

Winfield Recreation Commission 2021 Fall Activities



TRUCKTOBERFEST

A Big Truck/Food Truck Celebration



Saturday, November 6th
11:00am - 2:00pm
Winfield Fairgrounds

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
troymoree@winfieldrec.com

Candi Fox, Assistant Superintendent
candifox@winfieldrec.com

Wesley Joy, Sports and Special Services Director
wesleyjoy@winfieldrec.com

Tyler Osborn, Wellness Director
fitness@winfieldrec.com

Kyle Larsen, Recreation Coordinator
kylelarsen@winfieldrec.com

HOW TO REGISTER:

WALK-IN to the WRC Office - Starting Tuesday, September 7 at 8:00am

MAIL-IN to the WRC Office – Starting Tuesday, September 7

FAX (620) 402-2694 – Starting Tuesday, September 7

TELEPHONE (620) 221-2160 – Starting Tuesday, Sept. 7 at 10:00am

ON-LINE www.winfieldrec.com – Starting Tuesday, Sept. 7 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.

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 22-26)

CLASS	INSTRUCTOR	DAYS	DATES	TIME	AGES	LOCATION	FEE
Tumbling & Gymnastics	Jordyn Sexson & Claire Flower	Thursdays	Sept. 23 – Nov. 18	5:15-5:45pm	3 & 4 year olds	WRC Dance Studio	\$16
		Thursdays		5:50-6:20pm	5 & 6 year olds		\$16
		Thursdays		6:25-7:00pm	7 – 10 year olds		\$18
Intro to Dance (Ballet, Jazz & More)	Jordyn Sexson & Claire Flower	Wednesdays	Sept. 22 – Nov. 17	5:15-5:45pm	3 & 4 year olds	WRC Dance Studio	\$16
		Wednesdays		5:50-6:20pm	5 & 6 year olds		\$16
		Wednesdays		6:25-7:00pm	7 – 10 year olds		\$18
Instructional Volleyball	Julie & Mikayla Konrade	Wednesdays	Sept. 15 – Oct. 13 (No class Sept. 29)	6:00-7:00pm	K-2 nd Graders	Thornton Rec Center	\$15
SC Basketball Clinic	SC Men's Basketball Team	Wednesday	December 29	10:00-11:00am	3 rd – 6 th Graders	SC Fieldhouse	FREE
Moundbuilder Basketball Academy	SC Men's Basketball Coach, Matt O'Brien & Players	Sundays	Oct. 3 – 24	4:00-5:00pm	3 rd – 12 th Graders	Southwestern College Stewart Fieldhouse	\$55
Mini Vikings – Football	WRC Staff/Parents	Tuesdays	Sept. 21 – Oct. 12	6:00-6:45pm	3 – 5 year olds	Rec Center Field	\$15
Mini Vikings – Basketball	WRC Staff/Parents	Saturdays	Oct. 30 – Nov. 20	9:00-9:45am	4 – 6 year olds	Thornton Rec Center	\$15

Registration Begins Tuesday, September 7!

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 22-26)

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.

INSTRUCTIONAL VOLLEYBALL

A 4-week developmental based activity for kids in grades K – 2nd. The program is designed to introduce the sport of volleyball through fun and interactive drills/games while also developing fundamental motor and sport specific skills. The program will be instructed by Country View Elementary PE Teacher Julie Konrade and current WHS Volleyball player Mikayla Konrade.

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.

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 football.

MINI VIKINGS - BASKETBALL

The WRC Mini Vikings Basketball program is a 4-week instructional based activity for kids ages 4 to 6. 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 basketball.

Walk-in registration begins at 8:00am on Tuesday, September 7th.

Phone-in and On-line registration begins at 10:00am on Tuesday, September 7th.

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

YOUTH CLASS DESCRIPTIONS (No classes November 22-26)

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 8. Teams will play a 6-game season with all games being played on Sunday afternoons at the Thornton Rec Center starting December 5. Deadline to register is Thursday, October 14. 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 8 and games will be played on Saturday's starting December 4 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 14. 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 20 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 13-17
Adult Cornhole Tournament – Saturday, September 25
2-Person Golf Scramble – Friday, October 1
Community Night Out – Friday, October 22
Duck Soup Softball Tournament – Saturday, October 23
Trucktoberfest – Saturday, November 6
Puzzle Palooza – Sunday, November 7
WRC Turkey Competition – Saturday, November 20
Adult/Child Cornhole Tournament – Saturday, November 20
Senior Turkey Bingo – Monday, November 22
Senior Winter Fest – Friday, December 10
Mile of Lights – Sunday, December 12
Santa's Mailbox – Deadline, Friday, December 17
Fitness Center Open House – Saturday, Jan. 8



ESPORTS

NEW

ESPORTS – Fall Season 1

The WRC is excited to bring Esports to the Winfield community. Here, gamers of all ages and skill levels can enjoy friendly, online competition in popular video games from the comfort of their own home. All leagues will be online, so you must own the console, game and online subscription. To join our leagues, you will want to download the FREE Mission Control app and join the Winfield Recreation Commission (missioncontrol.gg/play). There will be 4 or 5 different game divisions such as Mario Kart, Rocket League, and Super Smash Brothers. The season will be September 27 – October 30. The fee is \$10 per league and the deadline to register is Thursday, September 16.

