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# SWIM REEDSBURG NEWS

## FALL SESSION REGISTRATION

Have you gotten into the swing of things at school? Well, there's still time to register for our Fall session of Swim Lessons at Swim Reedsburg. The dates of the session are the following:

Sundays: Sept. 11 — Dec. 18  
 Mondays: Sept. 12 — Dec. 19  
 Tuesdays: Sept. 6 — Dec. 20

Wednesdays: Sept. 7 — Dec. 21  
 Thursdays: Sept. 8 — Dec. 22

The cost of this session is \$192.00. There will be no lessons on Halloween so that you can celebrate in style 😊 but make sure you put our FREE SPOOKY SWIM on your schedule for Friday, October 28<sup>th</sup> from 5:30 to 7:30. We will

also be closed on Thanksgiving Day so you can enjoy the Holiday with your families!

Make sure to check out the lesson schedule on our website and call us to register or with any questions you may have. Thank you and see you soon!

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#### IMPORTANT DATES TO REMEMBER IN SEPTEMBER:

- New Fitness schedule begins September 1:  
**Thursdays** — Ultimate Fitness @ 4:30pm  
**Sundays** — Zumba @ 5:30pm  
**Mondays** — Salsa @ 5:00pm, Yoga @ 6:30pm  
**Tuesdays** — Ultimate Fitness @ 4:30pm  
**Wednesdays** — Belly Dancing @ 5:00pm
- Swim Team begins this month:  
 Elite Team — Sept. 7  
 Home Team — Sept. 12
- Fall Lessons begin this month on Tuesday September 6<sup>th</sup>.

## FALL FITNESS SCHEDULE

Things are changing around the Fitness front here at Swim Reedsburg. We have welcomed some fresh faces the past few months and will be saying goodbye to a few familiar ones for a few months — but have no fear, most are planning on returning to us once the school year is underway!

Lillian Markind is still helping us sweat it out with a Latin groove on Sunday nights at 5:30pm with Zumba. If you haven't gotten a chance to try out the newest fitness craze, hop on down here. It's sure to get your heart pumping

and put a smile on your face!

Olivia Rothwell is staying on with us for the Fall and bringing her fun and energetic Salsa class to Monday evenings at 5:00 pm. She also will be instructing Belly Dancing on Wednesday nights at 5:00pm. This class is a lot of fun and will work out your core like you never thought possible!

Amber Hoefs is continuing with the Ultimate Fitness Plan — This class combines intense strength training with bursts of cardio! Don't plan on slacking if you join this class but expect to have fun!

Yoga Fit will still be on Mondays at

6:30pm with Megan Rasmussen and on Wednesday mornings at 9:00am with Jocelyn Miller (starting Oct. 5). Yoga Fit is for everybody in Every Body. So come join us and enjoy!! For Jocelyn's class please bring one or two thick towels.

The Burn will still be held in the mornings but is moving to an early time of 6:45am on Tuesdays and Thursdays. Come for a quick, intense workout that will really get your heart beating! See our website for a complete schedule of our Land and Water classes for this Fall.

We are still looking for full time or guest instructors for a few or our fitness class slots, so keep an eye on the website for updates!

## HOME, ELITE TEAM AND THE STROKE AND TURN CLINIC

Swim Team is gearing up for another fantastic season and we're looking for kids to join us that love swimming, want to make friends and are looking for a great way to have some FUN this fall.

Home team will meet on either Mondays and Wednesday from 3:45 to 4:45pm (Team veterans or those 7 and older) or Tuesdays and Thursdays from 3:45 to 4:45pm (Team

novices or those 6 and under). The season will last for 10 weeks, Sept. 12 through Nov. 23 and cost \$169.00.

Elite Team will meet on Mondays and Wednesdays from 3:45 to 5:45pm and Fridays from 3:45 to 4:45pm. Elite Team will travel to the Madison area for swim meets approximately 2 times per month. Season will run for 5 months, Sept. 7 through the State meet in February for \$500.00. The

Swim Reedsburg bus will pick up students at 3:15 at the transfer point at Webb Middle School. Make sure you let Swim Reedsburg know that you'd like to be on the list of those who will ride the bus.

We are also offering a Stroke and Turn Clinic on Monday and Wednesday evenings from 5:45 to 6:45pm. This will be very similar to Home Team but will meet later in the evenings for those who can't make it right after school.

**SEPTEMBER CONTEST: Guess the Calories in the Jar**

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

**AUGUST CONTEST WINNER**

The number of calories in our jar of Grape Frooties was 1,120! Our winner this month is Anne Burgess with a guess of 1,235. Great Job! So, how close was your guess to the actual number? Now, this amount of calories may not seem like a big deal to you but you have to remember they also pack a TON of sugar — 23 grams per servings. That's just a little bit less than many 12 ounce soda pops!

