

Fish Tales

Summer 2008

**Happy Fish Livermore, CA
Now Open!**



Happy Fish Swim School in Livermore, CA

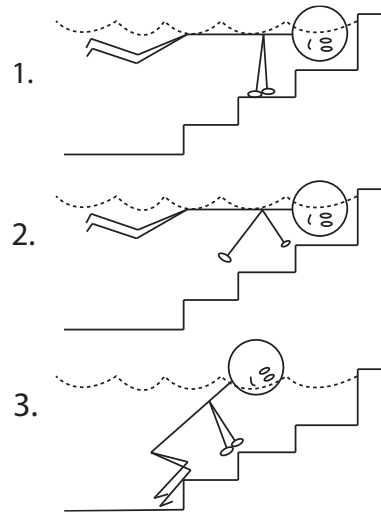
Drill of the Season: Stair Floating

Learning to float seems to be one of the hardest things to conquer in any swim lesson program. Whether you are a new swimmer and don't understand the supporting nature of water yet, or an adult who doesn't trust nature's most versatile element learning to float is the key to swimming. Practice this exercise to help you start floating while slowly building trust in the water that surrounds you.

Step 1: Find a spot on the stairs and put your hands on the second or third step down (depending how long your arms are). You want your arms to support you as if they were your legs. Take a breath and submerge your head fully into the water.

Step 2: Slowly start to lift your hands off the steps and feel your natural buoyancy. You will bob up and down for a little while, but after a few seconds you will stabilize and float.

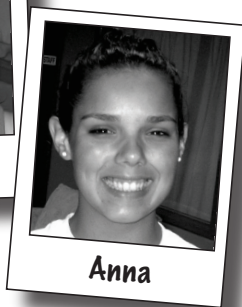
Step 3: When you are ready to stand up put your hands on the step, pull your knees in, and stand up. After repeating this process over and over, you will understand the process of floating and should try this skill without assistance.



Employees of the Session



Yasmin



Anna

Kidz Korner Sudoku for Kids

		1	
	3		4
3		4	
	2		

Rules: Fill in the missing numbers. There can only be one of each number in each row, and one of each number in each column. Good Luck.

Happy Fish opened its second location in Livermore last March and is already helping dozens of families learn to swim. In a brand new, colorful facility the Happy Fish team looks forward to helping many students learn about swimming and water safety.

"I really hope the families in Livermore are as supportive and welcoming to Happy Fish as the families in Fremont are," says

manager Kate Faix.

Happy Fish would like to encourage families that live in San Ramon, Pleasanton, Dublin, and Livermore to visit our new location and help spread the word about Happy Fish. It's near Costco and easy to get too, right off the 580 freeway exit Airway Blvd.

You can see pictures and get directions on our website www.SwimHappyFish.com.

The Best SPF Around

As Summer rolls around swimming is at the top of everyone's mind, especially when it's in the 90's and even 100's. Putting on sunblock is almost a daily chore, but please remember that Happy Fish has provided you with the best sunblock of all-time: a ceiling.

Please do not put sunblock on your children before taking lessons at Happy Fish. Save it for after swim lessons when you are leaving for the next outdoor activity. Thank You.

Too Much Sun Is No Fun

As we welcome back summer, we also welcome back outdoor activities and should remember a few sun safety tips.

- Between the hours of 10 a.m. – 4 p.m. the sun's rays are the strongest and we should apply sunscreen of SPF 15 or greater.
- Apply sunscreen 10-15 minutes *before* you go out into the sun.
- Re-apply sunscreen every 2-hours and/or after you get out of the pool.
- Shop for a brand of sunscreen that protects from UVA and UVB rays.
- Wearing clothing, hats, and sunglasses can also help protect us from the sun.

The sun emits ultraviolet rays that if over exposed could cause uncomfortable sunburns. Follow the shadow rule to determine if you need sunscreen: no shadow, seek shade. UV rays are invisible so take steps to protect yourself.

Happy Fish wishes you a fun, sun-safe Summer.



Special Summer Make Up/Practice Time

Happy Fish Swim School will be having daily make up/practice times starting June 29th.

Mon-Thur : 12:00pm-1:00pm

Fri: 7:30pm-8:30pm

Sat/Sun: 12:30pm-1:30pm

Make Up/Practice time is limited to the first 50 participants, so please arrive early.

Run 4 Education Accepting Online Registration Starting May 1st.

The Happy Fish Run 4 Education is accepting on-line sign ups starting May 1st. This will be the 5th Annual 5k/10k Walk-Run at Central Park in Fremont, which supports the Fremont Education Foundation.

Last year, the Fremont Education Foundation has done a tremendous amount of work giving students and teachers financial support in a time where it is needed most. The Fremont Education Foundation funds the Elementary After School Band Program, Innovative Education Grants for teachers, and the Guy Emanuele Sports Fund which assists high school students that participate in after school sports programs.

If you would like to learn a little more about the Fremont Education Foundation and the programs it offers, you can visit their website at www.Fremont-Education.org.

If you would like to support the Fremont Education Foundation by participating in the Happy Fish Run 4 Education you can register online at www.HappyFishRun4Education.com

Fall Pre-Registration Dates

Friday, July 11 @ 12:00pm

Same Day/ Same Time

For Students swimming in Summer Session 4 to sign up for the same schedule they have during Summer Session 4.

Friday, July 18 @ 12:00pm

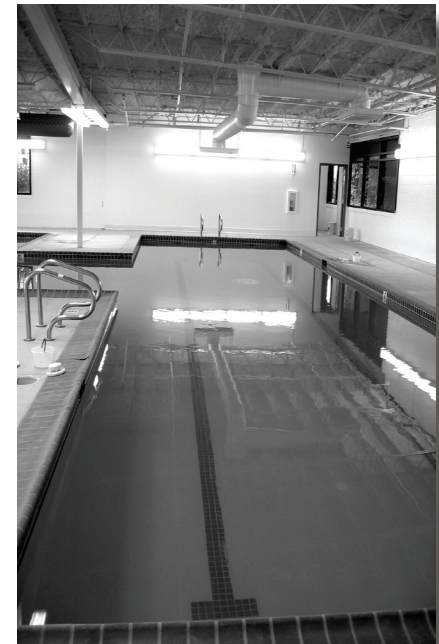
Current Students/Any Time

For current students (anyone who has taken swim lessons during Sessions 3 or 4) to sign up for any schedule they wish. First come, first serve. Based on availability.

Friday, July 25 @ 12:00pm

New/Former Student Registration

For any new or returning students from 2008 or earlier. First come, first serve. Based on availability.



Happy Fish Livermore deep end.