



Happy Independence Day!

The West River Community Center will be open on Sunday, July 4th from 12:00-6:00 pm. The Dickinson Parks and Recreation Offices will be closed on Monday, July 5th, however the community center will be open its normal hours. Have a safe and happy holiday weekend from all of us at WRCC!

- **The Drop-In Child Care will be Closed on Saturday, July 3rd.**



Youth & Adult Orientation Classes

Saturday, July 10

2:00 pm (YOUTH 12+)

3:30 pm (ADULT 19+)

Classes are provided to give a thorough orientation to the community center including safety, gym etiquette and use of fitness equipment.

*Youth ages 12-13 will receive a certificate enabling them to use the fitness equipment w/out an adult present.

Citizen Appreciation Week

In recognition of **National Recreation & Parks Month of July**, Dickinson Parks & Recreation will be having its Citizen Appreciation Week Monday, July 12 through Thursday, July 15. Take advantage of the following FREE activities:

Monday, July 12 - FREE use of picnic shelters

Tuesday, July 13 - FREE admittance to Patterson Lake Recreation Area

(excludes camping and shelter fees)

Wednesday, July 14 - **FREE facility use at West River Community Center**

(excludes tanning, drop-in child care, room rentals and golf room amenities)

Thursday, July 15 - FREE use of Heart River Golf Course

(tee times until 1:00 pm; excludes cart rental and driving range)

Leisure Volleyball

Leisure Volleyball will be held on Tuesday evenings (7-9 pm) for Women and Sunday evenings (6-8 pm) for Coed. Both will be played in the Main Gymnasium at WRCC. Leisure Volleyball is open to 11th graders to adult. Drop-in fee of \$1.50 or a WRCC membership.



If you love volleyball Stop by and PLAY! All levels welcome.

UPCOMING EVENTS:

- **July 3 - Gloriana & Bomshel Concert at the Rec Center**
****Pick up your tickets at the DPRD Office.**
- **July 4 - HAPPY 4TH!**
- **July 10 - Orientation Classes**
- **July 12 - 2nd Session of Aquatic Lessons begin**
- **July 14 - WRCC Customer Appreciation Day!**
- **July 26 - Parent & Me Session Begins**

FACILITY NOTES:

CLIMBING WALL

Don't forget about our Climbing Wall...



If you haven't yet, stop by and give it a try.

Summer Climbing Wall Hours are 1:00-5:00 pm Monday-Saturday and Sundays 4:00-7:00 pm. Open to all ages. All climbers must check-in and sign a release form. If under 18, parent/guardian must sign the waiver. Children must be able to fit into a climbing harness to climb the wall. Children 10 & under must be accompanied by an adult while using the wall.



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 locker memberships available, as well as locks for \$1.00/day rental. If you bring your own lock, you will need to take it home with you each day.

POOL NEWS

- **The 1st session of Summer Aquatic Lessons wrapped up on June 25 and the 2nd session will be held July 12-23; and the 3rd Session will be August 2-13**
- **During lessons the pools will be closed for open swim with the exception of water walking, water aerobics and lap swim.**
- **SWIMMING LESSONS PARTICIPANTS:** Please remember you must wear your clothing over suits and must wear footwear when entering and leaving the community center.
- **PARENT REMINDER:** Parents please remember that children 7 and under must be accompanied by an individual age 16 or older while in the pool areas. This individual must be in the pool area and pay the daily fee or have a membership. The fenced patio is not part of the pool area.
- **PLEASE WATCH POSTINGS FOR POOL HOUR CHANGES.**
- **Private Lessons:** We currently have a waiting list for private swimming lessons.

Half Marathon Runners

by *Natashia Ash, Healthy Results, Inc.*

CONGRATULATIONS from Healthy Results, Inc. owner Natashia Ash to all the Half Marathon Running Club participants who finished the Mickelson Trail Half Marathon in Deadwood, SD on June 6, 2010. It was a great race and you all did a great job!



Pictured: Back Row Left to Right = Brad Davis, Nate Bouray, Jeff Riehl, Tim Kreidt;

Middle Row Left to Right = Adrienne Belland, Jessica Eisenbarth, Amy Kreidt, Natashia Ash, Anna Frenzel;

Front Row= Heather Eckert, Shannon Selle, Kim Wanner, Crystal Jahner;

Finishers not pictured = Patty LaPaglia, Jon Stevenson, Jolene Baranko



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

Certified Personal Trainers:

Natashia Ash, CSCS
Shannon Selle, ACE
Patty LaPaglia, ACSM
Shannon Halvorson, ACSM
Katie Nelson, ACSM
Kyle Kudrna, Certified Personal Trainer

Licensed Registered Dietitian:

Jo Marie Kadrmaz, 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."

