

WINFIELD

Recreation Commission



Winfield Recreation Commission
624 College

Winfield, KS 67156

8:00am to 5:00pm • Monday thru Friday
(620) 221-2160

www.winfieldrec.com

• Staff •

Troy Moree, Superintendent
troymoree@winfieldrec.com

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Kyle Larsen, Recreation Coordinator
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HOW TO REGISTER:

WALK-IN to the WRC Office - Starting Tuesday, Sept. 3rd at 8:00am

MAIL-IN to the WRC Office – Starting Tuesday, Sept. 3rd

FAX (620) 221-7232 – Starting Tuesday, Sept. 3rd

TELEPHONE (620) 221-2160 – Starting Tuesday, Sept. 3rd at 10:00am

ON-LINE www.winfieldrec.com – Starting Tuesday, Sept. 3rd 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.

2019 Fall Activities

Registration Begin Tuesday, September 3rd

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 and 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 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.**

YOUTH ACTIVITIES (No classes November 25-30)

CLASS	INSTRUCTOR	DAYS	DATES	TIME	AGES	LOCATION	FEE
Tumbling & Gymnastics	Emily Davis	Mondays	Sept. 16 – Dec. 16	5:45-6:15pm	3 & 4 year olds	WRC Dance Studio	\$14
		Mondays	Sept. 16 – Dec. 16	6:15-6:45pm	3 & 4 year olds		\$14
		Tuesdays	Sept. 17 – Dec. 17	5:45-6:30pm	5 & 6 year olds		\$18
		Tuesdays	Sept. 17 – Dec. 17	6:30-7:15pm	7 – 10 year olds		\$18
Beginning Martial Arts	Shawn & Jennifer Love	Mondays	Sept. 16 – Dec. 16	4:00-5:00pm	6 & older	1015 Main	\$20 + \$35 uniform
Moundbuilder Basketball Academy – NEW	SC Men's Basketball Coach, Matt O'Brien	Sundays	Oct. 6 – 27	4:00-5:00pm	5 th – 12 th Graders	WRC Gymnasium	\$55
Mini Vikings – Football	WRC Staff/Parents	Mondays	Sept. 16 – Oct. 7	6:00-6:45pm	3 – 5 year olds	Rec Center Field	\$15
Mini Vikings – Soccer	WRC Staff/Parents	Tuesdays	Sept. 17 – Oct. 8	6:00-6:45pm	3 – 5 year olds	Rec Center Field	\$15
Mini Vikings – Basketball	WRC Staff/Parents	Saturdays	November 2 – 23	9:00-9:45am	3 – 5 year olds	WRC Gymnasium	\$15
Intro to Dance (Ballet, Jazz & More)	Jordyn Sexson	Wednesdays	Sept. 18 – Nov. 20	5:30-6:00pm	3 & 4 year olds	WRC Dance Studio	\$10
		Wednesdays	Sept. 18 – Nov. 20	6:00-6:30pm	5 – 7 year olds		\$10
		Wednesdays	Sept. 18 – Nov. 20	6:30-7:15pm	8 & older		\$14
		Saturdays	Sept. 21 – Nov. 23	9:00-9:30am	3 & 4 year olds		\$10
		Saturdays	Sept. 21 – Nov. 23	9:30-10:00am	5 – 7 year olds		\$10
		Saturdays	Sept. 21 – Nov. 23	10:00-10:45am	8 & older		\$14
After School STEM Camps – NEW	Carey Keller	Tuesday – Friday Tuesday – Friday	November 12 – 15 November 19 – 22	4:00-5:30pm	3 rd – 5 th Graders 6 th – 8 th Graders	WHS STEM Room (South side of WHS)	\$20
STEM Project Day – NEW	Carey Keller	Saturday	December 14	9:00am-2:00pm	4 th – 6 th Graders	WHS STEM Room	\$15

YOUTH CLASS DESCRIPTIONS (No classes November 25-30)

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

MOUNDBUILDER BASKETBALL ACADEMY

This Training Camp is a unique program designed to develop each athlete's ability through challenging drills. Coach O'Brien focuses on developing a player's entire game to include skill development for every position. Instruction focuses on increasing the understanding of how to play the game so that players can maximize their ability. Players participate in challenging drills to enhance their fundamental development with current SC Basketball staff and players under the direction of Head Coach Matt O'Brien who has led the Builders to nine straight winning seasons including back to back Conference Champs.

