



## JRD May Newsletter 2024

### May is National Fitness Month

Since 1983, each President has proclaimed May as National Physical Fitness and Sports Month to promote the importance of physical activity, physical fitness and sports participation. There are many ways to be physically active.

Want to know the biggest fitness trend of 2024?

### ***GROUP FITNESS!***

The JRD has some great group fitness classes that you can check out for FREE the first time you attend! There is something for everyone! Want to know more?

Check out the website at [www.jeromerecreationdistrict.com](http://www.jeromerecreationdistrict.com) for info.

Fitness class are not the only way to enjoy group fitness.

Try.....

Hiking with the family

Walking with friends

Team sports

Organize a fitness challenge day in the neighborhood

Enjoy a bike ride with a friend to a new location

Play frisbee in the park

Group nature scavenger hunt

Line dancing

Play hide and seek

Laser Tag

Geocaching

Rock-Paper-Scissors tournament

# Mom & me Paint Party

May 11th

11:00 am to 2:00 pm

Jerome Rec Center

\$50.00 includes Mom &  
1 child project.

Celebrate Mother's Day with your child painting one of these fun projects. Cost includes your project and one child project. Additional children \$20 each.

Class is limited to 20 adults plus child.

Cost includes supplies and refreshments.

Contact the Jerome Rec @ (208) 324-3389.

Last day to register is May 8th.





# Jerome Recreation District

2032 South Lincoln (208) 324-3389

Monday thru Friday 5:00 AM to 9:00 PM Saturday 7:00 AM to 7:00 PM Sunday 10:00 AM to 4:00 PM

eb

## Coach Pitch Registration

7 Years Old and 8 Years Old (must be 7 or 8 by May 21, 2024)



**Register April 8 – May 6**

The Jerome Recreation District’s Coach Pitch program is a six week season, in which teams are formed and leagues are established to provide a fun, safe, and competitive youth baseball program. The teams are formed into age groups: 7 and 8 year old boys and girls. This co-ed league will provide a basis for learning the fundamentals of baseball, while building on skills already acquired and teaching sportsmanship in a competitive environment.

### JRD Sport Jersey

Youth Sport Jerseys are available to purchase for \$5.00 at the JRD front desk. These jerseys are used for all of JRD sports. Recycled jerseys are available for \$2.50 when in stock. Recycled jerseys are donated and received in good condition.

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### Volunteer Coaches Needed

If interested, please fill out a Coach’s Application at the time of registration. JRD requires volunteer coaches be background checked. This service is a vital part of offering safe recreational programs to the children of the community and surround

### Coaching

Players who parents or guardians are coaching or acting as an assisting coach will be automatically placed on their teams.

### Practices and Equipment

Games will be Tuesday evenings starting May 21 through June 25 at Forsyth Park, East End Ball Fields. No games May 27th

Teams may practice one to two times a week. Dates and times will be scheduled by the coach(s). Baseball fields are based on a first come first serve basis. No reservations needed.

Players will need to provide their own baseball mitt. JRD provides bats, helmets, and soft toss baseballs.

**\$20.00 In District**

**\$30.00 Out of District**

*Late registration subject to availability. Waiting will be available.*

Register in person at 2032 South Lincoln, by phone at 324-3389 with a Visa or Master Card or online at [www.jeromerecreationdistrict.com](http://www.jeromerecreationdistrict.com).



# Jerome Recreation District

2032 South Lincoln (208) 324-3389

Monday thru Friday 5:00 AM to 9:00 PM Saturday 7:00 AM to 7:00 PM Sunday 10:00 AM to 4:00 PM

eb

## T-Ball Registration

5 Years Old and 6 Years Old (must be 5 or 6 by May 20, 2024)



**Register April 8 – May 6**

The Jerome Recreation District's Coach Pitch program is a six week season, in which teams are formed and leagues are established to provide a fun, safe, and competitive youth baseball program. The teams are formed into age groups: 5 and 6 year old boys and girls. This co-ed league will provide a basis for learning the fundamentals of baseball, while building on skills already acquired and teaching sportsmanship in a competitive environment.

