



FOR IMMEDIATE RELEASE

## **Swim School Supports the Menlo Children's Center**

*Summertime success providing swim lessons for Menlo Park's Sunshine Summer Camp continues into fall.*

**MENLO PARK, CA – September 19, 2006** – The Adrienne Mattos Swim School at Menlo Swim and Sport reports that their program with the Menlo Children's Center and Sunshine Summer Camp was a great success.

The aquatics programs, which kicked off this past summer at the new pools at Burgess Park, include a full-service Swim School for all levels and ages. Former All-American swimmer, Adrienne Mattos, directs the Swim School. When the school began offering lessons, Adrienne looked for ways to provide swimming opportunity for children in the neighborhood. She was interested in helping kids get into the pool who otherwise might not have access to swim lessons.

Adrienne found that the Menlo Children's Center (MCC) matched her enthusiasm and passion for providing creative and varied activities for neighborhood children. The MCC offers a program called the Sunshine Summer Camp, which is a recreational school-age summer camp, sponsored through the City of Menlo Park. The Sunshine Summer Camp proved to be the perfect program for providing swim lessons at the new pools at Burgess Park.

Four times per week, groups of forty-five kids walked over to the pool from the Menlo Children's Center for a morning of swim lessons. Sunshine Summer Camp students received a discount of 30% off the school's lesson rate, and the records show that over 800 lessons were taught from June through August 2006.

Parent Mimi Tudor tells about her introduction to the Swim School through the Sunshine Summer Camp. "Right away, I could tell that the instructors care about teaching, they clearly enjoy what they do and are 100 percent engaged with the kids. Adrienne has set up the program so you see the philosophy behind it and the attention to a child's individual level and progress is like nowhere else." Mimi's two children, ages 7 and 5, both attended this summer. "My 7-year-old is continuing swim lessons this fall, and he learns something new every class. He's continually challenged and is even learning team skills through really unique relays and swim techniques with the other kids."

"Our goal is to help kids discover their own buoyancy, coordination, and potential in the water. Show the fun of learning how to swim." says Adrienne Mattos, Director of the Swim School. "It's not only for safety reasons that kids should experience the water and learn proper strokes, but life-long love of swimming makes for life-long health. If you learn to swim, you can develop athletic habits, meet new friends, and have more fun at pools or beaches for the rest of your life."

Mimi Tudor sums up her experience with the Swim School. “Adrienne has created a shining star right here in Menlo Park, on a great campus for kids with the park, the library, the gym—all right there. The pool is in the perfect place right next to the MCC and the instruction is the best I’ve found.”

The Adrienne Mattos Swim School continues to support the Menlo Children’s Center with year-round discounts for students interested swim lessons. Lessons are offered twice a week in four-week sessions for students from pre-school through grade 5. For information about Menlo Children’s Center, please visit the City of Menlo Park website and the Community Services page for School Age Child Care at <http://www.menlopark.org/departments/com/childcare2.html>.

### **About Menlo Swim and Sport and the Adrienne Mattos Swim School**

Menlo Swim and Sport is a community-based provider of year-round aquatics programs. Menlo Swim and Sport promotes healthy, balanced lifestyles through sports and outdoor family activity for the Menlo Park area, based at Burgess Park. The Adrienne Mattos Swim School provides swim lessons for children and adults with emphasis on life-long learning and quality instruction.

For more information visit the website at [www.menloswim.com](http://www.menloswim.com) or call the pool at 650-328-7946.

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