

Aha! Connection Swim Instructor Recommendations May 2011  
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Company Name	First Name	Last Name	Email address	Website:	Phone number	Comments	Referred by
	Deanna	Bustillos	<a href="mailto:deannae11@gmail.com">deannae11@gmail.com</a>		678-812-3861	Works at MJCCA and privately; got my 3 yr old swimming and happy in the water.	Submitted by Rachel L
	Stephanie	Donlan	<a href="mailto:stephanie.donlan@yahoo.com">stephanie.donlan@yahoo.com</a>		770-458-5839	<p>It's Stephanie Donlan, 4624 Stonehenge Drive, Atlanta, GA 30360. Phone is 770-458-5839 and her email is: <a href="mailto:glyphknot@bellsouth.net">glyphknot@bellsouth.net</a>.</p> <p>I asked her today if I could submit her name and she's fine with that. She is a good friend and I have seen her work with children and adults. With her skills and fun personality she does a great job.</p> <p>Thank you to my friends and neighbor for endorsing me as a swim instructor. And Thank YOU Audra for reminding the Lifeguards and parents to be vigilant!</p> <p>My contact e-mail (for my business) is <a href="mailto:stephanie.donlan@yahoo.com">stephanie.donlan@yahoo.com</a> Although all the students I can accommodate have already contacted me for the 2011 summer season I would be happy to add you to my e-mail list for monthly tips and safety updates, including beach/river safety. There may be lesson openings the first week in August due to students on vacation.</p>	Bobbi Sedam
	Allison	Dubovsky	<a href="mailto:allison_dubovsky@yahoo.com">allison_dubovsky@yahoo.com</a>			<p>I teach swim lessons in a heated pool in Sandy Springs beginning in May and continue throughout the summer. My time slots are filled on a first-come, first-serve basis. I do my best to accommodate everyone and fulfill any special requests. Below are the classes I teach (private lessons also available).</p> <p style="text-align: center;">BABY &amp; ME</p> <p style="text-align: center;">Introduce your little one to the pool in a safe and playful manner. Parent participation required.</p> <p style="text-align: center;">REHYDRATE</p> <p>A refresher for those who haven't been swimming since last summer; focus is on getting reacquainted with the water and stroke mechanics. Must be an independent swimmer.</p> <p style="text-align: center;">BOOST</p> <p>A 10-day confidence building and skill enhancing class with the primary focus on building a self-sufficient swimmer (all while having fun).</p> <p>If you are interested in more details, please send me an email at <a href="mailto:allison_dubovsky@yahoo.com">allison_dubovsky@yahoo.com</a> and I will be happy to send you more information. I look forward to hearing from you!</p>	
TurtleTots	Deb	Ellis	<a href="mailto:turtletots@comcast.net">turtletots@comcast.net</a>	<a href="http://www.infantswim.com">http://www.infantswim.com</a> <a href="http://www.turtletotsswimming.com">http://www.turtletotsswimming.com</a>	404-717-2212	<p>I've heard from many of our customers and they all recommend and have used the following:</p> <p style="text-align: center;">Deb Ellis, Certified ISR Instructor Private, Heated Saline Pool in Dunwoody 404-717-2212 <a href="http://www.turtletotsswimming.com">http://www.turtletotsswimming.com</a> <a href="mailto:turtletots@comcast.net">turtletots@comcast.net</a> ISR info @ <a href="http://www.infantswim.com">http://www.infantswim.com</a></p> <p>I would love to recommend my friend Deb Ellis who is a certified swim instructor through ISR (Infant Swimming Resource). She taught my son, my niece, and my friend's daughter. All three children were scared to death of the water and the whole idea of swimming, but Deb was wonderfully patient and kind with their fears. The ISR philosophy is extraordinary in its ability to quickly teach kids to be safe in the water, regardless of their age. I have seen Deb work with children as young as 6-months — truly incredible what she is able to do with the little ones!</p>	Kerry Arias, Cutie Pies Children's Boutique, Kendra Yates
	Ryan	Greenstein	<a href="mailto:ry_usa@comcast.net">ry_usa@comcast.net</a>		404-863-2073	My name is Ryan Greenstein and I'd like to be added to the house call swim instructor list. I have two years experience as an assistant summer league swim coach and swim instructor. I have been swimming year-round at Dynamo for the past five years as well as Varsity at Dunwoody High School the past two. My email address is <a href="mailto:ry_usa@comcast.net">ry_usa@comcast.net</a> and my cell number is 404-863-2073. Please let me know what other information I have to send you or what else I need to do to be put on the list. Thanks!	Ryan Greenstein
	Andrew	Hughey	<a href="mailto:andrew.hughey@yahoo.com">andrew.hughey@yahoo.com</a>			Ryan Greenstein Coach at Zaban	

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	Frances	Johnson	<a href="mailto:Frances.johnson@gmail.com">Frances.johnson@gmail.com</a>		678-549-7907	One of my friends, Frances Johnson, is a great swim instructor for kids!! She is teaching a couple of my Vanderlyn friends children now. She is a member at the Dunwoody Baptist pool and can teach kids there (if people are members it is less expensive) or she can teach at someone's home pool.	Beth Reaves
	Annie	Lashinsky	<a href="mailto:aklashinsky@gmail.com">aklashinsky@gmail.com</a>			Annie Lashinsky (out of Wynterhall) assistant coach, three year's experience teaching lessons aklashinsky@gmail.com (17years old, rising DHS senior)	Submitted by Susan M.
