

WINFIELD

Recreation Commission



Winfield Recreation Commission
624 College

Winfield, KS 67156

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

8:00 to 1:00pm • Friday

(620) 221-2160

www.winfieldrec.com

• Staff •

Troy Moree, Superintendent

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Kyle Larsen, Recreation Coordinator

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HOW TO REGISTER:

WALK-IN to the WRC Office - Starting Monday, August 31 at 8:00am

MAIL-IN to the WRC Office – Starting Monday, August 31

FAX (620) 402-2694 – Starting Monday, August 31

TELEPHONE (620) 221-2160 – Starting Monday, August 31 at 10:00am

ON-LINE www.winfieldrec.com – Starting Monday, August 31 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.

2020 Fall Activities

Registration Begins Monday, August 31

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 23-28)

CLASS	INSTRUCTOR	DAYS	DATES	TIME	AGES	LOCATION	FEE
Tumbling & Gymnastics	Jordyn Sexson	Mondays	Sept. 14 – Nov. 16	5:15-5:45pm	3 & 4 year olds	WRC Dance Studio	\$18
		Mondays		5:50-6:20pm	5 & 6 year olds		\$18
		Mondays		6:25-7:00pm	7 – 10 year olds		\$20
SC Basketball Clinic	SC Men's Basketball Team	Wednesday	December 30	10:00-11:00am	3 rd – 6 th Graders	Thornton Rec Center	FREE
Moundbuilder Basketball Academy - CANCELLED	SC Men's Basketball Coach, Matt O'Brien	Sundays	CANCELLED	4:00-5:00pm	1 st – 12 th Graders	Thornton Rec Center	\$55
Mini Vikings – Football	WRC Staff/Parents	Tuesdays	Sept. 15 – Oct. 6	6:00-6:45pm	3 – 5 year olds	Rec Center Field	\$15
Mini Vikings – Basketball	WRC Staff/Parents	Saturdays	Oct. 31 – Nov. 21	9:00-9:45am	4 – 6 year olds	Thornton Rec Center	\$15
Intro to Dance (Ballet, Jazz & More)	Jordyn Sexson	Thursdays	Sept. 17 – Nov. 19	5:15-5:45pm	3 & 4 year olds	WRC Dance Studio	\$18
		Thursdays		5:50-6:20pm	5 & 6 year olds		\$18
		Thursdays		6:25-7:00pm	7 – 10 year olds		\$20

Registration Begins Monday, August 31!

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!!!

YOUTH CLASS DESCRIPTIONS (No classes November 23-28)

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.

SC BASKETBALL CAMP

Join Coach O'Brien and his players for an hour of fun over Christmas break. Participants will work on skill development for every position through drills and games. This is a great opportunity to play some basketball while school is not in session.



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.

CANCELLED!

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 - 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.



Walk-in registration begins at 8:00am on Monday, August 31st.

Phone-in and On-line registration begins at 10:00am on Monday, August 31st.

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

YOUTH CLASS DESCRIPTIONS (No classes November 23-28)

YOUTH BASKETBALL: 1st & 2nd Grades

The WRC is excited to offer a 3v3, half-court youth basketball league for kids in grades 1st & 2nd. The recreational league provides participants the opportunity to learn and play the game in a fun and instructional environment while emphasizing small size games to ensure more chances for each kid to be involved in all aspects of the game. Teams will practice up to two times per week with practice days and times selected by volunteer coaches beginning November 9. Teams will play a 6-game season with all games being played on Saturday mornings at the Thornton Rec Center starting December 5. Deadline to register is Thursday, October 15. Fee is \$20.

YOUTH BASKETBALL: 3RD – 6TH Grades

The WRC has partnered up with the Wellington Recreation Commission to offer youth basketball 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 November 9 and games will be played on Saturday's starting December 5 with each team playing an 8-game schedule. There will be some travel for all teams to Wellington for games as all age groups will play games in both Winfield and Wellington throughout the season. Deadline to register is Thursday, October 15. Fee is \$30.

