

Winfield Municipal Pool 1936-1997



Winfield Recreation Commission 2023 Summer Activities

Registration Begins on Saturday,
May 20 from 8-10:00am at the
Joe Thornton Recreation Center,
624 College.



Winfield Aquatic Center 1998-Present

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

• Board •

Scott Gill, Chair

Joe Wood, Vice Chair

Wendy Burton, Secretary

Chris Hedges

Jason VenJohn

• Staff •

Troy Moree, Superintendent

troymoree@winfieldrec.com

Candi Fox, Assistant Superintendent

candifox@winfieldrec.com

Jace McIntire, Sports and Special Services Director

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JoAnn Hamlin, Administrative Assistant

joannhamlin@winfieldrec.com

Tyler Osborn, Wellness Director

fitness@winfieldrec.com

Kyle Larsen, Recreation Coordinator

kylelarsen@winfieldrec.com

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 20th from 8-10:00am at the Rec Center**

**On-Line registration begins
Monday, May 22nd at 8:00am, www.winfieldrec.com**

**Phone-In registration begins
Tuesday, May 23rd 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 (No Classes July 3 & 4)

CLASS	INSTRUCTOR	DAYS	DATES	TIME	AGES	LOCATION	FEE
American Red Cross Learn to Swim: Levels 1 - 6	WRC Staff	Monday – Friday (No class July 3 & 4)	1 st Session: June 5 – 16 2 nd Session: June 19 – 30 3 rd Session: July 5 – 14 4 th Session: July 17 – 28	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 st class	Aquatic Center	\$20
Aqua Babies & Parents	WRC Staff	Monday & Wednesday	July 5 – 26	6:15-6:45pm or 6:50-7:20pm	6 – 18 months (as of 7/5/23)	Aquatic Center	\$15
Aqua Tots & Parents	WRC Staff	Monday & Wednesday	July 5 – 26	6:15-6:45pm, 6:50-7:20pm Or 7:25-7:55pm	1.5 – 3 year olds (as of 7/5/23)	Aquatic Center	\$15
Wee Wet Wiggler & Parents	WRC Staff	Monday & Wednesday	June 5 – 28	6:15-6:45pm, 6:50-7:20pm Or 7:25-7:55pm	3 – 5 year olds by 1 st class	Aquatic Center	\$18
Wee Wet Wigglers	WRC Staff	Monday – Friday (No class July 3 & 4)	1 st Session: June 5 – 16 2 nd Session: June 19 – 30 3 rd Session: July 5 – 14 4 th Session: July 17 – 28	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 st class (Must be independent & potty trained)	Aquatic Center	\$20

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.***

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. You will then receive text and/or e-mails about weather cancellations, registration information, important updates and holiday closings from the WRC.

YOUTH CLASSES (No Classes July 3 & 4)

