

# WRC

## Winfield Recreation Commission

March 2025

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

## Youth Baseball & Softball

The Winfield Recreation Commission is offering Youth Baseball and Softball leagues (ages 9 - 14). Teams will play in the Quad County League and other towns. 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 21 and games will be played throughout the week starting at the end of May. The WRC also offers a T-Ball League for (5 & 6 year olds), and Coach Pitch League for (7 & 8 year old). Registration deadline is March 20, for more details visit [winfieldrec.com](http://winfieldrec.com).



**Registration starts March 10**  
♦ **\$30 Online or in WRC**

## Spring Break Activities

### Dollar Days at the Indoor Pool

Monday-Thursday 1-3pm everyone swims for just \$1 (5 and under Free)

### Nerf Games

Wednesday, March 19 from 10am-12pm at the Joe Thornton Rec Center, \$5 per child (1st-5th grade) Nerf Guns/Bullets provided. Registration required

### Urban Air

Friday, March 21, bus leaves at noon from the WRC parking lot and returns at 4pm. For ages 7 and older, \$25 per child. Registration required

# Adult Spring Sports

The Winfield Recreation Commission is offering Spring cornhole, Volleyball, and Softball for Adults.

**Softball:** 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 per team and the deadline to register is May 15<sup>th</sup>

**Cornhole:** 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 per team and the deadline to register is March 20<sup>th</sup>

**Volleyball:** 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 per team and the deadline to register is March 20

## Youth Track

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>. Practices are on Wednesday evenings from 5:45-6:45pm, April 2-April 23. Ribbons will be given for the top three finishers in each event. Registration ends April 2 and the fee is \$30.

## Upcoming Events Calendar

Spring session registration	March 10 <sup>th</sup>
Spring break opportunities	March 17 <sup>th</sup> -21 <sup>st</sup>
Family Flashlight egg hunt	April 11 <sup>th</sup>
Moonlight egg hunt	April 18 <sup>th</sup>
Youth track meet	April 27 <sup>th</sup>
First Grade trees	Week of April 21 <sup>st</sup>
Kentucky Derby Party	May 3 <sup>rd</sup>
Summer Registration	May 17

# Health & Wellness ♦ Exercise, Adding Variety to making it successful

We've all heard the adage "find a job you love, and you'll never work a day in your life." While this sentiment often applies to career paths, it holds equal weight in the realm of health and fitness. Engaging in activities you genuinely enjoy is not just a recipe for a happier life, but also a cornerstone of a healthier one. When exercise feels like a chore, it's easy to find excuses to skip it. However, when physical activity aligns with your passions, it transforms from a dreaded obligation into an eagerly anticipated part of your day. This shift in mindset is crucial for long-term adherence to a healthy lifestyle. It's about finding movement that sparks joy, whether it's dancing to your favorite tunes, exploring nature on a hike, or engaging in friendly competition on the tennis court. This approach not only makes exercise more sustainable but also unlocks a wealth of physical and mental health benefits.

**The importance of Variety in your Fitness Routine.** Even if you're a dedicated fitness enthusiast with an established exercise regimen, your body craves variety. Sticking to the same routine day in and day out can lead to plateaus, boredom, and even injuries. Introducing new activities is like giving your body a refreshing jolt, challenging different muscle groups and preventing overuse injuries. If you're accustomed to logging miles on the treadmill, consider adding a weekly dance class, joining a local volleyball league, or exploring a new fitness channel on YouTube. Incorporating interval training into your workouts or trying a cycling class can also inject some much-needed excitement and challenge. This diversification not only keeps things interesting but also ensures a more well-rounded workout, leading to improved overall fitness. Think of it as cross-training for life, preparing your body for a wider range of movements and challenges.

**Every Movement Counts: Finding your Active Passion.** It's important to remember that any form of physical activity burns calories and contributes to your overall health. Don't underestimate the impact of activities you genuinely enjoy. For instance,

a 160-pound person can burn approximately 156 calories in just 15 minutes of racquetball, around 158 calories skiing at 4 mph, or about 120 calories playing tennis. These figures highlight the significant calorie expenditure associated with various recreational activities. If you've always enjoyed hiking or mountain biking but haven't incorporated them into your lifestyle, now is the perfect time to start. Joining a hiking club or renting a mountain bike and exploring local trails can transform exercise from a tedious task into an exciting adventure. The key is to find activities that resonate with you, making fitness a natural and enjoyable part of your life. This approach makes it more likely that you'll stick with it in the long run, reaping the numerous physical and mental benefits.

