

## Lifeguard Certification Course

### Interested in becoming a Lifeguard?

West River Community Center will be holding a Lifeguard Training Course.

### Dates: April 15-17

\*Mandatory pre-test at 6:00 pm on April 12  
Registration Deadline: April 12

For more information or to register please call Kellie at 701-456-2070.

All individuals must be a minimum of age 15. Upon successful completion of the lifeguard training you will receive an American Red Cross Lifeguard Training Certificate. The LG training certificate, which includes First Aid is valid for 3 years. You will also receive a CPR for the Professional Rescuer, which is valid for 2 years.



## Finish the Dream!

The Western Edge Pool Committee (WEPC) is asking citizens of Dickinson for donations for a future outdoor pool. The original plans of WRCC included an outdoor pool as a desired component. The existing site allows for use of ample parking and utility infrastructure that will defray construction and operating costs.

If you would like to help please click on the link above for more information.



## Youth & Adult Orientation Classes

Are you new to WRCC? Do you need help learning how to use the fitness equipment at WRCC? This class is for you!

Next Class: Saturday, April 2, 2011  
Youth: 2:00 pm / Adult: 3:00 pm

\*Pre-registration required. Classes are normally held on the first Saturday of each month.

Classes are provided to give a thorough orientation to the community center including safety, gym etiquette and use of fitness equipment. Pre-registration is required, please register at the WRCC Control Desk.

\*Youth ages 12-13 will receive a certificate enabling them to use the fitness equipment without an adult present.

## Gymnasium Closed

The Main Gymnasium will be closed Saturday, April 2 all day and Sunday, April 3 from noon to 4:00 pm for the Spring Optimist Basketball Tournament.

## Childcare Closed

The drop-in childcare will be closed on Friday, April 22 and Saturday, April 23 due to the Easter Holiday.

## No Street Shoes



Please remember to bring a change of shoes with you when utilizing any of the WRCC amenities. It's that time of year when dirt and mud get tracked into the community center. Please help us to keep our floors clean!

## Climbing Wall

Are you interested in becoming a Certified Belayer?

We will have a sign-up sheet at the Control Desk for anyone interested. Once we have at least 6 individuals signed up we will schedule a class.

**Why would I want to be a Certified Belayer?** Being a certified belayer will allow you to climb the wall during open climb hours rather than just during supervised climb hours.



## UPCOMING EVENTS:

- April 2 - Orientation Classes
- April 2 & 3 - Optimist Tournament
- April 9 - Strength Contest
- April 12 - LG Certification Pretest
- April 15-17 - LG Certification
- April 18 - Online registration begins for summer programs
- April 19 - BodyFit Challenge Awards Ceremony
- April 24 - Happy Easter!
- April 26 - Parent & Me Lessons Begin

## POOL NEWS

- Lifeguard Certification April 15-17
- Parent & Me Lessons for ages 6-35 months will be held April 26-May 26 from 5:30-6:05 pm (Tues & Thur). Register online or at WRCC.
- Register for summer aquatic lessons beginning APRIL 18th - online only or April 25 at WRCC. Lessons fill up very quickly, so register early if you can. View the lessons schedule online at [dickinsonparks.org](http://dickinsonparks.org).



## DEEP WATER AEROBICS!

Join us for a fun and challenging workout using flotation cuffs and resistance equipment. A non-impact workout that is easy on the joints yet totally exhilarating for all fitness levels. Class is held in the deep end of the lap pool. Swimming skills are not necessary as the flotation cuffs keep you buoyant and your head is above the water the entire class. Class includes cardiovascular and toning exercises, 50 minutes in length. Class is limited, so please pick up a number from the Control Desk.



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:**

Natasha Ash, CSCS  
Shannon Selle, ACE  
Patty LaPaglia, ACSM  
Shannon Halvorson, ACSM

**Licensed Registered Dietitian:**

Jo Marie Kadrmas, LRD

Healthy Results Mission Statement:

***“Providing direction to attain Healthy Results and inspire everyone to integrate exercise and wellness as a vital part of their life.”***

## Strength Contest

Joe Champa, Certified Personal Trainer, is conducting a strength contest. This contest will test your bench press, bicep curl, and squat. Sign up and test your strength in a competitive setting. Prizes are given to each weight class and the overall winner!

**Date:** April 9, 2011 (2:00-5:00 pm)  
**Cost:** \$30/person  
**Retest:** July 12 (July 14 if needed) 6-9 pm  
**Registration Deadline:** April 8th

Register at the Control Desk or call 456-2070 ext. 130 or 260-4053.



## April is National Soyfoods Month

by Jo Marie Kadrmas, RD, LRD  
Healthy Results, Inc.

Soyfoods can play a healthy part in a well balanced diet. Soyfoods nourish the body with quality protein that is low in saturated fat, trans fat-free, cholesterol-free and full of nutrients. The recently released **2010 Dietary Guidelines for Americans** recommendations include increasing the intake of soy products and fortified soy beverages. For more information on soyfoods, please visit [soyfoodsmoonth.org](http://soyfoodsmoonth.org) or [soyfoods.org](http://soyfoods.org).

## Welcome Joseph Champa



Healthy Results, Inc. would like to welcome Joseph Champa, Certified Personal Trainer, NASM to its staff. Joseph will be joining the Healthy Results, Inc. Team in April. Joseph holds a B.S. in Dietetics and Spanish as well as certifications in the National Academy of Sports Medicine (NASM) and CPR/First Aid. This summer Joseph will be offering a Body Building Club, Biking Club, Off Season Conditioning Camp, Fitness Assessments, Body Fat Testing and Dietitian Services. If you would like to schedule personal training or nutrition services with Joseph please call Healthy Results at 456-2070, ext. 130 or 260-4053.