MINI VIKINGS - FOOTBALL

The WRC Mini Vikings Football program is a 4-week instructional based activity for kids ages 3 to 5. The program is designed to develop fundamental skills in a fun and energetic way through fun based football training activities. Kids will be broken into teams with parent volunteers serving as the coaches for the program. All participants will receive a T-shirt and a football.

MINI VIKINGS - SOCCER

The WRC Mini Vikings Soccer program is a 4-week instructional based activity for kids ages 3 to 5. The program is designed to develop fundamental skills in a fun & energetic way through fun based soccer training activities. Kids will be divided into teams with parent volunteers serving as the coaches/instructors for the program. All participants will receive a T-shirt and soccer ball.

MINI VIKINGS - BASKETBALL

The WRC Mini Vikings Basketball program is a 4-week instructional based activity for kids ages 3 to 5. The program is designed to develop fundamental skills in a fun & energetic way through fun based basketball training activities. Kids will be divided into teams with parent volunteers serving as the coaches/instructors for the program. All participants will receive a T-shirt and basketball.

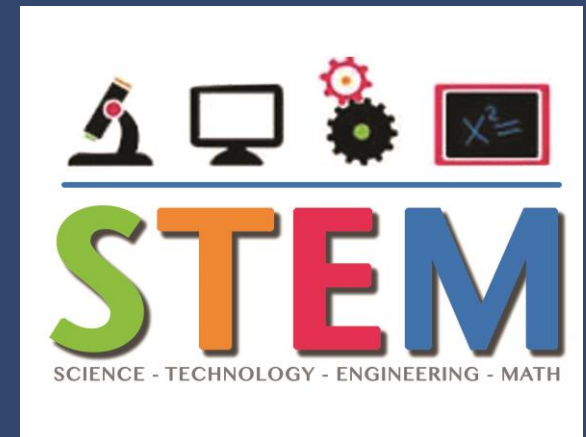
INTRO TO DANCE

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.

AFTER SCHOOL STEM CAMPS

Grades 3-5: Students will dive into STEM concepts and do hands-on projects while being mentored by high school engineering students. Students will get to use 3D pens, learn how to code Sphero's and many more cool projects. Students can be bussed from their elementary school to WMS where engineering students will meet them and walk them to the STEM Center for Innovation.

Grades 6-8: Topics include Aerospace Engineering, Robotics, 3D Printing, Civil Engineering and Coding. Students will choose a topic and then do a hands-on project tailored to their exact interest while being partnered with high school engineering students.



STEM PROJECT DAY

Parent's let your kids come to an educational STEM Project Day while you do a day of Christmas shopping. This will be a fun filled day of projects focused on Science-Technology-Engineering-Math (STEM). High school engineering students will mentor students on projects such as bridges, buildings, robots, rockets and many more. Students need to bring their own lunch and a water bottle.

**Walk-in registration begins at 8:00am
on Tuesday, September 3rd.**

**Phone-in and On-line registration
begins at 10:00am on Tuesday,
September 3rd.**

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

YOUTH CLASS DESCRIPTIONS (No classes November 25-30)

YOUTH VOLLEYBALL

The WRC is happy to offer youth volleyball leagues for kids in grades 3rd – 6th. The recreational leagues provide participants the opportunity to learn and play the game in a fun and instructional environment. Teams will practice during the week starting in September and games will be played on Wednesday evenings starting October 2nd. All games will be played at the WRC Gym. Deadline to register is Thursday, August 29th. Fee is \$20.

YOUTH BASKETBALL: 1st & 2nd Grades

The WRC is happy to offer a youth basketball league for kids in grades 1st & 2nd. Teams will be instructed by WHS Head Girls Coach, Jason VenJohn and his players. Participants have skill instruction as a group. Starting Dec. 21, kids will also have a 30-minute game. This program will be held in the WRC Gym. Deadline to register is Thursday, Nov. 21st. Fee is \$20.