Grocery Store Tours

There will be a Grocery Store Tour from **7:00-8:00 pm on Wednesday, July 14th at Dan's Supermarket North**. Tour hosted by Healthy Results, Inc. Licensed Registered Dietitian Jo Marie Kadrmaz. The goal of the tour is to increase the variety of healthy foods eaten by participants to improve overall health and decrease risk of chronic disease. **This tour is extremely beneficial, so if you need help with your grocery list REGISTER TODAY!**



Register at the Control Desk or call Jo Marie at 456-2070.

Maintenance Week

Mark your calendar for this year's Annual Preventive Maintenance Week scheduled for **August 16-22, 2010**. The West River Community Center will be closed for the entire week for maintenance.

West River Triathlon

This year's West River Triathlon will be held Saturday, September 11, 2010.

The event consists of a 450 yard swim, 11 mile bike and 3 mile run. Entry forms are available from our web site at westrivercommunitycenter.com or the WRCC media rack.

Fee: \$40/person by August 27
\$75/team by August 27
\$50/person Aug. 28-Sept. 6
\$85/team Aug. 28-Sept. 6
\$60/person Sept. 7-10
\$100/team Sept. 7-10

Deadline to Register is September 10, 2010.

START TRAINING TODAY!

If you need help with your training program please make an appointment with any **Healthy Results Personal Trainer.**

Aerobic Corner

by Brenda Erie, Group Fitness Coordinator

ZUMBA

WHAT IS ZUMBA? According to the Wikipedia, Zumba is a dance fitness program created by dancer and choreographer Alberto "Beto" Perez in Colombia during the 1990's. The program combines Latin and international music with dance in an effort to make exercise fun. Zumba classes are offered through instructors in more than 60,000 fitness center locations in 105 countries and seven-and-a-half million participants.

Workout out can be healthy, rewarding and beneficial. Workout out can be lots of things, but it's never been known to be an exhilarating experience... UNTIL NOW! The Zumba class uses Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. The goal is simple: We want you to want to work out, to love working out, and to get hooked. Achieve long-term health benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life!

The Zumba workout provides fitness benefits because its routines feature interval training sessions with fast and slow rhythms and resistance training, which are intended to tone and sculpt the body while burning fat.

The Zumba classes will be instructed by Sandy Crow who is a certified instructor from Arizona. Welcome Sandy!

Hope to see you in class!



GROUP FITNESS CLASS ANNOUNCEMENTS

- **No Kids Fit on July 7, 2010**
- **Watch for the new Zumba class on July's schedule. Offered Thursdays at 5:30 pm, Tuesdays at noon and some 5:40 am. Check it out!**



Silver Sneakers

SilverSneakers hits the diamonds...

Come and support our hometown Dickinson Roughriders on Thursday, July 15th when the Roughriders will be taking on Rapid City at 5:00 pm & 7:00 pm.

All SilverSneaker members are invited free of charge to the Southside Ballpark and will also get a free drink and hot dog.

COME JOIN US FOR A NIGHT AT THE BALLPARK!



Click here for the
JULY

**Group Fitness
Schedule**

Citizen Appreciation Day

Bring your friends and family and take advantage of a FREE DAY!

Dickinson Parks and Recreation has designated **Wednesday, July 14 as Citizen Appreciation Day at the West River Community Center as part of Citizen Appreciation Week (see p. 1).** If you know of someone who does not have a membership, bring them in for a day of fun at the West River Community Center!

Water Aerobics Schedule

6:00 am Tuesday & Thursday

8:00-9:00 am Monday-Friday

5:30-6:30 pm Monday-Thursday

7:00-8:00 pm Tuesday & Thursday

****Water Aerobics is a great workout! If you stick to land based workouts, mix it up and give water exercise a try!**

4th of July Holiday Hours:

Sunday, July 4th

WRCC will be open 12:00-6:00 pm

Monday, July 5th

DPRD Offices will be Closed

WRCC will be open normal hours



Current WRCC Memberships:

Annual = 4,173

3-Month = 527

Punchcards = 1,010

5,710 Total Members

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!