



CELEBRATING FITNESS!

JUNE 2019

Summer Schedule at BAC

As we roll into the summer, and hopefully some beautiful weather, our staff has been busy assembling a summer class schedule that makes sense as members cut back on club visits during the summer months and club usage trends downward. There are many reasons for this: children being out of school, travel and outdoor activities; not only for our members but our instructors as well. In an effort to make efficient use of our resources, we are modifying hours and class schedules for the summer months (starting June 16). Changes to look for:

Downtown Hours:

Monday through Friday: 5:00 am-9:00 pm
Saturday: 7:00 am-7:00 pm
Sunday: 7:00 am-2:00 pm (Closed June 16 - Father's Day)
Holiday hours: 7:00 am-2:00 pm, with no Group Exercise classes

Downtown Programming:

Regular summer class reduction in the lower attended group exercise classes

Cordata Club hours:

Monday through Friday: 5:30 am-10:00 pm
Saturday and Sunday: 7:00 am-9:00 pm
Holiday Hours: 7:00 am-7:00 pm, no land or water group exercise
Monday through Saturday: Kids Club open 8:30 am-12:00 pm

Cordata Programming:

Summer will bring added swim lesson participants and children in the club. Look for additional programming and camps for kids; including our Active Achievers camp running July 8th-12th from 9:00 am to 4:30 pm. We have loads of activities lined up for this fun-filled week. We also will be running a Racquetball Camp designed by our excellent head pro Wanda Collins, August 5th-9th for beginner through advanced players.

Kids Club will be running special programming all summer long to keep BAC kids active and engaged. Check out the summer schedule posted in Kids Club. It will also be available online when we have fleshed out all the details.

There will be regular summer adjustments to the Group Exercise schedule due to lower attended Group Exercise classes. Look for many of these classes to come back in the Fall when everyone gets back to their regular schedule.

Respectfully,
Cathy Buckley



Jump In!

Why Athletes Need Water Training

by Mike Locke, Fitness Director

1. **Reduce overuse injuries.** The repetitive stress of intense, specialized training contributes to overuse injuries. Depending on water depth, aquatic training can reduce impact up to 85%, resulting in less stress and reducing the likelihood of injury.
2. **Supplement land training.** Many land moves can be mimicked in water and clients can practice movement patterns without worrying about impact. Shallow water is beneficial for vertical jump training, transitional depths are good for racquet sports training, and deep water is valuable for long-distance training.
3. **Add variety or overcome training plateaus.** Water provides resistance in multiple planes of movement, allowing for new types of overload. Working in a different environment reduces boredom and adds fresh challenges.
4. **Increase muscle strength.** Cardiovascular and muscle endurance training can occur concurrently in the water. Correct training techniques and equipment make it possible to build strength.
5. **Supplement speed and sports training.** Coaches can teach sport-specific moves in the water. Aquatic training improves core muscle recruitment to stabilize the body against the water's forces.
6. **Facilitate post-workout recovery.** The hydrostatic pressure from immersion increases circulation, reduces swelling, and enhances recovery. Water training provides a comfortable environment for active-rest workouts.



Into the Pool

Tips for Modifying Workouts in the Pool

by Brittany McIntosh, Aquatics Director

With summer coming up, more people will be in the pool trying to get their cardio in! Many of our lap swimmers find workouts online, or write themselves a workout. If you're feeling a little listless about what to do in the pool, take a look at the whiteboard posted on the pool deck. You'll see the Swim Team workouts from the week! We will be posting two new workouts every week, which are available for everyone to use at their leisure. However, for those who are working around an injury or other limitations, these workouts can seem daunting. Never fear! There are ways to modify the workout for any swimmer. Here are a few tips to make your workout work for you!

Adjust the Lengths Provided

Most workouts will include distances of 50, 100 or 200 yards at a time. If you aren't able to swim a prolonged distance without stopping, cut down the yardage. If the set says to swim 8 x 50's, cut it down to 4 x 50's, or 8 x 25's (1 length). You'll still get the benefit of the variety of distance without aggravating an injury.

