

# West River Community Center

2004 Fairway Street  
Dickinson, ND 58601  
(701) 456-2074

westrivercommunitycenter.com



January 2010

## New in 2010!



Recently we installed a new LCD screen above the front entrance media rack at WRCC. This screen will be used to view our daily schedule, upcoming events and special announcements. The screen has been provided to us free of charge by REACH Sports Group who will be selling advertising to local businesses along with giving us an opportunity to inform our patrons of our day to day activities. **Check out the electronic schedule for pool hours, climbing wall hours, group fitness schedules and more...**

## Tanning Users

For individuals who use the tanning beds at WRCC, you will be required to complete a new tanning waiver for 2010. A 2010 tanning waiver must be on file before you will be able to tan in 2010, so please allow extra time the next time you schedule a tanning appointment. If you have any questions, please call 456-2070.

### HAPPY NEW YEAR!!

- WRCC closes at 6:00 pm on New Year's Eve
- WRCC is open 10:00 am—6:00 pm on New Year's Day
- Parent & Me Aquatic Lessons **Jan. 4-15**
- Tennis League begins **January 4**
- Dolphins Swim Team Winter Freeze Meet **Jan. 8-10**
- Racquetball Lessons begin **Jan. 11** and League begins **Jan. 12.**
- High School Swim Meet **January 16**
- **Jan. 18** Martin Luther King Holiday—WRCC Open
- Aquatic Lessons **February 1-12.**
- Fadden Racquetball Tourn. **Feb. 12-14.** Register no later than February 5th.



## Intro to Kayaking

An introductory course in the basic fundamentals of kayaking will be held. Instruction will be a combination of 30 minutes of classroom instruction and 1 hour and 30 min. of work in the pool. Register today for one of these sessions:

**Date:** January 27, 2010 or January 28, 2010  
**Time:** 7:00-9:00 pm in the Lap Pool  
**Age:** 12 to Adult  
**Cost:** \$32.00/person



Participants will need a lifejacket and swimming apparel. Classes are limited. Register online at or at the Control Desk.

## Pool News

**January 8-10, 2010 the Dickinson Dolphins Swim Team will be having their Winter Freeze Swim Meet.** The Lap Pool will be closed the following days/times:

Friday, January 8—4:00-8:30 pm

Saturday, January 9—7:30 am-2:30 pm

Sunday, January 10—7:30 am-2:30 pm

**The Dickinson Dolphins High School Swim Team** will have a swim meet on **Saturday, January 16th.** Lap Pool will also be closed for open swim during this meet from 11:00 am to 3:00 pm.

## Towel Service



For our patrons who hold a Towel membership... your membership expires on Dec. 31st... Please renew at the Control Desk to continue your annual towel usage. For any patron who wishes to sign up for a Towel Membership... Cost is \$25.00/year and \$15.00/year for additional family members.

**Cost of 1 Annual Towel Membership... \$25.00... never have to bring your own towel again... Priceless!**

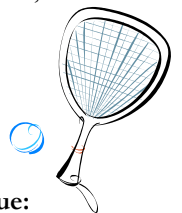
## Tennis League

## Racquetball Lessons/Leagues

### Junior Racquetball Lessons:

January 11, 18 & 25 and Feb. 1, 2010  
(Mondays) - \$17.00

Age	Time
5-8	4:00-4:50 pm
9-12	5:00-5:50 pm
13-18	6:00-6:50 pm



### Winter Racquetball League:

Begins January 12, 2009  
\$17/member - \$27/nonmember  
Levels: A, B, C, Novice, Women's

## Healthy Results, Inc. Personal Training Services

To make an appointment with a personal trainer or dietitian, please contact Healthy Results at 456-2070 or Natasha at 260-8803.

**Certified Personal Trainers:** Natasha Ash, Shannon Selle, Patty LaPaglia & Shannon Halvorson

**Licensed Registered Dietitians:** Jo Marie Kadmas

*\*\*Gift Certificates are available!*



"Providing direction to attain Healthy Results and inspire everyone to integrate exercise and wellness as a vital part of their life."

