

CYPRESS AQUATIC CENTER

Cypress Aquatic Center's developmental program draws new swimmers

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DAYTONA BEACH – The Cypress Aquatic Center is filled with swimmers, both children and adults.

The USRP Racers Swim Team started using the facility in April for swimmers 14 years of age and older, and recently added a developmental program for children ages 6 and older.

The swim team started with two members and grew to 26 swimmers in July, said Coach Rob Klotzbach. The developmental program began Aug. 15 and now has 6 children.

"My goal is to have 30-30 – 30 younger and 30 older – then have a waiting list," he said.

Klotzbach focuses mainly on the older students, while Anne Grams teaches fundamentals to the younger swimmers. Both volunteer their time, are registered USA Swimming coaches and also coach at Spruce Creek High School.

The groups use the Ultra Short Race Paced Training technique, which includes high intensity interval training, a term common in track and weight training, but rather new to swimming, said Klotzbach. A workout will include 2,500 yards instead of the usual 4 to 5,000 yards.

"Shorts bursts at high energy level with a short rest," Klotzbach said. "The kids love the workout, it's not as tedious."

The younger group works primarily on strokes and technique and is open to children capable of swimming 25 yards on their own.

The team offers assistance to interested swimmers in need.

"We're trying to do an outreach to the community. So if someone can't afford the fees, we can help and try to open things up to the community," said Klotzbach.

Meanwhile, youth swim lessons are offered at the facility at a discounted rate for those in need, and free for adults.

Youth swim lessons are offered at a need-based reduced rate of \$5 for five classes, and \$35 for five lessons. The lessons are made available through the Safe Kids Grant from Volusia/Flagler Counties and through donations.



News-Journal/Linda Weaver

Coach Anne Grams helps Riley Rutt, 8, with her freestyle stroke during a recent USRP Racers swim practice at Cypress Aquatic Center in Daytona Beach.

Lessons are offered from spring to fall each Saturday morning from 8:30 to noon. The pool is heated through the winter.

“It’s our motivation to get kids to swim, but it is more than just to not drown. It’s to have a healthy lifestyle. It’s a life long sport. I’ve met a lot of 80- and 90-year-olds still swimming,” said McKasy.

For information on the USRP team, call Klotzbach at 386-566-3404 or Grams at 386-451-1910.

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