

Welcome to Lifestyle Swimming Instruction

My name is Susanne Van Buren. I am a WSI and SCW certified instructor, along with a USA swimming Certified Coach. I had a great fear of the water growing up. My background is in elementary education, when I had my children I saw a need for teaching the sport of swimming here in Boise. I could teach education, but never really thought about swimming, until my children struggled with it. I wanted a different road for them. My whole life changed when I learned to be confident in the water. With some wonderful people and coaches I have met in my journey to where I am now, life is not the same without swimming! Learning to swim stretches a child's and adults boundaries. It takes a lot of time and patience. I have been given a gift that I would like to share with others. This is why I began LSI. I specialize in helping children and adults overcome their fear of the water. I also enjoy coaching all ages in competitive swimming. My children are now all competing year around in swimming and are loving it!

LSI's Goals

My main goals are that all children and adults learn the safety skills needed for being around the water, learn how to breathe properly, and learn the correct body positioning to progress and define their skills. I plan for each time someone enters the door, they leave knowing more. At the same time they are learning to enjoy themselves in the water they are getting the exercise needed to stay fit. I follow the American Red Cross Program, along with some Total Immersion and Olympic Techniques that will help children and adults progress. My teaching style is geared toward each individuals learning style. I enjoy teaching children and adults of **all** ages.

Swimming is not just a sport it's a necessity!

Are you comfortable with having your children around water? Are they scared to put their faces in the water? Do *your* children need an exercise to keep *them* healthy and in shape? Are *you* looking for an activity to keep *you* healthy and in shape? Are you looking for a convenient location? Do you get headaches around the chlorine? This is why I do what I do in our **Salt Water Pool**. I am here to help train you and/or your child to be comfortable around water or to just keep active. Exercise is so important to our health. Water exercise is so easy on your joints and helps you and your children in other sports. Swimming is so important to continue for little children during the fall and winter months. The fear can come back after they have overcome that during their summer sessions. For older children and adults it helps greatly with strength, flexibility and endurance in swimming and other sports.

What All Does LSI offer?

- *Group & private swimming lessons, water aerobics & parties are offered.
- *Year round programs in a large indoor heated salt water pool. (perfect for those who are sensitive to chlorine)
- *Lessons which follow the American Red Cross along with Total Immersion & Olympic techniques.
- *Shower, changing rooms & enclosed playroom for your younger children.

Please call for current swim schedule

Tuition-Effective July 2010

\$65.00-1st child / Adult

\$60.00-2nd child

\$55.00-each additional child

These are 45 minutes classes

Private Lessons

\$60.00 per hour per individual

\$30.00 per half hour for first swimmer

\$10.00 for additional swimmers

\$5.00 for open swim

Group Parties-\$150.00 per party for 2 hours/per 12 swimmers-extra \$10.00 charge for additional swimmers.

Daily Aerobics-\$5.00 per time

PRIVATE PARTIES @ LSI

Yes, we do parties for all occasions. We like to book parties 2 weeks in advance. You will have the **whole** pool to yourself . We gear the party for the age of your child. We are in the pool playing games with them and organizing their time in the water, while you sit and watch and have a moment of rest. We set up tables for your guests and we will do the clean up. You can bring all goodies and decorations. We will help you decorate. Each child will need to have a **signed Consent and Disclaimer Form** (provided under registration forms on 1st page) before allowed in the pool. There will be an additional fee of \$10.00 per child, if there are more than **12 children.**

~Come Join us all in Water Aerobics Where You'll Love the Workout and Company!~

Susanne's Motto's:

"I will try"

"Just Keep On Swimming!"

"Swimming isn't just a sport it's a NECESSITY!"