TURKEY BASKETBALL SKILLS COMPETITION

Put your basketball skills to the test and compete against others in the WRC Turkey Basketball Skills Competition on Saturday, November 14 at the Thornton Recreation Center. Participants will test their skills in dribbling, passing and shooting against others in their age groups for the chance to win a holiday turkey and be crowned the champion in their age division. There will be boys' and girls' divisions in the following grades: 1st/2nd, 3rd/4th and 5th/6th. Check in at 10:00am and the competition will begin at 10:30am.

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.***

WRC UPCOMING SPECIAL EVENTS

FREE Demo Classes – September 8-12
2-Person Golf Scramble – Friday, September 18
Adult Blind Draw Cornhole Tourn. – Sat., Nov. 7
WRC Turkey Competition – Saturday, November 21
Senior Turkey Bingo – Monday, November 23
Mile of Lights – Sunday, December 13
Senior Winter Fest – Friday, December 11
Santa's Mailbox – Deadline, Friday, December 18
Fitness Center Open House – Saturday, Jan. 2

ADULT CLASSES (No classes November 23-28)

AQUATICS						
CLASS	INSTRUCTOR	DAYS	DATES	TIME	LOCATION	FEE
Lap Swim	WRC Staff	Mondays-Fridays	Sept. 8-Dec. 18	6:00-7:45am 11:30am-1:00pm	SC Indoor Pool	\$2 or 2 coupons
SilverSneakers Splash	Kyle Larsen	Tuesdays & Thursdays	Sept. 15-Dec. 17	11:00-11:45am	SC Indoor Pool	\$52
Aquatic Cardio & Strength	Amanda Porter	Tuesdays & Thursdays Saturdays	Sept. 15 – Dec. 17 Sept. 19 – Dec. 19	6:00-6:45pm 8:00-8:45am	SC Indoor Pool	\$52 \$26
FITNESS						
Early Bird Conditioning Workout	Aritha Paris	Mon, Wed & Fri	Sept. 14 – Dec. 18	5:30-6:30am	WRC Aerobics Room	\$87
Fit Over Fifty	Aritha Paris	Mon, Wed & Fri	Sept. 14 – Dec. 18	8:00-8:30am 9:30-10:00am	WRC Aerobics Room	\$59
Gentle Yoga	Aritha Paris	Mon, Wed & Fri	Sept. 14 – Dec. 18	8:45-9:15am 10:15-10:45am	WRC Aerobics Room	\$59
SilverSneakers Classic	Julie Mignone	Tuesdays & Thursdays	Sept. 15 – Dec. 17	9:00-9:45am	WRC Aerobics Room	\$52
Fit Flow Yoga (No class Oct. 13 & 15)	Abby Otte	Tuesdays & Thursdays	Sept. 15 – Dec. 17	5:15-6:00pm	WRC Aerobics Room	\$48
Zumba Max	Sarah Johnson	Thursdays	Sept. 17 – Dec. 17	6:15-7:00pm	WRC Aerobics Room	\$26
STRONG Nation	Sarah Johnson	Mondays & Wednesdays	Sept. 14 – Dec. 16	6:15-7:00pm	WRC Aerobics Room	\$52
INDOOR CYCLING						
Rise and Ride	Aritha Paris	Tuesdays & Thursdays	Sept. 15 – Dec. 17	5:30-6:30am	WRC Community Room	\$59
Spin It & H.I.I.T. It (No class Oct. 7, Oct. 12 & Nov. 11)	Elizabeth Lanier	Mondays & Wednesdays	Sept. 14 – Dec. 16	5:15-6:15pm	WRC Community Room	\$52
Spin to Win - CANCELLED	Judy Ray	Tuesdays & Thursdays	CANCELLED	5:15-6:00pm	WRC Community Room	\$52
OTHER						
Drop-In Pickleball – NEW	WRC Staff	Tuesdays & Thursdays Wednesdays	Starting Sept. 15 Starting Sept. 16	1:00pm 6:00pm	Cochran Park	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 \$3 at the door.**

Registration Begins Monday, August 31!

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 (No classes November 23-28)

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.

AQUA CARDIO 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 can be done in deep or shallow water class.

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

FIT FLOW YOGA (No class Oct. 13 & 15)

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! Participants need to bring their own mat.



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, heart rate, and strength. Traditional Zumba rhythms are incorporated with higher intensity moves to give you a major calorie burn.