**CURRENTLY HIRING**

Swim Reedsburg is looking for fun, energetic, hard working people to fill various positions at their facility:  
Fitness Instructors for 5:30 pm on Tuesday and Thursday evenings. You can instruct for the entire Fall Trimester or as a guest instructor.

We are also looking for experienced swim instructors and coaching staff to help us run our swim teams and teach our swim lessons. Please contact Bonnie or Katie if you are interested or if you have any questions ASAP!

**IMPORTANT INFO FOR SEPTEMBER:**

- New Trimester structure starts for Swim Lessons
- Elite Team Starts Sept. 7
- Home Team Starts Sept. 12<sup>th</sup>

**NEW TRIMESTER STRUCTURE FOR SWIM LESSONS**

As mentioned in our July and August newsletter, Swim Reedsburg will be changing the structure of our swim lessons session.

Swim Lessons will be offered in 3 trimesters throughout the year.

**DATES:**  
Fall Session — Sept. 6 — Dec. 22  
Winter Session — Jan. 8 — June 4  
Summer Session — June 10 — Aug. 24

**COST PER SESSION:**  
Fall Session - \$192.00  
Winter Session — \$252.00  
Summer Session - \$132.00

**DISCOUNTS:**  
3% off additional children when 2 or more are signed up for lessons.  
~8% off when you pay two weeks before the first day of the session:  
Fall Session — Pay by Aug. 21 \$176.00/child  
Winter Session - Pay by Dec. 25 \$231.00/child  
Summer Session — Pay by May 27 \$121.00/child

**Annual Memberships:**  
\$500.00/1 child in lessons  
\$975.00/2 children in lessons  
\$1,425.00/3 children in lessons  
\$1,850.00/4 children in lessons  
\$2,250.00/5 children in lessons  
Memberships also include unlimited use of the fitness room and use of pool during family, lap and adult swim.

**ADDITIONAL INFORMATION:**  
To reserve your place in a specific swim lesson class, payment in full must be received.

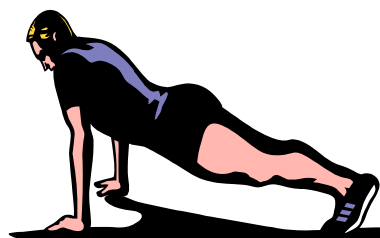
Rain or Shine, Swim Reedsburg will not cancel lessons. However, if you feel it is unsafe to travel to our facility, let us know and we will do our best to schedule a make-up for your missed lesson. Each student is allowed TWO make-up lessons per session. Please notify us at least 12 hours in advance of the missed lesson.

Check in verbally at the front desk when you arrive for your weekly lesson.

**SWIM LESSON LEVEL ORDER**

As many of you have noticed throughout the years, Swim Reedsburg uses a slightly different system for the levels of swim lessons. Below the levels are listed in order and how they compare to the Red Cross levels.

SWIM REEDSBURG	RED CROSS
Red	Level 1
Orange	
Polka Dot	Level 2
Yellow	
Checkered	
Green	Level 3
Rainbow	
Teal	
Blue	Level 4
Purple	Level 5
Flag	Level 6



**SEPTEMBER NEWSLETTER COUPON**

\$5.00 off of any store purchase when your new friend signs up for swim lessons

*Expires September 30, 2011*

**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 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 – Tuna Melt**

**Ingredients**

- 12 ounces canned chunk light tuna, drained (see Note)
- 1 medium shallot, minced (2 tablespoons)
- 2 tablespoons low-fat mayonnaise
- 1 tablespoon lemon juice
- 1 tablespoon minced flat-leaf parsley
- 1/8 teaspoon salt
- Dash of hot sauce
- Freshly ground pepper, to taste
- 4 slices whole-wheat bread, toasted
- 2 tomatoes, sliced
- 1/2 cup shredded sharp Cheddar cheese

**Directions**

1. Preheat broiler.
2. Combine tuna, shallot, mayonnaise, lemon juice, parsley, salt, hot sauce and pepper in a medium bowl. Spread 1/4 cup of the tuna mixture on each slice of toast; top with tomato slices and 2 tablespoons cheese. Place sandwiches on a baking sheet and broil until the cheese is bubbling and golden brown, 3 to 5 minutes.

**Note:** Chunk light tuna, which comes from the smaller skipjack or yellowfin, has less mercury than canned white albacore tuna. The FDA/EPA advises that women who are or might become pregnant, nursing mothers and young children consume no more than 6 ounces of albacore a week; up to 12 ounces of canned light tuna is considered safe.

**Nutritional analysis per serving**

Serving size: 4 servings

252 calories  
 6 g fat ( 3 g sat , 0 g mono )  
 66 mg cholesterol  
 16 g carbohydrates  
 1 g added sugars  
 31 g protein  
 3 g fiber  
 408 mg sodium