

# WINFIELD RECREATION COMMISSION



## COMING SOON...

- Youth & Adult Indoor Soccer
- Youth Outdoor Soccer
- Youth Flag Football
- Adult Cornhole League
- Adult St. Patty's Softball Tournament
- Fitness Center Open House
- Daddy/Daughter Date Night
- AND MUCH MORE!!!



## 2020 Winter Activities

Registration Begins Monday, December 16th

## Winfield Recreation Commission

624 College

Winfield, KS 67156

8:00am to 5:00pm • Monday thru Thursday

8:00am to 1:00pm • Friday

(620) 221-2160

[www.winfieldrec.com](http://www.winfieldrec.com)

### • Staff •

Troy Moree, Superintendent

[troymoree@winfieldrec.com](mailto:troymoree@winfieldrec.com)

Candi Fox, Assistant Superintendent

[candifox@winfieldrec.com](mailto:candifox@winfieldrec.com)

Wesley Joy, Sports & Special Services Director

[wesleyjoy@winfieldrec.com](mailto:wesleyjoy@winfieldrec.com)

Elizabeth Lanier, Administrative Assistant

[elanier@winfieldrec.com](mailto:elanier@winfieldrec.com)

Tyler Osborn, Wellness Director

[fitness@winfieldrec.com](mailto:fitness@winfieldrec.com)

Kyle Larsen, Recreation Coordinator

[kylelarsen@winfieldrec.com](mailto:kylelarsen@winfieldrec.com)

### • WRC Board •

Scott Gill, Chair

Joe Wood, Vice Chair

Robyn Tapia, Secretary

Dena Youle

Jason VenJohn

## HOW TO REGISTER:

**WALK-IN** to the WRC Office - Starting at 8:00am Monday, Dec. 16

**MAIL-IN** to the WRC Office – Starting Monday, Dec. 16

**FAX** (620) 221-7232 – Starting Monday, Dec. 16

**ON-LINE** @ [www.winfieldrec.com](http://www.winfieldrec.com) – Starting at 10:00am Monday, Dec. 16

**TELEPHONE** (620) 221-2160 – Starting at 10:00am Monday, Dec. 16

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.

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

## 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.**



**NEW from the WRC  
this Spring...**

**YOUTH OUTDOOR  
SOCCER LEAGUES**

Registration begins February 3 in  
the WRC Office or on-line at  
[www.winfieldrec.com](http://www.winfieldrec.com).  
See the other side for more details.



# YOUTH CLASSES

CLASS	INSTRUCTOR	DAYS	DATES	TIME	AGES	LOCATION	FEE
SC Christmas Basketball Clinic	SC Coaches: Matt O'Brien & Whitney Corley	Monday	December 30	9:30-10:30am	3 <sup>rd</sup> -6 <sup>th</sup> Graders	Stewart Fieldhouse	FREE
Tumbling	Jordyn Sexson & Isabella Kelley	Monday	Jan. 6 – Mar. 2	5:30-6:00pm 6:05-6:35pm 6:40-7:10pm	3 & 4 year olds 5 & 6 year olds 7-10 year olds	WRC Dance Studio	\$14 \$14 \$14
Jazz Dance	Isabella Kelley	Wednesday	Jan. 8 – Mar. 4	5:30-6:00pm 6:05-6:35pm 6:40-7:10pm	3 & 4 year olds 5 & 6 year olds 7-10 year olds	WRC Dance Studio	\$14 \$14 \$14
Intro to Dance	Jordyn Sexson	Saturday	Jan. 11 – Mar. 7	9:00-9:30am 9:35-10:05am 10:10-10:40am	3 & 4 year olds 5 & 6 year olds 7-10 year olds	WRC Dance Studio	\$14 \$14 \$14
After School STEM Camp	Carey Keller	Tuesday – Friday	Jan. 28 – 31	4:00-5:30pm	6 <sup>th</sup> – 8 Graders	WHS STEM Room	\$20

## YOUTH CLASS DESCRIPTIONS

### SC CHRISTMAS BASKETBALL CLINIC

Take your basketball game to the next level by joining the WRC, SC Men's and SC Women's basketball teams for a FREE clinic over Christmas Break. Participants will complete numerous drills and games with Coach O'Brien and Coach Corley, along with their players.

### TUMBLING

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.

### JAZZ DANCE

This class will teach the basics of jazz dance. We will mix it up so each class is a little different.

