



senior moment by chris matuscak

Ankle Dorsiflexion? A group of muscles often overlooked but very important to balance, stability, and independence are the dorsiflexors of the ankle. The dorsiflexors are located on the front of the shin. Their main function is to bend the ankle and lift the toes and balls of the feet upwards toward your knees. They are crucial for walking properly and clearing potential fall hazards such as sidewalk cracks or uneven surfaces. Lack of strength of the dorsiflexors correlate to increased falling hazards and decreased mobility. These muscle's are necessary for a proper heel to toe walking gait.

The following exercises will strengthen the dorsiflexors. Perform 2 sets of 12 reps.

1. Sit in a chair with the feet flat on the floor. Plant the heels, lift the balls of the feet and toes off the floor. Slowly lower back down. You can add resistance by placing the other foot on top and gently pressing down while lifting the active foot.
2. Using a support, stand with feet flat on floor. Plant the heels, keep hips and knees straight, then lift the top of the foot up toward the knee, pause, lower down.
3. Walk forward on the heels, then walk backwards on the heels.

For more flexibility and strengthening exercises, contact a trainer in the Fitness Center.

swimming lessons

Summer is just around the corner! The DAC offers swim lessons to all ages. We start with survival lessons for 6mos – 4yrs and learn to swim strokes ages 2yrs – adults. Call Cheri for all the information at 217-423-7020.

outdoor pool open for summer!

When our pool bubble is off, you can get a fantastic workout and tan at the same time. Classes meet Monday through Saturday at 9:45am and Monday, Wednesday, and Thursday at 5:30 pm. Check out our class schedule to see the different types of water workouts we offer.

the benefits of low intensity training by sally betscher



With high intensity interval training (HIIT) being all the rage these days, one may come away feeling it's the only "legitimate" way to work out. (HIIT training involves intense periods of exercise followed by periods of recovery, repeated for a total workout time of 20-30 minutes.) And while HIIT is truly a valuable way to improve your fitness, increase your metabolism and lose weight, it is definitely not the only way. Indeed, there are plenty of situations where HIIT is not the way to go.

Some of those situations might involve an individual who is just beginning to exercise. Until one has built an aerobic base so that they can comfortably exercise at a constant level of 50-60% of their maximum heart rate (MHR) for 30-45 minutes, one might benefit from waiting to try HIIT.

One simple formula for figuring your MHR is to subtract your age from 220. So a 60 yr old fitness newbie is going to have, roughly, a MHR of 160. (Be aware that other factors besides age work to determine your actual MHR, such as your sex, overall health and fitness level.)

Thus, such an individual should work to keep his heartrate between 80 (50%) and 96 (60%) BPM during constant-state exercise such as walking, swimming or biking. When they can comfortably complete this for 30-45 minutes, only then should they try to move up to HIIT.

Other instances where HIIT is contra-indicated might be where an individual is trying to maintain some level of fitness after surgery or when injured. Someone who is carrying a lot of extra weight might find themselves easily injured by trying HIIT too soon. Pregnancy might be another time when beginning HIIT is not recommended (depending on your doctor's assessment of various factors.)

There are benefits to low intensity exercise. Stress relief, elevated mood, cardiovascular improvements and better control of your blood sugar are common results, not to mention weight control and better every day functioning.

Low-intensity exercise, or steady-state cardio, offers many benefits, even for the competitive, conditioned athlete. Everyone requires recovery days sandwiched in-between hard exercise sessions, to avoid injury as well as to recover physically and mentally. Taking days to walk, swim, bike or jog for 45-60 minutes at a conversational pace is truly of value to all exercisers at some point in their journey towards health and maximum fitness.

Kids-n-Fitness

There's a lot happening at Kids N Fitness! Forty KNF children are graduating and will be moving on to kindergarten! Congratulations! The summer program will be in full swing shortly, so please look out for the children that will be crossing through the parking lot and playing in the grass field by the tennis courts. Thank you!



simply feel better news

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1010 South Side Dr, Decatur, Illinois 62521 | Phone 217.423.7020 Fax 217.423.7562 | www.decaturationathleticclub.com

Summer Hours Start Memorial Day Weekend!

summer hours	
Monday - Thursday	4:30a-10p
Friday	4:30a-8p
Saturday - Sunday	7a-6p

4th of July Hours 9a - 4p

Summer Memberships on Sale Now!

Keep moving this summer with a 3-month Summer Membership at the Decatur Athletic Club! We have membership options for Individuals, Couples, and Families so you can keep the whole crew active! Call 217-423-7020 or email Membership@decaturationathleticclub.com for more information!

Pricing

- \$300 for an Individual
- \$350 for a Couple
- \$415 for a Family

Don't forget you can also upgrade your regular Individual/Couples membership to a Family level for the summer months if you have kids that will be out of school/home for the summer!

