

# Rescue

from page A1

gavel.

"I had a very hard time with the whole thing when she was in a coma," said Hryczyk, a 1990 graduate of FHS who has nearly seven years of experience as a certified lifeguard. "Thoughts go through your mind like, 'You did your best but it wasn't good enough.'"

## Acting on instinct

On that day, her instincts as a lifeguard with CPR training automatically kicked in as soon as she heard the tree branch crackle and drop Melissa to the concrete around the pool's shallow end. What makes the experience even so eerie is that neither woman would normally have been at private swim club.

"I really think it's an act of God. The whole thing," Hryczyk said.

■ Melissa was babysitting three small children. The woman who usually watches her normally the day off, her first of the summer, recalled Hryczyk.

■ She was teaching a private swim lesson at the deep end of the pool. "It was weird that I was there. I usually tutor at that time, but (the people she tutored) were on vacation that week."

"It happened so fast," she recalled. "I remember saying, 'Look out,' or 'Watch.' I remember yelling something, and then it felt down and hit her right ... there."

She put her finger on her skull, behind her left ear. According to Hryczyk, she ran the length of the pool, yelling into the swim club office to dial 911. Then, with very little room to work between Melissa and the branch, which was resting on top of a nearby back wrought iron fence, the CPR instincts kicked in for both lifeguards as they began searching for a pulse.

There wasn't one. Within minutes, the victim's face was starting to turn a different color.

"I started breathing and Melissa McKay started doing chest compressions."

Farmington Public Safety Officers Duane Cowger and Christine Schutz, and Cmdr. Dan Dellar rushed to the scene and relieved McKay. Hryczyk continued working with the police until Melissa's pulse resumed.

"The police got there in about



Laura Hryczyk

three minutes, but I remember thinking it was a long time, like 'When are they going to get here?'

Soon, ambulances were speeding over to Botsford Hospital and everybody at Farmington Glen remained in shock.

But before Melissa was rushed to Botsford, Cowger made sure to congratulate Hryczyk and McKay for their brave heroics.

Cowger told the lifeguards that their action enabled CPR to begin nearly two minutes sooner. And, it only takes four to six minutes for the brain to start dying from lack of oxygen.

Hryczyk was a hero. But she didn't think of herself as one.

## Quiet aftermath

For a while, Hryczyk tried to stay out of the way of reporters who were covering the tragic

story. She even missed an August tribute concert to Melissa in Heritage Park, attended by more than 500 people.

But seven months later, her outlook and attitude are brightening. One reason is how Farmington High booster "Uncle Jack" Curd took it upon himself to spend a lot of time with Laura. He tried to help boost her confidence.

Of course, the biggest reason is Melissa's successful recovery.

"I'm better now, probably because she's doing so much better," said Hryczyk. "I think about her a lot. It's a long road of recovery and I'm very happy I'm part of that."

Just as reassuring — even though talking about it moves her to tears — is the gold bracelet she wears. The token of love and gratitude, small hearts linked together, was given to her by Melissa and her family last November in the hospital.

"Her mother (Susan Garr), the first thing she did was hug me and tell me 'Thank you, so much.'"

■ Melissa gave Laura the bracelet, and Susan Garr read a note.

"She said that, whenever I wear it to think of Melissa and what I've done and to let (me) know that Melissa and her family think of me as their guardian angel."

Hryczyk momentarily bowed her head and she spoke with much emotion when recalling the episode.

"I just kept remembering the last time I saw her," said Laura, wistfully thinking about her doing CPR on Melissa at the pool. "And, looking at her in the hospital room, it made me happy to see her awake and smiling and happy ... And to see all the support she had gotten. She had everything in that room."

Finally, she managed a smile ... and a plea: Learn CPR, at least the basics of how to breathe and pound a chest.

"You never know what's going to happen, and it'd be very hard if something happened to a family member and you didn't know what to do."

■ Laura Hryczyk said the YMCA and American Red Cross are two places people can contact if they are interested in learning CPR. The Farmington Branch YMCA can be reached by calling 553-4020; The American Red Cross' number is 313-833-4440.