	Sarah	Lashinsky	<a href="mailto:sklashinsky@gmail.com">sklashinsky@gmail.com</a>			Sarah Lashinsky, certified Lifeguard, former Girl Scout counselor and lifeguard at Misty Mt., current lifeguard at the JCC <a href="mailto:sklashinsky@gmail.com">sklashinsky@gmail.com</a> (19 years old, rising Ga Tech sophomore)	Submitted by Susan M.
	Sally	Newell	<a href="mailto:swimsally@bellsouth.net">swimsally@bellsouth.net</a>			Before moving to this area two years ago, I was a swim coach with Star Aquatics in Greensboro, N.C. I also was an assistant high school swim team coach & gave swim lessons to youngsters for over 20 summers. I have been a USMS competitive swimmer for 20 years & am consistently ranked Top Ten in the nation in my age group. I would welcome a one on one interview.	
	Joe	Norton	<a href="mailto:jnorton123@gmail.com">jnorton123@gmail.com</a>	<a href="http://www.theperfectstrokeatl.com">http://www.theperfectstrokeatl.com</a>	678-882-5333	My kids have graduated out of ISR and still every summer take stroke refresher/technique improvement lessons from Joe each summer. Teaches the following: ISR Graduates Beginner Children and Adult Swim Instruction Swim Team Stroke Lessons/Efficiency Maximization/Technique Improvement Advanced Stroke Lessons/Triathlon Training and Technique Military School Prep-Basic Training	D. Chastain
	Amy	Olive-LeVasseur	<a href="mailto:amylevasseur@gmail.com">amylevasseur@gmail.com</a>		904-302-3185	My name is Amy Olive-LeVasseur and I am a certified swim instructor and lifeguard. I have over 15 years of experience teaching infants, children and adults. I am also certified to teach children with special needs and specialize in children with autism and down syndrome. I worked several years with the Fowler YMCA with their Aquatic Special Olympics. I am registered at isport.com and work freelance as an instructor in the summer. I am a Georgia native and am very active here in the Dunwoody community and have lived in Dunwoody for over 12 years. I have worked as an Aquatics Director for the Metro Atlanta YMCA, Marcus Jewish Community Center and for many community pools. I am also trained to teach stroke technique, swim team, triathlon preparation and adult stroke clinics.  I would love to be considered for a listing on your website and would certainly welcome any opportunity to teach. Teaching in the water is my passion and have worked with many children and adults alike to work on stroke technique and development, as well as working with children and adults who need water therapy for accidents, injuries or because they have special needs.  If you would like more information about my skills or would like references, I am happy to provide them.	