**Challenging your Body for Optimal Results.** Engaging in new activities can work your muscles in different ways, leading to improved strength, endurance, and overall fitness. You might experience muscle soreness after trying a new activity, like swimming for the first time in years. This is a sign that you're challenging your muscles in a new way and promoting growth and adaptation. As the old saying goes, "Don't expect different results from doing the same thing you've always done." If you're serious about achieving your fitness goals, it's essential to step outside your comfort zone and embrace new challenges. Consulting with a certified personal trainer can be invaluable in the process. A trainer can help you identify the best exercises and activities to meet your specific needs and goals, while also ensuring that you're performing them safely and effectively. This personalized approach can significantly enhance your fitness journey and help you achieve optimal results.

If you find yourself bored with your current routine, it's crucial to act immediately. Stagnation can lead to decreased motivation and ultimately hinder your progress. Challenging your

muscles in new ways not only yields greater physical benefits but can also lead to the discovery of new hobbies and passions. The more you stick to the same routine, the easier it becomes to find excuses to avoid exercising altogether. Even small changes can make a big difference. Incorporating light hand weights into your walks or adding lunges and squats to your jogs can add variety and challenge, making your workouts more engaging and effective. These subtle adjustments can reignite your enthusiasm for fitness and help you achieve greater results. By embracing variety and finding activities you genuinely enjoy, you can transform exercise from a chore into a rewarding and sustainable part of your life, leading to improved physical and mental well-being.

## TOP 10 FC Members

1. Traiton Suttles
2. Heather Barrier
3. Lori Aikins
4. Lance Austin
5. Terri Seidel
6. Sheryl Clower
7. Mike Seidel
8. Ginger Richter
9. Nicole Shea
10. Dawson Calhoun, Jo Dowdall, Andrew Kleber, Teddi Ricketts

## Chocolate Peanut Butter Protein Bars

**Step 1.** Line an 8 1/2 X 4 1/2-inch loaf pan with parchment paper, leaving overhang on all sides to make it easy to remove bars from the pan.

**Step 2.** Place peanut butter (3/4 C.) protein powder (1/2C vanilla), maple syrup (2tbsp), vanilla (1 tsp), and salt (1/8 tsp) in a bowl and mix until well combined, press into the prepared pan

**Step 3.** Place chocolate chips (1/2C semisweet) and oil (1tsp) in a microwave safe bowl. Microwave for 30 seconds, stir. Repeat until chips are completely melted when stirred. Pour over bars, smooth chocolate. Refrigerate until set, about 30 minutes.

## WRC Fitness Tip

Don't compare yourself to others, it only puts you in a negative mindset. Compete against yourself instead. Comparison is the thief of joy!



**Wellness Director**

**Tyler Osborn**  
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**Fitness Center Supervisors**

**Aritha Paris**  
**Christy Wiebe**  
**Haley Sparks**

# Did You Know?

## SC/WRC INDOOR POOL

As well as being fun, swimming is a great way to keep fit and stay healthy. It is a low-impact activity that has many physical and mental health benefits. Swimming is a great alternative to traditional exercise, particularly those who need an activity that is gentle on the joints or recovering from injury. Please visit [winfieldrec.com](http://winfieldrec.com) for more details!



### Lap Swim Hours

<b>Monday – Friday</b>	6:00 am – 7:45 am
<b>Monday, Wednesday, Friday</b>	11:45 am – 1:00 pm

### Open Public Swim Times

<b>Monday &amp; Wednesday</b>	6:00 – 7:30 pm
<b>Saturday &amp; Sunday</b>	2:00 – 4:00 pm

### Pool Admission Fees

Ages 13 & Older	\$2
Ages 6 – 12	\$1
Ages 5 & Under	FREE

## 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](http://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



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