



September, 2010

WRC News



Eric Brown

Fitness Center Member

Fall Activity Registration~ August 30

Fall brochures were mailed to all postal patrons on August 25. Look for several NEW classes including; Discover Scuba, Martial Arts Self Defense , Field Trip to the Alley and Fantasy Football League. There are also many of your favorite classes returning for the Fall. Registration for classes will begin at **8:00 am Monday, Aug. 30th**; phone registration will begin Aug. 31st.

Discover Scuba ~ September 11

Have you always wanted to try scuba diving? Well, here's your chance! Join us on Saturday, September 11th for DISCOVER SCUBA from 1:00-4:00pm. It's lots of fun, easy to do and it takes very little time. All the equipment will be provided. The class will be held at the Southwestern College Pool. The fee is \$50 which includes use of equipment. **Deadline to register for this class is 3:00pm on Friday, September 3rd.**

Speed & Agility Clinic ~ September 17

Myron Sawyer is back by popular demand to teach this two-hour clinic on Friday, September 17th from 9:00-11:00am. This clinic is a great way to help young athletes improve their sprinting mechanics with correct form and technique. Learn ways to improve your quickness, speed and agility. If you participate in football, soccer, volleyball, basketball, wrestling, track & field, etc., this clinic is for YOU! It's for ages 8 & older and is FREE! **Registration deadline is Sept. 14th.**



CHEERLEADING CLINIC

32 girls were enrolled in this summer's Cheerleading Clinic. They learned the latest chants and cheers from the WHS cheerleaders. Go Vikings!

VOLLEYBALL CLINIC

39 girls participated in the volleyball clinic held in August. Coach Julie Konrade offered 3 different clinics: one for hitters, setters and servers.



September Events

Registration Begins for Fall Classes – August 30

Flag Football Registration Due – September 3



Fall Volleyball Registration Due – September 3

Labor Day – September 6 (Office/Fitness Center Closed)

Senior Citizen Pitch Parties – September 7 & 20

Fall Classes Start – Sept. 13

Winfield Team Challenge – September 13



SC Indoor Pool Opens – September 13

Senior Citizen Potluck & Crazy Cards – September 16

Speed & Agility Clinic – September 17



3rd Annual Health & Wellness Fair – September 25

Mom & Son Trivia Night – September 26

Senior Fall Festival – Sept. 28



The Recreation Center will be CLOSED Monday, September 6th. We wish you a safe and happy Labor Day!



Fitness Center

(620) 221-3062



Membership Fees:

	Adults	**Seniors/ *Students	Family
3 mo.	\$55	\$40	\$125
6 mo.	\$70	\$55	\$150
1 yr.	\$100	\$70	\$205

*Must be a high school student 14 or older

**Senior Citizens 60 or older



Summer Hours:

Monday – Thursday	5:30am-9:00pm
Friday	5:30am-7:00pm
Saturday	8:00am-1:00pm
Sunday	1:00pm-5:00pm

Southwestern College Pool

Opening September 13

Monday & Wednesday
6:00 pm – 8:00 pm
Saturday & Sunday
2:00 pm – 4:00 pm

Admission:

Ages 13 & Older	\$2
Ages 6 - 12	\$1
Ages 5 & Under	Free

Flag Football / Fall Volleyball

It's time again to join your friends, get on a team and play flag football or volleyball. These programs are offered to any individual not playing at the High School, College or Pro level. Rosters can be found in our office, 624 College. Registration will be taken through September 3.

Fees: Flag Football \$124 / 7 games

Fall Volleyball \$40 / 8 matches

Winfield Team Challenge ~ September 13

The Winfield Team Challenge will be a 12-week program from September 13 – December 6. Participants form a team that will set fitness and nutrition goals. Points can be earned from a variety of physical activities and healthy eating. The program is designed to encourage physical activity and healthful nutrition for people of all ages. There is no cost to have a team. T-shirts will be given to all participants at the end of the program. Form your team and join our challenge by September 13th!

Mom & Son Trivia Night ~ September 26

Boys, here's your chance to take your special mom out for a fun evening on Sunday, September 26th, 6:00-8:00pm. Upon arrival we will take a photo of each mother/son together to capture the moment. Dinner consisting of pizza and pop will be provided. Following dinner, we will play rounds of Trivial Pursuit using the family edition. Prizes will be given. This event is for ages 8 – 12 years old and the cost is only \$5 per couple.

Senior Fall Festival ~ September 28

Join us on Tuesday, September 28th for a day of fun games and good food at the Senior Fall Festival. The day will start off with coffee and donuts followed by a Domino Tournament and Carnival Games. We will then eat a delicious lunch of brisket, new potatoes, green beans, salad, cake and a drink while listening to live entertainment. After lunch will be a Trivia Challenge. This event will be held at Baden Square and the fee is \$5 per person. Prizes will be given to the top 3 places in both the Domino Tournament and the Trivia Challenge. Deadline to register is Thursday, September 23rd.

