



WATER WISDOM

THE OFFICIAL NEWSLETTER OF AQUAVENTURES

AQUAVENTURES ADDS ULTRAVIOLET TECHNOLOGY!

We are thrilled to announce that we have enhanced our water quality and disinfection by installing a state of the art Ultraviolet treatment system! We can now run with far less chlorine and our water quality is better than ever.

What is Ultraviolet (UV) technology and how does it work?

A "UV" system is basically an extremely powerful lamp (700degrees celcius) which kills microorganisms in the water by permanently destroying their DNA. UV systems treat 100% of the water, as it is returned to the pool from the filtration system. UV light is

a non-chemical, environmentally friendly treatment. UV is much safer than ozone and there are no harmful by-products. Ultraviolet disinfection is particularly effective on chlorine resistant pathogens such as Cryptosporidium and Giardia. UV treatment disinfects most bacteria and viruses by better than 99.9%!

Probably the most noticeable benefit from UV treatment, is the removal of chloramines in the environment. Chloramines are the by-product of chlorine and are responsible for eye irritation and that unpleasant

bleach smell so prevalent in many facilities.

The resulting effect from UV water treatment in our pool is a cleaner, more pleasant atmosphere. The use of chlorine is reduced, the potential hazards of chloramines are reduced and our swimmers are protected by the amazing disinfection this system provides. Aquaventures...Where the water is swimsational!

Information from: Pool and Spa Marketing, Fall 2007 "Medium Pressure Ultraviolet Technology"; Recreation Management: August 2007 "Protecting Your Investment in Aquatic Construction"; Commercial Aquatic Supplies Newsletter, May 2007 "UV Water Treatment"



WHAT IF I MISS A LESSON? FAMILY EXPLORATORY SWIMS!

We set aside a special time each week for members enrolled in our lesson program to practice and play in our tropical warm pool. Family Exploratory Swims are offered Saturdays and Sundays 12:45pm to 2:00pm from September to June. (We are not open on holiday weekends and select weeks between lesson sessions, be sure to call us for the current schedule.)

Lifeguards are on deck to ensure your safety and swimmers are encouraged to use our in-water islands, selected teaching aids and toys.

Aquaventures students who miss a lesson are invited, along with their family, to attend a free Family Exploratory Swim. Students and families may also choose to attend Family Exploratory Swims for extra family fun and practice time (call for current fees).

THE SWIMPLICITY DIFFERENCE

We are always seeking out the latest technical innovations to add to our already unbeatable curriculum at Aquaventures. In 2007, we were very honoured to be invited to train in the elite **Swimply** method.

The Swimply skills emphasize the student's comfort and basic relationship with the water. Being able to live in, on and under the water with a relaxed body position and controlled breathing are key components. Students practice being comfortable in any position at any depth, which dramatically increases their personal safety level in water.

Relaxed breathing is the key to success. Once the swimmer is able to rhythmically, calmly and effortlessly exchange air, everything else that needs to be learned in the water can be done with comfort and ease. You will observe us creating many different learning "experiences" so that the student's relationship with the water is strengthened which leads to strong swim skills.



Swimming is a series of skills that are learned from the inside out, if the core body and breathing are relaxed, fear and discomfort are eliminated. Many Olympians use the Swimply techniques as a part of their training to relax and focus on efficiency through their enhanced relationship with the water.

Swimply terms and skills you will see and hear: "The Ball, The Bridge, Rhythmic Breathing Vertically, The Frog position, and Breathing at the Interface" (where the nose and mouth meet the water). You will see a high

emphasis placed on floats and glides in order to strengthen the body core. Your deck supervisors can explain the specific skills and the learning outcomes.

Aquaventures is the **only** swim school in Canada that is certified to teach the Swimply method. We are extremely pleased with the quality of the swimmers we are producing in a comfortable, non-traumatic environment. Just another part of our award-winning commitment to you that produces **happy, safe and confident swimmers**.

PARENTS PLEASE READ AND HEED!

For health and safety reasons we remind you:

1. Please put all babies, tots and non-potty trained children in pool pants (reusable swim diapers). Disposable swim diapers are not permitted. The latest styles are always available for purchase at the front desk.

2. Please do not bring any food into the changerooms or on deck. We have created the Dolphin Deck upstairs for eats and treats. Many children have severe peanut allergies and can be affected

even by residue left on tables, etc. in the change areas. The health department also requests no food in these areas.

3. Please limit your shower time (supervise your children in the showers) as a courtesy to others and to save on water.

4. We have set up a toy box in the deck play area for children to play with while waiting for siblings. Please do not let children play with the on deck teaching equipment, the teachers need these items for their lessons!

5. Parents please keep the area in front of the desk clear at all times, it is important for us to have a clear view of the pool and to be able to move quickly around the desk to assist teachers.

