



# Little Dolphins Swim Academy

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## What's inside?

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In order to meet our rising expenses, maintain our facility and staff as of March 1st LDSA tuition will increase by 7%:

- Baby & Me / Toddler & Me - \$106 per month
- Other 30 min classes - \$111 per month
- 45 min classes - \$134
- Private 20 min - \$255
- Private 30 min - \$334

There is no processing charge for accounts paid by eCheck.

\$3.50 will be charged for each student's tuition paid by credit card.

## Four Ways to Enhance Your Student's Swim Instruction Experience

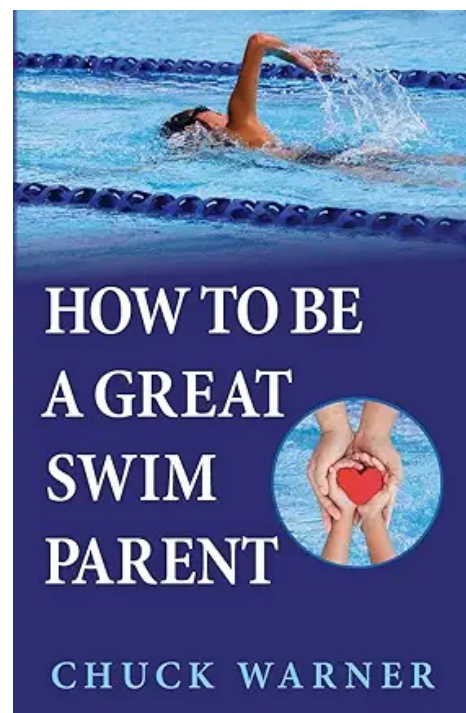
1) **Be Prompt:** Being on time not only gives your student the most instruction time possible, but it is also an important life habit to develop.

2) **Praise Focus:** Leave the teaching to their coach but notice if they seem to be paying attention to their coach and listening to their instructions. Your casual comment after class, "I'm really proud of how you seemed to listen to your coach tonight" encourages more of it. Or, if their focus is wandering, remember the moment you see them listening and praise that. We all love positive feedback. They will seek more of it by increasing their focus in class.

3) **Have Fun:** There are countless ways to make the acquisition of safer and more proficient swimming skills fun, including participating in contests at LDSA's front desk, getting a snack after class, or going on a traditional outing after class. Maybe even find a friend in class to share that outing with.

4) **Supervisor Check-in:** Every eight classes or so, toward the beginning of class, ask your child's supervisor on the pool deck, "How's my child doing?" Just two or three minutes of conversation, while you both watch your child can help your confidence in how your child is progressing or expose any concerns you or the supervisor has. (Please don't speak with instructors. They should be concentrating on teaching their classes.)

Want to take your parenting a step further? Acquire, read, or listen to audiobooks of "How to Be a Great Swim Parent" at LDSA or <https://www.chuckwarnerbooks.com>



## Reminder About Our Cancellation Policy

A reminder that in order to use your Last Month Tuition Deposit, the [Cancellation Form](#) is now found in the "Contact" menu on the website and must be submitted no later than the 25th of the month prior to the first of your last month of enrollment. Our deadline of the 25th allows time for our Business Manager to process billing for the first of the month, for us to re-organize classes and staff as needed and to allow us time to let incoming families know of space that will become available. (Our wait lists can be long.)

For Example:

If you want to stop coming at the end of June you must submit a Cancellation Form no later than May 25.

## Winter Safety Tips



Ice Safety Tips:

- Never assume the ice is safe.
- The only safe ice is at a rink.
- Never skate on an untested lake or pond.
- The ice should have minimum of at least [6] inches.
- Never skate alone.
- Only skate during the day or if an area is illuminated.
- Know the body of water, nearby street, and where the nearest location is to go for help.
- Never use ice for a shortcut.
- Never go out onto the ice after an animal or toy.

[Click here](#) for more information.

## Coach Warner Named a Volunteer of the Year at NJ Water Safety Summit 2.0

New Jersey conducted its second Water Safety Summit on December 11, which included more than 130 leaders who can affect water safety in New Jersey. In attendance were police, fire, EMTs, Y directors, water parks, lake operators, and many more who were included. The group's mission is to reduce death by drowning in New Jersey which averages 65 each year by 30% by 2030.



