDRAISER RESULTS

Swim Team just completed their annual fundraiser. The fundraiser was provided by Tupperware this year. They raised \$150.30 to be used towards relay funds and ribbon costs. We are so proud of all our Stingrays

and can't wait for our Spring/Summer season to start! See above for registration information.

FREE YOGA AND NEW CLASS

Deb Parr is offering free yoga at Swim Reedsburg on Sundays at 9:00 am to complete her Yoga Fit certification. Yoga will be held each Sunday in April and May except on Easter and Mother's

Day. Also, Megan will be offering a Yoga Fit class on Thursday evenings at 7:30 starting April 7th. You can attend this class at a drop in rate of \$10.00 or with the Single or Fitness Only Membership.

IMPORTANT INFO FOR MAY:

- Lifeguard CPR Review May 11th at 4 to 9
- Lifeguard Review May 20th 4-9, Challenge May 21st 9-4
- Last day of Spring Session is May 26th.

Mini Triathlon on May 29th, starting between 4 and 6

SWIM REEDSBURG MEMBERSHIPS

SINGLE MEMBERSHIP (Monthly \$34.00 or Annual \$340.00):

UNLIMITED use of the Fitness Room during business hours, UNLIMITED use of the Pool during Family, Lap and Adult Swim, 1 LAND or WATER Fitness Class

FAMILY MEMBERSHIP (Monthly \$45.00 or Annual \$450.00):

UNLIMITED use of Fitness Room during business hours, Unlimited use of Pool during Family, Lap and Adult Swim

FITNESS ONLY (Single Monthly \$34.00,

Single Annual \$340.00, Family Monthly

\$60.00, Family Annual \$600.00):

UNLIMITED Land and Water Fitness Classes, UNLIMITED use of the FITNESS Room during business hours

FITNESS ADD-ON (Single Month \$20.00,

Single Annual \$200.00, Family Month \$30.00,

Family Annual \$300.00):

UNLIMITED Fitness classes added to SINGLE, FAMILY or SWIM Memberships

SWIM MEMBERSHIPS:

INCLUDES: Lessons or Home Team, UNLIMITED use of Fitness Room during regular business hours, UNLIMITED use of Pool during Family, Lap and Adult Swim.

- 1 CHILD: \$500.00
- 2 CHILD: \$975.00
- 3 CHILD: \$1425.00
- 4 CHILD: \$1850.00
- 5 CHILD: \$2250.00

CONTACT US WITH ANY QUESTIONS OR STOP IN TO SIGN-UP FOR ANY OF THE FOLLOWING MEMBERSHIPS!

SWIM REEDSBURG SWIM LESSON POLICIES

MAKE-UP LESSON POLICY:

We provide Make-up lessons during the same session in classes that have availabilities on a first-come first-serve basis. We must be contacted 12 hours in advance before your child's missed lesson for your child to be eligible for a Make-up lesson.

BAD WEATHER POLICY:

Swim Reedsburg is ALWAYS open! This means that swim lessons, swim team, land and water classes will always be on as scheduled. However, if you feel you would be putting yourself in danger to come to any of the activities here — stay home, stay safe and call for a Make-Up lesson for swim lessons.

APRIL NEWSLETTER COUPON

Redeem coupon for \$2.00 off any merchandise purchase. Not valid with any other discounts.

Expires April 31, 2011

MONTHLY HEALTH TIP: HOW TO CRANK UP YOUR CARDIO; Tips 5 and 6

5. Listen to fast music. If you seem to have trouble pumping yourself up for a workout, try popping in those ear buds! In a small study by the Research Institute for Sport and Exercise Sciences, scientists found that when male college students pedaled stationary bicycles while listening to fast popular music, the subjects pedaled faster and elevated their heart rates more. The students even perceived their workouts to be less intense than they actually were. And when the music slowed down? The opposite happened. So find some fast music you love and get your cardio on!

