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SWIM REEDSBURG NEWS

SAVE A LIFE:

BUY A GIFT CERTIFICATE FOR SWIMMING LESSONS!!!!

INSIDE THIS ISSUE:

- Swim Reedsburg Gift Certificates
- Winter Swim Session
- Christmas Closings
- New Software
- Congrats to Elite Swim Team

A friend of Swim Reedsburg was on vacation a while back. She was eager to swim one very, hot day. The pool was shallow on the edges with a deeper spot in the middle. She waded out to the middle, where she saw a little boy doing

boobs. It looked like fun, until she realized that he was bobbing and his eyes were not coming above water. She went back to the boy only to find him drowning in this pool FILLED with people and no one realized he was in

danger. Being a former lifeguard, our friend dragged the boy to safety where a rescue team was able to help revive him.

SAVE A LIFE, buy a Swim Reedsburg gift certificate for swim lessons this Christmas!!

- Reedsburg Area Ambulance Raffle
- New Years Resolution
- Christmas Recipe
- Monthly Coupon

Winter swim session sign ups have begun! We have a variety of classes at varying times of the week. Our winter schedule runs from January 8th to June 4th. To determine what level

your child should register for, please talk the front desk. The front desk can look at the register and tell you what level your child is in.

Swimming Lessons are a vital way to ensure your

child's safety in, on and around water. Swim Reedsburg lessons are limited to four children per one instructor. We also offer private lessons for all ages!

WINTER SWIM SESSION SIGN UPS!!

CHRISTMAS CLOSINGS

We wish you all a very Merry Christmas as you celebrate with family and friends. Swim Reedsburg will be closed December 23

through January 8 for regularly scheduled maintenance. Please watch the website to see if we finish ahead of schedule and are able to re-open early!!!!

NEW SOFTWARE

Keeping up with the new technologies is always a challenge. Swim Reedsburg is in the process of implementing new software to better service members, their information, help register online and track swimming lessons.

We are making the final tweaks to the program and look forward to unveiling it to our members.

IMPORTANT DATES TO REMEMBER:

- Last week of lessons December 18!
- Sign up for new swim sessions!
- Maintenance December 23 - January 8. Swim Reedsburg Closed.

CONGRATS TO ELITE SWIM TEAM-

Congratulations to the Elite Swim Team and Kirby Tock for making the state time cuts!!! Her latest swim was at the Middleton Cross Plains Meet on December 3. She swam the 50 Free in 32.21 qualifying for state again. State will be held late winter.

Kirby was recently featured in the Reedsburg Independent with an article she wrote on swimming for the November 24th issue. You can see an old copy of the Reedsburg Independent at the Reedsburg Public Library.

HOLIDAY CHEER

- What do elves learn in school?
- What do snowmen eat for breakfast?

the elfabet frosted flakes

REEDSBURG AREA AMBULANCE BOWLING TOURNAMENT

IMPORTANT INFO FOR JANUARY:

- Next session lessons will begin January 8th.
- Swim Reedsburg does not close for weather. Please be safe and make decisions for your family.
- Miss Kate will be adding fitness classes and a Biggest Loser Challenge!

Each February Reedsburg Ambulance hosts a 9-Pin Bowling Tournament at Brewster's Lanes in Reedsburg. This is the only fund-raiser for the year. Dates to bowl are Friday, February 10, Saturday, February 11, Friday February 17,

AND RAFFLE

Saturday February 18, Friday, February 24 and Saturday, February 25.

The raffle tickets are \$5 each of 5 for \$20 and can be purchased at Swim Reedsburg. The raffle is February 25th at 9pm at Brewster's Lanes.

Please see <http://raac.weebly.com/bowling-tournament.html> for more information.

DECEMBER NEWSLETTER COUPON:

Redeem Coupon for \$2.00 off any adult swimsuit!

Expiration date: December 30, 2011

NEW YEARS RESOLUTION

Looking for a simple one for all ages? Drink more water!

- ~flush out those toxins
- ~improve your skin
- ~helps to lose weight
- ~increase your energy
- ~no more headaches
- ~lower risk of heart attack and heart disease

Congratulations to Miss Kate!
Baby Brooklyn was born on October 5, 2011 and weighed in at 7 lbs 18oz.!!



Christmas Around the World

- In Holland, December 5th is the most important day when Sinterklass brings the children presents. He places the gifts in their clogs.
- In Ethiopia Christmas is celebrated on January 7th followed by another celebration 12 days later. Most children do not receive gifts, only small clothing from their family. The holidays are about family, food and church!
- In Sweden, December 13th is a very important day- St Lucia Day. There is a traditional dress and foods served on that day.

CHRISTMAS RECIPE

Galette" is just a French name for a rustic tart; apples star in this version. It is easy to make and forgiving to those who don't bake often. We've substituted tangy nonfat yogurt for some of the butter in this dough recipe from San Francisco pastry chef Janet Dalton.

- 2/3 cup whole-wheat pastry flour
- 2/3 cup all-purpose flour
- 1/4 cup cornmeal
- 1 tablespoons granulated sugar
- 1/4 teaspoon kosher salt
- 6 tablespoons cold unsalted butter, cut into small pieces
- 3 tablespoons nonfat plain yogurt
- 1/3 cup ice water

Filling

- 8 cups thinly sliced peeled Gala or Granny Smith apples, (5-6 medium)
- 2 tablespoons lemon juice
- 1/2-3/4 cup packed dark brown sugar
- 1 large egg white, beaten
- 1 teaspoon granulated sugar

Preparation

1. To prepare crust: Combine whole-wheat pastry flour, all-purpose flour, cornmeal, granulated sugar and salt in a medium bowl. Using your fingers, crumble butter into the flour mixture until you get a coarse sandy texture.
2. Combine yogurt with ice water in a small bowl. Using a fork, incorporate the yogurt mixture into the flour mixture a little bit at a time. Add just enough to moisten the dough. Pat the dough into a disk and wrap in plastic wrap; chill in the refrigerator for at least 2 hours before rolling.
3. To prepare filling: Just before you roll out the dough, toss apples, lemon juice and brown sugar (enough to sweeten the filling to your taste) in a large bowl until combined.
4. Preheat oven to 425. Line a large baking sheet with parchment paper or a non stick mat.
5. On a lightly floured surface, roll the chilled dough into a large circle, about 13 inches in diameter. Drape the dough over the rolling pin and carefully transfer it to the prepared baking sheet; patch any holes with your fingers.
6. Arrange the apples in a mound in the center of the dough, leaving a 2- to 3-inch border of dough around the edge. Fold the border up and over the filling, pleating as necessary; the apples will not be completely covered. Try not to make any holes, but if you do, patch as you go. Lightly brush the tart rim with egg white and sprinkle with granulated sugar.
7. Bake the tart for 15 minutes. Reduce the oven temperature to 350 and continue baking until the crust is nicely browned and the apples are bubbling, 30 to 40 minutes more. Carefully transfer to a wire rack to cool. Serve warm or at room temperature, cut into wedges.