



Monthly Newsletter

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# September has Arrived!

The beginning of Fall Programs and Fitness Classes.



by [Mary Ritchey](#) on September 04

## Fall Lap Swimming

Starting September 6th, we will be offering Lap Swimming in our Natatorium from 8am-12pm, Monday-Friday. You may purchase a Seasonal or Monthly membership online, or pay for a day pass at the front desk. Lap Swimming will be available inside until we open our outdoor facility on May 27th of 2023.

## Dog Days of Summer at the Pool

Doggy Swim Days at the pool are happening September 13th-15th. We will have the 13th and 14th designated to Private swim lessons for your pup and the 15th will be for an Open Swim, separated by small and large dogs. The registration fee for the open swim is \$7 per dog. Register for your private doggy swim lesson and the Open Swim online through our website.



## Fall Fitness

Anyone can register for our Fall programs through our website. Water Aerobics is a low impact class designed for students who want to maintain or improve their cardio fitness while strengthening all the major muscle groups. It occurs Monday, Wednesday and Friday. You may sign up for all of the Monday classes, or Wednesday classes, etc. Or sign up for the whole session. Our Fall session begins on September 12th and ends October 28th.



## Fall Swim Lessons

In the Fall, we will be offering Private, Semi-Private and Group Swimming lessons. Registration for Fall swim classes opened on August 24th. Those classes begin on September 25th. Adult Group Swim Lessons for the Fall are from 10am-10:45am on Sunday and open for 16 years old and up.



Homeschool swim classes are divided by swimmer skill. Each one-hour lesson is split into 30 minutes of instruction time, followed by 30 minutes of social/free-play time. Free playtime means students are in the water exploring their independence. If the child is 5 and under and can't swim 25 yards by themselves, they will be put into a flotation

device for their protection. During the free playtime they will be unsupervised by the instructor, although they will be in the water they will be in another lesson. However, they will be supervised by the lifeguards on shift. Registration opens Monday, September 5th.

Pre-Comp is a pre-competitive level and is intended as a bridge for summer swim teams and year-round swimming. It provides further coordination and refinement of strokes. Prerequisites include passing level 4 swim lessons.

Emma Weisgerber is the Diving Coach and she dove for Westerville North High School, where she set a record. She's also on the dive team at University, and will be attending the Ohio State University this fall, where she will be studying psychology, biology, and American Sign Language on the pre-med track.

Emma teaches beginner and intermediate levels of diving. The beginner diving lessons are for ages 5 and older and require the student to be able to go off the diving board headfirst. Intermediate classes are offered for those who complete the beginner level and are 6 years of age or older.

## Thank You

We want to thank our Members and their guests for making this Summer a great one! We appreciate feedback and if you have the time, please fill out the Member Survey for Summer 2022.