



Waterworks On Wheels Newsletter / June 2011

Quick Links



BACKYARD LESSONS

Convenience for
moms and dads

Comfort and security
for kids

Water Safety & Swim
Lessons in Your Own
Pool

Get your neighbors
and friends together
to share fees

OR

one-on-one private
lessons are just what
some kids need!

[CLICK HERE](#) for
schedule, prices and
philosophy



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Dear Janice,

It's getting hot, hot, hot...and it's no surprise that families are brushing up on their swim skills before the next few months vacation trips and summer water activities. Whether you're relaxing by the pool at your home, attending a pool party, twisting down a crazy water slide or hanging out at the beach, remember that there is NO SUBSTITUTE FOR EYE-TO-EYE CONTACT.

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

Waterworks On Wheels Teams Up with

Cardon Children's Medical Center for a June Wish List Drive



Banner Health

Cardon Children's Medical Center

Waterworks On Wheels is a business that prides itself on exemplary service and dedication to your child's wellbeing, and we rely on the continued support of our clients to keep doing what we do best. In effort to spread that support network to those in need, we have decided to sponsor a wish list drive during the month of June!

We would like to invite you to donate an item to the Cardon Children's Medical Center from the wish list provided. Donations must be NEW. We have selected the wish list of the older age group (not infants or toddlers) simply because this list is often the most overlooked and receives the least donations.

We will provide you with a **10% OFF** coupon good for any Waterworks On Wheels swim session in 2011, and will personally deliver your donation item to the facility at the end of June. Please see arranged pick-up dates and locations for donations below. Your family will also be recognized in our July Newsletter for giving back to the community.

Thank you for your thoughtful consideration of our request and we look forward to seeing you in the pool!

Pick-Up Dates & Locations:

Fitness Works Gilbert: Saturday, June 25th (9:00am - noon) or Tuesday, June 28th (3:30pm - 5:30pm)

Fitness Works Chandler: Saturday, June 25th (10:00am - noon) or Monday, June 27th (3:00pm - 5:30pm)

Fitness Forum Health Club: Saturday, June 25th (9:30am - noon) or Tuesday, June 28th (4:00pm - 6:00pm)

Children's Wish List

- **Hand-held electronic games (Yahtzee, Hangman, Connect Four, etc.)**
- **Craft, Art or Wood kits (beads, sand art, model**

cars, foam stickers, dinosaurs, bird houses, etc.)

- **Movies (newer releases G and PG -- DVDs)**
- **ANY Board games (Clue, Monopoly, Connect Four, etc)**
- **Puzzles**
- **Card games**

- **Fuzzy posters**
- **Gift cards (Target, Blockbuster, Best Buy, Walmart, etc)**
- **Scrapbooking supplies, glitter pens and fun paper**
- **Journals/diaries**
- **Disposable cameras**
- **Card games (UNO, Phase 10, etc)**
- **Portable CD players and CDs**
- **Nerf toys (such as football or basketball)**
- **Make up/nail polish**
- **Computer games**
- **T-shirts**

SIGN UP TODAY

Join one of our three east valley locations:

[Chandler](#) [Gilbert](#) [South Chandler](#)

Saturday Sessions at all locations:

August 6th - October 1st (no class Sept 3rd)
mornings

**if you'd like to join the June/July session please call*

Tuesday Session at Chandler location:

August 2nd - September 20th
early evenings

**if you'd like to join the June/July session please call*

Tuesday/Thursday Session at Gilbert location:

July 5th - 28th
afternoons

Monday/Wednesday Session at So. Chandler location:

July 6th - August 1st
afternoons

*Classes will fill quickly in summer months.
Sign up now and ask for a FREE evaluation if
you are a new client!
Donate a wish list item from the list above
and receive 10% OFF the session!*

June Swimmer of the Month
Rhea is this month's swimmer!



