

JRD Newsletter May 2022

**The JRD will be closed
May 29th & 30th in
observance of
Memorial Day!**

MEMORIAL DAY

REMEMBER
AND
HONOR



Get Ready to Swim!

Swim Lessons

Registration Begins

May 12th

6 AM



Register on-line or in the office!!

\$40.00 per child per session

in district

\$50.00 out of district

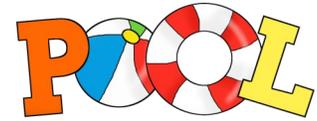


***Pool guides with prices, lesson
schedules and pool schedule
available on the website and in
the office.***

POOL SCHEDULE

MONDAY - THURSDAY

	Monday	Tuesday	Wednesday	Thursday
6:00 AM-7:00 AM	Swim Team	Swim Team	Swim Team	Swim Team
7:00 AM-7:45 AM	Swim Team	Swim Team	Swim Team	Swim Team
8:00 AM-8:45AM	Swim Team	Swim Team	Swim Team	Swim Team
9:00 AM-9:40 AM	Group 1 Lessons	Group 1 Lessons	Group 1 Lessons	Group 1 Lessons
9:45 AM-10:25 AM	Group 2 Lessons	Group 2 Lessons	Group 2 Lessons	Group 2 Lessons
10:30 AM-11:10 AM	Group 3 Lessons	Group 3 Lessons	Group 3 Lessons	Group 3 Lessons
11:15 AM-11:55 AM	Group 4 Lessons	Group 4 Lessons	Group 4 Lessons	Group 4 Lessons
12:00 PM-12:40 PM	Group 5 Lessons	Group 5 Lessons	Group 5 Lessons	Group 5 Lessons
1:00 PM-5:00 PM	Open Swim	Open Swim	Open Swim	Open Swim
5:00 PM - 5:30 PM	Lap Swim	Lap Swim	Lap Swim	Lap Swim
5:30 PM-6:15 PM	Water Aerobics	Water Aerobics	Water Aerobics	Water Aerobics
6:30 PM-7:10 PM	Group 1 Night Lessons			
7:15 PM-7:55 PM	Group 2 Night Lessons			
8:00 PM-9:30 PM	Open Swim	Open Swim	Open Swim	Open Swim



Admission Fees

	Daily Admission	Season Passes
7 and under	\$2.50	\$62.00
8 - 17 yrs. old	\$3.50	\$70.00
Adults	\$4.00	\$75.00
Seniors	\$2.00	\$50.00
Family	Legally married couple and siblings in same household	\$150.00
Lap Swim	\$2.50	INCLUDED

FRIDAY

7:00 AM-8:45AM	Optional Swim Team
9:00 AM-9:40 AM	Make-up Morning Lessons
9:45 AM-10:25 AM	Make-up Morning Lessons
10:30 AM-11:10 AM	Make-up Morning Lessons AM
11:15 AM-11:55 AM	Make-up Morning Lessons AM
12:00 PM-12:40 PM	Make-up Morning Lessons PM
1:00 PM-5:00 PM	Open Swim
6:30 PM-7:10 PM	Make-up Night Lessons
7:15 PM-7:55 PM	Make-up Night Lessons
8:00 PM-9:30 PM	Open Swim

SATURDAY

11:00 AM-12:30 PM	Pool Rental
1:00 PM-4:00 PM	Open Swim
5:00 PM-7:00 PM	Open Swim
7:30 PM-9:00 PM	Pool Rental

SUNDAY

NO OPEN SWIM

12:00 PM-1:30PM	Pool Rental
2:00 PM-3:30PM	Pool Rental

Open swim passes/daily fees do not cover Lap Swim.

Lap Swim passes/daily fees do not cover Open Swim.

****GROUP SWIM DISCOUNTS****

Groups of 50 or more are eligible for a .25 cent per person discount during open and adult family swim.

\$30
POOL
PUNCH PASS
10 punches
One punch
per person





Swim Lesson Registration Begins Thursday, May 12, 2022

Lessons are \$40 per session per child / \$50 for out of district

- NO refunds for missed or cancelled lessons

Lessons progress from the Tadpole level to the Shark level.

Sessions are two weeks - Monday through Thursday - 40 minutes each day.

Tadpoles: This level is for parents and their children ages 6 months to 3 years old. There must be at least one parent per child. This class provides parents with some basic techniques for teaching their infants water adjustment and early swimming skills. This is a great opportunity for young ones to explore and become familiar with the water.