	Asha	Parian	<a href="mailto:asha.parian@gmail.com">asha.parian@gmail.com</a>		912-663-2349	My name is Asha Parian and I have taught swim lessons for the past 5 years. I previously worked at the MJCCA but now will be working this summer at Kingsley's pool as well as individual pools. I am WSI certified through the Red Cross and Lifeguard Certified. My contact information is <a href="mailto:asha.parian@gmail.com">asha.parian@gmail.com</a> or 912-663-2349.	Asha Parian
Infant Swim Resource	Helene	Peters	<a href="mailto:h.peters@infantswim.com">h.peters@infantswim.com</a>	<a href="http://www.childrenswimsafe.com">http://www.childrenswimsafe.com</a>	404-313-8273	My kids have graduated out of ISR and still every summer take stroke refresher/technique improvement lessons each summer.	D. Chastain
	Erica	Porten	<a href="mailto:eporten@alumni.flagler.edu">eporten@alumni.flagler.edu</a>		678-907-8144	Hello! My name is Erica Porten, I recieved your information through Lauren Wayne via Amy Rippens (both former clients of mine). I am a 4th grade teacher in Gwinnett County and have been coaching/teaching swimming for 11 years. I worked at the JCC as a lifeguard/swim instructor for 5 years, I coached for both Norcross High School and Druid Hills High School over the last 5 years and have been teaching privately for all 11 years. Since I do not have a "home" pool this summer I am willing to travel to the Dunwoody, Sandy Springs, Roswell, Alpharetta, Duluth, Norcross areas. I charge \$25 for private 1-1 lessons and \$35 for semi-private 2-1 lessons (I will drop my prices if there are multiple families at one pool at one time- some of what I am charging now is, sadly, for travel costs). If a customer does not have a pool I do have a pool that I can use when necessary. I have plenty of references and would LOVE to get on your list. My e-mail is <a href="mailto:eporten@alumni.flagler.edu">eporten@alumni.flagler.edu</a> and my phone number is 678-907-8144. Since I am a school teacher, please do not call me before 4:00. I leave my phone on for emergency pupposes	Lauren Wayne, Amy Rippens
	Natalie	Rachael	<a href="mailto:natalie@fitatt.com">natalie@fitatt.com</a>		770-851-3965	Natalie Rachael is also a great swim instructor. She has been teaching swim lessons for over 10 years I believe. She is also WSI certified as well as personal training certified. She is the owner of Fitness Attack, a great boot camp company. Her contact information is <a href="mailto:natalie@fitatt.com">natalie@fitatt.com</a> or 770-851-3965. She teaches out of private pools and will travel around if necessary. She is excellent!	Asha Parian

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	Rebecca	Reiss	<a href="mailto:rgreiss1320@gmail.com">rgreiss1320@gmail.com</a>		770-314-2004	<p>Summer is right around the corner, and my schedule is now open for swim lesson sign up! There are a few changes for this summer that I wanted to be sure to point out. I am conducting swim lessons this summer Thursday-Sunday with a make-up day on Monday. Since last summer, I have switched jobs and now get off work at 5:30, therefore the first lesson on Thursday and Friday will start at 6 p.m.</p> <p>My prices have changed a bit since previous summers. The price for 20 minute lessons is now \$195 for 8, 20 minute lessons. If you opt to do a 30 minute lesson the price is \$220 for 8, 30 minute lessons. Again I prefer to do 4 lessons consecutively.</p> <p>I hope you have had a wonderful winter, fall, and spring season, and I look forward to seeing you and your children again this summer!</p> <p>Please contact me any time at this email address or on my cell at 770-314-2004 with any additional questions.</p>	Leanne Kaplan, Rebecca Reiss
	Kerry	Solomiany	<a href="mailto:ksolomiany@comcast.net">ksolomiany@comcast.net</a>	<a href="http://web.me.com/msolomiany/Kerry_Swimming/Learning_To_Swim.html">http://web.me.com/msolomiany/Kerry_Swimming/Learning_To_Swim.html</a>	678-592-4827	<p>I teach swimming lessons for ages 2 1/2 to 6 years old. The lessons run for 10 days, at 20 minutes each lesson. I teach 2 kids at a time from my pool in sandy springs. I have had many kids from the Sandy Springs and Dunwoody area if you need a referral. I am currently full for this 2011 swimming season but keep me in mind for next summer.</p> <p>Kerry Solomiany is great!</p>	Kerry Solomiany, JSKALLEN
