



# Newsletter

JULY 31, 2014

VOLUME 2, NUMBER 3

## **August Break**

The Little Dolphins Swim Academy will be closed August 10 and resuming September 3!

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## **New Progress Recognition System!**



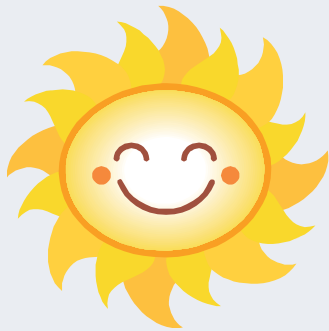
On June 1, we moved to a new progress tracking system of earning ribbons and pins. The purpose of going to ribbon and pin achievement awards is to make sure that each child is rewarded for their appropriate improvements. Often, but not always, busy parents are challenged to keep track of a certificate. Therefore, the way our new system works, is this: We have the first five skills in their class numbered on the "tracking system" that you all have access to on [www.aretswim.com](http://www.aretswim.com) (if you need instructions on how to use it, they are also on the website in the drop down menu under "Learn To Swim" or [click here](#)). Once your child has achieved the first five skills in their class they will receive a customized ribbon for the Little Dolphins Swim Academy. Our suggestion is that you secure that ribbon in a prominent place at home like a refrigerator or a bulletin board. When they achieve all the skills in the class, then they will receive a pin that they can put on the ribbon. There will be a different color ribbon for each class.

## **"Swimming as a Life Skill"**



Here are two different articles that highlight learning to swim as an important life skill and personal safety tool. In the first article, one state is considering requiring schools to teach swimming or, at minimum, basic water safety in the aftermath of two school drownings. Read more about "[Minnesota could be 1st in nation to require swimming lessons](#)" in the April 21, 2014 article by Ben Grove. Swimming programs targeted for autistic children is discussed in the second article. According to the article, drowning caused the majority of deaths in wandering incidents of autistic children in the period 2009-2011. Read more here "[Autism Drowning Risks Tackled with Swim Program](#)" in the NJ.com article by Kathleen O'Brien.





## Health, Education & FUN!!

*The days are still long and there is still time to swim and play outside in the sun. Check out this site from Federal Registry for Educational Education (FREE) and their discussion on UV Safety. The site is filled with fun and educational information for kids, including learning the Shadow Rule & Poem, Sunscreen experiment, How to make a Sundial, etc. [Click Here and have some fun.](#)*

## Additional Opportunities for Intermediate Swimmers

~ARETE Swim Camp~

Intermediate swimmers may want to explore additional skill training through our Arete Swim Camps and/or Super-Skills Clinics.

For more info, click on the bullets.

- [Adventure Camp August 26-28](#)
- [Super-Skills Registration Opens August 1](#)

## “How to Overcome Your Fear of Swimming”

**Little Dolphins Swim Academy also offers Adult Swim Lessons!**



In our last edition we published an article about learning how to swim no matter your age. In addition to age, learning how to swim is possible even given our fears.

“Teaching swimming has taught me so much about fear itself. Fear keeps us safe, but it also prevents us from moving forward. If you are frightened and try to hold on to the water, you can't swim. It is only by letting go and trusting that the water will hold you up that you can learn to swim. This is far more important than technique, but it takes time.”

To read more including inspiring stories of others who overcame their fear, [click here](#) for Jane Greene Petterson posting on [The Swimming Blog](#).

“Take a leap and overcome your fear of water.”

## Little Dolphins Swim Academy Students Excel !!! Congratulations to the following Little Dolphins Swim Academy Students on a Successful Summer Swim Team Season!

- Kyle DeWar
- Lukas Disko
- Sania Moghe
- Benjamin Morehead
- Angelo Sciara
- Miho Yuhara



## **"What Every Parent Should Know about Secondary Drowning."**

*Click here for an informative article by Natalie Shumann on the dangers of secondary drowning, meaning complications that can arise up to 72 hours after a near-drowning incident.*



## **The Importance of Swim Caps and Where to Buy**

A Friendly Reminder: Our policy is anyone with hair below their chin should wear a swim cap. This enables the swimmer to properly work on their breathing technique (i.e. hair doesn't go into their mouth) and it's also kind on the pool filtering system. We know it's often daunting to find swim caps especially this time of year when stores have already moved onto fall merchandise. The following shops offer swim caps year-round:

### Metro Swim Shop

1221 Valley Road Stirling, NJ 07980  
NJ Number: **908-647-8121**  
Toll Free Number: **800-526-8788**  
Website: [www.metroswimshop.com](http://www.metroswimshop.com)

### Ultimate Swim Shop

463 Main Street, Metuchen, New Jersey 08840  
1-800-628-SWIM/1-800-628-7946  
Website: [www.ultimateswimshop.com](http://www.ultimateswimshop.com)



## **What's a Swim Team?**

The advantages of becoming a competent swimmer are endless. One day it may save your life, a friend's or that of a stranger. As our swimmers move into the Advanced Beginner and Intermediate groups they may also want to consider joining a swim team.



