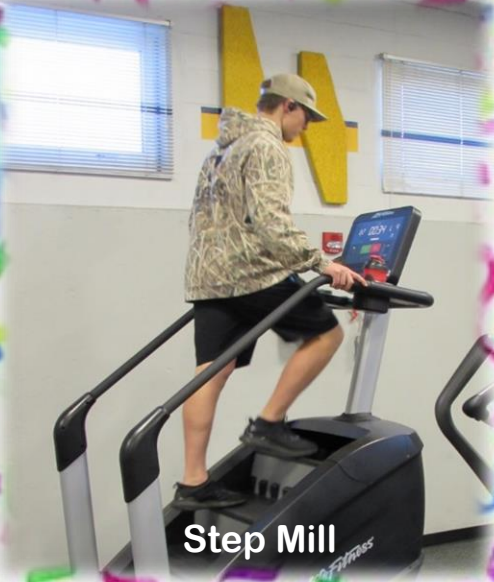


# Winfield Recreation Commission

2019  
Winter  
Activities



Aqua Treadmill



Step Mill

New Year,  
New Equipment,  
New You

Registration Begins December 17th

Winfield Recreation Commission  
624 College  
Winfield, KS 67156  
8:00am to 5:00pm • Monday thru Friday  
(620) 221-2160  
[www.winfieldrec.com](http://www.winfieldrec.com)

## • Staff •

Troy Moree, Superintendent  
[troymoree@winfieldrec.com](mailto:troymoree@winfieldrec.com)  
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Kyle Larsen, Recreation Coordinator  
[kylelarsen@winfieldrec.com](mailto:kylelarsen@winfieldrec.com)

## • WRC Board •

Scott Gill, Chair  
Jeff Long, Vice Chair  
Robyn Tapia, Secretary  
Dena Youle  
Joe Wood

## HOW TO REGISTER:

**WALK-IN** to the WRC Office - Starting at 8:00am Monday, Dec. 17  
**MAIL-IN** to the WRC Office – Starting Monday, Dec. 17  
**FAX** (620) 221-7232 – Starting Monday, Dec. 17  
**ON-LINE** @ [www.winfieldrec.com](http://www.winfieldrec.com) – Starting at 10:00am Monday, Dec. 17  
**TELEPHONE** (620) 221-2160 – Starting at 10:00am Monday, Dec. 17

Make checks payable to the Winfield Recreation Commission!  
WRC accepts VISA, MASTERCARD and AMERICAN EXPRESS!  
Conveniently charge your fees on your debit or credit card.

# GENERAL INFORMATION

## GENERAL POLICIES

- \* All classes are filled on a first come, first served basis.
- \* Registration is required prior to the start of class. No registrations will be accepted by the instructor.
- \* All classes have a minimum and maximum enrollment. PLEASE NOTE: If minimum enrollment is not met two working days prior to the first class, the class will be cancelled or combined with another class.
- \* \$30 will be charged for returned checks.
- \* You will not be contacted unless your class is cancelled or changed.
- \* Waiting lists will be established when classes are full.
- \* Fees will not be prorated!

## REFUND POLICY

- \* No refunds after the 2nd class meets.
- \* Refunds may take 2-4 weeks to process.
- \* In classes where a T-shirt or supplies have been ordered, the cost of these items will not be refunded.

## AMERICAN DISABILITIES ACT

It is the intent of the WRC to comply with the requirements of the Americans with Disabilities Act to eliminate and prevent any discrimination in providing access to WRC meetings, facilities, programs and activities. Reasonable accommodations will be made provided advance notice is given of a specific need. Please contact the WRC office at (620) 221-2160.

## YOUTH SCHOLARSHIPS AVAILABLE

There is no cost to those families on the KanCare Medicaid program through United Healthcare (Sunflower & Amerigroup do not qualify). Simply bring in your Member ID card and complete a sign-up form. All other families on the free lunch program will receive a 75% discount. In addition, those families on the reduced lunch program will receive a 50% discount. Enrollment must be done in person at the WRC office. **Proof of qualification is required at time of enrollment.**

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# REGISTER NOW FOR YOUTH AND ADULT INDOOR SOCCER LEAGUES!!