YOUTH BASKETBALL: 3RD – 6TH Grades

The WRC is once again offering basketball leagues for kids in grades 3rd – 6th. Teams will practice during the week starting in November. Games will be played on Saturday mornings starting December 7th. All 3rd-4th grade games will be played at the WELC Gym and all 5th-6th grade games will be played at the WRC Gym. Deadline to register is Tuesday, Oct. 22nd. Fee is \$25.

WRC UPCOMING SPECIAL EVENTS

FREE Demo Classes – September 9-14
Start Smart Days – 2nd Wednesday of each Month
Elementary Cross Country Race – Wed., October 16
Family Fun Night – Friday, November 15
WRC Turkey Competition – Saturday, November 16
Senior Turkey Bingo – Monday, November 25
Candy Cane 2 Mile & Hunt – December
Senior Winter Fest – Friday, December 13
Santa's Mailbox – Deadline, Thursday, December 19
Fitness Center Open House – Saturday, Jan. 4

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/reduced lunch program will receive a discount. Enrollment must be done in person at the WRC Office. ***Proof of qualification is required at time of enrollment.***

ADULT CLASSES (No classes November 25-30)

AQUATICS

CLASS	INSTRUCTOR	DAYS	DATES	TIME	LOCATION	FEE
Lap Swim	WRC Staff	Mondays-Fridays Mon, Wed & Fri	Sept. 9-Dec. 20	6:00-7:45am 11:30am-1:00pm	SC Indoor Pool	\$2 or 2 coupons
SilverSneakers Splash	Kyle Larsen	Tuesdays & Thursdays	Sept. 17-Dec. 19	11:00-11:45am	SC Indoor Pool	\$45
Adult Swim	WRC Staff	Tuesdays & Thursdays	Sept. 10-Dec. 19	12:00-1:00pm	SC Indoor Pool	\$2 or 2 coupons
Take It To The Deep	Amanda Porter	Tuesdays & Thursdays Saturdays	Sept. 17-Dec. 19 Sept. 21-Dec. 21	6:00-6:25pm 8:00-8:25am	SC Indoor Pool	\$26 \$13
Aqua Strength & Stretch	Amanda Porter	Tuesdays & Thursdays Saturdays	Sept. 17-Dec. 19 Sept. 21-Dec. 21	6:30-6:55pm 8:30-8:55am	SC Indoor Pool	\$26 \$13

FITNESS

CLASS	INSTRUCTOR	DAYS	DATES	TIME	LOCATION	FEE
Early Bird Conditioning Workout	Aritha Paris	Mon, Wed & Fri	Sept. 23 – Dec. 20	5:30-6:30am	WRC Aerobics Room	\$72
Fit Over Fifty	Aritha Paris	Mon, Wed & Fri	Sept. 23 – Dec. 20	8:00-8:30am 9:30-10:00am	WRC Aerobics Room	\$36
Gentle Yoga	Aritha Paris	Mon, Wed & Fri	Sept. 23 – Dec. 20	8:45-9:15am 10:15-10:45am	WRC Aerobics Room	\$36
SilverSneakers Classic	Julie Mignone	Tuesdays & Thursdays	Sept. 17 – Dec. 19	9:00-9:45am	WRC Aerobics Room	\$52
PIYO	Alisha Barajas	Mondays & Wednesdays	Sept. 16 – Dec. 18	5:15-6:00pm	WRC Aerobics Room	\$52
Beginner H.I.I.T. – NEW	Elizabeth Lanier	Tuesdays & Thursdays	Sept. 17 – Dec. 19	5:15-5:45pm	WRC Aerobics Room	\$26
STRONG by Zumba – NEW	Sarah Bryant	Mondays & Wednesdays	Sept. 16 – Dec. 18	6:15-7:00pm	WRC Aerobics Room	\$52
Country Heat	Callie Colgin	Tuesdays & Thursdays	Sept. 17 – Dec. 19	6:00-7:00pm	WRC Aerobics Room	\$52
Zumba	Luz John	Mondays & Wednesdays	Sept. 16 – Dec. 18	7:15-8:15pm	WRC Aerobics Room	\$52

