

SWIM REEDSBURG NEWS

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FALL SESSION REGISTRATION

School is just around the corner which means so is the cool weather. Though, at this point, I don't think many of us will complain from a slight cool down. ☺ The water sure has felt nice these past couple of HOT weeks!

It's also time for us to start thinking about fall swim lessons

at Swim Reedsburg. Registration will begin on the following dates:
Members — Aug 11th
Currently in lessons — Aug 14th
Waiting List — Aug 21st
All others — Aug 28th

The session will begin on Sept. 6th and run through Dec. 23rd. The cost is \$192.00/child. If you sign up and pay in

full before August 21, 2011 you will pay a discounted price of \$176/child. We are also offering a 3% discount on additional children when registering 2 or more children in lessons. As mentioned in the July Newsletter, the structure of our swim lesson sessions is changing. Please see below for more information on this change.

NEW TRIMESTER STRUCTURE FOR SWIM LESSONS

As mentioned in our July Newsletter, Swim Reedsburg will be changing the structure of swim lesson session. However, it was said before that we would be offering 4 three-month semesters. After further consideration, we decided to change to 3 trimesters throughout the year. There will be 2 sessions offered throughout the school year and one summer session. The Fall Session will be approximately 16 weeks long, the Winter session will be approximately 21 weeks and the

Summer session will be approximately 11 weeks long. The dates for each session for the 2011/2012 school year and summer are the following: Fall Session — September 6th through December 23rd, Winter Session — January 8th through June 1st, Summer Session — June 10th through August 24th. There will be a 2 week break in between the Fall and Winter session for the Holidays and a one week break in between the Winter and Summer and Summer and Fall sessions.

The price structure has also been updated to reflect the semester sessions.

Our new pay structure will offer a discount for signing up and paying for lessons in advance. When registering 2 or more children in lessons, you will receive a 3% discount on the additional children. SWIM Membership prices will stay the same: \$500/one child, \$975/two children, \$1425/three children, \$1850/four children and \$2250/five children.

Contact Kate or Bonnie if you have any questions regarding the new trimester or pay structure. We can't wait to see you in the pool!

SWIM OLYMPICS AND SWIM TEAM

Swim Reedsburg is hosting their annual SWIM OLYMPICS on August 6th. We will start the Olympics off on Friday night, Aug. 5th, with the Family Triathlon (see Page 2 for details)! The next day come have a splashing good time and learn about swim team! Arrive at 8:15am for attendance with the swim events starting at 9:00am. You must be preregistered by

Wednesday, August 3rd in order to participate in the Olympics. The price for the day is \$1.00/swimmer regardless of how many events you participate in!!! Plus, If you sign up for swim team on August 6th, after participating in the Swim Olympics, you will receive \$5.00 off the price! Home Team will begin September 12th through November 23rd — 10 weeks for \$169.00. Those 6 and under

or new to the team will meet on Tuesdays and Thursdays from 3:45pm to 4:45pm. Those who are 7 and older or have been on swim team in the past will meet on Monday and Wednesdays from 3:45 to 4:45pm. Elite team's season will run from September 7th through the State meet in February. The cost is \$500.00/5 months and practice will be held from 3:45 to 5:45pm Monday and Wednesday and 3:45 to 4:45 on Friday. Stop in to register!

IMPORTANT DATES TO REMEMBER IN AUGUST:

- The First week of August — FITNESS IS FREE!!!
- Sept Session Registration begins this month:
Members — Aug 11
Current — Aug 14
Wait List — Aug 21
All others — Aug 28
- Family Tri is Aug 5 starting at 5:00pm. Preregister by Aug 3.
- SWIM OLYMPICS is Aug 6 starting at 9:00am with attendance at 8:15am. Preregister by Aug 3.

AUGUST CONTEST: Guess the Calories in the Jar

Come into Swim Reedsburg any time during the month of August to compete in our "Guess the Calories 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 actual 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 and a Fitness Only Single membership.

JULY CONTEST WINNER

The number of calories in our jar of Tortilla Chips was 700! Our winner this month is Michelle Johnson with a guess of 520. Great Job! So, how close was your guess to the actual number? Now, if we can just remove the salt from this low-calorie snack, we would have a reason to celebrate. Though, don't celebrate with too many margaritas since calories we drink are truly empty calories!