BogaFit

BogaFit is a fitness class performed on floating FitMats combining core movements from yoga and boot camp type workouts. The FitMat on water intensifies these movements, creating more focus on core muscle groups and improving balance and coordination. The program is designed for universal scalability, making it the perfect fitness program for all levels regardless of experience. Join us this summer for a BogaFit class!

Class Times:

Tuesday	- 5:30 pm
Wednesday	- 6:45 pm
Thursday	- 11:00 am
Saturday	- 11:00 am

*We offer special classes for groups of 4 or more! Contact our Fitness Director, Cynda, for more information!

latin barre fusion

Join us for this new addition to our class schedule! This class fuses barre, Latin dance, and stretching to keep your workout fresh and fun - all fitness/skill levels are welcome! The class will be structured as follows:

8:30 am – 9:00 am	Barre
9:00 am – 9:20 am	Latin Dance
9:20 am – 9:30 am	Stretching

Latin Barre Fusion will meet every Monday at 8:30 am in the Aerobics Studio!

tennis news and updates

Summer Adult Programs @ Fairview Park

The DAC and Decatur Park District will continue their partnership this summer to operate the Fairview Tennis Complex. This partnership is made possible through the efforts of the Decatur Community Tennis Foundation. Chuck Kuhle manages the public facility and oversees the clubhouse as well as the DAC and Decatur Park District tennis programs. Below are the adult programs that will be available at the **Fairview Tennis Complex**:

Activity	Day	Time	Cost	Dates	Deadline
Coed 2.5 Adult Tennis Play Group	Monday	6-7:30 pm	\$86	6/4-7/23	June 1
Men's Doubles Challenge Court	Tuesday	6-8 pm	\$49	6/5-7/24	May 31
Ladies Doubles Challenge Court	Wednesday	6-8 pm	\$49	6/6-7/25	May 31
Thursday Morning Coed 2.5+	Thursday	9-10:30 am	\$49	6/7-7/26	May 31

Contact Chuck Kuhle for sign up at 423-7020 or chuck@decaturationathleticclub.com

Housing and Volunteers Needed

We are in search of volunteers and housing for the USTA/Ursula Beck Pro Tennis Classic held at the end of July and early August. If you are interested, please contact Volunteer Chairwoman Janet Hogan (620-8819) or Housing Chairwoman Beki Van Meter (520-3841).

Mt. Zion Boy's Tennis Apollo Conference Champions

Congratulations to the boy's tennis team at Mt. Zion High School for capturing the Apollo Conference Boy's Tennis title. Members of the team were Andy Hinch, Frances Velasco, Peter Brandon, Jacob Beavers, Joe Demirjian, and Jackson Bacon. Coaches are Mike Roberts and Mike Brannon. Way to go boys!

Andy Hinch Signs with North Central

Congratulations to Andy Hinch for signing a letter of intent to play for North Central College in Naperville. The Mt. Zion standout is the son of Marc and Allison Hinch and plays number one singles for Mt. Zion High School.

Free Court Time Starts

One of the many benefits of your membership at the DAC is free indoor court time during the summer months. From Memorial Day to Labor Day, you may play one hour of singles or one and a half hours of doubles each day at no charge. Some courts will be reserved in case of rain for our teaching program as well as special events and USTA League matches. Take advantage of this opportunity and get your game in shape!

USTA/Ursula Beck Pro Tennis Classic

This men's professional tournament, in its 20th year, will be held at Fairview Park July 28-August 5th. This is a great opportunity for the tennis community to help support local tennis by volunteering or sponsoring the event. Funds raised help support tennis throughout the Decatur area. In addition, monies are given to the Decatur Park District to help keep the Fairview Tennis Complex one of the nicest park facilities in the state. For more information, contact tournament director Chuck Kuhle.

Adult Tennis Clinics

For those players interested in more advanced adult summer instructional clinics, please contact Chuck Kuhle and we will be happy to try and set up a class according to your schedule.

Tennis Calendar

June 2-3	All day	97th Annual Central Illinois Adult Open	FP
June 23-24	All day	97th Annual Central Illinois Junior Open	FP
June 30-July 1	All day	Midwest Level 3 Boy's 18 Championships	FP
July 13	8 am-1 pm	Decatur City Junior Tennis Championships	FP
July 28-August 5	All day	USTA/Ursula Beck Pro Tennis Classic	FP

Tennis Accolades

Andy Hinch - Signed Letter of Intent to play for North Central College

Mt. Zion Boys Tennis - Apollo Conference Boys Tennis Champions

decaturation area junior summer tennis program

Presented by R. D. McMillen Enterprises

The Decatur Area Junior Summer Tennis Program will be running junior programs at the Fairview Park Tennis Complex and the Decatur Athletic Club this summer June 4th-July 26th. Below is the junior schedule for the summer tennis:

Chuck Kuhle's Junior Tennis Camps

Meets: Monday-Thursday 8:30 am-3:30 pm
Where: Fairview Tennis Center (Decatur Athletic Club - rain site)
Dates: June 11-14 and July 9-12
Cost: \$250 Early Bird Rate, \$300 thereafter.