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### Coaching

Players who parents or guardians are coaching or acting as an assisting coach will be automatically placed on their teams.

### Practices and Equipment

Games will be Monday evenings starting May 2 through July 1 at Forsyth Park, East End Ball Fields. No games May 27th

Teams may practice one to two times a week. Dates and times will be scheduled by the coach(s). Baseball fields are based on a first come first serve basis. No reservations needed.

Players will need to provide their own baseball mitt. JRD provides bats, helmets, and soft toss baseballs.

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# Mother Daughter 5k Run or Walk



**Saturday**

**May 4, 2024 8:00am**

**Cost: \$25.00 a person**

**Come join the Jerome Recreation District's Mother Daughter 5K walk or run. There is something special about completing a goal together. Overcoming a challenge together can create a memory, a special bond that can help bridge the gap in hard times and sweeten the celebration during the good times.**

**Must pre-register by April 27th to guarantee a shirt. If preregistered, participants receive a T-shirt and commemorative gift. Register at the office, online at [jeromerecreationdistrict.com](http://jeromerecreationdistrict.com) or by phone at 324-3389.**

**Grab your Mother, Grandmother...great Grandmother.  
Grab your daughter, grand daughter...great Granddaughter.**

DAY 1

# 4-MIN PLANK TABATA

## HIGH PLANK EXERCISES

20 SEC WORK | 10 SEC REST OR HOLD PLANK X8

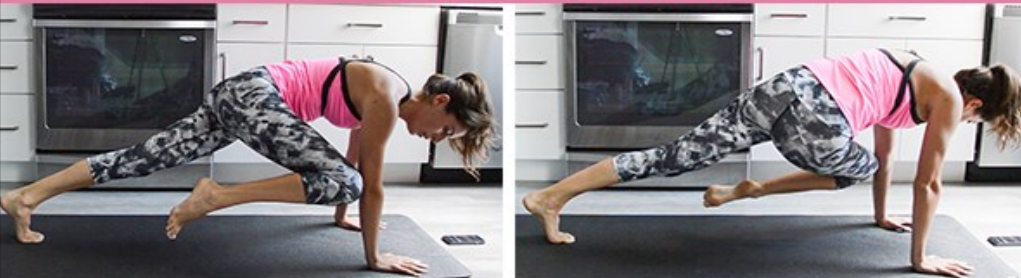
### CROSSBODY TAPS



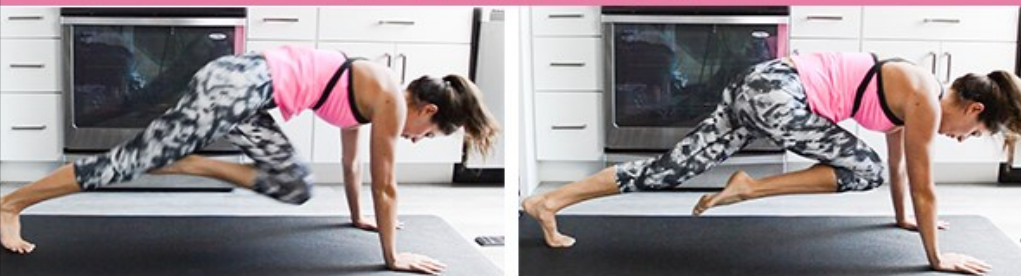
### PLANK JUMPS



### WINDSHIELD WIPERS ISOLATE ONE SIDE



### MOUNTAIN CLIMBERS



PUMPSANDIRON.COM

## Plank Benefits

### 1. Convenience

Planking is free and takes only a couple of minutes — no gym membership or special equipment required.

### 2. Protects your back

The ability to brace your core is important for many everyday activities. Our core needs to be strong to protect the spine when doing things that can cause back pain, such as lifting your child up or leaning forward to unload the dishwasher.

### 3. Prevents exercise-related injuries

Squatting, dead-lifting and pressing overhead without injury is hard to do without a strong core. We need to keep our spine straight to do these exercises. Planking provides you with better core strength to be able to brace when doing these exercises.

