

# Sweet, Sweet Summer Time

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## SPECIAL POINTS OF INTEREST

- Father's Day is June 16th
- Swim lessons start June 10th





## SUMMER SPLASH

Summer Splash is finally here. Enjoy 3 months of relaxing swims, fun classes and great exercise. You can even play basketball or how about joining our pickleball club! What more could you ask for this summer? And, you get all of this for one great price, no commitment and no joining fee! If you have not already purchased your Summer Splash Membership don't worry, you can register at any time. We know you are going to love it so what are you waiting for, register today!

*“register for Group Swim Lessons and a Summer Splash Membership to save \$40 on your Swim Lessons!”*

### BUY BOTH & SAVE

Did you know that if you register for a summer splash membership you will save \$40 on your group swim lessons, WOW!

You must be a member at the time of swim lesson registration in order to receive your discount. So, purchase for you summer splash membership today to save!

## SWIM LESSONS



Group Swim Lessons are just around the corner. Our 4 week session will start on June 10th and run until July 12th (we will skip the week of July 4th) Have you registered yet? Space is limited so be sure to stop in today to reserve your child's spot. Lessons are available for ages 6 months (parent-tot classes) to 14 years old!

During our group swim lessons, private swim lesson will only be available on Friday, Saturday and Sunday. Regular private swim lesson will resume on July 15th.

## JUNE FITNESS

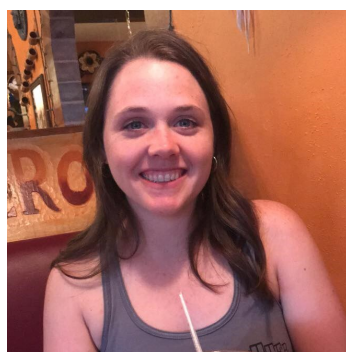
### SOME LIKE IT HOT

As we head into summer and sweltering temperatures, bring your workout inside where you can exercise in a comfortable environment. However, don't think you won't have opportunities to sweat! While some love to be pushed to the max, others may need to go at a little slower pace or use the modifications provided by your instructor. No matter which category you fall in, you can, and will, benefit from the workout! Just come and move!

Ever considered water aerobics? This is another fabulous option for a refreshing workout that utilizes water as resistance for building muscles and increasing your heartrate!

### A FEW CHANGES

Beginning Wednesday, June 5<sup>th</sup> at 12:00 PM we will be introducing “**Fit For Any-thing**”. Balance your busy life with a class that is as versatile as you are! Instructor, **Kirsten Craft**, will be sure to keep you on your toes as you will experience a variety of exercises from just about every type of workout you can imagine! Each week will hold new challenges suitable for all ages and levels of fitness. Some have attended two preview weeks and have truly enjoyed it! Also, taking into account feedback from our recent survey, many have conveyed that they would love to have “**Beat**

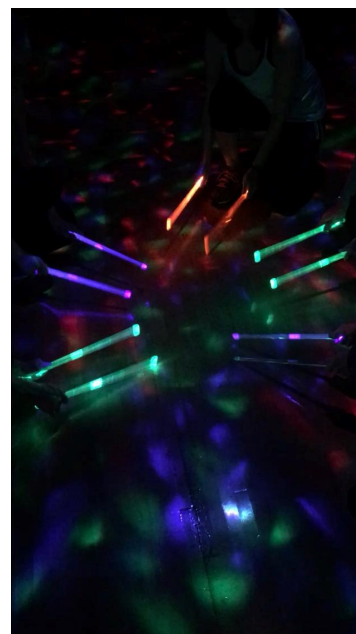


*Kirsten Craft*

**It**” added to our schedule. Beat It is a super, fun workout utilizing drumstick as you perform easy to follow choreographed routines to great, motivating music! Your instructor, **Pam Jennings**, will be leading you with lighted drumsticks. An element that adds to the enjoyment is an energetic atmosphere created through the use of colored lighting. You can also expect to put the drumsticks down for a moment to just dance and do planned, core specific exercises.

Thursday 8:00 AM **TRX**: Pam Jennings and Marjorie Yaksich will be your instructors. Each will teach 2 weeks per month.

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Cancellation: During the months of June and July, Thursday evening's 6:20 PM **RaisedBarre** will be suspended until August 8<sup>th</sup> when Betsy returns from her summer internship. If you haven't tried a Barre class, we have two on Tuesday's; 8:00 AM and 12:00 PM.

## **SURVEY RESULTS**

Thank you so very much to those who completed our Fitness Classes Survey! We were very pleased that overall feedback was great! Also, a big thanks to those of you who brought to our attention a few ways in which we can improve our schedule and grow as instructors. We strive to fully meet your needs and welcome comments and suggestions and, of course, always appreciate positive feedback!



Don't forget! Members receive 12 guest passes per year so bring your friends, family members, and guests! Let's enjoy our summer together!