6. Use proper form. Do you hold on to the handles when you run on the treadmill? Maybe you lean on the handlebars during spinning class or hunch over while walking on the Stairmaster. If you use these machines, you need to use proper form in order to burn more calories. As a general rule, keep your arms moving freely and naturally, keep your abs in, your weight centered over your hips, and your shoulders down and back. Not only does proper form keep you from getting injured, it also ups your calorie burn since your core is engaged. Bonus!

Tips taken from SparkPeople.com

ODDS AND ENDS:

- Check out our newly designed website provided by Cygni Marketing. We have added lots of fun new stuff so take a look around!
- Don't forget to check our lost and found for items such as your winter coat, pants, shirts, goggles – we are gathering quite a collection!!
- We now accept Visa, Mastercard and Discover cards at Swim Reedsburg!!

MONTHLY YUMMY AND HEALTHY RECIPE – Chicken and Biscuit Pot Pie

Ingredients

For the filling:

- Cooking spray
- 3/4 teaspoon salt
- 1/2 teaspoon freshly ground black pepper
- 1 1/2 pounds boneless, skinless chicken breasts, cut into 1/2-inch chunks
- 4 teaspoons olive oil
- 1 medium onion, chopped
- 2 medium carrots, chopped
- 2 celery stalks, chopped
- 1/2 pound green beans, trimmed and chopped into 1/2-inch pieces
- 2 cloves garlic, minced
- 1 1/2 cups lowfat milk
- 1/4 cup all-purpose flour
- 1 cup low-sodium chicken broth
- 1 cup peas, thawed if frozen
- 1 1/2 tablespoons fresh thyme leaves

For the biscuit crust:

- 1/2 cup whole-wheat flour
- 1/4 cup all-purpose flour
- 3/4 teaspoon baking powder
- 1/4 teaspoon baking soda
- 1/4 teaspoon salt
- 3 tablespoons cold unsalted butter, cut into small pieces
- 2 tablespoons canola oil
- 1/2 cup lowfat buttermilk

Directions

To make the filling: Preheat the oven to 375 degrees F. Spray a large shallow casserole dish, or 6 individual casserole dishes with cooking spray.

Season the chicken with 1/4 teaspoon each salt and pepper. In a large nonstick skillet, heat 2 teaspoons of the oil over a medium-high heat. Add the chicken to the pan and cook for 5 minutes, stirring occasionally. Transfer the chicken with its juices to a bowl.

Add 2 more teaspoons of oil to the same pan and heat it over a medium-high heat. Add the onions, carrots and celery and cook until the vegetables begin to soften, about 3 minutes. Add the green beans, garlic and remaining salt and pepper and cook for 2 minutes more. Add the milk. Stir the flour into the broth until it is completely dissolved and add to the pan. Cook, stirring, until the mixture comes to a boil. Reduce the heat to medium-low and cook for 2 minutes more. Return the chicken with its juices back to the pan. Add the peas and thyme and stir to combine. Season with salt and pepper, to taste. Spoon the mixture into the baking dish or individual dishes.

To make the crust: Put the whole-wheat flour, all-purpose flour, baking powder, baking soda and salt into a food processor and pulse a few times to combine. Add the butter and pulse about 12 times, or until pebble sized pieces are formed.

Add the buttermilk then oil to the food processor and pulse until just moistened. Do not over mix. Drop the batter in 6 mounds on top of the chicken mixture (1 mound on each individual dish, if using) spreading the batter out slightly. Bake until filling is bubbling and the biscuit topping is golden brown, about 20 minutes.

Nutritional analysis per serving

- Calories 400
- Total Fat 17 g
- (Sat Fat 5.7 g, Mono Fat 7.7 g, Poly Fat 2.7 g)
- Protein 31 g
- Carb 31 g
- Fiber 5 g
- Cholesterol 82 mg
- Sodium 600 mg

Excellent source of:

Protein, Fiber, Vitamin A, Riboflavin, Niacin, Vitamin B6, Vitamin C, Vitamin K, Manganese, Phosphorus, Potassium, Selenium

Good source of:

Thiamin, Vitamin B12, Folate, Pantothenic Acid, Calcium, Iodine, Iron, Magnesium, Zinc