

# Winfield Recreation Commission

## 2020 Spring Activities



### NEW WRC PLAYGROUND

The new WRC Playground located on the east side of the Thornton Rec Center at 624 College is now open. We will be having a ribbon cutting ceremony on Monday, March 8 at 2:30pm. Please join us and stop by to PLAY!!!

## 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  
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#### • Board •

Scott Gill, Chair

Joe Wood, Vice Chair

Robyn Tapia, Secretary

Marcia McIntire

Jason VenJohn

### HOW TO REGISTER:

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

**ON-LINE** at [winfieldrec.com](http://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 & Claire Flower	Monday	March 22 – May 17	5:15-5:45pm 5:50-6:20pm	3 & 4 year olds 5 - 7 year olds	WRC Dance Studio	\$15 \$15
Intro to Dance (Ballet, Jazz & More)	Jordyn Sexson & Claire Flower	Thursday	March 25 – May 20	5:15-5:45pm 5:50-6:20pm	3 & 4 year olds 5 - 7 year olds	WRC Dance Studio	\$15 \$15
Mini Vikings – Soccer	WRC Staff	Thursdays	April 8 – 29	6:00-6:45pm	3 year olds	Field North of WRC	\$15
Baseball/Softball Spring Training Program	Wesley Joy Tyler Osborn	Monday-Thursday	March 15 – 18	10:00am-12:00pm	9-14 year olds	Broadway Field #2	\$45

# 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 and an introduction to traditional dance styles of ballet, tap and jazz. Wear comfy clothes and shoes.

## MINI VIKINGS - SOCCER

The Winfield Recreation Commission Mini Vikings Soccer program is a 4-week instructional based activity for kids age 3. 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.

## BASEBALL/SOFTBALL SPRING TRAINING

Join the WRC Sports Director, Wesley Joy, WRC Wellness Director, Tyler Osborn and WHS Coach Chris Torres for a 4-day spring training program to get you ready for the upcoming baseball and softball season. Participants will run through numerous drills working on their throwing, fielding, hitting and baserunning while also being challenged daily with agility and endurance drills to help their overall skills. Both instructors have experience playing at the collegiate NCAA level and have a combine 30+ years of playing and coaching experience.

## 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 18th. Ribbons will be given for the top three finishers in each event. Registration ends March 24th and the fee is \$30.

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624 College, Winfield, KS 67156

**Fax-in:** (620) 402-2694

**Phone-in:** (620) 221-2160

**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 17, teams will be allowed to practice up to two times per week before the first scheduled game. Once games begin on May 24, teams will practice one time per week and play one game a week. Registration ends April 8 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 18 and the fee is \$30.

## 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 18 and the fee is \$30.

## WRC OPERATION EGG DROP

In order to safely social distance, the WRC is planning Operation Egg Drop. Staff has sacked eggs for 500 kids in Winfield. Please call the WRC Office (620) 221-2160 to reserve a sack for your child (ren) before supplies run out. On March 30 & 31, the WRC staff will drop the sack of eggs off on your doorstep so your family can still have an egg hunt. We ask that your post photos/videos of your child (ren) enjoying the egg hunt to our WRC Facebook page. (Tag us at #winfieldrec and #WRCEggDrop21) From all the posts, we will choose 4 winners to receive a prize.



# ADULT CLASSES

## AQUATICS

CLASS	INSTRUCTOR	DAYS	DATES	TIME	LOCATION	FEE
Lap Swim	WRC Staff	Monday-Friday Mon, Wed & Fri	March 22 – May 21 March 22 – May 21	6:00-7:45am 11:30am-1:00pm	SC Indoor Pool	\$2 or 2 coupons
Adult Swim	WRC Staff	Tuesdays & Thursdays	March 23 – May 20	12:00-1:00pm	SC Indoor Pool	\$2 or 2 coupons
SilverSneakers Splash	Kyle Larsen	Tuesdays & Thursdays	March 23 – May 20	11:00-11:45am	SC Indoor Pool	\$36
Aqua Cardio & Strength (No class 4/6)	Amanda Porter	Tuesdays & Thursdays Saturdays	March 23 – May 20 March 27 – May 22	6:00-6:45pm 8:00-8:45am	SC Indoor Pool	\$34 \$18

