

WINFIELD RECREATION COMMISSION



2024 Winter Activities
Registration Begins
Monday, December 18th

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

• Staff •

Troy Moree, Superintendent
troymoree@winfieldrec.com

Candi Fox, Assistant Superintendent
candifox@winfieldrec.com

Jace McIntire, Sports Director
jacemcintire@winfieldrec.com

JoAnn Hamlin, Administrative Assistant
joannhamlin@winfieldrec.com

Tyler Osborn, Wellness Director
fitness@winfieldrec.com

Kyle Larsen, Recreation Coordinator
kylelarsen@winfieldrec.com

• WRC Board •

Scott Gill, Chair

Joe Wood, Vice Chair

Wendy Burton, Secretary

Chris Hedges

Jason VenJohn

HOW TO REGISTER:

WALK-IN to the WRC Office - Starting at 8:00am Monday, December 18

MAIL-IN to the WRC Office – Starting Monday, December 18

FAX (620) 402-2694 – Starting Monday, December 18

ON-LINE @ www.winfieldrec.com – Starting at 10:00am Monday, December 18

TELEPHONE (620) 221-2160 – Starting at 10:00am Monday, December 18

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.

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

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.**

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 third week of May!

YOUTH CLASSES

CLASS	INSTRUCTOR	DAYS	DATES	TIME	AGES	LOCATION	FEE
Intro to Jazz & Ballet	Cloie Cuington & Kelsie McNutt	Mondays	Jan. 22 – Mar. 4	6:15-6:45pm 6:50-7:20pm	3-5 year olds 6-12 year olds	WRC Dance Studio	\$16
SC Basketball Clinic	SC Basketball Teams	Wednesday	December 27	1:00-2:00pm	1 st -9 th Graders	SC Fieldhouse	FREE

YOUTH CLASS DESCRIPTIONS

INTRO TO JAZZ & BALLET

This class will be an introduction to jazz and ballet. It will cover the basic steps and positions. 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 the SC basketball coaches and players for a FREE 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.



YOUTH HOLIDAY SPECIAL EVENTS

PICKLEBALL TOURNAMENT

Join in the fun at the WRC over the Holiday Break with a Youth Pickleball Tournament on Wednesday, January 3. You can register as a team or individually. Although the activity is FREE, you must register at the WRC Office, (620) 221-2160 by 1:00pm on Friday, December 29. Divisions for 6th-8th Grade and High School will be offered. Prizes will be awarded to the top teams in each division.

CORNHOLE TOURNAMENT

Join in the fun at the WRC over the Holiday Break with a Youth Cornhole Tournament on Thursday, January 4. Individual registration only and we will play a Switchholio Style Tournament (new partner each round). Although the activity is FREE, you must register at the WRC Office, (620) 221-2160 by 5:00pm on Tuesday, January 2. Divisions for 3rd-5th, 6th-8th and High School will be offered. Prizes will be awarded to the top teams in each division.

OPEN SWIM

Are the kids bored and driving you CRAZY??? The Southwestern College Pool will be open from 2:00-4:00pm on December 27, 28, 29 and January 2, 3, 4, 5 for open swim. Cost is \$1 per person. Please pay at the door.

YOUTH INDOOR SOCCER

The WRC is proud to offer youth indoor soccer programs for boys and girls age 3 (as of 9/1/23) through 8th 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 2nd play on Saturdays, 3rd-5th boys play on Mondays or Thursdays, 3rd-5th girls play on Thursdays and 6th-8th 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 11th. 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 9/1/23) 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 22 and the deadline to sign-up is Thursday, February 22. Fee is \$20.

ADULT CLASSES (No classes January 15)