Minnows: This level is designed for children ages 3 or 4 that are having their first swimming lesson experience. Children will begin with water adjustment and progress at the child's pace. It is possible to develop a beginner's front stroke and backstroke at this level.

Guppies: This level is aimed towards children ages 4 or 5 who have completed the Minnows class or who are ready for the Goldfish class but are not tall enough. This class combines water exploration and primary swimming skills in a water level where children can touch.

Goldfish: In this class children are taught the fundamental skill of swimming such as floating without support. They also begin to add arm and leg actions of swimming and slowly try to combine the tasks and turn them into one. In addition, they will learn basic personal safety skills. Your child must be able to stand with their head above water in 3 to 3 1/2 feet of water.

Sea Horses: In this class children will coordinate the leg and arm actions of both the front and back crawl. They are also introduced to the elementary backstroke and basic diving skills. They are also taught additional safety skills.

Swordfish: In this class students develop confidence in the strokes that they have learned and improve on other aquatic skills. This is an endurance class and the children should begin to perfect their skills. They are introduced to the breaststroke, sidestroke, and open turns.

Dolphins: The emphasis in this level is stroke coordination and refinement. Children will continue to strengthen their endurance. Students are introduced to the butterfly, racing starts & turns, surface dives, and diving from the diving board.

Sharks: This level's skill is varied depending on the students in the class. The main focus is to refine and polish the student's strokes so that they can swim with ease over a great distance. This class also focuses on good fitness habits. Additionally, springboard diving skills are taught along with advance safety and rescue skills.

Private lessons are available @ \$20 per 1/2 hour session

****SEE POOL MANAGER FOR SCHEDULE****

Swim Lesson Registration

Begins Thursday, May 12, 2022 @ 6AM

NO REFUNDS will be given for any lessons missed, forgotten, and/or skipped.

Any Swimming Lessons that are cancelled by patrons *will not be refunded* without a written physician's note.

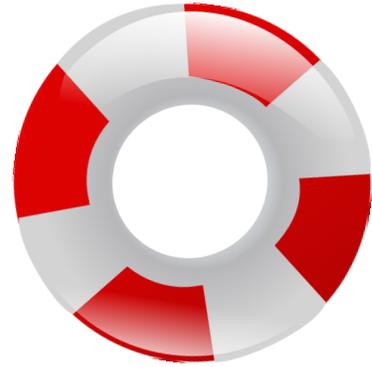
Please check your summer schedule before registering for lessons.

Session 1	June 6 - June 16			
9:00 AM - 9:40 AM	Minnows	Guppies	Goldfish	Swordfish
9:45 AM - 10:25 AM	Guppies	Goldfish	Seahorses	Dolphins
10:30 AM - 11:10 AM	Tadpoles	Minnows	Guppies	Goldfish
11:15 AM - 11:55 AM	Minnows	Guppies	Goldfish	Seahorses
12:00 PM - 12:40 PM	Tadpoles	Guppies	Goldfish	Swordfish
6:30 PM - 7:10 PM	Tadpoles	Minnows	Guppies	Goldfish
7:15 PM - 7:55 PM	Guppies	Goldfish	Seahorses	Swordfish

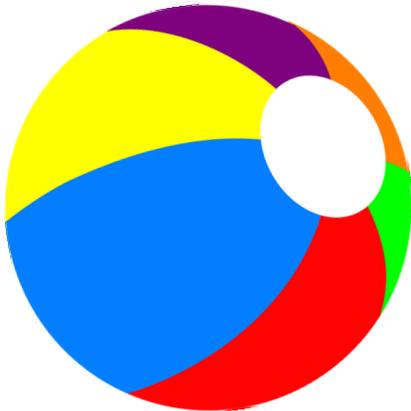


Session 2	June 20 - June 30			
9:00 AM - 9:40 AM	Minnows	Guppies	Goldfish	Dolphins
9:45 AM - 10:25 AM	Tadpoles	Guppies	Goldfish	Seahorses
10:30 AM - 11:10 AM	Minnows	Guppies	Goldfish	Swordfish
11:15 AM - 11:55 AM	Guppies	Goldfish	Seahorses	Swordfish
12:00 PM - 12:40 PM	Minnows	Guppies	Goldfish	Seahorses
6:30 PM - 7:10 PM	Minnows	Guppies	Goldfish	Seahorses
7:15 PM - 7:55 PM	Tadpoles	Guppies	Goldfish	Sharks

