

Winfield Recreation Commission



2020 Spring Activities

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

• Staff •

Troy Moree, Superintendent
troymoree@winfieldrec.com

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Kyle Larsen, Recreation Coordinator
kylelarsen@winfieldrec.com

• Board •

Scott Gill, Chair

Joe Wood, Vice Chair

Robyn Tapia, Secretary

Jason VenJohn

Dena Youle

HOW TO REGISTER:

WALK-IN to the WRC Office, 624 College, Winfield, KS 67156

ON-LINE at winfieldrec.com

MAIL-IN to the WRC Office, 624 College, Winfield, KS 67156

FAX (620) 402-2694

TELEPHONE (620) 221-2160

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. Late fees will not be discounted. Enrollment must be done in person at the WRC office. **Proof of qualification is required at time of enrollment.**

YOUTH CLASSES

CLASS	INSTRUCTOR	DAYS	DATES	TIME	AGES	LOCATION	FEE
Tumbling	Jordyn Sexson & Isabella Kelley	Mondays	March 23 – May 11	5:30-6:00pm	3 & 4 year olds	WRC Dance Studio	\$15
		Mondays	March 23 – May 11	6:05-6:35pm	3 & 4 year olds		\$15
		Mondays	March 23 – May 11	6:40-7:10pm	5 & 6 year olds		\$15
		Mondays	March 23 – May 11	7:15-7:45pm	7-10 year olds		\$15
Intro to Dance	Jordyn Sexson & Isabella Kelley	Wednesdays	March 25 – May 13	5:30-6:00pm	3 & 4 year olds	WRC Dance Studio	\$15
			March 25 – May 13	6:05-6:35pm	3 & 4 year olds		\$15
			March 25 – May 13	6:40-7:10pm	5 & 6 year olds		\$15
			March 25 – May 13	7:15-7:45pm	7-10 year olds		\$15
Mini Vikings – Soccer	WRC Staff	Thursdays	April 9 – 30	6:00-6:45pm	3 year olds	Field North of WRC	\$15

REGISTER NOW FOR BASEBALL AND SOFTBALL LEAGUES!!!

YOUTH CLASS DESCRIPTIONS

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.

MINI VIKINGS - SOCCER

The Winfield Recreation Commission Mini Vikings Soccer program is a 4-week instructional based activity for kids 3 years of age. The program is designed to develop fundamental skills in a fun and energetic way through soccer training activities. All participants will receive a T-shirt and soccer ball.

YOUTH TRACK PROGRAM

The WRC youth track program is designed to introduce the sport and track events to boys and girls ages 4 – 12 years old. Participants will get the opportunity to learn and develop track specific skills from the WHS Track team and coaches. There will be a total of four practices throughout the program to go along with a home track meet on Sunday, April 19th and a meet in Rose Hill on Saturday, April 4th. Ribbons will be given for the top three finishers in each event. Registration ends March 24 and the fee is \$30.

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

YOUTH T-BALL: 5 & 6 YEAR OLDS

The WRC is happy to offer a youth t-ball program that introduces the sport of baseball/softball in a fun and positive environment. Teams will be coached by parent volunteers with coaches selecting their practice days and times. Starting May 11, teams will be allowed to practice up to two times per week before the first scheduled game. Once games begin on May 26, teams will practice one time per week and play one game a week. Registration ends April 16 and the fee is \$20.

YOUTH BASEBALL: 7-15 YEAR OLDS

The WRC is happy to offer youth baseball leagues for kids ages 7-15 years old. Teams will play in the Quad County League with teams from surrounding towns such as Mulvane, Rose Hill, Douglass, Belle Plaine and others. There will be some travel to surrounding towns for games. 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 April and games will be played throughout the week starting in May. Registration ends March 19 and the fee is \$25.

YOUTH SOFTBALL: 7-14 YEAR OLDS

The WRC is happy to offer youth softball leagues for kids ages 7-14 years old. Teams will play in the Quad County League with teams from surrounding towns such as Wellington, Mulvane, Rose Hill, Douglass, Belle Plaine and others. 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 April and games will be played throughout the week starting in May. There will be some travel to surrounding towns for games. Registration ends March 19 and the fee is \$25.

