



**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](http://www.winfieldrec.com)**

• Staff •

Candi Fox, Superintendent  
[candifox@winfieldrec.com](mailto:candifox@winfieldrec.com)

Jennifer Howard, Aquatics Director  
[jenniferhoward@winfieldrec.com](mailto:jenniferhoward@winfieldrec.com)

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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](http://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.***

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## YOUTH CLASSES

CLASS	INSTRUCTOR	DAYS	DATES	TIME	AGES	LOCATION	FEE
Intro to Dance	Riley White & Lucy Ziegler	Mondays	March 24 – May 19	6:15-6:45pm	4-10 year olds	WRC Dance Studio	\$16
Tumbling & Gymnastics	Riley White & Lucy Ziegler	Mondays	March 24 – May 19	6:45-7:15pm 7:15-7:45pm	3-5 year olds 6-12 year olds	WRC Dance Studio	\$16
WRC/SC Football Clinic	SC Football Players	Saturday	March 29	4:00-5:00pm	10-13 year olds	Jantz Stadium	FREE
WRC/SC Soccer Camp	SC Coach & Players	Wednesday-Friday	April 16 - 18	6:00-7:00pm	6-14 year olds	Jantz Stadium	&30

# REGISTER NOW FOR BASEBALL AND SOFTBALL LEAGUES!!!

# YOUTH CLASS DESCRIPTIONS

## 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. Wear comfy clothes and shoes.

## 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



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**Phone-in:** (620) 221-2160

**Stop by the WRC Office or call 221-2160.**

**Space is limited!!!**

## BOYS BASEBALL AGE AS OF MAY 1, 2025

**T-ball:** The WRC T-ball program for 5 & 6 year olds is designed for young beginners, focusing on basic skills such as hitting from a tee, throwing, catching, and running the bases. Emphasis will be on teamwork, sportsmanship, and skill development. Registration deadline is March 20<sup>th</sup> with a fee of \$20.

**Coach Pitch:** This division for ages 7 & 8 introduces hitting a pitched ball from a coach while reinforcing fundamental baseball skills. Players will continue developing their coordination, confidence, and game knowledge in a positive and encouraging atmosphere.

**Baseball:** Step up to the plate in our 9-14 year old baseball leagues, where players continue developing their skills in a fun and instructional environment.

The Coach Pitch and Baseball teams will play in the Quad County League with teams from surrounding towns. Teams will practice during the week starting in April and games will be played throughout the week starting in May. The season will conclude with an end of season league tournament. There will be some travel to surrounding towns for games in all divisions. Fee for Coach Pitch & Baseball is \$30. Registration deadline is March 20<sup>th</sup>.

**Coach Pitch:** This division for ages 7 & 8 introduces hitting a pitched ball from a coach while reinforcing fundamental baseball skills. Players will continue developing their coordination, confidence, and game knowledge in a positive and encouraging atmosphere.

**Softball:** Step up to the plate in our 9-14 year old softball leagues, where players continue developing their skills in a fun and instructional environment.

The Coach Pitch and Softball teams will play in the Quad County League with teams from surrounding towns. Teams will practice during the week starting in April and games will be played throughout the week starting in May. The season will conclude with an end of season league tournament. There will be some travel to surrounding towns for games in all divisions. Fee for Coach Pitch & Baseball is \$30. Registration deadline is March 20<sup>th</sup>.



## 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 6<sup>th</sup> 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 27<sup>th</sup> at 1:00pm. Practices are on Wednesday evenings from 5:45-6:45pm, April 2<sup>nd</sup>-April 23<sup>rd</sup>. Ribbons will be given for the top three finishers in each event. Register by April 2<sup>nd</sup> to receive a T-shirt, and the fee is \$30.

## WRC/SC FOOTBALL CLINIC

Join the SC football players for this one day clinic where you will get to work on basic skills of the game in a fun learning environment.

## WRC/SC SOCCER CAMP

Join the SC soccer Coach and players for this three day camp to learn and practice skills of the game. Registration is required and the fee is \$30.

## GIRLS SOFTBALL: AGE AS OF DEC. 31, 2024

**T-ball:** The WRC T-ball program for 5 & 6 year olds is designed for young beginners, focusing on basic skills such as hitting from a tee, throwing, catching, and running the bases. Emphasis will be on teamwork, sportsmanship, and skill development. Registration deadline is March 20<sup>th</sup> with a fee of \$20.

## BLASTBALL

### AGE AS OF MAY 1, 2025

Introduce your little one (ages 3-4) to the excitement of baseball and softball with Blastball! With simplified rules, a soft bat and ball, and a unique honking base, Blastball keeps kids active while promoting teamwork, coordination, and a love for the game. It's the perfect first step into the work of baseball and softball. Games will be played on Tuesday & Thursdays, June 17<sup>th</sup>-July 2<sup>nd</sup> at the Broadway Recreation Complex from 6-7:30pm. The fee is \$20 and the registration deadline is May 29<sup>th</sup>.