Session 3	July 5 - July 15			
9:00 AM - 9:40 AM	Minnows	Guppies	Goldfish	Swordfish
9:45 AM - 10:25 AM	Minnows	Guppies	Goldfish	Seahorses
10:30 AM - 11:10 AM	Guppies	Goldfish	Seahorses	Swordfish
11:15 AM - 11:55 AM	Tadpoles	Minnows	Guppies	Goldfish
12:00 PM - 12:40 PM	Guppies	Goldfish	Seahorses	Swordfish
6:30 PM - 7:10 PM	Tadpoles	Guppies	Goldfish	Seahorses
7:15 PM - 7:55 PM	Minnows	Guppies	Goldfish	Dolphins

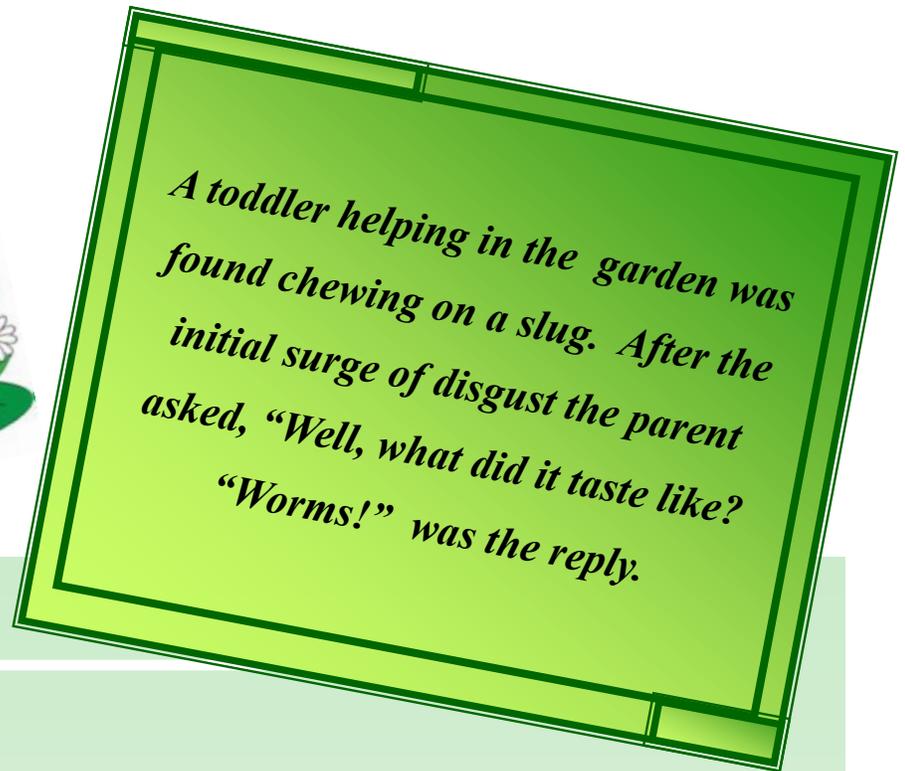


Session 4	July 18 - July 28			
9:00 AM - 9:40 AM	Minnows	Guppies	Goldfish	Seahorses
9:45 AM - 10:25 AM	Guppies	Goldfish	Swordfish	Sharks
10:30 AM - 11:10 AM	Tadpoles	Guppies	Goldfish	Seahorses
11:15 AM - 11:55 AM	Minnows	Guppies	Goldfish	Swordfish
12:00 PM - 12:40 PM	Tadpoles	Minnows	Guppies	Goldfish
6:30 PM - 7:10 PM	Minnows	Guppies	Goldfish	Swordfish
7:15 PM - 7:55 PM	Tadpoles	Guppies	Goldfish	Dolphins



Session 5	Aug 1 - Aug 11			
9:00 AM - 9:40 AM	Minnows	Guppies	Goldfish	Swordfish
9:45 AM - 10:25 AM	Guppies	Goldfish	Seahorses	Sharks
10:30 AM - 11:10 AM	Minnows	Guppies	Goldfish	Seahorses
11:15 AM - 11:55 AM	Tadpoles	Guppies	Goldfish	Swordfish
12:00 PM - 12:40 PM	Tadpoles	Goldfish	Seahorses	Swordfish
6:30 PM - 7:10 PM	Tadpoles	Minnows	Guppies	Goldfish
7:15 PM - 7:55 PM	Guppies	Goldfish	Seahorses	Dolphins

