

Learn to Swim
Swim School

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Spring 2010



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Director's Notes

Wow, what an exciting time of year! The weather is finally warming up and Spring is in the air! I love all the excitement buzzing around the pool.

I am thrilled with all the progress I have seen over the past few months. Not only are our swimmers learning to swim and be safe, but they are also learning the correct way to swim all 4 competitive strokes!

Our Swim School follows the nationally known *Swim America* Program which is designed to develop strong, life-long swimmers. *Swim America* not only focuses on safety and proper swimming, it also believes in public recognition!

I am so proud of each swimmer as they pass onto the next station and I believe we need to make a big deal out of their success. At the end of each session, our Swim School will perform an awards ceremony to recognize each

accomplishment. This will consist of the usual medal and candy, but also the opportunity to ring our 'Excellence Bell.'

When a child passes a station they will ring the 'Excellence Bell' for all to hear. At this time please clap for the child and their achievement!

At the end of each session you will also receive a card with valuable information including; a note from your child's teacher, a checklist of what items they passed throughout the session (and what they are still working on) and a gold sticker if a station was completed. Please encourage them in their success by posting their certificate at home for all to view their progress!

I see many great things happening at the COM Swim School! Thank you for continuing to be a part of our program! Please let me know if there is anything else we can do!

~ Lisa Smith

Swim School Now Merges with SPLASH Team!

Starting in Spring of 2010 - levels 9 and 10 will be completed on SPLASH Team!

This will be a smooth transition for any swimmer who completed level 8 to join our team while still finishing all 10 station skills AND receiving their gold stickers!

Once a swimmer has completed all 10 stations, they will then be able to continue and advance on the COM Swim Team. So if you are approaching levels 8 and up, talk with Coach Lisa to discuss the SPLASH schedule and your future on the COM Swim Team!

Upcoming Events

- ◆ March Session (3/1 - 4/1)
- ◆ Family Swim (3/12)
- ◆ Spring Break Camp (3/15 - 3/16)



Spring Break Camps

Spring Break is quickly approaching, so take a look at your calendar and sign up for our day camps. Each day will be filled with fun activities including; open swim, rope swing, diving boards, trampolines, crafts and snacks.

Our camp schedule is as follows:

- Mon, March 15 ~ 8am- 12 1pm-5 or ALL day
 - Tues, March 16th ~ 1pm-5
- Cost: \$32 per ½ day or \$60 per full day

Spring Break Kick - Off Open Swim

Looking for a fun start to Spring Break ~ join us for Family and Friends Open Swim! Friday, March 12th from 6:30 - 7:30. A fun time to get in the water and burn up some energy while bonding with the family!

Cost is \$1 per person or \$5 per family!

* Swim~Nastics *

By popular demand --- we have added 3 more Swim~Nastics classes!

Monday / Wednesday

9:30am Gym – 10:00 Swim

2:30pm Gym – 3:00 Swim

Tuesday / Thursday

9:30am Gym – 10:00 Swim

This is in addition to our other Swim~Nastics classes offered from 4:30-6:00 everyday. Sign up in the LTS office for a fun filled hour of Gymnastics and Swimming. The best of both worlds!



Adult Swim Classes

Our adult classes are taught by certified instructors, and offered both mornings and evenings. Adult lessons are perfect for anyone who wants to learn to swim for the first time, brush up on swimming skills, wants a good work-out, or plans to train for a triathlon.

