

SPRING/SUMMER 2007
BOULDER, COLORADO

the Splash

INFANT AQUATICS



JUDY HEUMANN
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DEAR PARENTS,

Now that we have experienced “the great thaw” from the longest winter in recent memory, it’s time to prepare for summer. Supervising unskilled children around the water is more than challenging, and often evokes panic in parents. Don’t wait until July to realize that your child needs swimming lessons -- plan ahead. You can enjoy water activities safely once your children learn how to swim and float on their backs. A few weeks with Infant Aquatics this spring will help ensure a safer, more enjoyable summer for your entire family.

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REGISTER NOW FOR SPRING AND SUMMER CLASSES

NOTE TO NEW PARENTS: All new students must complete 3 to 6 weeks of private lessons before progressing into once a week group classes. Please read the paragraph below and then refer to page three of this newsletter, “Getting Started” for fees and details on how to register.

Registration is ongoing for spring and summer, and slots are filling fast. Whether your child has no swimming ability, is a former “floater” ready to learn to swim, or just needs a short refresher to join a group class, now is the time to reserve a space. Spring private lessons are being taught between the hours of 7:00 and 9:30, 10:00-11:30 and 12:00-12:30. Lessons will continue through mid-August. Summer registration ends in July or whenever the schedule is full.

Fall lessons begin after Labor Day. Fees and registration details are on page three.

For swim-float-swim “graduates”, it’s not too late to join a Funday or Aquababies group or schedule a space in the summer stroke programs. Look inside for details on all group classes, and give me a call to reserve a space for your child.



Ellarie, 16 months

Fundays, our once a week group class for 2.5 to 5 year olds, are so popular that we now offer them every week day, morning and afternoon. We have added even more classes this spring, as many of our “Aquababies” are graduating into Funday. These classes are designed to enhance and improve our swimmers’ skill and confidence, while

emphasizing the safety skills they learned in private lessons. The children are getting quite adept at recovering from overturned floats and finding their way to safety following these “accidents”.

THE NEXT SESSION OF FUNDAYS BEGINS THE WEEK OF APRIL 2 AND ENDS JUNE 8. CHECK THE BOX FOR DATES AND TIMES. SUMMER PROGRAMS BEGIN JUNE 11. CALL SOON TO ENROLL!



Kids Overboard!



No Problem!

AQUABABIES



Pierce Goes Up

NOTE TO NEW PARENTS: Completion of private IAS lessons is a pre-requisite for enrollment in Aquababies and Fundays. Please read the “Getting Started” section on the next page for registration details.

Our Aquababies program, is a huge hit with our youngest swimmers (ages 7-30 months) and their parents. These once a week group classes teach parents how to handle their skilled babies in the water and enable babies to practice the swimming and floating skills learned during private lessons for maximum skill retention. Parents and babies interact with each other while they swim, float, slide, sing and play together in the water.

THE NEXT SESSION OF AQUABABIES BEGINS THE WEEK OF APRIL 2 AND ENDS JUNE 7. SUMMER SESSION BEGINS JUNE 11. THERE ARE 7 AQUABABIES CLASSES EACH WEEK - CHECK THE BOX FOR DATES AND TIMES AND CALL SOON TO JOIN THE FUN!

All new students receive 4 private 10 minute lessons each week, scheduled at the same time each day

• WHEN ARE LESSONS SCHEDULED?

Monday through Thursday 7:00 am - 12:30 pm

• HOW LONG DOES THE PROGRAM TAKE?

New students: Please allow 3 to 6 weeks of lessons, depending upon your child’s age, temperament and coordination.

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

Former “aquababies”: Typically need 3-5 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?

\$80 per week (four lessons) plus a \$50 registration fee for new students.

• HOW DO I ENROLL?

- Call Judy to arrange lesson observation
- Fill out registration file at pool and pay a non-refundable \$50 registration fee
- Reserve a time slot for your child



Missy, 6 months

AQUABABIES & FUNDAY SCHEDULE

ONCE WEEKLY 30 MINUTE CLASSES. 10 WEEK SESSION.