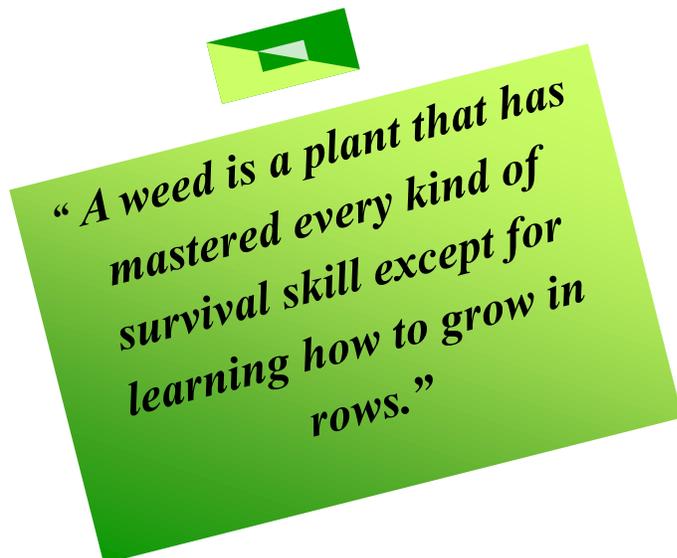




Did You Know....

You are a short-season, high altitude gardener if... You live in Idaho at an elevation above 4500 feet, **OR** Your USDA hardiness zone is 4 or lower, **OR** You have a frost-free growing season of 110 days or less. See the University of Idaho Extension Office website for gardening tips as garden season starts. They have **great** tips for varieties of plants that grow best in our area. See this article for more info..

<http://www.cals.uidaho.edu/edcomm/pdf/BUL/BUL0863.pdf>



"Breakfast for Mom"

Toasted coconut French Toast

- 4 slices sourdough bread
- 2 eggs
- 1 C. milk (coconut milk works well also)
- 2 T. honey
- 1 tsp. allspice
- 2 T oil (coconut oil works well also)
- 1/2 C. coconut, shredded and toasted
- 2 tsp. cinnamon



Toppings for serving (optional)...whip cream, honey, strawberries, maple syrup

Whisk the eggs in a bowl for 1 minute. Add milk, honey and allspice and mix well. On a plate combine the coconut and cinnamon.

In a skillet heat the oil over medium high heat. Dip both sides of the bread in the egg mix. Place in skillet. Cook for 2 minutes on each side or until golden. Transfer the bread to the dry coconut mix, coating both sides. Serve with desired toppings.

Tortilla Spinach Pie

- 7 eggs
- 2 T. milk
- 3 cloves garlic, roasted and crushed
OR 1/4 C. chopped onion
- 1/4 tsp lemon pepper
- 3 slices bacon, cooked and chopped
- 1 large flour tortilla
- 1 1/2 C. shredded cheese of choice, divided
- 3 C. fresh spinach, torn into pieces



In a bowl, mix the first five ingredients well. Press the flour tortilla into a glass pie plate. The tortilla won't lay perfectly flat. Starting with the cheese, layer the cheese and spinach on tortilla alternating layers. Pour the egg mix on the cheese and spinach being careful to not spill the egg outside the tortilla as this will cause it to stick. Bake at 365 degrees for 35-45 minutes or until a fork inserted in the center comes out clean. Serve hot.

Marathon Training for Beginners

Summer is here and there are lots of fun runs to participate in...BIG AND SMALL!!!!!!

Marathon training will be challenging, but should be fun and enjoyable. Finishing a marathon is an accomplishment that less than 1% of people in the world can say they have achieved. You are about to be one of them!



Are you a beginning runner? Already a runner? Haven't run in a long time? Either way, you can finish a marathon. Learning some of the basics will help you get started.

Motivation:

Building mental stamina is essential. It's one thing to be motivated to begin training. It's another to stay motivated every day. Naturally, we think running a marathon will not be easy. Even so, many finishers say it was even tougher than they thought. Staying motivated and developing the proper mindset is key to enjoying training and crossing the finish line with a smile on your face.

Goals:

Finish time goals, weight loss goals, "just finish" goals...we all have a reason(s) for wanting to run a marathon. If your only goal is to lose weight, good luck. You're likely to quit. You are likely to quit just like so many people who join health clubs each year for the same reason only to stop going after seeing little results in little time. You *must* have the right goals and measure your progress in order to be successful.

