

DECEMBER 2007

BOULDER, COLORADO

The

Splash

INFANT
AQUATICS



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HOLIDAY GREETINGS!

The holiday season is upon us, which means I'm busy planning for the 2008 swim season. Fall classes will be finishing up on Dec. 14, but we'll be diving back in the water in early January. Group classes are filling fast, and although many students have already registered for stroke programs, Fundays and Aquababies, there are still limited openings available. In the midst of all the holiday activities, don't forget to give me a call to reserve a slot for next year.

REGISTER NOW FOR WINTER & SPRING

IN THIS ISSUE

DECEMBER REFRESHERS

2008 SCHEDULES & FEES

JUDY'S MAILBOX



NOTE TO NEW PARENTS: All new students must register for 6 weeks of private lessons (4 weeks for infants 6-11 months) before progressing into once a week group classes. Please read the paragraphs below and then refer to page two of this newsletter "Getting Started" for fees and details on how to register.

The 2008 season of Infant Aquatic Survival private lessons begins on January 14. We teach all of our lessons at Ocean First Divers warm water pool, located at 3015 Bluff Street in Boulder (one block south of Valmont, east of 30th Street). We offer times as early as 7:00 a.m. and teach a new lesson every 10 minutes throughout the morning hours, which is when young children are able to perform their best. Lessons are offered continuously through mid August. Registration is ongoing and will continue until the schedule is full.

Judging from the number of new students already registered for 2008, I anticipate another busy season, so please call early to schedule a new baby, a sibling or a former "floater". If your child was a "floater" in 2007, expect to spend 4-6 weeks of private lessons transforming her into a "swimmer", depending upon participation in Aquababies and amount of physical growth.

PRIVATE AQUATIC SURVIVAL SWIM-FLOAT-SWIM LESSONS ALL NEW SWIMMERS AGES 6 MONTHS TO 6 YEARS

If your child has not taken our Aquatic Survival Classes, you are in the right place! We teach infants under one year to hold their breath, float independently, and roll from tummy to back where they learn to relax and breathe on the surface of the water. Starting at 12 months, children learn to propel through the water on their tummies, roll onto their backs to float when they need air, and return to a face down position to continue swimming across the pool. This is called "Swim-Float-Swim." Your child will swim Monday through Thursday at the same time 10 minute time slot each day for 6 weeks (4 weeks for younger infants) to complete the Aquatic Survival Training. After this time, your child will advance into group lessons, which are once per week for 30 minutes, to reinforce and build on the basic skills learned in private lessons. See the sections on Aquababies, Fundays and Stroke School in this newsletter for further information on group classes.

Moms of one year olds typically get into the pool for the first few private lessons to ease the "Stranger Danger" of a new teacher and new aquatic environment. In no time at all, babies and children learn to trust the instructor and adjust to the swimming routine while acquiring essential water survival skills to enable them to safely enjoy the water. The aquatic learning process is exciting to witness!

GETTING STARTED: PRIVATE LESSON DETAILS

ALL NEW STUDENTS RECEIVE 4 PRIVATE 10 MINUTE LESSONS EACH WEEK.

• WHEN ARE LESSONS SCHEDULED?

Monday through Thursday 7:00 am - 11:30 am

• HOW LONG DOES THE PROGRAM TAKE?

New students: **Infants** under one year, 4 week commitment* **Children** 12 months and up, 6 week commitment*

Former students: Require 1 to 2 weeks of lessons to refresh any skills, regain confidence and be ready to participate in group classes.

Former infant floaters: Typically need 4-6 weeks of lessons to master the complete swim•float•swim sequence, depending upon physical growth and time elapsed since last lesson.

• WHAT IS THE COST?

All Students: \$80 per week (4 lessons) tuition + \$50 pool fee

New Students: Additional \$50 registration fee
\$50 discount for siblings registered at the same time

Infants under one year - 4 weeks*

\$320 tuition + \$100 fees = \$420

Children over one year - 6 weeks*

\$480 tuition + \$100 fees = \$580

• HOW DO I ENROLL?