# YOUTH CLASSES

CLASS	INSTRUCTOR	DAYS	DATES	TIME	AGES	LOCATION	FEE
Tumbling & Gymnastics	Emily Davis	Tuesday	Jan. 8 – Mar. 5	5:45-6:15pm	3 & 4 year olds	WRC Dance Studio	\$14
		Tuesday	Jan. 8 – Mar. 5	6:15-6:45pm	3 & 4 year olds		\$14
		Monday	Jan. 7 – Mar. 4	5:45-6:30pm	5 & 6 year olds		\$18
		Monday	Jan. 7 – Mar. 4	6:30-7:15pm	7-10 year olds		\$18
Beginning Martial Arts	Shawn & Jennifer Love	Thursday	Jan. 10 – Mar. 7	4:00-4:45pm	6 & older	1015 Main	\$18 + \$35 uniform
Ballet/Jazz	Sara Minton	Thursday	Jan. 10 – Mar. 7	4:00-4:30pm	3 & 4 year olds	WRC Dance Studio	\$14
				4:30-5:00pm	5 – 7 year olds		\$14
				5:00-5:45pm	8 & older		\$18
				5:45-6:15pm	3 & 4 year olds		\$14

## YOUTH CLASS DESCRIPTIONS

### TUMBLING & GYMNASTICS

This program offers your child the opportunity to improve coordination and balance. Basic tumbling skills and proper techniques using a balance beam and mini-tramp will be taught.

### BEGINNING MARTIAL ARTS

White Tiger Jung Moo Kwan Tae Kwon Do is the Korean art of hand and foot fighting. The class is an introduction to Martial Arts. Uniform is mandatory and costs \$35.00. The uniform fee is payable to White Tiger and must be paid at the time of enrollment. More information can be found at [www.whitetigerwarriors.com](http://www.whitetigerwarriors.com).

### BALLET/JAZZ

This class will teach the basics of ballet as well as the upbeat basics of jazz. We will mix it up so each class is a little different.

**Walk-in registration  
begins at 8:00am on  
Monday, December 17th.**

**NEW On-Line  
registration begins at  
10:00am on Monday,  
December 17th.**

**Phone-in registration  
begins at 10:00am on  
Monday, December 17th.**

**Stop by the WRC Office  
or call 221-2160.  
Space is limited!!!**



### YOUTH INDOOR SOCCER

Registration forms have been sent out to all Winfield Schools and are available in the WRC office for kids ages 4-13 years of age (as of 1/1/19). Cost is \$20 and the deadline to sign-up is January 11, 2019.

# ADULT CLASSES

## AQUATICS

CLASS	INSTRUCTOR	DAYS	DATES	TIME	LOCATION	FEE
American Red Cross Lifeguarding - <b>NEW</b>	WRC Staff	Thursday-Saturday	Dec. 27 – 29	9:00am-5:00pm	SC Indoor Pool	\$70
Lap Swim	WRC Staff	Monday-Friday Mon, Wed & Fri	Jan. 2 – May 24 Jan. 2 – May 24	6:00-7:45am 11:30am-1:00pm	SC Indoor Pool	\$2 or 2 coupons
Adult Swim	WRC Staff	Tuesday & Thursday	Jan. 3 – Mar. 7	12:00-1:00pm	SC Indoor Pool	\$2 or 2 coupons
SilverSneakers Splash	Kyle Larsen	Tuesday & Thursday	Jan. 8 – Mar. 7	11:00-11:45am	SC Indoor Pool	\$36
Take It To The Deep (No class 1/10)	Amanda Porter	Tuesday & Thursday Saturday	Jan. 8 – Mar. 7 Jan. 12 – Mar. 9	6:30-6:55pm 8:00-8:25am	SC Indoor Pool	\$17 \$10
Aqua Strength & Stretch (No class 1/10)	Amanda Porter	Tuesday & Thursday Saturday	Jan. 8 – Mar. 7 Jan. 12 – Mar. 9	7:00-7:25pm 8:30-8:55am	SC Indoor Pool	\$17 \$10