NEW

ESPORTS KANSAS STATE QUALIFIER

Calling ALL Gamers!!! Don't miss your chance to qualify in the FIRST EVER Kansas Recreation and Park Esports Championship! You could be crowned a state esports champion by competing in Super Smash, Mario Kart, Fortnite or Rocket League 2v2. Simply download the free Mission Control GG app and join the Winfield Recreation Commission to claim your spot TODAY! (missioncontrol.gg/play)

ADULT CLASSES (No classes November 22-26)

AQUATICS – (Following us at www.winfieldrec.com for updates on SC Pool)

CLASS	INSTRUCTOR	DAYS	DATES	TIME	LOCATION	FEE
Aquatic Cardio & Strength (NO DROP-INS ACCEPTED)	Amanda Porter	Tuesdays & Thursdays	Sept. 21 – Dec. 16	6:00-6:40pm 6:50-7:30pm	Super 8 Hotel (3803 S. Pike Rd.)	\$60
FITNESS						
Early Bird Conditioning Workout	Kim Tadtman	Mon, Wed & Fri	Sept. 20 – Dec. 17	5:30-6:30am	WRC Aerobics Room	\$81
Fit Over Fifty	Aritha Paris	Mon, Wed & Fri	Sept. 20 – Dec. 17	8:00-8:30am 9:30-10:00am	WRC Aerobics Room	\$54
Gentle Yoga	Aritha Paris	Mon, Wed & Fri	Sept. 20 – Dec. 17	8:45-9:15am	WRC Aerobics Room	\$54
Chair Yoga	Aritha Paris	Mon, Wed & Fri	Sept. 20 – Dec. 17	10:15-10:45am	WRC Aerobics Room	\$54
SilverSneakers Classic	Julie Mignone	Tuesdays & Thursdays	Sept. 21 – Dec. 16	9:00-9:45am	WRC Aerobics Room	\$48
Zumba Max	Sarah Johnson	Mondays & Wednesdays	Sept. 20 – Dec. 15	5:15-6:00pm	WRC Aerobics Room	\$48
STRONG Nation	Sarah Johnson	Mondays & Wednesdays	Sept. 20 – Dec. 15	6:15-7:00pm	WRC Aerobics Room	\$48
INDOOR CYCLING						
Just Spin	Judy Ray	Mondays & Wednesdays	Sept. 20 – Dec. 15	5:30-6:15pm	WRC Community Room	\$52
Spin & Abs (No Class Oct. 7)	Molly Jones	Tuesdays & Thursdays	Sept. 21 – Dec. 16	6:00-6:45pm	WRC Community Room	\$50
OTHER						
Drop-In Pickleball	WRC Staff	Tuesdays & Thursdays Wednesdays	Starting Sept. 14 Starting Sept. 15	10:00am-Noon 6:00pm	Thornton Rec Center Cochran Park	FREE
Senior Mystery Lunch	WRC Staff	Thursdays	Sept. 16 & Oct. 21	11:00am	Varies	\$12 + lunch

***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, NO drop-ins will be allowed due to limited space.**

Registration Begins Tuesday, September 7!

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 22-26)

**SOUTHWESTERN
INDOOR
SWIMMING POOL**
is under repair please
follow us at
www.winfieldrec.com,
on Facebook or sign up
for WRC Rec Alerts to
receive updates on an
Opening Date!

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. Due to very limited space, NO Drop-Ins will be accepted for this class and participants will only be allowed to enroll in one time slot.

**Drop-Ins are welcome in classes if
space allows!**
**For Fitness Classes, purchase a \$3
drop-in coupon in the WRC Office
or the Fitness Center prior to class.**
**For Aquatics Classes, NO drop-ins
will be allowed at this time due to
limited space.**

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. Each class incorporates basic pilates and tai chi moves for improving energy and mental focus. All equipment is provided.

CHAIR YOGA

There is a need for yoga innovation and modification in our modern age. Join Aritha for the chair methods to sit, stretch and strengthen your way to a happier, healthier you. There is no floor work in the class. Chair yoga is the perfect solution for all of us who find modifications will allow us to increase our physical and personal well being.

