

# In The Center

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## Now Hear This!

### **Group Summer Swim Lessons**

We are beginning to prep for the Summer session of group swim lessons. We know that teaching younger children to swim keeps them safe in and around the water. So, we will ask that you bear with us for the next two months while we offer these swimming lessons. The schedule for lessons is as follows:

- June 4-14: 8am, 1pm, 6:30pm
- June 19-29: 8am, 1pm, 6:30pm
- July 9-19: 1pm, 6:30pm
- July 23-Aug 3: 1pm, 6:30pm

All lessons are 45 minutes and classes are held Monday - Thursday. We will also be offering private lessons at various times through-out the day. So, if you like your pool time a little more quiet, you may want to avoid the pool at the times listed above. We will do our best to keep distractions down to a minimum.

### **Pool Reminders**

We would also like to take a moment to remind you of a few things as we are moving towards a busy season in the pool area.

- lap lanes are large enough to share, so if you see someone waiting on a lap lane please consider sharing your lane

## Summer Swim Lessons



- if the water class is being conducted in the shallow/deep end area, please feel free to use the deep/shallow end for your own personal exercise
- please bring your dry shoes and towels with you to the pool area on EVERY visit
- dry off & take off wet aqua shoes before leaving the pool area, we want to keep dripping down the hallway at an absolute minimum
- no entry or exit through the back pool doors
- water temperature will remain at a constant 86-88°
- please return any equipment used to the proper storage area
- children must be 14 years old to use our facility unless they are in organized swim lessons with one of our certified instructors
- please let us know if any issue or concerns arise

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### **Memorial Day Memories**

This Memorial Day, we are asking you to share photos of those who have served our country. If you or someone you know has served in a branch of the armed services, please bring us a photo to place on our bulletin board. We would like you to include names, dates of service and branch served. We can make photocopies of your pictures so you will not have to leave originals.



### **Choose My Plate**

Need some nutritional guidance or tips on how to make better food choices? The United States Department of Agriculture (USDA) has a great interactive website that can get you moving in the right direction. Log onto [www.choosemyplate.gov](http://www.choosemyplate.gov) and get information on healthy eating on a budget, sample menus and recipes, dietary guidelines, physical activity, nutrition tracker and calorie counter and much, much more. The website also allows you to print and/or order material that is most interesting to you. Samples of some of the printed material are posted in the fitness gym area.



### **Land Aerobic Schedule**

We are making one minor change to the schedule of land aerobic classes. Zumba will now be offered on the first Saturday of every month at 10am. The remaining Saturdays will continue to be a mix of classes ranging from strengthening and toning to Yoga.

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### **Instructor Survey**

It is time for us to get feedback from you on your group exercise instructors. From time to time, we like to get your comments about what you like and maybe do not like about the class instructors. This is meant to give constructive comments/suggestions to instructors in order to better serve the needs of our members. This is also a good time for you to comment on the types of classes we are offering and to suggest new/different things you would like to see offered at our facility.

The surveys will be given out in each class and will be a voluntary and anonymous process. You will simply fill out the form and place them in the drop box or turn them into the front desk. Surveys will be available from May 7-18.

### **Are You Drinking Enough?**

With warm weather time here, let us take a minute to remind you how important proper hydration can be for your mind and body. Some signs that could indicate possible dehydration include : dry mouth, thirst, dark colored and infrequent urination, headache, fatigue, sunken eyes, muscle cramps and inability to produce tears.

\_\_\_\_\_ How do you know if you are drinking enough? The Mayo Clinic suggestion 8-9 cups of fluid per day. Another good indicator of proper hydration is urine color, the less color the better. Water should be the first choice in fluid intake but can be supplemented with flavor additive to encourage more consumption. This would not include drinks high in sodium that cause our bodies to rid of excessive fluid.

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