



**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)

• Board •

Scott Gill, Chair  
Joe Wood, Vice Chair  
Robyn Tapia, Secretary  
Marcia McIntire  
Jason VenJohn

• Staff •

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Jonathan Lauppe, Custodian/Maintenance Tech

# 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 a 75% discount. In addition, those families on the reduced lunch program will receive a 50% discount. Enrollment must be done at the WRC office, 624 College. **PROOF OF QUALIFICATION IS REQUIRED AT TIME OF ENROLLMENT.**

**Registration begins  
Saturday, May 22<sup>nd</sup> from 8-10:00am at the Rec Center**

**On-Line registration begins  
Monday, May 24<sup>th</sup> at 8:00am, [www.winfieldrec.com](http://www.winfieldrec.com)**

**Phone-In registration begins  
Tuesday, May 25<sup>th</sup> at 8:00am, (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.

## AMERICAN RED CROSS LEARN TO SWIM LESSONS

CLASS	INSTRUCTOR	DAYS	DATES	TIME	AGES	LOCATION	FEE
American Red Cross Learn to Swim: Levels 1-5	WRC Staff	Monday – Friday (No class July 16)	1 <sup>st</sup> Session: June 7 – 18 2 <sup>nd</sup> Session: June 21 – July 2 3 <sup>rd</sup> Session: July 5 – 15 4 <sup>th</sup> Session: July 19 – 30	9:45-10:15am, 10:20-10:50am, 11:00-11:30am, 11:35am-12:05pm, OR 12:10-12:40pm	6 & older by 1 <sup>st</sup> class	Aquatic Center	\$20
American Red Cross Learn to Swim: Level 6	WRC Staff	Monday – Friday (No class July 16)	1 <sup>st</sup> Session: June 7 – 18 2 <sup>nd</sup> Session: June 21 – July 2 3 <sup>rd</sup> Session: July 5 – 15 4 <sup>th</sup> Session: July 19 – 30	9:45-10:15am	6 & older by 1 <sup>st</sup> class	Aquatic Center	\$20
Aqua Babies & Parents	WRC Staff	Monday & Wednesday	July 5 – 28	6:15-6:45pm or 6:50-7:20pm	6 – 18 months (as of 7/5/21)	Aquatic Center	\$15
Aqua Tots & Parents	WRC Staff	Monday & Wednesday	July 5 – 28	6:15-6:45pm, 6:50-7:20pm Or 7:25-7:55pm	1.5 – 3 year olds (as of 7/5/21)	Aquatic Center	\$15
Wee Wet Wiggler & Parents	WRC Staff	Monday & Wednesday	June 7 – 30	6:15-6:45pm, 6:50-7:20pm Or 7:25-7:55pm	3 – 5 year olds by 1 <sup>st</sup> class	Aquatic Center	\$18
Wee Wet Wigglers	WRC Staff	Monday – Friday (No class June 16)	1 <sup>st</sup> Session: June 7 – 18 2 <sup>nd</sup> Session: June 21 – July 2 3 <sup>rd</sup> Session: July 5 – 15 4 <sup>th</sup> Session: July 19 – 30	9:45-10:15am, 10:20-10:50am, 11:00-11:30am, 11:35am-12:05pm, OR 12:10-12:40pm	3 – 5 year olds by 1 <sup>st</sup> class (Must be independent & potty trained)	Aquatic Center	\$20

## YOUTH SCHOLARSHIPS AVAILABLE

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# HOW TO CHOOSE THE CORRECT LEARN TO SWIM CLASS –

To correctly place your child in a swim class, review the skills listed below. The skills listed are the skills the class will work to accomplish by the end of the lessons. If your child has completed all of the skills listed, advance to the next level. If not, enroll your child in that class. If this is your child's first year of lessons, enroll him/her in Level 1.

## LEVEL 1: INTRODUCTION TO WATER SKILLS

- Enter and exit water using ladder, steps or side
- Blow bubbles through mouth and nose
- Bobbing
- Opening eyes underwater and retrieve submerged objects
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Tread water using arm and hand actions
- Alternating and simultaneous arm and leg actions on front and back
- Combined arm and leg actions on front and back

## LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

- Enter and exit water by stepping or jumping from side
- Fully submerge and hold breath
- Bobbing
- Open eyes under water and retrieve submerged objects
- Front, jellyfish and tuck floats
- Front and back glides and floats
- Recover to vertical position
- Roll from front to back and back to front
- Change direction of travel while swimming on front and back
- Tread water using arm and leg actions
- Combined arm and leg actions on front and back
- Finning arm action