CLASS	INSTRUCTOR	DAYS	1 ST SESSION	2 ND SESSION	TIME	AGES	LOCATION	FEE
Pickleball	Zachary Hammar	Monday & Wednesday	June 5 – 28	July 5 – 26	8:30-9:20am	K-8 th Graders	Albright Park	\$15
Tot Time	Laura Shriner & Riley White	Monday & Wednesday OR Tuesday & Thursday	June 5 – 29	July 5 – 27	9:15-9:45am	3 – 5 year olds	Rec Center	\$15
Games, Games & More Games (Cornhole, Frisbee, Bocce Ball...)	Zachary Hammar	Monday & Wednesday	June 5 – 28	July 5 – 26	10:00-10:50am	K-5 th Graders	Rec Center	\$15
Mini Vikings – Soccer Mini Vikings – Football Mini Vikings – Basketball	Zachary Hammar	Monday – Thursday	June 5 – 8 June 12 – 15 June 19 – 22	July 10 – 13 July 17 – 20 July 24 – 27	11:00-11:45am	3 – 5 year olds	Rec Center	\$10
Dodgeball Mania	Zachary Hammar	Monday & Wednesday	June 5 – 28	July 5 – 26	1:00-1:50pm 2:00-2:50pm	K-2 nd Graders 3 rd -6 th Graders	Irving School	\$15
Archery	Zachary Hammar	Tuesday & Thursday	June 6 – 29	July 6 – 27	9:00-9:45am 10:00-10:45am	9 – 12 year olds	Rec Center Field	\$15
Basketball Ball Handling & Shooting Program	JoAnn Hamlin	Tuesday & Thursday	June 6 – 29	July 6 – 27	2:00-3:00pm 3:00-4:00pm	1 st -4 th Graders 5 th -8 th Graders	Middle School	\$15
Skating Fun	Main Street Skate Staff	Friday	June 2 – 23	July 7 – 28	10:30-11:30am 11:30am-12:30pm	5 – 8 year olds 9 & older	Main Street Skate	\$30/session \$10/day
Blastball League (Registration Deadline May 30)	Volunteer Coaches	Mon, Wed & Thur	June 12 – 30		Evening Games	3 & 4 year olds (Age as of 5/1/23)	Broadway Recreation Complex	\$20
Youth Tennis	Janie Grow & Staff	Monday – Thursday	June 5 – 15 and/or June 19 – 29	July 10 – 27	8:00-8:50am 9:00-9:50am 10:00-10:50am	4 & older	Vaughan Tennis Center	\$15/session in June \$20 (July)
Tennis Academy	WHS/WMS Coaches	Monday – Thursday	June 5 – 22	July 10 – 27	11:00-11:50am	6 th – 12 th Graders	Vaughan Tennis Center	\$25
Skateboarding 101	Josh Pappan	Tuesday – Thursday	June 6 – 29	July 6 – 27	9:00-9:50am 10:00-10:50am	Beginners: 8 & up Intermediates: 8 & up	Fairgrounds, Barn #10	\$15
Disc Golf Clinic	Josh Pappan	Wednesday	June 7 & June 14		7:00-8:00pm	7 - Adults	Cherry Street Park	\$5
Tumbling & Gymnastics	Laura Shriner & Riley White	Tuesday & Thursday	June 6 – 29	July 6 – 27	10:00-10:30am 10:40-11:10am 11:15-11:45am	3 & 4 year olds 5 & 6 year olds 7-12 year olds	WRC Dance Studio	\$15
Intro to Dance	Laura Shriner & Riley White	Monday & Wednesday	June 5 – 28	July 5 – 26	10:00-10:30am 10:40-11:10am 11:15-11:45am	3 & 4 year olds 5 & 6 year olds 7-12 year olds	WRC Dance Studio	\$15

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Tuesday, May 23rd at 8:00am, (620) 221-2160.**

YOUTH CLASS DESCRIPTIONS

PICKLEBALL

Kids will learn the rules and how to play the newest craze...PICKLEBALL. After covering the game rules, kids will be divided into groups to play on the NEW Albright courts. Equipment will be provided. Grades are based on the 23-24 school year.

TOT TIME

This program is a great opportunity for your youngster to work on their gross motor skills during the summer. Kids will play while working on jumping, skipping, balancing, throwing and many more.

GAMES, GAMES & MORE GAMES

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.

MINI VIKINGS

Soccer, Football, Basketball

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.

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 23-24 school year.

ARCHERY

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

BASKETBALL BALL HANDLING & SHOOTING PROGRAM

WRC is offering this new summer basketball program featuring our experienced program instructor, JOANN HAMLIN. JoAnn played college basketball at the University of Iowa and will use her knowledge and expertise to help the participants of this camp take their game to the next level with better ball handling and shooting skills. Grades are based on the 23-24 school year.

SKATING FUN

Join WRC and Main Street Skate for fun skate & learn Fridays! No matter what your skating level is, the staff at Main Street Skate will help you improve in a fun and exciting atmosphere! You can bring your own skates or use a pair of their skates which is included in the fee. You can register for the entire session at a discounted price, or you can pay at the door each Friday that is scheduled.

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 5/1/23) 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. The registration deadline for this program is Tuesday, May 30. Call the WRC at (620) 221-2160 if you are interested.

YOUTH TENNIS

Enjoy learning the skills of this lifetime sport with our fun tennis staff. This program is for beginners through advanced players ages 4 to 8th grade. Kids will be divided into groups based on age and ability.

TENNIS ACADEMY

This program is for any 2023-24 Middle School and High School player with match experience or by permission from Coach Grow. Participants will work on tennis fundamentals through drills, games, and matches.

