



Climbing Wall

Belayer Class



We will be offering a Belaying Class April 12 & 14 from 7:00-9:00 pm. Participants must attend both nights to be a certified belayer. If interested please sign up at the Control Desk or call 456-2070. Cost is \$12.00.

YOUTH & ADULT ORIENTATION

CLASSES SCHEDULED:

Saturday, April 3rd

2:00 pm (YOUTH 12+)

3:30 pm (ADULT 19+)

Classes are provided to give a thorough orientation to the community center including safety, gym etiquette and use of fitness equipment.

*Youth ages 12-13 will receive a certificate enabling them to use the fitness equipment w/ out an adult present.

Towel Service

WRCC has a towel service for your convenience. Cost is \$25/year & \$15/addt' family members. Members with this service will receive one towel each time they visit. If you don't wish to take advantage of this service, you may bring your own towel or rent one for \$1.00 per towel. Towels must be returned to the proper area before leaving the facility.

**Please help us to keep our costs down and make sure you don't mistakenly take home our towels.

Child Care Closed for Easter Holiday

The drop-in child care will be closed Friday, April 2nd, Saturday, April 3rd and Monday, April 5th for the Easter weekend.



Prairie Rose Youth Basketball Shoot-Out



The Prairie Rose State Games presents the 2010 Youth Basketball Shoot-out on Sunday, April 18 from 12:00-2:00 pm at WRCC.

No need to pre-register, this event is free of charge and participants will compete as they arrive.

Health Club Credit

GET PAID TO WORK OUT!

Are you one of the 460 WRCC members that are getting paid to work out? If you're not, call your health coverage provider to see if you qualify.

Upcoming Events:

- April 2 Good Friday - WRCC will be open normal hours
- April 4 Happy Easter! WRCC is Closed
- April 10 Youth & Adult Orientation Classes
- April 10-11 Optimist Basketball Tournament
- April 12-23 Aquatic Lessons
- April 18 Prairie Rose Youth Basketball Shootout
- April 19 Online registration begins for Summer Programs

FACILITY NOTES:

****OPTIMIST TEAMS:**
All Optimist teams that plan on using the facility for practice must understand that the courts are open to everyone unless you have reserved the court for \$35.00 per hour. All Optimist players need to swipe their membership card or pay the basic fee if the court is not reserved.

The East & West Basketball Courts will be CLOSED on Saturday & Sunday, April 10-11 for the Optimist B-Ball Tourn.

Please remember to lock up all valuable items you bring to the community center. WRCC is not responsible for lost or stolen items. We have locker memberships available, as well as locks for \$1.00/day rental. If you bring your own lock, you will need to take it home with you each day.

POOL NEWS

- April 12-23 Aquatic Lessons. Pool will be closed for Open Swim during this time. There are still a few openings in some levels. Please go online to view and register for open classes or stop by the Control Desk.
- Summer Lessons are available to view online. REGISTER ONLINE BEGINNING APRIL 19TH for summer classes. Some levels fill up very quickly, so register early if you can.

Introducing... Kyle James Kudrna NASM Certified Personal Trainer

by Natasha Ash, BS, CSCS, Healthy Results, Inc.

Healthy Results, Inc. is excited to have a new personal trainer on board this summer. We would like to introduce you to Dickinson native Kyle Kudrna. Kyle was born and raised in Dickinson and graduated from Trinity High School in 2008. He is currently attending North Dakota State University, majoring in Exercise Science with a minor in Psychology. During the school year he works at the NDSU Wallman Wellness Center as a personal trainer and a group fitness instructor where he teaches "Elite Sports Circuit" and olympic lifting seminars.

Kyle is certified from the National Academy of Sports Medicine as a personal trainer, NDSU as a personal trainer, as well as American Red Cross for CPR, AED and First Aid.

Kyle says, "I have a very strong passion for exercise and nutrition and all the benefits a person can gain from them. I am excited to work for Healthy Results as a personal trainer and coach for the Off Season Conditioning Camp, so I can share my knowledge and inspire others in the Dickinson community toward better health".

Kyle will be providing personal training services, Skinfold Measurements (body fat) and the Off Season Conditioning Camp for ages 10-14.

If you are interested in working with Kyle this summer please call our office at 456-2070 ext. 130.

**WELCOME KYLE TO HEALTHY RESULTS
AND TO WRCC!**



To make an appointment with a personal trainer or dietitian, please contact Healthy Results at 456-2070 or Natasha Ash at 260-8803.

Certified Personal Trainers:

Natashia Ash, Shannon Selle, Patty LaPaglia, Shannon Halvorson, Katie Nelson and Kyle Kudrna.

Licensed Registered Dietitian:

Jo Marie Kadrmas

Triathlon Training Club

by Shannon Selle, Healthy Results, Inc.

TRIATHLON TRAINING CLUB

Let us help you prepare for the 6th Annual West River Triathlon. This cycle and running group will focus on endurance training while incorporating speed work so that you are prepared for the upcoming triathlon. In addition to the weekly training class, you will receive a 12 week triathlon training program that will help you achieve a new personal record or complete your first triathlon. All levels are welcome and we look forward to helping you prepare for the West River Triathlon.

Dates: June 21-September 9, 2010

Day/Time: Mondays at 5:30 am

Location: West River Community Center

Fee: \$75.00

Deadline to Register: 6/15/2010

REGISTER AT THE WRCC CONTROL DESK.

Running Clubs

by Shannon Selle, Healthy Results, Inc.