Summer swim teams at local pools wrap up at the end of July. Tryouts for winter teams occur in August and some even in July. A swim team has practice and it has races. The races tend to be grouped by age-group starting with 8 years old and younger, then continuing with a 9-10 year old group, 11-12s, 13-14, 15-18 and a 'senior' or open age-group. Some teams also offer a PreTeam group for swimmers that aren't quite ready for the full experience, but interested in exploring competitive swimming and building endurance.

The winter season is typically much longer than the summer season and the costs can start around \$400-\$500 and range up depending on swimmer's level. Members of facilities generally enjoy reduced rates. Some clubs may require facility membership.

The swim team doesn't necessarily take the place of our small group lessons. The reason is that the swim team practice will have a large group of children and the coaching will vary in its quality. Our lessons can help refine technique, while the swim team adds endurance, teamwork and the thrill of competition.

Some of the local winter clubs in our area are:

### **In Bridgewater:**

- The Bridgewater JCC – 775 Talamini Rd, Bridgewater, NJ, [www.ssbjcc.org](http://www.ssbjcc.org), 908-725-6994
- Somerset Valley YMCA – 601 Garretson Road, Bridgewater, NJ [www.ymcasomersetvalley.org](http://www.ymcasomersetvalley.org) 908-526-0688

### **In Piscataway:**

- Scarlett Aquatics - 656 Bartholomew Rd, Piscataway, NJ Piscataway, NJ [www.scarletaquatic.com](http://www.scarletaquatic.com), 732- 873-2792

### **In Berkeley Heights:**

- Berkeley Aquatic Center - 649 Springfield Avenue in Berkeley Heights, NJ [www.berkeleyaquaticclub.com](http://www.berkeleyaquaticclub.com), 908-464-1995

**It is not unusual for teams to fill quickly, so it's good to investigate opportunities as soon as possible.**



### Fun Ways to Teach Kids Swimming Lessons

- Blowing Balls
- Holding a Toy's Breath
- Falling In
- Singing in the Water

[Check out this LiveStrong.com article by Sophie Bloom, M.S. L.Ac for details.](#)

#### Note:

**If we offer less than 4 classes per month, fees will be prorated.**

### "Class Make-Up" Procedure

[Click Here to go on-line for our class make-up procedure.](#)



## EXPLORE YOUR SWIMMING DURING OPEN SWIM TIMES IN AUGUST!!!

The Swim Academy may be closed during the end of August but continue to explore your swimming. A day at the pool during the August heat is always relaxing and probably the best way to beat the heat! Take advantage of open swim times to continue to explore your swimming. Practice kicking, breathing and putting the whole stroke together. Maybe have some fun family relays! Kicking races are great even on a floating device. Playing games helps develop comfort in the water. Doing somersaults in the water helps a swimmer learn to avoid getting water up their nose; this will come in handy for flip turns! Even just doing relaxed floating is practicing getting your body in the best buoyancy position. See the sidebar article "[Fun Ways to Teach Kids Swimming Lessons](#)" for other ideas! So, get out and enjoy!

## FEES UPDATE

- All August fees will prorated (so Somerset is billed for 1 class and Bridgewater for 2), and, as long as your registration is current, your class time and day stays the same for September. This is important since nearly all of our classes are filled, particularly in Somerset.
- On September 1, Fees are going to go up to \$68 for 30 minute classes and \$82 for 45 minutes to help cover increased pool costs.

## CALENDAR

**The Little Dolphins Swim Academy will be closed August 10 resuming September 3!**

See the complete calendar on the following page.





The Little Dolphins Swim Academy is a **child-centered program** that teaches children how to swim and how to love it!

**We're on the Web!**

**At:**

[www.areteswim.com](http://www.areteswim.com)

or contact us by e-mail:  
ldolphinssa@gmail.com  
or by phone:  
732-921-5989.

**SWIM  
ACADEMY  
LOCATIONS**

We offer two locations:

- Bridgewater JCC –  
Bridgewater, NJ  
775 Talamini Rd
- La Quinta Inn –  
Somerset, NJ  
60 Cotton Tail Lane

August 2014						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
					1	2
3	4	5	6	7	8	9
10 <b>No Swim Academy!</b>	11 <b>No Swim Academy!</b>	12 <b>No Swim Academy!</b>	13 <b>No Swim Academy!</b>	14 <b>No Swim Academy!</b>	15 <b>No Swim Academy!</b>	16 <b>No Swim Academy!</b>
17 <b>No Swim Academy!</b>	18 <b>No Swim Academy!</b>	19 <b>No Swim Academy!</b>	20 <b>No Swim Academy!</b>	21 <b>No Swim Academy!</b>	22 <b>No Swim Academy!</b>	23 <b>No Swim Academy!</b>
24 <b>No Swim Academy!</b>	25 <b>No Swim Academy!</b>	26 <b>No Swim Academy!</b>	27 <b>No Swim Academy!</b>	28 <b>No Swim Academy!</b>	29 <b>No Swim Academy!</b>	30 <b>No Swim Academy!</b>
31 <b>No Swim Academy!</b>						
September 2014						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
	1 <b>No Swim Academy!</b>	2 <b>No Swim Academy!</b>	3 <b>Swim Academy Resumes!</b>	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				
October 2014						
Sun	Mon	Tues	Wed	Thurs	Fri	Sat
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	