

# Swimcerely



News from Love to Swim & Tumble School • Fall 2011

## 5 Reasons Children Should Tumble

### 1 Who Knew Your Inner Ears Affected That!?

The vestibular system, located in the inner ear, allows us to balance and stand up straight. It affects both gross motor skills and fine motor skills. Lack of development of this system makes it difficult for children to maintain good posture, sustain focus, and manipulate objects that require pressure. Vestibular function is improved through rolling, jumping, crawling and hanging in the gym!

### 2 Be Courageous and Confident

Over time, students begin to take more risks when developing new skills in the gym, and they learn that if they set their minds to something, they can do it. This instills confidence in children at an early age, and it shows! This newfound confidence will help your student develop courage and an "I can do it" attitude.

### 3 Experience Camaraderie

Children in tumble lessons have fun learning, competing, training and spending time with friends. They interact with other children and learn to be part of a team. By taking turns, listening to the coach, moving through stations, and focusing on other students when they perform, your kiddo will be ready for these same types of situations in life. He or she will be more focused on teachers and parents, have the ability to transition between subjects and activities, and to cooperate and get along well with other children.

### 4 Let's Get Physical

Tumbling increases endurance, builds muscle strength, soothes the mind, and stimulates circulation. In addition to having fun in tumble lessons, your child will develop lifelong fitness habits. Joining a tumble program is a healthy and wholesome activity available year-round for your child to enhance his or her overall fitness.

### 5 Prepare for School

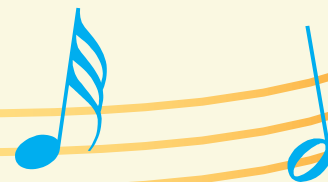
Students who participate in tumble programs at a young age develop numerous academic skills, including focus and discipline, which will help them later in school. (For more about how tumble lessons prepare children for school, see the article inside.)



To learn about our tumble program, facilities or for registration information, stop by the location near you or visit us at [www.love-to-swim.com](http://www.love-to-swim.com).



# Umbrella Song



Come under my umbrella, umbrella, umbrella,  
come under my umbrella, it's starting to rain!  
With thunder and lightning and wind and rain,  
come under my umbrella, it's starting to rain!

This fun activity brings closure to our Rolli Pollie tumble classes, and the students have a blast. Parachute play is not only fun, it's a good activity to teach kiddos to work as a team. It also develops upper body strength and coordination, and teaches children about cause and effect!

To learn more about our tumble program, visit [www.love-to-swim.com/tumble](http://www.love-to-swim.com/tumble)



## Did You Know?



### Children enrolled in tumble lessons excel in class

Tumble lessons teach children many valuable developmental skills that will help them excel when it comes time to go to school.

**Develop positive attributes** such as focus, following directions, and an "I can" perspective.

**Develop posture control** required for maintaining proper focus and stability for class work.

**Build discipline.** By participating in tumbling, students discover and learn about self-discipline, work ethic, commitment, goal setting and how to overcome challenges.

Visit [www.love-to-swim.com/tumble](http://www.love-to-swim.com/tumble) for more information about our tumble program

## Get to Know Us!

### Dana Goetzke

Tumble Gym Director,  
San Antonio & Schertz locations

Hometown: Pilot Point, TX

Education: BS in Elementary  
Education from Texas A&M

Hobbies: Reading, running, and  
going on "adventures" with her  
husband and 3 children.



"Working with children has always been my passion. I strive to foster growth in all areas of development - physical, cognitive, social, and emotional. I have found that sports and gymnastics are great tools for developing such growth. Watching a child gain self-confidence, learn perseverance, and develop a love for physical fitness never gets old!"

## Introducing: Love to Learn Preschool



More movement means more learning! Our team of certified teachers has developed a new preschool program that fosters growth and learning while students develop key motor and social skills.

### Mondays & Wednesdays

9:00 am - 1:00 pm

All children, ages 3-5 are welcome  
(must be potty trained)

\$120/mo. - once a week  
\$230/mo. - twice a week

Spacing is limited, so stop by the location near you to reserve your spot today!

