

Fish Tales

Winter 2009

And The Award Goes To... 2008 Happy Fish Awards



Pictured from left to right: Jamie Tahirkeli, Andrea Trisler, Maria Thomas, Joel Roman.

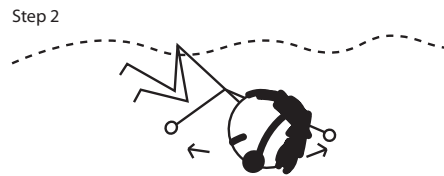
Drill of the Season: Surface Dive

Learning how to surface dive can come in very handy when diving for things that sink, such as toys, goggles, or loose change that fell out of your pocket. Follow these simple steps and you'll be hugging the bottom in no time.

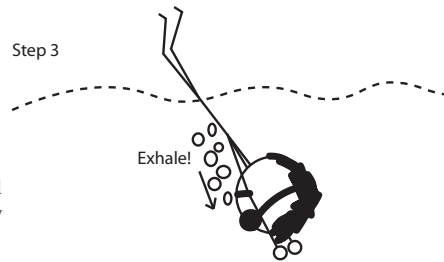
Step 1: Start flat on top of the water. Inhale above the water so that you may exhale while you dive. Exhaling is very important when you dive. If you hold your breath while you dive, then your natural buoyancy will work against you and bring you to the surface.



Step 2: Tuck your knees into your chest and invert your body so that your head and arms are below your hips. You may want to sweep your hands out to the side while doing this step just to help you maneuver more gracefully.



Step 3: Extend your legs above the surface of the water and let the weight of your legs push you into the water. Exhale as you dive. If you still need help getting to the bottom, pull yourself downward with your arms as if you were swimming breaststroke.

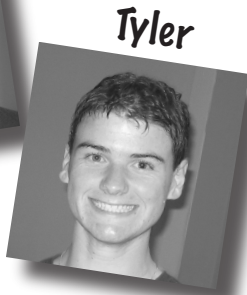


NOTE: Sometimes when we dive deep our ears start to hurt from the pressure. If you want to relieve this pressure and make it more comfortable, then plug your nose and softly blow your nose to equalize your ears. Once you come to the surface you will have to equalize again by yawning.

Employees of the Session



Allen



Tyler

Kidz Korner



Happy Fish would like to congratulate a small group of special employees for winning our coveted annual teaching awards.

“Employee of the Year” – Joel Roman

His enthusiasm and work ethic have set an example for all of our Happy Fish employees to strive for. In the past year Joel has excelled at every position he was placed in. He is a favorite among children, parents, and other staff members.

“Most Valuable Teacher” – Jamie Tahirkeli

Jamie works so well with the kids

and can teach every level with ease. His creativity, patience, and understanding makes him an excellent swim instructor. “He has a great attitude and looks forward to getting into the pool every day he is at work,” says manager Jen Andersen.

“Most Improved Teacher” – Andrea Trisler

Andrea started at Happy Fish not knowing a lot about swimming, but has shown persistence in learning about competitive swimming and water safety. She has come a long way and made herself a very valuable part of the Happy Fish staff. She is great with the younger kids and has learned a great deal about

Don't Leave Your Valuables in the Car

Happy Fish would like to remind all families to make sure they take their valuables with them when they attend swim lessons. There are very dishonest people that think it is okay to break into a vehicle if they see something of value inside. Please don't give them a reason to break into your car, and follow a few of these guidelines.

1. Take your purse, wallet, and/or laptop with you into the building.
2. Don't leave any handheld electronics in sight (GPS, iPod, cell phone, etc.)
3. Take down the GPS docking station off your windshield (it lets people know you probably have a GPS in the car.)
4. Take off the stereo faceplate if it is a removable one.
5. Set your car alarm if you have one.



Be on the look out for any suspicious activity or persons. Alert the front desk immediately if you see anything suspicious. Be smart and be safe.

Happy Fish Livermore Soon To Be Open

Happy Fish swim school has a new sister! Happy Fish Livermore will start offering swim lessons in March 2009. Both locations will keep the same annual schedule (with exception for Spring Break in order to coincide with Livermore Unified School District). Happy Fish Livermore will offer the same great swim lessons for the same great price in a brand new facility and a bigger pool.

Happy Fish Livermore will open its doors in the beginning of February for registration and guided tours of the facility. Please stop by or let anyone you know in the San Ramon/Dublin/Livermore area that we are open.

For directions and photos please visit our website or ask the front desk. Coincidentally we are right next to the Costco in Livermore as well.

PLEASE TAKE YOUR KIDS TO THE BATHROOM BEFORE SWIM LESSONS.



Awards

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competitive swimming.

“Above and Beyond” – Maria Thomas

Whenever Happy Fish was in need of an extra hand, Maria was there. She even came into work to sub for a sick staff member right after her vacation 1-hour after she got off the plane. WOW!

All the recipients received an honorable mention and a trophy at the 2008 Staff holiday party and a belly full of pasta. Congratulations to all the award winners and to all our staff. You make Happy Fish a wonderful place to take swim lessons.

Happy Fish and the American Red Cross

Happy Fish and the American Red Cross work together to bring a better quality of swim instructor to the Bay Area. During extended breaks, such as Winter and Spring, Happy Fish offers American Red Cross courses to the public.

American Red Cross Lifeguarding is the most popular class we offer. With usually 30 students enrolled per class, Happy Fish certifies lifeguards for local pools like Club Sport, the Cabana Club, Hacienda, Green Meadows, and more. “We get a lot of 16-21 year old students in this class who work really hard to get trained to act in life-threatening emergencies,” says lifeguard instructor Scott Schroder.

American Red Cross Water Safety Instructor is another course Happy Fish offers to students wanting to learn how to become more efficient and effective swim instructors. “This class focuses a lot on planning and preparing to teach, learning and development

theory, and stroke mechanics,” say Liz Elliott, Water Safety Instructor Trainer, “and the swim instructors that pass this class really have a good understanding of learn-to-swim programs like Happy Fish’s.”

American Red Cross Adult CPR is a course we offer once a quarter on a Sunday morning to swim coaches, teachers, and anyone who wants to learn how to save a life.

If you are interested in taking an American Red Cross safety course, or know someone who is, just see the front desk or our website for details.



Where's My Picture?

If your child has passed our Gold level recently and does not have their picture on the “Gold Ribbon Wall of Fame” yet, please let us know. We had a rough transition with a few of our digital cameras, and have lost some photos. Just go to the front desk and ask to re-take the picture.