	Gina	Torjak	<a href="mailto:g.torjak@infantswim.com">g.torjak@infantswim.com</a>	<a href="http://aquakidsswimming.com">http://aquakidsswimming.com</a> <a href="http://www.youtube.com/watch?v=fwv5JyPkXM">http://www.youtube.com/watch?v=fwv5JyPkXM</a>	404-395-3885	<p>Gina Torjak, Infant Swimming Recourses (<a href="http://aquakidsswimming.com/">http://aquakidsswimming.com/</a>) 404-395-3885</p> <p>We see students/teach M-F, 5 days per week, for 10 minutes daily. On average, children are skilled in 4-6 weeks. These skills are stored in muscle memory therefore the retention rate is extremely high, with little to no skill regression over the winter. Thus, kids only spend 2 weeks, some 1, refreshing back to full potential each spring – my personal favorite part for our winters here! My kids did this, before I became certified so I am not just an instructor- I'm a mom of ISR kids. If you can't believe it's true, come to my pool at 7:30-2:30 tomorrow! When you see a 13-15m old child swim float swim and safely exit a pool it will change your view forever :) Plus, my students love the water!! I will say the lake home owners are big fans of the program too. Gina taught my twin boys how to swim when they were 2 years old. We moved into a house with a pool and were terrified for their safety. We have a fence around it, but it still scared me. Gina also taught lessons in our backyard one summer. After the 1st group of sessions, I felt confident with them being around the pool and after the next group of sessions/refreshers they were swimming in a swim – float swim manner. Now at</p>	Sheri Mattison, Gina Torjak, Lauren Black
ISR of Dunwoody: Aquatic Survival Swim Instruction	Leila	Warren	<a href="mailto:M.Warren@infantswim.com">M.Warren@infantswim.com</a>	<a href="http://www.isrdunwoody.com">http://www.isrdunwoody.com</a> <a href="http://www.infantswim.com">http://www.infantswim.com</a>	770.399.6655	<p>My husband is an ISR (Infant Swimming Resource) Aquatic Survival Swim Instructor in Dunwoody. I would love for you to share our info.</p> <p>We teach children ages 6 months to 6 years. 10 minute lessons, Monday – Friday (you come each day) for 4-6 weeks.</p> <p>Here is just a bit about what each child learns in that time by age group (However, each child's physical abilities determines what they will learn) *Infants 6 months-12 months old will learn to hold their breath underwater, roll onto their back &amp; float unassisted.</p> <p>*Children (1 year and walking well-6 years old) will learn the following sequence: how to hold their breath underwater; swim with their head down and eyes open; roll onto their back to float, rest, and breath; and roll back over to resume swimming until they reach the side of the pool and can crawl out or be rescued by an adult.</p> <p>Since statistics show that 83% of all children who drown are fully clothed at the time, during the final week of lessons, while under the watchful eye of an instructor, each of our students have the opportunity to practice their self-rescue skills in both their summer and winter clothes.</p> <p>For detailed info, price, etc. Please check out our local website: <a href="http://www.isrdunwoody.com">http://www.isrdunwoody.com</a> National Website: <a href="http://www.infantswim.com">http://www.infantswim.com</a></p> <p>To check out our schedule you can click on the following link: <a href="https://spreadsheets.google.com/ccc?key=0AoqY_m5zBvrZdF8wNE9RNmJfchdUWIZBcjM3bUJWYXc&amp;hl=en">https://spreadsheets.google.com/ccc?key=0AoqY_m5zBvrZdF8wNE9RNmJfchdUWIZBcjM3bUJWYXc&amp;hl=en</a></p> <p>If you have any questions we can be reached at: M.Warren@infantswim.com or 770.399.6655</p>	Submitted by Leila Warren:
	Krista	Wolk	<a href="mailto:krista.wolk@gmail.com">krista.wolk@gmail.com</a>			<p>Krista Wolk is a super swim instructor. She has been teaching lessons for close to 10 years and coaching swim teams for just as long. She is the head coach of the Kingsley summer swim team and will be teaching lessons out of Kingsley's pool. She is also WSI certified. Her contact info is <a href="mailto:krista.wolk@gmail.com">krista.wolk@gmail.com</a>.</p>	Asha Parian
Seaventures	Liliana			<a href="http://www.seaventures.com/">http://www.seaventures.com/</a>	770-992-3772	<p>We were very happy with Seaventures on Holcomb Bridge Rd. Our instructor was Lilly (her full name may be Liliana – I'm not sure). She's a very fit, very sweet, very good and experienced swim instructor in her 50's,</p>	Shari , Lisa Victory

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Dunwoody Baptist Church				<a href="http://www.dbc.org/fitness">http://www.dbc.org/fitness</a>	770-280-1210	We've been happy with private lessons at Dunwoody Baptist Church fitness center. Instructors are associated with Dynamo Swim Club (Chamblee). When my daughter trained for the Ironkids triathlon we used Kai (not sure if he is still there). Every one we've had there has been good.	Submitted by Debbie K.