WRC EGG HUNTS FAMILY FLASHLIGHT EGG HUNT - APRIL 3

The WRC would like to invite your family to the Recreation Complex for this fun family event on Friday, April 3 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 - APRIL 4

Register your dog for the Pooch Egg Hunt at 10:00am on Saturday, April 4 at Bailey's Barking Dog Park. 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. Cost is \$5 per person/dog or \$10 day of event. Pre-Registration is required by Thursday, April 2 at the WRC Office, 624 College, (620) 221-2160.

UNIQUELY ABLED EGG HUNT - APRIL 9

The WRC will be having an Egg Hunt for those with intellectual, developmental AND physical disabilities on Thursday, April 9 at 1:00pm. The Hunt will be held at the Broadway Recreation Complex on the soccer fields.

ADULT CLASSES

AQUATICS

CLASS	INSTRUCTOR	DAYS	DATES	TIME	LOCATION	FEE
Lap Swim	WRC Staff	Monday-Friday Mon, Wed & Fri	March 23 – May 22 March 23 – May 22	6:00-7:45am 11:30am-1:00pm	SC Indoor Pool	\$2 or 2 coupons
Adult Swim	WRC Staff	Tuesdays & Thursdays	March 24 – May 21	12:00-1:00pm	SC Indoor Pool	\$2 or 2 coupons
SilverSneakers Splash	Kyle Larsen	Tuesdays & Thursdays	March 24 – May 21	11:00-11:45am	SC Indoor Pool	\$36
Take It To The Deep (No class 4/7)	Amanda Porter	Tuesdays & Thursdays Saturdays	March 24 – May 21 March 28 – May 23	6:00-6:25pm 8:00-8:25am	SC Indoor Pool	\$18 \$10
Aqua Strength & Stretch (No class 4/7)	Amanda Porter	Tuesdays & Thursdays Saturdays	March 24 – May 21 March 28 – May 23	6:30-6:55pm 8:30-8:55am	SC Indoor Pool	\$18 \$10

FITNESS

CLASS	INSTRUCTOR	DAYS	DATES	TIME	LOCATION	FEE
Early Bird Conditioning Workout	Aritha Paris	Monday, Wednesday & Friday	March 23 – May 22	5:30-6:30am	WRC Aerobics Room	\$54
Fit Over Fifty	Aritha Paris	Monday, Wednesday & Friday	March 23 – May 22	8:00-8:30am OR 9:30-10:00am	WRC Aerobics Room	\$27
Gentle Yoga	Aritha Paris	Monday, Wednesday & Friday	March 23 – May 22	8:45-9:15am OR 10:15-10:45am	WRC Aerobics Room	\$27
SilverSneakers Classic	Julie Mignone	Tuesdays & Thursdays	March 24 – May 21	9:00-9:45am	WRC Aerobics Room	\$36
Zumba Max	Sarah Johnson	Thursdays	March 26 – May 21	6:15-7:00pm	WRC Aerobics Room	\$18
Fit Flow Yoga - NEW	Abby Otte	Tuesdays & Thursdays	March 24 – May 21	5:15-6:00pm	WRC Aerobics Room	\$36
Foundations Training - NEW	Johanna Shivers	Mondays & Wednesdays	March 23 – May 20	5:15-6:00pm	WRC Aerobics Room	\$36
STRONG by Zumba	Sarah Johnson	Mondays & Wednesdays	March 23 – May 20	6:15-7:00pm	WRC Aerobics Room	\$36

INDOOR CYCLING

CLASS	INSTRUCTOR	DAYS	DATES	TIME	LOCATION	FEE
Rise and Ride	Aritha Paris	Tuesdays & Thursdays	March 24 – May 21	5:30-6:30am	WRC Community Room	\$36
Spin to Win	Judy Ray	Tuesdays & Thursdays	March 24 – May 21	5:15-6:00pm	WRC Community Room	\$36
Spin It & H.I.I.T. It	Elizabeth Lanier	Mondays & Wednesdays	March 23 – May 20	5:15-6:15pm	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.**

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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.

