

# SWIM REEDSBURG NEWS

## THE STINGRAYS HAVE MADE IT TO STATE!!!

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Calvin Moon and Kirby Tock have fulfilled their dreams of making it to State this winter. Calvin has qualified in the 50 free with a time of 26.76, 100 free with a time of 1:10.25, 50 Fly with a time of 30.75 and 50 breast with a time of

38.33. Kirby has qualified in the 50 fly with a time of 37.21. There is also a Relay Team going to State consisting of Kirby, Ella and Leah Erdman and Mallory Stingley. These girls will compete in the Free Relay. Regionals is

taking place the weekend of Feb. 5<sup>th</sup> and 6<sup>th</sup> and we hope to have even more Sting Rays qualify for states. We are so proud of our team and the hard work and dedication they put into their swimming. GO STINGRAYS! See pictures on Facebook.

## PACKER PARTY DURING LESSONS, FEB. 6<sup>th</sup>!!!

Swim Reedsburg will be hosting a Packer Party for the Super Bowl during lessons on Sunday, February 6<sup>th</sup>. We know how important your children's swim lessons are, but we also know

that the Packer's don't make it to the Super Bowl every year! So, we will be showing the Super Bowl at Swim Reedsburg in our Activity Room with a few snacks and beverages. Feel free to bring along

anything you'd like to eat or drink as well. Alcohol is permitted, but please don't go overboard. GO PACKERS!!! We'll see you on Sunday!

## HILLSBORO LESSONS PLANNED

Jenny Hynek, Swim Reedsburg and Hotel Hillsboro will be offering their next session of Swim Lessons April 5<sup>th</sup> – May 10<sup>th</sup>. 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 with that.

## NEW YOGA FIT® INSTRUCTOR

Megan Rasmussen, swim lesson instructor here at Swim Reedsburg, has recently taken a Yoga Fit® Instructor course and will be instructing Yoga for us! We will be offering free Yoga classes to help Megan complete her certification

the following dates in Feb: 9<sup>th</sup> @ 2:30, 10<sup>th</sup> @ 1:30 pm, 11<sup>th</sup> @ 6:00 pm, 12<sup>th</sup> @ 5:15 pm, 7<sup>th</sup> @ 1:30 pm, 19<sup>th</sup> @ 2:00 pm and 20<sup>th</sup> @ 9:00 am. Yoga is for everybody in every body so come and try it out!

### **IMPORTANT DATES TO REMEMBER:**

- Lifeguard Challenge on Feb. 5<sup>th</sup> starting at 9:00 am.
- Super Bowl party during lessons on Feb. 6<sup>th</sup>.
- Card Party on Feb 16<sup>th</sup> at noon.

## BIGGEST LOSER CHALLENGE FINALE FEB. 9<sup>TH</sup>

Congratulations to all those who participated in the Biggest Loser Fitness Challenge that has been going on since November. Many people have been very successful! The winner of the contest will be announced the Monday

after the contest ends (February 14) by noon. The top three point receivers will win a prize. Each prize consists of a Swim Reedsburg Gift Certificate as well as Mary Kay products. The winners will be announced

in next month's news letter. The next Biggest Loser Challenge is in the works so keep your eyes and ears open for information! We love to give you the tools to live a healthy lifestyle!

**IMPORTANT INFO FOR MARCH:**

- Next session lessons will begin the week of March 13. Watch for an e-mail informing you when you can sign up!!!
- Yoga schedule will change – more information to come!
- APRIL POOL'S DAY is April 1<sup>st</sup>! More Info soon!

**THERE IS STILL ROOM IN THE SUNDAY WINTER CLINIC**

Is your child interested in Swim Team but you're not sure their ready for a team that meets 3 times a week? We have a perfect option for you – Sunday swim clinic! Swim Clinic meets through the rest of February on Sunday afternoons from 3:30 until

5:00. There is one more Swim Clinics scheduled in the Spring (March 6 – May 1). In the Summer (June 6 – August 6), Home team begins again. Contact Swim Reedsburg right away if you are interested in any of these great options! Your child will

get to learn the strokes, starts and turn techniques needed to compete with the Swim Reedsburg Stingrays!

**FEBRUARY NEWSLETTER COUPON:**

Redeem Coupon for ONE FREE Aqua Kickboxing Class, pick your day in February. Class offered Mon and Wed @ 7:00 PM.

*Expiration date: February 28, 2011*

**NEXT CARD PARTY POTLUCK FEB. 16<sup>TH</sup>**

Come join Swim Reedsburg and meet other members of our facility at noon on Wednesday, February 16<sup>th</sup>. We will be hosting our monthly card party and potluck!

Bring a dish to share and enjoy great conversation and some great games of cards 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.

**BIRTHDAY FOOD DRIVE**

We are hosting a Food Drive this month! Bring in a Birthday Package between the dates of February 1 – 28. Your Birthday Package can include a cake mix, can of frosting, candles and

a Birthday Card! We will also accept any other donations for the food pantry. Swim for free the day you bring in your donation! Check our website for Family Swim times.

**ODDS AND ENDS:**

- We are currently in the middle of a swim lesson session but there's still room if you are interested in joining us! Give us a call. We have openings in our Aquanauts class (this class will get you a badge for girl or boy scouts) and Synchronized swimming!
- 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 1 and 2**

**1. Do cardio first:** If you want to up your calorie burn (and who doesn't?), research shows that you should do cardio first. Published in the *Journal of Strength and Conditioning Research*, one study examined how many calories exercisers burned doing one of four workout combinations: running only, strength training only, running followed by strength training, and strength training followed by running. Researchers found that while all exercisers experienced a strong "after burn" (a higher rate of calories burned when at rest after exercise) for the two hours after working out, the strength-training and run-strength training groups had the highest exercise after burn of all. So what does this mean? Although it's just one study, the takeaway is that we might burn more calories after working out if we do our cardio before strength training.

**2. Try plyometrics:** If you'd consider yourself an intermediate or advanced exerciser and are looking for ways to burn more calories, plyometrics are the way to go. These high-intensity, explosive exercises such as jumping and hopping, get your heart rate up quickly, which equals a higher calories-burned rate. Additionally, these athletic moments really target your fast-twitch muscles, coordination and agility, so you're training your body in an entirely new and challenging way. And challenging workouts almost always equals results—and more calories burned.

