

The Fast Splash

Pool Schedule

- Tuesday, February 14 (Hall/Conard meet)
Lap Pool closed 7PM onward
(but Lap Pool open 3-5PM)
Other pools normal hours

- Waves season ends Friday, Feb. 17

Upcoming Programs & Events

- Triathlete Swim/Bike Brick Workout
Sundays 6:15-8PM through Feb. 26
Drop-ins welcome!
- Aqua Boot Camp
Tues./Thurs. 10AM, Jan. 31—Feb. 23
- TRX Suspension Training
Wed. 8AM, Feb. 1—22
Fri. 8AM, Feb. 3—24
Mon. 12:15PM, Feb. 6—27
Wed. 5:30PM, Feb. 8—29
- Zumba (the dry-land variety)
Saturdays 8AM, Feb. 4—March 24
- Lifeguard Training Course
Monday-Friday 10AM-6PM, Feb. 20—24

Announcements

- Congratulations to our 2011 Lap Club participants!

Lap Club 2011: Congratulations!

Congratulations to the 350 members of the Cornerstone Lap Club in 2011. Participation in the Lap Club declined quite a bit (9%) relative to 2010, but these participants collectively swam 1,138,397 laps over the course of the year, or 16,170 miles—an increase of 6.3% over 2008.

On average, this represents more than 46 miles per swimmer (3,252 laps)—an increase of almost two miles per swimmer from 2010. Individuals ranged from as few as two laps during the year to as many as 28,497 laps. The table at right presents the 34 members of the Lap Club with the

highest lap totals for 2011, as well as the leaders for each individual age group.

Congratulations to all the members of the Lap Club for a healthy and successful 2011. Be sure to pick up your certificate at the front desk. (Where applicable, please be sure to update your age group so you're tracking yourself against those of a similar age—despite our highly advanced technology, we do not automatically update your age bracket.)

For those of you who weren't in on the fun, now is a great time to join the Lap Club for 2012. Just add your name to the list at the front desk!

2011 Cornerstone Lap Club Leaders

Overall Leaders		Age Group Leaders		
	Miles		Age	Miles
Marlene Ammirato	404.8	Lucy Seawell	0-04F	0.2
Heather Bernstein	381.9	Connor Mayr	0-04M	1.0
Joanne Palmer	374.7	Bridget Williams	05-09F	20.0
Christine Lynch	368.1	Derek Ehle	05-09M	75.2
Barry Stein	350.9	Maria Armillei	10-14F	113.2
Bob Holloway	347.7	Colin Wilkinson	10-14M	41.8
Mary Nagy	337.0	Kristen Barry	15-19F	14.7
Lynn Joseloff	319.6	Keith Gagnon	15-19M	94.1
Cara Bloom	316.8	Kate Alexander	20-24F	2.1
George Graf	314.1	Long Tu	20-24M	48.0
Carmen Ammirato	302.2	Heather Bernstein	25-29F	381.9
Shana Waxman	283.0	David Baker	25-29M	117.6
Anne Bradford	261.1	Amy McGonigal	30-34F	39.7
Bill Teel	258.8	Jason Williams	30-34M	94.0
Amy Frank	242.9	Shana Waxman	35-39F	283.0
Borden Painter	241.4	Ray Fairchild	35-39M	177.9
Don Jacobs	236.6	Sharon Murray	40-44F	103.8
Richard Barrett	227.9	John Mitrano	40-44M	123.9
Jim Rotondo	226.1	Cara Bloom	45-49F	316.8
Mike Burnett	225.5	Barry Stein	45-49M	350.9
Denise Ucci	222.4	Anne Bradford	50-54F	261.1
Colin Ress	197.5	Colin Ress	50-54M	197.5
Jim Bowers	182.1	Mary Nagy	55-59F	337.0
Ray Fairchild	177.9	Bill Teel	55-59M	258.8
Becky Swanson-Bowe	176.6	Marlene Ammirato	60-64F	404.8
Chris Hug	170.7	George Graf	60-64M	314.1
Andy Hoefer	166.5	Christine Lynch	65-69F	368.1
Bonita Weisman	159.9	Bob Holloway	65-69M	347.7
Gwyn Charles	152.4	Joanne Palmer	70-74F	374.7
Dick Tilton	139.6	Borden Painter	70-74M	241.4
Ramila Patel-King	133.4	Molly Fowler	75-79F	22.5
Deb Sokolski	132.3	Anne Stone	80-84F	54.1
Steven Pierce	130.9	Richard Barrett	80-84M	227.9
John Mitrano	123.9	Val Ouchakof	85-89M	95.2

Evening Swim Meet

This year's Conard vs. Hall meet will be held on Tuesday, February 14. Warm-ups begin at 7PM, and the meet begins at 7:30PM. The Lap Pool will be closed to members from 7PM on that evening.

The Lap Pool will, however, be open during the normal high school practice slot (3-5PM), so if you're able please take advantage of the wide-open water at that time.

Please note that the Multi-Purpose Pool and Hydrotherapy Pool will **not** be affected by this meet—these pools will be open on their regular schedule on February 14th.

Additional Evening Lanes Available

February brings the end of the West Hartford Waves season (February 17th is their last practice date). We'd like to congratulate the Waves on a fine season and wish them well until next fall. In the meantime, the Lap Pool will be wide open from 5-9PM. Be sure to take advantage of the extra space!

For Dryland Fitness, Please Change Your Shoes

Just a reminder about our policy regarding shoes in the fitness room. Outside dirt causes enormous damage to the machines, resulting in unnecessary maintenance outages. Please help us keep our equipment in great working order by wearing only clean, indoor shoes in the fitness room.

So what's a clean, indoor shoe? We'll be using two basic rules. (1) **They must be carried to**

Cornerstone. If you wore them here, they're not allowed in our fitness room, even if they look clean. (2) **They must be free from obvious dirt and grit.** Ideally they would be shoes that never see the outdoors, but so long as they're clean (and you didn't wear them on your way here), we're not going to do an exhaustive background check.

Thank you for your cooperation. It will be better for everyone if we can keep the fitness equipment running smoothly.

New: Dryland Zumba!

Based on the success of our Aqua Zumba program, we're now offering the dry-land version of the popular dance workout. Our first installment of this program will run Saturdays at 8AM, beginning February 4. See the group fitness schedule for details!



Aquatics For Life, Inc.
55 Buena Vista Road
West Hartford, CT 06107

PRSR STD
US POSTAGE
PAID
Granby, CT
Permit #2