LDSA Owner Chuck Warner was named "Volunteer of the Year" along with Judith Leblein-Josephs and Captain Jack (pictured). Jack is a Newfoundland rescue dog trained to use his unique characteristics to pull people to safety. His in-bred characteristics include web feet that help him "sweep" or "scull" rather than just paddle, the ability to sense where rip tides are and avoid them, and how to find sand bars. With the appropriate harness for distressed individuals to hang to, Captain Jack can tow four to five people to safety at one time. A part of Coach Warner's contribution is to co-author a New Jersey Water Safety Strategy which will serve as a resource to facilitate collaboration among all factions of NJ Waterfronts. One of the most important recommendations; parents need to supervise their children vigilantly, at least until they can become strong swimmers.

To follow Captian Jack on [Instagram](#).

To Learn more about [New Jersey Swim Safety Alliance](#)



[Click here](#) for website calendar.



SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14 <small>Valentine's Day</small>	15
16	17 <small>President's Day</small>	18	19	20	21	22
23	24	25	26	27	28	



As stated in the policy agreement, LDSA will offer an average of 4 classes per month for each weekly enrolled student, at their enrolled time slot. Occasionally there may be a month with 5 classes offered and there could also be a month with 3.

We will be closed only on April 20th for Easter. There will still be 5 Sundays in March, therefore a makeup for Sunday students in April is not appropriate.

## Winter Swimming

Should my child swim during winter? This is a question many parents face during the colder months. Sipping hot cocoa by a warm fire may be the first winter activity that comes to mind, but swimming during colder months has many superior benefits.

Swim lessons can actually improve your child's ability to fight infection. This may come as a surprise: your child will not get sick from being cold and wet after swim lessons. Colds are caused by viruses; the temperature in or outside of the pool is not related to your child's risk of being exposed to germs. If you pack a warm coat and knit hat for you and your child that chilly walk to the car can easily be managed.

- The exercise your child gets from swimming may boost his or her immune system, making it more prepared to ward off those bacterial and viral infections. Here's what happens when you exercise:

- Physical activity may help flush bacteria out of the lungs and airways. This may reduce your chance of getting a cold, flu, or other illness.



- Swimming for exercise causes changes in antibodies and white blood cells. White blood cells are the body's immune system cells that fight disease. Exercise encourages antibodies to circulate more rapidly, enabling your immune system to detect illnesses earlier than it might have before.

- Exercise slows down the release of stress hormones. Lower stress hormones may protect against illness.

- Swim lessons help fight the winter blues. Below-freezing temperatures don't exactly make for a fun recess or playtime, and your child is probably spending more time on the couch. If you've noticed a change in your child's mood, it might be attributed to seasonal affective disorder.

## Follow us on Social Media

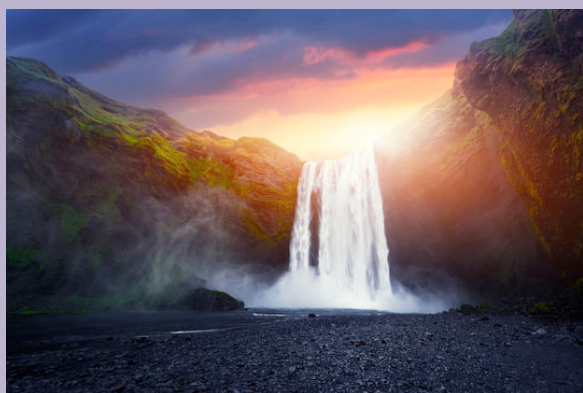
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For TikTok [Click Here.](#)



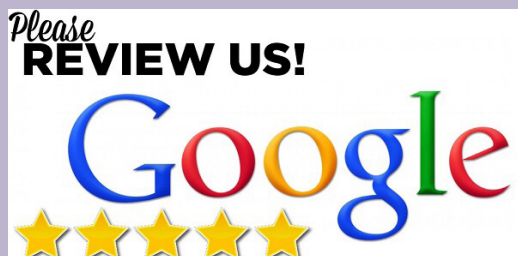
## Destinations To Swim Every Month Of The Year!



