

SWIM REEDSBURG NEWS

JUNE JULY SESSION REGISTRATION

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IMPORTANT DATES TO REMEMBER:

- ZUMBA May 1 and 15
- Red Cross Classes
 - *CPR Review May 11
 - *Shallow Water May 13
 - *Lifeguard Challenge and Review May 20
 - *Lifeguard May 23
- Mini Triathlon May 27
- Register for Swim Lessons:
 - *Members May 12
 - *Current Clients May 15
 - *Wait List May 22
 - *All others May 27

We will begin registration for our June July Session this month. Those clients with a Swim Membership can register on May 12. Those clients with children currently in our Spring session can register on May 15. If you are on the waiting list you can register May 22

and all others can register on May 29. We will be offering the following specialty classes this session:

GUARD START: This class will focus on the front crawl, breaststroke and the side stroke as well as teach the participants basic lifeguarding

skills.

SYNCHRONIZED

SWIMMING: This class is a combination of swimming, dance and gymnastics. Must have passed level Green to participate. Max of 16 Students. *Schedule should be available to be viewed on our website soon!*

MINI TRIATHLON

Swim Reedsburg will be hosting a Mini Triathlon on May 27th. The Mini Triathlon will consist of a quarter mile swim, a 7 mile bike ride and an approximately 2 mile run. The start times will be staggered between 4:00 and 6:00

pm that evening. Cost will be \$10.00 per participant or \$5.00 if you're a Swim Reedsburg Member. Please call to register and to let us know approximately what time you can start. We will ask everyone to

arrive 15 to 20 minutes before their start time so they're ready to go in case their lane opens up early. Call Swim Reedsburg to register or with any questions you may have!

AMERICAN RED CROSS CLASSES COMING UP IN MAY

We will be offering a variety of Red Cross courses in the months of May and June. We have something for you if you need to either certify or recertify in Lifeguarding, Shallow Water Attendant or CPR/AED for the Professional Rescuer. Here are the dates, times and prices of the upcoming classes being offered:

CPR Review \$46.00 -May 11th from 4:00pm to 9:00pm

Shallow Water Attendant \$170.00 -- May 13th from 6:00 to 8:00pm, May 16th from 9:30am to 4:30pm, May 19th from 8:30am to 3:30pm, May 20th from 1:00 to 9:00pm and May 21st from 9:00am to 4:00pm.

Lifeguard Review \$160.00 and

Challenge \$150.00 — May 20th from 4:00 to 9:00pm and May 21st (Challenge only) from 9:00am to 4:00pm.

Lifeguard \$195.00 — May 23rd to 27th 9:00am to 3:00pm.

Call ASAP to register. See website for June classes.

MAY CONTEST : Guess the Calories in the Jar

Come into Swim Reedsburg any time during the month of May 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 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.

MAY CONTEST WINNER

The number of calories in our jar of Jelly Beans was 2,250! Our winner this month is Elizabeth Pannier with a guess of 1,909. Great Job! So, did you think there were a lot less or a lot more calories than the actual

number? Amazing how quickly those calories add up, isn't it? Take a guess at our June challenge — same concept, different food 😊 Good luck!

ZUMBA WITH LILLIAN

Lillian Markind will be offering Zumba at Swim Reedsburg two more times in May! Sunday May 1st and Sunday 15th at 5:30pm. The price is \$5.00 and the class will last for 60 minutes. Feel free to

Check it out for a half an hour or stay and sweat it out for the full hour! Zumba is a ton of fun and a great workout — you won't regret giving it a try!!

IMPORTANT INFO FOR JUNE:

- Summer Session begins June 5 — 8 weeks long
- No Lessons on Father's Day — June 19th or July 3rd in honor of the Fourth of July.
- Red Cross Classes
*WSI June 13
*Lifeguard June 20

RULES AND REGULATIONS

Swim Reedsburg has Rules and Regulations that should be followed by all of our members and clients in order to ensure the safety and enjoyment of all patrons of our facility. We have added a copy of these rules and regulation to our website. Please review these rules and let a member of Swim Reedsburg staff know if you have any questions.

ELITE AND HOME TEAM

Are you interested in joining Swim Reedsburg's Elite or Home team? Elite team is currently up and running with their first meet completed on April 30th. There is always time to join though. All you need to do is schedule a time for an Elite Team try-out. If you think you would like to be on Home Team before trying out for Elite Team we have a couple of options for you. You can start

right now in a class we call Bubbles. Bubbles meets at 3:45pm on Thursday afternoons and we currently have 3 openings available. If you'd like to wait until summer, our Home Team starts on June 6th — August 6th with M, W and F practices from 3:45 to 4:45pm. Please contact us right away if you have any additional questions or are interested in either of these opportunities.

