

Drill of the Season: Swimming Under Water

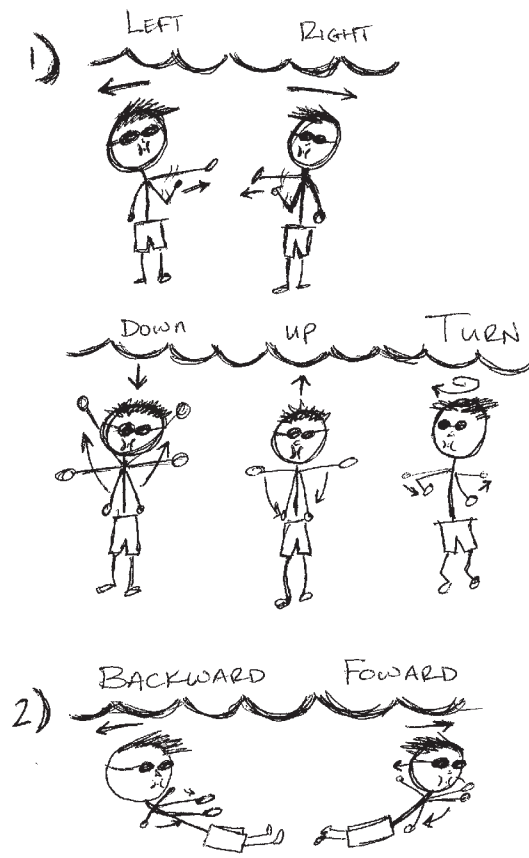
Swimming on the surface of the water is a good skill to have, but swimming underwater is a completely different experience. If you've ever envied astronauts that hover in space, then you need to experience the thrill of swimming underwater. Before you go plunging into our 7-foot pool, you need to understand how your body works underwater, and what exercises you can do to help you get where you want to go.

Water is a substance that changes with force. The more force you apply to it, the more stable it becomes. So if you want to move in any direction while underwater, you must push or pull in the opposite direction. Practice moving forwards, backwards, sideways, up, and down by pushing and pulling with your arms.

Successfully suspending yourself under the water is determined by the amount of air in your body. If your lungs are full, you will rise to the surface very quickly. If you let your air out before you go under water (or while you go under) you will be able to move more freely without air making you to rise (Tip: your lungs don't have to be empty...just relaxed like they are right now as you read this article).

Rotating is another skill that will serve you well. You will move forward and backwards easier than you will move sideways. Practice spinning underwater in a vertical and horizontal position by throwing water to one side of your body with one or both arms. This will allow you to move where you want more effectively.

Using these techniques, you will be able to effectively move underwater, and experience the effects of weightlessness. Furthermore, people who are at ease underwater are better overall swimmers because they understand how to move their bodies in the water to make them go. It's also about time you get to do the cool things those astronauts get to.



Fish Tales

Spring 2006

Water Babies: Send in the Infant-ry

Happy Fish Fun Facts

- Happy Fish recently received a special award from the California State PTA for being an outstanding member of the community.
- Happy Fish has employed 4 Sarah's over the past year.
- We like pizza.



Kids have a wonderful time putting balls back in the basket during a Water Babies class

Employee's of the Session: Winter 2005



Sarah



Michelle



Fiona

Kidz Kwote's

"Yellow light means go faster," says 2-year-old **Riley Accruso** (Hmmm, wonder where she learned that?).

"I like to put ketchup on my pizza," admits **Calvin Qin**.

"My name is Lily, but when I'm swimming you can call me Water Lily," jokes **Lily Wang**.

"Hey, you're wearing America," says **Jenna Bain** to her friend **Riley Kilgariff** who is wearing a red, white, and blue swimsuit.

In This Issue:

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Where's all the Hot Water?

Swimming Under Water

How young is too young when it comes to learning how to swim? Think about it this way. As human beings, we all learn skills from the moment we are born: eating, crawling, walking, skipping, riding a bike, and so on. All these skills are learned when we are physically, emotionally, and mentally ready. Learning to swim is a skill that can be learned from birth as long as it is done properly.

When a child is born, he/she leaves an aquatic environment which provided warmth and

security and enters a new world where gravity has the main influence on his/her development of independent movement. Therefore, a child of three-months-old who has limited land experience will probably be more willing to return to the aquatic environment than a two-year-old child who has mastered land movement independently. Exposing children to an aquatic environment early on will lessen the anxiety, or fear, the child might have when it is time to take swimming lessons. Happy Fish's Waterbaby program provides

Employee Of the Year: KHAAAAAAN!

