

## SWIM REEDSBURG NEWS

E6881 N Dewey Ave  
Reedsburg, WI 53959  
608-524-4555

<http://www.swimreedsburg.com>

### THE ROAD TO STATE

Congratulations to the Swim Reedsburg Stingrays who are on their way to the Regional and State Meets coming up at the end of the month.. The Regional Meet will take place on February 17<sup>th</sup>, 18<sup>th</sup> and 19<sup>th</sup>. The entire team will participate in the

Regional Meet for their final chance to compete in the State Meet. Many of our swimmers are very close to reaching state times in their age group. Kirby Tock, one of our swimmers has already qualified for the State Meet in multiple races: The 50 Free, 50 and 100 Back, 50

Breast, 50 and 100 Butterfly and the 100 IM. The State Meet is going to be held on February 24<sup>th</sup>, 25<sup>th</sup> and 26<sup>th</sup>. We have some great team apparel that you can stock up on to support the team. See our February coupon for special savings.

### INSIDE THIS ISSUE:

Stingrays to State

Free Valentine's Swim

Free Leap Week

Swimsuit Special

Biggest Loser Contest

Reedsburg Area  
Ambulance Bowling

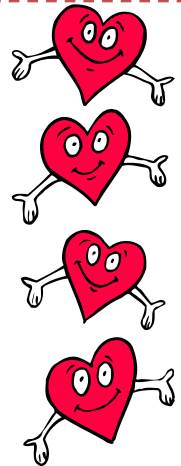
February Coupon

### FREE FAMILY SWIM TO CELEBRATE VALENTINE'S DAY

Swim Reedsburg and The Partners of Wellness are joining together to offer all of you another FREE swim. Join us on **February 10<sup>th</sup> from 6 to 8 pm** for a FREE Family Swim. Just mention Partners For Wellness and enjoy up to 2 hours of Swim Reedsburg pool water warmth! We have noodles and other various toys. We have lifejackets for use but you can bring your own for your younger children as well. However, we would like any life jackets to be cleaned well if they have been worn in a lake at any time.

Children younger than 6 years of age or under 48" in height must be directly supervised in the water by an adult who is within a distance of an arm's length at all times. Please contact Swim Reedsburg with any questions about this fun filled event!

As we are always attempting to help the community, we are encouraging all families to bring in one or two items to donate to the food shelf. Thank you in advance for your assistance!



### IMPORTANT INFO TO REMEMBER IN FEBRUARY:

- Biggest Loser Contest starts on February 1<sup>st</sup>
- Free Valentine's Day on February 10<sup>th</sup>
- Reedsburg Area Ambulance Bowling Tournament February 10<sup>th</sup>, 11<sup>th</sup>, 17<sup>th</sup>, 18<sup>th</sup>, 24<sup>th</sup> and 25<sup>th</sup>
- Elite Team Regionals February 17<sup>th</sup> – 19<sup>th</sup>
- Leap Year FREE week February 19<sup>th</sup> 25<sup>th</sup>.
- Elite Team State Competition February 24<sup>th</sup> – 26<sup>th</sup>
- Reedsburg Area Ambulance Bowling Tournament Raffle February 25<sup>th</sup>

### FREE LEAP WEEK

Once every four years we get an extra day in February and 2012 is that year! To celebrate this extra day, we are going to be offering free water and land classes all WEEK long. Starting on Sunday, February 22<sup>nd</sup> you can join us for any and all of the following classes for FREE:

- Sundays** – Zumba @ 5:30pm (60 min)  
**Monday** – *Deep Water Aerobics @ 6:30am*  
Wake-up Cardio w/Kate @ 8:30am  
*Gentle Water Aerobics @ 9:00am*  
No Sweat at Noon @ 12:15pm (30 min.)  
Megan's Variety Show @ 5:15pm (30 min.)  
Yoga @ 6:00pm  
*Aqualatina @ 7:00pm*
- Tuesdays** – *Early Bird Water Aerobics @ 5:45am*  
The Burn @ 6:45am (30 min)  
*Gentle Water Aerobics @ 8:30am*  
*Senior Water Aerobics @ 9:15am*  
Ultimate Fitness @ 4:30pm

