



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.

HAPPY NEW YEAR! We made it through another great year and 2019 is here. It is exciting to see the Community Center growing, friends being made, athletes facing challenges, and members having fun. It's time to set some goals for 2019. Bottom line – if you don't set any goals, you'll be like a rock – the same this year as next, with a little wear and tear. The most important thing about setting goals is to measure progress in achieving them. One way to do this is to establish monthly or quarterly goals – modify depending on your progress. Keep a log of some kind to measure your progress



5 TIPS TO MAKE YOUR RESOLUTION A SUCCESS

1. DRINK MORE WATER
2. AVOID SUGAR SWEETENED DRINKS
3. KEEP HEALTHY SNACKS ON HAND
4. WATCH YOUR PORTIONS
5. NO PAIN, NO GAIN...GET MOVING!

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. Sign up Today!

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. Join us TODAY!

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

2019 Batesville High School Meet January 19th, 2019. In the AM.

“SWIM YOUR RESOLUTION’ CHALLENGE

The Batesville Community Center has your resolution. Similar to our Iron Distance Wellness Challenge, we have created another month-long challenge that will allow you to complete the distance of your choice over a 31-day period. Here is the challenge: Pick either the 5K, 10K or 20K distance, record your swim distance every time you go to the pool and add the total distance at the end of the month to reach your goal!

SWIMMING

5 Km = 5468.07

Swim (Yard Pool) 7 Laps / 14 Lengths

10 Km= 10936.1

Swim (Yard Pool) 14 Laps / 28 Lengths

20 km =21,872.3

Swim (Yard Pool) 28 Laps / 56 Lengths

Water Aerobics 45 minutes= 546.807 yards

Swim Lessons 30 minutes = 546.807 yards

Swim Club Practice 45 Min = 1000 yards

Swim Club Practice 1 hour = 1700 yards

Swim Club Practice 2 hours = 4500 to 6500 yards

Not to brag or anything but did you know we are on YouTube?



[CLICK HERE TO SUBSCRIBE](#)

FUNNY JOKE OF THE MONTH

Gave my co-worker the Heimlich maneuver. Proving once again I'm no good at birthday gifts. 😏

*Batesville Community Center
1420 20th St,
Batesville, AR 72501
870-698-2427
parksaa@cityofbatesville.com
www.batesvilleparks.com*

2019 Batesville Elite Home Meet January 19th, 2019. In the PM.

Community Center Calendar

Soft Yoga: Morning Classes are offered M-F 8:30 a.m to 9:30 a.m.

Line Dancing: Morning Class is offered every TU 9:30 a.m to 10:30 a.m.

Pickleball: Pick up play is offered M-F from 10 a.m. to 12 a.m. Then again from 6:30 p.m. to 8:30 p.m. on Tuesdays.

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.

Polar Bear Plunge – Fundraiser for Special Olympics of Arkansas. Pick up forms at Center Front Desk (January 26th).

Important Program Dates

Youth Basketball begins (January 3rd).

Youth Spring Soccer Registration begins (January 3rd).

Adult Basketball Begins (January 7th).

Adult Indoor Futsal Begins (TBD).