For more information visit [www.love-to-swim.com](http://www.love-to-swim.com)

## Get the Most from Your Swim Investment

- **Attend class regularly.** Though some absences are unavoidable, the commitment to your regular class impacts the speed of your swimmer's progress and success.
- **Practice outside of class.** Simply attending class every week isn't enough. Would you take piano lessons and never practice outside of the lesson? Take advantage of our open swim times and give your kiddo the chance to use and habituate his or her newly learned skills.
- **Think about practicing.** Athletes have used this trick for years! Scientists have found that mentally practicing skills and responses transfers to the pool. Quiz your kiddos on what to do if they get tired in the water (roll on their backs). Practice side-kicking with breathing while looking in a full-length mirror. Visualize horizontal rollovers across the pool to safety. It all helps when you're in the water!
- **Establish clear goals.** If safety is your only goal, our 3rd station is the level to master and review regularly. If a basic fluid freestyle and backstroke is your goal, completing our 5th station gets you there. If you really want your kiddo to have the skill, strength and endurance to swim all 4 competitive strokes fluidly, Station 10, our Expert Swimmer level, is the way to go!
- **Set realistic expectations.** Learning to swim (really swim) is hard. True lifetime swimming and safety skills take time to build and master. And like any skill worth having, repetition and determination are required. Give your swimmers the opportunity to continue building their swim skills by keeping them enrolled in lessons year-round.



## 5 Reasons Babies Should Swim



1. Babies can exercise more muscles in the water; they are less restricted by gravity and their inability to sit or stand. This increased strength often manifests itself in early acquisition of physical skills, like walking.
2. Early mastery of water movement gives children a head start in learning basic swimming skills.
3. Warm water, combined with gentle exercise, relaxes and stimulates babies' appetites. They usually eat and sleep better on swimming days.
4. As babies learn to maneuver in the water, their independence and self-confidence blossom, (as evidenced by the ear-to-ear grins stretching across their faces).
5. Learning to swim is not only a fun, healthy activity, it is a necessary life skill in the prevention of drowning.

To learn more about our Baby & Me swim program, visit [www.love-to-swim.com](http://www.love-to-swim.com)

To learn more about our swim program, visit [www.love-to-swim.com](http://www.love-to-swim.com)

Visit Us Online at [www.love-to-swim.com](http://www.love-to-swim.com)



# Calendar

## September

5 Closed  
16 Date Night\* (6-10pm)

## October

3 Undawata Club Begins

## November

24 Closed  
25 Closed (No Classes / Office Open)

## December

17 Date Night\* (6-10pm)  
23-25 Closed  
26-31 Closed (No Classes / Office Open)

**Lunch Bunch:** Every Friday from 9:30am - 1:00pm

**Love to Learn Preschool:** Every Mon & Wed from 9:00am - 1:00pm.

**\*Date Nights:** Students and their friends enjoy an evening of fun activities while you get time alone! (Children must be at least 3, and registered in advance.) \$25 for the first child / \$20 for each addl.child.

Download a detailed calendar  
at [www.love-to-swim.com/calendar](http://www.love-to-swim.com/calendar)

# We Love to Party!



Sit back and enjoy the fun while our Love-to-Party Posse handles setup and cleanup.

We offer pool parties at both locations, and gym parties in Schertz. We provide the invitations, thank you cards, beverages, and loads of fun for your child and up to 19 of his or her friends!

*"Thanks again for a GREAT party that Ben and Max will ALWAYS remember!" - Barri*

Visit [www.love-to-swim.com/parties](http://www.love-to-swim.com/parties) or stop by either location for more information.



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Schertz, TX 78154

## SAN ANTONIO



15502 Huebner Rd., Suite #111  
210-492-2606

## SCHERTZ



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210-566-4096

Come visit us at a location near you  
or online at [www.love-to-swim.com](http://www.love-to-swim.com).