## 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, April 11<sup>th</sup> 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	March 11 – May 23 March 11 – May 23	6:00-7:45am 11:30am-1:00pm	SC Indoor Pool	\$2 or 2 coupons
SilverSneakers Splash	Jennifer Howard	Tuesdays & Thursdays	March 25 – May 22	11:00-11:45am	SC Indoor Pool	\$42
Aqua Cardio & Strength (No class Apr. 2)	Amanda Porter	Tuesdays & Thursdays Saturdays	March 25 – May 22 March 29 – May 24	6:00-6:45pm 8:00-8:45am	SC Indoor Pool	\$40 \$22

## FITNESS

CLASS	INSTRUCTOR	DAYS	DATES	TIME	LOCATION	FEE
Early Bird Conditioning Workout	Kim Tadtman	Monday, Wednesday & Friday	March 24 – May 23	5:30-6:30am	WRC Aerobics Room	\$62
Fit Over Fifty	Aritha Paris	Monday, Wednesday & Friday	March 24 – May 23	8:00-8:30am	WRC Aerobics Room	\$54
Gentle Yoga	Aritha Paris	Monday, Wednesday & Friday	March 24 – May 23	8:45-9:15am	WRC Aerobics Room	\$54
Chair Yoga	Aritha Paris	Monday, Wednesday & Friday	March 24 – May 23	10:15-10:45am	WRC Aerobics Room	\$54
Gentle Yoga (T&Th)	Aritha Paris	Tuesdays & Thursdays	March 25 – May 22	10:00-10:30am	WRC Aerobics Room	\$42
SilverSneakers Classic	Julie Mignone	Tuesdays & Thursdays	March 25 – May 22	9:00-9:45am	WRC Aerobics Room	\$42
Bells & Bands	Sarah Johnson	Mondays & Wednesdays	March 24 – May 21	6:00-6:45pm	WRC Aerobics Room	\$42
Cardio Dance	Sarah Johnson	Wednesdays	March 26 – May 21	6:45-7:30pm	WRC Aerobics Room	\$22
High Intensity Training *NEW*	Zach Phillips	Tuesdays & Thursdays	March 22 – May 22	6:00-7:00pm	WRC Aerobics Room	\$42

## INDOOR CYCLING

CLASS	INSTRUCTOR	DAYS	DATES	TIME	LOCATION	FEE
Senior Spin	Aritha Paris	Monday, Wednesday, Friday	March 24 – May 23	9:30-10:00am	WRC Community Room	\$54
Spin & Abs	Molly Jones	Tuesday & Thursday	March 25 – May 22	6:00-7:00pm	WRC Community Room	\$42

**\*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 10<sup>th</sup>.**

**On-line and phone-in registration begins at 10:00am on Monday, March 10<sup>th</sup>.**

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

## HOW TO REGISTER:

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# ADULT CLASS DESCRIPTIONS

## LAP SWIM - Thru May 23

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.

## HIGH INTENSITY TRAINING

Join our High- Intensity Training (HIT) class! Experience a high-energy workout that blends strength, cardio, and flexibility,

## 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.

## 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.

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# SPECIAL EVENTS AND ADULT LEAGUES

## WRC UPCOMING SPECIAL EVENTS

Spring Break Activities – March 17-21  
Family Flashlight Egg Hunt – Friday, April 11  
Adult Egg Hunt – Friday, April 18  
Youth Track Meet – Sunday, April 27  
1<sup>st</sup> Grade Trees – Week of April 21  
Kentucky Derby Party – Sunday, May 3  
Summer Registration – Saturday, May 17  
  
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 MOONLIGHT 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, April 18 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 April 10. The more early registrations we receive, the more prizes we can offer. Watch for more details and a prize list on the WRC Facebook page.

## KENTUCKY DERBY PARTY

Join us for a thrilling Kentucky Derby Party on May 3rd from 5-9 PM! Enjoy a delicious dinner while we watch the race, then get ready for some fun with virtual horse races where you can place bets and win great prizes. Don't miss out on the excitement—wear your best derby hat and bring your competitive spirit! Check our Facebook for more details.

## MEN'S ADULT SOFTBALL LEAGUES

Get ready for big hits, great plays, and good times on the field with our Adult Softball League. The WRC is offering leagues that will consist of a 10-game regular season followed by a single elimination tournament. There will be two divisions; Competitive (Monday/Wednesday) and Recreational (Tuesday/Thursday). Games will start May 26. Entry fee is \$250 and the deadline to register is May 15<sup>th</sup>.

## REC CENTER GYM WALKING HOURS

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

## WINFIELD AQUATIC CENTER

The WRC is now managing the Winfield Aquatic Center! Looking to purchase swim coupons or book a party contact the Winfield Recreation Commission, 620-221-2160 or 624 College.

## ADULT VOLLEYBALL LEAGUES

The WRC is offering an Adult Spring Volleyball League which consist of a 8-game schedule. All players must be at least 16 years of age and older to participate. Games will be played on Thursday evenings starting April 3<sup>rd</sup> at the Rec Center. Entry fee is \$40 and the deadline to register is March 20.

## ADULT CORNHOLE LEAGUE

The WRC Cornhole League will consist of a 10-match season with a tournament to follow beginning April 9. 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 \$50 and the deadline to register is March 20<sup>th</sup>.

# 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

# WE ARE HIRING!!

Don't miss out on a fun and rewarding experience! The WRC is now hiring for all summer staff. We have a wide range of positions available from instructors, umpires, lifeguards, sport supervisors and more. If you are interested scan the QR code or come to the WRC Office, 624 College, to talk to us.



**Winfield Recreation  
Commission**

# We Are Hiring!

**Summer Lifeguards**



**Competitive Pay**  **Flexible Hours**  **Training Available**

624 College  
Winfield, KS 67156  
(620) 221-2160

**Also Hiring: Swim Instructors, Assistant  
Managers, Concessions**





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