## LEVEL 3: STROKE DEVELOPMENT

- Enter water by jumping from the side
- Headfirst entries from the side in sitting and kneeling positions
- Bobbing while moving toward safety
- Rotary breathing
- Survival float and Back float
- Change from vertical to horizontal position on front and back
- Tread water
- Flutter, scissor, dolphin and breaststroke kicks on front
- Front crawl and elementary backstroke

## LEVEL 4: STROKE IMPROVEMENT

- Headfirst entries from the side in compact and stride positions
- Swim under water
- Feet first surface dive
- Survival swimming
- Front crawl and backstroke open turns
- Tread water using 2 different kicks
- Front and back crawl, elementary backstroke, breaststroke, sidestroke, and butterfly
- Flutter and dolphin kicks on back

## LEVEL 5: STROKE REFINEMENT

- Shallow-angle dive from the side then glide and begin a front stroke
- Tuck and pike surface dives, submerge completely
- Front flip turn and backstroke flip turn while swimming
- Front and back crawl, elementary backstroke, breaststroke, sidestroke and butterfly
- Sculling

## LEVEL 6: SWIMMING & SKILL PROFICIENCY

- Increase endurance while swimming front crawl, back crawl, butterfly, elementary backstroke, breaststroke and sidestroke
- Demonstrate the following turns while swimming: front crawl open turn, backstroke open turn, sidestroke turn, front flip turn, backstroke flip turn, breaststroke turn and butterfly turn
- Use of pace clock, pull buoy, fins and paddles while swimming
- Learn principles of setting up a fitness program

## AQUA BABIES and Parents (6 – 18 months)

This course is designed to familiarize children with the water. Course goal is not to teach the child to swim but to get them used to the water. The parent does not have to know how to swim, but should be comfortable in the water.

## AQUA TOTS and Parents (1.5 – 3 years old)

Parents accompany and help teach tots in water. We will cover breath control, blowing bubbles, jump from side of pool, front and back floats and tot and parent safety skills.

## WEE WET WIGGLERS (Ages 3 - 5)

Water exploration, learn elementary skills to build as they progress through the Learn-to-Swim Program: such as floating and kicking on front and back, alternating arm action, and safety skills. Participants must be independent, able to go with an instructor without a parent, and potty trained.

## WEE WET WIGGLERS/Parents (Ages 3 - 5)

Water exploration, learn elementary skills to build as they progress through the Learn-to-Swim Program: such as floating and kicking on front and back, alternating arm action, and safety skills. This is an instructor led class where children will work on skills with the assistance of their parent.

## WRC REC ALERTS

Want to be in the know about happenings at the WRC? Sign up to receive WRC REC ALERTS at [www.winfieldrec.com](http://www.winfieldrec.com). You will then receive text and/or e-mails about weather cancellations, registration information, important updates and holiday closings from the WRC.

# YOUTH CLASSES

CLASS	INSTRUCTOR	DAYS	1 <sup>ST</sup> SESSION	2 <sup>ND</sup> SESSION	TIME	AGES	LOCATION	FEE
<b>NEW</b> Backyard Games – (Cornhole, Ladder Golf, etc)	Sebastien Morrissey	Mon & Wed	June 7 – 30	July 5 – 28	10-10:50am 11-11:50am	Kindergarden-2nd Graders 3 <sup>rd</sup> -6 <sup>th</sup> Graders	Rec Center	\$15
Dodgeball Mania	Sebastien Morrissey	Mon & Wed	June 7 – 30	July 5 – 28	1:00-1:50pm 2:00-2:50pm	Kindergarden-2nd Graders 3 <sup>rd</sup> -6 <sup>th</sup> Graders	WELC	\$15
Blastball League	Kyle Larsen	Mon, Tue & Wed		July 5 – 21	Evening Games	3 & 4 year olds (Age as of 5/1/21)	Broadway Diamond #3	\$20
Drop In Pickleball	Kyle Larsen – T Sebastien Morrissey - Th	Tues & Thurs	June 8 – July 1	July 6 – 29	1:00-3:00pm	All Ages	WELC	FREE
Archery	Sebastien Morrissey	Tues & Thurs	June 8 – July 1	July 6 – 29	10:00-10:45am 11:00-11:45am	9 – 12 year olds	Rec Center Field	\$15
Tennis	Janie Stoy & Staff	Mon – Thurs	June 7 – July 1	July 5 – July 29	8:00-8:50am 9:00-9:50am 10:00-10:50am	4 & older	Vaughan Tennis Center	\$25
Winfield Tennis Academy	Lexis Hibbs & Staff	Mon – Thurs	June 7 – July 29 (No Class 6/14-6/17)		10:30am – Noon	7 – 12 Graders	Vaughan Tennis Center	\$45
<b>NEW</b> Tennis Match Days	WRC Tennis Staff	Fridays	June 11 - Winfield June 18 – Ark City June 25 - Wellington	July 9 – Winfield July 16 – Ark City July 23 – Winfield	9:00am – Noon	10 & older (Must be able to keep score)	Vaughan Tennis Center Ark City High School Wellington Tennis Courts	\$7/Fri \$30/all
Mini Vikings – Soccer Mini Vikings – Football Mini Vikings – Basketball Mini Vikings – Baseball/Softball	Sebastien Morrissey	Mon – Thurs	June 7 – 10 June 14 – 17 June 21 – 24 June 28 – July 1	July 5 – 8 July 12 – 15 July 19 – 22 July 26 – 29	9:00-9:45am	3 – 5 year olds	Rec Center	\$10
Tumbling & Gymnastics	Jordyn Sexson & Claire Flower	Mon & Wed	June 7 – 30	July 5 – 28	8:00-8:30am 8:40-9:10am 9:20-9:50am 10:00-10:30am	3 & 4 year olds 3 & 4 year olds 5 – 6 year olds 7 & older	WRC Dance Studio	\$15 \$15 \$15 \$15