- Call Judy to arrange lesson observation
- Fill out registration file at pool and pay the non-refundable \$100 fee (\$50 for siblings) to secure a slot on the schedule
- Reserve a time slot for your child

**Since lessons are individualized, each child progresses at his own pace. Duration of lessons depends on age, temperament and coordination. Should a child complete the program in less time, a credit toward group classes will be issued.*

Peyton, 2 years and Mom



AQUABABIES

Aquababies, our program for skilled infants and toddlers, has made a big splash this fall. These once a week group classes maximize retention and allow parents and babies to practice the skills learned during private lessons, while incorporating songs and exercises which build confidence and promote safe water fun.

Aquababies classes will resume the week of January 7. Check the schedule box for exact days, times and cost. Classes fill quickly, so call soon to join the fun!

STILL TIME FOR END OF YEAR REFRESHER

If your child hasn't swum with us this fall, and is unable or unwilling to roll over and float, he needs a refresher. In just a few days of lessons, he will get his groove back. So call immediately if you'd like to take advantage of this opportunity to get your child ready for vacations or the Funday and Aquababies session which begins January 7. Don't wait - our winter break begins the week of Dec. 17.

AQUABABIES & FUNDAY SCHEDULE

ONCE WEEKLY 30 MINUTE CLASSES.

COST: 20 Week Session \$450* or 10 Week Session \$250*

*includes \$50 pool surcharge

AQUABABIES: Ages 7-30 months (Parents in the water).
Make-ups encouraged.

FUNDAYS: Ages 2.5-5 years. (Parents NOT in the water). 4 students per instructor. Limited make-ups allowed before March 24. Make-up for Memorial Day is June 2.

WINTER / SPRING SESSION : JANUARY 7 - MAY 30 (20 WEEKS)

SPRING SESSION: MARCH 17 - MAY 30 (10 WEEKS)

(note: no class Monday through Friday March 24-28)

	AQUABABIES	FUNDAYS
Mondays	10:00-10:30, 12:00-12:30	10:30-12:00, 12:30-3:30
Tuesdays	10:00-10:30	10:30-1:30
Wednesdays	10:00-10:30	10:30-12:30
Thursdays	10:00-10:30	10:30-11:30, 3:00-3:30
Fridays	8:00-8:30	8:30-11:30

Completion of private IAS lessons is a pre-requisite for participation in AQUABABIES & FUNDAYS

FUNDAYS

Fundays, our once a week group class for 2.5 to 5 year olds, are so popular that we now offer them Monday through Friday, morning and afternoon. These classes are designed to enhance and improve our swimmers' skill and confidence, and prepare swimmers for our stroke program, while emphasizing the safety skills learned in private lessons. Due to popular demand, Fundays are now scheduled back to back with Aquababies and stroke classes for the convenience of parents with siblings enrolled in different classes. Check the box for dates, times and cost.

The next session of Fundays begins January 7. There is a 20 week winter/spring session which runs until May 30, and a 10 week spring only session from March 17 until May 30. There will be no classes the week of March 24-28. The 20 week session is discounted \$50. Guaranteed placement will be given to those swimming in the 20 week session, with post dated checks accepted. Payment in full is required to reserve space in the spring session, and slots cannot be guaranteed until payment is received.



It is important to register early for Funday classes, as space is limited. Priority registration has been given to currently enrolled students. Due to small class size, many classes have already filled. If you wish to sign up for the winter/spring session or just the spring session and are not currently enrolled, please contact me immediately. Please remember the importance of keeping your child in the water year round both for skill progression and confidence.

STROKE SCHOOL NEWS

STROKES N'FLOATS, our transition program for 4.5 year olds allows first time stroke students to begin basic stroke training without giving up the elements of Fundays. The class is divided into 15 minutes of stroke instructions and 15 minutes of supervised play swimming. It is the perfect format for introducing strokes to our younger/first time stroke students.

Beginning 5 year olds attend a 30 minute class focusing on correct body and head position, proper arm and leg movement and rhythmic breathing, which ultimately enables them to perform the freestyle and backstroke.

Advanced Stroke School students are dolphining down the pool with improved butterfly and conquering the breaststroke. Our fall stroke programs run until December 14.

STROKES N'FLOATS FOR 4.5 / 5 YEAR OLDS

JAN. 7 - MAY 30 (NO CLASS MARCH 24-28, OR MEMORIAL DAY MAY 26)

30 minute classes (*maximum of 4 children per class*)
20 week session. Transition to stroke technique.
Once per week.