### 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 CAMP

Come have a week of learning about Engineering at the STEM Center for Innovation through projects focused around robotics and mechanical engineering. Students will get a chance to build and code robots during the week then test their robots on a course that will test their coding skills.

**Walk-in registration begins at 8:00am on Monday, December 16th.**

**On-Line and Phone-In registration begins at 10:00am on Monday, December 16th.**

**Stop by the WRC Office or call 221-2160.**

**Space is limited!!!**

### YOUTH INDOOR SOCCER

The WRC is proud to offer youth indoor soccer programs for boys and girls ages 4 to 13 years old (age as of 1/1/20). These recreational leagues provide a fun, instructional environment for kids to learn and develop their soccer skills. Starting February 3, teams will practice up to two times per week for the first two weeks before games begin. Once games begin, there will be no more practices. All games will be played at the Thornton Rec Center. Registration is being accepted now and the deadline to register is Thursday, January 16th. Fee is \$20.

### YOUTH FLAG FOOTBALL

The WRC youth Flag Football program for 6-11 year olds (age as of 4/1/20) is a recreational based program that focuses on skill development in a fun and positive environment. The league will be a 7-week season with all teams playing by NFL Flag Football rules (5v5). Teams will practice up to two times per week plus an 8-game schedule. Practices will begin March 23 and games will begin April 4. Games will be played on Tuesday or Thursday evenings AND Saturday mornings. Participants can wear cleats or tennis shoes. Mouth guards are required for all participants. Registration will begin Monday, February 3 and the deadline to sign-up is Thursday, February 27. Fee is \$20.

### NEW – NEW – NEW - NEW YOUTH OUTDOOR SOCCER

The WRC is now offering a youth Outdoor Soccer program that is recreational based and focuses on skill development in a fun and positive environment for boys and girls ages 4-13 (age as of 1/1/20). The leagues will be a 7-week season with all teams playing by the US Youth Soccer Association small sided games format. Teams will practice up to two times per week plus an 8-game season. Practices will begin on March 23 and games will begin on April 4. Games will be played on Monday or Wednesday evenings and Saturday mornings. Shin-guards are required for all participants. Registration will begin on Monday, February 3 and the deadline to sign-up is Thursday, February 27.

# ADULT CLASSES

## AQUATICS

CLASS	INSTRUCTOR	DAYS	DATES	TIME	LOCATION	FEE
Lap Swim	WRC Staff	Monday-Friday Mon, Wed & Fri	Jan. 6 – May 22 Jan. 6 – May 22	6:00-7:45am 11:30am-1:00pm	SC Indoor Pool	\$2 or 2 coupons
Adult Swim	WRC Staff	Tuesday & Thursday	Jan. 7 – Mar. 12	12:00-1:00pm	SC Indoor Pool	\$2 or 2 coupons
SilverSneakers Splash	Kyle Larsen	Tuesday & Thursday	Jan. 7 – Mar. 12	11:00-11:45am	SC Indoor Pool	\$40
Take It To The Deep (No class 1/16)	Amanda Porter	Tuesday & Thursday Saturday	Jan. 7 – Mar. 12 Jan. 11 – Mar. 14	6:00-6:25pm 8:00-8:25am	SC Indoor Pool	\$17 \$10
Aqua Strength & Stretch (No class 1/16)	Amanda Porter	Tuesday & Thursday Saturday	Jan. 7 – Mar. 12 Jan. 11 – Mar. 14	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 (no class 1/8)	Aritha Paris	Mon, Wed & Fri	Jan. 6 – Mar. 13	5:30-6:30am	WRC Aerobics Room	\$60
Fit Over Fifty (no class Jan. 8)	Aritha Paris	Mon, Wed & Fri	Jan. 6 – Mar. 13	8:00-8:30am 9:30-10:00am	WRC Aerobics Room	\$30
Gentle Yoga (no class Jan. 8)	Aritha Paris	Mon, Wed & Fri	Jan. 6 – Mar. 13	8:45-9:15am 10:15-10:45am	WRC Aerobics Room	\$30
SilverSneakers Classic	Julie Mignone	Tuesday & Thursday	Jan. 14 – Mar. 12	9:00-9:45am	WRC Aerobics Room	\$36
Zumba Max	Sarah Bryant	Thursday	Jan. 16 – Mar. 12	5:15-6:00pm	WRC Aerobics Room	\$18
Foundations Training	Johanna Shivers	Tuesday & Thursday	Jan. 7 – Mar. 12	6:15-7:00pm	WRC Aerobics Room	\$40
STRONG by Zumba	Sarah Bryant	Monday & Wednesday	Jan. 6 – Mar. 11	6:00-6:45pm	WRC Aerobics Room	\$40
Zumba	Luz John	Monday & Wednesday	Jan. 6 – Mar. 11	7:00-8:00pm	WRC Aerobics Room	\$40