Wear the right gear:

Treat your feet to a good pair of running shoes (or three!). Running shoes will be the most important piece of gear. Shoes are designed to fit feet with different arches, pronation, and more. Visit a local specialty running store to find the best shoes for your feet.

Nutrition:

Carbohydrates provide the fuel runners need. During marathon training, 65% of your total calories should come from carbohydrates, particularly complex carbohydrates. 10% should come from protein (you need 0.5 to 0.7 grams per pound of your body weight each day). 20-25% of your total calories should come from unsaturated fats. Be sure to get the nutrition you need to keep you strong and allow for adequate recovery.

Recovery:

Obviously, it is important to run as marathon training, but recovery is equally important. You should not run every day. Your body needs to rest between runs so it can recover from one run to the next, getting stronger between each run. Nutrition and eating the right foods at the right time also play a vital role in recovery. Take recovery days equally as serious as your running days.

Hydration:

On runs of an hour or more, carry fluids with you and consume 6-8 oz. every 20 minutes. During pre-training and marathon training, weigh yourself before and after each run to rehydrate and get your body weight back to the weight it was before the run by drinking water or sports drink within the first hours after the run.

Avoiding Injury:

Use your non-running days to rest and recover. Ice down any soreness, particularly in knees or shins (most common) four times per day for 15-20 minutes. Injuries often sneak up without warning. Doing all the right things right will minimize your chances of injury.

Pre-Training:

Before you begin marathon training, you should be able to run for at least 30 minutes without stopping. Distance is not important right now. You just need to get your body used to running.

Combinations of run/walks are great to use during pre-training because they ease your body into the exercise and minimize the chance of experiencing a running injury.

It's also a good idea at this point to go ahead and select a marathon and get signed up!

Training:

Your mileage should gradually increase each week with your longest run being 18-20 miles. You should then taper off in the final weeks leading up to the marathon to allow your body to recover from training and so you will be strong on marathon day. Having a 20-mile run under your belt will give you a major psychological advantage on marathon day.

Following is a suggested beginner marathon training schedule. The schedule assumes you have been running for at least 6-10 weeks and can run for at least 30 minutes without stopping.



16-Week Marathon Training Schedule

Week	Mon	Tues	Wed	Thurs	Fri	Sat	Sun	Total
1	3	Rest	4	3	Rest	5	Rest	15
2	3	Rest	4	3	Rest	6	Rest	16
3	3	Rest	4	3	Rest	7	Rest	17
4	3	Rest	5	3	Rest	8	Rest	19
5	3	Rest	5	3	Rest	10	Rest	21
6	4	Rest	5	4	Rest	11	Rest	24
7	4	Rest	6	4	Rest	12	Rest	26
8	4	Rest	6	4	Rest	14	Rest	28
9	4	Rest	7	4	Rest	16	Rest	31
10	5	Rest	8	5	Rest	16	Rest	34
11	5	Rest	8	5	Rest	17	Rest	35
12	5	Rest	8	5	Rest	18	Rest	36
13	5	Rest	8	5	Rest	20	Rest	38
14	5	Rest	8	5	Rest	9	Rest	27
15	3	Rest	5	3	Rest	8	Rest	19
16	3	Rest	3	Walk 2	Rest	26.2	Rest	34.2

Tapering in the final weeks before the marathon will help your body recover from marathon training and be strong for your big day. You will also want to carb-load the week leading up to the race. Given the atmosphere at most marathons, you will likely feel full of adrenaline after leaving the starting line. Remember though, marathons are about endurance and pace is critical. Maintain pace to save everything you have for the big finish!!!!

“Now if you are going to win any battle you have to do one thing. You have to make the mind run the body. Never let the mind tell the body what to do. The body will always give up. It is always tired in the morning, noon, and night. But the body is never tired if the mind is not tired.”

*George S. Patton, U.S. Army General,
1912 Olympian*

~ Save The Date ~

September 15th, 2022

Ladies Night Out

Accepting vendors now.
New Vendors already
signing up! Don't wait to
reserve your spot!!
Call the JRD at 324-3389.

5:00-9:00 pm

Refreshments!

MINI CLASSES!

Free Admission!

A sampling of past vendors

Great Harvest Bread

Young Living

Self Defense tips

Perfectly Posh

Paparazzi Jewelry

Do Terra

Massages

Nail Techs

Books

Scentsy

Great items for holiday shopping and decor!

