

WRCC Storm Policy

In case of severe weather we want to inform our members of what they can expect when utilizing the center during one of these storm emergencies.

- In a case of inclement weather and the sirens sound, WRCC staff will announce that the sirens have been activated and that everyone choosing to stay in the building will be **REQUIRED** to proceed to the men's or women's locker room where they must stay until the staff inform them that it is safe to leave or continue their workout. Anyone who wishes to leave the building, may do so if they choose, but if you decide to stay you must follow the instructions of the staff. No one will be allowed to be anywhere in the building other than the locker rooms. *Thank you for your cooperation.*



Climbing Wall Hours

Effective August 25 the Climbing Wall Hours will change due to school starting. Supervised Climb Hours will change to Monday-Friday 7:00-9:00 pm.



ANNUAL SHUTDOWN

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

Monday, August 15 to Sunday, August 21

We will reopen on Monday, August 22.

This 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.

LOCKERS WILL BE CLEANED: For those patrons who hold locker memberships, please make sure you take your personal items home, along with your lock for that week (Aug. 15-21). The lockers will be thoroughly cleaned and ready for re-opening on Monday, August 22.



New Key Tags



We hope you like our new key tag system. Please keep in mind that even though you no longer have a photo ID, photos are still required and monitored when you scan your pass.

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 Classes:

Saturday, August 6

Youth: 2:00 pm / Adult: 3:00 pm

*Pre-registration required.

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.

UPCOMING EVENTS:

- August 1-12 - 3rd Session of Aquatic Lessons begin
- August 6 - Orientation Classes
- August 15-21 - Annual Shutdown
- August 22 - WRCC Re-opens
- September 5 - Badlands Self-Paced Triathlon Begins
- September 10 - West River Triathlon

Cleaning Staff Needed



WRCC is in need of a good cleaning team!

We are possibly looking for a husband and wife team that is interested in making some extra cash. Hours include evenings 8:00 pm to 11:00 pm a few nights a week. Flexible hours! We will work around your schedule. Please call X Dukart at 456-2070.

POOL NEWS

- **PRIVATE LESSONS:** Due to the lengthy wait list for private lessons, we are no longer accepting new participants until we get caught up.
- **AQUATIC LESSONS:** 3rd Session is held August 1-12. There are still a few openings left for our summer aquatic lessons. View the lessons schedule online at dickinsonparks.org.
- During aquatic lessons, Adult Swim will be held from 8:00 am-12:00 pm and 5:30-6:45 pm in both pools.
- **Waterslides** will open daily at 1:00 pm until school starts and 4:00 pm thereafter.
- **Swim Team** will be practicing from 1:00-3:00 pm, however there will still be one diving board and lap lane open.
- **FALL LESSONS:** Watch for our Fall/Winter Activities guide to come out in mid August and make sure to register early for fall aquatic lessons.

Healthy Results, Inc.

by Natasha Ash, CSCS

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 August 15-21, 2011.

2011 Strength Competition - September 17, 2011 - 2:00-5:00 pm - WRCC

Do you want to test your Bench Press, Squat and Bicep Curl? Compete in a contest with specific weight classes to find out how strong you really are!

Cost: \$30 with Registration due by September 16 at WRCC.

For more information please call Joe Champa, Personal Trainer at 260-4053

Cross Training Camp - Meets September 16-October 17, 2011 - Tuesdays at 7:00 pm

Cross Training Camp is designed to help athletes improve in all areas of athletics while in between or before/after sports. Plyometrics, weight training, speed, and quickness drills will be incorporated to help the athlete stay in shape and prepare them for their sports. Meeting once a week with Trainer Shannon Halvorson, as well as receiving a designed program that is appropriate for the respective sport.

For more information please call Shannon Halvorson at 701-208-1316

Please watch Dickinson Parks & Recreation Fall/Winter Activities Guide for more programs to be offered throughout the year.

7th Annual West River Triathlon

SATURDAY, SEPTEMBER 10, 2011

The event consists of a 500 yard swim, 11 mile bike and 3 mile run.


Click on the link above for the entry form.

Fee: \$45/person or \$80/team by August 26

\$55/person or \$90/team Aug. 27-Sept. 5

\$65/person or \$110/team Sept. 6-9

Deadline to Register is September 9, 2011.



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; Joe Champa, NASM

Licensed Registered Dietitian:
Jo Marie Kadrmas, LRD and
Joe Champa (licensed in July 2011)

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."



**Swim...
Bike...
Run...
all at your
own pace.**

Badlands Self-Paced Triathlon

SEPTEMBER 5 - OCTOBER 14, 2011

\$19.00/person

DIVISIONS:

Ultra Ironman - 5.2 mile swim, 52 mile run/walk, 220 mile bike

Ironman - 2.6 mile swim, 26 mile run/walk, 110 mile bike

Tinman - 1.5 mile swim, 13 mile run/walk, 55 mile bike

Olympic - 1 mile swim, 6 mile run/walk, 24 mile bike

Sprint - 750 meter swim, 3 mile run, 12 mile bike

Competitors will choose which category they would like to compete in with 40 days to reach their triathlon goal. Competitors will be asked to record their results on a daily basis at the West River Community Center. We will rely completely on the honor system when recording mileage totals. All competitors that reach their goal by the end of the event will receive a t-shirt. Registration forms will be available at the WRCC media rack.

