



2024 Spring Activities

Registration Begins
Monday, March 4th

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 •

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• Board •

Scott Gill, Chair

Joe Wood, Vice Chair

Wendy Burton

Chris Hedges

Jason VenJohn

HOW TO REGISTER:

WALK-IN to the WRC Office, 624 College, Winfield, KS 67156

ON-LINE at winfieldrec.com

MAIL-IN to the WRC Office, 624 College, Winfield, KS 67156

FAX (620) 402-2694

TELEPHONE (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.

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 & 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. Late fees will not be discounted. Enrollment must be done in person at the WRC office. ***Proof of qualification is required at time of enrollment.***

YOUTH CLASSES

CLASS	INSTRUCTOR	DAYS	DATES	TIME	AGES	LOCATION	FEE
Intro to Jazz & Ballet	Cloie Cuington & Kelsie McNutt	Mondays	March 18 – April 29	6:15-6:45pm 6:50-7:20pm	3-5 year olds 6-12 year olds	WRC Dance Studio	\$16
Spring Break Fun Skate	Main St. Skate Staff	Monday-Friday	March 11 – 15	9:00-10:00am	6 & older	Main Street Skate	\$30

REGISTER NOW FOR BASEBALL AND SOFTBALL LEAGUES!!!

YOUTH CLASS DESCRIPTIONS

INTRO TO JAZZ AND BALLET

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 and jazz. Wear comfy clothes and shoes.

LEARN TO SKATE

WRC is partnering with Main Street Skate to offer this spring break opportunity. This class is for beginners who want to learn how to skate or those who have skated but would like to improve their skills. Skate rental is included.



YOUTH TRACK PROGRAM

The WRC youth track program is designed to introduce the sport and track events to boys and girls ages 4 years old thru 6th grade. Participants will get the opportunity to learn and develop track specific skills from the WHS Track team and coaches. There will be a total of four practices throughout the program to go along with a home track meet on Sunday, April 21st at 1:00pm. Practices are on Wednesday evenings from 6-7:00pm, March 27-April 17. Ribbons will be given for the top three finishers in each event. Registration ends March 21st and the fee is \$30.

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Phone-in: (620) 221-2160

Stop by the WRC Office or call 221-2160.

Space is limited!!!

T-BALL: 5 & 6 year olds COACH PITCH: 7 & 8 year olds

The WRC is happy to offer a youth t-ball and coach pitch baseball/softball program that introduces the sport of baseball/softball in a fun and positive environment. Teams will be coached by parent volunteers with coaches selecting their practice days and times. Coach Pitch teams will play in a league with other towns so some travel will be required for games. Starting April 29, teams will be allowed to practice up to two times per week before the first scheduled game. Once games begin on May 20, teams will practice one time per week and play one game a week. Registration ends April 4. The fee for T-ball is \$20 and the fee for Coach Pitch leagues is \$30.

YOUTH BASEBALL: 9-14 YEAR OLDS

The WRC is happy to offer youth baseball leagues for kids ages 9-14 years old. Teams will play in the Quad County League with teams from surrounding towns such as Mulvane, Rose Hill, Douglass, Belle Plaine and others. There will be some travel to surrounding towns for games. The recreational leagues provide participants the opportunity to learn and play the game in a fun and instructional environment. Teams will practice during the week April 22 and games will be played throughout the week starting May 20. Registration ends March 28 and the fee is \$30.

YOUTH SOFTBALL: 9-14 YEAR OLDS

The WRC is happy to offer youth softball leagues for kids ages 9-14 years old. Teams will play in the Quad County League with teams from surrounding towns such as Wellington, Mulvane, Rose Hill, Douglass, Belle Plaine and others. The recreational leagues provide participants the opportunity to learn and play the game in a fun and instructional environment. Teams will practice during the week starting April 22 and games will be played throughout the week starting May 20th. There will be some travel to surrounding towns for games. Registration ends March 28th and the fee is \$30.



PARENT/CHILD PATRIOTIC PARTY

You won't want to miss the WRC's parent/child Patriotic Party on Sunday, May 5 at 3:00pm in the Community Center. Make sure to wear your red, white and blue. We will start the day with an ice cream sundae bar. After our treat, adults will help their child fill their own 16" patriotic bear with stuffing. Animals will be complete with their own birth certificate. The deadline to register is Wednesday, May 1 or the first 100 children. Fee is \$20 per parent/child and \$15 for each additional child.