FAMILY TRIATHLON

The Family Triathlon will take place on Friday, August 5th. The cost is \$5.00/family. The race includes a swim, bike and run and will be completed as a family. Members of your family will complete distances

of each based on age:
 Age 4-6 — Swim 2 laps, run ¼ mile;
 Age 7-10 — Swim 4 laps, run ½ mile;
 Age 11-14 — Swim 6 laps, run ¾ mile;
 Age 14+ - Swim 11 laps, run 1 mile.
 All ages will bike 2 miles. Call by Aug. 3 to register.

IMPORTANT INFO FOR SEPTEMBER:

- New Trimester structure starts for Swim Lessons
- Elite Team Starts Sept. 7
- Home Team Starts Sept. 12th

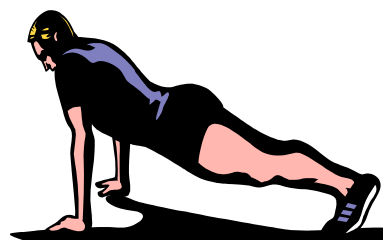
REGISTRATION DATES

Here are your registration dates through our Summer 2012 session:

- Members — Dec. 15 and May 18
- Current Clients — Dec. 18 and May 20
- Wait List — Dec. 26 and May 27
- All Others — Jan. 2 and June 3

NEW STINGRAY SUIT

Get a NEW custom designed Sting Ray Team Suit for the 2011/2012 season. These high-quality suits were designed by Bonnie and Jess Gross and are beautiful! The price is \$62.99 so come and get fitted for yours today!



AUGUST IS FITNESS MONTH

Wisconsin is an obese state, with over 50% of its residents either overweight or obese! In order to combat these staggering numbers, Swim Reedsburg is hosting a week of FREE FITNESS. The week of Aug. 1st — Aug 6th, everyone is welcome to come to Swim Reedsburg and try any and all of our Land and Water fitness classes for FREE! Here is a list of variety of fitness classes we'll be offering during Fitness Week.

Here is a list of the Land Classes that will be offered this week: The Burn, Easy Salsa, Zumba, Yoga, No Sweat Workout, Ultimate Fitness, Stretch and Flex, Beginner Turbo Kick, ETC Fitness, and Turbo Kick (see table on Page 3 for

the days and times these will be offered)

Here is a list of the Water Aerobic classes offered this week: Deep Water Aerobics, Water Aerobics, Early Bird Aerobics, Gentle Aerobics, Senior Aerobics (see table on Page 4 for the days and times these will be offered)

If you purchase a month Fitness membership, which will give you unlimited fitness classes and use to the fitness room, for the month of August between the date of Aug. 1 and 7, you will only pay \$20.00!!!

These classes will be offered throughout the month: The Burn, Zumba, Yoga, Ultimate Fitness, Stretch and Flex, Beginner and Advanced Turbo Kick and all of the Water Aerobics listed. Come sweat it out with Swim Reedsburg!!

AUGUST NEWSLETTER COUPON

\$2.00 off any Fitness Equipment for land or water classes: Floating Dumbbells, Flotation Belt, Yoga Mats, Swiss Balls...

Expires August 31, 2011

Group Fitness Class Schedule for Aug 1- Aug 7- LAND

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45 AM Fitness Room Opens	5:45 AM Fitness Room Opens	5:45 AM Fitness Room Opens	5:45 AM Fitness Room Opens	5:45 AM Fitness Room Opens	
	7:30 AM The Burn 30 min.	7:30 AM The Burn 30 min.	7:30 AM The Burn 30 min.	7:30 AM The Burn 30 min.		9:30 AM Yoga 60 min.
	8:30 AM Easy Salsa 30 min.		8:30 AM Easy Salsa 30 min.		8:30 AM No Sweat Wkot 45 min	
		12:00PM No Sweat Wkot 30 min.		12:00PM No Sweat Wkot 30 min.		1:00 PM Fitness Room Opens
4:00 PM Fitness Room Opens		4:30 PM Ultimate Fitness 45 min.	4:45 PM Turbo 101 Kick - 30 min.	4:30 PM Ultimate Fitness 45 min.		
5:30 PM Zumba 60 min.	5:30 PM Zumba 45 min.	5:30 PM Stretch and Flex 45 min.	5:30 PM ETC Fitness 45 min.	5:15 PM Turbo Kick 60 min.		5:00 PM Fitness Room Closes
	6:30 PM Yoga 60 min.					
					7:30 PM Fitness Room Closes	
8:00 PM Fitness Room Closes	8:30 PM Fitness Room Closes	8:30 PM Fitness Room Closes	8:30 PM Fitness Room Closes	8:30 PM Fitness Room Closes		