SKATEBOARDING 101

Beginners will be taught the Fundamentals of skateboarding which include how to get on, stance(regular /goofy), foot placements, turning, stopping and picking up which will contribute towards balance & board control for Manual and Ollie. Classes will be taught about maintenance to the skateboard, skate etiquette and general respect towards others/themselves and ones skateboard.

Intermediate is for those who have first attended the beginners class and are ready to progress further at the discretion of the instructor. This class will cover "Pop Stance" for fakie, nollie, switch ollies, back and frontside 180s, shuv it, kick and heel flips, and basic grinds (50-50s and boardslides).

DISC GOLF CLINIC

Have you ever wanted to play Disc Golf but just don't know how to get started? Join Josh on June 7 and June 14 for a brief introduction to the sport. Equipment will be provided.

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.

YOUTH ENRICHMENT CAMPS (Grades based on 2023-24 school year)

CLASS	INSTRUCTOR	DAYS	1 ST SESSION	2 ND SESSION	TIME	AGES	LOCATION	FEE
Wild Camp – Science	Deb Abernathy	Monday – Thursday	June 5 – 8		1:30-4:30pm	1 st – 6 th Graders	Irving School	\$30
Adventure Camp – Bugs & Nature	Jennifer Solis	Monday – Thursday	June 5 – 8		1:30-4:30pm	1 st – 6 th Graders	Lowell School	\$30
Wild Camp - Chemistry	Brandi Rohr-Sandlin	Monday – Thursday	June 12 – 15	July 10 – 13	1:30-4:30pm	1 st – 6 th Graders	Irving School	\$30
Adventure Camp – Summertime Science	Jennifer Solis	Monday – Thursday	June 12 – 15		1:30-4:30pm	1 st – 6 th Graders	Lowell School	\$30
Wild Camp - Engineering	Brandi Rohr-Sandlin	Monday – Thursday	June 19 – 22	July 17 – 20	1:30-4:30pm	1 st – 6 th Graders	Irving School	\$30
Adventure Camp – Harry Potter	Jennifer Solis	Monday – Thursday	June 19 – 22		1:30-4:30pm	1 st – 6 th Graders	Lowell School	\$30
Wild Camp - Science	Brandi Rohr-Sandlin	Monday – Thursday	June 26 – 29		1:30-4:30pm	1 st – 6 th Graders	Irving School	\$30
Adventure Camp – Secret Spy School	Jennifer Solis	Monday – Thursday	June 26 – 29		1:30-4:30pm	1 st – 6 th Graders	Lowell School	\$30
Adventure Camp – Make Music	Jennifer Solis	Monday – Thursday		July 10 - 13	1:30-4:30pm	1 st – 6 th Graders	Lowell School	\$30
Winfield Whereabouts	Jalaine Richardson & Allison Homan	Monday – Friday		July 10 – 14	9:00am-2:00pm	6 th – 8 th Graders	Chamber of Commerce	\$50

ENRICHMENT CAMP DESCRIPTIONS

WILD CAMP - SCIENCE

Join me for four fun packed days of science activities including: unlocking the secret of the BLACK MYSTERY SQUARES; blasting alka seltzer rockets; making lava lamps; creating shrinky dinks, identifying rocks and minerals; and so much more.

ADVENTURE CAMP – NATURE & BUGS

Come and explore the life of bugs and other things that crawl. Discover different habitats and make your own insect home. Search for bugs along nature trails.

WILD CAMP - CHEMISTRY

What you see isn't always what you get when learning chemistry. See how lemon juice lets you write a secret message. Learn how red cabbage juice dyed paper has a surprise when painted with different clear liquids. Then find out how cyanotype paper is made, then make your own "blueprint" art with help from the sun. How does salt and ice help make a sweet summer treat?

Registration begins
Saturday, May 20th from 8-10:00am.

On-Line Registration begins
Monday, May 22nd at 8:00am.

Phone-in registration begins
Tuesday, May 23rd at 8:00am.

ADVENTURE CAMP – SUMMERTIME 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.

WILD CAMP - ENGINEERING

Engineering fun with things you can find around the house. Who can build the strongest bridge out of paper? Will your marshmallow go the farthest when we build popsicle catapults? Can you build a paper tower taller than you? Is it really possible to build a ring out of Pringles?

