



Water Safety Starts at Home

April is Safety Month! Now is the time to learn how you can keep the children in your life safer when they are in or around water.

1 Block the Water

If it's not swim time, make sure measures are taken to keep children away from the water. Doors and windows should have locks to prevent children from wandering outside unsupervised. Any body of water (i.e., pools, ponds or jacuzzis) should be surrounded with a barrier gate and childproof latch.

2 Supervise - Constantly

Whenever children are in or around water, there MUST be a responsible adult supervisor present the entire time. Drowning is silent and happens very quickly - children don't typically flail their arms about and scream. Make sure your children are always supervised when they are in or near water to prevent unnecessary tragedies.

3 Educate Your Children

Enroll your children in swim lessons and keep them in until they can really swim. (Two weeks once a year is not enough.) Children who learn to swim dramatically reduce their risk of drowning.

4 Educate Yourself

Find out what you can do with your children to solidify what they're learning in swim lessons. Any additional training, such as first aid or CPR, will ensure your family is even safer around water.

5 Practice, Practice, Practice

Talk with your children about how to react appropriately if they fall in water. Much like fire drills, children should be quizzed often so they know how to react without panicking when they encounter a dangerous or unexpected situation.



To learn about our swim program, facilities or for registration information, stop by the location nearest you or visit us at www.love-to-swim.com

Bring this newsletter in for a

**FREE
Tumble Lesson!**

Come see what all the buzz is about! Stop by either of our unique facilities for a tour today.

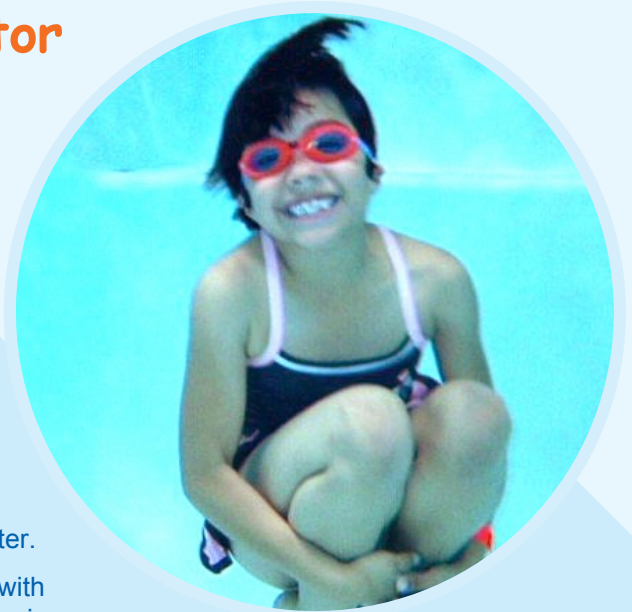
Learn to Ride the Water Elevator

Elevators are a method we use to teach swimmers about their own buoyancy. Understanding how the body operates in the water is an important milestone in learning to swim.

Research tells us that the more comfortable a child is underwater, the more relaxed they are as a swimmer. Elevators are mastered in the second level of our curriculum.

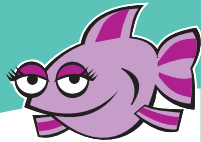
Here's how we do it:

1. Child is asked to hold their breath.
2. Coach gently submerges swimmer underwater, just beneath the surface.
3. Coach loosely holds swimmer so they can feel the "lift" from the water.
4. As a swimmer progressively becomes more and more comfortable with being submerged more deeply, the coach slowly loosens his or her grip.
5. When the swimmer is ready, the coach lets go completely. The swimmer holds their breath and waits for the water to lift them back to the surface.



Watch videos of additional safety techniques at www.love-to-swim.com/videos

Did You Know?



Doggie paddling puts children in a dangerous position

Doggie paddle is not an end goal for learning to swim. There are many reasons we do not teach children to doggie paddle:

- The vertical position is known in Aquatic Professional circles as the "drowning position".
- Doggie paddling requires the head to be up out of the water causing the feet to be down, creating drag, which is exhausting.
- We want children to learn to default to a more efficient, safer, horizontal body position like a back float or go into a horizontal rollover so they can catch their breath and then continue moving forward.

Let's teach our kids how to really swim so they have a skill that will serve them for life! (Let's leave the doggie paddling to the dogs.)

Get to Know Us!

Rory McCorvey

Rory is a Head Coach at our Schertz location. He is currently a freshman at North East Lake View College and enjoys floating the river, playing disc golf, camping, and working out when he is not in the water with our kiddos.