## COMING JULY 2021 WRC E-SPORTS LEAGUES/TOURNAMENTS

(For more information stop by the WRC Office, [www.winfieldrec.com](http://www.winfieldrec.com)  
or Winfield Recreation Commission Facebook

# YOUTH CLASS DESCRIPTIONS

## BACKYARD GAMES - NEW

Here is your chance to learn or practice some games to play in the backyard or while camping. Some of the games we will play is Cornhole, Ladder Golf, Bocce Ball and more.

## DODGEBALL MANIA

Do you love to play dodgeball? Then this is the class for you. Participants will be divided into teams by the instructor and play different variations of Dodgeball. Grades are based on the 21-22 school year.

## BLAST BALL (Boys & Girls)

Blastball is an introductory game for t-ball and baseball. The game is safe for 3 & 4 year olds (as of 5/1/21) and uses a foam bat and ball with no gloves required. Blastball teaches the fundamentals of hitting, throwing, and fielding while emphasizing the importance of teamwork and sportsmanship. Children in the program will be divided into teams. A schedule will be given with two teams having a short practice followed by a game. Volunteer coaches are needed for this program. Call the WRC at (620) 221-2160 if you are interested.

## DROP-IN PICKLEBALL

Come learn and have fun playing the game pickleball. No enrollment is necessary, just drop-in and play. Ages 12 and older are welcome.

## ARCHERY

Students will learn the proper technique for drawing and sighting arrows, safety and scoring. Bows & arrows provided. Bullseye!

## TENNIS

Enjoy learning the skills of this lifetime sport with Coach Lexis Hibbs and her assistants. This program is for beginners through advanced players ages 4 to 8<sup>th</sup> grade. Kids will be divided into groups based on age and ability.

## WINFIELD TENNIS ACADEMY

This program is for any 2021-22 Middle School and High School player with match experience or by permission from Coach Hibbs. Participants will work on tennis fundamentals through drills, games, and matches.

## TENNIS MATCH DAYS

Participants will meet at the assigned location to play matches with players in other communities. Different formats determined by the host towns will be used each Friday. Players must know how to keep score. Limited transportation will be provided. Please visit with Coach Hibbs if transportation is needed.

## MINI VIKINGS

### (Soccer, Football, Basketball, Baseball/Softball)

Mini Vikings is an instructional program based for kids ages 3 to 5. The program is designed to develop fundamental skills in a fun and energetic way through training activities.

## 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.

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Phone-in registration begins at 8:00am on Tuesday, May 25<sup>th</sup>.  
Stop by the WRC Office or call 221-2160. Space is limited!!!**

