



2011

Waterworks On Wheels Newsletter

September News

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Dear Janice,

How did the summer go by so quickly?! The summer vacation time that is, but certainly not the heat! This September (more than others) I find myself *really* wishing we had some cooler temperatures. I also miss the anticipation of seeing the leaves change into Fall colors...though this month may be the beginning of eight or nine months of fantastic weather!

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. You can also call us any time at (480) 461-3888.

How to Neutralize Chlorine in Bathing Suits

via eHow.com

Our Waterworks On Wheels clients know -- you just can't get away from that pesky chlorine when swimming in our indoor pools. Though our facilities take excellent care of their pool water and go the extra mile in the even the chemicals seem 'off', any indoor pool will eventually make its mark on your or your child's bathing suit. Take this advice from eHow.com to neutralize the chlorine.

[Read More](#)

September Swimmer of the Month

Alanah from Fitness Works Chandler Health Club



Alanah started with Waterworks On Wheels as a 'runner', one of those kids who just DID NOT want to get into the water for her swim lesson. Mom and instructor stayed strong though, and before we knew it, Alanah was turning into a fish! At only 4.5 years old, Alanah is swimming with confidence and has an amazing backstroke!

Alanah's mom writes: "Alanah has been swimming with Waterworks on Wheels for well over a year now, attending twice a week at the Chandler Fitness Works. When she started she was not confident nor did she particularly enjoy her experience; we had several 'chasing round the swimming pool' episodes & plenty of tears! However, through the patience and skill of the Waterworks instructors, primarily Miss Promise, Alanah has developed into a great little swimmer and is so confident now! The difference between last summer and this summer when we take her in the pool at home is amazing; last year she was nervous and not swimming at all, now she jumps in, dives in, dives, swims, plays on toys and slides! With all the exposure to pools and lakes in AZ it's so important that kids can swim. Through her lessons Alanah has learned to swim well and enjoy the water, and now the lesson focus is on stroke and technique. I'm so impressed to see her learning breast stroke, back stroke, front crawl, etc. The instructors and staff at Waterworks have always been accomodating, friendly and professional. I enjoy seeing Alanah's swimming progression through Waterworks, and look forward to her continued development."

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



Waterworks On Wheels Swimmer of the Month - September

Sign Up Today for October Sessions

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:

October 4th - October 27th: afternoons

Monday/Wednesday Session at So. Chandler location:

October 17th - October 26th (HALF SESSION): afternoons

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

(480) 461-3888



On the Hunt for a New Pool

Know of an INDOOR pool in your neck of the woods that does not already offer a swim lesson program? Please let us know! We are ready to expand and acquire another indoor pool for 2012, so any suggestions are greatly appreciated. Specific areas of interest are Queen Creek and Tempe.

Suggestions can be emailed to info@waterworksonwheels.com.

September Newsletter Contest

And the winner is...



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

At what age can a child start swim lessons with Waterworks On Wheels?

We had several answer submissions and we appreciate everyone playing along. The answer we were looking for was in our July Newsletter and also on our website: **10 months!**

Congratulations to M. Thomas from Queen Creek, AZ for submitting the correct answer and winning the drawing! Your \$10 Target gift card is in the mail!

**The September Newsletter question is:
How many families donated items for the Cardon Children's Medical Center Wish List Drive?**

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

Personal Notes from Janice...



2011 Cardinals Cheerleaders + Me!

August just flew by! Those of us who live in the Phoenix area know that the weather has been record-breaking hot and it has not been fun. Dust, dirt, a little bit of rain and heat. Like 110-115 degree heat. But we can not complain since our dear friends had to put up with Hurricane Irene and worse.

We moved my mom into independent living this month. She is in a very cute apartment in Gilbert. Assisted living is right next door when/if needed in the future. It is so much to get used to; moving from a very large house by herself for the past two years, after living there in Chandler with my dad for ten years before that. It was time to downsize and time to get some more help. Now she can go downstairs for all three meals, or cook in her own kitchen in her new apartment. She has said several times "It's like being back in high school and wondering if you are going to fit in". I assume many of you can relate to this challenging situation. We are lucky that my mom wants to go to this place, as many older adults refuse this type of help. Mom is fighting her independence, which sometimes is frustrating, but in the big picture this is a good thing. Having done water aerobics in retirement centers, I do believe the less you do for yourself, the more dependent you become. Let's hope she continues to be stubborn and independent!

Tara (in NYC) just celebrated her one-year anniversary as an Assistant Buyer for CCS. She enjoys the job and is learning all the time. Her, Kevin and Gunner (the labrador) are enjoying the summer in NYC and I have often talked to Tara on the phone while she was tanning on the "rooftop" of her apartment complex!

Luke is back from Sedona and has decided to get a job in the Phoenix area. He continues to live with Erin and Paul in Mesa.

We are excited that football season is back and that Perry and I get to go to the games to not only see the Cardinals (who will have a great season I think) but get to see Erin as a Phoenix Cardinals Cheerleader for the third year. This year she is captain of her line, so that is cool

too!

No trips in August for me, but I will have a fun September trip to report next newsletter with some pictures!

Yours in Health,

Janice

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