

West River Community Center

NEW! Cardio Equipment

The West River Community Center will be replacing the cardiovascular equipment in early 2009. We are interested in any ideas or feedback you may have concerning specific pieces of equipment you would like to see in our facility. Please fill out a comment card with your ideas or suggestions so we can provide the best possible equipment to meet our patrons needs. Thank you in advance for your input.



Pool News

Upoming Aquatic Lessons

Preschool Lessons - October 13-24, 2008

Preschool A (ages 3-4) - 5:30-6:05 pm

Preschool B (ages 5-6) - 6:15-6:15 pm

Levels 1-5 lessons begin in December and held throughout winter and spring.

For times and levels please visit dickinsonparks.org for a complete schedule.

***During lessons the pools will be closed with the exception of water walking, water aerobics and lap swim. Pick up a pool schedule from the media rack for lesson times or watch the white board for pool closings.**

****PRIVATE LESSONS** - We are now in a better position to be able to offer private lessons to our patrons. If you are interested in enrolling in private lessons where you or your child will receive one-on-one instruction from a qualified Water Safety Instructor please call 456-2070 to schedule. Cost is currently \$52.00 for 4 sessions and payment must be made at time of registration.

****Water Aerobics participants:** Please make sure you are returning the equipment back to its designated area when finished. Your cooperation is greatly appreciated.

****Join us Wednesday mornings at 9:15 am for a Water Stretch class and then we will have our SilverSneakers SilverSplash class beginning on October 1st at 10:00 am in the Leisure Pool.** See class description on next page.

Line Dance Class

A **Line Dance class** will be offered **October 13-27, 2008**. Class will be held on the following days: Monday, October 13, Wednesday, October 15, Monday, October 20 and Monday, October 27 from 7:00-8:00 pm. Register today online at dickinsonparks.org or at the Control Desk.



Learn to dance to your favorite country music and HAVE FUN!

Fisher Industries

Racquetball Tournament



- Registration forms are available for the **19th Annual Fisher Industries Racquetball Tournament to be held December 5-7, 2008**. Entry deadline is Friday, November 28th. Registration and information may be obtained from dickinsonparks.org or from the WRCC media rack.

Fall Tennis/Racquetball Leagues

- Fall Leagues are now underway. If you are participating in the fall tennis or racquetball league please make sure you are scheduling your matches each week. It is each players responsibility to contact your opponent to schedule a match. If you book a court, please make sure you show up for your scheduled reservation and if you need to cancel please call in advance. No shows are subject to a no show charge. Thank you for your participation in this year's league. Schedules will be available online at dickinsonparks.org.

Tennis Lessons

- Quick Start Tennis Program is a new format we will be using for ages 10 and under. This program makes learning the game of tennis easier by using a smaller court, racquet and ball size plus the scoring system and even the net height will be different. Children between the ages of 5-10 can start playing tennis almost immediately even if he/she has never picked up a racquet before.

Quick Start Tennis - Ages 5-10

2nd Session - November 3 - December 22, 2008

• 5-6 yr olds 3:45-5:00 pm Mondays

• 7-8 yr olds 3:45-5:00 pm Mondays

• 9-10 yr olds 5:00-6:15 pm Mondays

Junior/Adult Lessons - Ages 11 to Adult

1st Session - November 3 - December 22, 2008

• 11-12 yr olds 5:00-6:15 pm Mondays

• Adult 9:00-10:15 am Wednesdays

• Adult 5:15-6:30 pm Thursdays



Looking for a Tennis Partner?

- If you are looking for a tennis partner there is a sign up sheet located on the bulletin board in the tennis addition. **Write in your name and number or call someone already on the list, book a court and PLAY TENNIS!**

Holiday Tennis Tournament

- West River Community Center's **Holiday Tennis Tournament** will be held **December 26-27, 2008**. This year's tournament is open to singles and doubles 7th grade to adult. Doubles will be held on Friday and Singles will be held on Saturday.

- Pick up a registration form from the media rack or online at dickinsonparks.org.

October 2008

Newsletter



West River Community Center

Be Flexible

Brought to you by the American College of Sports Medicine and Natasha Ash, BS, CSCS, Healthy Results

As the weather changes from one day to the next in October and your level of activity increases, it is important to stay flexible. Your clothes, as well as your muscles and joints need to be prepared for the variety of demands you place upon them.