Change the Stroke

Our sets also specify which stroke you should swim for a certain distance. If you don't know all four strokes or are unable to do a certain stroke, substitute something you know! Here are a few suggestions:

- If Butterfly is listed, do Dolphin kick instead. Feel free to use a kickboard for support!
- If Backstroke is listed, do Elementary Backstroke, or any kind of swimming on your back that feels comfortable
- If Breaststroke is listed, try side stroke instead. Side stroke is a little easier for those with knee issues and mimics the movement of Breaststroke.
- If Freestyle is listed, modify your stroke! If you're uncomfortable putting your face under water, try swimming freestyle with your face up, or using a pull buoy to add some support to your stroke.

Take Extra Rest

Most of our workouts include a specific amount of rest between each new set. If a set says to take 30 seconds rest, feel free to extend to 45 seconds, or 1 minute. Just remember to stick with the same amount of rest throughout the set so that you the full benefit of the rhythm of the workout.

Enjoy your summer, folks, and remember that with the pool becoming busier, we all need to share our space! Circle swim if you know how, or just scoot over to allow more space for swimmers. We all want to enjoy the pool, so let's work together to make sure it's accessible for everyone!



Nutrition

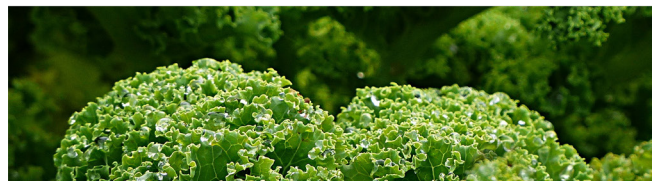
Enjoy those summer vegetables!

by Shelby O'Hagan, Nutritional Therapy Practitioner (NTP)

In the Pacific Northwest, June through October are some of the busiest months for harvesting veggies, especially leafy greens! Lettuces, cabbages, peas, beans, broccoli, artichokes, peppers, tomatoes, etc are all in season and most delicious during the summer months. A few members of this in-season harvest are especially awesome due to their levels of sulforaphane.

Sulforaphane is a chemical found in cruciferous vegetables such as broccoli and cabbage which has been shown to protect the stomach-lining, regulate blood sugar, and have anti-inflammatory mechanisms that are shown to slow aging and fight cancer. Wow! This wonder-chemical is produced by cruciferous vegetables as part of a defense mechanism found in plants to protect themselves from herbivores. Damage to the plant activates the defense mechanism, so research is being done on cooking methods to find which is most productive.

Studies on broccoli have shown that boiling or microwaving (though I hope you're not microwaving any of your food as it destroys the nutrients) significantly decreases sulforaphane production. Instead, it has been shown that chopping into small pieces and leaving to sit for up to 90 minutes before stir-frying produces the most sulforaphane. Leaving it to sit is important as it gives the plant time to produce the chemical. Other studies have shown that adding mustard seed (which is a potent source of myrosinase, the enzyme which kick-starts sulforaphane production) to a chopped/cooked cruciferous vegetable also optimizes sulforaphane availability.



If you'd like to learn more about nutrition and how to get yours in order, please visit my website at bit.ly/rebelyum or email me at shelby.ntp@gmail.com.

Member of the Month

Jeniffer Shull

Congratulations to our member of the month for June, Jeniffer Shull! Jeniffer joined BAC in July of 2018 and has been working out on a regular basis. She loves the energy and friendly environment at BAC. You will see her in various group exercise classes such as Insanity, TBC, Strong, and Zumba to name a few. Jennifer loves the classes for all the peer motivation they provide. With a change in eating habits and exercise, Jeniffer has lost 40 pounds since starting at BAC!



Jeniffer is originally from Mexico City. She moved to Colorado Springs 10 years ago and also lived in Indianapolis for 3 years until moving to Bellingham last July. She holds a B.A. in Teaching English as a Foreign Language and is currently working on getting her Spanish translator and interpreter certifications.

Outside of the club, Jeniffer is a wine enthusiast and reads a lot about it; she loves grammar and enjoys learning new vocabulary words every day. She visits family in Mexico multiple times throughout the year. She also loves traveling and meeting new people from different cultures. She especially enjoys long walks with her Weimaraner, Maya.

Thank you, Jeniffer, for lighting up BAC with your smile and positive attitude!