## News and class information... ...the Farmington Family YMCA Registration Begins Now!

Now more than ever **you belong here** **YMCA**

### Preschool Swimming Programs

**Skip:** Parent/child experience that offers an introduction to water and beginning swimming skills through songs and games. No prerequisites. Approximate class size is 15 parents with children 6-36 months. Cloth diapers and rubber pants must be worn in the pool.

**Peechi:** Parent/child experience that offers an introduction to water and beginning swimming skills through songs and games. No prerequisites. Approximate class size is 15 parents with children 3-5 years.

**Piker:** Instruction in floats, flutter kick and paddles. No prerequisites. Approximate class size is 6 students aged 3-5 years.

**Eel:** Develops the ability to swim with and without flotation device. Includes stroke development, treading water, and survival floats. Must be able to swim 20 feet using paddles. Approximate class size is 6 students aged 3-4 years.

**Ray:** Crawl stroke with rotary breathing, backstroke and diving skills are taught. Water sports and games are introduced. Must be able to swim 20 feet using paddle stroke with no assistance. Approximate class size is 6 students aged 3-5 years.

**Starfish:** This advanced class offers endurance building, breaststroke and an introduction to some swim team skills. Must be able to swim front crawl 15 yards with no underwater. Approximate class size is 6 students aged 3-5 years.

Winter II fees: Facility Members \$30/\$28\*\*  
Program Members \$60/\$52\*\* Location: Robertson Pool  
\*\*No class April 12 NO MAKEUP PERMITTED

Skip	Monday 9:00-9:30 am	02101-25
	Tuesday 11:00-11:30 am	02101-68
	Wednesday 9:00-9:30 am	02101-69
	Thursday 10:30-11:00 am	02101-01
	Friday 11:00-11:30 am	02101-70
	Saturday 9:45-10:15 am	02101-02
	Sunday 8:45-9:15 am	02101-03
	Wednesday 9:00-9:30 am	02101-71
	Thursday 9:30-10:00 am	02101-72
	Friday 6:45-7:15 pm	02101-04
	Saturday 10:30-11:00 am	02101-73
	Sunday 1:00-1:30 pm	02101-74
	Sunday 2:30-3:00 pm	02101-75

Kerch	Monday 9:30-10:00 am	02101-76
	Tuesday 9:30-10:00 am	02101-77
	Wednesday 10:00-10:30 am	02101-05
	Thursday 6:15-6:45 pm	02101-07
	Friday 9:00-9:30 am	02101-08
	Saturday 4:15-4:45 pm	02101-78
	Sunday 9:30-10:00 am	02101-10
	Saturday 11:00-11:30 am	02101-79
	Sunday 12:30-1:00 pm	02101-80
	Sunday 2:30-3:00 pm	02101-81

Eke	Monday 4:45-5:15 pm	02101-11
	Monday 4:45-5:15 pm	02101-13
	Tuesday 9:00-9:30 am	02101-12
	Wednesday 6:45-7:15 pm	02101-17
	Thursday 4:15-4:45 pm	02101-20
	Thursday 9:30-10:00 am	02101-21
	Thursday 4:45-5:15 pm	02101-23
	Thursday 6:45-7:15 pm	02101-15
	Thursday 6:45-7:15 pm	02101-24
	Friday 9:30-10:00 am	02101-26
	Saturday 10:30-11:00 am	02101-29
	Saturday 11:30-12:00 noon	02101-30
	Saturday 1:30-2:00 pm	02101-18

