



HAPPY NEW YEAR!

The staff at West River Community Center would like to wish all our patrons a very happy and healthy year of 2011!

NEW YEAR REMINDERS:



The following is a list of reminders to help patrons start their year off to a great start.

TOWEL MEMBERSHIP



For our patrons who hold a Towel Membership... your membership expires on Dec. 31st. Please renew at the Control Desk to continue your towel usage. For any patron who wishes to sign up for our towel

membership, Cost is \$25/year and \$15/ year for additional family members.

TANNING USERS

Tanning users will need to sign a new waiver for 2011. A 2011 waiver must be on file before you will be able to tan in 2011, so please allow extra time the next time you schedule a tanning appointment.

HEALTH CLUB CREDIT

For BCBS of ND members who are required to do so, please make sure you complete your 2011 health assessment at myhealthcenter.ndwellness.com. For most users, this process needs to be done at the beginning of each year to continue to receive your reimbursements. If you have any questions regarding your reimbursements please call the number on the back of your card.

LOCK UP YOUR VALUABLES



Please remember to lock up all valuable items you bring to the community center. WRCC is not responsible for lost or stolen items. We have locks available for rent or you may bring your own lock. Just remember to remove your items and lock each day when you leave. Locker memberships are also available for anyone interested.

Racquetball Lessons/League

Jr. Racquetball Lessons will be held on Mondays January 10-31, 2011.

Cost: \$19.00

Ages/Time:

Age 5-8 (4:00-4:50 pm)

Age 9-12 (5:00-5:50 pm)

Age 13-18 (6:00-6:50 pm)

*Ages may be combined.



Register online or at the Control Desk by Jan. 3rd.

WINTER RACQUETBALL LEAGUE will be held January 10-March 6, 2011.

Register by January 5th.

Cost: \$19/members or \$24/non-members.

Tennis Lessons/ League

Youth Tennis Lessons will be held:

Session 3: Jan. 11-Feb. 3, 2011:

Age 5-8 (4:00-4:55 pm) T & TH

Age 9-12 (5:00-5:55 pm) T & TH

Session 4: Feb. 8-Mar. 3, 2011:

Ages 5-12 (4:00-4:55 pm) T & TH

Cost: \$24.00

Register online or at WRCC.



WINTER TENNIS LEAGUE will be held January 10-March 6, 2011. Register by January 5th.

Cost: \$19/members or \$24/non-members.

Climbing Wall Belayer Course

There will be a Belayer Course offered January 24 & 26 from 7:00-9:00 pm. Cost is \$12.00. Completion of this course will enable you to belay during open climb hours. Individuals must attend both nights to be certified. Register at the Control Desk.

UPCOMING EVENTS:

- January 1 - Happy New Year!
- January 3 - Eating for Health & Performance Class Begins
- January 4 - Grocery Store Tour
- January 7-9 - Winter Freeze Swim Meet
- January 10 - Winter Racquetball/ Tennis Leagues & Lessons begin
- January 10 - Parent & Me Lessons Begin
- January 17 - Martin Luther King Day (WRCC open normal hours)
- January 19 - BodyFit Challenge Informative Meeting
- January 24 & 26 - Belayer Course
- January 25 - Body Fit Challenge Begins

POOL NEWS

- **POOL HOUR CHANGES:** We have adjusted the pool hours slightly. Please note that Monday-Friday the pool area will close at 9:00 pm (instead of 9:30 pm) and Saturday mornings the pool will open at 8:00 am (instead of 7:00 am).
- **PARENT & ME** begins January 10th! Session will be held Jan 10-Feb 9 from 5:30-6:05 pm.
- A new session of aquatic lessons begin January 31st. Please visit our web site for available levels and times.
- **Dolphins Winter Freeze Swim Meet** will take place January 7, 8 & 9, 2011. Lap Pool will be closed during the meet.
- A Lifeguard Certification will be held in January. Please call Kellie at 456-2070 if interested in becoming a certified lifeguard.
- **COMING IN FEBRUARY...** A new deep water aerobics class will begin in February. Please watch for more information to be available soon.
- Please watch for postings of Lap Pool schedule changes.



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:

Natashia 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.”

Eating for Health and Performance Class

with Jo Marie Kadrmas, LRD
Healthy Results, Inc.

This class covers basic nutrition, meal planning, recipe modification, hydration for physical activity, plus how to properly fuel your body for exercise and recovery.

Dates: January 3-31, 2011

Day/Time: Mondays 12:05-12:50 pm

Class Size: Limited to 8

Cost: \$65.00 (includes light lunch at every class)

*Register at the Control Desk.

Grocery Store Tour

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

Date: Tuesday, January 4, 2011

Time: 7:00 pm

Location: Dan’s Supermarket North

(Meet at the Courtesy Counter)

Cost: \$15.00

*Register at the Control Desk

At the store, we will discuss a variety of foods, how to navigate through the store to make healthy choices, portion sizes, and I will teach you how to read the nutrition facts label.



BodyFit Challenge 2011



by Natashia Ash, Healthy Results, Inc.

BE GOOD TO YOUR BODY! Join the BodyFit Challenge 2011!

Informative Meeting: January 19, 2011 - 7:00 pm

Registration Deadline: January 25, 2011

Start Date: January 25, 2011

10 Week Challenge:

- Team or Individual Competition
- Weekly Prizes plus a Grand Prize
- Informative Exercise and Nutrition Seminars
- Active Workshops
- Exercise and Nutrition Journal
- Before and After Body Fat, Girth, and Weight Measurements
- Free Cholesterol and Blood Pressure Screening



Why join as a team? Making a commitment to a team can be a great motivator. FACT: People will let themselves down before they let someone else down. If your team sets a time to exercise and you don’t show, you will hear about it! Other reasons: Accountability, Camaraderie/Support, Fun, Good Old Competition and more!

