

The Fast Splash

Pool Schedule

- Closed Monday September 6th; normal hours before & after the holiday

Upcoming Programs & Events

- Triathlon Training
Sundays 5-6:15PM, Aug. 15 – Sept. 19
- Red Cross Lifeguard Training Courses
M-F 10AM-6PM, Aug. 9 – Aug. 13
Tues/Thurs 6-9PM, Sept. 21 – Oct. 28
- Competitive Swimming Training Camp
M-F 3-5PM, August 16-27
- Fit For Life
M/W/F 10-11AM or 6-7PM, Sept. 13 – Oct. 22
- Adult Mini-Camp
M-F 6:30-7:30PM, Sept. 20 – 24

Announcements

- High School swim teams return Saturday, August 28. The teams will use the entire Lap Pool 3-5PM weekdays, three lanes of the Lap Pool 5-6:30PM weekdays, and four lanes of the Lap Pool from 7:30-9:30AM on Saturdays.

Lifeguard Training

Cornerstone will offer an intensive lifeguard training program in August, as well as an evening course in September/October, providing the industry-standard American Red Cross lifeguard, first aid, and CPR to successful participants. The August intensive course will run Monday-Friday August 9 through August 13, 10AM-6PM. The evening course will run Tuesday & Thursday evenings, 6-9PM, from September 21 through October 28.

High School Swim Teams Return

On Saturday, August 28, the girls' high school swimming season begins. That means that the Hall and Conard girls' swim teams will resume

their daily practice sessions at Cornerstone. These sessions are as follows:

- On weekdays, the swim teams will use the entire Lap Pool from 3-5PM.
- Also on weekdays, the diving teams will use three lanes of the Lap Pool from 5-6:30PM.
- On Saturdays, the teams will use four lanes of the Lap Pool from 7:30-9:30AM.

If you have flexibility in your schedule, we recommend swimming earlier in the day. While lane space is available in the evening, the after-work hours tend to be busier than the early afternoon or morning. As always, be sure to check the pool schedules (posted in the lobby and on the pool deck) for a breakdown of scheduled activities. Although the swim teams' presence is more or less a constant for most of the school year, there are a few days here and there when the Lap Pool will be wide open.

Holiday Schedule

Cornerstone will be closed all day on Monday, September 6th, in observance of Labor Day. We will maintain our normal hours before and after the holiday.

Adult Mini-Camp

We will offer a special one-week edition of our Adult Mini-Camp program in September—Monday through Friday September 20-24, from 6:30-7:30PM.

We'll teach you how to be a better swimmer, and also how to maximize the effectiveness of your workouts. This is a great opportunity for adults to further develop their strokes, get a taste of team swimming, and get into better shape.

To participate, you must be an adult (18 yrs. and up, please) with the endurance to swim for roughly an hour. Beyond that, we welcome swimmers of all abilities. Fees for this program are \$69 for members and \$99 for Program Pass holders. Advance registration is required.

Competitive Swimming Camp

Our seventh-annual Competitive Swimming Training Camp is an intensive two-week program designed to help participants get into competitive swimming form. The program focuses on gradual increases in strength and stamina as well as technique refinement.

The program is designed primarily to give the West Hartford girls' swim teams a leg up on the season, but is open to participants from any town.

The program will run for 2 hours each day (3-5PM), Monday through Friday, for 2 weeks August 16 to 27. Fees for the program are \$139 for Cornerstone members, and \$169 for non-members. Additional information is available at the front desk and on our website.

Fit For Life

Our Fit For Life program will help you reduce fat, increase lean muscle, lower your blood pressure and resting heart rate, significantly reduce your risk factors for heart disease, and give you improved energy and confidence. Best of all, this isn't just a temporary fix—this program is designed to help you make lasting changes to your routine and your overall health.

For six weeks, you'll have hour-long workouts with our personal trainers three times per week (Mondays, Wednesdays, and Fridays from 10-11AM or from 6-7PM). During these sessions, you'll get a great workout and more. We'll also introduce you to workout programs that are practical, time-efficient, and effective, provide nutritional information, exercise science and

strategy, and help track your progress with regular body composition analysis.

In the first sessions of Fit For Life, our 11 participants saw tremendous results. Over the six-week program, these individuals lost an average of more than 10 pounds of fat, reduced their waistline by an average of more than 1.5 inches, and lowered their body fat percentage by more than five percentage points. One participant lost 20 pounds of fat; another reduced her waistline by 4 inches, and another reduced her body fat percentage by almost 11 percentage points!

Why so long, you ask? Again, this program is not just a quick fix. After you've been working with our trainers for six weeks, your new exercise regimen will be a regular part of your routine. You'll be well past any initial soreness, so it will be easy for you to stick with it. Most importantly, you'll have seen substantial results—great motivation to keep going.

This program involves a small group (limited to 6 students in each of the two sessions), and will spend the bulk of the time in our fitness room, but will also work in occasional water-based exercises.

Don't miss out on a great opportunity to get in shape—permanently! The program runs from September 13 through October 22. Fees are \$360 for members, \$432 for Program Pass holders.



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