### 4. Improves posture

Planking alone won't improve your posture, but a stronger core can help if you remember to brace your core throughout the day, it can help keep your lower back in a position when you're standing or sitting up straighter..

### 5. Boosts mental health

Exercise has a positive effect on our mental health. When you see yourself getting stronger, it can be encouraging.

**Modified plank:** Start in a pushup position. Drop your knees to the floor and hold your position.

**Low plank:** Once you master the modified plank, you can upgrade to a low plank. Just lift your knees and rest on your elbows as you hold a plank position.



## Not Your Ordinary Pancake

### Ingredients

1 1/2 cups rolled oats  
1 tsp. baking powder  
1/2 tsp. salt  
1 tsp. cinnamon  
1 tsp. vanilla  
1 egg  
1 cup milk or almond milk

### Instructions

Place all ingredients in a blender. Blend well. Let sit 5 minutes. Bake on greased griddle.

\*If you like a finer pancake

pulse the oats on the blender for a couple of minutes before adding other ingredients.



## Not Your Ordinary Oatmeal Make your oatmeal AMAZING!

### *SWEET FLAVORS*

**Apple Cinnamon:** Add diced apples, chopped pecans, a sprinkle of cinnamon, and a drizzle of maple syrup.

**Banana Blueberry:** Add sliced bananas, blueberries, a drizzle of almond butter, and a sprinkle of chia seeds.

**Strawberries and Cream:** Add diced strawberries, a dollop of yogurt, and a sprinkle of flaxseeds.

**Raspberry Chia Jam:** Add a spoonful of chia seed jam, coconut flakes, sliced almonds, and extra milk on top.

**Chocolate Peanut Butter:** Stir in cacao powder, then add a drizzle of peanut butter, and shredded coconut.

**Pumpkin Spice:** Stir in pumpkin puree, pumpkin pie spice, vanilla extract, and top with chopped pecans and maple syrup.

**Coffee, Walnut & Dates:** Replace some of the liquid with a little bit of brewed coffee as it's cooking. Then top it off with chopped dates, toasted walnuts, and banana slices.

### *SAVORY FLAVORS*

**Jammy Egg & Spinach:** Add a jammy soft boiled egg or poached egg, garlic sauteed spinach (or garlic sauteed Swiss chard), avocado slices, and chives.

**Fried Egg & Salsa:** Add a fried egg, pico de gallo (or classic salsa or avocado salsa), and microgreens.

**Savory Mushroom:** Add sauteed mushrooms, a poached or fried egg, a dash of tamari soy sauce, and chopped green onions.

**Butternut Squash and Peppers:** Add roasted butternut squash, diced and sauteed bell peppers with garlic and onions, and a sprinkle of goat cheese.

# Oats=Superfood!!!

Oats are loaded with important vitamins, minerals and antioxidant plant compounds. Half a cup (78 grams) of dry oats contains:

\*Manganese: 191% of the RDI

\*Phosphorus: 41% of the RDI

\*Magnesium: 34% of the RDI

\*Copper: 24% of the RDI

\*Iron: 20% of the RDI

\*Zinc: 20% of the RDI

\*Folate: 11% of the RDI

\*Vitamin B1 (thiamin): 39% of the RDI

\*Vitamin B5 (pantothenic acid): 10% of the RDI

\*Smaller amounts of calcium, potassium, vitamin B6 (pyridoxine) and vitamin B3 (niacin)

\*This is coming with 51 grams of carbs, 13 grams of protein, 5 grams of fat and 8 grams of fiber, but..... only 303 calories.



This means that oats are among the most nutrient-dense foods you can eat.

Oats contain large amounts of beta-glucan, a type of soluble fiber. Beta-glucan partially dissolves in water and forms a thick, gel-like solution in the gut. The health benefits of beta-glucan fiber include:

- Reduced LDL and total cholesterol levels
- Reduced blood sugar and insulin response
- Increased feeling of fullness
- Increased growth of good bacteria in the digestive tract

## Here is a very simple way to make stove top oatmeal:

1/2 cup of rolled oats

1 cup of water or milk, coconut or almond milk work well, too.

