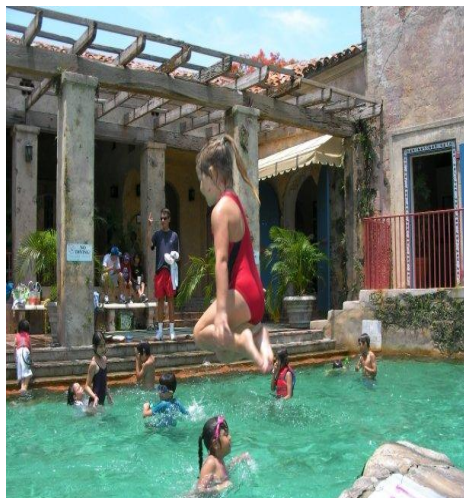


Venetian Aquatic Club Newsletter

May 26, 2011

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2011 Calendar

| | | |
|----------|----------------------------------|---------------|
| May 3-13 | Spring Training (Tues - Fri) | 9-11 AM |
| May 26 | General Meeting (Graduation) | 9:30 AM |
| June 13 | Day Classes Begin | 8:15-10:30 AM |
| June 14 | Night Classes Begin | 5:30-6:30 PM |
| June 23 | Board Meeting | 10:30 AM |
| July 9 | Summer Social | 6-10 PM |
| July 16 | Junior Member Summer Social | 6-10 PM |
| Aug. 4 | Board Meeting | 10:30 AM |
| Aug. 11 | Night Classes End | |
| Aug. 12 | Day Classes End | |
| Aug. 24 | VAC Day | |
| Aug. 25 | General Meeting | 9:30 AM |
| Sept. 8 | Board Meeting | 10:00 AM |
| Sept. 15 | Volunteer Appreciation Dinner | 6:30 PM |
| Sept. 22 | General Meeting | 9:30 AM |
| Oct. 6 | Board Meeting | 10:00 AM |
| Oct. 20 | General Meeting | 9:30 AM |
| Nov. 3 | Installation Luncheon | 11:30 AM |
| Nov 17 | Joint Board Meeting | 10:00 AM |

A Letter from the President

Dear Venetian Aquatic Club Members,

Spring is here, summer is fast approaching and as usual we are gearing up for another successful season at the Venetian pool. As is often the case in these modern times we find ourselves constantly adapting to the changes made by the American Red Cross and the city beautiful, Coral Gables. Please make sure you thank your fellow members who work very hard in the off season to make sure we are able to continue our program. We continue in our dedication to the community in providing water safety and swimming lessons.

We have just graduated twenty new members who will be joining our club. They are as excited and as enthusiastic as you are so welcome them in their first summer as they learn their way around. As always, I look forward to seeing you all teaching, swimming and enjoying being on the pool deck.

Sincerely,
Christine Dallas
VAC President 2011

Water Safety

Spring Training took place from May 3rd to the 15th, with makeup days on the 17 and 18th. It was a great success. Thanks to everyone who came out to swim and teach.

H₂O: two parts Heart and one part Obsession.
~Author Unknown

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www.venetianaquaticclub.org

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American Red Cross Children's Swimming Lessons

Taught by VAC volunteers

Monday - Friday

8:30 am OR 9:10 am OR 9:50 am

Cost: \$48 pool fee per session for 10 lessons

Children must be 5 years of age by beginning of class

(Birth Certificate required for all ages)

Session I: June 13-24

Session II: June 27-July 8

Session III: July 11-22

Session IV: July 25-August 5

Level I: Introduction to water skills: offered all sessions all times

Level II: Fundamental Aquatic Skills: offered all sessions all times

Level III: Stroke Development: offered all sessions all times

Level IV: Stroke Improvement: offered all sessions all times

Level V: Stroke Refinement: offered all sessions 8:30 am and 9:10 am ONLY

Level VI: Stroke Proficiency: offered all sessions 9:50 am ONLY

American Red Cross ADULT Swim Lessons

Taught by VAC volunteers

during the summer months - June through August

Tuesday Wednesday & Thursday

5:30pm -6:30pm

Three 2-week sessions:

Session I: June 14, 15, 16, 21, 22 & 23

Session II: July 5, 6, 7, 12, 13 & 14

Session III: July 26, 27, 28, Aug 2, 3 & 4

Cost: \$48 pool fee for 6 lessons

Junior Aide Course: Taught by VAC volunteers

Must have completed and passed Level VI and be 11 years of age.

Offered **Session 2 only**

June 28-July 9, 8:30 - 10:30 am

Cost: \$48 pool fee per person

After successful completion of course, graduates may volunteer to assist swim instructors as Junior Aides to acquire services hours



Shallow pool swim class

Name Tags.

Name Tags \$5 each with Venetian Aquatic Club, volunteer's name and standard pin closures each; Magnetic fasteners, \$1.50 each. Email Alisa at jrweiner@bellsouth.net to place your order. Please advise if you want a fastener other than the pin that is usually included by May 3rd. Please make check payable to "VAC" or in cash to treasurer,

Rash Guards.

Lycra swimming shirts offer sun protection and are very comfortable and functional even when wet. Long sleeved shirts are \$30 for adults; \$25 for children. Shirts for VAC members are royal blue with white silk screening. Black, white, red, silver and navy shirts are available for nonmembers. If you want short sleeves, including orange, contact Alisa Weiner. Non-refundable. They run small. Please email Alisa at jrweiner@bellsouth.net to place your order.

To your health

Studies have shown that many of the aches, pains and illnesses we suffer from on any given day can be alleviated and even cured by time spent outdoors in nature. What better way to take care of yourself than by helping others learn a crucial skill, surrounded by the lush vegetation and fabulous waters of our beloved Venetian Pool. Please let Dallas know when you want to volunteer so she can be sure to fit you in.

.The water is your friend. You don't have to fight with water, just share the same spirit as the water, and it will help you move. ~Aleksandr Popov

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New Members

We will have 19 new members joining us on the pool deck this year. Congratulations on surviving Spring Training and welcome to:

| | |
|-----------|-------------------|
| Nadia Lee | Angeles-Garcia |
| Amy | Bailly |
| Iris | Bogardus |
| Miriam | Camacho de Garlin |
| Nora | Diaz |
| Karen | Espinal |
| Susan | Estrada |
| Iris | Garcia |
| Bruni | Dennison |
| Kristie | Henry |
| Kath | Hinton |
| Donna | Kelly |
| Melodee | Poole |
| Veronique | Rodriguez |
| Lexi | Saloux-Velazquez |
| Calese | Segre |
| Lisandra | Thompson-Enriquez |
| Dymphna | Zamora |
| | Zaydon |



CHLORINE IS MY PERFUME.

~AUTHOR UNKNOWN



Child Care

We are very privileged to have child care provided for us while we teach by our wonderful patio people. This summer please keep this in mind as you drop your children off and pick them up after classes. Make sure they are prepared for the morning with sunscreen, bug spray, drinks and snacks... If your children are not allowed to swim yet, remember that it is summer in Miami, HOT and STICKY, and dress them appropriately. The VAC has lots of games, toys and other activities to occupy the children while on their break but you are also welcome to bring your own. Just make sure they are labeled.