



### ANNUAL SHUTDOWN

The West River Community Center will be **CLOSED** for annual preventive maintenance during the week of:

**Monday, August 16 to Sunday, August 22, 2010**

We will reopen on Monday, August 23, 2010. This annual maintenance has been scheduled to take care of the projects that we could not otherwise do while the building is in operation, such as draining and cleaning the pools, small construction and repair projects in high traffic areas, carpet cleaning, painting, floor refinishing and deep cleaning throughout the entire building.

Thank you to all our patrons for your patience and we apologize for any inconvenience this closure may cause.

### **VOLUNTEERS NEEDED**

We are looking for any volunteers interested in doing a little cleaning during maintenance week. Volunteer a couple hours, a half day or a full day, your choice. Lunch or dinner will be provided. If you are interested please give us a call at 456-2074.

### **LOCKERS WILL BE CLEANED**

For those patrons who hold a locker membership, please make sure you take your personal items along with your lock home for that week (Aug 16-22). The lockers will be thoroughly cleaned and ready for re-opening August 23rd.

### **POOL NEWS**

- The last session of summer lessons will be August 2-13.
- During lessons the pools will be closed for open swim with the exception of water walking, water aerobics and lap swim.
- Fall/Winter aquatic lessons schedule will be out in August.
- Back to School... Effective August 25 the waterslides will open at 4:00 pm while school is in session. Pick up a new pool schedule from the media rack or view on our web site at [westrivercommunitycenter.com](http://westrivercommunitycenter.com).

### **Youth & Adult Orientation Classes**

Saturday, August 7th  
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.

### **Belly Dance Class**

A Belly Dance Class is offered by instructor Heidi Parker. Anyone interested in signing up should contact Heidi at 483-0496.

### **UPCOMING EVENTS:**

- August 2 - Aquatic Lessons Begin
- August 7 - Youth & Adult Orientation Classes
- August 16 - Cleaning Week Begins
- August 23 - WRCC Re-opens
- August 23 - Pickleball Demonstration
- September 6 - Badlands Self-Paced Triathlon Begins
- September 11 - West River Triathlon



### **PICKLEBALL**

The West River Community will be putting on a demonstration of Pickleball on **Monday, August 23 at 7:00 pm** in the MAC gym.

#### **What is Pickleball?**

Pickleball is a court sport best described as halfway between tennis and ping-pong. The court is 44' x 20' and divided in two courts by a 36" high net. It is played as a singles game with one person/side or as a doubles game with 2 people on each side of the net. Each player has a paddle. The object of the game is to score points by successfully hitting a 3" diameter plastic ball (that is perforated with holes commonly known as a whiffle-ball) across the net without it being successfully returned by the opponent(s).

Ready to Play? But beware once you get hooked on Pickleball you will probably find that it is so much fun that you will "waste" hours each week laughing, improving your game, and getting into better physical and mental shape!



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  
Katie Nelson, ACSM  
Kyle Kudrna, Certified Personal Trainer

**Licensed Registered Dietitian:**

Jo Marie Kadrmias, 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."***

## Healthy Snacks for Kids (and Adults too!)

by Jo Marie Kadrmias, LRD  
Healthy Results, Inc.

- Banana and low fat milk
- Apple smiles (apple slices, Sunbutter or peanut butter, and mini marshmallows)
- Homemade granola bars
- Whole grain crackers and Sunbutter
- Trail Mix (homeade) - Oatmeal squares, golden raisins, dried cranberries, almonds Kashi or Fiber One granola bars
- Oranges or apples
- Popcorn and low fat milk
- Low fat yogurt
- Graham crackers and low fat milk
- Celery, Sunbutter, and raisins with milk (Bumps on a Log)
- Bowl of whole grain cereal with low fat milk (oatmeal squares, MG Cheerios)
- Fruit Kabobs
- Low fat cottage cheese and pineapple or peaches (canned in juice or fresh)
- Low fat/sugar-free pudding
- Peanut butter and whole grain crackers

## Healthy Results Training Notes

- **Good job to all the Fit Youth Training Camp, Take 5 Camp, and Off Season Conditioning Camp participants.** We will be assessing each individual on their fitness level the 2nd week of August. Way to Go!
- Please contact a Healthy Results, Inc. Personal Trainer to get your **personalized exercise program to complete at home or on vacation while the West River Community Center is closed.**
- Healthy Results, Inc. Gift Certificates are available by calling Natasha Ash at 260-8803.
- **15% Off Discount** for all personal training packages purchased with Kyle Kudrna. The count-down is here... Kyle's last day will be August 13, 2010. Now is your chance for all you GUYS out there to get a great strength program to increase your muscle mass, decrease your body fat, or to improve your speed and endurance. **Please contact Kyle at 290-5147 TO MAKE YOUR APPOINTMENT TODAY!**

## West River Triathlon

**This year's West River Triathlon will be held Saturday, September 11, 2010. The event consists of a 450 yard swim, 11 mile bike and 3 mile run. Entry forms are available from our web site at [westrivercommunitycenter.com](http://westrivercommunitycenter.com) or the WRCC media rack.**

**Fee:** \$40/person or \$75/team by August 27  
\$50/person or \$85/team Aug. 28-Sept. 6  
\$60/person or \$100/team Sept. 7-10

**Deadline to Register is September 10, 2010.**

**If you need help with your training program please make an appointment with any Healthy Results Personal Trainer.**

## Fruit Salsa and Whole Grain Crisps (YUM!)

by Jo Marie Kadrmias, LRD and Patty LaPaglia, Personal Trainer  
Healthy Results, Inc.

