

## Summer fun and water safety

When the weather turns warm, everyone wants to be in or around the water. Hanging out at the pool or the beach on a hot day is a great way to beat the heat. Between having fun and checking out the lifeguards, most people don't think much about water safety — but they should. For people between the ages of 5 and 24, drowning is the second leading cause of accidental death. It doesn't have to be that way, though. Most water-related accidents can be avoided by knowing how to stay safe and following a few simple guidelines. Learning how to swim is essential if you plan on being on or near water. Many organizations provide swim instruction to people of all ages, check to see what classes are available in your area.

### Reminders

- \* Please remember to please cleanup after your pets.
- \* Just a reminder to change your AC filters once a month!!!! Changing your filters will prevent excessive dust and will keep your AC running efficiently.
- \* Save time and pay your rent online!!!!



### Swimming Smarts

**"Buddy up!"** That's what swimming instructors say. Always swim with a partner, every time — whether you're swimming in a backyard pool or in a lake. Even experienced swimmers can become tired or get muscle cramps, which might make it difficult to get out of the water. When people swim together, they can help each other or go for help in case of an emergency.

**Get skilled.** Speaking of emergencies, it's good to be prepared. Learning some life-saving skills, such as CPR and rescue techniques, can help you save a life. A number of organizations offer free classes for both beginning and experienced swimmers and boaters. Check with your YMCA or YWCA, local hospital, or chapter of the Red Cross.

**Know your limits.** Swimming can be a lot of fun — and you might want to stay in the water as long as possible. If you're not a good swimmer or you're just learning to swim, don't go in water that's so deep you can't touch the bottom and don't try to keep up with skilled swimmers. That can be hard, especially when your friends are challenging you — but it's a pretty sure bet they'd rather have you safe and alive. If you are a good swimmer and have had lessons, keep an eye on friends who aren't

as comfortable or as skilled as you are. If it seems like they (or you) are getting tired or a little uneasy, suggest that you take a break from swimming for a while.

**Swim in safe areas only.** It's a good idea to swim only in places that are supervised by a lifeguard. No one can anticipate changing ocean currents, rip currents, sudden storms, or other hidden dangers. In the event that something does go wrong, lifeguards are trained in rescue techniques. Swimming in an open body of water (like a river, lake, or ocean) is different from swimming in a pool. You need more energy to handle the currents and other changing conditions in the open water.

If you do find yourself caught in a current, don't panic and don't fight the current. Try to swim parallel to the shore until you are able to get out of the current, which is usually a narrow channel of water. Gradually try to make your way back to shore as you do so. If you're unable to swim away from the current, stay calm and float with the current. The current will usually slow down, and then you can swim to shore.

Even a very good swimmer who tries to swim against a strong current will get worn out. If you're going to be swimming in an open body of water, it's a great idea to take swimming lessons that provide you with tips on handling unexpected hazards. Some areas with extremely strong currents are off limits when it comes to swimming. Do your research so you know where not to swim, and pay attention to any warning signs posted in the area.

## More Swimming Smarts

**Be careful about diving.** Diving injuries can cause head injury, permanent spinal cord damage, paralysis, and sometimes even death. Protect yourself by only diving in areas that are known to be safe, such as the deep end of a supervised pool. If an area is posted with "No Diving" or "No Swimming" signs, pay attention to them. A "No Diving" sign means the water isn't safe for a head-first entry. Even if you plan to jump in feet first, check the water's depth before you leap to make sure there are no hidden rocks or other hazards. Lakes or rivers can be cloudy and hazards may be hard to see. **Watch the sun.** Sun reflecting off the water or off sand can intensify the burning rays. You might not feel sunburned when the water feels cool and refreshing, but the pain will catch up with you later — so remember to reapply sunscreen frequently and cover up much of the time. Don't forget your hat, UV protection sunglasses, and protective clothing.

**Drink plenty of fluids.** It's easy to get dehydrated in the sun, particularly if you're active and sweating. Keep up with fluids — particularly water — to prevent dehydration. Dizziness, feeling lightheaded, or nausea can be signs of dehydration and overheating.

**Getting too cool.** Speaking of temperature, it's possible to get too cool. How? Staying in very cool water for long periods can lower your body temperature. A temperature of 70°F (20°C) is positively balmy on land, but did you know that water below that temperature will feel cold to most swimmers? Your body temperature drops far more quickly in water than it does on land. And if you're swimming, you're using energy and losing body heat even faster than if you were keeping still. Monitor yourself when swimming in cold water and stay close to shore. If you feel your body start to shiver or your muscles cramp up, get out of the water quickly; it doesn't take long for hypothermia to set in.

**Alcohol and water never mix.** Alcohol is involved in numerous water-related injuries and up to half of all water-related deaths. The statistics for teenage guys are particularly scary: One half of all adolescent male drownings are tied to alcohol use.

## At the Water Park

OK, so you do more splashing than swimming, but it's just as important to know your skill level at the water park as it is at the pool. Take a moment to read warnings and other signs. Each area in the water park can have different depths of water, so make sure you pay attention.

If you don't know how to swim be sure to wear a Coast Guard-approved life jacket when necessary, and be sure there is lifeguard supervision. And make sure you do slide runs feet first or you'll put yourself at risk for a ride that's a lot less fun — one to your doctor or dentist.