## INDOOR CYCLING

CLASS	INSTRUCTOR	DAYS	DATES	TIME	LOCATION	FEE
Rise and Ride	Aritha Paris	Tuesday & Thursday	Jan. 7 – Mar. 12	5:30-6:30am	WRC Community Room	\$40
Spin To Win	Judy Ray	Tuesday & Thursday	Jan. 7 – Mar. 12	5:15-6:00pm	WRC Community Room	\$40
Spin It & H.I.I.T. It	Elizabeth Lanier	Monday & Wednesday	Jan. 6 – Mar. 11	5:15-6:15pm	WRC Community Room	\$40
Spin It & H.I.I.T. It	Elizabeth Lanier	Thursday	Jan. 9 – March 12	6:15-7:15pm	WRC Community Room	\$20

**\*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 16<sup>th</sup>.**  
**On-Line registration begins at 10:00am on Monday, December 16<sup>th</sup>.**  
**Phone-in registration begins at 10:00am on Monday, December 16<sup>th</sup>.**  
**Stop by the WRC Office or call 221-2160. Space is limited!!!**

# ADULT CLASS DESCRIPTIONS

## LAP SWIM - Thru May 22

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. 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.

## ZUMBA MAX

Join the dance party with Zumba fitness class that celebrates all styles of music – pop, urban, country, hip-hop, Latin and more. Routines are easy-to-learn so you can build your skill, build up your heart rate, and build strength. Traditional Zumba rhythms are incorporated with higher intensity moves to give you a major calorie burn.

## FOUNDATIONS TRAINING

A practical set of movements to strengthen and fire up your posterior chain muscles enhancing proper mobility, leading to better posture and less pain during movement.

## 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.

## ZUMBA

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

Fitness Center Open House: Saturday, January 4  
 Daddy/Daughter Date Night: Sunday, February 23  
 Spring Break Opportunities: March 16-20

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

## REC CENTER GYM WALKING HOURS

Monday – Thursday: 5:30-8:00am  
 Friday: 5:30-7:00am

## 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 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.**

## ADULT INDOOR SOCCER LEAGUES

The WRC Adult Indoor Soccer league is open to individuals 16 and older. The league is 5v5 with each team playing 8 games starting February 9<sup>th</sup>. Entry fee is \$120 per team. The deadline to register is Tuesday, February 4<sup>th</sup>. Games will be played on Sundays.

## ADULT CORNHOLE LEAGUE

The WRC Cornhole League will consist of an 8-match season with a tournament to follow beginning January 8<sup>th</sup>. Teams will play two matches per night. Participants must be 16 years old to play. All matches will be played on Wednesday evenings at the Fairgrounds, Barn #4. Heat and equipment will be provided. Maximum of 24 teams will be accepted. Entry fee is \$40 per team and the deadline to register is Thursday, January 2<sup>nd</sup>.

## ADULT CO-REC ST. PATTY'S DAY SOFTBALL TOURNAMENT

Join the WRC for a St. Patty's Day softball tournament on Saturday, March 21. A maximum of 12 teams will be accepted. Entry fee is \$150 if registered by March 13, \$200 if registered between March 14-19. Teams will get a 3-game guarantee. Championship T-shirts and trophy will be given to 1<sup>st</sup> place and prizes will be given for best dressed team and best overall individual costume. Balls will be provided.

## 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

## FITNESS CENTER OPEN HOUSE

**Saturday, January 4: 9:00am - Noon**

Come see us during our open house for facility tours, 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 on January 4<sup>th</sup>.

### WORKOUT BUDDY ANNUAL SPECIAL

You and a partner can register together and receive an annual membership for only \$110 which is a \$30 discount. Limited to NEW MEMBERS only on January 4<sup>th</sup>.

## 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!

**Winfield Recreation Commission**  
**624 College**  
**Winfield, KS 67156**

8:00am to 5:00pm • Monday thru Thursday  
NEW: 8:00am to 1:00pm • Friday  
(620) 221-2160

[www.winfieldrec.com](http://www.winfieldrec.com)