ADVENTURE CAMP – HARRY POTTER

What house are you in at Hogwarts? Come and get sorted! We will be making lots of potions. Come and make your own wand and get a wand permit. Which house is the best at making polyjuice potion, Professor Snape's magic potion, Butterbeer and other magical potions?

ADVENTURE CAMP – SECRET SPY SCHOOL

Attention all secret agents!! Time has arrived for your secret mission, should you choose to accept it. Choose your own spy name and receive your spy I.D. card. We will be learning to crack codes, dust finger prints and several other essential spy skills. Come and join in the spy training and receive your official spy certificate.

ADVENTURE CAMP – MAKE MUSIC

In this camp will learn to make music with different things from around the house. We will learn ways to change tones and pitch. Different songs will be played throughout the week.

WINFIELD WHEREABOUTS

Have you ever heard of Colonel Manning, been in the vault at a bank or seen how the water is filtered at the pool? Come and be a part of the Winfield Recreation Commission's second Winfield Whereabouts camp, July 10-14. Winfield Whereabouts is a local community camp for Winfield Middle School students. The purpose of the camp is to introduce kids to all that Winfield has to offer hoping that they will become future leaders in our community. During the week long camp, kids will learn fun facts about Winfield, tour local businesses, eat at local restaurants and complete a community service project. It will be a week to make new friends, learn about Winfield and have lots of FUN!

YOUTH FIELD TRIPS

CLASS	INSTRUCTOR	DAYS	1 ST SESSION	2 ND SESSION	TIME	AGES	LOCATION	FEE
Cinderella at the Crown Uptown	WRC Staff	Friday	June 9		10:30am-3:00pm	7 & older	Meet at WRC	\$20
Alley Indoor Entertainment	WRC Staff	Friday	June 16		12:45-5:00pm	7 & older	Meet at WRC	\$30
Aviate Trampoline Park	WRC Staff	Friday	June 23		12:45-5:00pm	7 & older	Meet at WRC	\$30
Wichita Ice Center-Ice Skating	WRC Staff	Friday	June 30		12:45-5:00pm	7 & older	Meet at WRC	\$15
Bliss Rock Climbing & Fitness	WRC Staff	Friday		July 7	12:45-5:00pm	7 & older	Meet at WRC	\$30
Tanganyika Wildlife Park	WRC Staff	Friday		July 14	12:45-5:00pm	7 & older	Meet at WRC	\$25
Rock River Rapids	WRC Staff	Friday		July 21	12:45-5:00pm	7 & older	Meet at WRC	\$15
Dave & Busters	WRC Staff	Friday		July 28	10:00am-3:00pm	7 & older	Meet at WRC	\$30

YOUTH FIELD TRIP DESCRIPTIONS

CINDERELLA AT THE CROWN UPTOWN – JUNE 9

We will travel to Wichita to the Crown Uptown to see Cinderella performed by the Wichita Children’s Theatre. The bus will leave the WRC at 10:30am. When we get to the theatre we will have a pizza lunch before the show. Following the show we will return to the WRC around 3:00pm.

ALLEY INDOOR ENTERTAINMENT– June 16

Join the WRC Staff for an afternoon at Alley Indoor Entertainment where you will have a chance to bowl, ride Go-Karts and play arcade games. Each person will receive a \$10 arcade card and more 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.

AVIATE TRAMPOLINE PARK – June 23

Come with us to Wichita’s indoor trampoline park and family fun center that is perfect for all ages and fitness levels. A waiver is required for all participants. 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.

WICHITA ICE CENTER – June 30

Join us on a trip to Wichita’s premier destination for all things ice related, the Wichita Ice Center. We will leave the rec center at 12:45pm and travel by bus to Wichita. After skating for 2 hours we will return to Winfield at 5:00pm.

BLISS ROCK CLIMBING – July 7

Come with us on an adventurous afternoon climbing up 40-foot walls with your friends. A waiver is required for all participants. We will leave the rec center at 12:45pm and travel by bus to Wichita. After climbing we will return to Winfield at 5:00pm.