"I enjoy living here now and giving the best of me while I work out, after all, that is what counts."

Employee of the Month

Izy Johnson

Congratulations, Izy, on being nominated for June's employee of the month! Izy was hired just last year. She started out in the maintenance department and quickly moved to Kids Club. She is also very involved in our youth programs, such as Friday Night Out and birthday parties. Izy recently started working at the front desk where she has quickly grown to be a very important and reliable part of our staff!



Izy is a northwest local! She has lived here her whole life and graduated from Meridian High school in 2018. Her favorite sport is volleyball—she has played for 8 years including one at WCC. Izy is currently attending Whatcom Community College, where she hopes to finish up her prerequisites and then transfer to Bellingham Technical College for the Dental Hygiene Program.

When Izy isn't at school or working she likes to visit Wisconsin, Tennessee, and Georgia with her family. You can also find Izy enjoying anything outdoors. She enjoys hiking, camping, fishing, and hunting.

The thing that Izy enjoys most about working at BAC is all the kids she works with and watching them grow up! Izy has proven to be reliable, mature and just a great employee to have on our staff! Thank you, Izy, for all the hard work you do and for caring about our young members!

Youth Programs

Friday Night Out

ATTENTION PARENTS!

With the madness of summer coming up, do you need a little extra time to yourselves? Come check out our Guaranteed Friday Night Out! Drop your kids off at BAC once a month on Friday! The next one is June 21st. This great program runs from 5:30 pm to 9:30 pm. Cost is \$14 for members, \$20 for non-members. This is a very popular program where kids of all ages will have a blast playing games or doing crafts, chowing down on pizza, going swimming then finishing the night off with a family-friendly movie and popcorn. Contact the front desk at Cordata for more information!

If you have suggestions or ideas for summertime activities, feel free to let us know. We are open to offering new programs if there is any interest.



Group Exercise

...wondering where to begin?

by Jeri Winterburn, Group Ex Director

Have you been wanting to try a Group Fitness class but don't know where to begin? You're in luck, take a look at our [BAC Website](#).

All of the class descriptions have been updated this past month, to help you understand what you can expect from each individual class. If you have further questions, don't hesitate to drop me an email at grouplex@bellinghamathleticclub.com.

Our [Summer schedule](#) will begin on Monday, June 10th. Because a lot of members take their exercise outside – we typically cut back on a few of our classes during this season. We will be adding them back to our Fall schedule – which begins at the end of September.

If you have a friend you would like to invite to try one of your favorite classes with you – contact [Carly](#), in member services to get you a class trial pass. We love seeing new faces in the studios.



The Bells are Back!

As one of the sponsors of the Bells, we are welcoming them to work out at BAC! They will be part of our community through the summer, and our annual "BAC Night with the Bells" is coming up in July. Keep an eye out for tickets to games in the coming weeks, and feel free to head down to Joe Martin Field and cheer them on!



Racquetball Clinics

Sign-up at the Cordata Front Desk Today!

Clinics are taught by Club Pro, Wanda Collins

Beginner Clinic

Monday, June 3: 6:15 - 7:00pm Adults Only Clinic

Learn the basics of the game including, strokes, serves and rules. All equipment is provided.

BAC Members—Free Non Members-\$15.00

Family Learn to Play Night

Monday, June 24: 6:00 - 7:30 pm

It's Family Month at BAC! Bring your kids and learn to play fun games on the racquetball court. All equipment is provided.

Preregistration required for all clinics at the Cordata desk.

Call the club at 360-676-1800 or stop by to register.

Junior Racquetball Camp

August 5-9, 2019

Camp is taught by Professional Instructor Wanda Collins. This year we'll have special guests: BAC Junior players who have represented the State at Junior Nationals.

Camp consists of: Racquetball basics including strokes, serves, off the back wall shots, game strategy, foot drills, speed and agility exercises, camp shirts and mini tournament on Friday.

Beginner/Intermediate Camp

Ages 7-11

9:00 am - 12:00 pm, Monday through Friday

Cost: \$125 - BAC Members

\$140 - Non-Members

\$10 off for siblings

(includes snack & drink each day)

Registration deadline: July 25, 2019. Deposit of \$50 required with this registration form.