COST: \$200

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

FUNDAYS: Ages 2.5-5 years. (Parents NOT in the water). 4 students per instructor. No make-ups except for July 4 (date/time TBD)

SPRING SESSION :: APRIL 2 THROUGH JUNE 8

	AQUABABIES	FUNDAYS
Mondays	9:30-10:00, 12:30-1:00	11:30-12:00, 1:00-1:30, 3:00-3:30
Tuesdays	9:30-10:00, 12:30-1:00	11:30-12:00, 1:00-1:30
Wednesdays	11:30-12:00	9:30-10:00, 12:30-1:00, 1:00-1:30
Thursdays	9:30-10:00, 11:30-12:00	12:30-1:00, 1:00-1:30, 4:00-4:30
Fridays	NA	8:30-11:00, 11:30-1:00

SUMMER SESSION :: JUNE 11 THROUGH AUGUST 17

	AQUABABIES	FUNDAYS
Mondays	9:30-10:00, 12:30-1:00	12:00-12:30, 1:00-1:30
Tuesdays	9:30-10:00, 12:30-1:00	12:00-12:30, 1:00-1:30
Wednesdays	12:00-12:30	9:30-10:00, 12:30-1:00, 1:00-1:30
Thursdays	9:30-10:00, 12:30-1:00	12:00-12:30, 1:00-1:30
Fridays	NA	9:30-1:30

Completion of private IAS lessons is a pre-requisite for participation in group classes.

STROKES N' FLOATS, our introductory stroke program for 4 and 5 year old FUNDAY graduates focuses on correct body and head position, proper arm and leg movement and rhythmic breathing, to ultimately enable children to perform the freestyle and backstroke.

Stroke School students ages 5 to 7 are mastering freestyle and backstroke and learning to dive. More advanced students are working on butterfly, breaststroke and flip turns. Our spring programs run until May 25 and registration for the summer session is in progress.



Lianne & Hardin, 4 years

STROKE SCHOOL FOR 5-7 YEAR OLDS

JUNE 11 - AUGUST 17

30 minute classes (*maximum of 4 children per class*) 10 week session. Stroke technique for 5-7 year olds. Classes grouped according to ability. Twice per week.

LOCATION: Scuba Joe
DAYS & TIME: Mon/Wed 2:30-4:30
 Tues/Thurs 1:30-2:00, 2:00-2:30
COST: \$320*

* The cost for twice/week classes has been discounted 20% in anticipation of vacation absences.

The 10 week summer stroke session begins the week of June 11 and runs until August 17. Once a week option is offered for 4 year olds only. Stroke classes meet twice weekly (Monday/Wednesday or Tuesday/Thursday).

STROKES N'FLOATS FOR 4 YEAR OLDS

JUNE 11 - AUGUST 17 (NO CLASS JULY 4, MAKE UP TBD)

30 minute classes (*maximum of 4 children per class*) 10 week session. Introduction to stroke development. Once per week.

LOCATION: Scuba Joe
DAYS & TIME: Monday or Wednesday
 1:30-2:00, 2:00-2:30
COST: \$200

I just received a call from one of “my” moms who wanted to let me know that her kids would be missing a couple of weeks of lessons because they were going to Florida. The reason for the trip was not a visit to Disneyworld. It seems their 23 month old cousin had been found floating face down in his backyard pool. He had only been out of sight for a couple of minutes. The family was traveling to attend his memorial service, which was scheduled on what would have been his second birthday. As tragic as this sounds, I receive several of these types of calls each year. The bottom line is, supervision might break down, but drowning is still preventable. With your help, I hope that one less child will become a victim of this horrible tragedy. Thank you for being a source of information and education to other parents in the community.

JUDY'S MAILBOX

Dear Judy,

We have seen such a transformation in Alex's confidence and motor skills since beginning swim lessons with you. When we began swim lessons Alex was 20 months. I enrolled him with the intention of getting him comfortable with water since he seemed quite afraid and timid when we were around pools. Now, he's almost three years old and swimming is truly his favorite activity. The fact that he also has water survival skills has put everyone at ease when we're all in the water.



I didn't know what to expect during the six weeks of private training lessons, but it was literally like a light switch going on when I saw how excited Alex became around water and pools. We just spent 10 days in Mexico and he was swimming from morning until evening, exploring the water independently and with total enthusiasm. What a gift it was to have enrolled him in your classes.

Aside from the joy of swimming and the changes I've noticed with his ability to jump, dive, climb in and out of a pool by himself, I've also seen the value of the survival skills taught by Infant Aquatics.

While swimming at a hotel pool last summer, Alex slipped on the edge and fell in. A man sitting nearby jumped out of his lounge chair to go in and save Alex. By the time he got into the water, Alex had made his way to the top and was floating on his back. I was so proud of him for knowing what to do and the man was so impressed that a two year old knew how to help himself in the water.

We are so grateful to you and your method of teaching. I really trusted your process, and Alex is a great swimmer because of it. I didn't believe that he could go from trepidation and holding on to me tightly whenever we went swimming to a boy who now jumps into the water with total exuberance.

We now have a three month old daughter, and I look forward to enrolling her in your lessons.

Fondly,
Karen Kaufman, MD



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