

HOLIDAY HOURS



Christmas Eve

Saturday, December 24- Close at 1:00 pm

Christmas Day

Sunday, December 25- CLOSED

New Year's Eve

Saturday, December 31- Close at 6:00 pm

New Year's Day

Sunday, January 1- Open 12:00-6:00 pm

Jingle Bell Run/Walk



Sign up for this year's [Jingle Bell Run/Walk](#) to be held on Saturday, December 3rd. Registration will take place from 9:15-10:15 am and race begins at 10:30 am.

SEE YOU SATURDAY!

Fisher Racquetball Tournament

The [23rd Annual Fisher Industries Racquetball Tournament](#) will be held on Saturday, December 3. Racquetball courts will be closed for open play during the tournament.

GOOD LUCK TO ALL PLAYERS!!

Racquetball & Tennis

REGISTER TODAY for our upcoming programs...

Racquetball League - Jan. 9-Mar. 4, 2012
Junior Racquetball Lessons - Jan. 9-30, 2012 (Mondays)
Youth Tennis Lessons - Jan. 10-Feb. 2 (Tues & Thurs)

For more information please visit dickinsonparks.org.

Harold did it again!

West River Community Center would like to congratulate member Harold Bach on setting a new record at the Huntsman World Senior Games, October 4, 2011. Harold set a new record with the time of 10.95 seconds in the 50 Meter Dash (Mens Age 90-94). The old record was 11.14 set in 2004. The Huntsman World Senior Games is represented by all 50 states and 22 countries with 10,007 participants this year. **GREAT JOB HAROLD!**

New Winter Hours!

Beginning Monday, December 5, WRCC will open at

5:00 am Monday-Friday

(instead of 5:30 am).

These hours will be offered on a trial basis through the winter months only and will **end on March 30, 2012.**

Pool hours will not be affected. Pools will open at 5:30 am as normal.

No Street Shoes



REMINDER: Please make sure you are always bringing a separate pair of shoes to use while working out on the equipment, as well as on the track and courts. Please help us keep our equipment and floors free of mud and dirt.



Climbing Wall Hours

Effective December 22:

During the schools Christmas vacation, the Climbing Wall's supervised hours will be held from 1:00-5:00 pm Monday-Friday. Weekend hours will remain the same.

The Climbing Wall will be closed on the following days: Dec 24-25 & 31.

Childcare Hours

The drop-in childcare will be closed on Saturday, December 24 for Christmas.

Pickleball Hours

Effective Tuesday, December 6, the new **Pickleball schedule will be as follows:**

Tuesdays 8:00-10:00 am

Wednesdays 7:00-9:00 pm

If you haven't tried it, make sure to stop by and give it a go!

UPCOMING EVENTS:

- December 3 - Jingle Bell Run/Walk
- December 3 - Fisher Racquetball Tournament
- December 5 - New Hours take effect
- December 7 - Grocery Store Tour
- December 10 - Orientation Classes
- December 24 - Christmas Eve - WRCC closes at 1:00 pm
- December 25 - Merry Christmas!
- December 31 - New Year's Eve - WRCC closes at 6:00 pm
- January 1 - Happy New Year! WRCC is open 12:00-6:00 pm

Gift Certificates

Don't forget about gift certificates! Buy a gift certificate in the dollar amount of your choice...makes a great gift! Certificates may be used towards memberships, punch cards, drop-in use and more...



POOL NEWS

- **AQUATIC LESSONS:** PARENT & ME Lessons will be held January 10-February 9, 2012. The next session of aquatic lessons begins January 30-March 1. Check our web site to see what's still open. **During aquatic lessons,** the pools will be closed to the public with the exception of water walking.
- **SWIM TEAM PRACTICE:** Dickinson Dolphins Swim Team practice will be held Monday-Friday from 4:00-6:00 pm. The Lap Pool will be closed for open/lap swim during this time.
- **Waterslide Hours:** Waterslides will open at 1:00 pm beginning December 22 through January 2.

BodyFit Challenge 2012: Couples Challenge

by Natasha Ash, CSCS, Healthy Results, Inc.

Let our Healthy Results, Inc. personal trainers and dietitian help you and your husband or wife improve your health in 2012. We will provide information and practical tools for you to achieve your goals TOGETHER! Each partner will benefit from the quality time with their spouse as well as the amazing results from a scientifically and creatively designed exercise and nutrition program. Other benefits include: Accountability, motivation, fitness assessment, and exercise instruction. Health seminar topics include: Goal Setting, Making your Health a Priority, Make Room for Meal Planning--Quick & Healthy Meals for Busy Couples, Fitting in Fitness--Quick & Effective Workouts for Busy Couples.

8-Week Fitness Challenge for Husband/Wife Partners will be limited to 16 Couples (32 participants)

Cost: \$250/couple

MARK YOUR CALENDARS FOR THESE BODYFIT CHALLENGE DATES!

Informative Meeting:	January 23, 2012 (7:00-8:30 pm)
Measurements:	January 26, 2012 (7:00-9:00 pm)
Measurements:	January 28, 2012 (1:00-3:00 pm)
Introduction:	February 2, 2012 (7:00-9:00 pm)
Regular Meetings:	February 6 - March 29, 2012 (7:00-8:00 pm) Each Monday & Thursday = Health Seminars & Exercise Workshops Partner Exercise Program Included
After-Measurements:	March 31, 2012 (1:00-3:00 pm)
After-Measurements:	April 2, 2012 (7:00-9:00 pm)
Awards Ceremony:	April 19, 2012 (7:00-9:00 pm)



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;

Licensed Registered Dietitian:

Jo Marie Kadrmas, LRD and

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."

