

4355 Saucon Creek Road
Center Valley, PA 18034
610-625-4848
www.swim-inzone.com

Fun Swim Meet

**Friday, May 11
6:30-9:00pm.**

All ages.

What fun! Younger swimmers will swim across the pool and older swimmers will swim lengths. We have an event for all ages. Every swimmer gets a ribbon. Let's see if we can break some old records! No charge for swimmers in our spring session. You must pre-register. Registration forms are available at the front desk. Please put completed sign-up slips in Dan's mailbox.

Kids Triathlon

Sunday, May 27

Ages 3-10.

Swim, Bike, Run.



\$25 per entry.

The Nittany Lion will be here. See if you are faster than the lion.

Reservations are necessary for the triathlon. Limit 100 participants.

T-shirts for participants.



Zoning-In At Swim-in Zone

Spring/Summer 2012

SUMMER Swim Lessons start Monday, June 18th



Wonderful! Spring is here and Swim-in Zone is in the midst of a busy season. Sign-ups are ongoing.

Spring is usually lively because parents want to give their children a head start on summer. Typically, children lose some of their swimming ability during the off months, but they gain maturity and coordination. Once re-introduced to their swimming and safety skills, they re-learn them easily. Spring lessons end June 17.

Swim-in Zone Theme: "For a Safer Summer"

Swim-in Zone's teachers include safety information into each level. We also designate a **SAFETY Week** during every session. Teachers spend an additional 5-10 minutes on the appropriate safety skills listed on the child's level sheet as well as the proper use of lifejackets, rescue equipment and techniques. Did you know that a picnic cooler floats so it can be used to help someone?



Kids' Triathlon – May 27th



Our 4th Annual **Kids' Triathlon** will be on **Sunday, May 27th**. The entry fee is \$25. The kids swim in our pool, and the bike and run are on a closed course right outside our building. Participants must be less than 11 years old. This is a fun race. The children will not be timed or placed. Ribbons for all. Reservations are necessary and are limited to 100 entries. Kids may swim in a lifejacket.

Saucon Valley Cycles will be available to take care of any flat tires or bike issues. Participants and their families can reward themselves with wonderful ice cream treats from the Inside Scoop after the event. Race the Nittany Lion.

The entry fee will benefit Swim-in Zone's **WHALE (Water Habits Are Learned Early) Tales Red Cross Water Safety Program**. WHALE Tales is an age appropriate, 30 minute classroom presentation which teaches children how to prevent accidents, help themselves and help others in, on or around the water. Swim-in Zone's water safety educator will come to your child's school or day care center. Your child's teacher should call us to reserve a time.

End of session reports will be handed out to the children starting June 4. The last spring classes are the week of June 11.

Summer 2012 Four different programs at Swim-in Zone this summer

-  **3-hour Week-long Morning Camp 9am to 12n for 5 days**
Includes: lesson + fun swim + activity/craft
-  **Accelerated Weeklong Classes (5 lessons) Monday-Friday 9a-3pm.** New this year 2 weeks of week-long evening classes. New classes start every Monday.
-  **Classic Once-a-Week Classes (10 lessons)**
Offered: Mornings Tues, Wed, Thurs & Sat.



From 1-4pm July 9-20 Swim-in Zone will host a Penn State Lehigh Valley camp called "Splash Lab" for swimmers entering K-4. Registration & payment are through PSU. www.lvwp.org/camps

You never know.....Our safety lessons DO make a difference!

Ask Mrs. Horvath. Thomas saw his younger brother fall into the pond, but used his outdoor voice to yell and scream for Mom rather than risk going in to help.

Ask Mr. Kreuz. His older son had the ability to swim from the diving area in a home pool to pull out his little sister who fell off the shallow steps.

Ask Mrs. Cook. Her daughter, age 2, was at a birthday party at a neighbor's house and fell into the pool during the evening fully clothed. She made it back to the side.

Ask Brady's aunt. Brady, age 3 1/2, fell into the pool fully clothed while they were taking the cover off, and he made it back to the side.



Join us for Iron Pigs Baseball

Date: June 16. Game starts at 6:35. We have reserved 90 seats in section 105 for this game against Durham. The \$10.00 ticket includes \$2 which can be used for food, beverages or merchandise.

See the front desk to sign-up.



Our Rainbow Learn to Swim System

Swim-in Zone's rainbow starts with red and ends with Pot of Gold. Our system is structured to keep your children growing in their swimming skills and progressing at their own pace.

How Long Does It Take?

One of the most frequently asked questions is "How long does it take to learn to swim?" Good swim technique takes maturity, coordination and time to learn and practice, just as any motor skill. No parent would expect a child to learn to dance or play an instrument in 4, 8, 12 lessons. It usually takes years to become proficient.

It is not unusual for a child to be in one color level for 2 or more sessions. This is especially true in Levels 1 & 4. In Level 1 the children must be happy and comfortable going underwater, and in Level 4 the children must coordinate breaststroke and butterfly. They must swim freestyle and backstroke correctly for a distance (50 yds). Learning to swim occurs on two levels, cognitive and physical, so a lack of visual progress does not mean that the child is not learning. Having said all that, Swim-in Zone guarantees that your child older than 4 will not spend more than 3 consecutive sessions (36-40) lessons in the same color level or your next session is free.



Our birthday is May 28. Swim-in Zone will be 8 years old!

Happy Birthday Parties

Have your child's birthday party at Swim-in Zone. Lots of fun and no mess at home! We have times available on Friday afternoons Saturdays, Sundays and school holidays. Parties include 1 hour of pool time and 1 hour in the party room to eat pizza, open gifts and have birthday cake. Summer parties are great to celebrate without worrying about the weather, and your guests will be comfortable in air conditioning. Call today!

Why are our sessions sooo long? Because it works the best.

Children seem to make the most progress when they are comfortable and know what is expected of them. We notice the children making amazing strides after the 8th or 9th lesson when they know the routine and have practiced the basics. We will never go back to an 8 week session!!