What is Flexibility?

Flexibility is an important component of physical fitness. Flexibility refers to the ability to move a joint through its full range of motion (ROM) with ease. Flexibility is joint specific. This means that good flexibility in one joint is not necessarily related to that of other joints. A person could, for example, have excellent ROM in her shoulders but have limited flexibility in her hips. Athletes such as gymnasts and hurdlers clearly must have exceptional ROM to excel in their competitive events, but for all individuals, good flexibility makes everyday movements easier. Although having good flexibility often is touted as being protective against injury. Good ROM in hips and back along with strong abdominal muscles may help prevent or alleviate low back pain.

How do I improve my Flexibility?

Slowly moving a joint to the end of its ROM and holding it in that position is called static stretching. This type of stretching is the most commonly recommended approach to improve ROM. Soft tissues move more easily when warm, so for the best results, light-to-moderate aerobic activity leading to increased muscle blood flow and elevated temperature should precede static stretching. After this warm-up, the joint should be moved through its ROM until tension, not pain, is felt. This position should be held for 15-30 seconds. A total of two to four repetitions should be performed. Range-of-motion exercise should be performed a minimum of 2 to 3 days per week, or optimally 5 to 7 days per week. Individuals should devise a program to improve overall ROM. Some problem areas that often deserve special attention are the following: Hamstrings, hip flexors, low back muscles, the Achilles tendon, and the muscles controlling shoulder movement. Some discomfort may result when beginning flexibility routines. This discomfort, often felt as stiffness, should subside within a week of beginning stretching exercises. It is important to progress slowly and consult a health care professional if pain or joint swelling occurs.

Where can I learn to stretch?

A number of movement forms focus attention on developing good ROM. A personal trainer can test your flexibility and develop an individualized flexibility program to meet your needs. Yoga and Pilates classes can also help to improve flexibility when performed correctly. It is important to remember that if joint injury or disease is present, it is best to consult a medical professional before engaging in new exercise routines.



- To make an appointment with a personal trainer or a dietitian
- please contact **Healthy Results at 456-2070 or Natasha Ash at 260-8803** or Email: healthyresults@dickinsonparks.org
- **Certified Personal Trainers Available:**
- Natasha Ash, Shannon Selle, Randi Walz, Doug Groce
- **Licensed Registered Dietitians Available:**
- Jo Marie Kadrams or Deb Dohrmann



Youth Orientation Class

- Healthy Results and West River Community Center will be offering a
- Youth Orientation Class for individuals between 12 and 18 years. The
- purpose of the class is to provide direction in safety, technique, and gym
- etiquette to the young members of our community and to inspire them to
- attain Healthy Results by integrating exercise as a vital part of their lives.
- **Next Class:** October 18, 2008
- **Time:** 9:30-10:30am
- **Registration Deadline:** Please register by Oct. 17th by contacting
- Natasha at 260-8803 or 456-2070.
- **Cost:** \$12 each participant (**Payment deadline Oct. 17th by 5:00 pm**)

Badlands Self-Paced Triathlon

- Just a reminder that the Self-Paced Triathlon ends on October 10th.
- **Please make sure you log your information by 10:00 pm on October 10th.** T-Shirts will be provided to all successful participants.
- Please allow 2 weeks for t-shirts to be ready. **We will call participants when t-shirts are ready to be picked up.**

GOOD LUCK TO ALL 150 PARTICIPANTS IN REACHING YOUR GOAL!

Health Club Credit Program

- Thank you to those who have already signed up in the Health Club Credit
- Program offered by some insurance carriers. If you are not sure if you
- qualify please contact your insurance provider.
- For those in the process of signing up, the date you sign the enrollment
- form is the date you begin the program. Meaning that is the date we will
- begin keeping track of your usage. You must workout at least 12 times
- per calendar month to receive credit.
- Also, there are a few different enrollment letters, so please make sure
- you read your letter carefully to ensure your enrollment in the program is
- complete and you receive proper credit.

This is a great incentive program--use your membership and stay healthy!

