

**SPECIAL
 POINTS OF
 INTEREST:**

- **Benefits of Water Aerobics**
- **Pool Temperature**
- **Pool Parties**
- **Swim Safety Tip**

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The Many Benefits of Water Aerobics:



Water aerobics is a low-impact exercise that burns fat, improves your cardiovascular system and strengthens your muscles. The resistance of water makes the exercise easy on your joints and muscles while still providing a full-body workout. Water aerobics is suitable for any age group and ability level.

Muscle Strengthening:

The high density of water causes resistance, which makes your muscles work harder while doing simple moves like running and moving your arms. This can help you build muscle mass in your limbs, chest, abdomen, neck and back. You may get faster results exercising in water when compared to exercising on land.

Fat Burning and Weight Loss:

Water aerobics can help you burn fat and lose weight. Your metabolism increases during the exercise and you will start burning stored fat to produce enough energy for your muscles. Water aerobics can be more effective at burning fat than exercises performed on dry land. The increased resistance of water causes your body to work harder, which makes you burn more calories than a low-impact exercise done on land. Depending on the intensity, a 150-lb. person can burn approximately 280 to 570 calories during an hour of water aerobic exercise.

Cardiovascular Effects:

Water aerobics also helps you improve your cardiovascular system, which has many important functions including delivering oxygen and nutrients to muscles, removing carbon dioxide, re-oxygenating blood by circulating it through lungs and transporting heat. During an aerobic exercise, your heart rate rises to accommodate the increased oxygen and nutrient demand of your muscles. Long-term effects

of aerobic exercise to your cardiovascular system include increased blood volume and cardiac output, and lowered blood pressure and resting heart rate.

Flexibility:

Water aerobics can enhance your flexibility. The buoyancy of water allows you to move your joints in a wider range of motion than you could on land, which can help you achieve long-term flexibility without too much joint stress.

Mental Health:

Like other forms of exercise, aqua aerobics offers mental health benefits: It helps reduce anxiety, depression and stress. The warm water environment provides added benefits including relaxation and an improved mood.

There are so many reasons to get involved with a water aerobics program. Cascade Swim Center offers a wide variety of classes and times to fit your needs. Pick up a schedule and some class information at the front desk.



Swimming Toward Longevity

For the ultimate anti-aging workout, grab a pair of goggles. South Carolina researchers followed 40,547 adults ages 20 to 90 for more than 3 decades and discovered that swimmers" regardless of age" were about 50% less likely to die during the study than

were sofa sitters, walkers and runners. Scientists speculate that water-based workouts are tops for lifelong fitness, thanks to their low-injury risk and built-in full-body toning combined with joint-friendly cardio. Just 30 minutes of aquatic exercise, 3

times a week could help you live a longer, healthier life.



The RAPRD activity guide is packed with fun opportunities to fill your Fall! Check it out.

For current RAPRD happenings, visit us online at www.raprd.org Or become our fan on Facebook.

Pool Safety Tip: Staying Cool in the Pool

If you are vigorously training, your body generates an increased amount of heat energy. In air, this heat is dissipated by sweating. The evaporation of the sweat is the cooling mechanism to help control the body temperature at 98.6° F.

In water, your body generates the same amount of heat, but there is no evaporation to provide cooling. Cooling is provided by conduction/convection of heat from your warm body to the cool water. This is roughly proportional to the temperature difference between your body and the water. The warmer the water the less heat is dissipated.

Overheating during a workout can lead to dangerous and potentially life threatening heat related illnesses: heat exhaustion and heat stroke.

It can be more difficult to notice the signs of heat related illness during a water workout. One of the first signs of heat related illness is profuse sweating, which can be hard to detect in an aquatic environment. Here are some other symptoms to look out for while you are working out in the water

- Weakness
- Muscle cramping
- Dizziness

- Disturbances in vision
- Nausea and vomiting

If you notice any of these symptoms during your workout, stop immediately and inform the lifeguard on duty of you symptoms.

To avoid heat related illness drink plenty of water before, during and after you workout. Bring a bottle of water out on the pool deck with you and take frequent hydration breaks. Don't over-do your workout, take a break when you need to and most importantly, pay attention to the signals your body is sending you.

Ask Jessica: What is the pool temperature?



The Cascade Swim Center main pool has a set point temperature of 84°F. The pool temperature is regulated by an automated system. We run a variety of programs here at CSC, from Aqua-Aerobics to competitive swimming. Each of these activities has an ideal water temperature. The pool temperature recommended by the American Red Cross for competitive swimming is 78° F. However, this may be too cool for young children and the elderly who may require 80° F or higher. The typical range is 78°- 82° F. At CSC, we run at a slightly higher temperature than is typical for a multi-use pool.

Heat related illnesses can easily occur in aquatic environments and the

water itself makes overheating more difficult to detect during a workout. For some water activities, such as lap swimming, water polo and competitive swimming, water temperatures in the mid to upper 80's can increase the risk of overheating. This can lead to dangerous and even life-threatening medical conditions know as heat exhaustion and heat stroke. (see Pool Safety Tip: Staying Cool in the Pool)

Children and elderly individuals would be uncomfortable in water temperatures in the upper 70's that would be ideal for competitive swimmers.

The CSC selected the temperature of 84°F for our main pool as compromise between the ideal temperatures for all of the various activities we run at the facility.

So why does 84° water feel colder than 84° air?
There are some complicated

physics involved, but the answer is basically this: the water in contact with your skin can and will absorb more energy from you than the air. This is why water temperature feels differently that air temperature. 84° is lower than your core body temperature (98.6°) so it feels colder. If the water were higher than your core temperature, then it would feel uncomfortably hot. *For example, you can reach into an 300° oven (with an oven mitt on =) and retrieve a roast, but you would not want to stick your arm in a 300° pot of water.*

The good news is, the difference between your body temperature and the temperature of the pool is not very great, which means you will be able to quickly adapt. It may feel initially chilly, but within a few seconds your body should begin to compensate for the difference. Hopping in all at once and keeping your body moving will speed this process.

Would you like a question answered by the Aquatic Director? Fill out our question form with your question and contact information... please indicate if you are willing to have us use your question in "Connections"

Pool Party!

Birthdays, staff appreciations, celebrations and get-togethers can all be enhanced by having them at the pool. Cascade Swim Center is available for party rental. In the spring, summer and fall, when the weather cooperates, the main pool, hot tub, activity room and outside facility (wading pool and spray park) are

all available Saturdays and Sundays in the mornings or evenings. In the winter, spring and fall, when the weather doesn't cooperate, the inside facility (pool, hot tub, and activity room) is rentable. Consider saying thank you to your staff and their families or celebrate a child's birthday by throwing a hosted themed or

pizza swim party! It is built in fun where there are so many possibilities that the party entertains itself. Call the park district 541-548-6066 or check the website www.raprd.org for dates, times and fees that are surprisingly affordable. Three week advance reservation and payment in full is required to reserve your spot.



So many possibilities that the party entertains itself!



RAPRD'S MISSION & VISION

MISSION

The staff and members of the Board of Directors at the Redmond Area Park and Recreation District shall develop long-range goals and plans to enhance recreation resources and opportunities for our patrons.

VISION

The Redmond Area Park and Recreation District shall contribute to the community through quality aquatic and recreation programs, facilities, parks and open spaces.

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Always Ready to Play