Places To Swim In: [February](#)

Places To Swim In: [March](#)

Places To Swim In: [April](#)



[Google Review!](#)

## Winter Swimming (Con't)

While this condition has been commonly known to affect adults, the National Institute of Mental Health revealed that up to 5.5 percent of children ages 9 to 19 may have seasonal affective disorder. Swim lessons can increase the amount of serotonin in your child's brain, improving mood and combating seasonal blues.

Four pro tips for surviving a trip to the pool in the winter:



### Bathrobe

This one comes from some of our parents and it's genius! Throw a bathrobe in your swim bag for your child to quickly cover their back and neck after swimming. You can also get them with hoods for extra coverage. With the bathrobe securely on your child, there's no chance it will be dragged on the wet ground like that towel!

### Hair Dryer

Bringing a hair dryer may seem a little excessive, but nothing is more comfortable than no wet hair at all! Taking the extra time to carry a hair dryer and dry your child's hair could be the most beneficial hack against sickness from winter pool time on this list.

### Hat and Scarf

This is probably our easiest approach and great for those who like to rinse off at home. Toss a warm hat and scarf in the bag, stuff that wet hair in the hat, wrap the scarf, and you're ready for anything. A hat alone is great, but adding the scarf really helps prevent chills later on. Once home, rinse off and have a hot glass of cocoa!

### Dry ears thoroughly after swimming or showering

- Use a towel to dry your ears well.
- Tilt head back and forth so that each ear faces down to allow water to escape the ear canal.
- Pull earlobes in different directions when the ear faces down to help water drain out.
- If there is still water in the ear, consider using a hair dryer to move air within the ear canal.
- Put the hair dryer on the lowest heat and speed/fan setting.
- Hold the hair dryer several inches from your ear.
- Hold the hair dryer several inches from your ear.
- Use ear drop to dry your student's ear.



## FAMILY SWIM FRIDAY AND SATURDAY!

Family Swim is an incredible opportunity to get the whole family in the pool and practice all the skills your swimmer learns in class. Just a reminder, a reservation are required for either Friday 7:15-8:00 PM or Saturday 3:15-4:00 PM. Family swim will be limited in number due to the high volume of swimmers. Safety is always first, and we want to make sure all our guests can safely enjoy the pool. If you'd like to join family swim, please register on the parent portal. Registration opens each Sunday at about 4 PM and is only for the next week. The cost is \$10 for any family member registered as a student and for mom and dad. Siblings that are not registered are \$10 per child.

[Click Here](#) to register!

## Summer Blitz Registration Opens April 1st

## SUMMER BLITZ

Want to catch up on becoming a safe and more proficient swimmer this summer?

LDSA offers the "Summer Blitz Program" of Mon-Thursday afternoon classes to get in four classes each week.

There is no commitment other than those four days (or that week), thus you can add in some instructional time around vacations and other activities.

## Little Dolphin Swim Academy Learning Opportunity Scholarship

The Little Dolphin Swim Academy awards one scholarship each spring for an outstanding employee to support them in their pursuit in an academic or trade field. The assistance award can be applied toward the pursuit of college degree as an undergraduate or graduate student or used in a trade school.

### Amount of Award:

- o \$1000

### Minimum criteria for application:

- o A minimum of 2.5 years of continuous employment by LDSA

### Criteria for selection:

- o Embrace and demonstrate LDSA's Core Values of Compassion, Empowerment, Family and Excellence
- o Teaching excellence
- o Excellence and reliability in all employment at LDSA
- o Academic excellence
- o Value to society of intended pursuit in academic or trade pursuits.

### Application:

- o Completed and all facets submitted by March 31
- o Submit past three years of academic records.
- o Your resume
- o A letter explaining your academic plans, career goals and how this support would help you.
- o Three recommendations. Two must be from outside LDSA.
- o Can only win once

**Award will be announced by May 1.**

### Apply to:

LDSA LOS, Attn: Lisa Rivera, 424 Vosseller Ave, Bound Brook, NJ 08805.

You can also email application to [coachlisaldsa@gmail.com](mailto:coachlisaldsa@gmail.com) and [ldolphinssa@gmail.com](mailto:ldolphinssa@gmail.com)

