



## 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.

## IRON DISTANCE WELLNESS CHALLENGE



### IRON DISTANCE WELLNESS CHALLENGE

Nov 1<sup>st</sup> – Nov 30<sup>th</sup>

Have you ever dreamed of completing a triathlon? Do you want greater variety in your exercise routine? If you answered yes to either of these questions, the Batesville Community Center is hosting its first Iron Distance Wellness Challenge. While a normal long-distance triathlon is a one-day event, the Batesville Community Center Iron Distance Wellness Challenge takes place over the course of a month and provides participants with the experience of a competing in a triathlon, in small manageable stages. This challenge is designed to keep you focused on daily exercise, encourage diversity in your exercise routine and provide accountability.

**HOW IT WORKS:** In this four-week challenge, participants will plan their workouts to equal the distance of an Iron Triathlon - a 2.4-mile swim, a

### Aquatic's Calendar

**Water Aerobics:** Morning Classes are offered M-F at 10 a.m. & 11 a.m. Evening Classes are offered T & TH at 6 p.m.

**Swim lessons: Level 1** M-W or T-TH from 4:30 p.m. to 5:00 p.m. **Level 2** M-W or T-TH from 5:30 p.m. to 6:00 p.m.

**Private Lessons:** Available all year round upon request!

**Youth Swim Team:** Morning Practice T-TH-F from 5:45 a.m. to 7:30 a.m. & Afternoon Practice M-F from 4 p.m. to 6 p.m.

**Masters Swim Program:** Practice M-W-F from 5:45 a.m. to 7:45 a.m.

**Iron Distance Wellness Challenge:** this is a four-week challenge Iron Distance, - a 2.4-mile swim, a 112-mile bike and a 26.2-mile run, registration ends 10/30.

**Bike Batesville:** Will be moved to once a month on Saturday. Check our Facebook page for more information.

112-mile bike and a 26.2-mile run. You can sign up as an individual or as a relay team with two or three people. All participants will receive a long sleeve t-shirt to enter and a medal upon completion of the program. Packet pick up will be October 22<sup>nd</sup> – November 2<sup>nd</sup>.

**CONVERSIONS AND OPTIONS:** To complete the Iron Distance Wellness Challenge in a month, you'll have to work out 4 days per week doing:

- Run/Walk 1.64 Miles
- Bike 7 Miles
- Swim (Yard Pool) 5.5 Laps / 11 Lengths

### **RUNNING = 26.2 Miles**

Elliptical Trainer

Treadmill

Outdoor running

Indoor Running

Walking

### **BIKING = 112 Miles**

Cycling Outdoor

Indoor Bike

### **SWIMMING = 2.4 Miles**

Water Aerobics 45 minutes = .5 miles

Swim Lessons 30 minutes = .5 miles

Swim Club Practice 45 Min = .5 miles

Swim Club Practice 1 hour = 1 miles

Swim Club Practice 2 hours = 2 miles

Individuals are responsible for updating their own distances at the front desk every week, we will go

## **Community Center Calendar**

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

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

2018 District 4 Senior Olympics (Thursday, October 18<sup>th</sup>).

Community Benefit Banquet (Saturday, October 20<sup>th</sup>): Gymnasium closed that evening beginning at 2pm.

## **Recreation Programs Calendar**

Youth Volleyball practices begins (October 3<sup>rd</sup>).

Movie in the Park "Hachi: A Dog's Tale" (Sat. October 6<sup>th</sup> @ 6:45p.m.). **FREE**

Adult Volleyball preseason (October 6<sup>th</sup>).

Adult Volleyball season begins (October 8<sup>th</sup>).

Youth Soccer Season ending tournament (October 22<sup>nd</sup> -27<sup>th</sup>).

Adult Softball tournaments begin (Upper: October 24<sup>th</sup>, Lower: October 29<sup>th</sup>).

by the honor system.

Iron Distance Wellness Challenge last mile (RUN OR WALK) & Award will be on Saturday, December 1 at 9 AM.

**REGISTRATION:** October 1<sup>st</sup> – 30<sup>th</sup>

**CHALLENGE:** November 1<sup>st</sup>-30<sup>th</sup>

**FEES:** \$20 per Community Center Members \$30 Non-Members. Relays will need to register separate and email relay team to [recsuper@cityofbatesville.com](mailto:recsuper@cityofbatesville.com).

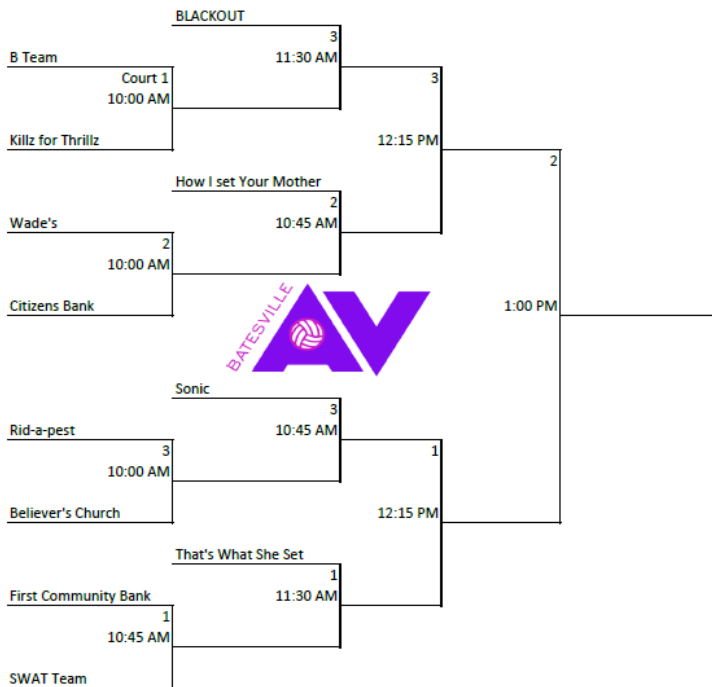
Register now @ [www.batesvilleparks.com/idwc](http://www.batesvilleparks.com/idwc)

### FUNNY JOKE OF THE MONTH:

Q: Why did the witches' team lose the baseball game?

A: Their bats flew away. 😊

### Adult Volleyball Preseason Tournament



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[www.batesvilleparks.com](http://www.batesvilleparks.com)

*Good health is not something we can buy. However, it can be an extremely valuable savings account.*  
-Anne Wilson Schaefer

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Facebook [@BatesvilleParks](https://www.facebook.com/BatesvilleParks)

Twitter [Bville\\_rec](https://twitter.com/Bville_rec)

Instagram [batesvilleparksandrec](https://www.instagram.com/batesvilleparksandrec)

YouTube [Batesville Parks](https://www.youtube.com/BatesvilleParks)

For videos, giveaways, and other cool announcements. Add us on Snap Chat, just use the snapcode:

**werecit\_bville**

