

# WINFIELD RECREATION COMMISSION



## 2023 Winter Activities

Registration Begins  
Monday, December 19th

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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Kyle Larsen, Recreation Coordinator

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### • WRC Board •

Scott Gill, Chair

Joe Wood, Vice Chair

Wendy Burton, Secretary

Marcia McIntire

Jason VenJohn

## HOW TO REGISTER:

**WALK-IN** to the WRC Office - Starting at 8:00am Monday, December 19

**MAIL-IN** to the WRC Office – Starting Monday, December 19

**FAX** (620) 402-2694 – Starting Monday, December 19

**ON-LINE** @ [www.winfieldrec.com](http://www.winfieldrec.com) – Starting at 10:00am Monday, December 19

**TELEPHONE** (620) 221-2160 – Starting at 10:00am Monday, December 19

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

- \* All classes are filled on a first come, first served basis.
- \* Registration is required prior to the start of class. No registrations will be accepted by the instructor.
- \* 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.
- \* \$30 will be charged for returned checks.
- \* You will not be contacted unless your class is cancelled or changed.
- \* Waiting lists will be established when classes are full.
- \* Fees will not be prorated!

## REFUND POLICY

- \* No refunds after the 2nd class meets.
- \* Refunds may take 2-4 weeks to process.
- \* 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. Enrollment must be done in person at the WRC office. **Proof of qualification is required at time of enrollment.**

**REGISTER NOW  
FOR YOUTH AND  
ADULT  
INDOOR SOCCER  
LEAGUES!!!**

**Coming from the WRC this Spring...**

## YOUTH BASEBALL/SOFTBALL LEAGUES

Be on the lookout for youth baseball and softball registration to start in February. The deadline for leagues will be in mid-March with practices beginning in early April. Games will begin the second week of May!

# YOUTH CLASSES

CLASS	INSTRUCTOR	DAYS	DATES	TIME	AGES	LOCATION	FEE
Tumbling	Graycen Elliott	Thursdays	Jan. 26 – Mar. 2	5:15-5:45pm 5:50-6:20pm 6:25-7:00pm	3 & 4 year olds 5 - 7 year olds 7 – 10 year olds	WRC Dance Studio	\$15 \$15 \$17
Intro to Dance (Ballet, Jazz & More)	Graycen Elliott	Tuesdays	Jan. 24 – Feb. 28	5:15-5:45pm 5:50-6:20pm 6:25-7:00pm	3 & 4 year olds 5 - 7 year olds 7 – 10 year olds	WRC Dance Studio	\$15 \$15 \$17
Intro to Ballet	Cloie Cuington	Wednesdays	Jan. 25 – Mar. 1	5:45-6:15pm 6:20-6:50pm 6:55-7:30pm	3 & 4 year olds 5 - 7 year olds 7 – 10 year olds	WRC Dance Studio	\$15 \$15 \$17
SC Basketball Clinic	SC Men's B-ball Team	Wednesday	December 28	10:00-11:00am	1 <sup>st</sup> -6 <sup>th</sup> Graders	SC Fieldhouse	FREE

## YOUTH CLASS DESCRIPTIONS

### TUMBLING

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.

### INTRO TO BALLET

This class will be an introduction to ballet. It will cover the basic steps and positions of ballet. It will teach the students about poise and grace, and will give them an excellent foundation to build their dance abilities from. Socks are required.

### 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.

### HOLIDAY SPECIAL EVENTS

#### Santa Slam Jam 3v3 Basketball Tournament

Gather your buddies and compete in the 2022 Santa Slam Jam 3v3 Basketball Tournament for kids in grades 3<sup>rd</sup>-8<sup>th</sup> grades. This will be a double elimination tournament held on Tuesday, December 27<sup>th</sup> at the Thornton Rec Center. Games will begin at 10:00am and there will be boys' and girls' divisions (3<sup>rd</sup>-5<sup>th</sup> & 6<sup>th</sup>-8<sup>th</sup>). Winner in each division will win a prize! Entry fee is \$30 if entered by December 26. Entry fee is \$45 if registered on December 27.

#### WRC Holiday All-Star Skills Challenge

Put your basketball skills to the test and compete against your peers in the WRC Holiday All-Star Skills Challenge on Thursday, December 29<sup>th</sup> at the Thornton Rec Center. Participants will compete individually in a skills obstacle course and shooting contest like the NBA's All-Star Skills Challenge you see on TV!! There will be boys' and girls' divisions in the following age groups, 1<sup>st</sup>-2<sup>nd</sup>, 3<sup>rd</sup>-4<sup>th</sup>, 5<sup>th</sup>-6<sup>th</sup> and 7<sup>th</sup>-8<sup>th</sup>. Awards will be given to the top two finishers in each division. The best part, this is a FREE event.