Eel	Monday 9:00-9:30 am	02101-82
	Monday 9:30-10:00 am	02101-32
	Monday 11:00-11:30 am	02101-33
	Tuesday 3:45-4:15 pm	02101-34
	Tuesday 3:45-4:15 pm	02101-35
	Tuesday 6:45-7:15 pm	02101-36
	Wednesday 3:45-4:15 pm	02101-83
	Wednesday 11:30-12:00 noon	02101-84
	Wednesday 3:45-4:15 pm	02101-39
	Wednesday 4:45-5:15 pm	02101-40
	Thursday 10:00-10:30 am	02101-42
	Thursday 4:15-4:45 pm	02101-43
	Thursday 4:45-5:15 pm	02101-44
	Friday 9:00-9:30 am	02101-46
	Saturday 1:30-2:00 pm	02101-86

Rax	Friday 3:45-4:15 pm	02101-91
Starfish	Wednesday 9:30-10:00 am	02101-96
	Wednesday 4:45-5:15 pm	02101-97
	Wednesday 9:30-10:00 am	02101-98
	Wednesday 4:45-5:15 pm	02101-99
	Friday 2:00-2:30 pm	02102-01
	Sunday 2:00-2:30 pm	02102-02

Polliwog	A class for students with little or no experience. Instruction in floats, kicks, paddles and rhythmic breathing. Approximate class size is 8 students, 6-12 years of age.	02101-92
Guppy I	Instruction in the front crawl, rotary breathing and survival skills. Must be able to swim 20 feet using the paddles with no assistance. Approximate class size is 8 students, 6-12 years of age.	02101-93
Guppy II	Instruction in the back crawl and emphasis on swimming endurance. Must be able to swim 15 yards of the front crawl. Approximate class size is 8 students, 6-12 years of age.	02101-94
Minnow	Instruction in the back crawl, survival skills, endurance and perfection of the front crawl. Must be able to swim 15 yards of the front crawl using rotary breathing. Approximate class size is 8 students, 6-12 years of age.	02101-95
Fish	Instruction in elementary backstroke, breaststroke and dolphin kicks. Must be able to swim 25 yards front and back crawl. Approximate class size is 8 students, 6-12 years of age.	02101-96
Flying Fish	Instruction in backstroke and butterfly. Must be able to swim 50 yards front and back crawl, 25 yards elementary backstroke and 15 yards breaststroke and dolphin kick. Approximate class size is 8 students, 6-12 years of age.	02101-97
Shark	Instruction in sidestroke as well as competitive starts and turns. Must be able to swim 75 yards front and back crawl, 50 yards elementary backstroke, 25 yards breaststroke and butterfly. Approximate class size is 8 students, 6-12 years of age.	02101-98
Advanced Youth	This class is designed for the swimmer who has passed a shark swimming class or seeks a higher level of endurance and stroke training without the commitment or competitiveness of the swim team.	02101-99

### Youth Swimming Programs

**Polliwog:** A class for students with little or no experience. Instruction in floats, kicks, paddles and rhythmic breathing. Approximate class size is 8 students, 6-12 years of age.

**Guppy I:** Instruction in the front crawl, rotary breathing and survival skills. Must be able to swim 20 feet using the paddles with no assistance. Approximate class size is 8 students, 6-12 years of age.

**Guppy II:** Instruction in the back crawl and emphasis on swimming endurance. Must be able to swim 15 yards of the front crawl. Approximate class size is 8 students, 6-12 years of age.

**Minnow:** Instruction in the back crawl, survival skills, endurance and perfection of the front crawl. Must be able to swim 15 yards of the front crawl using rotary breathing. Approximate class size is 8 students, 6-12 years of age.

**Fish:** Instruction in elementary backstroke, breaststroke and dolphin kicks. Must be able to swim 25 yards front and back crawl. Approximate class size is 8 students, 6-12 years of age.

**Flying Fish:** Instruction in backstroke and butterfly. Must be able to swim 50 yards front and back crawl, 25 yards elementary backstroke and 15 yards breaststroke and dolphin kick. Approximate class size is 8 students, 6-12 years of age.

**Shark:** Instruction in sidestroke as well as competitive starts and turns. Must be able to swim 75 yards front and back crawl, 50 yards elementary backstroke, 25 yards breaststroke and butterfly. Approximate class size is 8 students, 6-12 years of age.

