

# WRC

## Winfield Recreation Commission

May 2022

Fitness Classes ♦ Youth Classes ♦ Memberships ♦ Events ♦ Party Rentals ♦ Sports Leagues ♦ Indoor Pool ♦ Open Gym

# Summer Registration Day



Summer is coming fast so mark your calendars for the WRC Summer Registration Day on Saturday, May 21st. Registration will be open in the WRC Gymnasium from 8:00 am to 10:00 am. After that, registration will be available Monday, May 23rd for walk-ins and ONLINE @ [winfieldrec.com](http://winfieldrec.com), phone-in beginning Tuesday, May 24th. Keep an eye out for your

WRC Summer Program Guide in the mail or view online now! The guide provides a full list of summer activities for youth and adults, for any questions please call the WRC Office.

## June Bug Jog & Ride

June 11 @ Winfield High School

**NEW This Year! 18-Mile Cycle:** Starts 7:45am

**1 Mile & 5K Run/Walk:** Starts 8:00am

**Jr. Junebug 100 Meter Dash:** (ages 8 & under– not timed) Starts 9:00am

**Awards:** Starts 9:20am

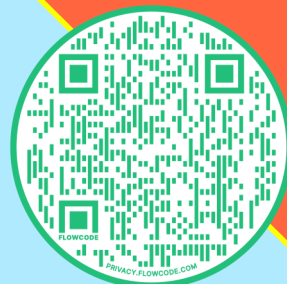
**Pre-Registration:** \$20

**Race Day:** \$25

**Jr. Dash:** \$2

**Jr. Dash with Shirt:** \$10

## Register Now



# Cornhole Tournaments



**J**oin the WRC for the Adult Cornhole Tournament and the Adult/Child Cornhole tournament. Saturday, May 7th is the Adult Cornhole Tournament at the Fairgrounds, Barn #4. For Adults only (age 16 & up), cash prizes to the top winners.

Bring your own refreshments. Check-in starts at 4:00pm and bags will fly at 4:30pm. Entry fee is \$40 per team. Sunday, May 8th is the Adult/Child Cornhole Tournament. The adult needs to be 16 or older and the child 15 or younger. Will have pool play and single elimination bracket. Bring your own refreshments. The event will start at 2:00pm and the fee is \$20 a team. Cash prizes for the top winners will be given.

## Swim Lessons

Swimming is an important hobby, as well as a great skill for your children to learn. To keep your child safe, you should make certain they know how to swim well. Adhering to water safety habits ensures you have fun swimming, kayaking, or enjoying other sports in the water. The WRC offers children's swimming lessons for as young as 6 months and up, and for all skill levels. A description of each level is provided in the online program guide.

**View Guide beginning May 6th for Level Descriptions, Cost, and Schedule!**

**@winfieldrec.com**

## Upcoming Events Calendar

ADULT CORNHOLE TOURNEY	MAY 7th
ADULT/CHILD CORNHOLE TOURNEY	MAY 8th
SPRING SESSION ENDS	MAY 27th
SUMMER REGISTRATION BEGINS	May 21st
WRC GOLF SCRAMBLE	JUNE 3rd
PICKLEBALL TOURNEY	JUNE 4TH
SUMMER SESSION BEGINS	JUNE 6TH
JUNE BUG JOG & RIDE	JUNE 11TH
HOTDOG NIGHT WITH THE MOOS	JUNE 26TH

# Health and Wellness • Getting Kids Active and Healthy

With summer fast approaching, the time for dusting off the shorts and sunglasses might be right around the corner. But for the kids, the summer season is inevitably about much more than warmer weather. A sustained break from school can feel like forever, and the sense of freedom and excitement that precedes the official start of the vacation season is a lasting memory most of us can recall from our own time as youngsters.

Every parent wants their kids to be healthy, and it should come as no surprise that keeping active is one of the best ways to achieve this goal. With summer break almost upon us, most parents need to fight the distractions of the internet, game consoles and TV in favor of healthier, more energetic activities.

Sports are an age-old favorite for kids, and for parents looking to inspire a passion for fitness and activity. Sports are so diverse as to allow options that can capture the spirit and interest of the younger generation. From park sports like

soccer, football, and baseball through athletics, swimming, and a variety of other games, sporting activities offer purpose and competitiveness to exercise—something young kids in particular feel drawn toward.

Arranging sporting activities or formal sports classes can be a great way to keep your kids amused, while making sure they are participating in something that is both socially and mentally stimulating. Structure is good in sport and having the benefit of professional guidance can provide positive role models and structure around the activity.

Beyond outright sporting activities, there are challenges, tasks and trials that can be set up in and around the home to keep eager kids amused. Olympics-style multi-event games can be quickly thrown together with one or more friends, and again the competitive element means kids can quickly take to these kinds of activities.

Keeping kids fit and active over the summer is about more than just

staving off boredom. Being fit and healthy in later life is all about leading the right type of lifestyle, and those who engrain these behaviors in their children early will create the right start in life for their health and well-being. As parents, it's up to us to set the tone for how our children should live. And by developing more active lifestyle habits early on, your children will have something they can carry through to adulthood.

## TOP 10 FC Members April

1. Quentin Rush
2. Katasha Bledsoe
3. Sheryl Clower
4. Cau Nguyen
5. Juan Hollingsworth
6. Cory Archer
7. Patrick Cantu
8. Olivia Martello
9. Gaven Boiling
10. Richard J, Alex M, Zach M.



## Strawberry Oatmeal Breakfast Smoothie

Source: Allrecipes.com

- 1 cup soy milk
- 1/2 cup rolled oats
- 1 banana, broken into chunks
- 14 frozen strawberries
- 1/2 teaspoon vanilla extract
- 1 1/2 teaspoons white sugar

In a blender, combine soy milk, oats, banana and strawberries. Add vanilla and sugar if desired. Blend until smooth. Pour into glasses and serve

### Nutrition facts

Per serving: 236 calories, protein 7.6g, carbohydrates 44.9g, fat 3.7 g, sodium 65.4 mg

### Fitness Center Tip

Drink more water. Get a stain-less steel portable water bottle to take with you everywhere. Most adults need about 2 quarts of fluid per day to replace normal water loss or approximately 48 oz of water.



**Wellness Director**

**Tyler Osborn**  
624 College  
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620-221-3062

**Fitness Center Supervisors**

**Kyle Larsen**  
**Frank Lolar**  
**Torrie Thiel**

## We are Using QR Codes

We want to make things easier for you to get information from and to us! We are going to be inserting QR codes in all of our promotional materials to provide you with information regarding the different activities and forms you may need to complete. We inserted two in this newsletter to have you try them out! One the front page is the one that will take you to register for the June Bug Jog & Ride, and the QR code below will take you to our home page. Keep a look out for more of them popping up to keep you easily informed.



## Helpful Information

### Online Registration

The WRC has ONLINE registration for most activities, youth & adult. The online enrollment option makes it convenient for our customers to sign up for adult aerobics, youth classes, & youth sports leagues at any time of the day!

#### Instructions

1. Go to [Winfieldrec.com](http://Winfieldrec.com)
2. Select 
3. Create Account

\* Keep in mind, once a new session has officially begun, online registration for classes is turned off that way we can monitor if those taking a class have paid or not. At that point we recommend calling or visiting office.

### WRC TEXT ALERTS

Sign up for text alerts to receive immediate notifications of any weather cancelations, important notices, deadlines, etc. Text alerts are the quickest way to receive all notices and they can be customized by category.



### Social Media



@winfieldrec2160



Facebook.com/

winfieldrecreationcommission

624 College, Winfield, KS 67156