### YOUTH INDOOR SOCCER

The WRC is proud to offer youth indoor soccer programs for boys and girls age 3 (as of 9/1/22) through 8<sup>th</sup> grade. These recreational leagues provide a fun, instructional environment for kids to learn and develop their soccer skills. Practices will begin in February and games will be played February thru April. Age 3 thru 2<sup>nd</sup> play on Saturdays, 3<sup>rd</sup>-5<sup>th</sup> boys play on Mondays or Thursdays, 3<sup>rd</sup>-5<sup>th</sup> girls play on Thursdays and 6<sup>th</sup>-8<sup>th</sup> play on Tuesdays. Once games begin, there will be no practices. All games will be played at the Thornton Rec Center. Registration is being accepted now and the deadline to register is Thursday, January 12<sup>th</sup>. Fee is \$20.

### YOUTH OUTDOOR SOCCER

The WRC is now offering a youth Outdoor Soccer program that is recreational based and focuses on skill development in a fun and positive environment for boys and girls ages 3 (age as of 9/1/22) thru 8 grade. The leagues will be a 7-week season with all teams playing by the US Youth Soccer Association small-sided games format. Teams will practice up to two times per week plus an 8-game season. Practices will begin in March and games will begin in April. Games will be played on Monday evenings and Saturday mornings. Shin-guards are required for all participants. Registration will begin on Monday, January 23 and the deadline to sign-up is Thursday, February 23. Fee is \$20.

# ADULT CLASSES (No classes January 16)

## AQUATICS

CLASS	CLASS	CLASS	CLASS	CLASS	CLASS	CLASS
Lap Swim (No class 1/16)	WRC Staff	Mondays-Fridays Mondays-Fridays Mondays-Thursdays	Jan. 3 – Mar. 10 Jan. 3 – Mar. 10 Jan. 3 – Mar. 9	6:00-7:45am 11:45am-1:00pm 6:45-7:30pm	SC Indoor Pool	\$2 or 2 coupons
SilverSneakers Splash	Kyle Larsen	Tuesdays & Thursdays	Jan. 3 – Mar. 9	11:00-11:45am	SC Indoor Pool	\$50
Aquatic Cardio & Strength	Amanda Porter	Tuesdays & Thursdays Saturdays	Jan. 3 – Mar. 9 Jan. 7 – Mar. 11	6:00-6:50pm 8:00-8:50am	SC Indoor Pool	\$55 \$28

## FITNESS

Early Bird Conditioning (No class 1/16)	Kim Tadtman	Mon, Wed & Fri	Jan. 4 – Mar. 10	5:30-6:30am	WRC Aerobics Room	\$70
Fit Over Fifty (No class 1/16)	Aritha Paris	Mon, Wed & Fri	Jan. 4 – Mar. 10	8:00-8:30am 9:30-10:00am	WRC Aerobics Room	\$56
Gentle Yoga (No class 1/16)	Aritha Paris	Mon, Wed & Fri	Jan. 4 – Mar. 10	8:45-9:15am	WRC Aerobics Room	\$56
Chair Yoga (No class 1/16)	Aritha Paris	Mon, Wed & Fri	Jan. 4 – Mar. 10	10:15-10:45am	WRC Aerobics Room	\$56
SilverSneakers Classic	Julie Mignone	Tuesdays & Thursdays	Jan. 3 – Mar. 9	9:00-9:45am	WRC Aerobics Room	\$45
STRONG Nation (No class 1/16)	Sarah Johnson	Mon & Wed	Jan. 4 – Mar. 8	6:00-6:45pm	WRC Aerobics Room	\$40
Cardio Dance - <b>NEW</b>	Sarah Johnson	Wednesdays	Jan. 4 – Mar. 8	6:45-7:30pm	WRC Aerobics Room	\$20

## INDOOR CYCLING

Spin & Abs	Molly Jones	Tuesday & Thursday	Jan. 3 – Mar. 9	6:00-7:00pm	WRC Community Room	\$50
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## OTHER

Drop-In Pickleball	WRC Staff	Mondays-Fridays	Thru February 3	8:00-10:00am	WRC Gymnasium	FREE
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**\*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 or purchase drop-in coupons in the WRC Office. 20 coupons for \$15 (3 coupons per class)

**Walk-in registration begins at 8:00am on Monday, December 19<sup>th</sup>.**  
**On-Line registration begins at 10:00am on Monday, December 19<sup>th</sup>.**  
**Phone-in registration begins at 10:00am on Monday, December 19<sup>th</sup>.**  
**Stop by the WRC Office or call 221-2160. Space is limited!!!**

# ADULT CLASS DESCRIPTIONS

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.



## EARLY BIRD WORKOUT

Wake up to new ideas and challenges. 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.

## 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.

## 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.

## STRONG NATION

STRONG Nation combines high-intensity interval training (HIIT), kickboxing, and strength training using only body weight. Cardio, plyometric, and core training moves are synced to heart-pumping music. This class welcomes all fitness levels. Low, moderate, and high-intensity options are incorporated to personalize the class to your abilities. Bring a water bottle, mat, and towel. Shoes are required; gloves are recommended. Open to men & women. Appropriate for ages 16 and up; under 18 must be accompanied by an adult.

