

Member of the Month

• September 2015 •



Aubrey Bell

"Aubrey started taking swim lessons at Lift with Kathy in February 2015 at 19 months old. Our initial reason for wanting lessons was because of her love of water, it didn't matter if it was a bath tub, swimming pool, sink or a 5 gallon bucket she wanted in. So knowing how much time we spend at the TN river it was very important to teach her safety around water and hopefully how to swim. Kathy has been a perfect fit for us and Aubrey looks forward to her once-a-week lesson every day. Throughout the 7 months it has been a constant learning process and each week she has amazed me at what she is learning to do at such a young age. There were a few stand still weeks of her wanting to play instead of learn, but I can't help but feel that Kathy's patience with her and understanding her age is what has put us to the success we are having now.

In July, Aubrey celebrated her 2nd birthday with a swimming party. Aubrey and her twin cousins who are 6 months older than her were all running around chasing the beach balls when her ball went into the pool and she reached in for it. I told her to stop and be careful, but it was too late she had reached too far and into the pool she went in her party outfit without any kind of life jacket. So that was it, the moment every parent fears, and the reason why we started swim lessons so early. Aubrey immediately knew to come to the top and had her head above water, until I was able to reach in and get her. I immediately followed with a thank you message to Kathy for all she had taught her.

In the weeks since her birthday, she is learning by leaps, just last week I found myself running backwards away from her in the pool because she was swimming so much further and faster than before. She has no fear around the pool or on a boat, she jumps, she goes off water slides and she yells for you to let her go. I often get asked how much longer I will keep doing lessons and my answer is always as long as she enjoys it and Kathy is willing to teach her I will keep going. It is skill that can save a life and I don't want to put a time limit on something like that. Besides, the water aerobics classes seem to enjoy her smiles and squeals to go along with their morning workouts. I owe huge thank you to the staff at Lift and especially Kathy for giving her teaching her something so valuable in life at such a young age."