PLAN YOUR SUMMER PARTIES HERE!!

Jerome Rec District Parks Reservation Info

Time Block: 10 am-3 pm or 4 pm-10 pm

Rates are: \$25.00 up to 50 people

\$50.00 (51-150 people)

\$75.00 (151-250 people)

Call ahead for reservations at least 3 days prior to your registration date.. D



Jerome Rec District Private Pool Rental Info

Saturday's June 4th-August 20th

11 am- 12:30 pm

Or 7:30 pm-9:00pm

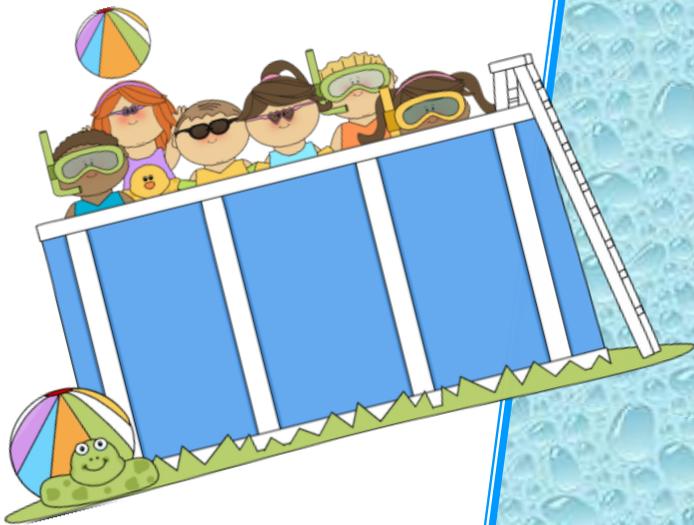
Sunday's June 5th-August 21st

12:00-1:30 pm

Or 2:00-3:30pm

Rates are: \$75.00 for up to 50 people

\$25.00 for each additional 15 people



JUST FOR KIDS

Planting Seeds in Eggshells

- A handful of eggshells, saved from breakfast and rinsed out
- Cardboard egg carton
- Pre-moistened seed starting mix
- Seeds for herbs or small flowers, tomatoes or peppers

1. Lay out the eggshells

Place an empty shell in each slot of the egg carton. Since these are seedlings, fighting for space and sunlight won't be a major issue.

2. Plant the seeds

Using a teaspoon, fill each empty eggshell with the seed starting mix up to the top, leaving a few millimeters of space between the soil and the edge of the shell. After adding the soil, use your finger to create a small hole in the dirt to make room for the seeds. Drop two seeds into each hole and gently cover them with a sprinkling of dirt.

3. Water the seedlings

It is crucial to keep the soil moist without overwatering your seedlings. To prevent overwatering, we recommend using a spray bottle to gently mist each eggshell pot. Keep in mind the shells don't have drainage holes. Just a few sprays in each pot every two or three days is more than sufficient.

4. Trim the smaller seedlings

After a few weeks, you'll start to see the seedlings sprout. Since you planted two seeds in each eggshell, you can snip the smaller of each pair with scissors if you'd like.





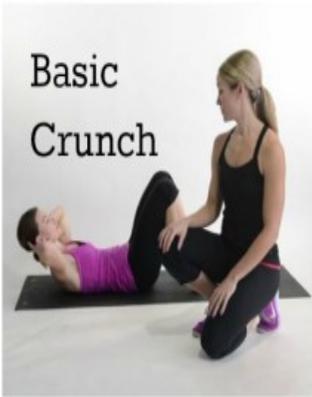
Transplanting Seedlings

When your seedlings grow to a couple inches tall and/or have developed a second pair of leaves, it's time to transfer them to a more spacious environment like a clay pot or outdoor garden. If you decide to move them to a garden, you will need to carry out an extra crucial step called "hardening off" your plants. This means rubbing your hand gently across the plants to simulate a breeze and gradually leaving them outside for longer periods of time to help them acclimate to the weather outdoors.

When transplanting your seedlings, the first step is filling an adequately large pot or garden bed with the same soil you used for the eggshells. Next, take the eggshell with the plant still inside and very, very gently crush the outside of the egg, enough so some shards of the outer layer of the shell chip off. Next, plant the eggshell inside of the new pot or garden, making sure the top of the shell is completely buried. The eggshell will naturally decompose in the soil, giving your plants extra nutrients. In just a few weeks, it will be time to enjoy the fruits of your labor!