## 2010 BodyFit Challenge

This is your time, time to reach your personal goals in 2010.

### BodyFit Challenge Q&A:

#### What does the BodyFit Challenge offer?

- **Exercise and Nutrition Seminars:** Seminars include 30-40 min. of education and 20-30 min. discussion. Examples of the seminars are lowering your cholesterol, basic strength training, tricks on eating healthy, and how to achieve a healthy body composition.
- **Active Workshops:** Active workshops consist of 10-15 min. intro and 45 min. of activity. These interactive workshops comprise of a grocery store tour, cooking class on tips for recipe modification, cycling class, gardening and more.
- Before and after cholesterol, glucose and blood pressure screenings along with before and after body fat, girth and weight measurements.
- Chance to win fabulous weekly prizes
- AND MORE...

**Is this an individual or team challenge?** All individuals can take the challenge separately or be assigned to a team. We encourage teams for group support, workout fun, new friendships, and accountability.

**Is there a cost?** The cost to take part in the challenge is \$100.

**How do I join the BodyFit Challenge?** Pick up a registration packet at the WRCC Control Desk. Complete and return to the Control Desk by January 11, 2010.

**When does the BodyFit Challenge Start?** On January 19, 2010, BodyFit Challenge is hosting an informative meeting to discuss important forms, deadlines, rules, regulations and other important program details.

**Who do I contact with questions?** Contact Healthy Results located in the West River Community Center at 456-2074 or Natasha Ash at 260-8803.

*BodyFit Challenge continued....*

## BodyFit Challenge Seminar & Active Workshop Schedule

### JANUARY'S EVENTS

#### January 11..... BodyFit Registrations Due

January 14 .....Cholesterol/Glucose Test (6:00-9:00am)

January 15 .....Cholesterol/Glucose Test (6:00-9:00am)

January 16 .....“Before” Measurements & Pictures  
(1:30-5:30pm) - SIGN UP REQUIRED AT CONTROL DESK

January 19 .....Seminar: Intro to the BodyFit Challenge (7:00pm)

January 20 .....Seminar: Know your Numbers (7:00pm)

January 20 .....“Before” Measurements & Pictures  
(9:00am-1:00pm)-SIGN UP REQUIRED AT CONTROL DESK

January 25 .....Seminar: Heart Disease Risk Factors/Prevention  
(7:00pm)

January 26 .....Seminar: Basic Strength Training (7:00pm)

January 27 .....Active Workshop: Strength Training Methods  
(5:30 & 6:30pm in Studio A)-SIGN UP REQUIRED AT CONTROL DESK

January 29 .....Active Workshop: Strength Training Methods  
(5:40am in Studio A) - SIGN UP REQUIRED AT CONTROL DESK

### NOTES:

- All Seminars will be held in the Community Rooms at 7:00 pm unless noted otherwise.
- Please pick up a BodyFit Challenge Calendar from the Media Rack for a complete schedule of January, February & March events.
- **Please note that the “Before” Measurements and Active Workshops require that you sign-up in advance. Sign up sheets will be available at the Control Desk beginning Monday, January 4th.**
- If you have any questions regarding the BodyFit Challenge please feel free to contact Natasha at 260-8803.

**The time is NOW, join the BodyFit  
Challenge and take the  
journey for a healthier you!**



## Aerobic Corner *By Brenda Erie, Group Fitness Coordinator*

### Dealing with Self-Destructive Thinking

All the holiday parties, shopping, cooking, traveling and entertaining in December can make it hard to get back on track in January. Especially if you start out with a negative mindset or hit a mental roadblock on your wellness path. Acknowledging the negative thinking and understanding its consequences is the key to moving out of a rut. Here are a few tips to start your New Year thinking off right.

