



Waterworks On Wheels Newsletter / May 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
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lessons are just what
some kids need!

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Dear Janice,

Happy Spring! It's great to know that every year around this time we'll hear from so many of you that have been with Waterworks year after year...and of course we'll hear from some new families too. When the warm weather hits, it's definitely a reminder to get some swim lessons in before the summer! Don't forget that we provide swim lessons year-round, so when the weather turns chilly it's no reason to stop swimming. 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.

We'd also like to briefly address the recent drownings in Arizona. We haven't even reached prime-time swimming weather this year, and already 2011 has seen HALF the amount of drownings that occurred in 2010. This is unacceptable. The number one rule is that there is NO SUBSTITUTE for eye-to-eye contact with your child, and had this rule been followed our drowning toll would be zero. Please be diligent about watching your children around water, and please read the additional tips below and take them to heart.

Important Water Safety Tips



- Maintain constant adult supervision and eye-to-eye contact at all times.
- If you're too tired to drive or have had too much to drink, you can't supervise children properly. Ask someone else to take over, or close the pool for the night.
- Install an independent fence or barrier completely surrounding the pool. Fences should be five feet high. Gates should be self-closing and self-latching and open outward away from the pool.
- Install additional layers of protection, including safety covers, alarms on doors and motion-detection devices.
- Inspect and maintain barriers regularly.
- Keep items that can be used for climbing away from pool fences.
- All doors and windows leading to the pool should be secured and locked at all times.
- Assign an adult Water Watcher to supervise the pool/spa area, especially during social gatherings.

- Teach children to swim; however, DO NOT rely on swimming lessons, life preservers or any other equipment to make a child water safe. Realize that swimming lessons are a layer of protection, but do not make children 'drown-proof'.
- Look in the pool area first if a child is missing.
- Mount rescue equipment by the pool, such as lifesaving ring, shepherd's hook and CPR sign.
- Have a phone near the pool to call 911 in case of an emergency.
- Never keep toys around or in a pool.
- Learn CPR.

Source: Phoenix Children's Hospital's Water Watchers Drowning Prevention

SIGN UP TODAY

Join one of our three east valley locations:

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

Saturday Sessions at all locations:
June 4th - July 30th (no class July 2nd)
mornings

Tuesday Session at Chandler location:
June 7th - July 26th
early evenings

Tuesday/Thursday Session at Gilbert location:
June 2nd - June 28th
afternoons

Monday/Wednesday Session at So. Chandler location:
June 1st - June 27th
afternoons

*Classes will fill quickly in June. Sign up now
and ask for a FREE evaluation if you are a
new client!*

Water Safety Talks from Waterworks On Wheels



Do you know of a preschool or elementary school that would be interested in a free water safety talk from Waterworks On Wheels? We'll send an instructor to any East Valley school for a brief discussion about water safety (and provide some goodies to take home!). Please call our office at (480) 461-3888 to speak with Janice about this opportunity!

May Newsletter Contest And the WINNER is...



We had so much planning going on last month we missed the April Newsletter -- but we didn't forget the March Newsletter Contest Winner! The question was: *Where is the only place Janice currently teaches water aerobics each week?*

The answer was in the February Newsletter: *Fitness Forum Health Club in Chandler, AZ.*

Congratulations to L. Burchfield from Mesa, AZ for submitting the correct answer! Your \$10 Target gift card is in the mail!

The May Newsletter question is:

According to the Skin Cancer Foundation,
what time of day should you seek shade?

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

Personal Notes from Janice...

As spring rolls into summer, I remind you to watch your children around water. I was at a safety day event this past Saturday and Cardon's Children's Medical Center had wrist bands called "Banner Buddies". The "lifeguard" on duty who is in charge of watching the children at the pool/party wears it. They gave me several of them. Let me know if you want one! I will be passing them out to my swimmers over the next few weeks in swim classes.

Easter was a family day filled with great brunch foods (my daughter Erin is an amazing cook and made some real specialties) and an egg hunt for the kids (who are now teens and up, so I don't understand why the adults cannot participate). There was money in those eggs, and not just quarters either! It was also a great extended-family day. All the dogs were there, including our dog Snoop (who threw up in front of everyone!), his brother Spot and Erin and Paul's two pugs.

Mother's Day I rewarded myself with a new sundress and a 90-minute massage. Then brunch with the fam, including my own mom. Luke is away and Tara lives in NYC, but at least I had one kid with me to celebrate. Erin made tons of delicious appetizers for us that evening to round out the day. Tara will head this way for Memorial Day weekend, but Erin, Paul, Tara and Kevin will head up to Lake Havasu for the weekend. That scene is too crazy for this old woman, so the old man and I will head up to Flagstaff and Sedona for some R and R!

Be good to yourself.
Janice



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