

Penguins Newsletter

May 2017



Fairmont Aquatic Center

Important Dates

May 6, 13, & 20, 2017

Dry Land

- We will be integrating dry land exercises into our workouts.
- Bring tennis shoes and a suit.
- Please make sure your swimmer brings a water bottle.

May 27, 2017

Stroke Clinic

- During practice, we will spend half of our time watching videos and learning stroke techniques in a classroom setting.
- The second half we will be working on drills in the pool.
- Meet us in the fish tank at 8am.
- PARENT MEETING ON THE BALCONY @ 8:15 AM.

June 2, 2017

Liberty Lightning Try Outs

- Liberty Park Pool
650 E. 900 S.
- Swing by 5:30 - 6:00 PM
- Try outs for group placement
- Information about the summer season!



PARKS & RECREATION

Hello Penguins Swimmers and Families!

Spring has sprung! This month there is no swim meet, however, there are still several things to look forward to. We will be doing dry land exercises in addition to swimming at Saturday practices throughout the month. Also, we are having a party on Monday, May 22nd during practice. There will be games, food, and lots of fun!

May technique classes will begin Thursday, May 4th. They will be held every Thursday through May 25th. In order to sign up for these technique classes, swimmers must also be signed up for at least one day of regular Penguins practice. Registration is open, so sign up at the front desk!

Parents, please make sure to register your swimmers for practice at the front desk. There is a registration deadline for June on May 26th. Also, please verify your email address with the front desk when registering — we want everyone to receive the new month's newsletter, calendar, and meet information.

With summer rapidly approaching, Fairmont is hiring swim instructors and lifeguards for both the Liberty Park Pool and Fairmont. Applicants must be at least 14 years old. Spread the word and let anyone interested know they can apply at the front desk.

And speaking of the Liberty Park Pool: the Liberty Lightning swim team is coming back for the summer! Try outs will be June 2nd from 5:30 - 6:00 PM. The first day of practice is Monday, June 5th. We will be sending out more information later in May, so keep an eye out for that.

Swimmers of the Month!

Our May swimmers of the month are Grace F. and Schuyler S. These two always listen to instructions, work their hardest to improve, and have positive attitudes. Congratulations and keep up the good work!

Questions? Email Kleo at kbkobe@slco.org or Jessica at jnalder@slco.org