TANGANYIKA WILDLIFE PARK – July 14

Spend the afternoon at Tanganyika Wildlife Park getting up close and personal with some of the residents. We will get to have close encounters with 3 animals plus see many more. We will also allow some time to play in the splash pad so bring a towel. The bus will leave the rec center at 12:45pm and travel by bus to Wichita. After playing with the animals we will return to Winfield at 5:00pm.

ROCK RIVER RAPIDS – July 21

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.

DAVE & BUSTERS – July 28

Join the WRC Staff on a fun trip to Dave & Busters. We will leave the WRC at 10:00am and travel to Wichita. We will have lunch when we arrive then play games for 2 hours before returning to the Rec Center at 3:00pm.

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.

**Registration Kick-Off:
Saturday, May 20, at the Rec Center from 8-10:00am!**

YOUTH SPORTS CAMPS

(Grades based on the 2023-24 school year)

CLASS	INSTRUCTOR	DAYS	DATES	TIME	AGES	LOCATION	FEE
SC Basketball Camp	SC Coach Matt O'Brien	Tuesday – Friday	May 30 – June 2	9:00-10:15am 10:30am-12:00pm	1 st – 5 th Graders 6 th – 9 th Graders	Stewart Fieldhouse	\$55
WHS Soccer Camp	WHS Coaches, Charles Osen & Kyle Larsen	Monday – Thursday	June 26 – 29	8:00-9:00am 9:00-10:30am 10:30am-12:00pm	3 yr. old – K 1 st – 5 th Graders 6 th – 9 th Graders	SC Stadium	\$25
WHS Baseball Camp	Grant Newton & WHS Players	Monday – Thursday	June 5 – 8	10:00am-12:00pm	7 & older	Broadway Field #2	\$20
SC Volleyball Camp Mighty Moundbuilders	SC Coach, Maggie Hans	Monday	July 10	8:30am-12:00pm	3 rd – 8 th Graders	WHS Auxiliary Gym	\$25
SC Volleyball Camp: Fast Fours	SC Coach, Maggie Hans	Tuesday – Thursday	July 11 – 13	6:30-9:00pm	8 th – 12 th Graders + College Students	WHS Auxiliary Gym	\$50
SC Volleyball Camp: Elite Skills Camp	SC Coach, Maggie Hans	Tuesday – Thursday	July 11 – 13	8:30am-12:00pm	9 th – 12 th Graders	WHS Auxiliary Gym	\$60 or \$25/day
SC Football Camp	SC Coach, Brad Griffin	Tuesday & Wednesday	June 6 & 7	8:00 – 11:00am	1 st – 8 th Graders	SC Stadium	\$15
WHS Basketball Camp	WHS Coach, Jason VenJohn	Tuesday – Friday	August 1 – 4	9:00-10:15am 10:30am-12:30pm	1 st – 4 th Graders 5 th – 8 th Graders	WHS Auxiliary Gym	\$20

Registration begins Saturday, May 20th from 8-10:00am.
On-Line Registration begins Monday, May 22nd at 8:00am.
Phone-in registration begins at 8:00am on Tuesday, May 23rd.
Stop by the WRC Office or call 221-2160. Space is limited!!!

FALL YOUTH SPORTS LEAGUES

FALL YOUTH VOLLEYBALL

The WRC is happy to offer Youth Volleyball leagues for kids in grades 3rd-6th 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 late August 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 28th.

FALL OUTDOOR SOCCER

The WRC Youth Soccer program is a recreational based program for age 3 thru 8th grade (age/grade as of 9/1/22) that focuses on skill development in a fun and positive environment. The Co-Rec leagues will play by the small sided game format. Teams will practice up to two times per week during the season and play an 8-game season. Practice days and times are decided by the coaches after teams are formed. Games will be played on Monday nights and Saturday mornings beginning September 10th. Participants can wear cleats or tennis shoes. Shin-guards are required. Entry fee is \$20 and the deadline to register is July 28.

YOUTH SPORTS DESCRIPTIONS

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 2023-24 school year. WRC scholarships aren't available for this program.

SC SOCCER CAMP

Join WHS Coaches Charles Osen and Kyle Larsen and their 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. Grades are based on the 2022-23 school year.