1 can of crushed pineapple (in juice), drained  
1 can of mandarin oranges, drained  
1 quart strawberries, chopped fine  
4 kiwis, peeled and chopped fine  
1 tablespoon of lemon juice (optional)  
6 - 8 whole wheat tortillas



- **Combine fruit in a bowl and mix to create salsa. Line a large baking pan with foil. Cut the tortillas into triangles, place them on the pan, and spray them with a little butter spray. Sprinkle triangles with a light coating of cinnamon sugar and bake at 350 degrees for about 10 minutes or until they crisp up. Serve tortillas crisps with fruit salsa and ENJOY!**

**WATCH NEXT MONTH'S NEWSLETTER FOR A GROCERY STORE TOUR! Grocery Store Tours by Jo Marie Kadrmias, LRD are held every other month and are designed to increase the variety of healthy foods eaten by participants. This tour is very beneficial, so if you need help with your grocery list, make sure to sign up.**

## Aerobic Corner

by Brenda Erie, Group Fitness Coordinator

### Belly Flattening Plan

In the endless quest for a flat belly, you've likely done hundreds (if not thousands) of crunches and balanced in plank poses for hours. And let us guess: You still don't have flat abs, right? Well, we have news for you. The way most people do crunches doesn't work the rectus abdominis, the front abdominal muscle, effectively. That's why you can do thousands and not see much benefit.

If you have ever been to a pilates class or sat in on the end of a class for the toning portion you will get cued by the instructor to do the following things to get twice as much belly-flattening muscle activity from every crunch. Here are the key elements for going from flab to fab:

- **Cue before you crunch** - By prepping your abs, you get more muscle activity out of every move. Before you roll up, pull your navel toward your spine. Keep the abs hollowed throughout the move, imagining your ribs flaring out to the sides. This activates the obliques and makes each rep more effective. Try a Pilates class to get detailed guidance about other body cues that will help utilize the abs at the maximum.
- **Hit your B-side** - One recent study revealed that the lats (midback muscles) play an important role in performing core-based activities such as torso twisting and bending, yet they are often overlooked during core-strengthening routines that tend to focus on the abs, obliques and lower back muscles alone. "Strong back muscles not only help you function better but contribute to the overall appearance of your front because they help you stand straighter and balance your body," explains study researcher Wendi Weimar, PhD. The stronger your lats, the better you will be able to twist, bend and turn when doing exercises for your abs.



- **Get off balance** - Another study found that the single arm and leg exercises are good core challengers because your trunk acts like the "middleman," keeping you stable as you move your limbs, better trunk activation results in more toned muscles, which improves the appearance of loose, sagging tummy muscles and provides a slimmer, more compact waistline. Example: Try doing bicep curls standing on one leg. You will work your biceps AND your abs as your "middle" will be working to keep you stable. (Try a Bosu class in which muscle strengthening is done on the Bosu or Cardio Pump class where you will incorporate strengthening moves with balance moves, or a Fit Ball class which uses the ball to incorporate "off balance").
- **Work the Reverse** - The rectus abdominis is one long continuous muscle running from your ribs to your hips. Though you can't completely isolate the upper (six-pack) region from the lower (belly pooch), you should exercise in a way that fires as many fibers as possible throughout the entire muscle. That means adding leg lift-type crunches to your repertoire. Another University of Nebraska Medical Center study of traditional ab exercises revealed that the "reverse crunch," where you keep your torso down and lift your legs, gets the lower portion of your rectus abdominis buzzing more than traditional crunches alone, and it's equally good at firing the upper abs.
- **Cardio** - To firm up even faster, not only should you attend some cardio classes such as Cycling, Step, Kickbox, Boot Camp... but you should be aware of your abs during your workout. Hold them in and release them. Work them during your cardio routine.

Unlike traditional belly-flattening plans, try this routine: Attend a pilates class which includes all the key elements listed in this article to target your entire core--front, lower back, midback, and sides--from every angle to sculpt a tight, trim torso. The best part: You won't only look better; you'll feel better too. Do the class three nonconsecutive days a week and see the results!

**Hope to see you in class!**

## Click here for the **AUGUST** Group Fitness Schedule



### GROUP FITNESS CLASS ANNOUNCEMENTS

- **Cardio Pump will replace a Cycling class at 5:30 pm on Wednesdays. We will continue to offer Cycling at noon and 7:00 pm on Wednesdays.**
- **ZUMBA will continue to be held on Thursdays at 5:30 pm, some Tuesdays at 12:10 pm and some Saturdays.**

## Water Aerobics Schedule

6:00 am Tuesday & Thursday  
8:00-9:00 am Monday-Friday  
5:30-6:30 pm Monday-Thursday

## Silver Sneakers

**Thank you to all the SilverSneakers members who attended the Roughriders baseball game on July 15th. Keep an eye out for upcoming August activities.**



# Badlands Self-Paced Triathlon starts September 6th.

Cost is \$15.00/person

Competitors will choose which category they would like to compete in with 40 days to reach their triathlon goal. Triathlon is held September 6-October 15.

## Current WRCC Memberships:

Annual = 4,189

3-Month = 532

Punchcards = 1,046

**5,767 Total Members**

**Fall Leagues Now Forming... Adult Volleyball, Adult Flag Football and Adult 3x3 Basketball... visit [www.dickinsonparks.org](http://www.dickinsonparks.org) for more information.**

**Anyone interested in being a volleyball or flag football official please contact Dickinson Parks and Recreation at 456-2074.**

# 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](http://dickinsonparks.org)**



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



**Register Online go!**