## FITNESS

CLASS	INSTRUCTOR	DAYS	DATES	TIME	LOCATION	FEE
Early Bird Conditioning Workout	Aritha Paris	Mon, Wed & Fri	Jan. 7 – Mar. 8	5:30-6:30am	WRC Aerobics Room	\$54
Fit Over Fifty	Aritha Paris	Mon, Wed & Fri	Jan. 7 – Mar. 8	8:00-8:30am	WRC Aerobics Room	\$27
Gentle Yoga	Aritha Paris	Mon, Wed & Fri	Jan. 7 – Mar. 8	8:45-9:15am	WRC Aerobics Room	\$27
SilverSneakers Classic	Julie Mignone	Tuesday & Thursday	Jan. 8 – Mar. 7	9:00-9:45am	WRC Aerobics Room	\$36
Fit Over Fifty	Aritha Paris	Mon, Wed & Fri	Jan. 7 – Mar. 8	9:30-10:00am	WRC Aerobics Room	\$27
Gentle Yoga - <b>NEW</b>	Aritha Paris	Mon, Wed & Fri	Jan. 7 – Mar. 8	10:15-10:45am	WRC Aerobics Room	\$27
Noon Bodyshaping	Michele McClure	Tuesday & Thursday	Jan. 8 – Mar. 7	12:15-12:45pm	WRC Aerobics Room	\$18
PIYO	Alisha Barajas	Tuesday & Thursday	Jan. 8 – Mar. 7	5:15-6:00pm	WRC Aerobics Room	\$36
Country Heat	Callie Colgin	Monday & Wednesday	Jan. 7 – Mar. 6	5:45-6:45pm	WRC Aerobics Room	\$36
Core De Force	Callie Colgin	Tuesday & Thursday	Jan. 8 – Mar. 7	6:15-7:15pm	WRC Aerobics Room	\$36
Zumba	Luz John	Monday & Wednesday	Jan. 7 – Mar. 6	7:00-8:00pm	WRC Aerobics Room	\$36

## INDOOR CYCLING

CLASS	INSTRUCTOR	DAYS	DATES	TIME	LOCATION	FEE
Rise and Ride	Aritha Paris	Tuesday & Thursday	Jan. 8 – Mar. 7	5:30–6:30am	WRC Community Room	\$36
Spin To Win	Judy Ray	Monday & Thursday	Jan. 7 – Mar. 7	5:15-6:00pm	WRC Community Room	\$36
Spin It & H.I.I.T. It	Sally Pipes	Tuesday & Thursday	Jan. 8 – Mar. 7	6:30-7:30pm	WRC Community Room	\$36

**\*Drop-ins are welcome in classes.**

For Fitness Classes, purchase a \$3 drop-in coupon in the WRC Office or the Fitness Center prior to class. For Aquatics Classes, pay \$2 at the door.

**Walk-in registration begins at 8:00am on Monday, December 17<sup>th</sup>!**  
**On-Line registration begins at 10:00am on Monday, December 17<sup>th</sup>.**  
**Phone-in registration begins at 10:00am on Monday, December 17<sup>th</sup>.**  
**Stop by the WRC Office or call 221-2160. Space is limited!!!**

# ADULT CLASS DESCRIPTIONS

## LAP SWIM - Thru May 24

Swimming laps at your own pace is a great way to increase your cardiovascular endurance. To lap swim, purchase a 20-coupon book for \$15 at the WRC office. Lap Swim cost \$2 per drop-in or 2 coupons.

## AMERICAN RED CROSS LIFEGUARDING CLASS

Looking for a great part-time job. Get your American Red Cross Lifeguarding certification over Christmas break. This certification would make you qualified to apply to lifeguard at any pool in Winfield. Must be at least 16 years of age.

## ADULT SWIM

Join your friends for a workout at the pool. Use the deep and shallow water to enhance your self-directed experience. Resistance equipment and flotation belts are available for your use. Lifeguard will be present. Cost \$2 per drop-in or 2 coupons.

## SILVERSNEAKERS SPLASH

Silver Splash utilizes the physical properties of water to enhance agility, range of motion and cardiovascular conditioning. No swimming skills are required. Get wet, be strong and meet new friends in SilverSneakers Splash.

## TAKE IT TO THE DEEP

Experience the power of the deep in this challenging class. Learn propulsion techniques to hold and maintain balance, stability and speed. Achieve fat burning workout and total body toning in this no impact class.

## AQUA STRENGTH & STRETCH

An exercise that uses water resistance to strengthen and tone the entire body but focusing on the legs, back and abdominal muscles. Stretching and muscular control will be developed using Water Tai Chi, Yoga and Pilates. No swimming ability necessary for this shallow water class.