INDOOR CYCLING

CLASS	INSTRUCTOR	DAYS	DATES	TIME	LOCATION	FEE
Rise and Ride	Aritha Paris	Tuesdays & Thursdays	Sept. 24 – Dec. 19	5:30–6:30am	WRC Community Room	\$48
Spin & Core – NEW	Cammille Sisson	Mondays-Thursday	Sept. 16 – Dec. 19	12:15-1:00pm	WRC Community Room	\$78
Spin It & H.I.I.T. It	Elizabeth Lanier	Mondays & Wednesdays	Sept. 16 – Dec. 18	5:15-6:15pm	WRC Community Room	\$52
Spin to Win	Judy Ray	Tuesdays & Thursdays	Sept. 17 – Dec. 19	5:15-6:00pm	WRC Community Room	\$52

OTHER

CLASS	INSTRUCTOR	DAYS	DATES	TIME	LOCATION	FEE
Drop-In Pickleball – NEW	WRC Staff	Tuesdays & Thursdays	Aug. 27 – Dec. 31	1:00-3:00pm	WRC Gymnasium	FREE

*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.

Registration Begins Tuesday, September 3rd!

Walk-in: Beginning at 8:00am

On-Line and Phone-in: Beginning at 10:00am

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

ADULT CLASS DESCRIPTIONS

LAP SWIM

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.

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.

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.

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 AND 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.

EARLY BIRD CONDITIONING WORKOUT

This morning class gets 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 and a ball are offered for resistance and a chair is used for seated and/or standing support.

PIYO

Who says you have to jump, grunt, strain and punish your body to get amazing results from your workout? 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!

BEGINNER H.I.I.T.

High Intensity Interval Training is one of the most effective ways to get a quick workout in. You will blast calories, boost metabolism, increase strength, and burn fat in a short amount of time. This class will take you through a beginner level H.I.I.T routine, focusing on proper form and technique. Beginner H.I.I.T is a perfect class for first timers or intermediate levels.

STRONG BY ZUMBA

Stop counting the reps. Start training to the beat. STRONG by Zumba (SBZ) combines body weight, muscle conditioning, cardio and plyometric training moves synced to music.

SBZ is NOT a dance class; its muscle + movement + music. This class is for all levels (both men & women). Bring a water bottle and a towel. Shoes are required; gloves recommended; mats are provided. Appropriate for ages 16 and up; under 18 must be accompanied by an adult.

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.

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!

Drop-Ins are Always Welcome!
Buy a coupon for \$3 in the WRC Office or the Fitness Center prior to class.

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.

SPIN & CORE

We are keeping this 45 minute class simple. The lunchtime spin class is 30 minutes of heavy resistance and high intensity cycling, burn as many calories as you can on your lunch break. The class will end with 15 minutes of a core and stretch workout.

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

In this high intensity class you will get your heart rate up, increase endurance, and burn fat using a variety of intense bursts of cardio and strength training moves. Each class begins with a 20-minute Spin routine followed by a 20-minute H.I.I.T workout and finished with a core burnout. Prepare to sweat and be challenged in this fun group atmosphere!

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.

Walk-in registration begins at 8:00am on Tuesday, September 3rd.

Phone-in and on-line registration begins at 10:00am on Tuesday, September 3rd.

**Stop by the WRC Office,
call 221-2160,
or go to www.winfieldrec.com.**

DROP-IN PICKLEBALL

Come learn and have fun playing the game pickleball. No enrollment is necessary, just drop-in at the Rec Center and play. There will be two courts available. Equipment provided.



ACTIVE ADULT NEWSLETTER

The WRC sends out a bimonthly newsletter full of activities for Seniors (50+). To have your name added to our mailing list, call the WRC Office at 21-2160.