FREE DEMO WEEK

Test out that adult fitness class you have been dying to try during our FREE Fitness Demo Week, September 13-17. No registration necessary, just come on the day and time of your class. It is a perfect opportunity to "Try before you Buy!" This includes all adult fitness classes except Fit of Fifty, Gentle Yoga, Chair Yoga, Spin & Abs and Aquatic Cardio & Strength.

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.

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.

JUST SPIN

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 & 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.

ADULT CLASS DESCRIPTIONS (No classes November 22-26)

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 221-2160.

Walk-in registration begins at 8:00am on Tuesday, September 7th.

Phone-in and on-line registration begins at 10:00am on Tuesday, September 7th.

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 Rec Center or Cochran Park and play. We will move to Albright Park once the new courts are complete. Equipment provided.

SENIOR MYSTERY LUNCH

Join the WRC as we set out in search of good food. The WRC will search and select area eating establishments for you to enjoy and hopefully try something new. Trips are open to the first 11 registered participants. Cost includes transportation and lunch is on your own. The bus leaves from the Senior Center, 700 Gary at 11:00am.

PUZZLE PALOOZA

Get your team (2-4 people) ready to compete in the 2nd WRC Puzzle Palooza on Sunday, November 7 from 2-4:00pm at Baden Square. Teams will race to see who can complete the puzzle on Winfield's Vietnam Memorial the fastest. There will be a two-hour time limit. If the time limit expires before any team has completed their puzzle, then remaining "loose" pieces will be counted to determine the winner. Cash prizes will be given to the top finishers. Maximum of 12 teams so get signed up early. Teams will get to keep their puzzle following the competition. Cost is \$35 per team.

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 7 for a fee of \$40 per team. Games will be played on Monday evenings beginning September 13.

ADULT KICKBALL LEAGUE

The WRC Co-Rec Kickball League consists of a 6-game season played on Sunday evenings beginning Sept. 19. 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 14th.

ADULT BASKETBALL LEAGUES

Adult Basketball registration begins September 7 and runs through October 26 for a fee of \$300 for 9 games plus a single elimination tournament on Wednesdays. Games begin the week of November 3rd.

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, October 1 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.

ADULT CORNHOLE LEAGUES

Fall Season 1 – Sign up for the Adult Cornhole League. Matches will be played on Wednesday evenings at the Fairgrounds Barn #4. The deadline to register is September 23. Games will begin September 29 and run through November 3. Fee is \$40 for 10 matches with a double elimination tournament. Competitive, Intermediate and Recreational Divisions offered.

Fall Season 2 – The WRC will be offering an 8-match, Switcholio season with participants signing up as individuals and teams being randomly drawn for each match of the season. Teams will play two matches per night. Matches will be played on Wednesday evenings at the Fairgrounds, Barn #1. The deadline to register is November 23. Games will be December 1-22. Fee is \$20 per person for 8 matches.

CORNHOLE TOURNAMENTS

Adult Tournament – Grab a partner and register for the WRC Cornhole Tournament on Saturday, September 25 at the Fairgrounds, Barn #10. This will be a fun social event for all ages and ability levels. Each team will get a 6-game guarantee with prizes to the top winners. Check-in will start at 4:30pm and bags will fly at 5:00pm. Entry fee is \$40 per team and the deadline to enter is Thursday, September 23.

Adult/Child Tournament – The WRC Adult/Child Cornhole Tournament is Saturday, November 20 at the Fairgrounds, Barn #4. Teams include one adult (16 & over) plus one child (15 & under). Teams will get a 6-match guarantee with pool play followed by a single elimination bracket. Prizes for the top teams. Check-in will start at 2:30pm and bags will fly at 3:00pm. Entry fee is \$30 per team and the deadline to enter is Thursday, November 18.

HALLOWEEN DUCK SOUP SOFTBALL TOURNAMENT

3-game guarantee duck soup style extravaganza on Saturday, October 23 starting at 9:00am. Each inning is played with a crazy rule, like running the bases backwards. Teams must consist of 6 males and 4 females. Best costume prizes will be given. Entry fee is \$150 and the deadline to enter is Tuesday, October 12. Late entry fee is \$200 if entered by October 19. Tournament is limited to 12 teams.

COMMUNITY NIGHT OUT & MOVIE UNDER THE STARS



Don't miss out on this fun event for the entire community on Friday October 22 at Island Park. There will be a hotdog feed, games and prizes beginning at 6:00pm provided by the Community Night Out Committee. At dark, the movie "The Goonies" will be shown on the big screen. Don't forget to bring your lawn chair and blankets.

SOUTHWESTERN COLLEGE SWIMMING INDOOR POOL

Is under repair please follow us
at www.winfieldrec.com, on
Facebook or sign up for WRC Rec
Alerts to receive updates on an
Opening Date!

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!**

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)

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

