

# Fish Tales

Fall 2006

## Drill of the Season: The Invisible Elevator

Floating is one of the simplest things to do, but why is it so hard to learn? Many kids get stuck in the yellow level because they are too scared to float by themselves. Let's take a moment to understand floating and explore an exercise to help your child learn to float sooner than later.

Floating is just a way to experience our natural buoyancy as humans. As we submerge underwater, the air in our body will lift us to the surface. This means that all you have to do in order to float effectively is to keep air in your body.

Practice this exercise with your child to help them start floating and finally pass the yellow level.

The Invisible Elevator: Tell your child that you are going on an invisible elevator, and you have to get on at the bottom floor. Take a big breath and submerge hand-in-hand with your child. When you get to the bottom relax and float to the surface with your child. When your child gets better at this drill, you can let go at the bottom and let your child float up alone.

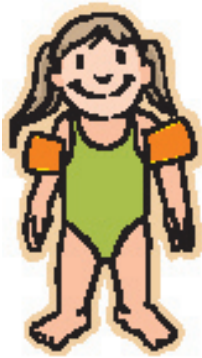


## Ready, Set, Wait...My Shoe's Untied!!!



*Kids, ages 4-8, take off running during the Tiny Trot at the Happy Fish Run for Education, making it the most adorable event in the history of the world.*

## Employee of the Session



Jenna

## Kidz Korner



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Happy Fish is proud to say "it's that time again!" The Happy Fish Run For Education is in its second year. Last year, with the help of many local businesses, the Run for Education raised over \$9,000 to support local classrooms and after school sports programs.

"It will be great if more people run this year," says run

supervisor Liz Elliott, "so we can beat last year's contributions."

Happy Fish spends time helping local business make contributions to the Guy Emanuelle Sports Fund that helps economically challenged students participate in after school sports. "We already beat last years contributions of \$3,000," excitedly

## Summer's Over, Now What?

Summer is obviously the time of year where swimming lessons are the thing to do, but why stop there?

Happy Fish Swim School is open all year long to provide swimming lessons for students that want to keep swimming. As Fall starts to come, and temperatures start to drop, Happy Fish continues to heat its pool and building to comfortable temperatures so it can be like summer all the time.

If your child isn't in school yet, or only goes to school for a half-day, you should try to take advantage of our morning and early afternoon classes. The

## Slow Motion

Happy Fish is proud to share Davenport Place with other family friendly businesses such as Bay Aerials, which means there are always kids running around with their parents trying to get to their cars.

Please be courteous to everyone while driving down Davenport by slowing down. No one has been in an accident yet, and it would be nice if no one ever will. Sometimes those big trucks can block everyone's view. So keep your eyes open, stay alert, and ease your way down the street and everyone will be safe.



teachers are great and it feels like you have the building to yourself. "At any given time there are less than 20 people in the building," says Jen, one of the morning managers, "which really allows for a relaxing time."

If your children go to school or if you don't get home from work until 5:00, you can take advantage of our weekday classes that happen right after school or right before dinner time.

If coming during the week is too much to handle you can always come once a week during the weekend where Happy Fish is the liveliest. "Make sure to sign up early, weekend lessons fill up the fastest," comments James, one of the weekend desk clerks.

Any way you look at it there is no reason to stop swimming if the kids are still interested. So when you figure out when swimming lessons fit into your weekly schedule, Happy Fish will be here. Have a good day at school.

## 30-Second Power Shower

Lately, kids have been really enjoying their warm shower at the expense of all the other kids waiting in line to take a cold shower. Keep in mind that Happy Fish doesn't have an unlimited supply of hot water, but we will have plenty as long as people are taking quick, 30-second showers.

Keep in mind the showers are designed for a quick rinse, not a full shower. Kids are encouraged to rinse off at Happy Fish and to take a full shower when they get home.

Don't be alarmed if one of our Happy Fish employees are standing next to the showers keeping things moving. We're not trying to be rude, just courteous to the people waiting in line. Please help us to provide warm showers for all.

## Super Vision

If you didn't know already, kids love playing in the lounge area at Happy Fish. There are always kids climbing, running, jumping, and playing in the play area. We encourage all our students and families to lounge in the play area before and after classes.

Keep in mind that there is no supervision provided by the Happy Fish Staff and that you as a parent must supervise your children when they are playing. "Super Vision" can prevent bumps, scrapes, falls, and even impoliteness. So please do your part and practice your "Super Vision" whenever your kids are at play.

## Okay, I'm Ready Now.

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states Elliott, "now we are focusing on getting more participants."

Last year participants helped contribute \$6,000 to their kid's classrooms just by walking or running the 5k/10k race. On the entry form, there is a place to write the name of your child's teacher (K-6).

After the race, Happy Fish Swim School will donate ten dollars per registration form that specifies which classroom to benefit.

For example, if 50 people walk/run for Mrs. Johnson's class, Happy Fish will donate five-hundred dollars directly to Mrs. Johnson's classroom. This will help Mrs. Johnson take field trips, buy new microscopes, or throw a pizza party for her class.

"I really hope people take advantage of the Run for Education this year, so we can raise more money for teachers and their classrooms," says Elliott.

## Top Ten: In The World

Tom, Happy Fish's accountant, recently received an award for being on the 7<sup>th</sup> fastest freestyle relay team during the Masters Swimming World Championship that happened at Stanford in July. So congratulations Tom, we're all very proud.

## Happy Fish Halloween Carnival



*Get your costumes ready for the Happy Fish Halloween Carnival on Sat. Oct 28*

The Second Annual Happy Fish Run for Education will happen on Sunday, October 15<sup>th</sup> at 9:00 am. Participants will meet near the big playground, or the Lagoon, at Lake Elizabeth in Fremont. You can register at Happy Fish or online at [www.Active.com](http://www.Active.com). Registration forms can be picked up at Happy Fish and can be printed from the website [www.swimhappyfish.com](http://www.swimhappyfish.com).