ADULT CO-REC VOLLEYBALL LEAGUES

Gather your friends and enter your team in one of our Adult Volleyball leagues. The deadline to enter a team is September 5 for a fee of \$40 per team. Games begin the week of September 16.

ADULT KICKBALL LEAGUE

The WRC Co-Rec Kickball League consists of a 6-game season played on Sunday evenings beginning Sept. 8. Rosters consist of 8-16 players with an equal number of men and women. Entry fee is \$100 per team. Registration deadline is Tuesday, September 3rd.

ADULT BASKETBALL LEAGUES

Adult Basketball registration begins October 8 and runs through October 31 for a fee of \$250. Games begin the week of November 12.

ADULT CORNHOLE LEAGUE

Sign up for the new Adult Cornhole League. Matches will be played on Wednesday evenings at the Fairgrounds Barn #4. The deadline to register is Thursday, September 26. Games will begin October 2 and run through October 23. Fee is \$35 for 8 matches.



ADULT CORNHOLE TOURNAMENT

Grab a partner and register for the WRC Cornhole Tournament on Saturday, November 2nd. This will be a fun social event for adults (18 & older). All participants can bring their own refreshments. The event will begin at 6:00pm. Naughty Nurses and Neives food trucks will be available at 5:00pm. Entry fee is \$30 per team if registered by October 31. Late registration, if space allows is \$40 per team. 3 game guarantee and cash prizes to the top winners. Register at the WRC Office.

WRC UPCOMING SPECIAL EVENTS

FREE Demo Classes – September 9-14
Start Smart Days – 2nd Wednesday of each Month
Elementary Cross Country Race – Wed., October 16
Family Fun Night – Friday, November 15
WRC Turkey Competition – Saturday, November 16
Senior Turkey Bingo – Monday, November 25
Candy Cane 2 Mile & Hunt – December
Senior Winter Fest – Friday, December 13
Santa's Mailbox – Deadline, Thursday, December 19
Fitness Center Open House – Saturday, Jan. 4

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

FREE DEMONSTRATION CLASSES SEPTEMBER 9-14

Test out that class you have been dying to try with our Free Demo Classes during the week of September 9. No registration necessary, just come on the day and time of your class. It's a perfect opportunity to "Try before you Buy!"

Following is a list of classes available for Free Demo. See the days and times on the above:

Adult Fitness:

Early Bird Conditioning Workout
Fit Over Fifty
Gentle Yoga
SilverSneakers Classic
Zumba

PIYO
Beginner H.I.I.T.
STRONG by Zumba
Country Heat

Adult Aquatics:

SilverSneakers Splash
Take It To The Deep
Aqua Strength and Stretch

Adult Indoor Cycling:

Rise and Ride
Spin & Core
Spin It & H.I.I.T. It
Spin to Win

**Register at the WRC Office, 624 College, by
Monday, September 16th!**

SOUTHWESTERN COLLEGE SWIMMING INDOOR POOL Opens Monday, September 9

OPEN PUBLIC SWIM TIMES:		ADMISSION PRICES:	
Days	Times	Fee	Ages
Mon & Wed	6:00-8:00pm	\$2 or 2 coupons	Ages 13 & older
Sat & Sun	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 10:00am-12:00pm, on Saturdays and 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!**

**PERSONAL TRAINING WITH
JENNIFER DAVIS IS NOW
AVAILABLE. CALL THE
FITNESS CENTER FOR
DETAILS.**



**OPEN HOUSE
January 4
8:00am – Noon**

New Member Special:
Sign up with a friend and receive a \$20 discount off a 1 Year Membership (during Open House Only)



**WINFIELD FITNESS CENTER
(620) 221-3062**

HOURS:

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

FITNESS ON DEMAND (FOD)

With just a touch of a button, you can choose from hundreds of fun and exiting exercise videos like Yoga, Cardio Ball, Core, Total Body, Kickboxing, Move (90's Hip Hop), Supreme Stretch and many more.

Fitness on Demand uses a high-def video system to deliver popular workouts with first-class instructors, allowing you to workout by yourself or with others.

FOD is FREE to Fitness Center Members or \$3 per class for non-members.