



2011

Waterworks On Wheels Newsletter

August News

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Dear Janice,

New teachers, new subjects, new friends -- it's that time again! It seems like the summer is never long enough (to most of us anyway!). When we start purchasing back-to-school supplies and new clothes, we can't help but think about what new after-school activities may arise this year, how much time homework will require for this grade, and how long it will take the family's schedule to fall back into 'the routine'.

Waterworks On Wheels is owned and staffed by women who understand the challenges of getting ready for a new school year, as some of us are mothers and some of us are preparing ourselves! We also understand the importance of keeping children safe around water, and we know that just because school begins, swimming doesn't stop and pools aren't automatically drained. While sports like soccer, football, dance, volleyball and others tend to be popular Fall options, it's worth considering swim lessons as an alternative or even an addition to your September through November schedule.

In [Gilbert and Chandler](#) we offer after-school class times on weekdays, and Saturday morning classes at three different locations. We will do our best to accommodate your schedule during this busy time of year!

And for those of you with little ones still at home or participating in pre-school, we'd love to have you too (and will do our best to work around nap times)! Children can begin classes with us as early as 10 months (Parent/Tot) and we specialize in younger age levels (3-5yrs).

Keep up on future swim sessions at www.waterworksonwheels.com, via social media by using the Quick Links to the left, or just by looking for these monthly newsletters.

Smart Shopping for Children's

Swim Goggles

via www.livestrong.com

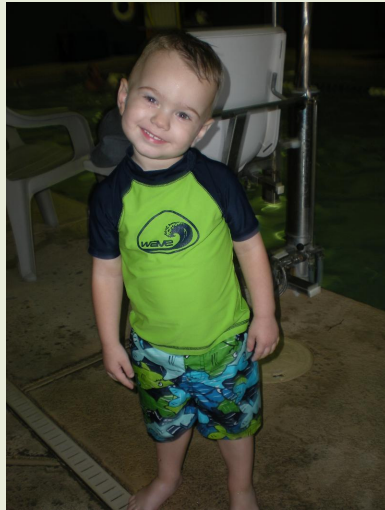
Swimming in chlorinated pools and mucky lakes and oceans can do a number on your child's eyes. Salt, chemicals, pollutants and bacteria can make their eyes red, itchy and irritated--and even prone to infection. Swim goggles, which fit over the head with adjustable straps and generally have plastic lenses to cover the eyes, can give them the protection they need from the elements.

What is more, wearing swim goggles gives your child the visibility he needs for swimming underwater, which is great for avoiding smashing into pool walls while lap swimming or playing games of underwater tag. Like sunglasses, swim goggles come in a variety of styles, lens shapes, tints and, of course, price points.

[Read More](#)

August Swimmer of the Month

Andrew from Fitness Works Gilbert Health Club



Last year, Andrew started with Waterworks On Wheels as a [Parent/Tot](#) student in Miss Christina's Saturday class at Fitness Works Gilbert. This year, Andrew began in Miss Taylor's Tues/Thurs Parent/Tot class, but quickly earned a spot in a [Beginner](#) class (without a parent in the pool) because of his swimming skills, ability to listen to instruction and take turns! Andrew is one of the youngest children ever to be promoted to a Beginner class from a Parent/Tot class! Generally, we wait until a child is three years or older before putting them in a class on their own.

Miss Taylor notes: "When I first had Andrew in my class, he wasn't very fond of the water, having taken a long break between Miss Christina's class and my class. Andrew missed his mommy and would sometimes cry for her throughout the lesson. However, with some patience and a little creativity, we were able to make the bi-weekly lessons fun for him. I was able to introduce new techniques and before I knew it, he was ready to be independent of mom. Andrew has grown to love swim lessons and can now swim a few feet on his own. He is a great student to have in class!"

Andrew's mother Lynn agrees that moving into the Beginner class has been a wonderful step for him. She tells us: "Andrew is almost 2 ½ now and has been swimming with Waterworks on Wheels since he was 10 months old. He's had several different instructors and they have all

been great! Now that he is in the Beginner class in the pool without me, he has done very well and is so happy after his class! I love that the instructors are direct with the kids making sure they follow instructions and listen, but they also do a good job of praising them. Besides swimming skills, Andrew is learning to listen, take turns and he's definitely gaining a sense of pride in himself."

With pride and pleasure, we make Andrew our "Swimmer of the Month" and ask you to watch this video clip.



Waterworks On Wheels Swimmer of the Month - August

Sign Up Today for September Sessions

Ask about accommodating your back-to-school schedule

Join one of our three East Valley locations:

[Fitness Works Chandler](#)

[Fitness Works Gilbert](#)

[Fitness Forum Health Club Chandler](#)

Saturday Sessions at all locations:

Next Session: October 8th - December 3rd: mornings

Tuesday Session at Chandler location:

Next Session: October 4th - November 22nd: early evenings

Tuesday/Thursday Session at Gilbert location:

September 1st - September 27th: afternoons

Monday/Wednesday Session at So. Chandler location:

September 7th - October 3rd: afternoons

We take a break in December and January, so now is the time to get those lessons in before the holidays begin!