A pinch of salt

Combine ingredients in a pot and bring to a boil. Reduce heat to a simmer and cook the oats, stirring occasionally, until soft.

## Crockpot oatmeal

Steel-cut oats are best for this. To make it, add 1 cup of steel cut oats, 3 cups of milk (or water), and give it all a stir. Cover and cook for 4 hours on high while stirring occasionally to prevent sticking.



# Just for Kids



## Memorial Day Stars

Need:

Popsicle sticks

Ribbon

Sequins

Ribbon

(crepe paper for streamers if not using ribbon)

Glue (white glue or glue gun)

Paint

1. Paint the popsicle sticks the color you want.
2. Glue sticks in star pattern.
3. Glue on sequins to popsicle stick star.
4. Glue on ribbon loop for hanger to the back of the star.
5. Glue on lengths of ribbon or crepe paper for streamers to the back of the star.
6. Let dry.
7. Hang up and enjoy a happy Memorial Day!

## Funfetti Mini Pancake Muffins

Super easy and fun!

Using store bought or homemade pancake batter just stir in some chocolate rainbow sprinkles. (Could also use fresh fruit or chocolate chips!) Spray a mini muffin pan really well with nonstick spray. Pour your pancake batter in the pan. Bake at 350 for about 9-10 minutes.

Serve with maple syrup.



# what's *fit activity* FOR kids **your name!**

SPELL OUT YOUR FULL NAME AND COMPLETE THE ACTIVITY LISTED FOR EACH LETTER. FOR A GREATER CHALLENGE INCLUDE YOUR MIDDLE NAME & DO EACH ONE TWICE! FOR VARIETY YOU CAN USE A FAVORITE CHARACTER'S NAME OR A FAMILY MEMBER'S NAME.

- |   |  |
|---|--|
| <b>A</b> jump up & down 10 times                      | <b>N</b> pick up a ball without using your hands                   |
| <b>B</b> spin around in a circle 5 times              | <b>O</b> walk backwards 50 steps and skip back                     |
| <b>C</b> hop on one foot 5 times                      | <b>P</b> walk sideways 20 steps and hop back                       |
| <b>D</b> run to the nearest door and run back         | <b>Q</b> crawl like a crab for a count of 10                       |
| <b>E</b> walk like a bear for a count of 5            | <b>R</b> walk like a bear for a count of 5                         |
| <b>F</b> do 3 cartwheels                              | <b>S</b> bend down and touch your toes 20 times                    |
| <b>G</b> do 10 jumping jacks                          | <b>T</b> pretend to pedal a bike with your hands for a count of 17 |
| <b>H</b> hop like a frog 8 times                      | <b>U</b> roll a ball using only your head                          |
| <b>I</b> balance on your left foot for a count of 10  | <b>V</b> flap your arms like a bird 25 times                       |
| <b>J</b> balance on your right foot for a count of 10 | <b>W</b> pretend to ride a horse for a count of 15                 |
| <b>K</b> march like a toy soldier for a count of 12   | <b>X</b> try and touch the clouds for a count of 15                |
| <b>L</b> pretend to jump rope for a count of 20       | <b>Y</b> walk on your knees for a count of 10                      |
| <b>M</b> do 3 somersaults                             | <b>Z</b> do 10 push-ups  |



# Swimming Alert!!

## Swim Team

registration opens April 29th, 6:00 AM

Starts June 3rd, Monday thru Thursday.

MUST be able to swim the full length of the pool.

*This is NOT a substitute for swimming lessons.*

### Practice times

1. 6:00-6:45 am (max 35)
2. 7:00-7:45 am (max 30)
3. 7:45-8:45 am (max 30)

\$80.00 in district

\$90.00 out of district

## Swimming lessons

registration opens May 16th, 6:00 am.

Five different two week sessions

Sessions run 40 minutes for two weeks

Monday thru Thursday

\$45.00 in district

\$55.00 out of district

# Swimming Alert!!





**MEMORIAL DAY**  
THANK YOU FOR YOUR SERVICE