

# Winfield Recreation Commission



## 2018 Spring Activity Guide

### 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 •

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#### • Board •

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

### HOW TO REGISTER:

**Registration begins Monday, March 12**

**WALK-IN** to the WRC Office - Starting at 8:00am

**ON-LINE** at [winfieldrec.com](http://winfieldrec.com) - Starting at 10:00am

**MAIL-IN** to the WRC Office

**FAX** (620) 221-7232

**TELEPHONE** (620) 221-2160 – Starting Tuesday, March 13 at 10:00am

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

1. All classes are filled on a first come, first served basis.
2. Registration is required prior to the start of class. No registrations will be accepted by the instructor.
3. 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.
4. \$30 will be charged for returned checks.
5. You will not be contacted unless your class is cancelled or changed.
6. Waiting lists will be established when classes are full.
7. Fees will not be prorated!

## REFUND POLICY

1. No refunds after the 2nd class meets.
2. Refunds may take 2-4 weeks to process.
3. 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.

## YOUTH CLASSES

CLASS	INSTRUCTOR	DAYS	DATES	TIME	AGES	LOCATION	FEE
Beginning Martial Arts	Shawn & Jennifer Love	Mondays & Wednesdays	March 26 – May 23	4:00-5:00pm	6 & older	1015 Main	\$28 + \$35 uniform
Tumbling & Gymnastics	Emily Davis	Mondays	March 26 – May 21	5:45-6:15pm	3 & 4 year olds	WRC Dance Studio	\$14
		Mondays	March 26 – May 21	6:15-6:45pm	3 & 4 year olds		\$14
		Tuesdays	March 27 – May 22	5:45-6:30pm	5 & 6 year olds		\$18
		Tuesdays	March 27 – May 22	6:30-7:15pm	7-10 year olds		\$18
Intro to Dance	Rachel Horton	Thursdays	March 29 – May 3	5:00-5:30pm	4 & 5 year olds	WRC Dance Studio	\$8
Dance Combo	Rachel Horton	Thursdays	March 29 – May 3	5:30-6:15pm 6:15-7:00pm	6 & 7 year olds 8 & older	WRC Dance Studio	\$12

# REGISTER NOW FOR BASEBALL AND SOFTBALL LEAGUES!!

# YOUTH CLASS DESCRIPTIONS

## 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).

## 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.

## INTRO TO DANCE

Young dancers will have fun experiencing the colorful world of dance. The dance spectrum will include creative movement as well as an introduction to traditional dance styles of ballet, tap and jazz. Wear comfy clothes and tennis shoes.

## DANCE COMBO

Participants will be introduced to and work on skills used in ballet, jazz and tap. This is a great class for a young dancer to try out various styles and types of dance.

## REGISTRATION:

Walk-in registration begins at 8:00am on Monday, March 12<sup>th</sup>.

On-Line Registration begins at 10:00am on Monday, March 12<sup>th</sup>.

Phone-in registration begins at 8:00am on Tuesday, March 13<sup>th</sup>.

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

## YOUTH TRACK MEET

The WRC will be hosting a track meet for kids ages 4 years through 6<sup>th</sup> grade (age as of March 29) on Saturday, April 21<sup>st</sup> at 1:00pm. Entry fee is \$30 per participant which includes a T-shirt and 4 practices. Ribbons will be given to the top 3 finishers per event/age group. Forms will be sent home from school the week of March 5<sup>th</sup>.

## BASEBALL & SOFTBALL LEAGUES

**Youth:** Registration forms will be sent out to all Winfield Schools and are available in the WRC office March 12: ages 7-12 for baseball and ages 7-16 for girls fastpitch softball. Cost is \$20 and deadline to register is March 29.

**Adult:** Sign up your team for the WRC Adult Softball leagues. Entry fee is \$190 per team. The deadline to register is Friday, May 11<sup>th</sup>.

## WRC EGG HUNTS



## SPECIAL POPS EGG HUNT

**Friday, March 23**

The WRC will be having an Special Pops Egg Hunt for those with intellectual and developmental disabilities on Friday, March 23 at 7:00pm. The Hunt will be held at the Broadway Recreation Complex on Field #3.