### Getting Back on Track

At times, all of us may shift our negative thinking to positive, and that's an empowering place to be. However, making that shift is not always possible, and it is important to realize that. Most people don't want to hold a negative view of themselves, yet core-belief thoughts can get triggered without warning. If we could always shift our thoughts by simply thinking positively, most of us would. When you can't make that shift, there are two practical strategies to consider: Do you need a reality check, or is the best solution immediate action? When the negative thinking is situational, either strategy can be effective. With chronic negativity, immediate action is generally the better choice.

### Reality Check

When you have a negative view of yourself and your progress, it's good to take a few moments to evaluate what may have triggered the mindset. Is this negative thinking situational or part of a chronic pattern? If the negativity is situational, you can give yourself a reality check. Using this

strategy, you positively reframe your negative beliefs by drawing on your experience of your past efforts as evidence. You reflect back the erroneous thinking and dismantle the distorted self-image. Using a reality check also shows you that one moment of insecurity or indulgence does not define who you are as a whole.

Imagine a scenario where you missed your workout over the weekend and overindulged in excess eating because of stress at work. Prior to this, you were making consistent progress and feeling good about your successes, but now after your weekend you develop a negative belief, "I have no willpower" or "I'll never get there" or "It's too difficult to keep going." This kind of thinking makes us give up our health goals.

A practical first step is to acknowledge your feelings, regardless of the distortion. This is important because, despite the exaggerated perspective, the negative belief feels like the truth to you. Ask yourself a series of questions that are evidence based. For instance, in response to the statement of inadequacy you might say, "I think I'll never get there, but how do I explain the progress I've made all these months?" or "If it's too difficult to keep going, what has kept me going for all this time?" Your questions causes you to shift your thinking back to all your efforts. While we may still want to negate reality or find reasons why our efforts don't count, it will be difficult to hold on to distorted belief when we have to ponder our progress.

### Immediate Action

Sometimes the only way to re-focus negative thinking is to get right into action. This could mean getting right into your workout; learning a new exercise move from a magazine or class that is achievable but requires focus; using a visualization technique to relax; writing down all that you have accomplished, or concentrating on your breathing. As you run, relax, write or breathe, you are forced to shift your attention away from your poor self-image.

Your activity provides you with a focus and diverts you from the loop of negative thinking. Your mood will lift, your face will open up, and your posture will become less burdened if you change your negative thinking. As you become more alert to negative beliefs you will enjoy the satisfaction of making steady progress toward their wellness goals—and that satisfaction will be your success.

*Hope to see you in class!*

**Group Fitness Schedule**  
Pick up your monthly group fitness schedule from the media rack or find one on [westrivercommunitycenter.com](http://westrivercommunitycenter.com)

### Water Aerobics Schedule

8:00-9:00 am Mon-Fri  
9:15 am Wednesday  
(SilverStretch)  
10:00 am Wednesdays  
(SilverSplash)  
5:30-6:30 pm Mon-Thur  
7:00-8:00 pm Tues & Thur



## Health Club Credit Program NOTICE!

All BCBS of ND members receiving the Health Club Credit must go online at [MyHealthCenter.NDWellnessCenter.com](http://MyHealthCenter.NDWellnessCenter.com) to **re-submit** your online health assessment for 2010 in order to continue to receive your reimbursements. This process needs to be done at the beginning of each year.

**If you have any questions regarding your reimbursements please call the BCBS number on the back of your card or call 651-554-9416.**



The staff at  
 West River  
 Community Center  
 wishes all of our  
 patrons a very healthy  
 and happy 2010!

## Endless Possibilities...



### Hours of Operation:

Monday-Friday ..... 5:30 am—10:00 pm

### Weekend Hours:

Saturday ..... 7:00 am—9:00 pm

Sunday ..... 12:00—8:00 pm

### Current Memberships:

Annual = 4,079

3-Month = 512

Punchcards = 771

**5,362** Total Members



2004 Fairway Street, Dickinson, ND

**[701] 456-2070**



Register online –  
**it's easy!**