Thank you !!



GROWING HEALTHY KIDS

Can swimming in a warm pool year round help fight off winter colds?

We are all familiar with our mothers warning: “Don’t go out in that weather – you’ll catch a cold.”

As with most old wives tales, there is a grain of truth but all is not as it seems.

We catch colds from being exposed to viruses. These viruses are usually transmitted through the air when an infected person coughs or sneezes. It is impossible to catch a cold just from being cold – we must come into contact with the cold or flu virus to “catch” it. As these viruses can’t live in the air for long we can only catch them around people who have them! In fact, “Colds are more common in winter because people (especially children) spend more time indoors and thus are exposed to more germs.” (The University of California at Berkeley).

Why then do only some of the people who are exposed to the nasty bugs actually catch them? Are the other people just lucky or is there more to this? Well here comes the grain of truth in mothers words of wisdom. Some people have stronger immune systems than others. As the immune

system is the body’s defense system, it works hard to fight off the nasty bugs.

Becoming very cold can temporarily lower our body temperature and challenge our immune system. If our immune system is weak, we become more prone to collecting those airborne colds and flu.

So how do we strengthen our immune systems?

Eating a well balanced, healthy diet rich in vitamins and minerals from fresh fruit and veggies, is our first line of defense. Our second is to maintain a vital system through regular exercise. Children who swim regularly are fitter and maintain stronger immune systems to fight off the viruses they come in contact with every day. In fact children who swim throughout the winter seem to catch far less colds and flu.

With the fitness they gain from swimming regularly our young swimmers have every chance of building immune systems that will “fight back” the next time they are in the path of someone else’s sneeze.

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www.hillsswimming.com*

CHILDREN LEARN MORE THAN JUST SWIMMING AT THEIR LESSONS

The half hour that your child spends in the water with their swimming teacher is providing them with much more than swimming skills...

Math – ordinal numbers 1st, 2nd, 3rd, etc, measurement of short and long distances, depth, number of rings collected

Organization – circuits, standing in line and taking turns

Social Skills – waiting for a turn, cooperating, playing, making friends, communication, manners, learning when to listen and talk, following instructions

Health – fitness and endurance, flexibility, strength, power, coordination, body awareness

Safety – of themselves and others

Reprinted with permission from “Swimming Matters” by Swim Australia



TEN GREAT REASONS FOR TEACHING BABIES TO SWIM

1. Babies can exercise more muscles in the water; they are less restricted by gravity and their inability to sit or stand. This increased strength often manifests itself in early acquisition of physical skills, like walking.
2. Swimming improves babies' cardiovascular fitness. Although babies are limited in how much they can improve their endurance, swimming does have a beneficial effect.
3. Early mastery of water movement gives children a head start in learning basic swimming skills. Just watch our three year olds who are Waterbaby grads!
4. Water helps improve coordination and balance by forcing babies to move bilaterally to maintain their equilibrium (vestibular stimulation).
5. Warm water, combined with gentle exercise, relaxes and stimulates babies' appetites. They usually eat and sleep better on swimming days.
6. Doctors often recommend swimming as the exercise of choice for asthmatics. Swimming stimulates less wheezing than other forms of exercise.
7. Babies flourish in the focused attention their parents lavish on them during swimming. Parents often confess that the lessons provide the only time they can spend 30 pleasurable, uninterrupted minutes with their babies.
8. As babies learn to maneuver in the water, their independence and self-confidence blossom, as evidenced by the ear-to-ear grins stretching across their faces.
9. Swimming provides babies with lots of skin-to-skin contact with their parents. That, psychologists say, may deepen the bond between parent and child.
10. Learning to swim is not only a fun, healthy activity, it is a necessary life skill in the prevention of drowning.

WHY DO FAMILIES STAY WITH AQUAVENTURES?

Here are some comments from families who have been swimming with us for over five years:

"We really enjoy the personal relationships we have made with the staff and the other patrons and feel much more of a connection than we could every find at a public pool. The water temperature and friendly learning environment has made swimming an enjoyable experience for all of us. We also really appreciate the low student to teacher ratio and feel this is an ideal situation to speed up the learning process. We will continue to make AquaVentures our home away from home for years to come."

– Glenn and Loreen Wheatley

"After being with AquaVentures for 9+ years we would like to say thank you for continuing to maintain a high level of performance for the staff and facility. AquaVentures has never rested on its phenomenal success, but has always strived to be better. Thank you."

– Colleen Beggs and family

HAPPY BIRTHDAY GIFTS!

A special reminder for parents: When your child's birthday arrives, come to the front desk, we have a special birthday gift from our birthday treasure box for your little "fish"!

AQUAVENTURES... WHERE THE WATER IS WARM AND THE TEACHERS ARE COOL!