# YOUTH ENRICHMENT CAMPS (Grades based on 2021-22 school year)

CLASS	INSTRUCTOR	DAYS	1 <sup>ST</sup> SESSION	2 <sup>ND</sup> SESSION	TIME	AGES	LOCATION	FEE
Adventure Camp – Edible Incredible Experiments	Joyce Rice & Beth Theimer	Mon – Thurs	June 14 – 17		1:30-4:30pm	1 <sup>st</sup> – 6 <sup>th</sup> Graders	Lowell School	\$30
Adventure Camp – Raya and The Last Dragon	Joyce Rice & Beth Theimer	Mon – Thurs	June 21 – 24		1:30-4:30pm	1 <sup>st</sup> – 6 <sup>th</sup> Graders	Lowell School	\$30
Adventure Camp – Mad About Science	Joyce Rice & Beth Theimer	Mon – Thurs	June 28 – July 1		1:30-4:30pm	1 <sup>st</sup> – 6 <sup>th</sup> Graders	Lowell School	\$30
Adventure Camp – Water Fun	Joyce Rice & Beth Theimer	Mon – Thurs		July 12 – 15	1:30-4:30pm	1 <sup>st</sup> – 6 <sup>th</sup> Graders	Lowell School	\$30
“In The Zone” Robotics Camp –	Carey Keller	Mon – Fri	June 21 – 25		8:00am-Noon 1:00-5:00pm	9 <sup>th</sup> – 12 <sup>th</sup> Graders 6 <sup>th</sup> – 8 <sup>th</sup> Graders	WHS Stem Room	\$30

## YOUTH ENRICHMENT CAMP DESCRIPTIONS

### ADVENTURE CAMP – EDIBLE INCREDIBLE EXPERIMENTS

Incredible and edible experiments! Earth cake, rock candy, moon rocks, fizzy sherbet, and jello dough are just a few of our experiments. Come and perform the experiments and eat them too.

### ADVENTURE CAMP – MAD ABOUT SCIENCE

Are you mad about Science? We will be taking experiments to the limit. Splitting water, electric eels and making lightning are some of our amazing experiments. Put on your lab coats and get ready for an adventure.

### “IN THE ZONE” ROBOTICS CAMP

Come test your skills in the “In The Zone” VEX Robotics camp for students interested in building and coding with a team of their peers. You will get to compete against other teams on the last day in a timed four-minute match on a 12 ft x 12 ft playing field. Students need to be going INTO these grades in the 2021-22 school year.

### ADVENTURE CAMP – RAYA AND THE LAST DRAGON

Raya and the Last Dragon, Pete's Dragon and How to Train a Dragon. It's All about dragons! We will be making dragon eyes, learning how to draw a dragon, building dragons and making dragon eggs. We will be learning about different kinds of dragons and playing dragon games.

### ADVENTURE CAMP –

Be ready to have fun and get wet. We will be playing lots of water games! Water balloon volleyball, fill the bucket, water gun target practice, water relays, water slides, water war and more. Come and enjoy the fun!

# YOUTH DANCE CLASSES

CLASS	INSTRUCTOR	DAYS	SESSION 1	SESSION 2	TIME	AGES	LOCATION	FEE
Intro to Dance	Jordyn Sexson & Claire Flower	Tuesday & Thursday	June 8 – July 1	July 6 – 29	8:00-8:30am	3 & 4 year olds	WRC Dance Studio	\$15
					8:40-9:10am	3 & 4 year olds		\$15
					9:20-9:50am	5 – 6 year olds		\$15
					10:00-10:30am	7 & older		\$15

## YOUTH DANCE CLASS DESCRIPTIONS

### 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.



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

## 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 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, 624 College. ***Proof of qualification is required at time of enrollment.***



# YOUTH FIELD TRIPS

CLASS	INSTRUCTOR	DAYS	1 <sup>ST</sup> SESSION	2 <sup>ND</sup> SESSION	TIME	AGES	LOCATION	FEE
Urban Air Trampoline Park	WRC Staff	Friday	June 18		12:45-5:00pm	7 & older	Meet at WRC	\$25
Rock River Rapids	WRC Staff	Friday	June 25		12:45-5:00pm	7 & older	Meet at WRC	\$15
Aviate Trampoline Park	WRC Staff	Friday		July 9	12:45-5:00pm	7 & older	Meet at WRC	\$25
All Star Adventures	WRC Staff	Friday		July 16	12:45-5:00pm	7 & older	Meet at WRC	\$25

## YOUTH FIELD TRIP DESCRIPTIONS

### URBAN AIR TRAMPOLINE PARK – June 18

Come with us to Wichita's 30,000-square-foot indoor trampoline park and family fun center that is perfect for all ages and fitness levels. We will leave the rec center at 12:45pm and travel by bus to Wichita. After jumping and playing at the Trampoline Park we will return to Winfield at 5:00pm.

### ROCK RIVER RAPIDS – June 25

Relax in the wave pool, slide down the slides and have a fun day at Derby's Rock River Rapids. The bus will leave from the WRC at 12:45pm and return at 5:00pm. Concessions will be available for purchase at the aquatic center.

### ALL STAR ADVENTURES – July 16

Join the WRC Staff for an afternoon at All Star Adventures where you will have a chance to ride Go-Karts, drive Bumper Boats and Cars, play Miniature Golf and ride Amusement Rides. Tokens for Arcade games can be purchased. The bus will leave the Rec Center at 12:45pm. We will have 2 hours of unlimited use at the park before returning to Winfield at 5:00pm.