AQUATICS						
CLASS	CLASS	CLASS	CLASS	CLASS	CLASS	CLASS
Lap Swim (No class 1/15)	WRC Staff	Mondays-Fridays Mondays-Fridays Tuesdays-Thursdays	Jan. 2 – Mar. 8 Jan. 2 – Mar. 8 Jan. 2 – Mar. 7	6:00-7:45am 11:30am-1:00pm 6:50-7:30pm	SC Indoor Pool	\$2 or 2 coupons
SilverSneakers Splash	Kyle Larsen	Tuesdays & Thursdays	Jan. 9 – Mar. 7	11:00-11:45am	SC Indoor Pool	\$45
Aquatic Cardio & Strength	Amanda Porter	Tuesdays & Thursdays Saturdays	Jan. 9 – Mar. 7 Jan. 13 – Mar. 9	6:00-6:50pm 8:00-8:50am	SC Indoor Pool	\$45 \$25
FITNESS						
Early Bird Conditioning	Kim Tadtman	Mon, Wed & Fri	Jan. 8 – Mar. 8	5:30-6:30am	WRC Aerobics Room	\$60
Fit Over Fifty	Aritha Paris	Mon, Wed & Fri	Jan. 8 – Mar. 8	8:00-8:30am	WRC Aerobics Room	\$52
Gentle Yoga	Aritha Paris	Mon, Wed & Fri	Jan. 8 – Mar. 8	8:45-9:15am	WRC Aerobics Room	\$52
Tai Chi for Better Balance - NEW	Krista Perkins	Mon & Wed	Jan. 8 – Mar. 6	9:30-10:00am	WRC Aerobics Room	\$34
Chair Yoga	Aritha Paris	Mon, Wed & Fri	Jan. 8 – Mar. 8	10:15-10:45am	WRC Aerobics Room	\$52
SilverSneakers Classic	Julie Mignone	Tuesdays & Thursdays	Jan. 9 – Mar. 7	9:00-9:45am	WRC Aerobics Room	\$36
STRONG Nation	Sarah Johnson	Mon & Wed	Jan. 8 – Mar. 6	6:00-6:45pm	WRC Aerobics Room	\$34
Bells and Bands – NEW	Sarah Johnson	Mondays	Jan. 8 – Mar. 4	7:00-7:45pm	WRC Aerobics Room	\$16
Cardio Dance	Sarah Johnson	Wednesdays	Jan. 10 – Mar. 6	6:45-7:30pm	WRC Aerobics Room	\$18
INDOOR CYCLING						
Senior Spin	Aritha Paris	Mon, Wed & Fri	Jan. 8 – Mar. 8	9:30-10:00am	WRC Community Room	\$52
Spin & Abs	Molly Jones	Tuesday & Thursday	Jan. 9 – Mar. 7	6:00-7:00pm	WRC Community Room	\$36
OTHER						
Drop-In Pickleball	WRC Staff	Mondays-Fridays	Thru February 3	8:00-10:00am	WRC Gymnasium	FREE

***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 3 drop-in coupons. Coupons can be purchased in the WRC Office. 20 coupons for \$15 (3 coupons per class)**

**Walk-in registration begins at 8:00am on Monday, December 18th.
On-Line and Phone-in registration begins at 10:00am on Monday, December 18th.
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.

TAI CHI FOR BETTER BALANCE

Tai Chi is an effective means of improving balance, functional limitations and muscle strength, which reduces the risk of falling. Tai Chi is a low-impact dance-like exercise that can be modified to meet the individual participant's needs and can be done in almost any location. It also helps to build confidence from the fear of falling, which is commonly found in older adults.

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.

BELLS AND BANDS

Increase your strength with this beginner to intermediate resistance training class using bodyweight plus Bells & Bands – dumbbells, kettlebells, light barbells, and resistance bands. Work every major muscle group with an interval-style workout featuring functional resistance and core exercises to build strength and improve your stability and mobility (minimal cardio!) Set to energizing music, you'll work as a team to challenge and motivate each other. Bring a bottle of water and a mat. Class is limited to 16.

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 18th.

On-Line and Phone-In registration begins at 10:00am on Monday, December 18th.

Stop by the WRC Office or call 221-2160.

Space is limited!!!

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.

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 6
Daddy/Daughter Date Night: Sunday, February 18
Spring Break Opportunities: March 11-15

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
Mondays-Fridays thru February 3
8:00-10:00am

DADDY/DAUGHTER DANCE

Join the WRC on February 18 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. Cost is \$13 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 25. 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 10th. Singles and Doubles will be offered. 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 \$45 per team or \$30 per single and the deadline to register is Thursday, December 28th.

YOUTH HOLIDAY SPECIAL EVENTS

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OPEN SWIM

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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	11:30am-1:00pm	\$2 or 2 coupons
Tuesday & Thursday	6:45-7:30pm	\$2 or 2 coupons

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 6: 9:00am – 4:00pm

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 6th.

CURRENT MEMBER APPRECIATION

Any current member that renews their membership on Saturday, December 6, 2024 will be entered into a raffle drawing to get their membership FREE.

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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