MERRY CHRISTMAS

Healthy Results, Inc.

by Natasha Ash, CSCS, Healthy Results, Inc.

Think ahead to the holidays and get your "special someone" a gift certificate for one of Healthy Results, Inc.'s programs:

- BodyFit Challenge 2012: Couples Challenge
- Weight Management Support Group
- Grocery Store Tour
- "Getting Started" Personal Training Package

Check our list of services online at www.westrivercommunitycenter.com or at the Control Desk.

**Healthy Results, Inc.
is now on Facebook!
"Like" us!**



Grocery Store Tour

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

Grocery Store Tours are hosted by Jo Marie Kadrmas, LRD. A tour will last approximately one hour and 15 minutes within Dan's Supermarket. The tour is an economical way to gain valuable nutrition education and learn practical ways to prepare nutritious foods. The focus of the tour is to help participants learn to identify healthy food choices and understand appropriate portion sizes. In addition, Jo Marie will teach participants how to read and understand food labels. Food preparation suggestions, recipes, and other unique foods will be discussed. The ultimate goal of the tour is to increase the variety of healthy foods eaten by participants in order to improve overall health and decrease risk of chronic disease. Join me and improve your health today!

Date: Wednesday, December 7
(10:00 am)

Cost: \$15/person

Location: Dan's Supermarket North
(please meet at the courtesy counter)

Register at the Control Desk.



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, December 10 or

Saturday, January 7

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

Cost: \$12.00

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.

REGISTER TODAY!

Aerobic Corner by Brenda Erie, Group Fitness Coordinator

December Schedule

- No classes on Saturday, December 24th
- No 12:00 pm Yoga on December 22nd & December 27th

December's Saturday Class Schedule

December 3:	8:30 am Cycling / 9:30 am Pilates
December 10:	8:30 am Zumba / 9:30 am Pilates
December 17:	8:30 am Cycling / 9:30 am Beginner Pilates
December 24:	NO CLASSES
December 31:	8:30 am Zumba / 9:30 am Beginner Pilates

Welcome New Instructors

West River Community Center welcomes new instructor's Valerie Kanski and Ashley Jahner. Valerie will be teaching Cycling and Yoga and Ashley will be teaching Cycling and Pilates. **Please welcome these two new instructors!**

Feature Class of the Month

January's Feature Class of the Month will be **Cardio Pump**. Watch for details in the January newsletter. **NEW CLASSES...NEW MOVES!**

Participant Spotlight

If you know of someone attending Group Fitness classes that you feel should be featured in the newsletter because of their achievements, please contact Brenda at 456-2070 (Ext. 119).

NEED MORE ENERGY? NEED TO DE-STRESS YOUR LIFE THIS BUSY HOLIDAY SEASON?

Then, jump start your work-out this month. Don't wait until New Year's to start an exercise program. You are thinking, "Is she crazy? This is the busiest month of the season. I have Christmas programs, Christmas shopping, holidays parties... How can I possibly fit in exercise? It may seem counterintuitive, but research shows expending energy by engaging in regular exercise may pay off with increased energy in the long run.

"A lot of time when people are fatigued, the last think they want to do is exercise," says researcher Patrick O'Connor, PhD, "But if you're physically inactive and fatigued, being just a bit more active will help," says O'Connor. 90% of the studies show that sedentary people who completed a regular exercise program reported improved fatigue compared to groups that did not exercise," says O'Connor. "It's a very consistent effect." The results show that regular exercise increases energy and reduces fatigue. The average effect was greater than the improvement from using stimulant medications, including ones used for attention deficit hyperactivity disorder (ADHD) and narcolepsy. Just think about that. Regular exercise is greater than a stimulant medication. How many of your would love more energy? How many of you would love to de-stress?

Pick one hour out of your day and de-stress. Commit!! Try going to bed early so you can get up for an early class. Take your lunch break at the WRCC and attend a noon class. Try de-stressing, after everyone has been fed and put to bed, with a late evening class. Stress wreaks havoc on the body, and no matter the source (holiday madness, a screaming toddler, a deadline at the office), the result is the same: Muscles begin to break down and fat begins to accumulate. If stress is becoming an issue for you, try a relaxation class like yoga or pilates or trying sweating it out in cycling, boot camp, zumba, step....

HAPPY HOLIDAYS!

HOPE TO SEE YOU IN CLASS THIS HOLIDAY SEASON!

**Click here for the
Group Fitness
Schedule
(land & water based
classes)**

Kids Fit

**Kids Fit Schedule:
Wednesdays & Fridays 9:15-9:45 am**

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

****Please remember that no street shoes are allowed, this includes no sandals, flip flops, boots, etc.**

KIDS FIT CHRISTMAS PARTY!

Make sure you make plans to attend our Kids Fit Christmas party on **Friday, December 23rd!**
See you there!



SilverSneakers

SilverSneakers Schedule
10:00 am Mondays - Cardio Circuit
10:00 am Tuesdays - MSROM
10:00 am Thursdays - Yoga
10:00 am Fridays - MSROM

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

SilverSneakers Christmas Potluck!

**Friday, December 23rd
11:00 am**

Bring your favorite dish to share with your fellow SilverSneakers!

**Thank you to all our members
for your patronage in 2011!**



**Have a Healthy
Holiday Season!
Merry
Christmas!**

Current WRCC Memberships:

Annual = 4,622

3-Month = 578

Punchcards = 904

6,104 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!