## FITNESS

CLASS	INSTRUCTOR	DAYS	DATES	TIME	LOCATION	FEE
Early Bird Conditioning Workout	Kim Tadtman	Monday, Wednesday & Friday	March 22 – May 21	5:30-6:30am	WRC Aerobics Room	\$62
Fit Over Fifty	Aritha Paris	Monday, Wednesday & Friday	March 22 – May 21	8:00-8:30am OR 9:30-10:00am	WRC Aerobics Room	\$41
Gentle Yoga	Aritha Paris	Monday, Wednesday & Friday	March 22 – May 21	8:45-9:15am OR 10:15-10:45am	WRC Aerobics Room	\$41
SilverSneakers Classic	Julie Mignone	Tuesdays & Thursdays	March 23 – May 20	9:00-9:45am	WRC Aerobics Room	\$36
Zumba Max	Sarah Johnson	Thursdays	March 25 – May 20	5:15-6:00pm	WRC Aerobics Room	\$18
STRONG by Zumba	Sarah Johnson	Mondays & Wednesdays	March 22 – May 19	6:00-6:45pm	WRC Aerobics Room	\$36

## INDOOR CYCLING

CLASS	INSTRUCTOR	DAYS	DATES	TIME	LOCATION	FEE
Spin It & H.I.I.T. It	Elizabeth Meyer	Mondays & Wednesdays	March 22 – May 19	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 21

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.

## AQUA STRENGTH AND STRETCH

An exercise 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 6.



## 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.



## 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.

## 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

Movie Day at WRC – Wednesday, March 17  
Operation Egg Drop – March 30 & 31  
Movie Day at the WRC – Thursday, April 1  
Adult Indoor Soccer Tournament – Saturday, April 10  
Youth Track Meet – Sunday, April 18  
1<sup>st</sup> Grade Trees – Week of April 19  
Pickleball Tournament – Saturday, May 1  
Adult/Child Cornhole Tournament – Sunday, May 2  
Switcholio Cornhole Tournament – Saturday, May 15  
Summer Registration – Saturday, May 22

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.

## MOVIE DAY AT THE WRC

We will be showing movies on the new WRC Big Screen when school is not in session. You may bring your own snack, drink, pillow/blanket and chair. Movies will begin at 1:00pm. Mask will be required. We have plenty of room for social distancing.

Wednesday, March 17 – Space Jam  
Thursday, April 1 - Lorax

## 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 12. Entry fee is \$180 and the deadline to enter is April 1<sup>st</sup>.

**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 24. Entry fee is \$250 and the deadline to register is May 13<sup>th</sup>.

## ADULT SOCCER LEAGUES

The WRC is offering an Adult 6 v 6 Soccer League which consist of a 6-game schedule. Games will be played on Sunday afternoons starting April 18 at the Broadway Recreation Complex. Entry fee is \$120 and the deadline to register is April 13.

## ADULT VOLLEYBALL LEAGUES

The WRC is offering an Adult Spring Volleyball League which consist of a 6-game schedule. Games will be played on Thursday evenings starting April 15 at the Rec Center. Entry fee is \$30 and the deadline to register is April 8.

## ADULT PICKLEBALL TOURNAMENT

The WRC is offering an Adult Pickleball Tournament on Saturday, May 1 at the Thornton Rec Center, 624 College. Teams will play pool play followed by a single elimination tournament. Prizes will be given to the top teams. Entry fee is \$30 per team and the deadline to register is April 28.

## ADULT CORNHOLE LEAGUE

The WRC Cornhole League will consist of an 10-match season with a tournament to follow beginning April 7. 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. Boards will be provided. Teams will provide their own bags to use. If a team does not have bags, the WRC will have bags to available. Three divisions will be offered. Entry fee is \$40 and the deadline to register is April 1<sup>st</sup>.

## WRC ADULT/CHILD CORNHOLE TOURNAMENT

Adults (16 & older) partner with a child (15 & younger) to throw bags in the first WRC Adult/Child Cornhole Tournament on Sunday, May 2nd in Barn #4 at the Fairgrounds. We will have pool play games followed by a single elimination bracket. This will be a fun family event. All participants can bring their own refreshments. The event will begin at 2:00pm. Entry fee is \$20 per team and must be entered by Wednesday, April 28 at 5:00pm. Cash prizes will be given to the top winners. Register at the WRC Office, 624 College.

## ADULT SWITCHOLIO CORNHOLE TOURNAMENT

Spend Saturday, May 15 throwing bags and meeting new people in our Switcholio Tournament. You will have a different partner each round. We will play 6 rounds then rank players to form teams for a single elimination tournament. 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 \$20 per person and must be entered by Wednesday, May 12 at 5:00pm. Cash prizes will be given to the top winners. Register at the WRC Office, 624 College.

# 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 \$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 in the future. 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	10:00am – 2:00pm
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)**

**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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