**On all trips, participants must ride the bus to and from the activity. They will not be allowed to be dropped off or picked up at the field trip site unless prior arrangements are made with the WRC Office.**

### AVIATE TRAMPOLINE PARK – July 9

Spend the afternoon at the Wichita Sports Forum's Aviate Extreme Air Sports. It offers 20,000 square feet of extreme entertainment which include the largest foam pits in town, obstacle courses, flying trapeze and more. The bus will leave the Rec Center at 12:45pm. After jumping at the park, we will return to Winfield at 5:00pm.

**Registration Kick-Off:  
Saturday, May 22, at the Rec  
Center from 8-10:00am!**

# COMING JULY 2021 WRC E-SPORTS LEAGUES/TOURNAMENTS

(For more information stop by the WRC Office, [www.winfieldrec.com](http://www.winfieldrec.com) or Winfield Recreation Commission Facebook Page.)

# YOUTH SPORTS CAMPS

CLASS	INSTRUCTOR	DAYS	DATES	TIME	AGES	LOCATION	FEE
SC Soccer Camp	Lewis Derrett & SC Players	Tues – Fri	June 1 – 4	9:00-10:30am 10:45am-12:45pm	1 <sup>st</sup> – 5 <sup>th</sup> Graders 6 <sup>th</sup> – 12 <sup>th</sup> Graders	SC Stadium	\$25
WHS Baseball Camp	Chris Torres & WHS Players	Mon – Thurs	June 7 – 10	10:00am-12:00pm	7 & older	Broadway Field #2	\$20
SC Football Camp	Brad Griffin & SC Players	Mon – Thurs	June 14 - 17	8:00-10:00am	1 <sup>st</sup> – 8 <sup>th</sup> Graders	SC Stadium	\$25
WHS Cheerleading Camp	Breanna Leake & WHS Cheer Team	Mon – Thurs	June 21 – 24	9:00-10:00am 10:00-11:00am	2 <sup>nd</sup> – 5 <sup>th</sup> Graders 6 <sup>th</sup> – 8 <sup>th</sup> Graders	WHS Auxiliary Gym	\$20
WCC & WRC Golf Camp	Jordan Lytton	Mon – Thurs	June 28 – July 1 OR July 12 – 15	9:00-10:15am 10:30am-Noon	8 – 11 year olds 12 & older	Winfield Country Club	\$25
SC Basketball Camp	Matt O'Brien	Mon – Thurs	July 12 – 15	9:00-10:15am 10:30am-12:00pm	1 <sup>st</sup> – 5 <sup>th</sup> Graders 6 <sup>th</sup> – 9 <sup>th</sup> Graders	WHS Auxiliary Gym	\$55
WHS Basketball Camp	Jason VenJohn	Tues – Fri	August 3 – 6	9:00-10:15am 10:30am-12:30pm	1 <sup>st</sup> – 4 <sup>th</sup> Graders 5 <sup>th</sup> – 8 <sup>th</sup> Graders	Middle School	\$20
Volleyball Passers/Setters Clinic	Julie Konrade	Tuesday	July 27	1:00-3:00pm	6 <sup>th</sup> – 8 <sup>th</sup> Graders	WHS Auxiliary Gym	\$6
Volleyball Hitters Clinic	Julie Konrade	Wednesday	July 28	1:00-3:00pm	6 <sup>th</sup> – 8 <sup>th</sup> Graders	WHS Auxiliary Gym	\$6
Volleyball Servers Clinic	Julie Konrade	Wednesday	July 28	3:00-4:00pm	6 <sup>th</sup> – 8 <sup>th</sup> Graders	WHS Auxiliary Gym	\$6

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## FALL SPORTS LEAGUES

### YOUTH FLAG FOOTBALL

The WRC Youth Flag Football program for those in grades K-5<sup>th</sup> is a recreational based program that focuses on skill development in a fun and positive environment. Divisions will be offered for K-2<sup>nd</sup> grade and 3<sup>rd</sup>-5<sup>th</sup> grade (based on 2021-22 school year). Practices will start July 5. Games will be played on Tuesday and Thursday evenings from July 20-August 5. Participants can wear cleats or tennis shoes. Mouth guards are required by all participants to play. All other equipment will be provided by the WRC. The league is dependent on volunteer coaches. Fee is \$20 and the deadline to register is June 17<sup>th</sup>.