Don’t worry if you don’t join with a team... **join as an individual** and either way you WILL achieve and maintain healthy behaviors that will last a lifetime!

GET READY TO TRANSFORM YOUR BODY, MIND & LIFESTYLE! TAKE THE CHALLENGE!

[Click here for a complete registration packet and schedule of events.](#)

Youth & Adult Orientation Classes

Saturday, January 8, 2011 - \$12.00
2:00 pm (Youth 12+) / **3:00 pm** (Adult 19+)

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.



Snow Shoeing Club

offered by Healthy Results, Inc.

PURPOSE: Provide a fun way to exercise and enjoy the snow and outdoors during the winter months.

Start Date: January 13, 2011 (8:30pm)

There will be an organizational meeting at 8:30 pm on January 13 at WRCC. This meeting will determine days and times the club will meet.

Cost: \$65.00/person

Instructor: Shannon Halvorson, ACSM
Certified Personal Trainer
Register at the WRCC Control Desk.

“Let’s celebrate the new year with a “new” adventure!”

Gymnasium Closed
The gymnasium will be closed on Friday, Jan. 7 (2:00-close), Saturday, Jan. 8 all day and Sunday, Jan. 9 (12:00-5:00 pm) for the Winter Freeze Swim Meet.

Aerobic Corner

by Brenda Erie, Group Fitness Coordinator

ZUMBA FOR KIDS

Zumba for Kids is designed for ages 8 to 12. It is a fun, energizing, and cool way for your child to keep fit and healthy without realizing they are doing it! Your child will learn many Latin rhythms such as the cha cha, meringue, Reggaeton, cumbia, salsa and mambo by dancing to fun and kid friendly songs, games, dances and actions that promote a healthy lifestyle!

What to Bring and Wear to a Zumba Kids Class

Just like the adult Zumba classes, the kids will be sweating a lot, so they will need to bring towels, a bottle of water, wear loose fitting clothing and sneakers or dance shoes that are comfortable, but without a lot of tread (excessive tread will get in the way of doing the dance moves). The benefits of the Zumba Kids classes are improved coordination and muscle tone, as well as getting them hooked, at an early age, on getting and/or staying fit and healthy!

Zumba for Kids will begin in January and will be held every other Saturday at 8:30 am.

Want more energy this New Year?

Sleep is an important component to a healthy lifestyle. It is even more essential for people who are physically active. Sleep allows your body to recharge itself. During this time, skin wastes are eliminated and minerals, vitamins and hormones are circulated. While sleeping, your body produces infection fighting substances. Muscle adaptation and growth occur during this crucial recovery period. Stage four deep sleep (also known as the Rapid Eye Movement (REM) stage or dream stage) is the most beneficial stage for the body's recuperation. Adequate sleep will also make you less irritable, less depressed and less prone to have accidents. Getting enough sleep helps you to have more energy and be more efficient at work and at home.

Unfortunately, in today's fast-paced, time-starved society, it is often overlooked. We tend to push it aside in favor of finishing paperwork or housework, watching television, using the computer or socializing. But missing out on valuable hours of sleep can cause you more problems than you may realize.

In the last 50 years, Americans have been sleeping an average of two hours less per night. Many studies have recently looked at correlations between sleep deprivation and negative health impacts. Hypertension, diabetes, obesity, memory loss and decreased metabolic rates have been some areas that have been researched heavily. One of the first links between overeating and sleep deprivation came from a study on rats. Researchers discovered that rats that were deprived of sleep over ate in an attempt to maintain body temperature.

A Japanese study of children aged six and seven who slept nine hours per night were compared with those who only slept eight to nine hours. The latter group was nearly twice as likely to be obese. Children who slept fewer than eight hours were almost three times as likely to be overweight! Wow, what alarming statistics.

What is going to give you more energy? Sleep. Add exercise and eating right to that equation and you are bound to start the new year great!

Hope to see you in class this New Year!

Click here for the
JANUARY
Group Fitness
Schedule

Water Aerobics Schedule

6:00 am Tuesday & Thursday (Leisure Pool)
8:00-9:00 am Monday-Friday (Leisure Pool)
9:00 am Wed. SILVERSPLASH (Leisure Pool)
9:00 am Mon, Wed & Fri (Leisure Pool)
5:30-6:30 pm Monday-Thursday (Leisure Pool)
7:00-8:00 pm Tuesday & Thursday (Lap Pool)

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

Child Care



The drop-in child care will be closed on Saturday, January 1st.

SilverSneakers

SilverSneakers will be having a potluck at 11:00 am on Tuesday, January 11th in Community Room #1 to bring in the New Year. Bring your favorite dish to share with all!

SilverSneakers Schedule

10:00 am Mondays - Cardio Circuit
10:00 am Tuesdays - MSROM
10:00 am Wednesdays - Yoga
10:00 am Thursdays - MSROM

Thank you to all of our SilverSneakers Members for your patronage. If you have any questions regarding the SilverSneakers program please call Eric or Jo Marie at 456-2070.



HOLIDAY HOURS

New Year's Eve

Friday, Dec. 31 - Close at 6:00 pm

New Year's Day

Saturday, Jan. 1 - 10:00am-6:00pm

Martin Luther King Day

Open Normal Hours



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Facebook!

Current WRCC Memberships:

Annual = 4,172

3-Month = 623

Punchcards = 958

5,753 Total Members

New Fee Schedule

Effective January 1, 2011 we will be following a new fee schedule.

The updated schedule will be available online and from the media rack.

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!