Full payment due by July 25, 2019.

BAC Members may have cost billed to their account.

Intermediate/Advanced Camp

Ages 11 - 16

1:00 pm - 4:00 pm, Monday through Friday

Contact Wanda Collins for more info at :

Bellingham Athletic Club

4191 Meridian St.

Bellingham, WA 98226

(360) 676-1800, ext. 212

wandac@bellinghamathleticclub.com

Junior Racquetball Camp Registration Form

Campers Name _____ Age _____ Shirt Size _____

Parent(s) Name(s) _____ Phone No _____

Email Address _____

Parent Signature _____

Safety

Are you getting enough sleep?

by Susie Landsem, Aging in Place by Design

We are increasingly aware of how good sleep affects our well being. It's not just the hours spent in bed, it's also the quality of sleep that is critical for good health. Here are some of the benefits of consistent good nights rest:

- Helps maintain a healthy weight
- Reduces stress
- Improves memory
- Lowers risk for serious health issues
- Reduces inflammation

There are several things to do that will help you get a good night's sleep.

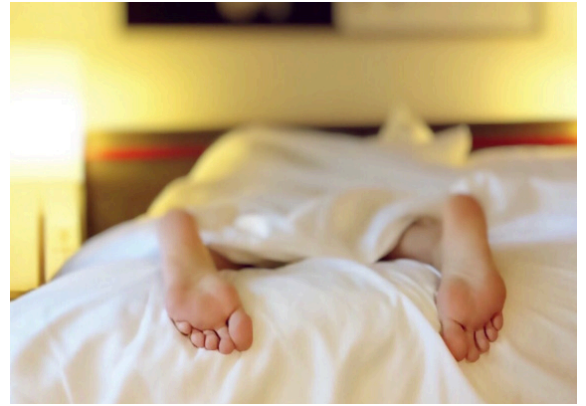
Get ready for bed.

- Finish eating 2 hours before you go to sleep.
- Exercise daily (at least 3 hours before bed).
- Turn off the screens, including phones, tablets, computers, and the t.v.
- Go to sleep close to the same time every night.
- Make a rest ritual before bed. Try reading, stretching or taking a leisurely stroll to relax from the day's stress.

Create a sanctuary.

Your bedroom's environment can have a big impact on the quality of your sleep. Design your surroundings for peace and calm.

- Make sure you have a good bed. If your mattress is over 8 years old, you might want to consider getting a new one. They lose their integrity over time.
- Color your room calm. Muted shades of blues, grays, and greens create a restful tone. If you love color, use accents like colorful pillows and throws that can be removed at bedtime.
- Keep it dark. Light can make it hard to fall asleep, or stay asleep. Look for culprits like digital clocks, cable boxes, computers, and phones. Put them away or cover them up to prevent getting disturbed by them. Dark out shades are great for keeping all of the natural, neighbors and street lights out of your bedroom at night.
- Keep it quiet. Noises can interrupt your rest. Try closing the windows to keep outside noise where it belongs. There are lots of options for white noise machines that provide soothing sound and block out annoying sounds.
- Cool rooms are the best for a good night's sleep. 67° to 70° is optimal.



Safety...continued

Bedroom safety is important.

With the lights turned off, it's easy to bump into dressers and chairs or trip over rugs and clutter. Keeping a tidy room is a good start to safety and adds to the peaceful zone you've created in your sanctuary.

- Stacked books, baskets or anything else left on the floor should be picked up and stored away.
- Make sure there are clear paths to doors, the closet, and bathroom.
- Remove small rugs in the bedroom, bathroom, and halls.
- Add sensor lights low on the walls and halls, 18" high or so, to light your way to the bathroom.
- Organize cords and keep them out of walking paths. When possible, it's best to tack cords down along the base of walls so they are out of the way.

Getting enough quality sleep is important to good health. Improving your nightly rituals, and creating a calm and safe atmosphere in the bedroom will help you get the rest you need. Wake up bright and re-charged to enjoy your day.



Susie Landsem

contact@aginginplacebydesign.com

Susie provides design and building solutions for people who want to stay in their homes safe and independent.



CORDATA
DOWNTOWN

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www.bellinghamathleticclub.com