



Positive Happenings Aquatics Program Forest Lake Area Schools Community Education



Commitment that lasts a lifetime!

We are surrounded by lakes and rivers and knowing how to swim is not just a form of recreation, it is a necessity! For over forty years, I have been teaching people how to swim. I hope I have been instrumental in helping people in the northern suburbs of the Twin Cities appreciate the joy and importance of swimming.

It takes a commitment from parents to make sure that their children have the opportunity to learn to swim. Learning to swim is not a one time deal done once a year. It takes many sessions in succession to master the skills of learning to swim. All children are different. For some, swimming will come easily and they will move through the sessions quickly. Others may find swimming a bit more challenging but don't give up. It is possible for EVERYONE to learn to swim.

Swimming is something that can stay with us for all of our lives. We have fun in the water. It is a place to stay fit, be part of a team, earn badges, and meet wonderful people. Make learning to swim a priority in your life and let us help you fulfill that priority.

Susan Griffin, Aquatics Supervisor, (651) 982-8746

Making a Big Splash

The *Youth Stroke Technique and Endurance* class that began the fall of 2011 is flourishing! We began with twelve kids a year ago and we currently have 30 enrolled in the 2013 winter class. This group is led by Tracy Angelo. She makes learning and training fun, fun, fun! Her expectations are high but she is able to motivate her swimmers to work hard and have fun while doing it. Due to our growth we have added assistants, Kelly Haglund and Andrew Bowes. Under Tracy's leadership Kelly and Andrew are great additions to the program. This program is a great way to encourage kids to become our future Ranger swim team members.

We ended the fall session with a swim meet. The swim team booster club helped, so we could use the timing and intercom systems. Tracy and Kelly each lead a "team" and Kelly's team prevailed. The bleachers were full of enthusiastic family members and fun was had by all!

Browse our opportunities at www.flaschools.org or call (651) 982-8110 to register.

