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**Things to watch for
on the website...**

- Swim Lesson schedule for fall 2010 coming out in mid-August
- SCUBA courses
- Back to Pool Night in September!

Welcome to the Aquatic Center Newsletter

Welcome to the Neptune Aquatic Center's first edition of the Scarlet Tide! This monthly newsletter will give you information regarding upcoming events, swim lessons, rules and regulations, personal stories and opportunities and tips to make your swimming more enjoyable.

In the month of August, we will start into our second session of swim lessons for all ages. This includes parents with toddlers, pre-schoolers, children, teens and adults! The first two rounds of classes filled quickly but we will be offering courses throughout the fall so make sure to check in frequently for the new schedule that will be coming out in August to sign up for swim classes for you and your children.

The pool can be an enjoyable place for your entire family this summer, regardless of which town they call home. For a weekday rate of just \$2 and \$3 on Saturday per swimmer, everyone can come and enjoy the water! Photo ID's are mandatory for all patrons age 12 who are either coming without and adult must have a valid school ID each time they come to the pool.

The pool is open during the months of July and August weekdays from 6am—7pm and Saturdays from 10am—4pm. There are always lanes available for lap swimmers and room for students to play and learn.

For more information regarding SCUBA courses, swim



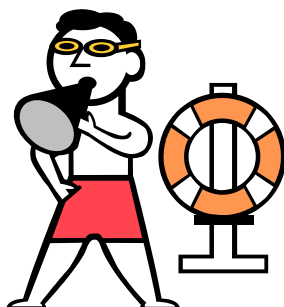
Pre-School swim lesson.

lessons and pool use, please check out the website at www.neptunschools.org and click on the tab for the Aquatic Center.

Remember to keep on Swimming and have a safe and enjoyable summer!

Friendly Reminders at the Pool

The Neptune Aquatic Center staff welcomes everyone to come and enjoy the facility. In order to ensure the safety of all patrons, we ask that everyone obey the following rules and regulations:



- Bathing suits must be worn in the pool. Absolutely no t-shirts, cotton shorts, or undergarments are allowed in the water.
- Children under age 12 must be accompanied by an adult at all times.
- Every swimmer over the age of 12 must present photo ID unless accompanied by an adult with acceptable photo ID.
- No re-admittance under the daily swim rate.
- Absolutely no food or drink (except water) allowed.
- No "swimmies" or floatation devices of any kind other than approved life-jackets.
- No running anywhere inside the facility.
- Diving is only permitted in the deep end.
- All children in diapers must wear a swim diaper to enter water.
- No hanging on the ropes or lane lines.



Water Aerobics exercises in the pool. Water Aerobics takes place on Friday afternoons at the Aquatic Center. Senior class goes from 4-4:45 and an adult class from 5-5:45.

“Water can support up to 80% of our body’s weight, allowing complete range of motion without the hard impact on our joints, muscles, and bones”



Water Aerobics...Benefits for All

If you have been to the Neptune Aquatic Center on Friday afternoons, you have probably seen the two Water Fitness Aerobic classes that are offered at the facility. Led by Barbara Balina, these classes have become a weekly highlight for patrons and Aquatic Center staff alike. Water Aerobics is not only a fun way to get some exercise, it also benefits any age or fitness level with its healing and therapeutic benefits.

Water aerobics is able to take away the stress and strain on the body while exercising. Water can support up to 80% of our body’s weight, allowing complete range of motion

without the hard impact on our joints, muscles, and bones that dry land exercises can cause. The water also works as resistance to create all over muscle tone and endurance. With the increased overall resistance, even with less impact, more calories can be burned per hour as compared to exercising on land. It is not only beneficial for muscle tone and endurance, but also for cardiovascular health. Being in the aquatic environment also helps to continually regulate your body’s temperature and keep you cool while exercising. It is good to keep in mind hydration. Even if you don’t feel it, your body is still sweating during the water

aerobics class, so make sure you drink plenty of fluids before and after the class.