Rhea.MP4

Rhea started with Waterworks On Wheels as a Beginner student. She was a bit fearful and tense in the water at first, but that only lasted a few lessons. Once Rhea was comfortable in her swim lesson class, she began to improve extraordinarily fast! From learning to put her face in and take a breath while swimming freestyle to mastering the backstroke, Rhea graduated through class levels in one or two sessions!

'I personally had the pleasure of teaching Rhea in her Beginner class, then just a year later had her join my Competitive Swimming class. What an accomplishment! Rhea always has a great attitude about swimming and it is wonderful to see her each week in the pool!'

-Miss Elizabeth

Water Safety Tips for Summer Vacation

by Lindsey Chapman via Finding Dulcinea.com

Dreams of spending lazy days at the lake or stretched out on the beach will fill the minds of many this summer. By taking a few precautions, you can help ensure that your time in the water will be safe and enjoyable.

According to the Centers for Disease Control and Prevention, "More than one in four fatal drowning victims are children 14 and younger." Four children require medical attention for injuries on the water for every one child who dies.

June Newsletter Contest And the WINNER is...



Congratulations to the May Newsletter Contest Winner! The question was: *According to the Skin Cancer Foundation, what time of day should you seek shade?*

We had several answer submissions and we appreciate everyone playing along. The answer we were looking for was in our March Newsletter: *Seek the shade especially between 10:00am and 4:00pm.*

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

The June Newsletter question is:
An important water safety tip is to install an independent fence or barrier completely surrounding the pool. How tall should the fence or barrier be?

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

Personal Notes from Janice...

It's been a packed month! In May my sister Carol and I flew with my mom to Boulder and Ft. Collins, Colorado to visit my brothers Joe and Rob. It was five days filled with walks and hikes, yoga (and a new, fun hybrid class with 1/2 hour spinning and 1/2 hour power yoga - just right!!), margaritas at Rob's [Rio Grande Restaurant](#), and LOTS of food! Boulder is a really cute town that I had never been to before. We stayed at the beautiful St. Julien Resort and could walk to shopping and dining. We took a wild drive up to the woods to eat at a fabulous out of the way place and ran into five deer on the side of the road (we did not "run" into them, but saw them up close!). On the way back, the five of us sang old songs like we used to do during the eight hour drive in the Chevy from Buffalo to Long Island (with the windows cracked and two smokers in the front seat!). Good times!

Tara was here from New York City with her boyfriend Kevin for Memorial Day Weekend. They drove up to Lake Havasu with Erin and Paul for a wild boat weekend, but we got to spend a great evening with her at Kabuki (our favorite spot at Tempe Marketplace). Memorial Day Weekend Perry and I toured the northern part of Arizona. It reminded me what a versatile, beautiful state we live in. From the pine trees outside of Flagstaff, to the windy roads, mountains and valleys between Jerome and Flagstaff, the red rocks of Sedona, the plains outside Cornville, and then back to our desert valley Phoenix-metropolitan area! Did you know there were three wineries in Cornville, Arizona? Very cute -- especially Page Springs Cellars. And have you been to Jerome lately? What a spectacular view!! Shops, saloons and the 'Haunted Hamburger' Restaurant where the outdoor patio was awesome and the weather was warm and wonderful.

Of course Sedona is always my favorite. The red rocks are so inviting and breathtaking, and you can't help but feel grateful. We visited [Sedona Rouge](#) (host of [Red Rock Reflections July 29-31st](#); our mind/body/spirit retreat) and walked around town visiting unique stores and coffee shops. See the clip of our Sedona trip below! Remember there is still time to plan your dream weekend for you and your girlfriends, your husband,

sister or mom! Or just you, because it is all about YOU! *Aquatic relaxation, wheel of balance, yoga, journaling, mediation, behavior style analysis, healing with herbs, alternative medicines, a mind/body/spirit connection from the one and only Zeffi Kafala, a hike from Sedona Private Guides* that you will not believe! Sound good? Call me!

Have a safe summer,
Janice



Red Rock Reflections 2011

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