

FIT-N-WISE 

Fit N Wise

Aquatics

and

**Wise Kids Aquatics
Starfish Swimming®**

Starfish Swimming®

Starfish Stroke School™

StarBABIES™

Infant Aquatic Survival

Quest Aquatics USA Swim
Team

Private Swim Lessons

Aquatic Fitness Classes

Aquatic Personal Training





StarBABIES, StarKIDS and Starfish Stroke School

Wise Kids Aquatics Starfish Swimming®

Wise Kids Aquatics Swim School is an authorized provider for Starfish Aquatics Institute. Starfish Swimming is a nationally recognized curriculum for swim instruction.

Starfish Swimming emphasizes water safety and encourages skill development by recognizing achievement as the swimmer advances his/her skills.

SAI is one of the largest lifeguard, swim instructor and pool operator certifying agencies in the United States.

Wise Kids Aquatics Starfish Swim School StarBABIES, StarKIDS and StarSTROKE School

FALL 2011 SCHEDULE

SEPT 26 – Nov. 16

Classes are held **once per week for thirty (30) minutes**. Each session is for 8 weeks. Your child will attend the same time and day **either M OR W ONCE a week for 8 weeks**.

StarBABIES (parent child 6 mo- 36 mos)

Monday 5:45pm-6:15pm OR

Wednesday 5:45-6:15pm

StarKIDS Swim School

You will choose Monday OR Wednesday

Monday

4:10pm-4:40pm (W, R, Y)

4:50pm-5:20pm (W, R, Y)

5:30pm-6:00pm (B, G)

6:00pm-6:30pm (R,Y,B)

Wednesday

4:10pm-4:40pm (W, R, Y)

4:50pm-5:20pm (W, R, Y)

5:30pm-6:00pm (B, G)

StarSTROKE School

Must have completed Green StarKIDS

Monday OR Wednesday

5:20pm-5:50pm

Quest Aquatics PRE-Swim Team

Wednesday

6:00-6:30pm

Swimmers are only eligible for this class once they have completed stroke school, or have gone through a swim evaluation with one of the coaches and have approval to join this class.

This class is intended for those interested in joining the Quest Aquatics USA Swim Team giving the swimmer an idea of what swim team is about, and working also stroke skill and refinement.

Register online!!

<http://www.wiseregional.com>

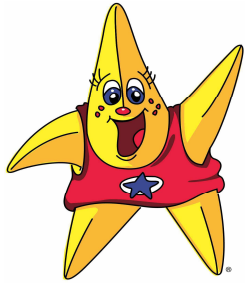
Click on aquatics, choose the session you would like to attend and pay for your session, Payment is due at the time of registration to hold your child's spot in the class. We do not issue refunds.

For more info, please call the Aquatics office
940-627-2708 Ext. 2607 or





Grouped according to swim ability StarKIDS enjoy a national curriculum based upon water and safety skills benchmarks. Swimmers receive patches for their level of achievement that can be displayed on a swim tote, towel, hoodie or bag.



StarBABIES™ and StarKIDS Levels



StarBABIES™ (6 mo. – 3 years)

This class provides an early introduction to swimming for ages 6mo to 36 mo directed towards improving the child's comfort level in water while training parents in water safety and drowning prevention. One parent or trusted caregiver must be in the water with each child, which provides a great opportunity to enjoy time together while building lifelong skills. Reusable Swim diapers AND disposable swim diapers are required. This course does not teach children to become accomplished swimmers or to survive in the water; it does provide a confidence-building, fun, loving experience.

Cost: \$65.00 FNW member
\$75.00 non-member

Pre-SchoolKIDS (Ages 3 – 4)

Must be 3 before the class start date

Designed to meet the needs of preschoolers, this course will develop a high comfort level in the water, a readiness to swim, and for those children who are developmentally ready, teach beginning swim skills. This class approaches teaching swimming through creative, fun activities in the water. Children progress at their own pace in a small group setting.

Cost: \$65.00 FNW member
\$75.00 non-member

StarKIDS - White (4-6 yrs.)

For the child who is afraid of the water, can not swim, or will not get his/her face wet.