## FAMILY FLASHLIGHT EGG HUNT

**Friday, March 23**

The WRC would like to invite your family to the Recreation Complex for this fun family event on Friday, March 23 at 8:30pm. Participants will be required to bring their own flashlight. Each egg will be filled with special treats. Children six and under must be accompanied by an adult. The first 400 will receive a glow in the dark necklace.



## POOCH EGG HUNT Sat., March 24

Register your dog for the first Pooch Egg Hunt at 10:00am on Saturday, March 24 at the Broadway Recreation Complex. Each dog will be allowed a limited number of eggs that are filled with dog treats. Once they find the egg and claim it with their nose, it goes into their basket to open later. Limit of one dog per person. Dogs must be kept on a leash at all times. Stoop and Scoop rules apply so please come prepared with your own bag. All dogs must have current vaccinations. Proceeds from this event will go to the Cowley County Humane Society and Bailey's Barking Dog Park. Cost is \$10 per person/dog. Pre-Registration is required by Thursday, March 22 at the WRC Office, 624 College, (620) 221-2160.

# ADULT CLASSES

## AQUATICS

CLASS	INSTRUCTOR	DAYS	DATES	TIME	LOCATION	FEE
Lap Swim	WRC Staff	Monday-Friday Mon, Wed & Fri	March 19 – May 25 March 19 – May 25	6:00-7:45am 11:30am-1:00pm	SC Indoor Pool	\$2 or 2 coupons
Adult Swim	WRC Staff	Tuesdays & Thursdays	March 27 – May 24	12:00-1:00pm	SC Indoor Pool	\$2 or 2 coupons
SilverSneakers Splash	Kyle Larsen	Mon, Wed & Fri	March 26 – May 25	10:30-11:15am	SC Indoor Pool	\$45
Take It To The Deep (No class 4/3)	Amanda Porter	Tuesdays & Thursdays Saturdays	March 27 – May 24 March 31 – May 26	6:00-6:25pm 8:00-8:25am	SC Indoor Pool	\$17 \$10
Aqua Strength & Stretch (No class 4/3)	Amanda Porter	Tuesdays & Thursdays Saturdays	March 26 – May 24 March 31 – May 26	6:30-6:55pm 8:30-8:55am	SC Indoor Pool	\$17 \$10

## FITNESS

CLASS	INSTRUCTOR	DAYS	DATES	TIME	LOCATION	FEE
Early Bird Conditioning Workout	Aritha Paris	Monday, Wednesday & Friday	March 26 – May 25	5:30-6:30am	WRC Aerobics Room	\$36
Body Pump (No Class April 11, 12 & May 3)	Molly Jones	Tuesdays & Thursdays	March 27 – May 24	6:00-6:30am	WRC Aerobics Room	\$15
Fit Over Fifty (No Class April 18, 20 & 23)	Aritha Paris	Monday, Wednesday & Friday	March 26 – May 26	8:00-8:30am	WRC Aerobics Room	\$24
Gentle Yoga (No Class April 18, 20 & 23)	Aritha Paris	Monday, Wednesday & Friday	March 26 – May 26	8:45-9:15am	WRC Aerobics Room	\$24
SilverSneakers Classic	Michelle Boyts	Tuesdays & Thursdays	March 27 – May 24	8:30-9:15am	WRC Aerobics Room	\$36
Fit Over Fifty (No Class April 18, 20 & 23)	Aritha Paris	Monday, Wednesday & Friday	March 26 – May 25	9:30-10:00am	WRC Aerobics Room	\$24
Noon Bodyshaping	Michele McClure	Tuesdays & Thursdays	March 27 – May 3	12:10-12:45pm	WRC Aerobics Room	\$15
PIYO	Alisha Barajas	Tuesdays & Thursdays	March 27 – May 24	5:15-6:00pm	WRC Aerobics Room	\$36
Country Heat	Callie Colgin	Mondays & Wednesdays	March 26 – May 23	5:45-6:45pm	WRC Aerobics Room	\$36
Core De Force	Callie Colgin	Tuesdays & Thursdays	March 27 – May 24	6:15-7:15pm	WRC Aerobics Room	\$36
Zumba	Luz John	Mondays & Wednesdays	March 26 – May 23	7:00-8:00pm	WRC Aerobics Room	\$36

