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SWIM REEDSBURG NEWS

SWIM LESSONS SPRING SESSION STARTS MARCH 13

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Spring session will start on March 13, 2011. Make sure you are signed up if you are interested. Here are some of the specialty classes we are offering this session: POOL TIME FUN - We will be using games such as Brick Hockey and H2O Baseball to learn about team building. We will also

learn about heart rate, compiling a Fitness Log....and ending with the Olympic Challenge... BUBBLES – For those swimmers who are interested in swim team, but may not quite be ready. SYNCHRONIZED – A combination of swimming, dance and gymnastics. Must

have passed level green to participate. RAINBOW – explore different water activities along with stroke refinement and technique

SPRING 2011 SWIM CLINIC

Is your child interested in Swim Team but you're not sure they're ready for a team that meets 3 times a week? Well, we have a perfect option for you – Sunday swim clinic! Spring Swim Clinic begins on March 6 and lasts

through May 1. The team will meet each Sunday from 3:30 to 5:00 PM. Home Swim Team will begin in the summer (June 6 – Aug 6); meeting 3 days a week. Contact us right away if you are interested in either of these great opportunities!

MARCH NEWSLETTER COUPON:

Redeem Coupon for ONE FREE Spring Swim Clinic Class, pick your day in March. Class offered Sundays @ 3:30 PM.

Expiration date: March 31, 2011

Your child will learn the strokes, start, and turn techniques needed to compete with the Swim Reedsburg Stingrays!

IMPORTANT DATES TO REMEMBER:

- Spring Swim Clinic begins March 3, 2011
- Spring session of lessons begins March 13, 2011.
- Potluck and Card Party on March 25th at noon.

APRIL POOLS DAY – FRIDAY APRIL 1ST!

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. We will be bussing 2nd and 4th grade students from the local area schools. If your child is not with a participating school, call to schedule your own water safety presentation. There will also be a FREE open

swim when you bring in one canned good for the food pantry for each member of your family! This swim will be from 6:00 to 8:00 PM that evening after the presentations.

NEXT SESSION OF HILLSBORO LESSONS PLANNED

Jenny Hynek, Swim Reedsburg and Hotel Hillsboro will be offering their next session of Swim Lessons April 5th – May 17th (no class on April 19) and will cost \$72.00. All classes will be held on Tuesdays at either 5:00 PM (Beginner),

5:30 PM (Beginner with some experience) or 6:00 PM (Intermediate). If you are unsure of how these levels correspond with lessons your child has taken in the past, Swim Reedsburg staff can help you schedule the correct level. Contact Swim Reedsburg ASAP to register

as they are filling up quickly! Jenny will also be offering water aerobics these same evenings from 6:30 to 7:30 PM. The cost for this class will be \$40.00.

IMPORTANT INFO FOR APRIL:

- Yoga schedule will change – more information to come next newsletter!
- Check out our website and facebook for daily updates!
- APRIL POOL'S DAY is April 1st!

WATER AND LAND CLASS SCHEDULE**Water Classes (45 minutes):**

DEEP WATER AEROBICS
M&W @ 5:45AM OR
T&Th @ 6:30PM
AQUAKICK – M&W @ 7:00PM
EARLY BIRD AEROBICS –
T&Th Mornings @ 5:45,
GENTLE AEROBICS – T&Th
Mornings @ 8:30, *SENIOR*
AEROBICS – T&Th Mornings
@ 9:15, *WATER*
AEROBICS – T&Th Evenings

@ 6:30, *WATER*
VOLLEYBALL – Th Evenings
@ 7:30.

Land Classes(45 minutes):

YOGA – Sunday Mornings @
9:00 or M Evenings @ 6:30,
THE BURN – M,T,W,Th
Mornings @ 7:30 or M,W
Mornings @ 8:15 (**30**
minutes),

ETC FITNESS – M&W
Evenings @ 5:30,
ULTIMATE FITNESS PLAN –
T&Th Evenings @ 4:15,
CARDIO PILATES – T
Evenings @ 5:30, *TURBO*
KICK – Th Evenings @ 5:15
(**60 minutes**).

NEXT POTLUCK MARCH 25th

Come join Swim Reedsburg and meet other members of our facility at noon on Friday, March 25th. We will be hosting our monthly card party and potluck!

Bring a dish to share and enjoy great conversation and some great card games over your lunch break! The food is always delicious! If you are unable to stay, just stop by and say hi!

AQUA KICKBOXING HAS ARRIVED!

Swim Reedsburg is now offering a brand new water class called Aqua Kickboxing. If you are looking for a fun and intense workout that combines the

resistance of the water with the Cardio burn of Kickboxing! This class will be held on Monday and Wednesday evenings at 7:00 PM.

ODDS AND ENDS:

- Don't forget to check our lost and found for items such as your winter coat – we are gathering quite a collection!!
- We now accept Visa, Mastercard and Discover cards at Swim Reedsburg!!

We're on Facebook – "Like" us to get daily updates and to check out photos from swim lessons and team! You can even post pictures of your own kids at lessons!

MONTHLY HEALTH TIP: HOW TO CRANK UP YOUR CARDIO; Tips 3 and 4

3. Use your whole body. Most cardio exercises focus on the lower body (biking, walking, elliptical, stair climbing, etc.), but if you want to burn more calories, one easy tip is to incorporate your upper body. Pump those arms hard and high when running and walking, make sure to grab the elliptical with moving handles, and even consider adding a more full-body exercise to your cardio mix such as the rowing machine. The more muscles you move, the more you will burn!

4. Get intense. If you're serious about wanting to burn more calories, then it's time to up the intensity. Bump up your incline and resistance if you're on a piece of gym equipment, or walk a hillier route than usual if you usually exercise outdoors. To increase the burn, you need to get out of your cardio comfort zone. And when you do, the benefits can be big. In a study published in the *Journal of Medicine & Science in Sports Medicine* in 2002, researchers found that intense exercise resulted in the greatest fat burn (compared to light intensity exercise and no exercise at all) during the hours following a workout—and that fat burn continued for 11 hours.

Tips taken from SparkPeople.com