Happy Fish was delighted to name Mohyuddin Khan as it's employee of the year. His gleaming personality and his unique teaching style made an impression on many young swimmers. But where is he?

Khan moved back home, to Pakistan, to take over his father's electrical engineering business. He keeps in contact with his friends here at Happy Fish and promises to visit over summer. Unfortunately, we don't think he'll be teaching any swim lessons during his vacation, but we'll still be glad to see him.



Happy Year of the Dog



How Great is Eight?

In attempts to make classes more productive and registration easier, Happy Fish is testing out an 8-class session during it's winter and spring seasons, two more classes than the original six-class session. The reasoning behind the extension is two-fold.

First, our teachers have expressed an interest in keeping their kids just a little bit longer (in hopes they can pass the level they're working on, or keep making significant progress). "The kids really get going around the third or fourth class," says teacher Jacki Ngo, "and to add a few extra classes

will help a lot."

Secondly, we see the frustration parents go through as they re-enroll for swim lessons. If parents wait too long to re-enroll (meaning a month in advance), then they may have to change times or change teachers.

Please give us your opinion. Tell the manager on deck or the front desk if you like the 8-class session or if you prefer the 6-class session. And if you think we should extend it even longer, you can tell us that too. Most of all, we want to hear your thoughts.

Hang In There Baby! (cont. from pg. 1)

a fun, safe learning environment for infants to lessen these fears.

Children have three basic fears of the water. The first is the fear of the unknown, which refers to the anxiety of being in a new environment with a new person and a new set of rules. To conquer this fear, teachers/parents must build a warm, trusting relationship with the child where exploration is not only encouraged, but positively reinforced as well. Always reinforce actions that you approve of in a positive way with a hug, a high five, or a smile.

The second fear is the fear of the loss of balance, or the fear of falling. What if someone made you walk on a tightrope three stories high? You would be scared, to say the least. However, if you had a harness that would guarantee you a safe trip, you may not be as scared. To conquer this fear, children must be held securely in the water in a way that promotes balance. Holding a child in an unstable way will cause the child to hold onto the parents for dear life and build anxiety toward the water. So be conscious of the



way you handle your child in the water.

The third fear is the fear of suffocation, or the inability to breath at will. This fear can be gradually overcome through a slow progression of breath control. Learning to hold our breath through a series of submergions, along with positive reinforcement will build a strong foundation, which will allow for greater experimentation in the water.

Happy Fish's Waterbaby classes work on conquering these fears of the water, and help parents understand how to work and bond with their children in the water in a positive way. Kids also learn how to act in a class environment. Waterbabies also have an easier time passing the first three levels of the Happy Fish program. If you have a child ages 6-months through 3-years, you can enroll for our Waterbaby program and begin learning a new skill that will benefit your child for years to come.

Information for this article was provided by the United States Swim School Association.

Where's The Hot Water?

"Why is there no hot water when my child wants to take a shower?" is a question we at Happy Fish hear a lot. The answer is simple. The kids at the front of the shower line took it.

As Happy Fish continues to improve its home, we will look into getting more hot water for everyone. We currently have the biggest hot water heater that can fit in the space we have. Until then, it is up to all of us to be considerate of the people standing in line wanting to take a shower as well.

Follow these tips so we can all get along:

- Apply soap or shampoo while waiting in line, and use the shower to rinse.
 - Have your child's towel ready (nothing is worse than getting out of the shower and not having a towel, right?)
 - Make sure you turn the water off after using the shower.
 - Limit shower time to no more than one minute.
 - Let two kids share one shower.
 - Rinse quickly at Happy Fish, and shower thoroughly when you get home.
- Thank's for your cooperation.

Let Us Know What You Would Like?

It's time to upgrade Happy Fish, and we need your help. For six years, the staff has been focusing on teaching your children how to swim, but what about the rest of the experience?

We need your input to make Happy Fish a better environment. Please take a couple seconds to write down

what you think would make Happy Fish a better place.

Already on the "to-do" list are private changing rooms, a colorful pool area, and a computerized registration system. What else would you like to see done to make Happy Fish a better place for you and your children?

No tools necessary, just rip it out!

What would you like to see at Happy Fish?

(Fill in your suggestion and return to the front desk)
