

DECEMBER 2004
BOULDER, COLORADO



The Splash

**INFANT
AQUATICS**

JUDY HEUMANN
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HOLIDAY GREETINGS!

With Thanksgiving over and the holiday season in full swing, I've been busy planning for the 2005 swim season. Fall classes are winding down, but we'll be jumping back into the water in early January. Group classes are filling fast, and although most students have already registered for stroke programs, Fun Friday 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 January.

REGISTER NOW FOR 2005

The 2005 season of Infant Aquatic Survival private lessons begins on January 31. I plan to teach continuously through May. Winter/Spring registration is ongoing and will continue until my schedule is full. I am hoping that Melany Ubel will once again be available to teach lessons at Scuba Joe during June and July. I will resume fall lessons around Labor Day.

Judging from the number of new students already registered for 2005, I anticipate another busy season, so please call early to schedule a new baby, a sibling or a former "floater".

YOUR CHILD NEEDS A REFRESHER IF:

He loves playing in the water, but is reluctant or refuses to float.

He loves playing in the water, but is reluctant or refuses to swim.

He swims and floats, but lifts his head instead of rolling onto his back.

He gets in the water but turns into an octopus clutching your neck.

He refuses to get in the water at all.



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JANUARY REFRESHER CLASS OFFERED FOR ONE WEEK ONLY!

If your child is exhibiting any of these symptoms, don't despair! In just a few days of lessons, he will be back in shape. I'm pleased to announce that Melany Ubel, Infant Aquatic Survival instructor, will be teaching refresher lessons in Boulder at Scuba Joe the **week of January 3-6**. So call immediately if you'd like to take advantage of this opportunity to get your child ready for vacations or the FUN FRIDAY session which begins January 7.

• WHEN ARE LESSONS SCHEDULED?

Between the hours of 7:00 a.m. and 1:00 p.m.
 Four days each week, Monday through Thursday
 In 10 minute private timeslots (year-round except for the holiday season)

• HOW DO I ENROLL?

Call to schedule a timeslot and new parent orientation class
 Mail the non-refundable \$35 registration fee payable to Infant Aquatics to :

428 Wewoka Dr, Boulder, CO 80303

• HOW LONG DOES THE PROGRAM TAKE?

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

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

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?

\$75 per week (four lessons) plus a \$35 registration fee for new students.



FUN FRIDAY

The next session of FUN FRIDAY for 2 to 4 year olds begins January 7 with 30 minute groups running continuously between 8:30 a.m. and 1:00 p.m. Melany will continue to lead the FUN FRIDAY classes, and I plan to be present as much as possible. Due to increasing demand for these classes, I have added an additional instructor, Taylor Smith, to assist with FUN FRIDAY. Taylor is familiar with the structure of the class, as she has been attending FUN FRIDAY for over a year in her position of nanny to twins Tina and Tony Aieta. Taylor also has experience in teaching swimming, and will join our stroke school staff on Fridays.

IT IS IMPORTANT TO REGISTER EARLY FOR FUN FRIDAY CLASSES, AS SPACE IS LIMITED. Priority registration is

given to currently enrolled students. If you wish to sign up for the Winter I 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.

AQUABABIES

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

Aquababies classes will resume the week of January 31 and are scheduled Monday through Thursday from 10:00 to 10:30 a.m.

Cost is \$100 for a six week session (once per week). **Completion of private IAS lessons is a pre-requisite for enrollment in Aquababies.** Interested? Check out the new Aquababies section on the website and then call Judy for details and to schedule.

FUN FRIDAY SCHEDULE

DESCRIPTION	Small group classes organized by age			
	WINTER I	WINTER II	SPRING I	SPRING II
DATES	Jan. 7, 14, 21, 28 Feb. 4, 11	Feb. 18, 25 Mar. 4, 11, 18, 25	April 1, 8, 15, 22, 29 May 6	May 13, 20, 27 June 3, 10, 17
TIMES	Continuous 30 minute classes between 8:30 a.m. and 1:00 p.m.			
COST	\$100 Per Session			
As always, if your child misses a class during a session, I will credit you one class when you register for the next session. Please mail a check before December 17 to reserve your spot.				
The ability to swim and roll over to an unassisted backfloat is a pre-requisite for participation in FUN FRIDAY				

STROKES N'FLOATS, our introductory stroke program is the next step for 4 and 5 year olds who have outgrown FUN FRIDAY and are ready to focus on improving their swimming technique. These swimmers have been working on correct body and head position, balance and buoyancy drills, rhythmic breathing, "catch-up" freestyle and backstroke while gaining confidence swimming in Scuba Joe's 12 foot deep pool. Morgan and Susan are achieving outstanding results with the STROKES N'FLOATS students and the kids are having a blast.