## BodyFit Challenge



“After” BodyFit Measurements are coming fast!



**Make sure you are signed up** to attend one of the following dates:

Wednesday, April 6 (9:00 am - 2:00 pm)  
Friday, April 8 (3:00-7:00 pm)  
Saturday, April 9 (1:30-5:30 pm)



**Thank you to everyone who participated in the recent “Eat Right with Color” Cooking Class offered by Jo Marie Kadrmas, LRD and Chef Jennifer Kuntz**

## Tofu Alfredo Sauce

National Soybean Research Laboratory submitted by Jo Marie Kadrmas, RD, LRD  
Healthy Results, Inc.

Makes 4 servings, (sauce alone)

- 1 package (12 oz) firm silken tofu
- 1 garlic clove
- 1/2 cup parmesan cheese
- 1 tbsp. olive oil
- 1 1/2 tsp. dried basil
- 1 tbsp. dried parsley
- 1/4 tsp. black pepper
- 1/4 tsp. Kosher salt
- 1 tsp. onion powder
- 1/4 cup skim milk or plain soy milk
- 1 package frozen chopped broccoli
- 1 pound whole wheat pasta (cooked)

Combine ingredients in a blender and blend until smooth. Warm sauce in the microwave 3-4 minutes on high, or until hot. Cook pasta. In the last 5 minutes of cooking time, add frozen broccoli to cooking water. Drain and toss with Tofu Alfredo Sauce. This recipe replaces the traditional heavy cream and butter with tofu (made from soybeans) and saves 350 calories per serving for the sauce alone.

Nutrition Information Per Serving: 155 Calories, 3 g Protein, 4 g Carbohydrates, 10 g Fat.  
Traditional Alfredo Sauce Comparison: 505 Calories, 9 g Protein, 5 g Carbohydrate, 51 g Fat.

## 5K Running Club

by Shannon Selle, Certified Personal Trainer,  
Healthy Results, Inc.

Have you always wanted to run a 5K? Join the running club and we will give you a 6 week program to prepare you for the 3.1 miles race or fun run. Click on the link above for more information.

**Day/Time:** Wednesdays 5:30-6:30 pm  
**Dates:** April 13 - May 18  
**Cost:** \$55/person  
**Registration Deadline:** April 11

[Printable Registration Form](#)

## 5K Strength Training Club

by Shannon Selle, Certified Personal Trainer,  
Healthy Results, Inc.

\*Participants must be enrolled in the 5K Running Club (see above)

**Dates:** April 19, 21, 29 - 5:30 am  
**Cost:** \$44/person  
**Registration Deadline:** April 18

[Printable Registration Form](#)

# Aerobic Corner

by Brenda Erie, Group Fitness Coordinator

## April Group Fitness Promotion

For the month of April, we want to thank current Group Fitness members attending classes. We will be giving prizes away at the end of the month. Here is how it works:

All you have to do is, pick up a card at the Control Desk. Each time you come to class, get your card stamped by the group fitness instructor. At the end of the month, those with the most classes on their card will get their names thrown into a box for a drawing.

Thank you to all our patrons for making our group fitness program a success. We appreciate your commitment and ideas.

**COMING IN MAY... Feature Class of the Month.** The feature class will have new music, new moves, informative information about the class (calories burned, muscles worked, instructor bios, etc.) in the newsletter.

**Welcome New Instructors:** Please welcome new instructors Ruth Maple and Bethan Marschner. Ruth will be teaching Yoga Blend, Boot Camp, Cardio Pump and Forever Fit and Bethany will be teaching Zumba, Cardio Pump and Cycling. We are excited to have both of these new instructors added to our Group Fitness Program.

**NOTE: Group Fitness classes are for ages 14 and up. Ages 12-13 are welcome to attend, but must be accompanied by an adult.**



**Pick up this card at  
Control Desk**

**See you in class!**

## Lost & Found

**Are you missing something?**

Make sure to check the lost and found... you may be surprised to find something of yours!

Lost and found items are donated if not picked up after a few months.



**You never know when  
we might have a special  
guest at Kids Fit!**

Click here for the

## APRIL Group Fitness Schedule

### Water Aerobics Schedule

Deep Water Aerobics -  
GIVE IT A TRY!

**Water Aerobics is open to all adults,  
women & MEN too!**

## SilverSneakers

SilverSneakers... Watch for a Cooking Class to be scheduled in April!

We will let you know as soon as possible on the day and time.

### SilverSneakers Schedule

10:00 am Mondays - Cardio Circuit

10:00 am Tuesdays - MSROM

10:00 am Wednesdays - Yoga

10:00 am Thursdays - MSROM

If you have any questions regarding the SilverSneakers program please call Eric or Jo Marie at 456-2070.

## Kids Fit

**Kids Fit Schedule:**

**9:15 am - Wednesdays & Fridays**

**Kids Fit is for ages 3 to 5. Kids will learn about their muscle groups while doing fun activities such as marching in place to warm up, leaping like a frog, stomping like a rabbit, practicing monkey arms and other fun activities.**

**Parents must accompany child to the program and be present during class.**



**WRCC will be Closed  
Sunday, April 24  
for Easter.**

**DPRD Administrative Offices will  
be closed on Friday, April 22.**

**Current WRCC Memberships:**

Annual = 4,271

3-Month = 729

Punchcards = 956

**5,956 Total Members**



**Lock up your valuables!  
Locks are available for rental for only  
\$1.00/day or bring your own. We also  
have locker memberships available.  
Please inquire at the Control Desk.**



**"Like" us on  
Facebook!**

# 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!**