WHS BASEBALL CAMP

Increase your baseball skill level with participating in this 4-day camp instructed by WHS Head Baseball Coach Grant Newton 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 VOLLEYBALL CAMP MIGHTY MOUNDBUILDERS

Do you want to improve your passing, setting and hitting? Here is a chance to learn the correct techniques with SC Coach, Maggie Hans. Campers will play games, work on technique and have a lot of FUN! Grades are based on the 2023-24 school year.

SC VOLLEYBALL CAMP FAST FOURS

Fast 4's is a fast-paced game that involves a lot of players at the same time while getting a lot of real contact that is game-like. This is a great way to prepare for the upcoming season with SC Coach, Maggie Hans. Grades are based on the 2023-24 school year. WRC scholarships aren't available for this program.

SC VOLLEYBALL CAMP ELITE SKILLS

Elite Skills Camp is a chance for high schoolers to get a realistic perspective on their own skillset and some exposure to college coaches. Here is a chance to learn and work with SC Coach, Maggie Hans. Campers will play games, work on technique and have a lot of FUN! Grades are based on the 2023-24 school year. WRC scholarships aren't available for this program.

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 2-day minimal contact football camp for kids in grades 1st – 8th. 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 2023-24 school year.

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 2022-23 school year.

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 (20 yards)		Monday & Wednesday	June 5 – 28	July 5 – August 2	6:15-6:55pm 7:05-7:45pm	Aquatic Center	\$15
Lap Swim (50 meter)		Monday, Wednesday, Friday	June 5 – 30	July 5 – 28	12:45-1:15pm	Aquatic Center	\$36
Take It To The Deep	Amanda Porter	Monday & Wednesday	June 5 – 28	July 5 – August 2	6:15-6:55pm	Aquatic Center	\$20
Aqua Strength & Stretch	Amanda Porter	Monday & Wednesday	June 5 – 28	July 5 – August 2	7:05-7:45pm	Aquatic Center	\$20
FITNESS							
CLASS	INSTRUCTOR	DAYS	SESSION 1	SESSION 2	TIME	LOCATION	FEE
Early Bird Conditioning Workout	Kim Tadtman	Monday, Wednesday, Friday	June 5 – July 28		5:30-6:30am	Aerobics Room	\$58
Fit Over Fifty	Aritha Paris	Monday, Wednesday, Friday	June 5 – July 28		8:00-8:30am	Aerobics Room	\$46
Gentle Yoga	Aritha Paris	Monday, Wednesday, Friday	June 5 – July 28		8:45-9:15am	Aerobics Room	\$46
Chair Yoga	Aritha Paris	Monday, Wednesday, Friday	June 5 – July 28		10:15-10:45am	Aerobics Room	\$46
SilverSneakers Classic	Julie Mignone	Tuesday & Thursday	June 6 – July 27		9:00-9:45am	Aerobics Room	\$34
STRONG Nation	Sarah Johnson	Monday & Wednesday	June 5 – July 26		6:00-6:45pm	Aerobics Room	\$34
Cardio Dance	Sarah Johnson	Wednesday	June 7 – July 26		6:45-7:30pm	Aerobics Room	\$18
INDOOR CYCLING							
CLASS	INSTRUCTOR	DAYS	SESSION 1	SESSION 2	TIME	LOCATION	FEE
Senior Spin	Aritha Paris	Monday, Wednesday, Friday	June 5 – July 28		9:30-10:00am	Community Room	\$46
Just Spin	Molly Jones	Tuesday & Thursday	June 7 – July 28		6:00-6:30pm	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.

For Aquatic Classes, purchase a \$3 drop-in coupon in the WRC Office prior to class.

**Registration begins Saturday, May 20th from 8-10:00am.
On-Line Registration begins Monday, May 22nd at 8:00am.
Phone-in registration begins at 8:00am on Tuesday, May 23rd.
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. Participants must enroll in a time slot at the Aquatic Center or buy a drop-in coupon at the WRC Office for \$3 per coupon.

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.

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.

SENIOR SPIN

This class is specifically designed for beginners and seniors. Class will consist of a 10-minute warm up then a 15 minute spin workout followed by a 5 minute cool down with balance exercises. The class is light aerobics, great for your joints and the best part is you set your own pace.