West River Community Center

Aerobic Corner

by Brenda Erie, Group Fitness Coordinator

October Schedule Changes:

- *4:00 pm Sunday class has been added.
- *8:30 am Wednesday Cardio Pump has been added.
- *8:30 pm Thursday class has been added.
- *4:15 pm Monday Pilates class has been added.
- *HEAT has been changed to Tuesday and Thursday
- *Boot Camp will be Monday and Wednesday
- *4:15 pm Kids Fit for ages 9-12 year olds will be added in November.

Congratulations to the winners of the Group Fitness Drawings (Session

One: July through August). Winners are as follows:

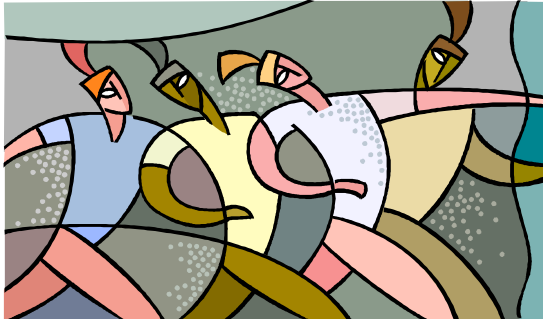
Helen Rummel	Free Dietitian Consultation
Sharon Zubke	Free Private Yoga Session
Kayla Kleinjan	Free Tanning Punch Card

It is not too late to win. Our second session started in September and will go through October. At the end of October another drawing will be held with more prizes, such as a free consultation with a Healthy Results Personal Trainer and a free tanning package. Now is the time to check out a Group Fitness Class--they offer everything from cardio classes to strengthening classes. Call for more information or go online to view a complete description of each class.

DID YOU KNOW?

- One pound of muscle burns about 35-50 calories a day. A pound of fat uses only 3-5 calories. Muscle burns calories; fat stores them.
- Eating protein at each meal builds muscle tissue and makes you feel less hungry in between meals.
- Eating every 3-4 hours revs up your metabolism to keep your body's engine running at all times.

Hope to see you in class!



Group Fitness Schedule

Pick up your monthly Group Fitness Calendar from the Media Rack or go to dickinsonparks.org.



Water Aerobics Schedule

8:00-9:00 a.m. Monday - Friday
 5:30-6:30 p.m. Monday - Thursday
 7:00-8:00 p.m. Tuesday & Thursday

Health Screening

- This month's health screening offering by Southwest District Health Unit will be held on **Wednesday, October 22 from 9:00-11:30 a.m.** Stop by to have your blood pressure, pulse and weight checked. Anyone with special needs should contact SWDHU at 483-0171.

SilverSneakers

- The SilverSneakers visit driver for the month of October is "Fall into Fitness". Pick up a visitation card at the front desk and have a front desk staff member initial and date each time you come in during the month of October. If you reach 10 visits by the end of October you will receive a prize!

- **The SilverSplash class is finally here!** Classes begin October 1st at 10:00 am in the leisure pool and will continue to be held each Wednesday at 10:00 am.

- **SilverSplash class description** - Activate your aqua exercise urge for variety! SilverSplash offers LOTS of fun and shallow water moves to improve agility, flexibility and cardiovascular endurance. No swimming ability is required, and a special SilverSneakers kickboard is used to develop strength, balance and coordination.

- **Humana Seminars** - Tina Reiss, a sales representative from Humana, Inc. will be holding informational seminars about Humana Market Point in Community Room #1 on October 2, October 16 and October 27 from 9:00-10:00 am.





2004 Fairway Street
Dickinson, ND 58601

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Endless Possibilities...



Happy Columbus Day!
October 13th

Happy Halloween!
October 31st

Tell a Friend...
Play, exercise or just have fun for less than \$1 a day. That's right, an adult membership at WRCC can cost less than \$1 per day with an annual membership. Call for details.

Current Memberships:

Annual = 4,388
3-Month = 481
Punchcards = 813
5,682 Total Members

Hours of Operation:

Monday-Friday 5:30 a.m.-10:00 p.m.

Weekend Hours:

Saturday 7:00 a.m.-9:00 p.m.

Sunday 12:00 noon-8:00 p.m.



2004 Fairway Street, Dickinson, ND
[701] 456-2074



**Register online –
it's easy!**



www.dickinsonparks.org

