

Waterworks On Wheels Newsletter

January News



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2012 feels exciting already, doesn't it?! With the success of our Groupon in December and all of our returning clients that just can't wait to get back in the pool, we're expecting a great kick-off to the New Year. Planning is underway for new locations in a few months, more perks for our dedicated clients, and fun ways to stay connected in 2012.

Please keep in mind that drowning is not only a warm weather danger. Any open water, bathtubs, hot tubs, canals and even covered swimming pools can be a risk. Always maintain eye-to-eye contact with children around water.

Set 'Em Up for Success



One of the biggest issues we encounter each year with swim lesson scheduling is that parents often wait until the warmer months to get their children started. While it does make sense that we're not thinking about swimsuits, beach vacations or days at the water park in January, waiting until March or April to introduce water safety and swim skills to new swimmers does not afford them the opportunity to really develop and make enough progress to be ready for summer's water activities.

With a Beginner level swimmer, there are several factors to consider when they begin their journey toward being water safe:

[Read More](#)

Sign Up NOW for FEBRUARY SWIM LESSONS

*We have lots of new registrations and
classes are getting full! Call ASAP.*

Choose one of our three East Valley locations to get started in February. Saturday or Tuesday only sessions will run through February AND March.

[Fitness Works Chandler](#)

[Fitness Works Gilbert](#)

[Fitness Forum Health Club](#)

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

Monday/Wednesday at So. Chandler location:
February 1st - 29th (no class 2/20): afternoons

Tuesday at Fitness Forum Chandler:
February 7th - March 27th: evenings

Saturday at all three locations:
February 4th - March 24th: mornings

All sessions include eight, 30-minute classes
February Session (members): **\$89.00**
February Session (non-members): **\$99.00**

(480) 461-3888

Save Your Spot - Call Now

Fun Oven Baked Eggplant Chips

from HealthyChild.org

Looking for a fun and easy way to enjoy Eggplant? Get your kids in the kitchen to help you make some Eggplant Chips! It's a great way to get some purple into your diet!



Here's what you need:

- 1 medium eggplant washed and sliced into 8-inch rounds
- olive oil
- sea salt and/or other tasty seasonings

1. Wash eggplant and slice into thin rounds.
2. Preheat oven to 400 degrees.
3. Place eggplant on a large metal baking tray and brush both sides of the eggplant with olive oil and sprinkle with just a touch of sea salt and seasoning if desired.
4. Place in oven for 10-20 minutes.
5. Eggplant will get very brown and will need to be flipped so the other side may brown as well.
6. Eggplant should be crisp and very brown when done!

Personal Notes from Janice...



Christmas 2011

The holiday season was awesome. I hope I don't take it for granted, ever, but I had my entire family with me for the holidays. All three kids were here, my husband, my mom, my sister and my brothers, and some great in-laws and nephews too! That is what is so awesome about the holidays. Family. As dysfunctional as ours might be (JK) we are doing it together! We declared on Christmas Day that the recession was over (at least that day, until the bills roll in!).


Our tradition is that on Christmas Day we open stockings (yes my 20-something's and the adults get stockings) and gifts amongst our immediate family, then everyone comes to our house and the 'Man of the House' makes Eggs Benedict and Shrub (Cranberry juice, sprite and orange sherbet) and then more gifts are shared. There is a short intermission when some nap, some clean up. Then it is off to my sister's house for Christmas dinner. This year we sang Christmas carols, and then went to their outdoor fire pit for guitar strumming, stories and songs. Christmas Eve used to be bigger in my family when I was younger, and more so for my Long Island relatives, but it seems these days everyone is too busy or somewhere else, so this tradition is on the rocks.

This Christmas Luke had to work at the pizza joint, so we scurried down there for some pizza and tried to hit the 10pm mass. We walked in as communion was happening (that means it was almost over) so we discovered it started at 9pm! Does it count that I went to church?! Please tell my dad in heaven that we were there!

We had a really fun New Year's Eve party at our house with lots of friends and family. Tara was here for over two weeks, so that was great. It was just like she never left and still lived here, so as challenging as it was to mix work with fun and being together, when she left it was very sad. Her boyfriend Kevin joined us for the latter part of the trip.

Erin had her last game with the Cardinals on New Year's Day. Tara, Kevin, Perry and I got to sit together to watch our Cards beat the Seahawks in overtime and watch Erin cheer.

The economy looks good in Arizona according to what I am seeing. Live Christmas trees were flying off the lots, shoppers were lined up at the checkout counters, and the housing market is looking better. It's back to



reality now. Exercising regularly, going to bed at 10pm (not after midnight), getting up at 6:30am (no more sleeping in!), eating right, and working an eight-hour day! Not a bad reality, especially when you know that you love those around you, you are loved, and you love what you do! As we delve into 2012, set your intentions and always look at the positive if things are getting you down.

Family. Health. Love.

Janice