



AQUATICS NEWS

DECEMBER & JANUARY CALENDAR REMINDERS



Week of December 26

- ◆ Mini session continues.
- ◆ Saturday, December 31 - pools close at 2:30 pm; the Y closes at 3:00 pm.
- ◆ Sunday, January 1 - the Y is closed. Happy New Year!

Week of January 2

- ◆ Mini session continues.
- ◆ January 7 - last day to register for swim lessons.

Week of January 9

- ◆ Week 1 of 7-week session.

Week of January 16

- ◆ Week 2 of 7-week session.
- ◆ Lap swimmers please note that lap lanes may be reduced on Saturday, January 21 beginning at 12:00 noon for our Scouting Merit Badge program.

Week of January 23

- ◆ Week 3 of 7-week session.

Week of January 30

- ◆ Week 4 of 7-week session.
- ◆ Lap swimmers please note that lap lanes may be reduced on Saturday, February 4 beginning at 12:00 noon for our Scouting Merit Badge program.

SWIM LESSON SCHEDULE CHANGES



Beginning January 2012, our swim lesson schedule has been adjusted to allow for a short transition between lessons. This change will allow our instructors time to provide feedback to parents, and prepare for their next class. The new times are reflected in our Program Brochure and will be reflected on our Pool Schedules.

PROGRAM REGISTRATION



The first 7-week session for 2012 will begin on January 9. Swim Lessons and Water Fitness programs fill quickly; do not wait to register! Registration is currently open for everyone! Please note that swim lesson registration ends on Saturday, January 7, 2012.

SCOUTING MERIT BADGES



Upcoming program dates: January 21 or February 4. Be sure to register at the courtesy desk for your preferred date.

WE'RE FOR SOCIAL RESPONSIBILITY

Giving back and providing support to our neighbors.



WANT TO BE A LIFEGUARD?

Our next American Red Cross Lifeguard Certification program will begin on January 23 (continuing through February 22). Classes are Mondays & Wednesdays from 6:00-8:30pm. Minimum age is 15. Prerequisite swim test will be performed on first day of class. \$200 for Members; \$275 for Community.



LIFEGUARD INSTRUCTOR COURSE

This course runs concurrent with the Lifeguard Certification program. Participants must hold a current American Red Cross Lifeguard/First Aid certification, be at least 17 years of age, and competently perform all lifeguard skills. \$225 for Members; \$300 for Community.

Please contact the Aquatics Office with any questions on these programs.

Kids Corner - Five Easy Healthy New Years' resolutions for the whole family:



1. Eat more whole grains.
2. Drink less soda & fruit drinks.
3. Eat more fruits & vegetables.
4. Drink more milk.
5. Be more active.

A HAPPY
NEW YEAR

Aquatics News is a monthly publication produced by the Aquatics Department of the Valparaiso Family YMCA.

Questions regarding content may be directed to:

Chuck Gutzwiller, Aquatic Director, (219) 462-4185 x-230, email: cgutzwiller@valpoymca.org

Kila Lindstrom, Aquatic Coordinator, (219) 462-4185 x-247, e-mail: klindstrom@valpoymca.org

Mary Andersen, Aquatic Director Assistant, (219) 462-4185 x-247, e-mail: mandersen@valpoymca.org