**Advanced Youth:** This class is designed for the swimmer who has passed a shark swimming class or seeks a higher level of endurance and stroke training without the commitment or competitiveness of the swim team.

### Youth Swimming Programs

Winter II fees: Facility Members \$30/\$28\*\*  
Program Members \$60/\$52\*\* Location: Adams Pool  
\*\*No class April 12 NO MAKEUP PERMITTED

Bullseye	Monday 4:30-5:15 pm	02201-01
	Tuesday 4:30-5:15 pm	02201-02
	Wednesday 4:30-5:15 pm	02201-03
	Thursday 5:15-6:00 pm	02201-04
	Friday 3:45-4:30 pm	02201-05
	Saturday 9:00-9:45 am	02201-06
	Saturday 10:30-11:15 am	02201-07
	Sunday** 2:00-2:45 pm	02201-10

Guppy I	Monday 4:30-5:15 pm	02201-08
	Tuesday 4:30-5:15 pm	02201-09
	Wednesday 4:30-5:15 pm	02201-10
	Thursday 3:45-4:30 pm	02201-11
	Friday 3:45-4:30 pm	02201-12
	Saturday 9:45-10:30 am	02201-13
	Saturday 11:15-11:45 am	02201-14
	Saturday 12:00-12:45 pm	02201-15
	Sunday** 3:30-4:15 pm	02201-16

Guppy II	Monday 5:15-6:00 pm	02201-21
	Tuesday 5:15-6:00 pm	02201-22
	Wednesday 5:15-6:00 pm	02201-23
	Thursday 3:45-4:30 pm	02201-24
	Friday 4:30-5:15 pm	02201-25
	Saturday 9:00-9:45 am	02201-26
	Saturday 12:00-12:45 pm	02201-27
	Sunday** 2:00-2:45 pm	02201-28

Minnow	Monday 5:15-6:00 pm	02201-31
	Tuesday 3:45-4:30 pm	02201-32
	Wednesday 5:15-6:00 pm	02201-33
	Thursday 3:45-4:30 pm	02201-34
	Friday 4:30-5:15 pm	02201-35
	Saturday 9:45-10:30 am	02201-36
	Saturday 11:15-11:45 am	02201-37
	Sunday** 3:30-4:15 pm	02201-38

Eel	Monday 4:30-5:15 pm	02201-39
	Tuesday 3:45-4:30 pm	02201-40
	Wednesday 4:30-5:15 pm	02201-41
	Thursday 3:45-4:30 pm	02201-42
	Friday 4:30-5:15 pm	02201-43
	Saturday 9:45-10:30 am	02201-44
	Saturday 11:15-12:00 noon	02201-45
	Sunday** 3:30-4:15 pm	02201-46

Flying Fish	Monday 4:30-5:15 pm	02201-47
	Tuesday 3:45-4:30 pm	02201-48
	Wednesday 4:30-5:15 pm	02201-49
	Thursday 3:45-4:30 pm	02201-50
	Friday 4:30-5:15 pm	02201-51
	Saturday 9:45-10:30 am	02201-52
	Saturday 11:15-12:00 noon	02201-53
	Sunday** 3:30-4:15 pm	02201-54

Shark	Tuesday 6:00-6:45 pm	02201-55
	Wednesday 10:30-11:15 am	02201-56
Advanced Youth	Monday 5:15-6:00 pm	02201-57
	Tuesday 5:15-6:00 pm	02201-58
	Wednesday 5:15-6:00 pm	02201-59
	Thursday 5:15-6:00 pm	02201-60
	Friday 5:15-6:00 pm	02201-61
	Saturday 9:45-10:30 am	02201-62
	Saturday 11:15-12:00 noon	02201-63

One skill within a specific class have been accomplished using proper form and technique, the student will be advised to move up to the next class. To ensure their safety, they will not be permitted to advance until the coach has made this determination. If you have an unusually talented child, the age requirement will not fall into place, but before making this decision you are not sure where to place your child, please feel free to contact the YMCA and leave a message with Carol McMillan (248) 553-4020. A special try-out will be scheduled.