Focus: Trust and submersion

Safety Skill: Always ask permission before getting in the water

Water Skill: Submerge while relaxed with assistance for 5 sec.

Cost: \$65.00 FNW member
\$75.00 non-member

StarKIDS Red (ages 4 -7)

For the child who enjoys water, gets his/her face wet, jumps in but can swim only with support.

Focus: Body position and air recovery

Safety Skill: Put on a life jacket, float on back and kick 20 feet.

Water Skill: jump in, submerge, recover for air, roll and lay on back for 5 seconds.

Cost: \$65.00 FNW member
\$75.00 non-member





StarKIDS Yellow

For the child who is not afraid, can float, jump in and return to the surface.

Focus: forward movement and direction change

Safety Skill: Use floatation to help someone out of the water and know how to call 911.

Water Skill: Jump in, submerge, recover, move forward 10 feet, change direction and return to wall.

Cost: \$65.00 FNW member
\$75.00 non-member



StarKIDS GREEN

For the child who can tread water for 15 seconds and swim freestyle for 10 feet

Focus: Integrated movement

Safety Skill: Survival float and tread water for 30 seconds.

Water Skill: Slide glide, swim freestyle 30 feet with 1-2-3 breathing pattern.

Cost: \$65.00 FNW member
\$75.00 non-member



StarKIDS Blue

For the child who can swim 10 feet, while taking an occasional breath.

Focus: Body Rotation

Safety Skill: Tread water for 15 seconds

Water Skill: Jump in, submerge, recover to slide glide, kick 10 feet

Cost: \$65.00 FNW member
\$75.00 non-member

Starfish Stroke School™

For the swimmer who has achieved the highest color patch (StarKIDS Green) or meets the skills requirement, and is ready to refine and develop freestyle, backstroke, butterfly and breaststroke. Patches are awarded for each level of achievement.

Cost: \$65.00 FNW member
\$75.00 non-member





QUEST AQUATICS

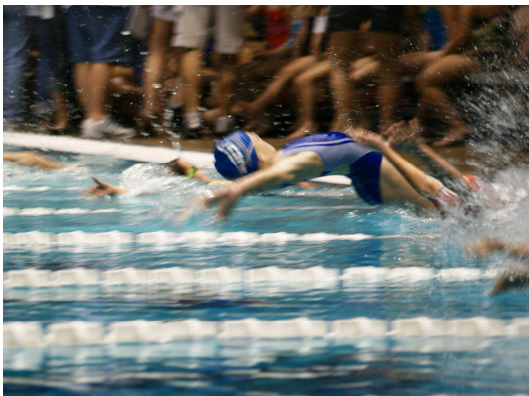
at Fit-N-Wise | Decatur, Texas

Decatur's Quest Aquatics is a USA Swimming team that began January 2009 with 18 members and has now grown to over 40 members. Swimming is a lifelong sport that teaches many life lessons. Some of the life lessons learned in swimming are courage, discipline, diligence and personal responsibility. Swimming is safe, with less risk of injury than most other activities and it promotes a clean, healthy lifestyle.

Quest Aquatics competes in many local competitions within the Metroplex and have traveled to Oklahoma for swim meets. The swimmers compete against other swimmers that are the same age and ability classification until they post faster times and qualify to move to the higher ranks. Most swimmers swim in approximately 1 meet per month. Many QA parents feel that their child's self confidence and fitness levels have dramatically increased since joining Quest. Each member of Quest is recognized for their accomplishments and improvements.

Quest Aquatics coaches are all ASCA certified and trained. Swimmers of all ages remember three things about their swimming experience: fun, friends and excellence. Swimming is one of the most beneficial sports. Swimmers and their parents [as club and meet officials] can participate in USA Swimming programs together as a family.

Tryouts for Quest Aquatics are held at the Fit N Wise pool every 1st and 3rd Tuesday of every month at 6:30 pm, or contact Coach





Infant Aquatic Survival

Discover what a young child can learn when placed in the hands of a Certified Infant Aquatics Specialist.

Infant Aquatics specialists teach children 6 months to 4 years survival swimming skills. One such skill is the back float. They are taught to roll completely over onto their backs to float, relax and breathe. Survival swimming skills also serve as a foundation for learning correct stroke technique.