FLASHLIGHT EGG HUNT

WRC would like to invite your kids, ages 1-12, to take part in this FREE fun family event at the Broadway Recreation Complex on Friday, March 29th at 8:30pm (sharp). Ages 1-4 will be on diamond #3, ages 5-7 on diamond #2 and ages 8-12 on diamond #4. Please bring a flashlight and a bag. Each egg will be filled with a treat and don't forget the golden egg. Children six and under must be accompanied by an adult. The first 400 will receive a glow in the dark necklace.

ADULT CLASSES

AQUATICS

CLASS	INSTRUCTOR	DAYS	DATES	TIME	LOCATION	FEE
Lap Swim	WRC Staff	Monday-Friday Monday-Friday Tuesday & Thursday	March 11 – May 24 March 11 – May 24 March 19 – May 23	6:00-7:45am 11:30am-1:00pm 6:45-7:30pm	SC Indoor Pool	\$2 or 2 coupons
SilverSneakers Splash	Kyle Larsen	Tuesdays & Thursdays	March 19 – May 23	11:00-11:45am	SC Indoor Pool	\$50
Aqua Cardio & Strength (No class Apr. 2)	Amanda Porter	Tuesdays & Thursdays Saturdays	March 21 – May 25 March 23 – May 18	6:00-6:45pm 8:00-8:45am	SC Indoor Pool	\$50 \$25

FITNESS

CLASS	INSTRUCTOR	DAYS	DATES	TIME	LOCATION	FEE
Early Bird Conditioning Workout	Kim Tadtman	Monday, Wednesday & Friday	March 18 – May 24	5:30-6:30am	WRC Aerobics Room	\$70
Fit Over Fifty	Aritha Paris	Monday, Wednesday & Friday	March 18 – May 24	8:00-8:30am	WRC Aerobics Room	\$60
Gentle Yoga	Aritha Paris	Monday, Wednesday & Friday	March 18 – May 24	8:45-9:15am	WRC Aerobics Room	\$60
Tai Chi for Better Balance	Krista Perkins	Monday & Wednesday	March 25 – May 22	9:30-10:00am	WRC Aerobics Room	\$36
Chair Yoga	Aritha Paris	Monday, Wednesday & Friday	March 18 – May 24	10:15-10:45am	WRC Aerobics Room	\$60
SilverSneakers Classic	Julie Mignone	Tuesdays & Thursdays	March 19 – May 23	9:00-9:45am	WRC Aerobics Room	\$40
STRONG Nation	Sarah Johnson	Mondays & Wednesdays	March 18 – May 22	6:00-6:45pm	WRC Aerobics Room	\$40
Bells & Bands	Sarah Johnson	Mondays	March 18 – May 20	7:00-7:45pm	WRC Aerobics Room	\$20
Cardio Dance	Sarah Johnson	Wednesdays	March 20 – May 22	6:45-7:30pm	WRC Aerobics Room	\$20

INDOOR CYCLING

CLASS	INSTRUCTOR	DAYS	DATES	TIME	LOCATION	FEE
Senior Spin	Aritha Paris	Monday, Wednesday, Friday	March 18 – May 24	9:30-10:00am	WRC Community Room	\$60
Spin & Abs	Molly Jones	Tuesday & Thursday	March 21 – May 25	6:00-7:00pm	WRC Community Room	\$40

*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, March 4th.

On-line and phone-in registration begins at 10:00am on Monday, March 4th.

Stop by the WRC Office or call (620) 221-2160. Space is limited!

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ADULT CLASS DESCRIPTIONS

LAP SWIM - Thru May 24

Swimming laps at your own pace is a great way to increase your cardiovascular endurance. To lap swim, purchase a 20-coupon book for \$15 at the WRC office. Lap Swim cost \$2 per drop-in or 2 coupons.

SILVERSNEAKERS SPLASH

Silver Splash utilizes the physical properties of water to enhance agility, range of motion and cardiovascular conditioning. No swimming skills are required. Get wet, be strong and meet new friends in SilverSneakers Splash.

