



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.

Graduation has come and gone. The school books are put away for this year, and summertime has arrived. You've never seen so many happy children as we had in the pool last week. One of the most frequently asked questions we get is, "What do the kids do during the summer?" Of course, our answer is Swimming at the Community Center! This summer, take some time to enjoy the beautiful outdoors that Batesville has to offer and don't forget to bring your kids to the pool every day.

"EAT RIGHT: THE BENEFITS OF BEETS"

Work this nutrition-rich root vegetable into your diet for performance gains.

Who would have thought that a root vegetable would be the next big ergogenic aid? Yet, a batch of research strongly suggests that a beet a day may, well, help you beat the competition. Case in point: A 2012 study by researchers at St. Louis University found that subjects who ate about 1½ cups of beets 75 minutes before a running test were able to move at a faster clip and perceived less exertion than those who didn't take in the ruby vegetable pre-exercise. The scientists surmise that naturally occurring nitrates in beets are converted to nitric oxide in the body which functions to widen blood vessels, thereby allowing for increased blood flow, and subsequently the delivery of more oxygen and nutrients, to working muscles. Nitrates may also improve how efficiently your muscles use oxygen during activity. As a bonus, the nitrates in beets have blood pressure-lowering efficacy, and betalins, pigments that give the root vegetable its distinctive blush, are believed to be strong disease-fighting antioxidants. To get

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:

Morning Sessions

M through TH **Level 1** @ 9:15 a.m.

M through TH **Level 2** @ 10 a.m.

Afternoon Sessions

M & W or T & TH **Level 1** @ 4:30 p.m.

M & W or T & TH **Level 2** @ 5 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 through F from 3:45 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!

SWIM MEET JUNE 15 @ 9 a.m.

the most performance-boosting benefit it's best to consume beets for several days before race day.

Here's how to sneak more in: – Guzzle down a cup or two of homemade or store-bought beet juice daily and the morning of a race. If the taste of beet juice is off-putting on its own, try cutting it with other juices like orange or whirl the beet smoothie below.

– Add roasted or grated beets to everyday salads. – Purée beets into soups.

– Make up batches of beetroot chips for healthy snacks.

Beet Raspberry Smoothie:

Place 1½ cups coconut water, 2/3 cup plain Greek yogurt, 2 small beets (chopped), 5 pitted dates, ¼ cup almonds or walnuts, 2 T fresh mint, juice of half a lemon, 2 tsp minced fresh ginger, ½ tsp cinnamon and 1 cup frozen raspberries in a blender container in the order listed and blend for 1 minute. Serves 2.

“WHY YOU SHOULD SWIM”

Swimming is a full-body exercise that utilizes, strengthens and tones major muscle groups within our bodies. It also helps to lower stress levels and raise endorphins. Here are a few reasons to take up this water-based workout.

1. Helps with breathing and strengthens the heart – Swimming places high demand on the heart and the lungs, improving and strengthening cardiovascular functioning. Strong lungs improve oxygen transport to the cells and muscles throughout a woman's body. The more efficient and effective the lungs become, the easier breathing becomes during swimming and other modes of exercise. Increasing cardiovascular endurance contributes to higher calorie expenditure and increases in exercise duration and intensity. Swimming strengthens the heart, helping lower blood pressure and cholesterol levels while lowering the risk of stroke and heart disease.

2. **Counts as Both Cardio and Strength**

BIKE BATESVILLE: We will meet in the South Parking lot at 6:00 PM and the ride will start at 6:15 PM. Everyone is invited (ages 10 & up). This is a free event. We will ride approximately 10 miles and should take around an hour and a half to complete. This is a beginner friendly bike ride, it's not a race so we take our time, enjoy the ride, the people and all the great scenery... It's a family ride so come join the fun and bring all your friends! Helmets are mandatory, so please don't forget yours!

Community Center Calendar

Movies in the Park (MIP)

The Mighty Ducks OR Field of Dreams

June 14th

Showtime @ DARK (around 8:30pm)

Batesville British Soccer Camp

June 3rd – 7th

Junior Golf Camp

June 10th – 14th

Experience Independence 5K

July 4th

Training – In swimming, if you aren't moving constantly, you're sinking. (Forced cardio!) In the water, your muscles are under constant resistance. Finally, no more trying to decide if today is going to be a strength or cardio day.

3. Eases Exercise Difficulties During Pregnancy – Since women are mostly buoyant while swimming, pregnant women may be more comfortable exercising in water than on land. Improvements in muscular strength and oxygen efficiency may ease the challenges of labor and will help a woman's lungs deliver oxygen effectively to her baby. Swimming may lower stress levels and anxiety experienced during pregnancy.

4. It Turns Back the Clock – Regular swimmers are biologically 20 years younger than their driver's licenses say they are, according to research from Indiana University. Scientists say that, even up until your 70th birthday, swimming affects blood pressure, cholesterol levels, cardiovascular performance, central nervous system health, cognitive functioning, muscle mass, and blood chemistry to be much more similar to that of your younger self. The Community Center Aquatics offers recreation swim for the public to enjoy the warm water year-round. Recreation swim will be offered in the designated pools below at various times throughout the week.

Recreational Swim is a great opportunity to network with parents in the community and for young swimmers to practice and gain more exposure to the water. It is also open to the public to allow non-members the opportunity to come experience the positive energy and fun that the Batesville Community Center's facility and staff provide to swimmers of all ages.

FUNNY JOKE OF THE MONTH

How do pirates measure the distance they swim? In YARRRRRs. 😄

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Healthy Tip Of The Month

Eat less salt: no more than 6g a day for adults

Eating too much salt can raise your blood pressure. People with high blood pressure are more likely to develop heart disease or have a stroke.

Even if you do not add salt to your food, you may still be eating too much.

About three-quarters of the salt you eat is already in the food when you buy it, such as breakfast cereals, soups, breads and sauces.

Use food labels to help you cut down. More than 1.5g of salt per 100g means the food is high in salt.

Adults and children aged 11 and over should eat no more than 6g of salt (about a teaspoonful) a day. Younger children should have even less.