

## Hoops for Heart



## A fun and worthwhile event happened at Ridge View School February 23-27.

Hoops for Heart encouraged the students to get involved with community service and at the same time become more "heart healthy." As students learned basketball skills, they raised money to fund lifesaving research and educational programs for heart disease.

While students were shooting hoops, they collected pledges from family and friends. This money was then sent to the American Heart Association. The students truly enjoyed making a difference in the lives of others who will profit from the research and programs the Heart Association sponsors.

Students also benefited from programs such as "Living Tobacco Free," a guide to saying no to tobacco, and "Snack Attack," a guide to help students make healthy choices while snacking.

Ridge View feels this is a win-win program, both for the students and the organization. We had strong participation in the program and the students really enjoyed it.

*What a great way to show we care!*



## Summer Learn-to-Swim Program Sign Up On Line April 19th

Our summer "Learn-To-Swim Program" will be back in our newly renovated pool at Hobart High School for the 2004 season. The pool was completely drained with the tile re-grouted. New diving boards were installed along with a new heater and filter system. Starting blocks for our competitive swimmers were relocated at the deep end of our pool to create the best and safest system for our swim teams.

The "Learn-To-Swim Program" begins with children that are at least five years old or who are going to be five years old during the summer months. Most of our children are between the ages of five and twelve. We have had several older students who wanted to learn to swim join our program and were successful!

We follow the **American Red Cross** swim program and currently run three two-week sessions. **Session One** will be June 14-June 25, **Session Two** will be June 28-July 9 and **Session Three** will be July 12-July 23. Our program is based on safety and fun for our children as they learn new swim skills. Beginners are taught to float on their stomachs and backs, kick with kickboards and water noodles, submerge under water to pick up diving rings or fish, and use beginner strokes as well as water safety skills. More advanced students learn basic strokes, beginner dives, treading water and water safety skills. Children may practice their newly

learned skills during open swim times in the summer afternoons and evenings with family and friends.

We have an experienced staff with HMS teacher Betty Funkhouser organizing the program and instructing the children during lessons. Deb Glass, also a teacher at HMS, helps with instruction. All of our student instructors are lifeguards as well. New for 2004 will be our junior life-saving class. Students must have passed level 6 to participate in this course. Learning to swim creates a lifetime skill that can be used for fun, fitness and life-saving situations.

Our community is surrounded by water, and we want our children to have the opportunity to learn to swim and use swimming as an enjoyable part of their life activities. Swimming activities are more fun when you have the skills needed to participate.

Sign-ups begin on line April 19th at  
<http://www.hobart.k12.in.us/summerswim/signup.html>.

If you are unable to sign up on line, you may visit Hobart Middle School beginning April 19th. Come in the doors by the Attendance Office. Swim sign-up sheets will be located in the parent room for your convenience.

*See you this summer.*