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 7.

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 7.

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.

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.

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.

FIT FLOW YOGA

In this Vinyasa-style class, we'll align breath with movement to strengthen and promote flexibility in the body. You can expect to build heat and explore the body's full range of motion through sun salutations, standing and seated postures, twists, forward folds, as well as heart and hip openers. Options and modifications are offered for most poses. All levels - BEGINNERS WELCOME!

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.

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.

***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.**

SPECIAL EVENTS AND ADULT LEAGUES

WRC UPCOMING SPECIAL EVENTS

Family Flashlight Egg Hunt – Friday, April 3
Adult Cornhole Tournament – Saturday, April 4
Pooch Egg Hunt – Saturday, April 4
Uniquely Aabled Egg Hunt – Thursday, April 9
Youth Track Meet – Saturday, April 19
1st Grade Trees – Week of April 20
Mother/Daughter Luau – Sunday, April 26
Summer Registration – Saturday, May 16

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 (55+). To have your name added to our mailing list, call the WRC Office at (620) 221-2160.

YOUTH TRACK PROGRAM

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MEN'S ADULT SOFTBALL LEAGUES

SPRING: Registration is now being accepted for the WRC Spring Adult Softball League. The spring season is a shortened season, consisting of 8 games in a 4-week span with teams playing double-headers each night. League is limited to 8 teams. Games will be played on Monday evenings beginning April 6. Entry fee is \$180 and the deadline to enter is March 26th.

SUMMER: Join the WRC for some summertime fun and play in one of our Adult Softball Leagues. Upper and Lower divisions offered and the season will consist of a 10-game regular season followed with a single elimination tournament. Upper league will play on Monday/Wednesday evenings and lower league will play on Tuesday/Thursday evenings beginning May 18. Entry fee is \$200 and the deadline to register is May 7th.

ADULT VOLLEYBALL LEAGUES

The WRC is offering an Adult Spring Volleyball League which consist of an 8-game schedule. Games will be played on Thursday evenings starting March 26 at the Rec Center. Entry fee is \$40 and the deadline to register is March 24.

ADULT CORNHOLE LEAGUE

The WRC Cornhole League will consist of an 8-match season with a tournament to follow beginning April 8. Teams will play two matches per night. Participants must be 16 years old and over to play. All matches will be played on Wednesday evenings in Barn #4 at the Fairgrounds. Bags and boards will be provided. Upper and Lower divisions will be offered. A maximum of 12 teams in each division. Entry fee is \$40 and the deadline to register is April 2nd.

ADULT CORNHOLE TOURNAMENT

Grab a partner and register for the WRC Cornhole Tournament on Saturday, April 4th. This will be a fun social event for adults (16 & older). All participants can bring their own refreshments. The event will begin at 5:00pm. Entry fee is \$30 per team if entered by Wednesday, April 1st at 5:00pm. The tournament will play by the American Cornhole Association rules with a 3-game guarantee. Cash prizes will be given to the top winners. Register at the WRC Office, 624 College, (620) 221-2160.

WRC EGG HUNTS UNIQUELY ABLED EGG HUNT – APRIL 9

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FAMILY FLASHLIGHT EGG HUNT – APRIL 3

The WRC would like to invite your family to the Recreation Complex for this fun family event on Friday, April 3 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 Saturday, April 4

Register your dog for the Pooch Egg Hunt at 10:00am on Saturday, April 4 at Bailey's Barking Dog Park. 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. Cost is \$5 per person/dog or \$10 day of event. Pre-Registration is required by Thursday, April 2 at the WRC Office, 624 College, (620) 221-2160.

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

Lap Swim Times & Fees		
Days	Times	Fee
Mon – Friday	6:00-7:45am	\$2 or 2 coupons
Mon, Wed, & Fri	11:30am-1:00pm	\$2 or 2 coupons

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!

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)

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.



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