Lessons are one-on-one, four times per week. Our lessons are short; about 10-12 minutes long; and tailored for the learning style of a very young child. Consistency in attendance is the key to success. Toddlers do best with short lessons multiple times per week, rather than one long lesson. Our program is flexible because children learn differently.

Be assured, we do not throw children into the water. We use a variety of methods, combining the best ideas from swim schools and infant/toddler programs throughout the world.

WHAT IS THE COST OF THE LESSONS AND WHEN DO I PAY

4-week package includes lessons 4 days per week for 4 weeks, the fun Friday/Silly Saturday punch card. The cost of pkg. \$270.00 plus the \$45.00 registration fee.

6-week package includes lessons 4 days per week for 6 weeks, the fun Friday/Silly Saturday punch card for 6 punches. The cost of the pkg. is \$405.00 plus a \$45.00 registration fee.

If you choose to pay by the week, tuition is \$75 per week. A registration fee of \$45 is due, along with the first week of lessons with your registration form. The Thursday of the first week of class you will be obligated to pay for the 2nd week, and so forth.

For Infant Aquatics Graduates Infant Aquatic AquaBABY/TOT

Our AquaBABY/TOT group class is the next step for babies who have completed private lessons and have acquired basic survival skills. These once a week, 30 minute "fun" classes enable parents to become comfortable and adept at handling their baby swimmers in the water. More importantly, it allows babies to practice the skills they have learned for maximum retention while experiencing the fun of water exploration within a relaxed group setting.

Strokes n' Floats is a program for only those who have completed the Infant Aquatic Survival course. Designed to encourage stroke development in accomplished 3-5 year olds. These once a week private lessons combine the elements of beginning freestyle and backstroke with some fun thrown in. This class serves as a transition between AquaBABY/Tot and formal [Starfish Swimming](#)

NEVER CONSIDER CHILD WATER SAFE OR DROWN PROOF! ALL CHILDREN SHOULD BE CAREFULLY SUPERVISED WHEN IN OR AROUND WATER NO MATTER HOW MUCH TRAINING THEY HAVE RECEIVED.

Please call the Aquatics office
940-627-2708 Ext. 2607 or
email kemery@wiseregional.com





Private Swim Lessons

Private Lesson Package

Single Lesson: One 30-minute private lesson - \$35
Six-Pack: Six 30-minute private lessons - \$175
Eight-Pack: Eight 30-minute private lessons - \$245

Private lessons are available by appointment please call the office 940-627-2708 Ext. 2607 or email kemery@wiseregional.com

Aquatic Personal Training

Personal Training is available by appointment. Please call the Aquatics office 940-627-2708 Ext. 2607 or email kemery@wiseregional.com

Aquatic Staff

940-627-2708 Ext. 2607

Aquatics Manager

Kim Emery

Swim Team Head Coach

Nancy Wendell

Aquatic Fitness Instructors

Kim Emery
Ruth Ann Harrison
Lorna Pittman
Linda Williams
Darice Montgomery

Swimming Instructors

Kim Emery
Ruth Ann Harrison
Nancy Wendell
Brandy Wallen
Jan Pierce
Laci Terrell

Aquatic Personal Fitness Training

Ruth Ann Harrison
Nancy Wendell
Lorna Pittman

Aquatic Fitness Classes

Running, jogging and walking in water not only strengthens the leg and hip muscles, quadriceps, hamstrings and gluteus, but also helps to develop cardio respiratory fitness.

Aquatic Fitness is defined as activities performed in the water that promote and enhance physical and mental fitness. Aquatic Fitness is typically performed in a vertical position in shallow and/or deep water. There are numerous applications to appeal to a wide variety of participants.

The water's unique properties allow the pool to provide an environment for people of all abilities. Buoyancy creates a reduced impact exercise alternative that is easy on the joints, while the water's resistance, challenges the muscles.

We offer several different types of classes, shallow and deep water. Pick up an Aquatics Schedule.

Come on in and get wet in the pool!

Class participants are encouraged to arrive 5 minutes BEFORE class begins. We encourage persons **not to be later than 10 minutes to participate in class.** Members are asked stay out of water class lanes if they are not participating in the class