- ETC Fitness @ 5:30pm  
*Water and Deep Water @ 6:30pm*
- Wednesdays** – *Deep Water Aerobics @ 6:30am*  
Gentle Yoga w/Jocelyn @ 9:00am (60 min.)  
*Gentle Water Aerobics @ 9:00am*  
Intense Cardio @ 4:15pm  
Abs, Abs, Abs @ 5:00pm (15 min.)  
Belly Dancing @ 5:30pm
- Thursdays** – *Early Bird Aerobics @ 5:45am*  
The Burn @ 6:45am (30 min)  
*Gentle Water Aerobics @ 8:30am*  
*Senior Water Aerobics @ 9:15am*  
Ultimate Fitness @ 4:30pm  
ETC Fitness @ 5:30pm  
Abs, Abs, Abs @ 6:00pm (15min.)

If you enjoy the classes you attend, you can get a membership for \$34.00/month or \$340.00/annually. Call for more details.

**BIGGEST LOSER CHALLENGE – WHAT IS YOUR BODY AGE!?!**

Kate is back and raring to get us all into shape with her next Biggest Loser Contest! This contest will begin February 1<sup>st</sup>, 2012 with a mandatory meeting at 4:45pm. At this meeting each participant will complete their starting weigh-in and a survey to determine their current Body Age. They will also learn a few basic moves that women consistently perform incorrectly and a few skills tests that will show participants

what they need to do to improve their Body Age. Each participant will receive weekly challenges by email and Kate's classes on Wednesday and Thursday evening will incorporate the skills tested the first evening. The final day of the contest will be March 14, 2012 and will conclude with a meeting starting at 4:45pm where each participant

will complete their final weigh-in and Body Age survey. Prizes will be awarded at the conclusion of the meeting and given out to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place. Cost is \$15.00 for members and \$65.00 for non-members (includes membership for the 6 weeks). Contact Kate with additional questions.

**How points will be calculated:**

- \*10 points every lb lost
- \*10 points for each year below your actual age
- \*10 points for each year below your starting age
- \*5 points for every class at Swim Reedsburg attended

**WEIGHT LOSS TOOLS**

There are many websites out there that can assist you with your weight loss goals. They will calculate your calories eaten and burned for the day and let you know if you are on the right track for your weight loss goals. A few sites that have been popular in the past are sparkpeople.com and myfitnesspal.com.

**REEDSBURG AREA AMBULANCE BOWLING AND RAFFLE**

Each February Reedsburg Ambulance hosts a 9 Pin Bowling Tournament at Brewster's Lanes in Reedsburg. This is the only fundraiser for the year. Dates to bowl are Friday February 10, Saturday February 11, Friday February 17, Saturday February 18, Friday February 24 and Saturday February 25. or 5 for \$20.00 and

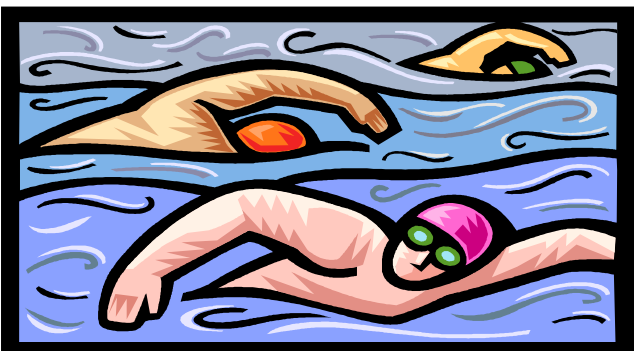
The raffle tickets are \$5.00 each February 25. The raffle tickets are \$5.00 or 5 for \$20.00 and can be purchased at Swim Reedsburg. The raffle will be held on February 25<sup>th</sup> at 9pm at Brewster's Lanes. Please see <http://raac.weebly.com/bowling-tournament.html> for more information.

**ODDS AND ENDS**

- We are currently in the middle of a Swim Lesson session but there are still openings available if you are interested. Call today to find out what we have to offer you and your children this session.
- Soon Swim Reedsburg will be fully accessible online. We are still working on fully enabling the software. Watch for updates on when this will be available.
- Check out our evolving website! It's the start of a new semester so information has been updated. We have a blog on our home page which will give you up to the minute information.
- Check our lost and found for any items you are missing. We get quite a collection.
- We are still accepting Visa, MasterCard and Discover card for payment.