## INDOOR CYCLING

CLASS	INSTRUCTOR	DAYS	DATES	TIME	LOCATION	FEE
Rise and Ride	Aritha Paris	Tuesdays & Thursdays	March 27 – May 24	5:30–6:30am	WRC Community Room	\$36
Just Spin (No Class April 11, 12 & May 3)	Molly Jones	Mondays & Wednesdays	March 26 – May 23	6:00-6:30am	WRC Community Room	\$15
Spin to Win	Judy Ray	Mondays & Thursdays	March 26 – May 24	5:15-6:00pm	WRC Community Room	\$36
Spin It & H.I.I.T. It	Sally Pipes	Tuesdays & Thursdays	March 27 – May 24	6:15-7:15pm	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, March 12<sup>th</sup>**  
**On-line registration begins at 10:00am on Monday, March 12<sup>th</sup>**  
**Phone-in registration begins at 8:00am on Tuesday, March 13<sup>th</sup>**

**Stop by the WRC Office, 624 College or call (620) 221-2160.**

# ADULT CLASS DESCRIPTIONS

## LAP SWIM - Thru May 26

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.

## 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.

## 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. No class April 3.

## AQUA STRENGTH AND STRETCH

This is a shallow water class 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. No class April 3.

## EARLY BIRD CONDITIONING WORKOUT

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.

## BODY PUMP

This class is designed to strengthen your entire body. A 30-minute workout that challenges all of your major muscle groups by using weight room exercises with free weights. All fitness levels are welcome.

## 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 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!

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# ADULT CLASS DESCRIPTIONS CONTINUED

## 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.

## JUST SPIN

Get your morning started right with cardio and strength training. We'll get your heart rate up with 30 min on the bikes.

## 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

- Spring Break Opportunities – March 19-23
- Prairie Band Casino Trip – March 22
- Special Pops Egg Hunt – Friday, March 23
- Family Flashlight Egg Hunt – Friday, March 23
- Pooch Egg Hunt – Saturday, March 24
- Adult Dodgeball Tournament – Friday, April 6
- Youth Track Meet – Saturday, April 21
- 1<sup>st</sup> Grade Trees – Week of April 23
- Mother/Daughter Luau – Sunday, April 22
- June Bug Jog – June 9
- Kansas State Open Tennis Tourney – June 15

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

## REC CENTER GYM WALKING HOURS

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

## ACTIVE ADULT NEWSLETTER

The WRC sends out a bimonthly newsletter full of activities for Seniors (55+). To have your name added to our mailing list, call the WRC Office at (620) 221-2160.

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# SOUTHWESTERN COLLEGE INDOOR SWIMMING POOL

OPEN PUBLIC SWIM TIMES:		ADMISSION PRICES:	
Days	Times	Fee	Ages
Mon & Wed	6-8:00pm	\$2 or 2 coupons	Ages 13 & older
Sat & Sun	2-4:00pm	\$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, a 50" 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!**



## HOURS:

Monday – Thursday	5:30am – 9:00pm
Friday	5:30am – 7:00pm
Saturday	7:00am – 4:00pm
Sunday	7:00am – 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 high school student 14 or older  
\*\*Senior Citizens 60 years or older

# WINFIELD FITNESS CENTER

**(620) 221-3062**

## **FITNESS ON DEMAND (FOD)**

Fitness on Demand uses a high-definition video system to deliver popular workouts and first-class instructors, allowing you to work out by yourself or with others. Get the body you always wanted with Fitness on Demand!

Fitness on Demand is FREE to all Fitness Center members. There is a \$3 charge to non-members. FOD is available anytime the Fitness Center is open unless there is a previously scheduled class in the room.



**Winfield Recreation Commission**

**624 College**

**Winfield, KS 67156**

**8:00am to 5:00pm • Monday thru Friday**

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