CONGRATS DARREL MEACHAM

Our first member has reached the 300 mile mark! Darrel Meacham has swam over 300 miles at Swim Reedsburg since it opened just 3 years ago! That's an AWESOME average of 100 miles a year, 8.3 miles a month, 1.19 miles a week. Do you know how long it takes to swim a mile? Make sure to give Darrel a pat on the back next time you see him!

DANGEROUS SODA POP

Would you really give your child a 12 oz. glass of water and 4.3 tablespoons of sugar, have them mix it together and drink? A single 12 ounce can of soda can have from 3 to 5 tablespoons of sugar per can! And since soda provides no nutritional value at all, these equate to empty calories! What's the best energy drink: Chocolate Milk!!! Next month, the evils of Diet Soda!

MAY NEWSLETTER COUPON

Redeem coupon for a one hour swim with ELITE TEAM! Pick any day in May to come see what Team is all about!

Expires May 31, 2011

MONTHLY HEALTH TIP: HOW TO CRANK UP YOUR CARDIO; Tips 7, 8, 9 & 10

7. Speed up. Simple advice for upping your calorie burn? Increase your pace even if it's just a little bit. The tortoise may have won the race, but the hare burned more calories!

8. Add some intervals. By varying your intensity through different intervals (think one minute running then two minutes walking), you can actually improve your fitness more quickly than by steady state cardio, and you can burn more calories. The bonus? Time seems to fly when you add interval training!

9. Focus. We talk a lot about the importance of the mind-body connection and fitness. Although cardio isn't as Zen-like as yoga, cardio can still benefit from a strong sense of awareness. The next time you do cardio, focus on the movements and breathing while squeezing those muscles. By engaging your mind, you can actually better engage your muscles, which allows you to complete the exercise more easily and still burn more calories!

10. Don't work too hard. This might sound counter-intuitive but hear me out. We all know how important rest and recovery is to any workout plan, but also think about how your workout affects the rest of your day. If you spend an hour at the gym sprinting and doing lunges, you might burn 600 calories in a short amount of time, but if that intense workout completely wipes you out for the rest of the day, the extra calorie burn might not be worth it. Be honest with yourself and definitely push yourself, but not so hard that it gets in the way of other daily activities. After all, the goal is to improve your quality of life.

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 – Spinach Mushroom Frittata

Ingredients

- 3 cloves of garlic, minced
- 1 cup chopped onion
- 1 teaspoon olive oil
- 1/2 pound fresh mushrooms, sliced
- 1/2 teaspoon dried thyme
- 10-ounce-bag fresh spinach
- 1 tablespoon water
- Egg substitute equivalent to 10 eggs
- 1 teaspoon dried dill or 1 tablespoon fresh dill
- 1/4 teaspoon black pepper
- 1/4 cup feta cheese

Directions

Preheat oven to 350 F. In a 10- or 12-inch nonstick, ovenproof skillet, sauté garlic and onion in olive oil for about 5 minutes. Add mushrooms and thyme. Cook an additional 5 minutes. Remove skillet from stove. Place spinach in a separate saucepan. Add 1 tablespoon water. Cover and cook until just wilted. Drain spinach and let cool in a colander. Squeeze out any liquid. Chop leaves. In a large bowl, beat together egg substitute, dill and pepper. Stir in the spinach, mushroom mixture and feta cheese. Clean nonstick skillet. Spray liberally with cooking spray. Return skillet to stove over medium heat. When skillet is hot pour in egg mixture. Place in oven, uncovered. Check frittata in 10 minutes. Check every 5 minutes thereafter until center of frittata is slightly firm. Do not overcook. When frittata is done, place a large serving platter over skillet. Flip skillet over so that frittata falls onto the plate. Cut into six pieces and serve.

Nutritional analysis per serving

- Serving size: 1 slice
- Calories 98
- Cholesterol 5 mg
- Protein 12 g
- Sodium 300 mg
- Carbohydrate 8 g
- Fiber 3 g
- Total fat 2 g
- Potassium 267 mg
- Saturated fat 1 g
- Calcium 73 mg
- Monounsaturated fat 1 g