Early Bird rate is May 15th for the June Camp and June 9th for the July Camp.

Chuck Kuhle will hold two tennis camps this summer at the Fairview Tennis Center. The camps are open to boys and girls ages 10-18 years of age and will be held Monday-Thursdays from 8:30 am - 3:30 pm. Players outside the age range should contact Chuck Kuhle directly for compatibility with the camp. The camps will include instruction, competitive drills, fitness, video analysis and supervised match play. Pick up a camp brochure at the club or request one by email.

10 and Under Tennis Clinics

All 10 and under programs will be held at the Decatur Athletic Club this summer. Below are the selections for players 3-10 years old.

Pee Wee •Ages: 3-5

Where: Decatur Athletic Club

Wednesdays	(7x) 4:30-5:00	\$74
Thursdays	(8x) 4:30-5:00	\$84

Pee Wee classes are for 3-5yr olds where fun is most important! While having fun, basic skills are developed mainly focusing on hand/eye coordination. Each Pee Wee class lasts 30 minutes.

8 and under • Ages 6-8 (foam and red balls)

Where: Decatur Athletic Club

Wednesdays	(7x) 2:00-3:00	\$116
Thursdays	(8x) 2:00-3:00	\$132

The clinic is designed for players 8 and under using USTA's 8 and under format. Players will play on the 36 foot court using red felt balls and foam balls. Players will be introduced to ground stroke, volley, and serve technique and will perform drills to acquire racquet control. These shots will be used to develop rally skills, perform drills and play games.

10 and under

•Ages 9-10 (orange and green dot balls)

Where: Decatur Athletic Club

Wednesdays	(7x) 3:00-4:30	\$161
Thursdays	(8x) 3:00-4:30	\$176

The clinic is designed for players 10 and under using USTA's 10 and under format. Players will play on the 60 foot and 78 foot using orange and green dot balls. Players will be introduced to ground stroke, volley, and serve technique and will perform drills to acquire racquet control. These shots will be used to develop rally skills, perform drills, and play games.

High School Clinic

Meets: Monday 6pm-8pm
Where: Fairview Tennis Center
Dates of Clinic: June 4th-July 23rd
Cost: \$24.00 per day
(Pick all 8 and receive 10% off)

The high school tennis clinic will be held at the Fairview Tennis Complex this summer (rain site- Decatur Athletic Club). The clinic will be led by Chuck Kuhle, USPTA Master Professional or Brett Scroggins St. Teresa Boy's Tennis Coach. In addition, local college players and adult instructors will assist. This is not an introductory program. Players should be able to play unassisted matches, as this is an important component of the program. The clinics will include instruction, competitive drills, fitness, and match play with pro supervision. All participants will receive a complimentary t-shirt.

June 5, 12, 19, 26

July 5, 10, 17, 24

High School League

Meets: Thursday 6pm-8pm
Where: Fairview Tennis Center
Dates of League: June 7th-July 26th
Cost: \$100
Deadline: June 4

Players in high school can participate in a summer tennis league this summer at Fairview Tennis Center. Players will participate in singles and doubles matches through the summer set up by Cory Sandgren. Awards will be given to top finishers at the end of the league. Rain site will be the Decatur Athletic Club. All players will receive a t-shirt.

pool rules

Infants and Toddlers: For your safety, all infants and toddlers who are not potty trained must wear diapers with protective pants over them or swim diapers.

2-6 Years of Age: Must be accompanied by a parent or guardian 16 years or older at all times in the DAC facility. Must swim with a parent or guardian 16 years or older while lifeguard is on duty. May swim with parent during a water class on Tuesday and Thursday nights when lifeguard is on duty. May not swim during any other water classes.

7-11 Years of Age: Parent or guardian 16 years or older must sign guest into the facility. Must have a parent or guardian 16 years or older in the facility with them at all times. May swim when a lifeguard is on duty and parent is in the facility. Must swim with a parent or adult guardian 16 years or older at the DAC pool when a lifeguard is not on duty. May not swim during a water class except on Tuesday and Thursday when lifeguard is on duty. May swim only until dusk with appropriate supervision.

12-14 Years of Age: Parent or guardian 16 years or older must sign guest into the facility. May NOT be at DAC facility without a parent or a guardian. May swim while lifeguard is on duty or with a parent or guardian 16 years or older. May not swim during a water class except on Tuesday or Thursday when lifeguard is on duty. May swim only until dusk with appropriate supervision.

General Pool Rules: Absolutely no one under 15 years old is allowed in the pool without lifeguard, parent, or guardian 16 years or older present. Please no smoking on or around pool deck. No glass on pool deck. **USAGE OF POOL MAY BE RESTRICTED IF RULES ARE ABUSED.**

The pool will be closed after the first sight of lightning or sounds of thunder and will remain closed for 30 minutes after the last sound of thunder. DURING THIS TIME, NO ONE IS ALLOWED TO SWIM.