



Mission Statement

The Batesville Parks and Recreation Department is committed to improving our community by providing high quality recreational programs, facilities that promote tourism, beautiful parks and opportunities to engage in a healthy lifestyle.

WELCOME

Welcome to the first edition of our The Batesville Community Center Newsletter, in this newsletter you will find lots of information on what is going on at the center, scheduled classes, events and much more!

Healthy Tip of The Month:

Laugh more!

Laughing is good for the heart and can increase blood flow by 20 percent.

Laughing maintains a healthy endothelium and reduces the risk of cardiovascular disease, heart attack and stroke. When you laugh, the blood flow increases and the blood pressure rises; but when you stop laughing, blood pressure drops back to its baseline. This relaxing effect helps bring down blood pressure. This generates deeper breathing, which in turn sends more oxygenated blood through the body.

Funny Joke

What do you call an alligator detective?

An investi-gator.



Aquatic's Calendar

Water Aerobics: Morning Classes are offered M-F at 10 a.m. & 11 a.m. Join the FUN!

Water Aerobics: Evening Classes are offered M-TH at 6 p.m. Join the Fun!

Youth Swim Team: Morning Practice T, TH, and F from 6 a.m. to 8 a.m. & Afternoon Practice M-F from 4 p.m. to 6 p.m. Join us TODAY!

Masters Swim Program: Practice M, W, and F from 5:45 a.m. to 7:45 a.m. Join us TODAY!

Bike Batesville: Every Thursday at 6:30 p.m. Family Friendly event, participants must be ages 10 & Up. Bring your helmet!

*I can accept failure,
everyone fails at
something. But I can't
accept not trying.
-Michael Jordan*

CONGRATULATIONS BATESVILLE SWIMMERS

Awesome performance from the Batesville Torpedoes at Conference Finals in Jonesboro AR! **Congratulations** to Molly Guth, Lillie Guth, Sam Knott, Alice Knott, Sam Smith, Tristan Wells, Joseph Wells, Antony Sonnier, Jack Allen, Jakob Winston and Nathan Hernandez! The Torpedoes finished second place overall in the small team's division! Well Done from Sam Smith by winning the High Point Award in the 9-10 Age Group! A lot of personal best & top 3 finishes from the Torpedoes at the meet. THE TORPEDOES ARE ON FIRE!!! The coaching staff is very pleased with the results. Big Thank you to all of the parents & volunteers! GO BATESVILLE!!!



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Community Center Calendar

Camp Rec: Summer Program (Ages 7-13) is offered M-F from 8 a.m. & 5 p.m.

Soft Yoga: Morning Classes are offered M, TU, & TH at 9 a.m.

Pickleball: Pick up play is offered M-F from 10 a.m. to 12 a.m.

Zumba & Zumba **STRONG**: Evening Classes are offered M, TU, & TH at 5:30 p.m. **STRONG**: TU and TH at 6:30 p.m.

Event Rental (Sat. August 11th): Gymnasium closed down all day.

Pyramid Fights 8 (Sat. August 18th at 7 p.m. Gymnasium closed all day.

Recreation Programs Calendar

Movie in the Park: Space Jam (August 3rd @ 7:30 p.m.).

Youth Soccer fall registration **ends** (August 3rd).

Youth Soccer Evaluation Day (August 7th 3-5 p.m. @ Soccer Complex).

Youth Soccer new parent meeting (August 9th 5-6 p.m. @ Community Center).

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Youth Volleyball registration begins (August 13th).

Adult Volleyball registration begins (August 13th).

Youth Soccer coaches meeting (August 16th 5-6 p.m. @ Community Center).

Adult Softball registration **ends** (August 17th).

Youth Soccer coaching clinic (August 21st 5-6 p.m. @ Soccer Complex).

Adult Softball captains meeting (August 27th 6-7pm @ Community Center).