Preregistration is required for the classes and they are offered at five week sessions for one low rate. Check out the website, www.neptuneschools.org, for more information.

Information taken from <http://www.iloveindia.com/fitness/aerobics/water-aerobic-workout.html>

Neptune Welcomes the Monmouth Barracudas!



This summer, Neptune Aquatic Center welcomes the Monmouth Barracudas racing club, a member of USA Swimming and New Jersey Swimming to the facility. With 14 professional coaches on staff, students gain expertise and knowledge on the sport of swimming while competing in local and international events around the world.

The team boasts a totally structured program and environment to help each swimmer reach their goals. Many of their former swimmers have continued on to compete at the highest levels on athletic scholarships for Division I programs, as well as becoming outstanding county and conference high school swimmers. Still others

recognize the lasting benefits of this healthy sport and continue swimming at local community programs and four year colleges. In the month of August, the Barracudas will be hosting open tryouts for the team. Interested swimmers can contact Paul Buerk if you have any concerns or if you are interested in joining this highly competitive and fun swim program.

For more information regarding the Barracudas, feel free to check out their website at www.monmouthbarracudas.com or email coach Paul Buerk at Coachpaulmb@monmouthbarracudas.com.

My Experience... at the Neptune Aquatic Center

By B. Sheree Terrell Walker

There's no doubt Neptune Township is a special place to live, work and play! Summer is the time to make memories of sunshine, spending fun-filled moments with family and friends and now, dips in the pool at the new Neptune Aquatic Center to get you through those hot summer months!

My family's experience at the pool has been simply tremendous! From the moment you enter the pool facility, a warm and friendly staff welcomes you and knows you on a first name basis when greeting you! The lifeguards on duty want to make sure that we have a safe, happy, and enjoyable experience with the aquatic activities.

I am proud to say that my nine year old son, Brandon, began swimming in the pool when it first opened for the public in May. At that time he wasn't a

"confident" swimmer, but I made certain that I signed up for memberships and registered him for swim classes in June. I am happy to say that he can now swim in the deep end with confidence. AMAZING! He is absolutely fearless in the water!

I am truly impressed with the Neptune Aquatic Center staff who have provided their expertise, overwhelming support and encouragement that was needed to help Brandon take important steps toward



Brandon and Sheree enjoying each others company, in and out of the water!

becoming a better swimmer. This is a life skill that I hope he will continue to use later in life. In time, and after a bit of prodding (ok a lot) and of course seeing Brandon's success, I was inspired to learn how to swim as well! (Thanks Ms. Dyer)

Lastly, whether you are young or old, a swimmer or a "non-swimmer" the Neptune Aquatic Center is a great place to spend your day and enjoy all of the activities that they have to offer our community!

"Summer is the time to make memories of sunshine, spending fun-filled moments with family and friends, and now, dips in the pool at the new Neptune Aquatic Center..."

A Day in the Life of a Neptune Lifeguard

By Chris Leydon

As a lifeguard at the Neptune Aquatic Center, I have many daily responsibilities to ensure the safety of the patrons as well as my fellow lifeguards. A typical day begins when I arrive fifteen minutes before my shift starts. I begin by checking the facility for any abnormalities that may have been overseen from the night before. Next, I perform a chemical test on the water to check chlorine and ph levels. After the chemical test, I will then help set up the pool depending on the planned events of the day.

It can become very hectic with swim classes, SCUBA classes, lifeguarding courses, and con-



Chris Leydon taking a break at the pool with swimmers who are enjoying the water.

-stant training and maintenance. It is important to be prepared for anything that might happen.

Throughout the course of the day, my duties sometimes include: cleaning, lifeguard management, front desk duties, first aid emergencies, and general patron interaction. I have always been a strong swimmer and had a great love for the water so taking the lifeguarding course and applying for a job here in Neptune was an obvious choice for me. As a graduate of Neptune High School, it is exciting to be working at this beautiful new facility where I spend my days swimming, guarding the water, and playing with kids!