Reviewed by: Yamini Durani, MD

## Nothing to do??? Join the fun!!



## Pilates Mat Class

**PILATES MAT CLASS** - A Pilates Mat Class will be held on **Tuesdays from 10-11 a.m. in the Enders Park Gathering Room. The cost is \$10 per class.**

Students will need to bring their own mat. **Check the Calendar for the current class schedule.**

Please reserve your spot by emailing **Dede Ramos** at [PilatesTherapyCollective@gmail.com](mailto:PilatesTherapyCollective@gmail.com). Pilates mat classes will focus on developing core strength, flexibility, control and stamina. Students will learn exercises that are based on control, focus, body awareness and proper alignment. Strengthening and engaging the body's deep core muscles through concentration, proper form and breath can lead to realignment of the body's imbalances and help create a strong, sculpted body and mind connection. This class is offered for all fitness levels with modifications given so that the students can choose to work at a beginner, intermediate or advanced pace. Various props may also be used in class to enhance and intensify the workout. Dede has been teaching and studying the Pilates method for more than 15 years. She has practiced in a variety of settings from private fitness clubs to clinical rehab facilities.

## Seasonal Swim Classes

**SWIM LESSONS** – Swim lessons are offered each summer at Baldwin Park community pools. Please contact the following instructors for more information:

**Infant Swimming Resources:** Glenda Sylvia, 407-894-2415, msylvia969@aol.com, [www.infantswim.com](http://www.infantswim.com), **High Park Pool**. Infant Swimming Resource is the safest provider of Self-Rescue™ swimming lessons for children 6 months to 6 years of age.

**Sharks & Minnows:** 407-699-1992, [www.sharksandminnows.com](http://www.sharksandminnows.com), **Grace Hopper Pool**. Sharks & Minnows teaches all ages from 6 months to adults and all levels from beginners to advanced stroke classes.

**PRIVATE LESSONS** - Some residents prefer to contract with a private individual to teach swim lessons. This is permitted in the three Association pools, but there is a process, which needs to be followed if you choose to do this, as the ROA wants to make sure the lessons are divided among the three pools.

The Residential Owners Association board of directors adopted the following guidelines for the classes:

- Classes are open to Baldwin Park residents only
- Instructor must sign approved Agreement for Use of Premises and provide proper insurance naming Baldwin Park Residential Owners Association, Inc. as additional insured
- Resident must provide personal liability insurance in amounts specified in Agreement for Use of Premises
- Insurance certificates must remain current during entire season/sessions or instructor must provide additional certification upon renewal of policies
- Instructor must provide credentials including any training, certifications or licenses
- **Lanyards will be issued to help identify approved instructors**

Residents must register through the Association office at Grace Hopper Hall, 1913 Meeting Place. There is an agreement that has to be executed prior to having personal one-on-one swim lessons at any Baldwin Park pool. For a copy of the agreement and if you have any further questions please contact Suz Tapy at [STapy@baldwinparkpoa.com](mailto:STapy@baldwinparkpoa.com) or 407-740-5838.

## Friday Morning Yoga

**Friday Morning Yoga** – Join your Baldwin Park neighbors every Friday morning for fun-filled Yoga classes. Choose 8 a.m. or 9:15 a.m.

**Yoga for Women (8-8:50 a.m.)** - Perfect for beginners! Fire up your female energy with an all-levels yoga class designed specifically for women -- with spa music, relaxing fragrances, soft lighting and like-minded yoga enthusiasts! New residents will find this class a wonderful opportunity to meet new friends in the neighborhood. No yoga experience is necessary and drop in guests are welcome.

**Yoga with Weights (9:15-10 a.m.)** - This 45-minute powered-up class combines the best of yoga with cardio and light weights, set to up-tempo music. Students should bring 2 or 3-lb weights, a towel and water. This is a more advanced class, but beginners can get up to speed quickly.

All Friday morning classes are held in the upstairs gathering room at Grace Hopper Hall. Please enter through the back door, located to the far right (facing the building from the poolside). Instructor and fellow Baldwin Park resident, Becca Schmidt, E-RYT200/RYT500, has been practicing Yoga for 20 years and teaching for more than twelve years. She earned her Yoga certification at the Southwest Institute of Healing Arts, and with Ignite Yoga and Wellness Institute, and is registered with the National Yoga Alliance. Students will be asked to sign a liability waiver and must disclose any injury, recent surgery or pregnancy. Please bring your own mat, a towel and water to class. If you don't have a mat, the instructor can provide one. For more information, please visit [www.blumoon.yoga](http://www.blumoon.yoga) Classes are \$10 and class packages are available.

# Easy Slow Cooker Texas BBQ Pulled Pork



**This is the perfect pulled pork recipe using an easy to use Crock-Pot .**

It's super easy to make and uses very basic ingredients. This pulled pork recipe calls for you to use your favorite BBQ sauce. Choose a good one! Sweet Baby Ray's line of barbecue sauces and Weber's new line of barbecue sauces are absolutely amazing and are perfect for this pulled pork. Pulled pork is always popular at picnics, family gatherings or for any occasion. Looking for a simple weekend meal with easy prep that you can let cook itself all day? Well then this is perfect for you. Just put it all together for a few minutes in the morning, and come home to a hot savory, delicious meal in the evening.

## **Ingredients**

- 1 (2lb) pork roast
- 1 bottle of your favorite BBQ sauce
- 1/4 cup chicken broth
- 1/4 cup apple cider vinegar
- 1/2 tablespoon Worcestershire sauce
- 2 tablespoons dark brown sugar
- 1/2 tablespoon chili powder

## **Method**

**Step 1** Place pork roast into Crock pot and slowly pour over it the following: chicken broth, vinegar, Worcestershire sauce, barbecue sauce.

**Step 2** With the pork roast wet with all the wet ingredients, rub in chili powder and brown sugar.

**Step 3** Set Crock Pot to "high", cover and let cook for 5-6 hours.

**Step 4** Use two forks and shred the pork and mix well with all the sauce.

**Step 5** Serve on warm buns for a delicious and hearty Texas pulled pork sandwich that you'll absolutely love!

Read more: <https://easyrecipedepot.com/recipe/slow-cooker-texas-bbq/#ixzz5FVsKW7UP>