"Love to Swim and Tumble School is awesome because I love to work and play with kids, and because I firmly believe that swimming can help improve lives."

It's Time for Special Summer Classes!

Our awesome summer swim camps officially kick off on June 6th! In addition to our regular year-round lessons, we offer a variety of fun sessions for your little swimmers:

- One-Week Blitz (Mon-Fri for one week)
- Two-Week Blitz (Mon-Fri for two straight weeks)
- Twice-a-Week Blasts (Mondays and Wednesdays OR Tuesdays and Thursdays, for one month)

Each location offers different programs in June, July and August, and they fill up quickly, so get your kiddos signed up today!

For more information or to register, stop by the sales service center or call (210) 566-4096.

Tumble into Motion Evolution!



Love to Swim and Tumble School is proud to be the exclusive San Antonio provider of Motion Evolution, or MoEv!

What is Motion Evolution?

MoEv is a fun, comprehensive youth fitness program based on the following:

- **Physical Literacy** - Just as children learn the ABC's of the alphabet system as a base for reading, Motion Evolution teaches the foundation of movement (tossing, jumping, kicking, etc.) as lifetime skills.
- **Mind Body Connections** - MoEv is based on scientific brain development principles, which results in kiddos who are more attentive, less impulsive and less fidgety.
- **Personal Best** - Measuring progress is based on each child's personal best instead of the more common approach of competition. This encourages healthy mental and emotional standards.
- **Nutritional Education** - Children are gently and playfully informed about what, why, when and how to eat.
- **Movement through Play and Teamwork** - Children learn best when having fun! MoEv utilizes games that develop a wide array of skills, including spacial awareness, memory and social skills.
- **Wellness Motivation** - MoEv creates a motivating physical activity environment for children so they learn to love exercise!



To register or learn more about our MoEv program, call (210) 566-4096 or stop by for a tour!

Build a Safety Toolkit

Prepare a Water Safety Toolkit

The Consumer Product Safety Commission recommends that you create a safety toolkit to have near your pool or spa so that, in the event of an emergency, you are ready to respond.

What to include in your safety toolkit:

- A first aid kit
- A pair of scissors to cut hair, clothing or a pool cover if needed
- A flotation device
- A charged portable or mobile telephone to call 911

Designate a Water Watcher

A Water Watcher is the adult responsible for watching all children that are in or around the water.



We provide FREE Water Watcher Tags at both locations – just stop by to get yours!



Calendar

April

- 17 Stroke Clinic - Breaststroke
- 22 Lunch Bunch* (10:45 am - 1:15 pm)
- 25-30 Safety Week (Enrolled students participate in safety-focused fun all week!)
- 29 Project Parents (Curriculum Education Session)

May

- 1 Stroke Clinic - Individual Medley
- 6 Lunch Bunch* (10:45 am - 1:15 pm)
- 14 Date Night** (6-10pm)
- 24 Lunch Bunch* (10:45 am - 1:15 pm)
- 22 Stroke Clinic - Races vs. Practice
- 22 Project Parents (Curriculum Education Session)

June

- 22 Date Night** (6-10pm)

July

- 16-22 Underwater Picture Week
- 23 Baby Olympics (8:00 am)

Aug

- 5 Swim for Life Challenge (6:15 pm)
- 13 Date Night** (6-10pm)

- * **Lunch Bunch** sessions are open to the public. Drop your kiddos off for some midday fun while you run errands or grab some lunch! **\$25**
- ** **Date Night** are open to the public and all children are welcome! Drop your child off for an evening of fun activities while you enjoy some time alone! **\$25**

Download a detailed calendar
at www.love-to-swim.com/calendar

Choosing the Right Swim Program

Learning to swim is a huge confidence builder, and should be looked at in much the same way reading is: a lifelong activity that improves with time and study.

What determines a quality swim school:

- A reputation of excellence
- Friendly, qualified and highly trained staff
- Well-maintained clean pool and facilities
- Warm water and air
- National certification
- A child-centered teaching philosophy
- Parental involvement encouraged
- Students are moved up only when ready, creating a positive experience in the water

We'd love to give you a tour of our facility and answer any questions you have. **Stop by the location nearest you today!**

"Thank you for providing my children with the best swim lessons in San Antonio!" - JJ



6044 FM 3009, Ste. 285
Schertz, TX 78154



**Come visit us at a location near you
or online at www.love-to-swim.com.**