

Fish Tales

Winter 2007

Drill of the Season: Dolphin Body

If someone asks you to swim butterfly, what would your response be? "Wow, look at the time!!!"

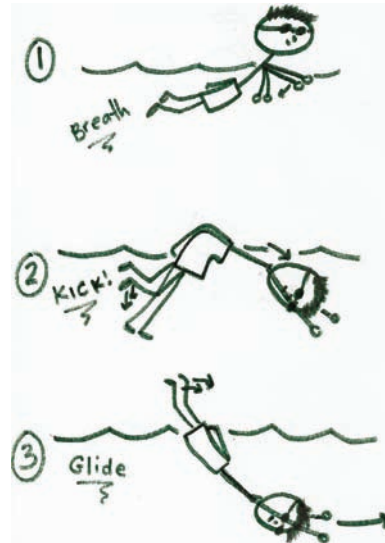
Butterfly has always been the most intimidating of all the competitive swimming strokes. Butterfly is strictly a racing stroke, which is why it is the last stroke we teach at Happy Fish. Practicing the dolphin body is a good start to learning butterfly, and will make swimming butterfly a piece of cake.

Follow the three steps to move through the water like a dolphin.

Step 1: Lift your head up to the surface (taking a breath is optional) and keep your shoulders back (pushing your chest forward).

Step 2: Do a dolphin kick (with your feet together) and push your forehead down into the water while shifting your shoulders forward. Your hips should move to the surface of the water as your upper body dives into the water.

Step 3: Raise your feet out of the water by bringing your heels back to your bottom and let the weight of your legs push you into the water. Start to extend your neck to bring you back to step 1.



Teacher/hair stylist James and student Aaron Allman pose for a picture on ribbon day.

Employees of the Session

Sarah G.



Nicole

Kidz Korner

The Far Side
by Gary Larson



"Well, we're ready for the males' 100-meter freestyle, and I think we can rest assured that most of these athletes will select the dog paddle."

Better Serving You in 2007

Here Comes the Credit Cards

Watch out 21st century, Happy Fish will soon start accepting credit cards and debit cards as well as cash and check. We would like to thank all of you for keeping your checkbook handy for the past seven years, and let you know that you won't have to worry about not getting the time slot you want because you ran out of checks.

Pre-Registration Starting this Spring

Many customers suggest that we have pre-registration for continuing

students so they don't lose their ideal swim lesson schedule when it comes time to register for lessons. We Agree!

Starting this Spring Happy Fish will offer pre-registration for currently-enrolled students who want to sign up for the same day-same time. Registration will be open one week early for those students who want to keep their same schedule.

If you want to switch the day or the time of your swim lessons, you will have to wait until registration is open to everyone (which still operates on a first come-first serve basis).

Happy Fish Helps Raise over \$25,000 for Public Education

The Happy Fish Run for Education, which happened on October 15th of last year, raised a total of \$10,890 for public education. This event helped add to the \$15,000 that was donated to The Fremont Education Foundation at the beginning of the year from Fremont Bank, Wells Fargo, and GROCO Accounting Firm. Money was raised two different ways through the Run for Education - event participation and corporate sponsorships.

Two hundred and eighty people came out to walk/run this year for our annual 5k/10k walk/run. Moms, dads, college students, high school teens, and even grade school kids came out on a warm, cloudy day to get a little exercise for a good cause. Just by entering the race, participants helped raise \$2,540, which went directly back to classrooms and parent/teacher Organizations.

"We definitely had more runners

this year than last year," said run coordinator Liz Elliott, "and we saw a huge increase in our Tiny Trot races." Eighty-five kids participated in the ¼ mile and ½ mile Tiny Trot races, up from last year's fifty runners.

"I was really surprised at how fast some of those kids are," said Scott Schroder who led the Tiny Trot Races. "I'll have to train a



Teacher Michelle and sister Kim race to the finish line.

little harder next year so the 5-year olds will stop making fun of me."

Corporate Sponsorship donations totaled \$8,350, up from last year's donations of \$4,105. Major Sponsors included The Law Offices of Pillsbury, Winthrop and Shaw, Fremont Bank, and GROCO Accounting Firm. Other community sponsors included The Learning Bee Learning Center and our neighbors, Bay Aerials.

All of the sponsorship donations benefited Fremont Education Foundation's Guy Emanuele Sports Fund, which gives grants to high school students that want to participate in after school sports, but don't have the financial freedom to do so.

"We're happy with the amount raised from our sponsors, and we really want to see more runners and walkers this year," said Elliott. Happy Fish will be hosting the 3rd Annual Happy

Fish Run for Education on October 14, 2007.

Wave Those White Walls Goodbye

Thanks to the help of Ian, James, Fiona, and Ryan, our white walls in the pool area are no more. They spent their Thanksgiving break not only painting the walls, but painting each other.

"It looks a lot cleaner and much more fun," says teacher James Navarro, "and we really enjoy making the pool a much more interesting place for the kids to swim."

Big Changes

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We Want to Serve You Better

In ongoing efforts to offer a better swim lesson experience for you and your children, Happy Fish will be increasing it's prices starting in the upcoming Summer 2007 session(s). Guests will still enjoy the same great customer service without having to pay extra fees for registration or debit/credit card usage.

"As a growing business, we enjoy making improvements that benefit our customers," says owner Liz Elliott.

Just in the past year Happy Fish enhanced your experience with private changing rooms, non-slip laminate flooring, colorful walls, and computerized registration. Most of these improvements were made because customers requested them. We will continue listening to our customers and will keep making improvements to ensure you have a great swim lesson experience.

Also, Happy Fish recently started the "Happy Fish Take Two Program",

Happy Fish Employee of the Year: Fiona Wang

Congratulations to Fiona Wang our employee of the year. She was unanimously picked by the management and her fellow staff members as a swim instructor that everyone can admire. She consistently teaches "top notch" swim lessons to all of her students while gleaming with professionalism. She even takes time during the weekend to teach any of our staff how to surf (if they want to learn).

She received a glass trophy and her name on the "Employee of the Year" plaque in the lobby. She now joins other Happy Fish Hall-of-Famers such as Barbara and Khan. Way to go Fiona!!!



Fiona receives the employee of the year award during the annual staff holiday party...then she had a glass of punch.

in which Happy Fish grants substantial raises to employees who successfully complete both American Red Cross Lifeguarding and American Red Cross Water Safety Instructor Classes. Both classes take about 70 hours to complete and focuses on expanding our instructors' knowledge on water safety and effective teaching.

"If our instructors show the commitment to improving their knowledge of swimming and teaching swimming, they deserve a raise," says Elliott, "because excellent teachers are not only valuable to us, they're valuable to the customers."