Aerobic Corner by Brenda Erie, Group Fitness Coordinator

Schedule Changes - The 8:30pm Cycle class will not be offered in August but will resume in September.

New Schedule - Beginning in September, the group fitness schedule will have a new look! The new schedule will have both land and water based classes combined. For the most part, the group fitness schedule will remain the same each week. A standard schedule of classes will now be printed quarterly. If classes are added or dropped we will wait until the end of the quarter to make the change. In some rare cases, a class may be added or taken off the schedule prior to the new schedule being put out, however these announcements will be in the newsletter and signs will be posted. Watch in September for our new standardized land/water group fitness schedule to be available.

Instructor News - Thank you Christina Wiskus, Cycle Blast instructor, for joining us this summer. Christina is off to college. We look forward to Christina re-joining our staff over her breaks from college. Thanks Christina!!

Feature Class of the Month - PILATES!

New Moves, New Music! Come and enjoy *Pilates*, the Feature Class of the Month. *Pilates* classes this month will have a new look, some instructors will be adding the Bosu, some instructors will be adding new music, some instructors will be adding completely different formats to the class, and finally some instructors will be utilizing more equipment.

What is *Pilates*? Joseph Pilates invented *Pilates*. He was born in 1883 and was a sickly child. He suffered from asthma, rickets, and rheumatic fever. He dedicated his entire life to improving his physical strength. By the age of 14, he was fit enough to pose for anatomical charts. Pilates came to believe that the "modern" lifestyle, bad posture, and inefficient breathing lay at the roots of poor health. He ultimately devised a series of exercises and training-techniques that today we call *Pilates*. *Pilates* focuses on working your core (abs, hips, back). It is a 30 minute class in which most of the exercises are done laying on a mat. By emphasizing, proper breathing, correct spinal and pelvic alignment, and concentration on smooth, flowing movement, you become acutely in tune with your body.

What are the benefits of *Pilates*? Developing a strong core and back, improving muscle elasticity and joint mobility. A body with balanced strength and flexibility is less likely to be injured. *Pilates* exercises train several muscle groups at once in smooth, continuous movements. Posture improves, range of motion improves, strong abs are a result and many more benefits.

Meet the *Pilates* Instructors!

Shannon Halverson: I have been instructing group fitness classes and *Pilates* for 6 years! I am also an ACSM certified Personal Trainer and absolutely love teaching *Pilates*. *Pilates* is my favorite class to instruct because you can see so many changes and transformations while focusing on working the core! The classes are fun, exhilarating, and enjoyable and the 30-45 minutes seems to fly by! The biggest tip I teach in my class is that you need to keep your belly button pulled into your spine to activate all muscles of the core, doing this allows you to work your abdominal muscles that run laterally, and the muscles that horizontally which shrink your waist!

Carol Herauf: I have been teaching for 7 years. I am certified in *Pilates* 1 and 2 from Fitour and NETA. I love *Pilates* because it strengthens the deep abdominal muscles that support the core. It's also a great exercise to reduce stress, relieve tension and boost energy through deep stretching. My favorite quote is from Lance Armstrong "The way you live your life, the perspective you select, is a choice you make every single day when you wake. It's yours to decide"..... I believe everyone should make exercise a part of their day.

Brenda Erie: I have been teaching *Pilates* for 8 years. I am certified with Fitour and NETA. *Pilates* is one of my favorite classes. It helps me slow down, get a great stretch, which helps with circulation, and keeps the body toned. Running and classes are great for the heart, but *Pilates* is a great way to bring toning and cardio together for a more rounded exercise program. I can work hard in class, but *Pilates* helps me stretch out the muscles I worked and helps the body become stronger. Fitness tip: Incorporate different exercise methods into your week. Try running one day, *Pilates* the next, a class the next. Mix it up and see the results. Don't get stuck doing the same thing day after day.

Kathy Himmelspach: Oh boy!! I have been exercising with group fitness for 10 years and have been an instructor for the past 6 years. I am certified in Group Fitness, cycling and *Pilates*. I am the mother of 3 children, 1 Grandson and another on the way. I work full time at Dakota Community Bank & Trust. I love to work the core in *Pilates*, and will show the class alternative moves to keep the core engaged, rather than using momentum. My challenge to beginners is to give it a try for a minimum of 60 days. You will see the difference on how you look and more importantly how you feel.

Billie Gibson: In the galaxy of WRCC, there is Group Fitness. There are many planets in this galaxy. On one of the planets is an instructor that is certified to teach *Pilates*, Cardio Pump, Fitball, SilverSneakers, Zumba and Cycling. On this planet she strives to encourage healthy exercise for all. She so enjoys everyone on this galaxy and teaches water aerobics, deep water aerobics, too. Class is always an adventure with Billie!

Click here for the
August
Group Fitness
Schedule
Water Aerobics
Schedule

Kids Fit

Kids Fit Summer Schedule:
Wednesdays 9:15-9:45 am

REMINDER: When attending *Kids Fit*, please remember that no street shoes are allowed, this includes no sandals or flip flops for your child's safety.

Don't forget to put a sticker next to your name each time you come. Collect enough stickers and you will win a visit to the Prize House!

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

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.

SilverSneakers

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 Matt or Jo Marie at 456-2070.



ANNUAL SHUT-DOWN August 15-21, 2011



Please 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.

Current WRCC Memberships:

Annual = 4,365

3-Month = 611

Punchcards = 1,063

6,039 Total Members

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.



**"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!