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SWIM REEDSBURG NEWS

SPOOKY SWIM

Swim Reedsburg is once again turning their pool into a Halloween-themed water extravaganza.

Reedsburg residents and members of Swim Reedsburg will be swimming with spiders and eyeballs on October 28th from 5:30-7:30pm.

Partners for Wellness is teaming up with Swim Reedsburg in order to offer this fun-filled event for FREE! On the

night of the occasion, participants must only mention Partners

for Wellness to receive the free admission. Spooky Swim is fun for the whole family, children younger

than 18 must be accompanied into the pool area by a responsible adult. 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!

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NEW ADDITIONS TO FALL FITNESS

Gentle Yoga with Jocelyn Miller will begin on Wednesday, October 5, 2011 from 9:00 to 10:00am. She asks that you bring 1-2 thick beach towels with you.

"Jocelyn Miller, clinical psychologist, age 49, a yoga practitioner for over 4 years, will share her love of yoga with all comers. We will talk about the historical background and purposes of yoga, and work our way through a gentle sequence of poses for an hour. We will learn something about the anatomy of yoga, and its physical, mental and emotional benefits. This class is perfect for

pregnant women, mature individuals, teens and those who cannot touch their toes but aspire to do so. This is also the class to take if you are just curious about yoga and what is like, regardless of your current weight or level of fitness."

Jenny Hynek will be joining us on Tuesday and Thursday evenings at 5:30 pm. We will be moving the ETC class that used to be on Monday and Wednesday evenings at 5:30pm to this new time slot. Get your body here and moving — Jenny will really get your heart rate pumping!

Here is our complete land fitness schedule for the Fall 2011 Season. All classes are 45

minutes unless specified.

Sundays — Zumba @ 5:30pm (60 min)

Mondays — Salsa @ 5:00pm
Yoga @ 6:30pm

Tuesdays — The Burn @ 6:45am (30 min)
Ultimate Fitness @ 4:30pm
ETC Fitness @ 5:30pm

Wednesdays — Gentle Yoga @ 9:00am (60 min)

Belly Dancing @ 5:00pm
Thursdays — The Burn @ 6:45am (30 min)
Ultimate Fitness @ 4:30pm
ETC Fitness @ 5:30pm

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

IMPORTANT DATES TO REMEMBER IN OCTOBER:

- FREE SPOOKY SWIM on October 28th 5:30-7:30pm
- Gentle Yoga with Jocelyn Miller begins Wednesday, October 5th @ 9:00am.
- ETC Fitness with Jenny Hynek begins Tuesday, October 4th and Thursday October 6th @ 5:30pm.
- Megan Rasmussen will be offering Water Aerobics at 2:00pm starting Oct. 11

WIN KANANI™, THE AMERICAN GIRL DOLL

Swim Reedsburg is giving away The American Girl Doll, Kanani™. Kanani™ is the American Girl Doll of 2011 and will only be available until either December 31, 2011 or while supplies last! "From rescuing a baby monk seal to pitching in at her family's shop, Kanani™ loves to help others and share the Aloha spirit of Hawai'i. Experience her world by bringing her home! You can also get books featuring

her many adventures in Hawaii!!"

All you have to do, to be entered in the drawing to win this wonderful collector's item, is to purchase a five family swim punch card by October 31, 2011. This punch card costs \$20.00 and your name goes automatically in the drawing to win Kanani™! These punch cards make wonderful gifts and stocking stuffers

for the swimming enthusiasts in your family. Water is also very beneficial to anyone you may know that has suffered an injury or has gone through a joint replacement surgery. The weightlessness of the water keeps any extra weight off the joints and helps these types of injuries to heal faster! What a simple way to get your Holiday shopping done!

OCTOBER CONTEST: Guess the Calories in the Jar

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

SEPTEMBER CONTEST WINNER

The number of calories in our jar of Granola was 1,320! Our winner this month is Chris Wenniger with a guess of 1,201. Great Job! So, how close was your guess to the actual number? Granola is thought to be a very healthy snack option by many of us. This can be accurate to a point. Make sure the granola you get is low in sugar and extra preservatives. Sticking to something all natural with fruit is your best choice!!

HOLIDAY LIGHT RAFFLE TICKETS

Reedsburg Revitalization Organization is hosting a holiday light raffle and Swim Reedsburg is helping out by selling the raffle tickets! They are \$5.00 a piece and 12 lucky winners will win \$1,000.00 each for 12 days starting on December 1, 2011! There are only

5,000 raffle tickets available so make sure to get yours right away. All proceeds go to the Holiday Lights to be set up on Main Street in downtown Reedsburg. Let's help make our city beautiful this Holiday Season!! Thank you for your support of our community!