### FALL YOUTH VOLLEYBALL

The WRC is happy to offer Youth Volleyball leagues for kids in grades 3<sup>rd</sup>-6<sup>th</sup> that will play in a league with Wellington, Mulvane, and Haysville. The recreational leagues provide participants the opportunity to learn and play the game in a fun and instructional environment. Teams will practice up to two times per week starting August 23 and play games on Saturdays starting in September. Practice days and times will be determined by the coach. There will be some travel required for games. Entry fee is \$20 and the deadline to register is July 29.

### FALL OUTDOOR SOCCER

The WRC Youth Soccer program is a recreational based program for age 3 (as of 9/1/21) through 8<sup>th</sup> grade that focuses on skill development in a fun and positive environment. Practices will begin in late August with days and times decided by the coaches at the coaches meeting. Teams will practice up to two times per week during the season and play an 8-game season. Games will be played on Monday nights and Saturday mornings starting in September. Participants can wear cleats or tennis shoes. Shin-guards are required. Entry fee is \$20 and the deadline to register is July 29.

# YOUTH SPORTS DESCRIPTIONS

## SC SOCCER CAMP

Join Southwestern College Coach Lewis Derrett and SC players as you spend four days working on skills and techniques that will take your soccer game to the next level. Participants will be challenged through various drills and games to help develop each athlete's skill set. Campers will get the opportunity to learn and interact with the SC coaches and current players. Grades are based on the 2021-22 school year.

## WHS BASEBALL CAMP

Increase your baseball skill level with participating in this 4-day camp instructed by WHS Head Baseball Coach Chris Torres and WHS players. The camp is designed to build and enhance the skills and knowledge of the campers to help them understand what it takes to become a better baseball player. Participants will be challenged through various games and drills to advance their overall skill level. Proper hitting, fielding, and throwing mechanics will be covered along with base running. Participants will need to bring a glove, bat, water, and pants are encouraged.

## SC FOOTBALL CAMP

Get a head start on the fall season by joining Southwestern College Head Football Coach Brad Griffin and his staff as they provide a 4-day minimal contact football camp for kids in grades 1<sup>st</sup> – 8<sup>th</sup>. Participants will get the opportunity to work on all aspects of football through various drills and games. Campers will get the opportunity to work on skill work at each position while also getting the opportunity to interact with the SC coaches and players. Grades are based on the 2021-22 school year.

## WHS CHEERLEADING CAMP

Join WHS Head Cheer Coach Breanna Leake and the WHS cheer squad for a 4-day cheer camp. Participants will learn and develop different techniques and choreography to help improve their coordination and balance. This is also a great opportunity to introduce a beginner to the sport. Grades are based on school on the 2021-22 school year.

## WCC & WRC GOLF CAMP

Have you wanted to try golf or want to improve your skills? In these 4-day camps, we will work on chipping, putting, iron play, driving instruction and proper golf etiquette. The camp will be led by Winfield Country Club Manager, Jordan Lytton. Golf clubs are required.

## SC BASKETBALL CAMP

The SC basketball camp is designed for basketball players of all abilities. The program is intended to develop each athlete's ability through drills and competition. Coach O'Brien and camp staff will focus on developing a player's entire game, to include skill development for every position. Grades are based on the 2021-22 school year. WRC scholarships aren't available for this program.

## WHS BASKETBALL CAMP

Develop your basketball skills this summer with WHS Head Women's Coach, Jason VenJohn. This 4-day camp will work on the fundamental skills of playing offense and defense as well as developing the correct shooting and passing form. Campers will be challenged through various drills and games that will ultimately advance their basketball skill set. Grades are based on the 2021-22 school year.

## 1 – DAY VOLLEYBALL HITTERS CLINIC, PASSERS/SETTERS CLINIC and SERVERS CLINIC

Participants in the Hitters Clinic will work on their attack for the upcoming school year. Participants in the Setters Clinic will work on their hand position and footwork for setting. Participants in the Servers Clinic will learn the proper technique of the overhand serve. If you are planning on playing volleyball in school, these clinics are for you!!!

