

WRC

Winfield Recreation Commission

Sept. 2024

Fitness Classes ♦ Youth Classes ♦ Memberships ♦ Events ♦ Party Rentals ♦ Sports Leagues ♦ Indoor Pool ♦ Open Gym

Fall Session is Here

Monday, Sept. 16th



Fall Session is here! The WRC is offering a variety of programs and classes to fit everyone's interests. The Fall Program Guide is now available for viewing online, you'll find information on all activities and events which include youth and adult sports leagues, dance, sport clinics, adult fitness and spin classes, special events, and more! Registration is ongoing so, register online, by phone, or in the WRC Office.

Community Night Out

Join the WRC and many other Winfield organizations for this family friendly fun event at Island Park on Saturday, October 19th from 10:00 am-12:00 pm. There will be lots of FREE food, fun, games, and prizes.



OK Kids Day Fishing Derby

Join the Winfield Lion's Club for this FREE event to show off your angling skills on Saturday, September 28 from 8am-noon at Island Park. Prizes will be awarded for top fish and FREE hotdog lunch from 11am-noon. This event is for all youth ages 15 & under. Participants must provide their own fishing poles and bait. Pre-Register by emailing participants name and age to winfieldlionsclubfishingderby@gmail.com. Check in on September 28 from 7:15-8:00am at the Soroptimist Pavilion. The event is sponsored by Winfield Lion's Club, Winfield Recreation Commission and Kansas Wildscapes Foundation.

Golf Tournament

2-Person— Friday, October 25th, Check-in at 12:00 and shot gun start at 1:00pm

Location: Quail Ridge Golf Course

Format: 2-person scramble, Fee is \$50 per person

Prizes: Scoring will be flighted with cash prizes for top teams in each flight depending on number of teams entered. Hole prizes will be awarded for several hole contests.

****Pre-Register for this event by calling the WRC at 620-221-2160, Payment due day of event****

Indoor Pool

The Southwestern College Indoor Pool will open on Monday, September 16. It will be open to the public on Monday & Wednesday from 6:00-7:30pm and on Sunday & Sunday from 2:00-4:00pm. Cost for 6-12 year olds is \$1 or 1 coupon and for 13 & older is \$2 or 2 coupons. Coupon books can be purchased in the WRC office, \$15 for 20 coupons or \$60 for 100 coupons.

The pool is also available for private party rentals on Fridays from 6-8:00pm, on Saturdays from 10:00am-12:00pm, on Saturdays and Sundays from 12-2:00pm, 4-6:00pm and 6-8:00pm. Cost is \$75 which includes use of the pool, an area to serve food and drinks plus two lifeguards. To make a reservation, call the WRC Office (620) 221-2160!

Upcoming Events Calendar

DUCK JAM	SEPTEMBER 26TH
OK KIDS DAY FISHING DERBY	SEPTEMBER 28TH
TRUCKTOBERFEST	OCTOBER 5TH
U.S. MARINE BAND CONCERT	OCTOBER 14TH
COMMUNITY NIGHT OUT	OCTOBER 19TH
2-PERSON GOLF SCRAMBLE	OCTOBER 25TH
WRC TURKEY COMPETITION	NOVEMBER 23RD
MILE OF LIGHTS	DECEMBER 8TH
SANTA'S MAILBOX	DEADLINE DEC. 13TH
FITNESS CENTER OPEN HOUSE	JANUARY 4TH

Health and Wellness • Elliptical Trainer

How to use an elliptical trainer most effectively.

Stick your butt out, sit back a little, back straight, shoulders back. Getting your posture right on an elliptical machine is important to getting the most effective workout possible. It is more difficult for some but eventually it starts to feel more natural.

The key is to make sure you are not hunched over. Keep your back straight and upright with your shoulders pulled back. Remember the good posture your mom has always nagged you about? Strive for that.

You don't want to bounce around too much either. Keep your butt out like you are about to take a seat and try not to move, bounce or sway your upper body too much. Of course, if you are using moving upper body handlebars your upper body will be moving but you want to keep your core from bouncing up and down or from rocking back and forth.

