

FALL 2015 NEWSLETTER

Hello and thank you for taking a minute to read about the happenings of your Monona Grove Pool! The newsletter will be updated quarterly to give you the latest and greatest information on programs running at our pool.

After a crazy summer of extended shut down and a series of unexpected shut downs, we are now open for business (knock on wood!). Winnequah School PE classes just finished swim lessons and High School PE classes just started their classes. Nights have been packed between BAC Swim Team, MAC Swim Team, our Parent-Child, Pre School and Youth swim lessons and Monona Grove Swimming practice and meets.

Extended hours have been added in the morning for lap swim and open swim, you can find the schedule on-line at www.mononagrove.org (go to District >Pool Info >Pool Schedules). Please be aware that the schedule changes frequently.

Aqua Zumba with Ari as been added to our schedule on Tuesday/Thursdays from 10-11 AM. Ari is an incredible instructor and the class regularly has 25-30 participants who are moving and shaking! Come join us and see what it's all about! The class is included in the 3-month and annual memberships and can be used with the punch card or as a daily drop in fee. Class times are changing based on the PE classes, you can find the updated times at www.mononagrove.org. This class will continue at MG Outdoor Pool during the summer. Please feel free to call, e-mail or stop in if you have questions!

Laura Rudie
Aquatics Supervisor
Monona Grove School District
Laura.Rudie@mgschools.net
(608) 316-1384

PROGRAMS

Swim Lessons

Fall 2

Registration 10/7-start of class

Lessons 10/28/15-12/20/15

Winter

Registration 11/30-start of class

Lessons 1/4/16-2/21/15

NOW HIRING

Head Lifeguards

Lifeguards

Head Instructors

Experienced Instructors

Swim Lesson Coordinator

BAC Swim Team

Practice

M-Th 6-8:45 PM/Fri 6-7:15 PM

MAC Swim Team

Practice

Fri 7:15-9 PM/Sun 4-7 PM

MG Swim Team

Women's Season runs until 10/14/15

Men's Season starts 10/16/15

Practice Times

M-F after school 3:45-6 pm

M/W/F morning 6-7:15 am

Sat mornings

Team BBMC

Blake Becker Multisport Coaching has worked with hundreds of athletes who have had a variety of goals ranging from completing their first sprint distance to the highest level in the World Championships.

Open Water Training

Triathletes can focus on endurance, open water skills and technique with OWT.

First half of the session-skills and fundamentals

Second half-endurance swimming/swim sets

Fall/Winter Oct 11-Dec 27

Winter/Spring Dec Jan 31-Apr 18

Saturday 5:20-6:20AM

\$140/session

Master's Swim Team Winter Season

11/24-2/11

\$120

Fun and challenging workout that helps improve stroke technique while building endurance for triathletes to beginning lap swimmers.

Tuesdays/Thursdays 5:30-6:30 a.m.

Registration Open

Group Exercise

Aqua Zumba-Tu/Th 10-11 AM

Please check website for updated times-times change due to PE classes.

Early Bird Workout-M/W/F 6:15-7 AM

Get that workout done before work starts!

High energy class in shallow and deep water guaranteed to get your heart pumping!

Lap and Open Swim

Please check our website for the most recent schedules.

Schedules change frequently due to the amount of activities being held at the pool!

www.mononagrove.org