



SUMMER SCHEDULES

Summer is upon us... schools are out for the summer months... please note the changes in our pool and climbing wall schedules.

Water Slides will open daily at 1:00 pm and Climbing Wall hours will be from 1:00-5:00 pm Monday-Friday. Please make sure to pick up new schedules from the media rack.

SUMMER ACTIVITIES

Summer programs begin June 7th... There are still openings in many of our summer activities. If you haven't already please pick up one of our summer activities guide from the WRCC media rack or view available programs on our web site dickinsonparks.org.

YOUTH & ADULT ORIENTATION

Saturday, June 12

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.

CHARTER MEMBERS

Just a reminder to our Charter Members that your membership expired in May. If you wish to keep your charter membership discount please renew your membership as soon as possible. **We will honor the Charter Discount until June 15th.** A Charter member is someone who joined WRCC in May of 2004 during our Grand Opening and has kept their membership active without interruption.

A BIG THANK YOU TO ALL OF OUR CHARTER MEMBERS!!

BLOOD DRIVE

Wednesday, June 9th

2:30-6:00 pm

Schedule an appointment at www.bloodhero.com or call the Control Desk at 456-2070. The blood draws will now take place in the blood mobile in the WRCC parking lot.

LEISURE VOLLEYBALL

Coed & Women's Leisure Volleyball will be held on Tuesday evenings (7-9 pm) 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. **Stop by and PLAY!**

UPCOMING EVENTS:

- June 1st - Summer Leisure VB Schedule begins
- June 2nd - Hershey Track Meet Rescheduled
- June 9th - Blood Drive
- June 12th - Orientation Classes held
- June 14th - 1st Session Aquatic Lessons begin
- June 19th - Badlands Bowl 5K Run/Walk
- June 20th - Happy Father's Day!
- June 28th - Parent & Me Lessons

POOL NEWS

- SilverSplash Water Aerobics class will not be held for the summer but will return this Fall in mid September. Class will be held at 9:00 am which is different than what has been listed. See you this fall!
- Summer Aquatic Lessons will begin with the following sessions:
 - June 14-25; July 12-23; and 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 POSTING FOR POOL HOUR CHANGES.**

FACILITY NOTES:

 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.

LOCKER

MEMBERSHIPS:

**\$85.00/ANNUAL or
\$35.00/3-MONTH**





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
Katie Nelson, ACSM
Kyle Kudrna, Certified Personal Trainer

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."

Grocery Store Tours

Watch for upcoming Grocery Store Tours hosted by Healthy Results, Inc. Licensed Registered Dietitian Jo Marie Kadrmas. The tours will be held at Dan's Supermarket and will last approximately one hour. 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.

Watch for the next tour to be posted soon or call Jo Marie at 456-2070.



Triathlon Training Club

by Shannon Selle, Healthy Results, Inc.

TRIATHLON TRAINING CLUB

Let us help you prepare for the 6th Annual West River Triathlon.

Dates: June 21-Sept 9 (Mon. 5:30 am)

Fee: \$75.00

Deadline to Register: 6/15/2010

REGISTER AT THE WRCC CONTROL DESK.

Running Clubs

by Shannon Selle, Healthy Results, Inc.

10K RUNNING CLUB

Do you need help to challenge your running endurance and abilities? Join the 10K running club and we will give you an 8 week program that includes weekly runs with a personal trainer and a challenging weekly program.

GOAL: BADLANDS TRAIL RUN-8/28/10

Dates: June 30-Aug. 25 (Wed. 5:30-6:30 am)

Cost: \$60.00

Deadline to Register: 6/28/10

REGISTER AT THE WRCC CONTROL DESK.

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 sign up for the Triathlon Training Club or make an appointment with any Healthy Results Personal Trainer.

BADLANDS BOWL 5K RUN/WALK

Dickinson Parks & Recreation will be having the 2010 Badlands Bowl 5K Run/Walk on Saturday, June 19, 2010. Entry forms are available at the West River Community Center or from dickinsonparks.org. Race begins at 9:00 am with registration from 8:00-8:45 am. The race is in honor of the 2010 Montana-North Dakota Badlands Bowl which highlights the best graduating high school seniors from Montana and North Dakota kicking off at 6:00 pm on Saturday, June 19th at Fisher Field in Dickinson.

