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SWIM REEDSBURG NEWS

HAPPY NEW YEAR TO ALL — 2012 UPDATES

It is 2012 and Swim Reedsburg has a brand new look for the New Year! Come and check out our newly painted swimming area. It is a beautiful teal color that makes you feel like you are under water just standing inside the room! We are also adding a bulletin board that has a picture of each of Swim Reedsburg's employees and a little bit about each one so take a look and get to know your child's swim instructors or your fitness instruc-

tors even better! This will be up by January 20th.

Miss Kate is back and will be taking over the Thursday night ETC class and adding a cardio based fitness class on Wednesday nights at 5:30. She will also be hosting a Biggest Loser Contest starting Feb. 1st — see details below.

We started our Winter Session of swim lessons on January 8th. There are still

openings so contact us ASAP to find out what we have available for your child! Before we know it, outdoor swimming season will be here and there is nothing more important than knowing our children have the fundamentals in place to keep themselves safe in the water!

Happy New Year everyone — we hope 2012 is your best year yet!

INSIDE THIS ISSUE:

2012 Updates

Winter Fitness

Swimsuit Special

Biggest Loser Contest

Reedsburg Area
Ambulance Bowling

Odds and Ends

January Coupon

IMPORTANT INFO TO REMEMBER IN JANUARY:

- There will be a select group of swimsuits on sale each week.
- New Fitness classes will be added starting the week of January 15th.
- The Winter Session of swim lessons began on January 8th — there is still room for your child to join. Call us ASAP so we can help you find a place for them.
- Keep an eye out for a free week of fitness!!
- Welcome back Miss Kate and her new addition — Miss Brooklyn!

WINTER FITNESS SCHEDULE

Welcome 2012!! We are here to assist you with all your New Year goals; whether it's to fit in to your skinny jeans, tone up for a big event or lose those last few pounds of your baby weight. We are offering some new fitness classes as well as some oldies but goodies this winter semester. All classes are 45 minutes unless otherwise specified. Italicized classes are in the water.

Sundays — Zumba @ 5:30pm (60 min) **Mon-**
days — *Deep Water Aerobics @ 6:30am*
Wake-up Cardio w/Kate @ 8:30am
Gentle 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 Aerobics @ 5:45am*
The Burn @ 6:45am (30 min)
Gentle Aerobics @ 8:30am
Senior 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 **Thurs-**

days — *Early Bird Aerobics @ 5:45am* **The**
The Burn @ 6:45am (30 min) *Gentle Aero-*
bics @ 8:30am *Senior Aero-*
bics @ 9:15am **Ultimate Fitness @**

4:30pm

ETC Fitness @ 5:30pm
Abs, Abs, Abs @ 6:00pm (15min.)

A monthly membership is \$34.00 or you can drop in to any class for \$10.00.

Working Out Tip

It is very important to stay hydrated while working out. When you're dehydrated, you not only risk fatigue and poor performance, you also risk more serious problems like heat exhaustion or heat stroke. Below are a few tips to help you keep up the proper level of hydration while exercising.

- Drink about 2 glasses of water 2 hours before your workout.
- Sip water throughout your workout, about 8 ounces every 15 minutes. Carry a hydration pack for convenience
- Consider a sports drink if you're exercising for more than an hour or you're working out in extreme heat.
- Continue to drink water after your workout to replace any fluids lost.
- If you're exercising for a long period of time, weigh yourself before and after your workout and drink 2 cups of water for every pound of fluid you've lost.

OLIVIA'S SWIMSUIT SPECIAL

Each week Miss Olivia will be placing a select group of suits on sale for 50% off. Come in and take a look each week to see if your favorite suit is included in that week's sale suits.

. Do you love Waterpro, Finis, Speedo or Tyr? Don't delay, these deal may swim out the door if you wait too long!

IMPORTANT INFO FOR FEBRUARY:

- Biggest Loser Contest starts on February 1st
- Free Valentine's Day on February 10th
- Reedsburg Area Ambulance Bowling Tournament February 10th, 11th, 17th, 18th, 24th and 25th
- Elite Team Regionals February 17th – 19th
- Elite Team State Competition February 24th – 25th
- Reedsburg Area Ambulance Bowling Tournament Raffle February 25th
- Leap Year Special Free Day on February 29th

BIGGEST LOSER CONTEST – 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 1st, 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 1st, 2nd and 3rd 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

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

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 25th at 9pm at Brewster's Lanes. Please see <http://raac.weebly.com/bowling-tournament.html> for more information.

ODDS AND ENDS

- 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.



JANUARY NEWSLETTER COUPON

\$2.00 off the TYR water fitness gloves. These gloves add resistance to your water workout and come in Small, Medium and Large.

Expires January 31, 2012

MONTHLY YUMMY AND HEALTHY RECIPE – Jamacian Chicken Breast with Mashed Sweet Potatoes

Ingredients

- 1 small sweet potato (about 6 oz.)
- 1 small boneless, skinless chicken breast half (about 5 oz.)
- 1/4 teaspoon vegetable oil
- 1 teaspoon Caribbean jerk seasoning
- 1/2 cup canned black beans, rinsed and drained
- 1/2 cup chopped tomato
- 1/4 cup reduced-sodium chicken broth
- 1 tablespoon sliced green onions
- 1/2 teaspoon butter or margarine

Directions

1. Scrub potato. Trim ends. Prick skin in several places with fork. Place in shallow microwave-safe dish. Micro-cook, loosely covered, for 4 to 5 minutes or until very tender, turning dish every 2 minutes. Let potato stand until cool enough to handle.
2. Meanwhile, brush chicken on both sides with oil. Rub jerk seasoning on both sides of chicken.
3. In small nonstick skillet coated with cooking spray cook chicken over medium-low heat about 6 minutes or until lightly browned, turning once. Add beans, tomato and broth to skillet. Bring to boiling. Reduce heat. Simmer, covered, about 5 minutes or until chicken is no longer pink. Stir onions into bean mixture.
4. Meanwhile, use spoon to scoop pulp from potato. Slightly mash potato. Stir in butter. Return to microwave-safe dish. Micro-cook, loosely covered, about 1 minute or until heated through. Spoon onto serving plate. Top with chicken and vegetables. Serve immediately.

Nutritional analysis per serving

Serving size: 1/3 cup potato, 1/2 cup vegetables and 1 chicken breast

Calories 410
 Calories from Fat 45
 Total Fat 5g (sat 2g)
 Cholesterol 90mg
 Sodium 1140mg
 Carbohydrate 15.6g
 Fiber 51g
 Protein 42g

Just add these fun sides to create a full meal.

- 1 1/2 cups cooked, whole green beans tossed with 1 teaspoon melted butter and 1/2 teaspoon grated lemon peel
- 1 crisp whole wheat bread stick (about 9 inches long)
- 1 wedge of fresh pineapple (equal to 1/6 of whole) drizzled with 2 to 3 teaspoons maple syrup or honey