Fees	Day	Time	Code
Gym and Swim (Ages 3-5)			
20 minutes of gymnastic skills and 30 minutes of swimming lessons			
Participants wear their swimming suit under their gymnastics clothes			
Winter II	Tuesday	5:15-6:15 pm	04101-01
	Thursday	5:15-6:15 pm	04101-02
	Saturday	9:00-10:00 am	04101-03
	Saturday	9:30-10:30 am	04101-04

**Rollers II (Parent/Child Ages 2-3):** Introduction to beginning gymnastic skills and techniques with mom and dad assisting during the class. Students will learn basic tumbling and skills using various equipment including the beam and bars. Emphasis placed on safe and proper teaching of the beginning skills according to USAAG standards.

Winter II	Saturday	10:30-11:00 am	04101-06
	Saturday	11:15-12:00 noon	04101-07
	Thursday	5:30-6:15 pm	04101-22

**Rollers II (Ages 3-5):** Basic gymnastic skills and techniques will be taught using USAAG Level 1 and Level 2. Skills and techniques will be taught that will be used on floor, beam, bars and vault. Emphasis placed on proper form to ensure the child will be able to accomplish the skills safely. NO PARENTAL ASSISTANCE REQUIRED.

Winter II	Tuesday	5:30-6:15 pm	04101-08
	Thursday	5:30-6:15 pm	04101-09

**Swimmers (Minimum age 4 years):** Gymnastic skills and techniques will be taught using USAAG Level 1 and Level 2. Students should be able to perform basic gymnastic skills. This class will continue to emphasize good form and proper technique. New skills will be introduced in order for the student to properly prepare for the next progression.

Winter II	Thursday	4:15-5:15 pm	04101-10
	Thursday	5:00-6:00 pm	04101-11
	Thursday	5:00-6:00 pm	04101-12

**Flyers (Minimum age 6 years):** Gymnastic skills and techniques will be taught using USAAG Level 2 and Level 3. Students should be able to perform the basic skills using good form and technique. More intermediate skills will be introduced to properly prepare for the next progression.

Winter II	Tuesday	4:00-5:00 pm	04101-14
	Thursday	4:00-5:00 pm	04101-15
	Saturday	11:30 am-12:30 pm	04101-17
	Saturday	12:30-1:30 pm	04101-18

**Kippers (Minimum age 6 years):** Gymnastic skills and techniques will be taught using USAAG Level 4 and additional skills necessary for the student to advance to the competitive team. Students must be able to perform the basic gymnastic skills and tumbling with good form and technique. More advanced skills will be introduced at this level with emphasis placed on proper form, technique and safety.

Winter II	Wednesday	4:00-5:30 pm	04101-19
	Friday	4:00-5:30 pm	04101-20
	Saturday	9:00-10:30 am	04101-21

**Expert Bathtub Liners**  
Serving S.E. Mich.  
Since 1972

**SALE - Installation - Call Now!**  
Toll 1-888-254-6377  
Free 1-888-254-6377

**A COMPELLING DRAMA...**  
He is a great artist. His art is pure, but is he...  
...if his clamorous audience is the Nazi regime?

**Taking Sides**  
By **Ronald Harwood**  
Directed by Evelyn Orbach

**ROBERT GROSSMAN**  
**JOHN MICHAEL MANFREDI**

**FEBRUARY 11 thru MARCH 8**

**JET**  
The JCC  
Aaron Deroy Theatre  
Senior • Student  
Group Discounts

6600 W. Maple Road  
West Bloomfield  
Infrared Hearing Devices Available

**TICKETS... (248) 788-2900**  
<http://www.metroguide.com/jet>

**28100 Farmington Road**  
1/4 Block North of 12 Mile  
**(248) 553-4020**

**Registration Hours:**  
Mon.-Fri. 8:30 a.m. - 8:30 p.m.  
Sat. 9:00 a.m. - 4:30 p.m.