Waterworks On Wheels Sponsors Wish List Drive for Cardon Children's Medical Center



A huge THANK YOU to all of the Waterworks On Wheels families who donated items for the Cardon Children's Medical Center Wish List Drive.

We delivered the donations last week and the facility staff couldn't have been more thankful for all of the art supplies, games, crafts and other toys.

Donations were received by the following families:

The Steinbeiss Family - Fitness Forum Health Club
The Burlend Family - Fitness Works Chandler
The Wortzel Family - Fitness Works Gilbert
The Von Burg Family - Fitness Works Gilbert
The Schneider Family - Fitness Works Gilbert
The Day Family - Fitness Works Gilbert
The Hansen Family - Fitness Works Gilbert
The Tadman Family - Fitness Works Chandler
The Lodestro Family - Fitness Works Chandler
The Vasquez Family - Fitness Works Gilbert
The Gallegos Family - Fitness Works Gilbert

We appreciate your thoughtful consideration and will plan for another Wish List Drive next year!

August Newsletter Contest

And the winner is...



Congratulations to the July Newsletter Contest Winner! The question was:

According to the Center for Disease Control and Prevention, some of the most serious factors resulting in water-related injuries are...

We had several answer submissions and we appreciate everyone playing along. The answer we were looking for was in our June Newsletter: ***Some of the most serious factors resulting in injuries are a lack of adult supervision, and "recreation in natural water settings" like lakes and oceans.***

Congratulations to A. Burke from Tempe, AZ for submitting the correct answer and winning the drawing! Your \$10 Target gift card is in the mail!

**The August Newsletter question is:
At what age can a child start swim lessons with Waterworks On Wheels?**

Email answers to info@waterworksonwheels.com -- correct answers will be entered into a drawing for a gift certificate.

Personal Notes from Janice...



Red Rock Reflections Retreat 2011

It has been a hot, humid summer here in Arizona. The dust storms brought on some serious sinus and allergy issues for me. I have never had these issues, and it is not fun. This too shall pass, right?

The focal point of this past month for me was the Sedona retreat. Not only because it was a personal weekend where I truly got to enjoy and relax in Sedona, learn things about myself and come back refreshed and new, but because I got to spend it with some favorite relatives too. My cousin Kathi and I are the same age. We were both born in Oceanside, Long Island in 19something and have been best friends ever since. Even though she lives in Connecticut and I live in Arizona, we have managed to see each other about once a year. When we were kids and I moved away to Buffalo, our dads (brothers) would drag us from Buffalo to Long Island (or her from L.I. to Buffalo) once or twice a year. The rest of the family probably dreaded it, but since we were best buds, the two of us loved it. After we all grew up, the tradition continued (mostly because Kathi made the effort to visit for weddings, graduations, and other trips). When Kathi and her sister (my cousin) Pat signed up for my Sedona retreat, that was another excuse to get together. Seeing Pat again, it was like we were also BFFs. We had a great time driving up to Sedona, having special dinners over the weekend together, and of course planning the next retreat on the trip home! It was also wonderful to share the weekend with my daughter Erin, sister Carol and her high school friend Sue (who made the trip from Vermont), and local BFF Stacey. Plus, now all the speakers and other attendees are my BFFs also! The bond we all formed was incredible. I thank my cousin for continuing to make the effort to get together and I encourage all of you to make the effort to visit loved ones. Is there someone you should go visit? Don't make excuses, just do it soon. We often don't take time to do that because we are so wrapped up with our lives.

During our "sharing circle" at the retreat, I discovered just how much each of the attendees got out of the weekend, and that made it all worth it -- I achieved my goal! Besides all the 'a-ha' moments we all had and the intentions we set, it's just so needed to get away from it all and come back rejuvenated!

My daughter Tara got to enjoy a week in Huntington Beach for work. It was a trade show, so they were very busy, but she said it was lots of fun. She was there for her birthday and enjoyed a walk on the beach and dinner with co-workers. Luke got a job in Sedona at a golf resort

and will be moving there this week! We are so proud of him in this economy to be able to land a job - and that it is the kind of job he was looking for. He wants to work outdoors, so a golf resort is perfect. Erin and Paul got to go to Napa and Sonoma for the first time and had a blast with Paul's California relatives. Perry and I are finishing our home gym this month. I wasn't sure that I'd want to work out at home, but seeing it come together I am pretty excited about it!

Now go find someone you have wanted to be in touch with and spend some quality time with them!

Yours in Health,

Janice

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