AQUA STRENGTH AND STRETCH

An exercise class 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. No class April 2.

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.

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 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.

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 one hour class for all abilities.

***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)**

SPECIAL EVENTS AND ADULT LEAGUES

WRC UPCOMING SPECIAL EVENTS

Spring Break Activities – March 11-15
Family Flashlight Egg Hunt – Friday, March 22
Adult Egg Hunt – Friday, March 29
Youth Track Meet – Sunday, April 21
1st Grade Trees – Week of April 22
Co-Rec Softball Tournament – Saturday, April 27
Parent/Child Patriotic Party – Sunday, May 5
Summer Registration – Saturday, May 18

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

ACTIVE ADULT NEWSLETTER

The WRC sends out a bimonthly newsletter full of activities for Seniors (55+). To have your name added to our mailing list, call the WRC Office at (620) 221-2160.

ADULT EGG HUNT

New to the WRC, an Adult Egg Hunt for those ages 21 and over. The park will be closed and staff will hide eggs for adults on Friday, March 29 at 8:30pm. Participants will enter on foot at the main entrance to the park. At 8:30pm (sharp), the hunting will begin. Flashlights allowed but no spotlights. There will be chances to win some great prizes. Cost is \$5 per person. Deadline to register is March 27. Watch for more details and a prize list on the WRC Facebook page.

CO-REC SOFTBALL TOURNAMENT

Join the WRC for a spring adult softball tournament on Saturday, April 27. 3 game guarantee and championship shirts will be given to the first place team. Teams must have a minimum of 3 girls per team for a 7/3 ratio. Balls will be provided and games will be played under USSSA rules. Entry fee is \$175. Don't miss out, the deadline to register is April 11.

MEN'S ADULT SOFTBALL LEAGUES

SPRING: Registration is now being accepted for the WRC Spring Adult Softball League. The spring season is a shortened season, consisting of 8 games in a 4-week span with teams playing double-headers each night. League is limited to 8 teams. Games will be played on Tuesday evenings beginning April 16. Entry fee is \$180. The deadline to enter is April 4.

SUMMER: Join the WRC for some summertime fun and play in our Adult Softball League. The WRC is offering a league that will consist of a 10-game regular season followed by a tournament played on Monday and Thursday evenings. Entry fee is \$250 and the deadline to register is May 16th.

REC CENTER GYM WALKING HOURS

Monday – Thursday: 5:30-8:00am
Friday: 5:30-7:00am

ADULT SOCCER LEAGUES

The WRC is offering an Adult 6 v 6 Spring Soccer League which consist of a 6-game schedule. Games will be played on Sunday afternoons starting April 14 at the Broadway Complex. Entry fee is \$120 and the deadline to register is April 4.

ADULT VOLLEYBALL LEAGUES

The WRC is offering an Adult Spring Volleyball League which consist of a 6-game schedule. Games will be played on Thursday evenings starting April 18th at the Rec Center. Entry fee is \$30 and the deadline to register is April 4.

ADULT CORNHOLE LEAGUE

The WRC Cornhole League will consist of a 10-match season with a tournament to follow beginning April 10. Teams will play two matches per night. Participants must be 16 years old and over to play. All matches will be played on Wednesday evenings in Barn #4 at the Fairgrounds. Boards will be provided. Teams will provide their own bags to use. Three divisions will be offered. Entry fee is \$45 and the deadline to register is March 23rd.

SOUTHWESTERN COLLEGE INDOOR SWIMMING POOL

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

Lap Swim Times & Fees		
Days	Times	Fee
Monday – Friday	6:00-7:45am	\$2 or 2 coupons
	11:30am-1:00pm	
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 10am-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 in the future. The Community Room includes tables, chairs, a 50” 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	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)

Fitness on Demand uses a high-definition video system to deliver popular workouts and first-class instructors, allowing you to work out by yourself or with others. Get the body you always wanted with Fitness on Demand!

Fitness on Demand is FREE to all Fitness Center members. There is a \$3 charge to non-members. FOD is available anytime the Fitness Center is open unless there is a previously scheduled class in the room.



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