Best of health,  
Pam Jennings  
Fitness and Water Fitness Classes Coordinator

## **CCRC AFTER SCHOOL CARE**

We just finished our first year of CCRC After School Care and it could not have been more fun or more of a success. We want to send out a special thanks to all the families who participated and helped make it such a grand adventure. CCRC ASC registration for 2019/2020 is now open and there are a FEW spaces left. If you would like to join us next year be sure to register now to reserve your spot. Do you want to know more about what we do at CCR ASC? Check out our Facebook page to see all the adventures of the past year!

## JUNE RECIPE RECOMMENDATIONS

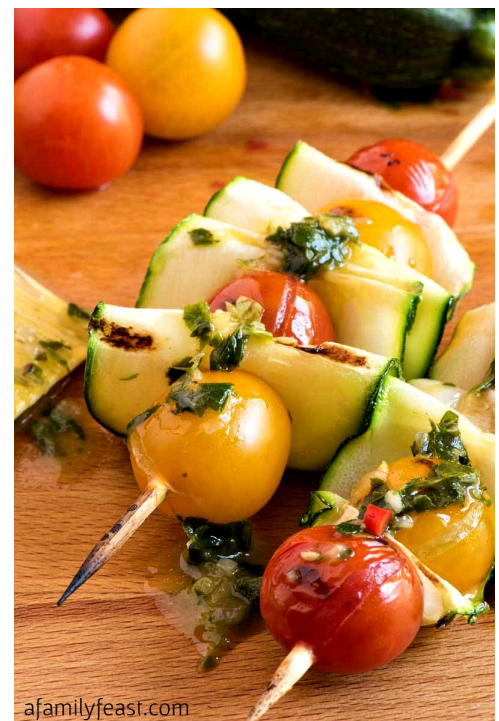


This June we have two tasty and versatile recipes to start you off. With the gardens just starting to really produce there are few staples that are sure to be ready and in abundance: cherry tomatoes, squash and zucchini. Don't let these early producers just stack up in your fridge, put them to good use in a **SUMMER SQUASH SAUTÉ**. Use olive oil, fresh grates parmesan, and herbs and spices of your choosing to bring out this fresh flavor. Want to make it a whole meal? Sauté some lean ground beef, drain it well and add to your sautéed veggies.

Look here for the [Full Recipe](#).

Or, how about throwing them on the grill. Grab some wooden skewers, layer up your veggies, fire up your grill and drop them on. While you are at it add some yummy marinated chicken breast for a tasty and healthy meal. Make your veggies even more delightfully with a homemade sauce. You can find the full recipe [HERE!](#)

No matter how you eat them you are sure to enjoy these summer treats. If you don't have a garden of your own try a local farmer's market for the freshest veggies!



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# June 2018

Sun

Mon

Tue

Wed

Thu

Fri

Sat

Swim lesson may be held all day , Monday—Thursday, starting June 10th

Camp Clemson may be here any day , Monday—Friday from 12:15—3:15pm, Starting June 10th

1

Basketball Courts  
Closed

Start of Meteorological Summer

2

Basketball Courts  
Closed

3

4

5

Global Running  
Day  
World Environ-  
ment Day

6

7

Nat'l Donut Day

8

World Oceans Day

9

10

Group Swim  
Lessons and  
Camp Clemson  
Starts  
Weight Room  
Orientation

11

12

13

14

15

16

Father's Day

17

18

19

Juneteenth

20

21

Start of Summer  
(Summer Sol-  
stice)

Int'l. Yoga Day

World Music Day

22

23

24

25

26

27

28

29

30

1

JULY

No Swim Lessons  
This Week

2

3

4

CLOSED

5

Happy 4th of July

6

See a more detailed schedule of CCRC events and happening at our [website](#) or follow these links:

[POOL SCHEDULE](#)

[EVENTS SCHEDULE](#)

[FITNESS SCHEDULE](#)

## THIS IS HOW BEING DEHYDRATED IMPACTS YOUR WORKOUTS



Proper hydration is one of the most important aspects of healthy physical activity. Drinking the right amount of fluids before, during and after physical activity is vital to providing your body the fluids it needs to perform properly.

### Hydration Goal

The overall goal is to minimize dehydration without over-drinking. Adequate hydration varies among individuals. Practical ways to monitor hydration are:

- *Urine color.* The color of the first morning's urine void after awaking is an overall indicator of hydration status. Straw or lemonade colored urine is a sign of appropriate hydration. Dark colored urine, the color of apple juice, indicates dehydration.
- *Sweat loss.* Change in body weight before and after exercise is used to estimate sweat loss.

### Minimize Dehydration

Dehydration can occur in virtually every physical activity scenario. It doesn't have to be hot. You don't have to have

visible perspiration. You can become dehydrated in the water, at a pool or lake, or skiing on a winter day.

