

Autumn Aquatic Update



Fall season is rapidly approaching. As I write, the patio doors are open and last warm rays of summer are shining down on clients lounging on the outdoor deck. The autumn schedule is posted. Along with the always popular Aqua Fitness and Deep Water Workout, led by the lively and motivating Deb Dixon, comes a new group of aquatic adventures. Aqua Zumba returns with Patricia Nelson. This water dance program is both fun and exercise.

If you desire to take your lap workout to the next level check out the Masters Swimming Series. Led by the aquatic “doyen” Franklin Halley, a USMS and ASCA certified coach, the program consists of programmed training and stroke refinement tips. Franklin is also hosting a four week Youth Swim Team Stroke Development Series for teens who wish to tune-up their stroke before swim season begins.

We top off the busy schedule with Saturday morning Swim Lessons. Jennifer Johnson and Beth Holyoke, two outstanding Water Safety Instructors, offer group lessons for children from six months to 12 years of age. This new program will run in four week sessions. Jennifer also offers private lessons for both children and adults.

A brief word about scheduling. During the school year, we foster the next generation aquatic enthusiasts by hosting school swim teams. As outdoor pools close, the number of swimmers utilizing our climate controlled, crystal clear, UV sanitized pool increases significantly. Please offer to share a lane if you see someone standing on the deck holding goggles and gazing longingly across the water.

To expand open and lap swim opportunities during peak weekday hours, we moved swim lessons to Saturday morning from 09:30 am to 12:00 pm. The instructors will teach two classes side by side. The pool will be closed during swim lessons; however, the therapeutic spa will remain open. After 12:00 pm on Saturday, the pool is normally available for both open and lap swimming. Saturday morning from 08:00 am to 09:30 am is dedicated to lap swimmers. If you lap swim during this 90 minute period, please help us smoothly transition to swim lessons.

If you are interested to contributing to the Aquatics Program as a Lifeguard, I have an elevated station for you! Please come see me for details.

Have Fun and Swim Safe

Mark and The Aquatics Staff