STROKE SCHOOL

Our advanced students swimming at the East Boulder Rec Center are perfecting their freestyle and backstroke and tackling butterfly and breaststroke. I cannot believe how much progress they have made during this short fall season. Darla and Kyla have turned this group over to Kim Fessenden who has been co-teaching with them since October. Kim, a former competitive swimmer, comes to our program with experience coaching a summer club in Golden.

I am also extremely proud of our 11 new swimmers who graduated from Stroke School and joined Boulder Swimming this fall. I enjoy watching them practice with the swim team while Stroke School classes are being held at the rec center. Their swimming ability is amazing, but the self esteem gained is the most valuable by-product of their experience.

There are limited openings available for new students in the afternoon stroke programs. Please contact me immediately if you are interested in having your child join one of these classes.



Annie and Jordan - 4 years

STROKES N'FLOATS SCHEDULE

JANUARY 10 - MAY 19 (NO CLASS WEEK OF MARCH 21-25)

30 minute classes (*maximum of 4 children per class*) 18 week session
Transitional stroke development for 4 & 5 year old FUN FRIDAY graduates.
Choose once per week or twice per week. Many classes are full; call for availability.

LOCATION:	Scuba Joe
DAYS:	Tuesday, Thursday, Friday
TIME:	1:00, 1:30, 2:00, 2:30, 3:15, 3:45 and 4:15 p.m.
COST:	Once per week \$325, twice per week \$540

STROKE SCHOOL SCHEDULE

JANUARY 10 - MAY 19 (NO CLASS WEEK OF MARCH 21-25)

30 minute classes (*maximum of 4 children per class*) 18 week session
Stroke technique for advanced 5-7 year olds.
Classes grouped according to ability.
Call to discuss placement.

LOCATION:	East Boulder Recreation Center
DAYS:	Monday/Wednesday or Tuesday/Thursday
TIME:	3:45 and 4:15 p.m. (Classes grouped according to ability)
COST:	Twice per week \$540 plus annual \$50 USA Swimming registration fee

*Students swimming at East Boulder Rec Center comprise the pre-competitive group of Boulder Swimming and these fees should be made payable to **Boulder Swimming**.*



4 years olds practicing back streamline

This year has been truly remarkable for me and Infant Aquatics. The number of referrals was phenomenal and forced me to expand the program by adding additional instructors. I realize that training a qualified staff is essential to enable more infants and young children to benefit from my expertise. With the help of capable instructors, I plan to continue offering the highest quality, most comprehensive swim program for children in Boulder County. Thank you for all of your referrals and for entrusting me with your precious children. I send you warmest wishes for a happy and healthy new year with all your delightful little fish!

JUDY'S MAILBOX

Dear Judy,

This afternoon, Hayden and I were at East Boulder Rec Center while his sister Ellie had swim practice. Hayden was excited to watch his friend going down the slide. I was a little nervous as Hayden tends to run and jump around when he's excited (even though he's been told repeatedly to walk when near the pool) so I was standing right next to him. I thought if I was there, I could prevent an accident. I couldn't.

Hayden leaned over the pool and in an instant, lost his balance and fell in the pool by the slide. The water in that area moves pretty quickly, and for a second, I couldn't see him as he slipped, fully clothed, under the swirling water. I fought like hell to resist the instinct to jump in and pull him out, for I could not reach him from the edge...instead, I got to my knees and began screaming, "DO YOUR BACK FLOAT!"

He DID do his float...his little face emerged from the water, looking very scared. The lifeguard jumped in at that instant... but he was already on his back and breathing. In reality, my yelling to him did nothing. But, I had faith in him and in what he was taught and I wanted him to know that too. What worked was what he was taught and what he had practiced a year ago in your program - over and over again - with heavy clothing and shoes and even his snow boots on.

When the lifeguard grabbed him I said, "He's fine, he's fine." She responded, "I can see that!"

Nothing can replace a parent's vigilance around the water but sometimes the unexpected happens anyway.

Every time I see those other kids' swim programs or kids with those darned 'floaties' on their arms, I want to scream and tell parents they are only giving their child a false sense of security around the water - which is perhaps even more dangerous - and to tell them about your program.

Your training works. I hope never to have to test it again, however!

Thank you, thank you, thank you.

— Erika Briechle Arens



Judy training Mai with Natalie, 2 years

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