"A good lifeguard will mostly stay dry, if using prevention"
- Ann Lawton

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We're on the Web!
www.neptuneschools.org

Neptune Aquatic Center—"Waves of Opportunity"

The Neptune Aquatic Center is a 32,000 square-foot, 335,000-gallon pool that will be used for instructional, educational, recreational and therapeutic activities. The interior features an eight-lane competition pool with accessibility for wheelchairs via a zero depth entry. Other features include a 12-foot diving well, a movable bulkhead offering both yard and meter courses, twelve cross-pool lanes, men's and women's locker rooms, and *Colorado Timing* touch-pads and LED scoreboard. Separate seating for competitors and spectators is provided with lavatory facilities close by for each.

The Neptune Aquatic Center is an ecologically responsible and energy efficient building using recyclable materials and incorporating features that will help conserve energy and natural resources. The facility recycles water and heat through a Dectron heat exchange unit, uses buoyancy tanks to hold, clean and re-circulate water from the pool that would otherwise be lost, and to help reduce water consumption and wastewater treatment, waterless urinals are used throughout. As a result of the district's focus on energy efficiency, the Neptune Aquatic Center will realize an approximate 30% operational gain over similar existing structures.

Benefits of Dry Land Training for Swimmers

**Shanaka Henderson, MS,
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Swimming is a rigorous exercise that incorporates complex biomechanical movements. In order to swim efficiently; one must possess technical skill, coordination, muscular balance, and athletic ability. Swimming is unlike any other exercise because you have to use all of your large muscle groups simultaneously to propel you through the water. Due to its unique movement, the fitness training for swimming differs from most conventional land based sports. Dry land training is simply conditioning that a swimmer does out of the pool as a form of cross training. This includes cardiovascular, flexibility, and strength activities. The goal of dry land training is to condition, stretch and strengthen muscles that are used in swimming while building fit-

ness and athleticism. The periodization for dry land training is very similar to land based sports, however, the equipment and focus of training is slightly different. The first period of dry land training includes general conditioning that focuses on building an endurance base and increasing cardiovascular fitness. Coaches use running, jumping, rowing, and stair climbing. Good swimmers don't always make good runners, so choosing a cardiovascular activity that is effective without causing injury is essential. Different coaches have varying opinions on appropriate cardiovascular activities. Some coaches may utilize the versa climber more than other activities because it works both upper and lower muscle groups. Other coaches may implement stadium stair running because it makes the athlete lift their entire body with each step while significantly taxing their heart rate and oxygen utilization mechanisms. Weight training is minimal during this period and focuses on perfecting technique, fine muscle development and muscular endurance.

During the next period: the strength phase of a swimming program, the goal is to produce hypertrophy while maintaining flexibility and muscular balance. Weight lifting for swimmers includes very gen-

eral multi joint, compound exercises. Coaches like to use lifts that incorporate the entire body because swimming is a whole body exercise. These include cleans, push press, squats, lat pull downs, seated row, and the bench press. Unlike land sports, swimmers typically do not practice specific, single joint exercises that focuses on one muscle group (i.e. bicep curls, leg extensions).

The goal of the power phase is to develop explosiveness and speed. In this phase, swimmers complete strength exercises as quickly as possible in conjunction with upper body plyometric drills. Swimmers should be able to complete 95% of their one rep max in this phase. This phase lasts one month and is followed by a tapering phase.

The goal of taper phase is to maintain fitness and to let muscles recover gradually. In the taper phase, the athlete lifts very little. During this period, some women swimmers lose fitness quicker than their male counterparts. In this phase some coaches will have women's swim teams complete 30 minutes of extra cardio three times per week in order to keep their muscular leanness and cardiovascular fitness.