

# WRC

## Winfield Recreation Commission

December, 2023

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

# Winter Session

Stay healthy and active through winter! The Winter session registration will open on Monday, December 18th. Walk-in registration starts at 8:00 a.m. in the WRC Office, online and phone in registration begins at 10:00 a.m. Space is limited! Winter Session brochures will be delivered to all Winfield postal customers or if you live outside the area call to be added to our brochure mailing list.

**Registration Begins**  
**Monday, December 18th**

*Happy Holidays*

## Youth & Adult Classes, Activities, & Leagues!

### Adult

Aerobics Classes  
Spin Classes  
Tai Chi for better balance—NEW  
Cornhole League  
Indoor Soccer League  
Bells and Bands—NEW

### Youth

Indoor Soccer  
Intro to Jazz & Ballet  
Cornhole  
Pickleball  
Free Basketball Clinic

# Youth Indoor Soccer

The WRC is offering youth indoor soccer leagues for boys and girls age 3 (as of 9/1/23) 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 late January and games will be played February thru April. Age 3 thru 2<sup>nd</sup> grade 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 January 11th. Fee is \$20.



## Holiday Open Swim

Are the kids bored and driving you CRAZY??? Bring them to the Southwestern College Indoor Pool to burn off some energy! Just pay at the door

**Dates:** Dec. 27, 28, 29

Jan. 2, 3, 4, 5

**Time:** 2:00-4:00 pm

**Location:** SC Indoor Pool

**Fee:** \$1 per person

## Southwestern College Christmas Basketball Free Clinic

Wednesday Dec. 27th

1:00 - 2:00 p.m.

SC Fieldhouse

Grades 1st - 9th

Boys & Girls

Take your game to the next level with the SC Men's & Women's basketball teams  
**Free Clinic!**

## Upcoming Events Calendar

Winter Registration Begins	Dec. 18th
SC Free Basketball Clinic	Dec. 27th
Fitness Center Open House	Jan. 6th
Winter Session Begins	Jan. 8th
Youth Indoor Soccer Deadline	Jan. 11th
Adult Indoor Soccer Deadline	Jan. 25th
Daddy/Daughter Date Night	Feb. 18th

# Health & Wellness ♦ Helping women to overcome fat loss resistance

Despite your obsession with thinness, somehow your body has not connected to your mind and each Monday as you creep on the scale you become more desperate. Do you look at your body in the mirror and wonder how fat seems to be growing in places it's never been? If this sounds familiar, don't despair! I'll share with you some hidden secrets that can help you understand why you may be getting fatter rather than fitter and why fat loss is a greater challenge for women than men!

Father Time- Beginning in our mid-20's, women lose approximately 7 pounds of muscle mass and gain 15 pounds of fat every decade. (Men lose about 5 pounds of muscle a decade) So, by our mid-40's, we will have lost almost 15 pounds of metabolically active muscle and replace it with 30 pounds of sluggish fat (if you are not exercising). While the scale tells us

that we are only 15 pounds heavier, our metabolism has been dramatically reduced and body composition has changed in unfavorable proportions. The good news is that these changes are, in large part, the result of inactivity and can be reversed with exercise.

Unfortunately, it gets worse for women. After menopause, the rate of muscle loss doubles going from 7 pounds a decade to 14 pounds. By the time a woman is in her 60's she can have as little as 20-30 pounds of muscle left so not only is she displeased with her figure, but she is more prone to falls and breaking bones.

Also with age, the skin begins to lose its elasticity, sag, and lose its ability to contain fat giving a ripple appearance often referred to as cellulite. The dimpled effect is caused by the fibers of connective tissue losing elasticity and

allowing the fat to seep through like yogurt through cheesecloth. Yuck!

Muscle is what drives your metabolism. For every pound of muscle in your body you need 35-50 calories per day to sustain it. For every pound of fat on your body, you need a modest 2 calories per day.

Hint: Begin strength training today!

## TOP 10 FC Members

1. Lance Austin
2. Ashley Chastain
3. Sheryl Clower
4. Nicole Shea
5. Jayden Tate
6. Caitlin Labbe
7. Heather Barrier
8. Jake Marney
9. Patricia Matthews
10. Lachlan Brear, Rick Hernandez, Alex Markus, Tri Nguyen



## WRC Fitness Tip

Have healthy snacks on-hand solution for the munchies. When you need to munch, make popcorn because you can eat a lot for not many calories. Or how about baby carrots, apple slices or almonds. Put your snacks in baggies and carry them with you to avoid going through the drive thru in desperation.



## Wellness Director

**Tyler Osborn**  
624 College  
Winfield, KS

## Fitness Center Supervisors

**Kyle Larsen**  
**Lance Austin**  
**Emma Lincoln**

## Oatmeal Banana Muffins

- 1: Preheat oven to 350 degree. Place 12 paper or silicone liners in your muffin tin.
- 2: in a large bowl, whisk together mashed bananas (3 ripe), maple syrup (1/2 c.), eggs (2 large), vanilla extract (1 tsp), coconut oil (1/4 c.) and almond milk (1/4 cup unsweetened) until combined
- 3: In a medium bowl, combine oat flour (1c.), almond flour (1 c.), rolled oats (1/2 c.), baking soda (1 tsp), baking powder (1/2 tsp), cinnamon (1 tsp), and salt (1/2 tsp)
- 4: pour the dry mixture into the bowl with the wet ingredients and stir until mixture is just combine
- 5: fold in chocolate chips and divide batter evenly into 12 muffin tins. Top muffins with rolled oats
- 6: bake for 25-27 minutes, remove from tin after a few mins so the don't continue to cook. Let cool completely on a wire rack.

**Did You Know?**

# Fitness Center Open House

**Saturday, January 6th 9:00 a.m.**

Come see us during our open house for facility tours,  
healthy snacks, and membership specials!

## **BOGO 1-Month Membership**

Buy a 1-Month Membership for the Fitness Center and receive your 2nd month FREE! Limited to one per-person and new members only. Staff will be on hand to answer any questions about the rec center and enroll new members! Specials only good on January 6th.

## **Workout Annual Membership Special**

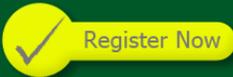
Any Current member that renews their membership on Saturday, January 6th, 2024 will be entered into a raffle drawing to get their membership FREE Specials only good on January 6th.

## 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**
- 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.

Sign up @winfieldrec.com



#### **Contact Us**



@winfieldrec2160



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winfieldrecreationcommission



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