Dehydration results when you fail to adequately replace fluid lost through sweating. Since dehydration that exceeds 2 percent body weight loss harms exercise performance, athletes are advised to begin exercise well hydrated, minimize dehydration during exercise and replace fluid losses after exercise.

Be alert for conditions that increase your fluid loss through sweat.

- *Air Temperature:* The higher the temperature, the greater your sweat losses.
- *Intensity:* The harder you work out, the more you perspire.
- *Body Size and Gender:* Larger people sweat more. Men generally sweat more than women.
- *Duration:* The longer the workout, the more fluid loss.
- *Fitness:* Well-trained athletes perspire more than less fit people. Why?

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Athletes cool their bodies through sweat more efficiently than most people because their bodies are used to the extra stress. Thus, fluid needs are higher for highly trained athletes than for less fit individuals.

## Warning Signs

Know the signs of dehydration. Early signs are:

- Thirst
- Flushed skin
- Premature fatigue
- Increased body temperature
- Faster breathing and pulse rate
- Increased perception of effort
- Decreased exercise capacity

Later signs include:

- Dizziness
- Increased weakness
- Labored breathing with exercise

## Fluid Replacement

Replace fluids during exercise to promote adequate hydration. Drink water rather than pouring it over your head. Drinking is the only way to rehydrate and cool your body from the inside out. Sports drinks are more appropriate than water for athletes engaged in moderate- to high-intensity exercise that lasts an hour or longer. Rehydrate after exercise by drinking enough fluid to replace fluid losses during exercise.

### The benefits of drinking water & staying Hydrated.

**Weight loss**  
Water is one of the best tools for weight loss. Why? Because it often replaces high-calorie drinks like soft-drink and alcohol with a drink that has no fat, no calories, no carbs, no sugar. It is also a great appetite suppressant, and often when we think we're hungry, we're actually just thirsty. So if you are wanting to lose weight - increase your water.

**Energy**  
Being dehydrated can sap your energy and make you feel tired -- even mild dehydration of as little as 1 or 2 percent of your body weight. If you're thirsty, you're already dehydrated -- and this can lead to fatigue, muscle weakness, dizziness and other symptoms.

**Headache cure**  
Another symptom of dehydration is headaches. In fact, often when we have headaches it's simply a matter of not drinking enough water. There are lots of other causes of headaches of course, but dehydration is a common one.

**Healthy skin**  
Drinking water can clear up your skin and help you look more fresh and glowing. Commit to drinking a healthy amount of water over a week and see the effects on your skin.

**Digestive problems**  
Our digestive systems need a good amount of water to digest food properly. Often water can help cure stomach acid problems, and water along with fibre can cure constipation again, often a result of dehydration.

**Cleansing & kidney health**  
Water is used by the body to help flush out toxins and waste products from the body. The more water you drink the better your kidneys will function.

**Better exercise**  
We all know it is essential to drink water when exercising, but did you know being dehydrated can severely hamper your workouts? Slowing you down and making your workouts harder. So the best time to drink water is actually two hours before you plan to exercise, and of course during and after.

### 6 ways to make WATER a habit.

- 1 Drink a glass of water with each meal
- 2 Carry a water bottle with you throughout the day
- 3 Keep water on your desk at work.
- 4 When you feel like a snack, try drinking water first.
- 5 Substitute for water instead of a coffee or soft-drink, drink water
- 6 Track your water. Record the number of glasses you drink on the AGL Wellbeing Hub .

## NICKIE'S QUICK TIPS



Summer time is here and many people will be going on vacation over the next couple of months. This can be a challenge for some people to stay on track with diet and exercise. Here are some quick tips to help keep you on track:

### **1) Plan, Plan, Plan**

Meal plan ahead. Keep in mind your budget for food. Look up local restaurants where you will be staying to get an idea of the food they serve and the price. This will help keep you from making impulse decisions last minute. Also try and eat the local food. This can save on your wallet and your waistline.

### **2) Pack (Healthy) Snacks**

Always have healthy snacks on hand. Some good snacks to pack are: apples, bananas, oranges, hummus and cracker snack packs, tuna packets, trail mix, protein bars. These are great to have in the car, with you in the airport, or while you're out sightseeing during the day.

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### **3) Skip the Sugar (or Limit to One a Day)**

If you want to have dessert make it a special treat...have it on the last day of your trip. This will make it a special event, limiting it to just one time, and give you something to look forward to before going back home.

### **4) Get moving**

Walking is great exercise while vacationing. Pack comfortable clothes and shoes, and get some cardio in while you're sightseeing. Rent a bike, or even try new activities that keep you moving. If your hotel has a fitness center, take advantage of the cardio and weight machines.

### **5) Don't Stress**



Even if you fall off track, don't stress. Focus ahead, keep these tips in mind, and enjoy your vacation.

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