

WELCOME TO WATERLOO SWIM FIT PROGRAM!



Welcome to the Waterloo Swim Fit Program. We are excited to have you join us and want this to be a positive experience for you and your swimmers. This information will hopefully help to guide you to your first day of programming

If you have any questions, please email us at info@waterlooswimming.com, or see us at the front desk.

-Mike & Gwyn Varozza
Waterloo Swimming

WHAT TO BRING

Your swimmer will need the following equipment:

- Snorkel
- Kickboard
- Fins
- Pull Buoy

CHANGING FACILITIES

We do offer changing stalls as well as locker rooms. We encourage kids to save the Family Restrooms for parents and young children. You may leave your clothing in the locker room, or bring everything out on deck. Please note that we are not responsible for lost or stolen items.

WHERE TO GO...

For your swimmer's first workout, please stop by the front desk and ask for one of them to show your child where to go on deck.

For future workouts, your swimmer will go directly out on deck to their workout group.

SWIM FIT 1 & SWIM FIT 2

Swim Fit 1 and Swim Fit 2 are 45 minute workouts for those looking for a fun, non-competitive workout. It is a great opportunity to improve your swimmer's technique and work on endurance.

SWIM FIT 5

Swim Fit 5 is a 75-minute workout offered Monday – Friday for experienced swimmers who want to keep in shape or use this time for their Off Campus PE Credit. This is a much more intense workout for swimmers who have a fairly high level of endurance. We require swimmers to be 13 and up or have coach approval.

SWIM MEETS

We will be hosting swim meets for the Swim Fit program. It's a great way to get a taste for competition and to see how our swimmers are progressing with their fitness goals!

PARKING LOT

SAFETY & ETIQUETTE

DO NOT DROP OFF SWIMMERS AT THE FRONT DOOR...even if it's raining!

The same is true for picking up swimmers. This causes gridlock and frustration. Please pull up to the RIGHT / BACK side of the building to let them out. If there are cars behind you, please pull further up the RIGHT side of the building. Please drive slowly around the building as you may encounter swimmers doing their dryland workouts.

DRIVE SLOWLY through the parking lot. We have many young children who take swimming lessons in the afternoons. Look out for children not paying attention to where they're going!

QUESTIONS?

If you have any questions, please contact us at info@waterlooswimming.com

WANT TO TRY COMPETITIVE SWIMMING?

If your swimmer decides they would like to pursue competitive swimming, please have them talk with their fitness coach about opportunities.

We allow Swim Fit members to transfer to Bronze 1 at the beginning of each month. Transferring to higher levels of the swim team are only done at certain times of the year. Your coach can give you more information on this.

MEET YOUR SWIM FIT COACHES!

COACH AMBER



Hi, I'm Amber Mitchell and take great pleasure being part of the Waterloo team. I have been coaching swimming for over 8 years and have always had a love for the water. I graduated from the University of Texas here in Austin. I enjoy sharing my passion of teaching and love of swimming with others. I believe that as a coach it is not only my responsibility to teach our kids to swim, but to teach them to be the best individuals that they can be. My personal philosophy is to always try your best and work hard in everything you do. I am dedicated to each swimmer's interests and development. My motivation is spread through creating personal relationships with each individual swimmer to build better

character in and out of the water. I am dedicated coach, backed by a dedicated team, who will strive to create dedicated swimmers.

COACH PAIGE



I'm Coach Paige, one of Waterloo's Swim Fit coaches. I am fairly new to Waterloo, but love kids and the other staff. I started coaching in 2016 with the Anderson Mill Barracudas after swimming with them for 8 years. I've also taught swim lessons over the years. My favorite stroke is backstroke. While my swimming career is over, I love to encourage kids to stay fit and pursue swimming. In the fitness program, I push the kids to always try their best and I love to make

them smile while they're swimming. My goal is to help swimmers have fun and love swimming while also working hard and getting stronger.

COACH SAM



Hi, my name Samantha Brown I was born in Wyoming and grew up swimming and competing throughout the Pacific Northwest. I have been a national competitor, life guard and coach nearly my entire life. I love the water and sharing my knowledge and experiences with other who are passionate about the sport. I'm a proud veteran of the US Army where I served as a combat engineer. Because of my background, I was tasked as an Instructor for Combat Water and Life-Skills Training, a special program designed to provide our country's elite soldiers a unique set of skills for water rescue and submersed combat. As an instructor and life guard I awarded the U.S. Army's

Achievement medal for life saving techniques and elite instruction. I have since been retired and continued my passion for swimming and coaching. While stationed in Ft. Lewis, WA I coached at Seattle's King Aquatics. After retiring from my last duty station at Ft. Hood in Killeen, Texas, I coached and trained locally in the Austin area. I have learned so much and taken away many practices that can only better my swimmers and help them get the most out of their abilities. In keeping positive and always looking to improve myself in every aspect, I am looking forward to assisting and coaching the next generation of swimmers!