JUST SPIN

Just Spin is a quick 30-minutes class that will consist of a spin warm-up, followed by a challenging bike workout. This is a great option for those with busy schedules

WRC SPECIAL EVENTS

WRC SPECIAL EVENTS

Summer Registration Kick Off – May 20
Winfield's 150 Celebration – June 2-4
2-Person Golf Scramble – June 9
June Bug Jog & Ride – June 10
Active Adult Picnic & Music in the Park – June 16
Fitness in the Park – June 17, June 24, July 8 & July 15
WRC Hotdog Night with the Moos – June 18
End of Season Baseball/Softball Swim Party – July 10
Adult Co-Rec Softball Tournament – July 22
Puzzle Palooza – July 23
Pooch Plunge – August 14
Joe Thornton Scholarship Golf Scramble – August 26

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 1st. The deadline to register is Thursday, July 20th.

CO-REC SOFTBALL TOURNAMENT

Join the WRC for the adult Summer SlugFest Co-Rec softball tournament on July 22nd. A max of 12 teams will be accepted. Entry fee is \$150 if registered before July 6th, \$200 if registered between July 7-13. Teams will get a 3-game guarantee. Championship T-shirts plus cash/gift cards. Balls will be provided.

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 11th. The deadline to turn in your roster with entry fee is Thursday, June 1st.

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 9 with a 1:00pm shotgun start, 12:00 check-in. The fee is \$50 per person which includes range, cart, green fees, and 2 mulligans. Tournament will be flighted with cash prizes. We are limited to 30 teams so pre-register 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 26 with a 9:00am shotgun start, 8:00 check in. The fee is \$80 per person which includes range, cart, green fees and 2 mulligans. Tournament will be flighted with top winners receiving cash prizes. Tournament is limited so pre-register by calling (620) 221-2160.

PUZZLE PALOOZA

Get your team (2-4 people) ready to compete in the 3rd WRC Puzzle Palooza on Sunday, July 23 from 2-4:00pm at Baden Square. Teams will race to see who can complete the puzzle of Winfield's 150 sign 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 \$40 per team.

JUNE BUG JOG & RIDE

Join William Newton Hospital, WRC and Walnut Valley Outpost for the 34th June Bug Jog & Ride on Saturday, June 10 at WHS. The event will consist of a 1-mile fun run, a 5K, an 18-mile cycle and Jr. June Bug races. The ride will begin at 7:50am, the 5K at 8:00am, the 1-mile at 8:10am and the Jr. races at 9:00am. Entry fee is \$20 for the 1-mile, 5k and ride. Jr. Races are \$10 with a shirt or \$3 without. Register in the WRC Office, 624 College or on-line at runsignup.com/Race/KS/Winfield/Junebug.

WRC REC ALERTS

Want to be in the know about happenings at the WRC? Use the QR code to sign up to receive text and/or e-mails about weather cancellations, registration information, important updates and holiday closings from the WRC.



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 August 14. Small dogs (under 30 lbs.) from 5:30-6:20 and large dogs (over 30 lbs.) from 6:30-7:20pm! We will close the pool to humans and neutralize the chemicals to make the water safe for the canines. Fee is \$5 until August 11 and \$10 at the door.

WRC HOTDOG NIGHT WITH THE MOOS

Don't miss out on this exciting night at the ballpark on Sunday, June 18 at 6:00pm. WRC is partnering with the Midwest Moos for an awesome night at the Broadway Sports Complex. WRC will provide a FREE hotdog meal to the first 300 people. There will also be raffle prizes and games on the field between innings. Admission is FREE to all WRC youth baseball/softball players with the T-shirt on and Seniors 55+.

FITNESS IN THE PARK

Join us for a FREE community fitness program at Island Park (look for the WRC banner) on Saturday mornings from 8-9am, June 17, June 24, July 8 and July 15. Various community fitness instructors will lead a fantastic exercise workout, new and different each week. This is a great opportunity to start a new exercise routine, to meet new people and get healthy.



WINFIELD FITNESS CENTER

(620) 221-3062



Monday – Thursday
 Friday
 Saturday
 Sunday

5:30am – 9:00pm
 5:30am – 7:00pm
 8:00am – 4:00pm
 12:00pm – 4:00pm

	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!