Group Fitness Class Schedule - WATER AEROBICS

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	5:45 AM Pool Opens Lap Swim	5:45 AM Early Bird 45 min.	5:45 AM Pool Opens Lap Swim	5:45 AM Early Bird 45 min.	5:45 AM Pool Opens Lap Swim	
	6:30 AM Deep Water 45 min.		6:30 AM Deep Water 45 min.			
	8:00 AM Family Swim 4 hours	8:30 AM Gentle 45 min.	8:00 AM Family Swim 4 hours	8:30 AM Gentle 45 min.	8:00 AM Family Swim 4 hours	
	9:00 AM Gentle 45 min.	9:15 AM Gentle 45 min.	9:00 AM Gentle 45 min.	9:15 AM Gentle 45 min.		
	12:00 PM Lap Swim 1 hour	12:00 PM Lap Swim 1 hour	12:00 PM Lap Swim 1 hour	12:00 PM Lap Swim 1 hour	12:00 PM Lap Swim 1 hour	
	1:00 PM Family Swim 2 hours	1:00 PM Family Swim 2 hours	1:00 PM Family Swim 2 hours	1:00 PM Family Swim 2 hours	1:00 PM Family Swim 2 hours	1:00 PM Pool Opens Family Swim
4:00 PM Pool Opens Lessons						
		6:30 PM Deep Water 45 min.		6:30 PM Deep Water 45 min.		5:00 PM Pool Closes
	7:00 PM Water Aerobics 45 min.	6:30 PM Reg. Water 45 min.	7:00 PM Water Aerobics 45 min.	6:30 PM Reg. Water 45 min.	7:30 PM Pool Closes	
8:00 PM Pool Closes	8:30 PM Pool Closes	8:30 PM Pool Closes	8:30 PM Pool Closes	8:30 PM Pool Closes		

ODDS AND ENDS:

- We still offer 400 Trail passes here - \$20.00 for an annual pass and \$4.00 for a daily pass.
- 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 your items such as pants, shirts, goggles – per our Rules and Regulations, these items get sold for a quarter at the end of each month!!
- We now accept Visa, Mastercard and Discover cards at Swim Reedsburg!!

MONTHLY YUMMY AND HEALTHY RECIPE – Grilled Chicken and Polenta with Nectarine-Blackberry Salsa

Ingredients

- 1 tablespoon plus 1 teaspoon canola oil, divided
- 1 tablespoon ground cumin
- 1 teaspoon kosher salt, divided
- 3/4 teaspoon freshly ground pepper
- 1 16- to 18-ounce tube prepared plain polenta
- 1 pound boneless, skinless chicken breast, trimmed
- 2 nectarines, halved and pitted
- 1 pint blackberries, coarsely chopped
- 2 tablespoons chopped fresh cilantro
- 1 tablespoon lime juice
- Hot sauce, to taste

Directions

1. Preheat grill to medium-high.
2. Combine 1 tablespoon oil, cumin, 3/4 teaspoon salt and pepper in a small bowl. Rub 1 teaspoon of the mixture all over polenta. Rub the rest into both sides of chicken. Cut the polenta crosswise into 8 slices. Rub the cut sides of nectarine halves with the remaining 1 teaspoon oil.
3. Oil the grill rack (see Tip). Place the chicken, polenta slices and nectarines on the grill. Grill the polenta until hot and slightly charred, 3 to 4 minutes per side. Transfer to a clean plate; tent with foil to keep warm. Grill the nectarines, turning occasionally, until tender, 6 to 8 minutes total. Grill the chicken, until cooked through and no longer pink in the middle, 6 to 8 minutes per side. Transfer the chicken and nectarines to a cutting board. Coarsely chop the nectarines. Let the chicken rest for 5 minutes, then thinly slice.
4. While the chicken rests, combine the chopped nectarines, blackberries, cilantro, lime juice, hot sauce and the remaining 1/4 teaspoon salt in a medium bowl. Layer the polenta, chicken and fruit salsa on 4 plates and serve.

Nutritional analysis per serving

Serving size: 4 servings

317 calories
 8 g fat (1 g sat , 4 g mono)
 63 mg cholesterol
 34 g carbohydrates
 27 g protein
 6 g fiber
 694 mg sodium
 458 mg potassium