IMPORTANT INFO FOR NOVEMBER:

- Last day to enter drawing to win Kanani is Nov. 14th.
- Tuesday November 1st Megan will begin a 30 minute No Sweat, No knees Workout at 12:15pm.

WELCOME BACK MEGAN

Megan is back after taking some time off in August and we are so excited to have her with us again. She will be teaching the Yoga class once again on Monday evenings at 6:30pm as well as teaching swim lessons and coaching Swim Team various days during the week.

class. Come and enjoy the comfort of the water in the afternoon each Tuesday!

In November she will be offering a 30 minute No Sweat, No Knees class at 12:15 pm. This class is ideal for those who are looking for a great workout that doesn't put any pressure on their knees.

Come and try out these new classes so we know if people are interested in keeping them!

COLLECTING CARTRIDGES

Swim Reedsburg is assisting Gary Williams and SOAC in collecting used ink and toner cartridges. If you have any of either of these types of cartridges, bring them to Swim Reedsburg by November 1, 2011.

SWIM LESSON CHECK IN CONTEST

We are currently in our first Trimester for the 2011-2012 season. This Trimester will last through Dec. 22nd and the Winter Session will begin January 8th and will cost \$252.00. Please see the Trimester Structure information on our [web page](#) for all of the details.

One thing we ask of our swim clients is that they check in at the front desk when they arrive for lessons each week. We will be playing a Check In Game the month of October so make sure that your children check in EVERY time they come for lessons so they don't miss out on the fun!



OCTOBER NEWSLETTER COUPON

\$2.00 off when you purchase any 2 large bottles of Triswim products – shampoo, conditioner, body wash or lotion

Expires October 31, 2011

ODDS AND ENDS:

- Check out our newly designed website provided by [Cyni 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 – Lowfat Cream of Pumpkin Soup and Crustless Pumpkin Pie

Soup Ingredients

- 1 tbsp olive oil
- 1 small yellow onion, finely chopped
- 2 garlic cloves, minced
- 1 tbsp curry powder
- 1 tsp cumin
- 3 cups fat-free, low sodium chicken or vegetable broth
- 1 15-ounce can pumpkin
- 1 12-ounce can evaporated fat-free milk
- Freshly ground Black pepper to taste

Soup Directions

Heat oil in a large saucepan over a medium heat. Add onion and garlic and cook until softened. Stir in curry powder and cumin and cook for 1 minute. Add chicken broth and pumpkin. Reduce heat to low and simmer for 20 minutes. Add evaporated fat-free milk and cook for 2 minutes.

Transfer soup to a blender and blend until smooth.

Nutritional analysis per serving

Serving size: 6 servings

Calories 112, Calories from Fat 25, Total Fat 2.7g (sat 0.5g), Cholesterol 2mg, Sodium 101mg, Carbohydrate 15.6g, Fiber 2.9g, Protein 6.1g

Pie Ingredients

- 1/4 cup water
- 2 1-ounce envelopes un-flavored gelatin
- 2 cups fat-free evaporated milk, divided
- 3/4 cup packed brown sugar
- 1 15-ounce can pure pumpkin
- 1 tsp cinnamon
- 1/2 tsp ground ginger
- 1/4 tsp nutmeg
- 1/4 tsp cloves
- 1 tsp vanilla extract

Pie Directions

Spray a 9-inch pie plate with nonstick cooking spray.

In a large bowl, sprinkle gelatin in water. Leave to stand for 5 minutes.

Pour 1 cup of fat-free evaporated milk into a small saucepan and heat until almost boiling. Remove from heat and whisk into gelatin. Don't worry if it the gelatin has hardened, the hot milk will liquefy it. Stir in remaining cup of evaporated milk, sugar, canned pumpkin, cinnamon, ginger, nutmeg, cloves and vanilla extract. Stir until well blended.

Pour pumpkin mixture into pie plate. Refrigerate for at least 2 hours.

Nutritional analysis per serving

Serving size: 8 servings

Calories 152, Calories from Fat 2, Total Fat 0.2g (Sat 0.2g), Cholesterol 2mg, Sodium 85mg, Carbohydrate 32.1g, Fiber 1.7g, Protein 5.4g