Aerobic Corner

by Brenda Erie, Group Fitness Coordinator

Shoulders and Arms Strengthen, Sequence, and Stretch

Summer is officially here. It is time to get out those tank tops and show off your shoulders. How can I tone those shoulders? First, let's talk strengthening. In case you haven't heard, picking up some dumbbells can burn fat, lower blood pressure, reduce stress, prevent osteoporosis and bone fractures - but the benefits don't stop there. If you're looking to sculpt your upper body, resistance training is a non-negotiable. Cardio exercise is a must, of course, but all the aerobics in the world can do very little for your arms and shoulders. On the practical side, a stronger upper body is simply more useful. Carrying groceries upstairs, wrestling with the daybed in the guest room, twisting the lid off that pickle jar - it all requires strength.

Although, there's no such thing as "spot reducing" - when it comes to reshaping specific areas of the body, weights are the greatest weapon. A woman with a "pear-shaped" physique (whose shoulders are narrower than her hips) can use weight training to enhance her upper body, creating a more shapely and balanced overall look. And don't worry about "bulking up"; women simply don't have enough testosterone to experience dramatic increases in muscle size. Instead, you'll see a new, sleek tone that makes a big difference in the way you look and feel.

Try this move: The Preacher Curl.

Pick up a pair of light dumbbells and sit on a chair with a pillow on your lap and lean forward, letting your chest rest on the pillow. With a dumbbell in each hand, place your arms across the pillow with your elbows just above your knees. Your palms are facing forward or up.

Exhale, and bend your elbows, curling the dumbbells up to your shoulders, keeping your wrists straight. Pause at the top of the movement, inhale, and slowly lower back down. Keep your abs tight, and don't round your shoulders. If you have a tendency to swing your arms when doing bicep curls, this is the exercise for you; the position keeps your arms still and stable.

Training your upper body isn't just about lifting and lowering. Proper sequencing is key, especially when it comes to avoiding plateaus. Sequencing refers to the order in which you perform exercises so that you can properly overload the muscle. And don't be intimidated by that word, "overload" - in order to stimulate your muscles, you have to ask them to do more than they're accustomed to, so that each exercise leads to "failure," the point at which you can no longer. Remember: When the muscle fails, you've succeeded.

Sequencing is also about your muscles' interdependency. Individual muscles rarely act alone; they're always cooperating to get things done. So even when you're targeting a single, smaller muscle group, other muscles always get into the act - either to assist with the motion or simply as stabilizers, working to hold your body in place. So help your muscles help each other: Work from the center of the body outward. Meaning, fatigue the larger muscle groups first, like the chest and back, before moving onto the smaller muscle groups they're attached to, like the shoulders and arms.

Ever heard someone say, "I'm sore in muscles I didn't even know I had!" Well, it does happen. Soreness is often a side-effect of the micro tears that take place when we strength train - which is a good thing - but stretching after, or even during, a routine is a great way to keep the muscles relaxed and energy flowing.

CONTINUED...

Click here for the JUNE Group Fitness Schedule

Stretches for the upper body can improve your posture, help you move with greater ease, protect you from injury and the stresses of resistance training, promote spinal health, prevent lower back problems, and melt away stress and tension. It's one of the simplest and most beneficial forms of conditioning, so if you're not stretching as a regular part of your routine, there's no time like the present to get started.

Here's one of my favorites for opening up the chest, biceps, shoulders, and hips. Try holding this stretch for at least 30 seconds, breathing deeply, and moving in a slow, controlled manner. You should feel a sensation of tension, but no actual pain. Use this as a cool-down after your upper body routine on a regular basis to relax, rejuvenate, and keep stress at "arm's distance."

Sit sideways on the edge of a chair with your inside leg bent at the knee, and your foot flat on the floor as in a normal seated position. Extend the outside leg behind you, with knee slightly bent. Your legs should be in the position of a deep lunge. Feel the stretch in the front of your upper thigh and hip.

At the same time, clasp your hands behind your back. Straighten your arms, and then lift your hands and chest. Take a deep breath and feel your chest expanding. You'll feel a stretch in the front of your shoulders, too. Switch legs and repeat.

If you're not sure you are stretching properly or lifting properly, pop into a group fitness class such as Step/Weight, Cardio Pump, Boot Camp, Combo, Hi/Low, all of which have toning portions in the class. Your fitness instructor will be watching to make sure you have correct form and will help you achieve it!

HOPE TO SEE YOU IN CLASS!

Water Aerobics Schedule

6:00 am Tuesday & Thursday

8:00-9:00 am Monday-Friday

5:30-6:30 pm Monday-Thursday

5:30-6:30 pm Friday

7:00-8:00 pm Tuesday & Thursday

(SilverSplash will be cancelled for the summer, but will resume in the fall.)

MEMORIAL DAY

HOURS:

Monday, May 31st
WRCC will Close at 6:00 pm

Current WRCC Memberships:

Annual = 4,153

3-Month = 420

Punchcards = 957

5,530 Total Members

Happy Father's Day

Sunday, June 20th

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!