

WRC

Winfield Recreation Commission

April 2024

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

Co-Rec Softball Tournament



Join the Winfield Recreation Commission for a spring 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 and the deadline to register is April 11. Sign up online, over the phone (620-221-2160) or in

person at 624 college. We accept Cash, Check, American Express, Visa, and Mastercard.

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.



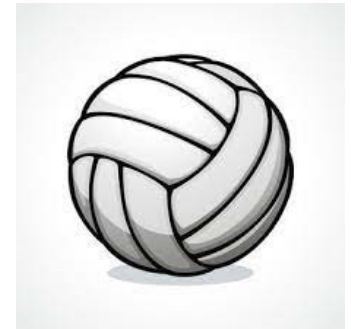
Adult Sports

Softball— Spring softball league is a shortened season, consisting of 8 games in a 4-week span with teams playing double headers each night. Games will be on Tuesday evenings beginning April 16. Entry fee is \$180, deadline to register is April 4.



Soccer— The WRC is offering an Adult 6 v6 spring soccer league which consists of a 6 game schedule. Games will be played on Sunday afternoons starting April 16 at the Broadway Sports Complex. Entry fee is \$120

Volleyball— Spring volleyball league will consist of a 6 game schedule. Games will be played on Thursday events starting April 18 at the Rec Center. Entry fee is \$30 so hurry an sign up before it's too late.



Cornhole – The WRC cornhole league will consist of a 10-match season with a tournament to follow. The season begins April 10th and 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.



Upcoming Events Calendar

YOUTH TRACK MEET	APRIL 21st
1ST GRADE TRESS	APRIL 22nd (week of)
CO-REC SOFTBALL TOURNY	APRIL 27th
PARENT/CHILD PATRIOTIC PARTY	MAY 5TH
SUMMER REGISTRATION	MAY 18TH
END OF SPRING SESSION	MAY 25th

Health and Wellness ♦ How is Cardio Training Related to Weight Loss

If you have decided to go on a diet and exercise to lose your unwanted weight, then you are probably wondering what type of exercise the best for you is, so that you lose the extra pounds. Generally, the best type of exercise for weight loss is cardio training. Many people have probably noticed that if they have enough physical activity in their daily lives, they don't put on weight. This is true.

1. Types of cardio training— Important to know is, that there are two types of cardio training – high intensity and low intensity training. Many people think that the speed of the training does not matter, but as a matter of fact it does, and so if you do high intensity training, you will burn fat much faster. The principle of cardio training is that your pulse increases, and you start burning calories. The higher your pulse is, the more calories you burn. And this is achieved only with high intensity training.
2. How much cardio is recommended— To lose weight, you need to do cardio training from 3 to 5 times a week and their duration should be about

30-40 minutes per session. Don't worry, it's not necessary to start with this session. With the time just increase the duration of your trainings. Another point you should keep in mind, while doing cardio, is the heart rate. It is recommended that you start your cardio training at 60% of your maximum heart rate. You could calculate this by the following formula: $220 - \text{your age} = \text{your max heart rate}$, when you've already got used to that training rhythm, you could increase your heart rate up to 70% or more.

3. Cardio before or after weight training?- It is recommended that you make your cardio part of the training after the weight training. If you do it before that, you should keep in mind that you start burning calories after the first 10 minutes. If you do it after weight training—you start burning calories and fat immediately.

Apart from weight loss, cardio training has many other benefits for your health. They tone your body, faster your metabolism, and make you feel full of energy. Whether your main goal is to lose weight or not, you should keep in mind that physical activity is the best thing you could do for your body, spirit, and health!

TOP 10 FC Members March

1. Lance Austin
2. Doug Treadway
3. Ashley Chastain
4. Sheryl Clower
5. Nicole Shea
6. Bailye Butler
7. Justyce Tate
8. Viengxonh Intha
9. Trevor Martin
10. Hunter Reyes



Strawberry Orange Banana Smoothie

Ingredients

- 1 C. Fresh Strawberries
- 3/4 C. Orange Juice
- 1 Ripe Banana
- 1 C. Ice cups, or as needed

Directions

1. Blend strawberries, orange juice, banana, and ice in a blender until smooth and frothy.

Fitness Center Tip

The best way to create a craving is to tell yourself you can't have it! If you are dying for a chocolate chip cookie and you end up eating a whole bag of fat free cookies to squelch the craving—you are doubling your calories. Instead of eating what you should, try eating what you are hungry for in smaller portions.



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**Fitness Center
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Did You Know?

Coming Soon!

Summer is just around the corner! Keep a look out for the Winfield Recreation Commission SUMMER PROGRAM GUIDE! You can expect the program guide by May 6th. All Winfield Postal Customers will receive a guide in the mail, for anyone outside of the area you can be put on our brochure mailing list by calling the WRC Office @ 620-221-2160. The guide will also be posted on our website winfieldrec.com with a full schedule and class descriptions. Summer activities will include Swim Lessons, Youth Classes, Adventure Camps, Field Trips, Youth Sports, and so much more! The WRC also provides a variety of Fitness Classes and Adult Sport Leagues during the summer. You can expect the Summer Program Guide to be available by the end of April or early May. If you have any further questions about our Summer Programs please feel free to call the WRC. We are looking forward to seeing you this summer!

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.



Social Media



@winfieldrec2160



Facebook.com/

winfieldrecreationcommission



624 College, Winfield, KS 67156