## 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 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, 624 College. ***Proof of qualification is required at time of enrollment.***

# ADULT CLASSES

AQUATICS							
CLASS	INSTRUCTOR	DAYS	SESSION 1	SESSION 2	TIME	LOCATION	FEE
Lap Swim		Monday & Wednesday	June 7 – July 7	July 12–Aug. 11	6:15-6:55pm 7:00-7:40pm	Aquatic Center	\$15
Take It To The Deep	Amanda Porter	Monday & Wednesday	June 7 – July 7	July 12–Aug. 11	6:30-7:05pm	Aquatic Center	\$20
Aqua Strength & Stretch	Amanda Porter	Monday & Wednesday	June 7 – July 7	July 12–Aug. 11	7:20-7:55pm	Aquatic Center	\$20
FITNESS							
CLASS	INSTRUCTOR	DAYS	SESSION 1	SESSION 2	TIME	LOCATION	FEE
Early Bird Conditioning Workout	Kim Tadtman	Monday, Wednesday, Friday	June 7 – July 30		5:30-6:30am	Aerobics Room	\$54
Stretch & Stroll (Walk/Run Group)	Ryann Myers	Monday, Wednesday, Friday	June 7 – July 16		7:30-8:30am	Island Park	\$18
SilverSneakers Classic	Julie Mignone	Tuesday & Thursday	June 8 – July 29		9:00-9:45am	Aerobics Room	\$32
Drop In Pickleball	Kyle Larsen – T Sebastien Morrissey - Th	Tuesday & Thursday	June 8 – July 29		1:00-3:00pm	WELC	FREE
Zumba Max	Sarah Johnson	Thursdays	June 10 – July 29		5:15-6:00pm	Aerobics Room	\$16
STRONG Nation	Sarah Johnson	Mondays & Wednesdays	June 7 – July 28		6:00-6:45pm	Aerobics Room	\$32
Women's Tennis	WRC Tennis Staff	Tuesday & Thursday	June 8 – July 29		8:00-8:50am	Vaughan Tennis Center	\$32
INDOOR CYCLING							
CLASS	INSTRUCTOR	DAYS	SESSION 1	SESSION 2	TIME	LOCATION	FEE
Spin & Abs	Molly Jones	Tuesday & Thursday	June 8 – July 29 (No class June 29-July 8)		6:15-7:00pm	Community Room	\$30

**\*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.**

**Registration begins Saturday, May 22<sup>nd</sup> from 8-10:00am.  
On-Line Registration begins Monday, May 24<sup>th</sup> at 8:00am.  
Phone-in registration begins at 8:00am on Tuesday, May 25<sup>th</sup>.  
Stop by the WRC Office or call 221-2160. Space is limited!!!**

# ADULT CLASS DESCRIPTIONS

## LAP SWIM

Join your friends and swim laps at the aquatic center. Two different sessions and times to choose from.

## 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 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.

## STRETCH & STROLL

Start your morning off right by stretching and strolling around Island Park. Participants will meet at the Rotary Pavilion where Ryann Myers will lead stretching exercises. Based on fitness level, participants will be divided and given different routes to walk or run. For those that want, mileage will be logged. This class is for all fitness levels. What a good way to start your day off!

## 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.

## DROP-IN PICKLEBALL

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

## 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 Nation combines body weight, muscle conditioning, cardio and plyometric training moves synced to music.

STRONG Nation 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.

## WOMEN'S TENNIS

This program is ideal for women interested in regular tennis but NOT a tennis tournament. This group will work on the fundamentals of tennis on Tuesdays and on Thursdays, participants will play games. No tennis experience required.

## SPIN & ABS

Class will begin with a spin warm-up, followed by a challenging bike workout. Participants will then do some abs exercises and a short cool down. This is a great 45 minute class for all abilities.

# WRC SPECIAL EVENTS

## WRC UPCOMING SPECIAL EVENTS

**Summer Registration Kick Off – May 22**

**2-Person Golf Scramble – June 4**

**Family Film Night – June 5**

**June Bug Jog – June 12**

**Summer Wiffle Ball Tournament – July 17**

**Adult Co-Rec Softball Tournament – July 23 & 24**

**Kansas State Tennis Tournament – July 30 & 31**

**Pooch Plunge – August 16**

**Scholarship Scramble Golf Tournament – Aug. 28**

## GOLF SCRAMBLES

2-Person: Join the WRC at the beautiful Quail Ridge Golf Course for an afternoon of golfing in the 2-person scramble on Friday, June 4 with a 1:00pm shotgun start, 12:00 check-in. The fee is \$50 per person which includes range, cart, green fees, 2 drink tickets and 2 mulligans. Tournament will be flighted with cash prizes. We are limited to 36 teams so pre-register by calling (620) 221-2160.

4-Person Scholarship Scramble: Put your team together and help the WRC raise funds for the Youth Scholarship program. Scramble will be held at Quail Ridge Golf Course on Saturday, August 28 with a 9:00am shotgun start, 8:00 check in. The fee is \$75 per person which includes range, cart, green fees and 2 mulligans. Tournament will be flighted with cash prizes. Tournament is limited to the first 18 teams so pre-register by calling (620) 221-2160.

