

Stay Fit with Dance Classes this Winter

This winter The Pamela Trokanski Dance Workshop will offer a special dance class designed for our AquaStarz swimmers. Last winter, Pamela designed and taught the class herself at the request of the AquaStarz board, for which we are grateful. Pamela will be teaching the class again this year.

The classes will be a continuation of last year's class with a little twist.



While watching this summer's Olympics, Pamela paid special attention to synchronized swimming. As a result, she has created a session that will include exercises to help develop core strength. This will enhance the swimmers' ability to perform in the water.

The classes will be offered to swimmers 10 years old or older on Saturdays from 12:15-1:15pm, November 1-December 20 (with no

class on November 29th). The cost is \$84 for the session.

If there is continued interest, another session will be offered January through March.

If your swimmer is interested in taking the class, please register through The Pamela Trokanski Dance Workshop. Their phone number is 753-6949 and website is: <http://www.trokanski.com/>

Please contact Jeni Veale, (vealemeads@netzero.net), if you are interested in participating in the class.

Important Dates and Events in 2009

February: Parent Meeting and Information Night, location TBA
Swimmer Get Together, location TBA

March: **March 3, 2009 Practice Begins**
Novice swimmers will meet on Tuesday and Thursday from 5:00-6:15pm at the Civic pool.
Intermediate swimmers will meet on Tuesdays and Thursdays from 6pm-8pm at the Civic pool.

April: A Beginners Class will be offered April 18, 19, 25, and 26 from 3:30-5pm at the Community pool.
The Novice and Intermediate swimmers will add weekend afternoon practices starting April 19th and 26th at the Community pool.

May: Begin morning Saturday practices.

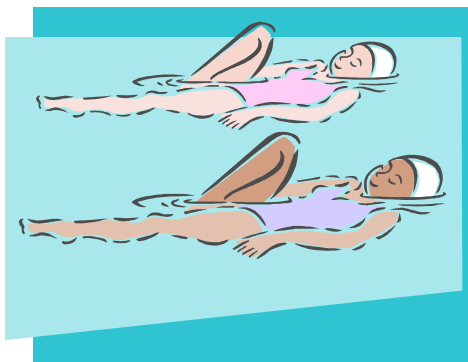
June: Davis to host 2 home meets for the first time on June 17 & June 24.

July: July 18 & 19 is Champs weekend.

August: Preparing for our annual show.



The AquaStarz team is always looking for new members. Anyone interested may contact us at info@aquastarz.org.



**The Mission,
should you choose
to accept it:
Refer a Friend!**