

### Pre-Super Bowl "Doubles" Tennis Tournament



February 3-4, 2012

\*Tennis courts will be closed for open play during the tournament.

**GOOD LUCK PLAYERS!!**

### Pat Fadden Racquetball Classic

February 10-12, 2012

Entry Fee: \$40/person

Entry Deadline: February 3, 2012

[click here for an ENTRY FORM.](#)

\*Racquetball Courts will be closed for open play during the tournament.

### Health Club Credit Notice

For those of you on BCBSND who did not receive your December credit you should see your reimbursement for December's usage in February. If you have not already done so, please make sure you re-submit your 2012 health assessment ([ndwellnesscenter.com](http://ndwellnesscenter.com)) to ensure you continue to receive your credits in 2012. If you have any questions regarding the Health Club Credit please call the number on the back of your health plan card.

### Self-Defense Class

Dickinson Parks & Recreation will be holding a Women's Self-Defense Class. A sign up sheet will be available at the WRCC Control Desk. If enough are interested a class will be held in the near future.

#### CLASS DETAILS:

6-hour classroom and hands on training  
Cost: \$100

Protect yourself  
if you have to!!  
Register at WRCC  
Control Desk.



### Climbing Wall Belay Course

Learn to Belay... Completion of this course will enable you to belay during open climb hours at WRCC.

Dates: February 27 & 29  
Time: 7:00-9:00 pm  
Cost: \$12.00



Individuals must attend both nights to be certified. 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, February 4  
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.

### UPCOMING EVENTS:

- February 3-4 - Pre-Super Bowl Tennis Tournament
- February 4 - Orientation Classes
- February 5, 8, 12 - Lifeguard Certification Course
- February 10-12 - Pat Fadden Racquetball Tournament
- February 14 - Happy Valentines Day!
- February 20 - Happy President's Day!
- February 26 - Dolphins Swim Meet
- February 27 & 29 - CW Belay Course

### 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.

### POOL NEWS

- LIFEGUARD CERTIFICATION COURSE**  
February 5, 8 & 12. Registration Packets available at WRCC Control Desk or call Kellie at 701-456-2074.
- NEW AQUA ZUMBA!**  
Mondays - 6:30 pm  
Thursdays - 9:00 am  
Join us for an invigorating workout... Splashing, stretching, twisting, even shouting, laughing, hooting and hollering! Aqua Zumba is taught by Catherine Riddick, Certified Aqua Zumba Instructor.  
Water shoes are recommended.

**NEW!** "Gym Rat" Bags available at the Control Desk!



# Half Marathon Running Club

by Natasha Ash, CSCS, Healthy Results, Inc.

**LET'S GO FOR A RUN!** Let me help you on your incredible journey to run a half marathon by assessing your running level, designing a running program, sending you weekly emails with instructions & motivation for each run, and running with you once a week. I will coordinate group runs and will give you a safe and effective strategy to run 13.1 miles. You will gain confidence and the competitive edge you need for running a half marathon for the first time or to set a new personal record.

**All experience levels and running paces are welcome!**

**Cost:** \$75.00 - Click here for [REGISTRATION FORM](#)

**First Meeting:** March 1, 2012 - 5:00-6:00 pm at WRCC Community Room #1

**First Run:** March 5 - 5:30 am - WRCC

Drop off your registration at WRCC Control Desk or call Natasha at 260-8803 for more information.

## What's New at Healthy Results, Inc?

[New Personal Training Packages!](#) & [New Dietitian Packages!](#)

We have new packages and prices for you to consider when thinking about personal training and dietitian services. Please call Natasha at 701-260-8803 to schedule your appointment today!

"Like" us on Facebook!



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 Kadmas, 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."*

## Aerobic Corner by Brenda Erie, Group Fitness Coordinator

### Welcome New Instructors

Please welcome Stephanie Durrant. Stephanie will be teaching Cycling, Zumba, Step and Kickbox. Also, please welcome Catherine Riddick who will be teaching Aqua Zumba and Zumba. Both come to WRCC with great experience and style! Check out their classes!

### Participant Spotlight: Donalda Binstock

**Her Achievement:**

**How has Group Fitness inspired you?** "I began coming to the community center about 5 years ago when a co-worker suggested it. I started with one class and then tried to do some things on my own. I found that I needed that "push" from an instructor to encourage me to do more and go farther. I now am committed to the morning classes. I consistently get up for the 5:35 am classes, and if I can't for some reason, I just feel slow and sluggish all day. Throughout this time I have seen myself not only become more fit and toned, but it has given me a much wider circle of friends who truly care if you are there and why you are not!"

**Donalda's Fitness Tip:** Don't expect to be an expert the first time you try something. Keep coming back and things will come easier.

**Her Favorite Class:** I don't really have a favorite class as I enjoy them all. They allow me to work different muscles throughout the week, and I enjoy the variety.

**What others have to say:**

"Donalda is a great inspiration, and I love having her in the classes. She is encouraging and will help everyone put that last effort into whatever they are doing. She will give compliments and tell people that she sees the changes that the classes are making and to never give up." - **Kathy Himmelspach, Group Fitness Instructor**

"She knows shows such dedication. You can depend on her to be at class every morning. That is so inspirational."

- **Alyssa Mack, Group Fitness Instructor**

"Donalda challenges herself in class. She gives 100 percent. She is fierce!" - **Anonymous**

**KEEP UP THE GREAT WORK DONALDA!**  
From all of us at the West River Community Center

Click here for the  
**Group Fitness  
Schedule**  
(land & water based  
classes effective  
January-March 2012)

### Saturday Group Fitness Classes

February 4:	8:30 am Cycling 9:30 am Pilates
February 11:	8:30 am Zumba 9:30 am Pilates
February 18:	8:30 am Cycling 9:30 am Pilates
February 25:	8:30 am Zumba 9:30 am Yoga



**Give it a Try!**  
Mondays 6:30 pm  
Thursdays 9:00 am  
Lap Pool



**Happy Valentine's Day!**  
**February 14th**

**President's Day**  
**February 20th**



**Current WRCC Memberships:**

Annual = 4,946  
 3-Month = 716  
 1-Month = 122  
 Punchcards = 915  
 Tanning = 379

**7,078 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 5:00 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!**