5K RUNNING CLUB

Have you always wanted to run a 5K (3.1 miles)? Join the running club and we will give you an 8 week program to prepare you for the 3.1 mile race or fun run. In addition to our weekly runs, we'll give you running and walking tips, stretches, and an individual running program for beginners or advanced runners. All levels are welcome to join us and we will divide into different groups according to running experience.

Dates: May 5-June 23, 2010

Day/Time: Wed. 5:30-6:30 am

Cost: \$55.00

Deadline to Register: 5/3/10

10K RUNNING CLUB

Do you need help to challenge your running endurance and abilities? Join the 10K running club and we will give you an 8 week program that includes weekly runs with a personal trainer and a challenging weekly program to push your cardiovascular limits. The running club can assist you with motivation, accountability, and group support. All levels are welcome!

**GOAL: BADLANDS TRAIL RUN -
AUGUST 28, 2010**

Dates: June 30-Aug. 25

Day/Time: Wed. 5:30-6:30 am

Cost: \$60.00

Deadline to Register: 6/28/10

**REGISTER FOR EITHER RUNNING CLUB
AT THE WRCC CONTROL DESK.**

BodyFit Challenge RESULTS!

**In just
8 weeks!**

Congratulations to all of our BodyFit Challenge participants. You worked hard and it paid off!

TOP 15 PARTICIPANTS!

- | | |
|---------------------|--------------------|
| 1. Dawn Weber | 9. Connie Williams |
| 2. Jo Marie Kadrmas | 10. Shannon Selle |
| 3. Glenda Buckman | 11. Judith Hicks |
| 4. Annika Plummer | 12. Kim Hamburger |
| 5. Pat Wolf | 13. Laurie Kolling |
| 6. Marlys Stevenson | 14. Dave Haas |
| 7. Tauna Wilson | 15. Marie Fichter |
| 8. Danielle Wahl | |

OVERALL RESULTS

Most weight lost = Nic Stevenson 20.2 lbs!
Highest Score = Dawn Weber 76 points!
Average % Body Fat Lost = 4%
Best Cholesterol Reduction = Marie Fichter
111 points!

INDIVIDUAL GRAND PRIZE WINNER

Dawn Weber - Total weight lost 18lbs. &
16 13/16 inches!

TEAM GRAND PRIZE WINNERS

Eichenberry Girls

Team members: Marlys Stevenson, Terri Stevenson, Pat Stanton and Annika Plummer
TOTAL TEAM WEIGHT LOST = 25 LBS!

THANK YOU TO OUR SPONSORS!

West River Community Center;
Go Red for Women; Pathways to Healthy Lives; and Function Water

Aerobic Corner

by Brenda Erie, Group Fitness Coordinator

Bosu Balls

The Group Fitness program recently received new equipment: Bosu Balls. What is a Bosu Ball? Pronounced Bo like the boys' name and Sue like the girl's name. The Bosu Ball consists of an inflated rubber hemisphere attached to a rigid platform. It is also referred to as the "blue half-ball", because it looks like a stability ball cut in half. The name is an acronym which stands for "Both Sides Utilized."

There are many benefits of using the Bosu Ball. It helps to strengthen your lower body, more specifically your leg muscles, lower back and glutes. It helps you to achieve amazing balance. It helps build endurance and is great for cardio (using a step class instead of a step). It requires more energy because you are also working on your balance. And it is especially useful for sport-specific training that requires a lot of balance and lower body strength.

You may ask, "When can I start"? "When is it offered"? Currently we will have Bosu classes some Tuesdays at noon and it is also used in the Combo class at 5:40 am on Mondays as well. Not for the whole class, but for a portion of the class. Instructors may also use the Bosu in Pilates classes to give participants more of a variety, more balance work and more core work. If there are more than 14 people in class (14 Bosu Balls are available), Pilates instructors won't use them. They may use it in Boot Camp to enhance certain moves, in Cardio Pump, and in the toning portion of Step/Combo classes. Most group fitness classes also have a toning portion at the end of the class in which the Bosu ball may be utilized as well.

How will the ball be used? In step classes the Bosu can be used in place of the step to work your muscles deeper. In Cardio Pump classes it will be used to stand on (either side depending on what you want) while doing your strength moves or it could be used as a tool to enhance other toning moves.

So, come and see what the fuss is all about! You will feel great and love the new variety it will add to a workout.

Hope to see you in class!



Click here for the APRIL Group Fitness Schedule



Water Aerobics Schedule

6:00 am Tuesday & Thursday
8:00-9:00 am Monday-Friday
9:15 am Wednesday (SilverStretch)
10:00 am Wednesday (SilverSplash)
5:30-6:30 pm Monday-Thursday
5:30-6:30 pm Friday
7:00-8:00 pm Tuesday & Thursday



WHAT IS SILVERSNEAKERS?

SilverSneakers is a fitness program for medicare eligible individuals. For more information on the SilverSneakers Fitness Program please call Eric at 456-2074.

EASTER HOURS:

Good Friday - April 2nd

Open normal hours

*(DPRD Administrative Offices will be closed on
Good Friday)*

Easter Sunday - April 4th

CLOSED

Current WRCC Memberships:

Annual = 4,231

3-Month = 644

Punchcards = 886

5,761 Total Members

HAPPY EASTER!!

West River Community Center

HOURS OF OPERATION:

Monday-Friday 5:30 am - 10:00 pm

Saturday 7:00 am - 9:00 pm

Sunday 12:00 - 8:00 pm



**2004 Fairway Street
(701) 456-2070
dickinsonparks.org**



**Register online -
it's easy!**



Register Online go!