## CARDIO DANCE

Cardio Dance is an epic 45-minute workout disguised as a dance party. With the lights down and music up, you'll burn calories and tone to pop, hip-hop, rock, country, and urban Latin hits. Cardio Dance is personalized to you with low- to high-impact options, so it's safe and effective for all ages and fitness levels.

**Walk-in registration begins at 8:00am on Monday, December 19th.**

**On-Line and Phone-In registration begins at 10:00am on Monday, December 19th.**

**Stop by the WRC Office or call 221-2160.**

**Space is limited!!!**

## SPIN & ABS

Class will begin with a spin warm-up, followed by a challenging bike workout. Participants will then do some ab exercises and a short cool down. This is a great 1 hour class for all abilities.

## DROP-IN PICKLEBALL

Drop-In Pickleball is played at the Thornton Rec Center Monday-Friday from 8:00-10:00am. All levels are welcome.

## WRC UPCOMING SPECIAL EVENTS

Fitness Center Open House: Saturday, January 7  
Daddy/Daughter Date Night: Sunday, February 26  
Spring Break Opportunities: March 13-17  
St. Patty's Day Tournament: March 18

Event fliers will be distributed to children in Winfield Public & Private Schools.

## REC CENTER GYM WALKING HOURS

Monday – Friday: 5:30-8:00am

## ACTIVE ADULT NEWSLETTER

The WRC sends out a bimonthly newsletter full of activities for Seniors (50+). To have your name added to this list, call the WRC Office at (620) 221-2160.

## FREE DROP-IN PICKLEBALL

@ Thornton Rec Center  
Fridays thru February 3  
8:00-10:00am

## DADDY/DAUGHTER DANCE

Join the WRC on February 26 at 5:00pm for this special evening for the little princess (ages 4-10) and her special guy. We will start the evening with a dinner complete with dessert. After dinner, we will turn on some music and dance. Everyone will have a great time in our dance off and other fun games. Cost is \$10 per person.

## ADULT INDOOR SOCCER LEAGUES

The WRC Adult Indoor Soccer league is open to individuals 16 and older. Each league (recreational and SC Intramurals) will be 5v5 with each team playing 8 games starting in February. Entry fee is \$120 per team. The deadline to register is Thursday, January 26. Games will be played on Sundays.

## ADULT CORNHOLE LEAGUE

The WRC Cornhole League will consist of a 10-match season with a tournament to follow beginning January 11<sup>th</sup>. Teams will play two matches per night. Participants must be 16 years old to play. All matches will be played on Wednesday evenings at the Fairgrounds, Building #1. Heat and boards will be provided. Teams may throw their own bags. Entry fee is \$40 per team and the deadline to register is Thursday, December 29<sup>th</sup>.

## ADULT CO-REC ST. PATTY'S DAY SOFTBALL TOURNAMENT

Join the WRC for a St. Patty's Day softball tournament on Saturday, March 18. A maximum of 12 teams will be accepted. Entry fee is \$175 if registered by March 9, \$225 if registered between March 10-16. Teams will get a 3-game guarantee. Prizes awarded to the 1<sup>st</sup> and 2<sup>nd</sup> place teams. Teams showing the best St. Patrick's Day pride will win a prize too. Balls will be provided. USSSA rules will be followed. Maximum of 9 teams.



# SOUTHWESTERN INDOOR SWIMMING POOL IS NOW OPEN

OPEN PUBLIC SWIM TIMES:		ADMISSION PRICES:	
Days	Times	Fee	Ages
Monday & Wednesday	6:00-7:30pm	\$2 or 2 coupons	Ages 13 & older
Saturday & Sunday	2:00-4:00pm	\$1 or 1 coupon	Ages 6 – 12
		Free	5 & under

LAP SWIM TIMES:		
Days	Times	Fee
Monday – Friday	6:00-7:45am	\$2 or 2 coupons
Monday – Friday	11:45am-1:00pm	\$1 or 1 coupon
Monday – Thursday	6:45-7:30pm	Free

## 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, 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. 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 middle/high school student 14 or older

\*\*Senior Citizens 60 years or older

\*\*\*Active or Veteran. Must present proof.

\*\*\*\*For immediate household family members only

## FITNESS CENTER OPEN HOUSE

**Saturday, January 7: 9:00am - Noon**

Come see us during our open house for facility tours, fun door prizes, healthy snacks, and a membership special!

### BOGO 1-MONTH SPECIAL

Buy a 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 7th.

## FITNESS ON DEMAND (FOD)

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 will be offered in our dance studio FREE to Fitness Center members or \$3 per class for non-members.

Huge Class Variety! – Top Notch Instructors! –  
Flexible Class Times!

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