Eggshells benefit your garden by:

- **Fertilizing** ~ eggshells fertilize your garden. They are a great source of calcium and other minerals, so they are a great compost for your garden.
- **Pest Control** ~ snails, slugs and even deer hate eggshells. This is a great way to protect your garden from unwanted creatures.
- **Create the best tomato plants with the help of eggshells** ~ tomatoes plants can get blossom end rot which is a lack of calcium and can destroy your tomato plant. Simply put some crushed eggshells in the bottom of the hole that you dig for your tomato plant and then transplant the tomato plant right into the garden.
- **Food for indoor plants** ~ Eggshells can be food for indoor plants. Simply add your clean crushed eggshells to some filtered water and leave in a cool dark place for several days. You now have some homemade plant food for your indoor plants.



Do 10-30 of each
crunch variation.



Do 30 seconds to
1 minute of each
plank variation.



Do 30 seconds to 1 minute
of the exercises on your
belly and the v-sit.

10 Minute Complete Core Creator

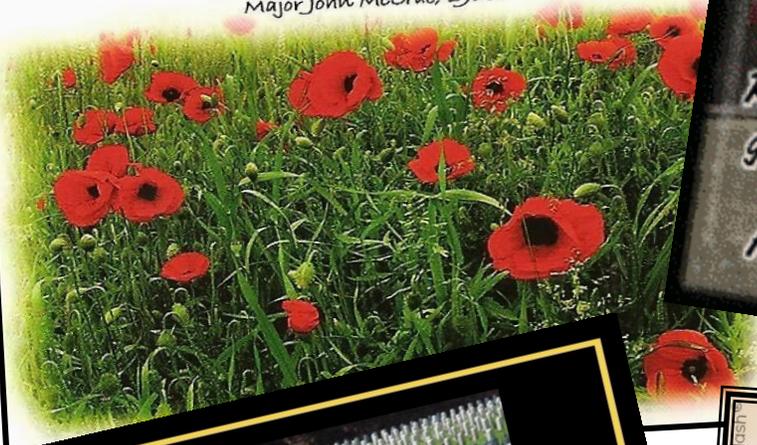
In Flanders' Fields

In Flanders' fields the poppies blow
Between the crosses, row on row,
That mark our place; and in the sky
The larks, still bravely singing, fly
Scarce heard amid the guns below.

We are the dead. Short days ago
We lived, felt dawn, saw sunset glow,
Loved, and were loved, and now we lie
In Flanders' fields.

Take up our quarrel with the foe:
To you from failing hands we throw
The torch, be yours to hold it high.
If ye break faith with us who die
We shall not sleep, though poppies grow
In Flanders' fields.

Major John McCrae, 1915



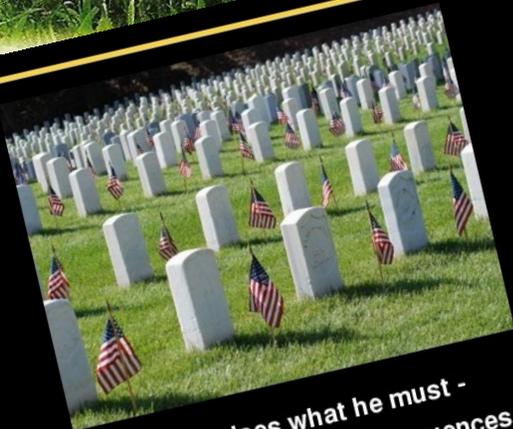
MEMORIAL DAY

HONORING ALL WHO SERVED



Remembering those who
gave their lives so that
we might be free.
Happy Memorial Day.

ZingerBug.com



A man does what he must -
in spite of personal consequences,
in spite of obstacles
and dangers and pressures -
and that is the basis of all human morality.

- John F. Kennedy

www.DreamThis.com

The Story of the Poppy

The poppy flower only grows in the absence of other flowers and only in ground that has been churned. In perhaps the best known poem of World War I, when Dr. John McCrae observed poppies growing between the crosses on the soldiers' graves, it inspired him to write the poem *In Flanders Fields*. The poppy has since become known as "The Flower of Remembrance" and is worn in memory of our veterans.

I'm sharing this poppy in remembrance of the veterans as well as the active service members and wishing you a beautiful Memorial Day weekend.