## FAMILY FILM NIGHT

The WRC is teaming up with the VFW for a night of family fun at Island Park which will include games, food and the finale will be a movie on the big screen on Saturday, June 5. This night will begin at 7:30pm with the VFW FREE hotdog meal to the first 500 people. WRC will provide games to enjoy during and after the picnic. "Moana" will be shown on the big screen at dark. Be sure to mark your calendars so you can join the WRC and VFW for this awesome night of family fun. Don't forget to bring your lawn chair.

## JUNE BUG JOG

Join William Newton Hospital and the WRC for the 32<sup>nd</sup> June Bug Jog on Saturday, June 12. The event will consist of a 1-mile fun run at 7:30am, a 5K at 8:00am and Jr. June Bug races for those 8 and under at 9:00am. Entry fee is \$15 for the 1-mile and 5k or \$25 for both races. Jr. Races are \$10 with a shirt or \$2 without. Register on-line at [bit.ly/Junebug2021](http://bit.ly/Junebug2021). Races will be held at WHS.

## WIFFLE BALL TOURNAMENT

The WRC is hosting a double elimination Wiffle Ball Tournament this summer. Divisions for 9-14 year olds and 15 & older will be offered on Saturday, July 17. Entry fee is \$50 and the deadline to register is July 13. Championship T-shirts will be given to 1<sup>st</sup> place. All equipment will be provided.

## CO-REC SOFTBALL LEAGUE

Get your team together and sign up for a WRC Co-Rec Softball league. Entry fee is \$250/team for 10 games plus single elimination tournament. Balls will be provided. Games will be played on Tuesday and Thursday evenings beginning August 3<sup>rd</sup>. The deadline to register is Thursday, July 28<sup>th</sup>.

## CO-REC SOFTBALL TOURNAMENT

Join the WRC for the adult Summer SlugFest Co-Rec softball tournament on July 23 & 24. A max of 16 teams will be accepted. Entry fee is \$150 if registered before July 8<sup>th</sup>, \$200 if registered between July 10-15. Teams will get a 3-game guarantee. Championship T-shirts and a prize will be given to 1<sup>st</sup> place. Balls will be provided. USSSA Rules will be used.

## ADULT SOCCER LEAGUES

The WRC will be offering summer soccer leagues for adults, ages 16 and older. Entry fee is \$120 per team. Games will be played on Sundays beginning June 13<sup>th</sup>. The deadline to turn in your roster with entry fee is Wednesday, June 9<sup>th</sup>.

## POOCH PLUNGE

The dog days of summer are coming to a close, so we have the Winfield Aquatic Center open one last day just for the dogs on Monday, August 16 from 5:30-7:30pm! We will close the pool to humans and neutralize the chemicals to make the water safe for the canines. Your pup may want to dive in or simply splash around in the shallow water. Regardless, this event is fun for participants and spectators alike, so register today! Fee is \$5 until Friday, August 13. Fee is \$10 at the door.

## KS OPEN TENNIS TOURNEY

The Kansas State Junior Open Tennis Tournament is scheduled for July 30 & 31 at the Vaughan Tennis Center in Winfield. This tourney is sanctioned by MVTA and USTA, and is sponsored locally by the Winfield Recreation Commission. All entries are due by 5:00pm on Wednesday, July 28. To register, go to the [usta.com](http://usta.com).

## FITNESS IN THE PARK

Join us for a FREE community fitness program at the Island Park Performance Stage on Saturday mornings from 8-9am, July 10-August 14. Various community fitness instructors will lead a fantastic exercise workout. The session will be something new and different each week. This is a great opportunity to start a new exercise routine, to meet new people and get healthy.

## WRC REC ALERTS

Want to be in the know about happenings at the WRC? Sign up to receive WRC REC ALERTS at [www.winfieldrec.com](http://www.winfieldrec.com). You will then receive text and/or e-mails about weather cancellations, registration information, important updates and holiday closings from the WRC.



# WINFIELD FITNESS CENTER

(620) 221-3062



## HOURS:

Monday – Thursday 5:30am – 9:00pm  
 Friday 5:30am – 7:00pm  
 Saturday 8:00am – 4:00pm  
 Sunday 12:00pm – 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 high school student 14 or older

\*\*Senior Citizens 60 years or older



## FITNESS ON DEMAND (FOD)

Get your heart pumping with the Cardio classes – stretch, tone and strengthen with the Mind and Body classes – strengthen and tone your core with classes that will give you the abs you want. Spin cycle classes are available also. Get the body that you have always wanted with Fitness on Demand!

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 is offered in our dance studio and is FREE to all Fitness Center members. \$3 per class for non-members.

FOD is like having your own personal trainer while you workout!