Keep in mind that a good elliptical trainer will be constructed in such a way to help you maintain proper elliptical body posture during

your exercise. You don't want to feel like you are leaning forward to reach for the handlebars. Some of the cheaper ellipticals may encourage bad posture and an uncomfortable workout because of poor ergonomic design. Working out on an elliptical machine is easy and fun, but it shouldn't be so easy that you don't work up a sweat and don't feel a little pain. If you are bouncing all around and hunching over, you are making the workout too easy for yourself.

Don't worry if you feel like you're ready to end your workout immediately after modifying to the correct elliptical posture. Usually if you just get through the first 5-10 minutes, you'll be surprised how long you can stay on. And don't forget to maintain proper elliptical body posture throughout your entire workout, warm up and cool down. You'll find yourself slacking on posture from time to time so just correct

yourself when you notice it and keep moving. How you use an elliptical machine and maintaining appropriate posture is the key to avoiding injury and getting the most intense and rewarding workout.

TOP 10 FC Members August

1. Lance Austin
2. Ashley Chastain
3. Viengxong Intha
4. Sheryl Clower
5. Alfredo Cueves
6. Megan Harris
7. Terri Seidel
8. Calvin Nguyen
9. Mike Seidel
10. Richard Clower, Noah Harris, Teddi Ricketts, Shiven Saxena

Breakfast Brownies

Source: Allrecipes.com

- Directions: 1. Preheat oven to 350 degrees F . Lightly grease an 8X10 baking pan.
2. Mix oats (1 1/2 C quick cooking oats), brown sugar (3/4C), flax seed meal (3/4 C), flour (1/2 C gluten free all purpose), baking powder (1 tsp), cinnamon (1/2 tsp), and salt (1/4 tsp) together in a bowl. Mix banana (1 mashed), rice milk (1/4 C), egg (1), and vanilla extract (1tsp) together in a separate bowl. Pour banana mixture into flour mixture; stir to combine. Pour batter into the prepared baking pan.
3. Bake until toothpick inserted into the middle comes out clean, about 20 minutes.

Fitness Center Tip

Stop eating when you are satiated and not stuffed. Aim to stop eating when you feel content but not overly full to the point where you can't move or feel like it.



Wellness Director

Tyler Osborn
624 College
Winfield, KS

Fitness Center Supervisors

Lance Austin
Christy Wiebe

New Classes/Leagues/Events

Aqua Band: Tuesdays & Thursdays 6:00-6:45 am Jennifer Howard

Tidal Tone Up: Tuesdays & Thursdays 11:00-11:45 am Jody Popplewell

Adult Swim Lessons: Tuesdays 6:00-7:00 pm Jody Popplewell

Short Circuit: Saturdays 7:00-8:00 am Jennifer Howard

Gentle Yoga: Tuesdays & Thursdays 10:00-10:30 am Aritha Paris

Adult Pickleball League: Wednesday Nights, Games will begin Nov. 20th.

** Registration begins September 3rd, stop by the WRC office or call 620-221-2160

Space is limited!!

United States Marine Band Concert: Monday Oct. 14th at Winfield High School, start time 7:30 pm. Admission is free, but tickets are required.

Helpful Information - - - - -

Online Registration

The WRC has ONLINE registration for most activities, youth & adult. The online enrollment option makes it convenient for our customers to sign up for classes, special events and sports leagues at any time of the day!

Instructions

1. Go to Winfieldrec.com
2. Select Register Now
3. Create Account

* Keep in mind, once a new session has officially begun, online registration for classes is turned off that way we can monitor if those taking a class have paid or not. At that point we recommend calling or visiting office.

WRC TEXT ALERTS

Sign up for text alerts to receive immediate notifications of any weather cancelations, important notices, deadlines, etc. Text alerts are the quickest way to receive all notices and they can be customized by category.

@winfieldrec.com

Social Media



Facebook.com/

[winfieldrecreationcommission](http://winfieldrecreationcommission.com)

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