STRONG NATION

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.

ADULT CLASS DESCRIPTIONS (No classes November 23-28)

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 IT & H.I.I.T. IT

(No class Oct. 7, Oct. 12 & Nov. 11)

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 a ride! 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.

CANCELLED!!

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.

Walk-in registration begins at 8:00am on Monday, August 31st.

Phone-in and on-line registration begins at 10:00am on Monday, August 31st.

**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 Cochran Park and play. There will be one court available. Equipment provided.



FREE DEMO WEEK

Test out that adult fitness class you have been dying to try during our FREE Fitness Demo Week, September 8-12. No registration necessary, just come on the day and time of your class. It is a perfect opportunity to "Try before you Buy!"

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 8 for a fee of \$40 per team. Games will be played on Monday evenings beginning September 14.

ADULT KICKBALL LEAGUE

The WRC Co-Rec Kickball League consists of a 6-game season played on Sunday evenings beginning Sept. 13. Rosters consist of 8-14 players with an equal number of men and women. Entry fee is \$100 per team. Registration deadline is Tuesday, September 8th.

ADULT BASKETBALL LEAGUES

Adult Basketball registration begins September 3 and runs through October 31 for a fee of \$300 for 10 games on Wednesdays. Games begin November 4.

ADULT CORNHOLE LEAGUE

Sign up for the Adult Cornhole League. Matches will be played on Wednesday evenings at the Fairgrounds Barn #4. The deadline to register is October 1. Games will begin October 7 and run through November 4. Fee is \$40 for 8 matches. Upper and Lower Divisions offered.

ADULT BLIND DRAW CORNHOLE TOURNAMENT

The WRC will be hosting a Blind-Draw-Partner-Cornhole Tournament on Saturday November 7. We will have two divisions players (16 & older) can sign up for, a competitive and a backyard-recreational division. Then players will be randomly paired with a partner. Each team will get a 6-game guarantee with cash prizes to the top winners. Check-in will start at 12:30pm with bags starting to fly at 1:00pm at the Fairgrounds Barn #4. All participants can bring their own refreshments. Entry fee is \$20 per person and the deadline to enter is Thursday, November 5. Register at the WRC Office, 624 College. All participants can bring their own refreshments.

2-PERSON GOLF SCRAMBLE

Join the WRC at the beautiful Quail Ridge Golf Course for an afternoon of golfing in this 2-Person Scramble Golf Tournament on Friday, September 18 with a 1:00pm shotgun start. (Check in at Noon) Registration fee is \$50 per person and includes range, cart, green fees and 2 mulligans. The tournament will be flighted and the top teams in each flight will win cash prizes. Players will also have a chance to win several hole contests during the tournament. The Scramble is limited to the first 34 teams so pre-register by calling the WRC at (620) 221-2160.

FALL VIRTUAL PROGRAMS

This Fall the WRC will be offering some virtual programs that can be done on your own. Following is a list of the programs that we have planned so far. Program details and rules can be found on the WRC Website at www.winfieldrec.com the week before the event. We realize that due to Covid-19 things are changing so we may be adding or altering virtual events. Make sure you follow us on Facebook and check out our website on a regular basis.

Virtual Fishing Festival: September 1-20
Photo Scavenger Hunt: September 28-October 11
Scarecrow Decorating Contest: October 12-26
Takeout Bingo: November 1-30
Pringles Ring Challenge: November 5-6

5K VIRTUAL WALK/RUN SERIES

June Bug Jog Quarantined: September
Ghost & Goblin 5K: October 26-November 8
Resolution 2021: January 4-17
Shamrock Shuffle: March 8-21

Look for details at www.winfieldrec.com. Sign up for one or all. Prizes will be given to those that complete all 4 races.

SOUTHWESTERN COLLEGE SWIMMING INDOOR POOL Opens Wednesday, 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 \$75 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!**



OPEN HOUSE
January 2
8:00am – Noon

BOGO 1-MONTH SPECIAL
Buy 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 2nd!



WINFIELD FITNESS CENTER
(620) 221-3062

HOURS:

Monday – Thursday	5:30am – 9:00pm
Friday	5:30am – 7:00pm
Saturday/Sunday	10:00am – 2:00pm

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.