



# Little Dolphins Swim Academy

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In order to care for the quality of our facility and staff, on March 1, tuition will increase approximately 50 cents per class, or \$2 per month.

## LIFEGUARD CERTIFICATION CLASSES



**ARE YOU  
WHISTLE  
WORTHY?**

SAVE LIVES  
LEARN TEAMWORK SKILLS  
MAKE MONEY  
SIGNUP AT [WWW.SWIMLDSA.COM](http://WWW.SWIMLDSA.COM)

## FROM STUDENT to STAFF at LDSA

This fall, the Little Dolphins Swim Academy will turn ten years old and students are growing into lifeguards, front desk hosts and even instructors. Does that smiling pretty face pictured below (not Coach Warner!) look familiar to families at LDSA on Sunday mornings? That is Sakinah Ahmed who typically greets you at the front desk. Sakinah started at LDSA as a five-year old in a Beginner I class, where she learned to improve her swim safety and proficiency. Pictured here, she received the first paycheck of her life last summer from LDSA.



Sakinah's older sister Rayhanah was also an LDSA student and has become an exceptional instructor. Amanda Zietler, another former LDSA student, now works as a lifeguard here and is an "instructor in training." The Little Dolphins Swim Academy is always looking for good people that love children and families, to help us with our mission in treating our families with Compassion, while Empowering children and adults in and around the water, caring for Families and teaching with Excellence.

If you, or someone you, know is interested in joining our staff at LDSA, please [CLICK HERE](#) for more information.

## Reminder About Our Cancellation Policy

A reminder that in order to use your Last Month Tuition Deposit, a Cancellation Form (listed under "FORMS" at [www.swimlds.com](http://www.swimlds.com)) must be submitted no later than the 25th of the month prior to the first of your last month of enrollment. (Our deadline of the 25th allows time for our Business Manager to process billing for the first of the month, for us to re-organize classes and staff as needed and to allow us time to let incoming families know of space that will become available. (Our wait lists can be long.)

For Example:

If you want to stop coming at the end of April, you must submit a Cancellation Form no later than March 25.



**COME CELEBRATE WITH US!**

For more information <http://www.swimlds.com/birthday-parties>

Come see us at the front desk or email us at [info@swimlds.com](mailto:info@swimlds.com) for reservation information

## ARE YOU THINKING ABOUT COMPETITIVE SPORTS for YOUR CHILD?

Words of wisdom,

By John Leonard – Executive Director – American Swimming Coaches Assn.

In all of age group sports, the biggest question for every parent is..."How much to be involved."

In every sport from tennis to golf, to gymnastics and swimming, there are horror stories of absolutely awful parental interference, with tragic consequences for the career of the young age group athlete. Yet every one of us loves our children like nothing else in the world. So, how does this happen?

I think it's because as parents, we're all looking for a singular rule that will make our role as parents "successful". And it does not exist. In fact, exactly the opposite is the truth...the rules change all the time, as the child matures, and only experience can tell the parent that.

Here's a classic example. Jill is 8 and very enthusiastic about her new swim team....most of the time....but on a given Friday, her friend is having a sleepover party and Jill wants to go and skip practice. Perfect role of her mom? "Jill, get in the car, you made a commitment to swim team and you will keep that commitment. I'll take you to Sally's for the party right after practice."





## JOIN THE FUN & FITNESS In OUR AQUA-Fit H2O CLASS

Our Aqua-Fit H2O adult class (age 18 and older) is a fun, lively, innovative combination of water exercise with a dash of swimming to move the student toward better overall fitness. Registrants do not need to know how to swim (the pool is 4 feet deep) but they should be comfortable in water. This is not a learn to swim class.

Class is conducted Monday nights from 7:15-8 pm and taught by Coach Lateef.

**Monthly tuition is only \$49.**

**No water shoes or any other type of footwear is permitted** (our pool has a liner that can be damaged with footwear).

Video of the Class on our [facebook page](#).

### **"Water Safety Video"**

This dog saw his friend drowning in the pool, so he jumped in and saved his life!

[Click Here](#) to watch the video.

### **Trivia**

[Click here](#) for our trivia game. Can you collect all 5 points!!! Bring in your result sheet and claim your Stamp!

## ARE YOU THINKING ABOUT COMPETITIVE SPORTS for YOUR CHILD? (con't)

Mom reminds Jill of her commitment. No if's, and's or but's. And enforces it, without depriving the child of the fun party. Perfect.

Now Jill is sixteen...another friend is having another Friday evening party and once again, Jill is debating where she "should be". She discusses it with her Mom. This time, Mom simply raises an eyebrow and says "your choice, you know what you should do." Again, perfect.

But totally different.

And that, I believe, is the point. When our children are young, we are really and truly "herding them through the process" and making decisions for them, as we should be.....And the goal, is to gradually and systematically, based on successful demonstration of competence, to hand over to them, the decision making power.

Athletes who have been in a sport for years, invariably have the same comments..."my parents let it be "my sport", not theirs," "they were interested in what I did, but it was mine," "they didn't interfere at all in my teens, it was up to me to get out of bed to go get them to take me to morning practice. If I chose to sleep in, oh well, my loss."

The hard part is judging that "letting go process" and deciding when it's "right" to let go of what. Like most things in life, it's never completely straightforward instead; it's two steps forward, one step back, etc. In the case of most children though, by the early to middle teens years, it should be parents just sitting back and enjoying watching their teenagers make decisions and experience the consequences.

I have a friend named Lynn Offerdahl. Lynn is a former collegiate All-American diver and her husband John, a former All-Pro linebacker for the Miami Dolphins. Lynn has two children who swim and two who play football. Lynn says "Every time you do something for your children that they can do for themselves, you make them weaker. Every time you chose to "let them do it," you are choosing to make them stronger. I want strong kids."

It doesn't get any wiser or better than that.

CLOSED **EASTER** SUNDAY APRIL 12



**There will still be four Sunday classes in April, thus this is not a “makeup” situation.**

## February 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						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

[www.a-printable-calendar.com](http://www.a-printable-calendar.com)

## March 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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				

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## April 2020

Sun	Mon	Tue	Wed	Thu	Fri	Sat
29	30	31	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	1	2

[www.a-printable-calendar.com](http://www.a-printable-calendar.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.

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, 11-12, 13-14, 15-18 and a 'senior' or open age-group. Summer swim team is a good place to start. In central New Jersey the summer swim competitions tend to take place on Wednesday evenings and Saturday mornings and last about two hours.

The costs may range from about \$700 for the family for the summer on up into the thousands for clubs with tennis and golf.

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 clubs in our area are:

Add Middlesex Swim Team contact information

<http://www.middlesexboro-nj.gov/index.php/departments/pool>

For questions regarding Swim Team, call the Pool office during regular pool hours at (732) 752-3366.

In Somerset:

•The Cedar Hill Swim Club - 156 Cedar Grove Lane, NJ, [www.cedarhillclub.com](http://www.cedarhillclub.com) or call 732- 873-2792

In Bridgewater:

The Bridgewater JCC – 775 Talamini Rd, Bridgewater, NJ, [www.ssbjcc.org](http://www.ssbjcc.org) or call 908-725-6994  
(It also has a summer camp.)



SUPER-DOLPHIN Students are eligible to enroll in ARETE's Super-Strokes and Skills Clinics and The ARETE Swim Camp.

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