DAYS & TIME: Mon: 10:30-11:00, 2:30-3:00, 3:00-3:30
Weds: 10:00-10:30, 11:00-11:30
Thurs: 3:00-3:30, 3:30-4:00
Fri: 8:30-9:00

COST: \$450 (includes \$50 pool surcharge)
Once per week for 20 weeks

STROKE SCHOOL FOR 5-8 YEAR OLDS

JAN. 7 - MAY 30 (NO CLASS MARCH 24-28, OR MEMORIAL DAY MAY 26)

30 minute classes (*maximum of 4 children per class*) 20 week session. Stroke technique for 5-8 year olds. Classes grouped according to ability. Call to discuss placement.

DAYS & TIME: Mon: 11:00-11:30, 1:30-2:00,
2:00-2:30, 3:00-5:00
Weds: 10:30-11:00
Thurs: 3:00-5:00
Fri: 9:30-10:30

COST: \$450 (includes \$50 pool surcharge)
Once per week for 20 weeks

If you have a child who is not currently enrolled and are planning to enroll for winter/spring, call immediately! **Classes are limited to 4 children, so please don't delay. Fees are due by December 14. See boxes for further details.**

POOL SCOOP

2007 has been a year full of change. In March, Scuba Joe came under new ownership and is now operating as Ocean First Divers. Infant Aquatics has renegotiated a lease for 2008, with significantly less pool time than in past years. This has created a real challenge in scheduling new students in private lessons, as well as accommodating the large number of skilled students in group classes. In addition, because of a substantial increase in rent, I have reluctantly instituted an annual \$50 pool surcharge for every participant. On the brighter side, the energy surrounding the pool has never been higher, and the praise for our staff is never-ending. Teaching advanced groups and new students in private lessons at the same time has perks. Our new students are able to see how much fun swimming can be by watching their more experienced peers, and our super swimmers are proud to show off their abilities.



Starin and Ted, 5 years

The loyal patronage from parents who recognize the quality of instruction and long-term value of the service provided by Infant Aquatics has been incredibly gratifying to me. I cannot thank you enough for all of your referrals. Your support drives my commitment to continue offering the best swim program for infants and children in the area. This would not be possible without the love, dedication and professionalism embodied in my wonderful staff. Thank you Kyla, Cynthia, Lianne, Casey, Starin, Kim and Darla. I wish everyone a joyful holiday season, and a new year full of health and happiness.

JUDY'S MAILBOX

Hi Judy,

I just wanted to let you know how invaluable your classes were to my 16 month old Mason while we were on a family holiday in Vermont in early October. I originally chose to have Mason start classes at the age of 9 months because our home there is on a lake. But I never would have guessed that he would have put his lessons to the test on a kiddie ride at a local fair.

We took an outing with several families to Bromley's Alpine Slide and Fair. At the fair, there was

a bumper boat ride for children under the age of 6. Mason was all excited to get on one of the boats. I thought to myself, there is no way I would put Mason in there had he not known how to float and swim. But I figured, in the very rare instance that he did fall out, he would know what to do. He was thoroughly enjoying himself -- so much so, that I paid for him to ride 2x more. Well, on that third go, he decided he was done and was ready to get off. He stood up in the boat and the rest is a blur -- it all happened so fast. I still don't know if he jumped or lost his balance. Nonetheless, fully clothed in a polo shirt, jeans, diaper and little boots, in he went.

Interestingly, my first thought was not that he would drown, but that he might hit his head on the bottom of the pool, which was only about 2 feet deep! But unscathed, he surfaced, gave a kick or two and flipped on his back. He did it so quickly that I and the girls operating the ride didn't have time to jump in to "save him." But he was very quickly scooped up out of the water by the ride operator closest to him, who handed him to me in a towel, assuring me this had never happened before. My soaking wet raga-muffin just looked at me in a daze. I was a little concerned that he was shocked by the cold water. But when he turned back toward the ride and made the sign for "more" I laughed out loud, while the ride operators and every spectator were totally stupefied by what they had just seen. Thanks for all your work.

Renee Israel



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