Swimming classes offered at WOSC

Swimming for fun! Swim to compete! Swim for exercise! It’s time to get back in the pool. After being closed for several days due to the ice storm, the swimming pool at Western is open. The Olympic sized pool is available for use by WOSC students, faculty, staff, alumni association members and residents of the community.

Several different levels of swimming classes are available at WOSC and designed to move a swimmer into competition, lifesaving or a lifetime of swimming fitness. “We have streamlined classes and schedules to offer the public a complete swim program,” said Loran Andrews, WOSC swim instructor.

Swimming lessons will be offered from preschool aquatics up to level six. All swim lessons are taught following the guidelines of the American Red Cross under the supervision of a certified Water Safety Instructor. In order to ensure quality instruction and safety, lessons are broken down into levels and the students’ progress. Andrews said, “Our instructors can assist parents in placing their child in the correct level.”

Swim classes are available at 3:00, 3:40 and 4:20 p.m. Monday-Thursday, 3:00 and 3:40 p.m. on Friday.

“If your child is interested in becoming a competitive swimmer we encourage you to visit with a WOSC swim coach about becoming a member of the Western Waterdogs Swim Club,” said Andrews. Members of the swim team compete with swimmers from other towns and states as they prepare to be a high school athlete. They will learn strokes, flip turns and pool entries.

The training schedule for Western Waterdogs Swim Club is 5:00-7:00 p.m. Monday-Thursday and 4:00-6:00 p.m. on Friday.

Water Aerobics offers a range of water exercises including stretching, deep water workouts and water walking. This class is offered at 8 and 9 a.m. Monday-Thursday.

Swim Conditioning is offered as a class or an open lap swimming. Daily times are available.

This spring Junior Guard Training will be offered for ages 11-15. This class will prepare students for a lifeguarding job and they will also compete in next year’s Junior Guard Games at White Water Bay. Please watch for further details regarding the Junior Guard Training.

For additional information, contact Loran Andrews, WOSC pool coordinator/instructor, from 3 to 5 p.m. Monday-Thursday, at 580.477.7804.

The Inside Scoop...

Hometown: San Diego, California
Favorite Food: Barbeque
Favorite Quote: “The power behind you is greater than the challenge in front of you.”
Favorite Song: “Smile” by the Twilight Saga
Favorite Movie: “Clueless”
Favorite color: Yellow
Favorite place to visit: San Diego.

What was your first job? I worked at a concession stand at Sea World in California.

Brion Ringgold, Secretary to the President

WINDS Money Matters Workshop teaches how “Charge it Right”

WINDS held a Money Matters Workshop in the WINDS Success Center Monday, January 25th. Katie Brewer, WINDS academic specialist conducted a workshop titled “Charge it right?” Attending students learned the purpose of credit cards and tools to help them determine which credit card is best for them, or if any credit card is a good option for them. Brewer also described tips for using a credit card responsibly and discussed the issue of identity theft and the steps to take if a credit card is lost or stolen.

As a continuing series, WINDS held another workshop Wednesday, Jan. 27, April Dill, WOSC counselor, presented a Time Management workshop. Dill shared tips for how to better manage time between academics, sports, social events, and extracurricular activities.

Both workshops were packed, with standing room only, with over 30 students attending.