**Drop-ins are welcome in classes. For Fitness Classes, purchase a \$3 drop-in coupon in the WRC Office or the Fitness Center prior to class. For Aquatics Classes, pay \$2 at the door.**

## EARLY BIRD WORKOUT

Wake up to new ideas and challenges. This early morning class does it all to get you up and moving to start your day. It focuses on strength/resistance and core development with foundational movements. It allows each participant to choose the level of intensity. Each workout is different but is a balance between upper and lower body strengthening. No matter what level of fitness...the mix up of routines will give you a workout experience like no other.

## FIT OVER FIFTY

This class includes balance, muscle strength, and core conditioning. Whether standing performing rhythmic exercises or on the floor for conditioning and stretching, the variety each day will keep you coming back for a different workout with different benefits. All equipment is provided.

## GENTLE YOGA

Yoga is an excellent way to improve flexibility and balance with a focus on breathing. Each workout is different and comprised of simple fluid exercises that keep you moving and relaxed. Each class incorporates basic pilates and tai chi moves for improving energy and mental focus. All equipment is provided.

## SILVERSNEAKERS CLASSIC

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand held weights, elastic tubing with handles and a ball are offered for resistance and a chair is used for seated and/or standing support.

## NOON BODYSHAPING

Want to learn exercises that shape and tone your physique. Do you like the structure of a class, plus a little bit of freedom? Bodyshaping is the class for you! We use tubing, stability balls and your own body to help you build muscular endurance and strength. If you need a challenge...we're here to help!

## PIYO

Who says you have to jump, grunt, strain and punish your body to get amazing results from your workout? Not with PiYo...PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility advantages of Yoga. We crank up the speed to deliver a true fat-burning, low impact workout that leaves your body looking long, lean and incredibly defined. With some modifications PiYo is great for every fitness level!

## COUNTRY HEAT

Want to go out dancing but don't feel confident just yet? Have no fear, with this cardio dance fitness class set to country music, will have you ready in no time. The moves are simple and easy to learn so anyone at any age can feel confident out on the dance floor or in their own home. If you want to get a great workout in without actually feeling like you are working out, this is the class for you.

## CORE DE FORCE

Are you ready to feel like a brawler? Then join this HIIT MMA-inspired total body workout with interval training and core conditioning. The choreography is based on authentic Boxing, Kickboxing, and Muay Thai moves. This class is non-contact, requires no equipment, and is designed for anyone at any age.

## ZUMBA

Ditch the workout! Join the Party!! The Zumba® program fuses hypnotic Latin rhythms and Hip Hop with easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

## RISE AND RIDE

Kick-start your morning and bike indoors with this high-energy workout packed with a variety of drills, music and coaching cues. Rise to the challenge in this eye-opener spinning class that accommodates all levels so that each participant can get the most from this class.

## SPIN TO WIN

Brush off the workday with Judy! After warming up, we will get your heart rate up and burn the calories with a 35-40 minute routine on the bike. All fitness levels are welcome.

## SPIN IT & H.I.I.T. IT

Class will start with a warm-up followed by a 20-minute challenging ride. After the ride we will have a 20-minute H.I.I.T. circuit and conclude with a core burn out. This is a high intensity workout.

## WRC UPCOMING SPECIAL EVENTS

American Red Cross Lifeguarding Class: Dec. 27-29  
 Fitness Center Open House: Saturday, Dec. 29  
 Grand Casino Trip: Thursday, January 17  
 Daddy/Daughter Date Night: Sunday, February 10  
 School Break Activities: Monday, February 18  
 Spring Break Opportunities: March 11-15

Event fliers will be distributed to children in Winfield Public & Private Schools.

## YOUTH SCHOLARSHIPS

There is no cost to those families on the KanCare Medicaid program through United Healthcare (Sunflower & Amerigroup do not qualify). Simply bring in your Member ID card and complete a sign-up form. All other families on the free lunch program will receive a 75% discount. In addition, those families on the reduced lunch program will receive a 50% discount. Enrollment must be done in person at the WRC office. **Proof of qualification is required at time of enrollment.**

## FITNESS ON DEMAND

Fitness on Demand uses a high-definition video system to deliver popular titles and first-class instructors on demand, allowing you to work out by yourself or with others. This will be offered in our dance studio FREE to Fitness Center members or \$3 for non-members.