**IMPORTANT INFO FOR MARCH:**

- On March 4<sup>th</sup> come to Swim Reedsburg's activity room and find a prom dress that's just your style for only \$10.00 through Enchanted Closet and Sarah Singletary.
- The last day of the Biggest Loser Contest – What's your Body Age is March 14<sup>th</sup> – meeting starting at 4:45pm.
- Happy Birthday to Miss Megan on March 28<sup>th</sup>



**FEBRUARY NEWSLETTER COUPON**

**\$2.00 off all Swim Reedsburg apparel – come and cheer on the Swim Reedsburg Sting Rays at the Regional and State Meets!**

*Expires February 29, 2012*

**MONTHLY YUMMY AND HEALTHY RECIPE – Healthy Valentine’s Day Dinner for TWO**  
**Marmalade Chicken for Two and Baby Tarimisu**

**Ingredients -**  
**CHICKEN**

- 1/2 cup reduced-sodium chicken broth
- 1 tablespoon red-wine vinegar
- 1 tablespoon orange marmalade
- 1/2 teaspoon Dijon mustard
- 1/2 teaspoon cornstarch
- 8 ounces chicken tenders
- 1/4 teaspoon kosher salt
- 1/8 teaspoon freshly ground pepper
- 1 tablespoon extra-virgin olive oil, divided
- 1 large shallot, minced
- 1/2 teaspoon freshly grat-

**Directions - CHICKEN**

1. Whisk broth, vinegar, marmalade, mustard and cornstarch in a medium bowl.
2. Sprinkle chicken with salt and pepper. Heat 2 teaspoons oil in a large skillet over medium-high heat. Add the chicken and cook until golden, about 2 minutes per side. Transfer to a plate and cover with foil to keep warm.
3. Add the remaining 1 teaspoon oil and shallot to the pan and cook, stirring often, until beginning to brown, about 30 seconds. Whisk the broth mixture and add it to the pan. Bring to a simmer, scraping up any browned bits. Reduce heat to maintain a simmer; cook until the sauce is slightly reduced and thickened, 30 seconds to 2 minutes. Add the chicken; return to a simmer. Cook, turning once, until the chicken is heated through, about 1 minute. Remove from the heat and stir in orange zest.

**Nutritional analysis per serving**

Serving size: 1/3 recipe

**Per serving:** 213 calories; 8 g fat ( 1 g sat , 5 g mono ); 68 mg cholesterol; 10 g carbohydrates; 27 g protein; 0 g fiber; 246 mg sodium; 55 mg potassium.

**Carbohydrate Servings:** 1/2

**Exchanges:** 1/2 other carbohydrate, 3 1/2 very lean meat

**Ingredients -**  
**TIRAMISU**

- 1/2 cup nonfat ricotta cheese, (4 ounces)
- 2 tablespoons confectioners' sugar
- 1/2 teaspoon vanilla extract
- 1/8 [teaspoon ground cinnamon](#)
- 12 ladyfingers, (about 1 3/4 ounces)
- 4 tablespoons brewed espresso, or strong coffee, divided
- 2 tablespoons bittersweet chocolate chips, melted

**Directions – TIRAMISU**

1. Combine ricotta, sugar, vanilla and cinnamon in a medium bowl.
2. Place 6 ladyfingers in a 9-by-5-inch (or similar size) loaf pan. Drizzle with 2 tablespoons espresso (or coffee). Spread the ricotta mixture over the ladyfingers. Place another layer of ladyfingers over the ricotta and drizzle with the remaining 2 tablespoons espresso (or coffee). Drizzle with melted chocolate. Refrigerate until the chocolate is set, about 30 minutes.

**Nutritional analysis per serving**

Serving size: 1/6 recipe

**Per serving:** 107 calories; 2 g fat ( 1 g sat , 0 g mono ); 3 mg cholesterol; 18 g carbohydrates; 3 g protein; 0 g fiber; 125 mg sodium; 29 mg potassium.

**Carbohydrate Servings:** 1

**Exchanges:** 1 carbohydrate (other), 1/2 fat