Referral Program

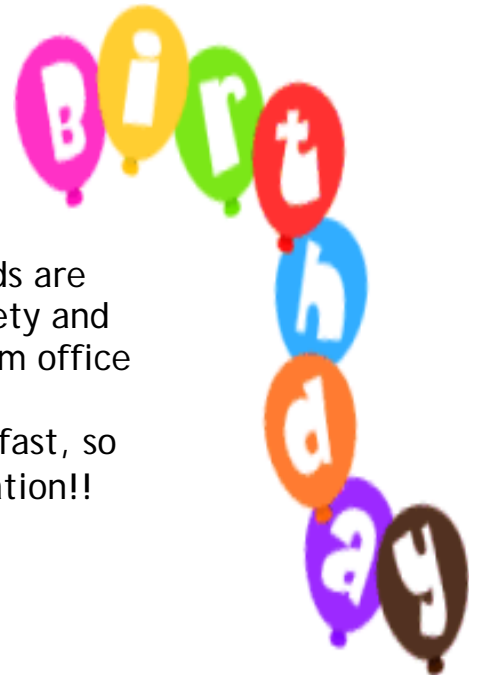


Our Swim School is growing, thanks to positive word-of-mouth. To show our thanks, you will receive \$10 off your next session from each new swimmer referral. Please remind your friends to mention who told them about our program so you can get the credit! We are excited for the expansion in our program and want to extend our appreciation!

Birthday Parties

If you are having a Birthday Party or other celebration, why not rent out the pools at COM Aquatics. It's a wonderful and safe environment for children to play!! Each party lasts 2 hours and allows children the

use of both Learn To Swim pools, toys, floaties and life jackets. Lifeguards are also on duty to ensure safety and fun! Call our Learn to Swim office with available dates and reservations. Slots fill up fast, so plan ahead for the celebration!!



COM Member Discounts

** If you are enrolling more than one child in our Swim School you will receive 5% off your total of 2 children, and 10% off your total of 3 or more children.

** And as a valued Learn To Swim Member you also receive other discounts at COM Aquatics:

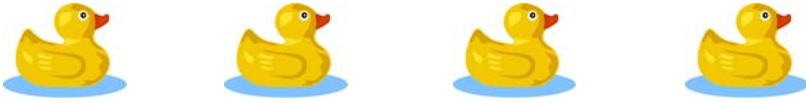
- \$31 per month for Lap Swim or the Fitness Center.
- Extra ambitious - pay only \$43 per month for both Lap Swim and the Fitness Center (8am - 5pm). Visit the front office for more details and registration.

** Swim Shop Special ~ Swim School Members can purchase a package in the Swim Shop for only \$35. This package includes:

- COM Aquatics Swim Suit
- Swim Cap
- Goggles



Visit the Swim Shop today for this package and many other deals!



Parent Tot and Oh Baby!

Our Parent Tot classes are growing tremendously! Thanks to our new Parent Tot instructor, Jannah Turner. Jannah has done an amazing job creating a safe environment for parent-child bonding in the water. This is a special class designed for children ages 3 months to 3 years. During each class, parents will learn how to teach their children basic safety skills through songs, demonstration and practice. Babies will develop safe habits such as floating and returning to the wall. Please join us for our fun and interactive Parent Tot classes, available both mornings and evenings.

* And great news ~ Starting in April we will now offer **Oh Baby Aerobics** with Jannah!! This will be a wonderful class to bond with your baby in the water and get some exercise yourself. A perfect blend of aerobics for you and water adaptation for your child.

Spring and Summer Schedule



Swim School Office:
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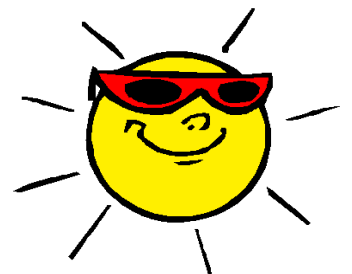
Our Spring Swim School schedule is as follows:

- March 1 - April 1
- April 5 - 29
- May 3 - 27

Then, Summer will be here before we know it! And as we know, summer can get busy so to accommodate, we offer 2-week sessions. Classes run 4 days a week (Monday - Thursday) for 2 weeks.

Here is a heads up with all the summer session dates.

- June 7 - 18
- June 21 - July 1
- July 5 - 16
- July 19 - 30
- August 2 - 13



We're on the Web!

<http://comlearntoswim.shutterfly.com/>

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