*Variety of Classes!  
 Top Notch Instructors!  
 Flexible Class Times!*

## REC CENTER GYM WALKING HOURS

Monday – Friday:  
 5:30-7:00am & 8:00-10:00am

## ACTIVE ADULT NEWSLETTER

The WRC sends out a bimonthly newsletter full of activities for Seniors (50+). To have your name added to this list, call the WRC Office at (620) 221-2160.

## YOUTH & ADULT INDOOR SOCCER LEAGUES

**Youth:** Registration forms have been sent out to all Winfield Schools and are available in the WRC office for kids ages 4-13 years of age (as of 1/1/19). Cost is \$20 and deadline to register is January 11<sup>th</sup>.

**Adult:** Sign up your team for the WRC Indoor Soccer Leagues. Entry fee is \$110 per team. The deadline to register is Friday, January 18<sup>th</sup>. Games will be played on Sundays.

## INDOOR IRONMAN TRIATHLON CHALLENGE

Participants will have 3 months (January 2-March 31) to complete a series of long-distance events that total an Ironman Triathlon. To finish the challenge, you must swim 2.4 miles, bike 112 miles and run/walk 26.2 miles. Swimming laps must be done at the Southwestern College Indoor Pool. Bike and run/walk miles must be done in the Winfield Fitness Center. Cost of the Challenge is FREE. Participants must have a valid Fitness Center membership and pay for use of the Indoor Pool. Anyone who completes the Indoor Ironman Triathlon Challenge will receive a T-shirt plus a \$20 WRC Gift Certificate.

## SOUTHWESTERN COLLEGE INDOOR SWIMMING POOL

OPEN PUBLIC SWIM TIMES:		ADMISSION PRICES:	
Days	Times	Fee	Ages
Monday & Wednesday	6:00-8:00pm	\$2 or 2 coupons	Ages 13 & older
Saturday & Sunday	2:00-4:00pm	\$1 or 1 coupon	Ages 6 – 12
		Free	5 & under

## PRIVATE RENTALS

**INDOOR POOL** – The Southwestern College Pool is available for private party rentals on Fridays from 6-8:00pm, on Saturdays from 12-2:00pm, 4-6:00pm and 6-8:00pm and on Sundays from 12-2:00pm, 4-6:00pm and 6-8:00pm. Cost is \$60 which includes use of the pool, an area to serve food and drinks plus two lifeguards.

**REC CENTER** – The Thornton Rec Center and the WRC Community Room are available for private party rentals. The Community Room includes tables, chairs, television, long counter space and a sink. Different options are available depending on your need.

**To make a reservation, call the WRC Office (620) 221-2160!**

# WINFIELD FITNESS CENTER

(620) 221-3062

## HOURS:

Monday – Thursday	5:30am – 9:00pm
Friday	5:30am – 7:00pm
Saturday	7:00am – 4:00pm
Sunday	7:00pm – 4:00pm

## MEMBERSHIP FEES:

	Adults	*Students **Seniors	***Military (Active/Retired)	****Family
1 Month Auto Debit	\$25	\$25	\$25	\$50
1 Month	\$30	\$30	\$30	\$55
3 Months	\$70	\$60	\$60	\$150
6 Months	\$90	\$80	\$80	\$200
1 Year	\$140	\$110	\$110	\$300

\*Must be a middle/high school student 14 or older

\*\*Senior Citizens 60 years or older

\*\*\*Active or retired military only. Must present current Military ID or VA Card

\*\*\*\*For immediate household family members only

**Coming in 2019, WRC Personal Training will be available. Stop by the Fitness Center for more details.**

# FITNESS CENTER OPEN HOUSE

**Saturday, December 29  
8:00am - Noon**

Come see us during our open house to enjoy free massages by Natalie Lowmaster, fun door prizes, healthy snacks, and membership specials!

## BOGO 1-MONTH SPECIAL

Buy a 1-month membership to the Fitness Center and receive your second month FREE! Limited to one per person and to new members only during the open house. Staff will be on hand to answer any questions about the Fitness Center and to enroll new members.

## FITNESS ON DEMAND (FOD)

Fitness on Demand uses a high-definition video system to deliver popular titles and first-class instructors on demand, allowing you to work out by yourself or with others. This will be offered in our dance studio FREE to Fitness Center members or \$3 per class for non-members.

**Huge Class Variety! – Top Notch Instructors! –  
Flexible Class Times!**