

# Welcome to Lifestyle Swimming Instruction

My name is Susanne Van Buren. I am a WSI and SCW certified instructor. I had a great fear of the water growing up and my whole life changed when I learned to be confident in the water and swim all strokes efficiently. 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.



## 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. At the same time they are enjoying themselves and 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 individual's 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

- \$60.00-1st child / Adult
- \$55.00-2nd child
- \$50.00-each additional child
- \*These are 45 minutes classes; twice a week for 3 weeks\*

### Private Lessons

- \$60.00 per hour per individual
- \$30.00 per half hour for first swimmer
- \$10.00 for additional swimmers

**Group Parties**-\$150.00 per party for 2 hours/per 15 swimmers-extra charge for additional swimmers.

**Monthly Aerobics**-\$50.00 per month

**Daily Aerobics**-\$10.00 per time

## Did you ask for a Party?

Yes, we do parties for all occasions. We will need 2 weeks in advance. We will need to make sure the party is not around a lesson time. You will have the **whole** pool to yourself and we will provide the lifeguard if needed. You will have a party room and we will provide 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 before allowed in the pool. There will be an additional fee if there are more than 15 children.

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

I am looking forward to seeing you all again and meeting some new faces, too. Take care and remember it takes PRACTICE, PRACTICE, AND MORE PRACTICE to get it just right! So...

**"Just Keep On Swimming!"**

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

