



Ives Pool Newsletter, Spring 2013

Looking Back on 2012

2012 was a busy year for Ives Pool and several goals were accomplished. The Pool Manager's Office was completed, thanks to the generous donation made by the Deedler family several years ago. The donation was made with the provision that the money would go toward bettering Ives Pool. The new office looks wonderful. Please feel free to stop by and have Ricardo give you a tour. The office is meant to be used for managerial purposes, and more importantly, to be used by the public. Please contact a Board member if you'd like to know more about renting the room for a pool related meeting or event.

Many of you may have noticed the new lift in the shallow end. For those who have trouble getting in and out, this is a great alternative to scrambling out. The lift is up to date on A.D.A. requirements. It was purchased, in part, by several donors from the aqua aerobics class. Anne Haden donated \$1,000 to the project. There have been a few mechanical problems, but the lift company will be repairing them soon. Thank you for your patience!

Other accomplishments include:

- Ives Pool's first annual Holiday Sing-Along.

- The 100 Mile Club successfully founded (and Mark Phillipson's incredible 410 miles completed!).
- Ives Pool's biggest swim lesson season to date.
- Chair Lift Campaign successful.
- Second largest number of Vamos a Nadar participants in the county.
- The pool was open 364 days.
- Completion of the Pool Manager's Office.

Up Next: Shower Room Expansion

A large-scale project is on the horizon not only to replace the Shower Room benches, but also to renovate the locker rooms, replace gutters, make roof repairs and conduct a general make-over for the Shower Rooms and other areas of the pool. The project will be underway on March 13. There will be some locker room adaptations made during renovation, but construction will not interrupt the regular pool schedule.

Tim Birnie Coaches Stroke Clinic

In January, USMS record-holder, Tim Birnie, coached a packed stroke clinic. The clinic lasted two hours and focused on freestyle and backstroke. Tim enjoyed helping people

sharpen their stroking skills, and swimmers were happy with his feedback. There are plans for another stroke clinic to focus on breaststroke and butterfly in spring or summer. The fee is \$10.00 and goes towards Sebastopol Masters Aquatic Club.

Rotary's *Learn to Swim* Program Celebrating its 29th Year

For 29 years, the Rotary Club of Sebastopol has been saving lives by teaching kids to swim. Rotary provides basic swim lessons and water safety instruction. The Learn to Swim Program is for all Sebastopol area second graders and is free. The program is run by volunteers and they still need more. Whether you are a parent of a swimmer or simply interested in helping kids learn to swim, Learn to Swim is fun and invaluable to children. The program runs from April 22nd thru May 16th. Volunteers do not need teaching experience and will be taught the skills at Ives. If you are interested in volunteering, please contact Ives Pool or stop by to pick up a volunteer signup sheet.

Holiday Sing-Along Successful!



The Holiday Sing-Along and potluck was a great way to celebrate the season with songs and delicious food in the new office.

Many people joined in the festivities. This will be an annual event.

Sebastopol Masters Sanctioning

For years, Ives Pool has had a small, informal Masters swim team. Initially the team only had a few swimmers. Over the years they have gotten larger and more competitive. Coach Donita Flecker and Board member Emily Scott put their heads together, raised money and made Sebastopol Masters a United States Masters Swimming sanctioned swim team. Now they can compete in USMS swim meets and open water events as a team. If you are interested in developing your skills, need to train for an upcoming triathlon or simply want to swim with a fun group, S.M.A.C. (Sebastopol Masters Aquatic Club) is a great addition to lap swimming. All skill levels swim on Monday and Wednesday evenings at 7:00pm. All swimmers are welcome and encouraged to join.

Election Updates; Board Bids Lynn Deedler Farewell

Longtime Board member and pool user Lynn Deedler opted out of running in 2012's election. Lynn is a regular lap swimmer and involved in many local programs in Sebastopol. Thank you for all of your fantastic service to Ives Pool and we'll see you in the water!

Current Board members are as follows:

Liza Prunuske: President

Tim Birnie: Vice President

George Kuhn: Treasurer

Emily Scott: Secretary

Randi Flecker: Board Member

Warming Workout

Here's an easy, yet fast-paced workout to shake of the winter cold, get your heart rate up and prepare for longer swims.

Warm up: 400 choice

4x50 kick

3x100 freestyle

2x150 pull (with buoys)

1x200 swim

2x150 kick

3x100 freestyle

4x50 stroke (anything but freestyle)

Warm down: 200 choice

Total: 2,400 Yards

*If you need to contact a Board member,
please check ivespool.org or contact Board
Secretary Emily Scott at:
emily3scott@gmail.com*