

Summer Schedules

With school out for the summer we have made some changes to our pool and climbing wall schedules.

Waterslides will open at 1:00 pm with Climbing Wall hours from 1:00-5:00 pm Monday-Saturday. Please make sure to pick up a new schedule from the media rack or view online at westrivercommunitycenter.com.

Leisure Volleyball

Summer Leisure Volleyball Schedule will be as follows:

Women's will be held on Thursday evenings from 7:00-9:00 pm at WRCC.

Coed will be held on Sunday evenings from 6:00-8:00 pm at WRCC.

Leisure Volleyball is open to 11th graders to adult. Drop-in fee of \$2.00 or a WRCC membership. *Stop by and Play!*

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, June 11 OR

Saturday, July 16

Youth: 2:00 pm / Adult: 3:00 pm

*Pre-registration required.

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.

Hershey Track Meet

Dickinson Parks & Recreation will be having the Hershey's National Track and Field Meet on Saturday, June 4 at DSU Fisher Field (Badlands Activities Center). Meet will be held for the following age groups: Age 7-8, Age 9-10, Age 11-12 and Age 13-14 as of December 31, 2011. Registration and field events will begin at 9:30 a.m. with running events beginning at 10:00 a.m. This event is offered free of charge. For more information please contact Dickinson Parks & Recreation at 701-456-2074.

Lifeguard Training

Interested in becoming a Lifeguard?

West River Community Center will be holding training courses.

Date: June 3-5

Time: 9:00 am - 7:00 pm

For more information please call Kellie at 701-456-2074.

Junior Lifeguard Program

Junior Lifeguard Program offers a basic introduction to lifeguarding which includes: Guard rotation, chemical testing, water surveillance, observation, etc. After completion of the course work and working shifts at WRCC the junior lifeguard will be prepared for the lifeguarding class when they turn age 15.

Date: June 6-16 (12:00-1:30 pm)

Days: Monday-Thursday

Ages: 12-14

Fee: \$45.00



Register online or at the Control Desk.

Grocery Store Tour

Healthy Eating is in Store for You!

Healthy Results, Inc. Grocery Store Tours are hosted by Jo Marie Kadrmaz, LRD.

The tour will last approximately one hour. Participants will have fun learning how to identify healthy food choices and understand food labels. The goal of the tour is to increase the variety of healthy foods eaten by participants, in order to improve overall health and decrease risk of chronic disease.

Date: Monday, June 20 (7:00 pm)

Cost: \$15/person

Location: Dan's Supermarket North (please meet at the courtesy counter)

Register at the Control Desk.

UPCOMING EVENTS:

- June 1 - Summer Programs Begin
- June 3-5 - Lifeguard Training
- June 4 - Hershey Track Meet
- June 6-16 - Jr. Lifeguard Program
- June 11 - Orientation Classes
- June 11 - Badlands Bowl Run/Walk
- June 13-24 - Aquatic Lessons
- June 19 - Father's Day
- June 20 - Grocery Store Tour

It's not too late to register... visit dickinsonparks.org for more information on tennis, play park, summer art, golf, soccer and swimming lessons.

POOL NEWS

- **AQUATIC LESSONS:** 1st Session is held June 13-24. There are still a few openings left for our summer aquatic lessons. If you are not able to get into the class of your choice, make sure to go on the wait list for possible openings at a later time. View the lessons schedule online at dickinsonparks.org.
- During the June 13-24 aquatic lessons Adult Swim will be held from 8:00 am-12:00 pm and 5:30-6:45 pm in both pools.
- Waterslides will open daily at 1:00 pm.
- Swim Team will be practicing from 1:00-3:00 pm, however there will still be one diving board and lap lane open.



Healthy Results, Inc.

by Natasha Ash, CSCS

Summer Programs are approaching fast! It's not too late to register for our Take 5 Camp, FYT Camp, Off Season Conditioning Camp and SCORCH. **Registration Deadline has been extended to June 6, 2011**

TAKE 5 CAMP: June 7-August 11 - Tues & Thur (10:30 am-12:30 pm) - Ages 8-14

TAKE 5 CAMP YOUTH GARDEN

Why Youth Gardens? Gardening benefits kids' health and well-being, their attitudes towards learning and the environment, and their connections to community. The following are examples of why the Healthy Results, Inc. and the West River Community Center staff think youth gardens are important:

- 1. HEALTH:** If children help grow vegetables, they are more likely to eat them! It is our belief that if a child takes care of a garden they will learn to enjoy eating the fruits of their labor - for the rest of their lives.
- 2. ENVIRONMENTAL AWARENESS:** Our students will learn to see themselves as stewards of their environment. They will grow a sense of respect for the work involved in bringing food to the table and an appreciation for the taste and nutrient quality of fresh vegetables.
- 3. LOVE FOR LEARNING:** Our gardening project provides an enriching hands-on experience that cannot be replicated in the classroom. Seeing children have excitement for learning is what we strive for and Healthy Results, Inc. garden will help us accomplish this goal.
- 4. ACADEMIC, SOCIAL, AND LIFE SKILLS:** Exploring and solving real-world problems through hands-on exploration is essential. In the garden, students learn to work cooperatively with others, practice patience, and feel pride in their accomplishments. Through hands-on application of skills, they internalize academic concepts and come to understand why they need to learn them.
- 5. COMMUNITY RESILIENCE:** Our garden will be a great addition to the Dickinson community! Once again the West River Community Center is a place for people to gather, to learn, and to acquire tools and direction to improve their health with exercise and nutrition. Natasha Ash, owner of Healthy Results, Inc. and Jo Marie Kadrmas, a Healthy Results, Inc. licensed and registered dietitian hope to plant a seed in each child's heart to empower them to seek out and enjoy eating fresh vegetables. Participating youth will make the important plant-to-food connections; many have never worked in a garden before. WRCC has designated a piece of unused land to be the building grounds of the Take 5 Camp Youth Garden. The "Goin' Green Garden Project" is partially funded by a grant from the North Dakota Nutrition Council to provide seeds, plants, and gardening tools to the students. Wal-Mart, Scott's Company, and other people in our community have reached out to our budding youth by donating the garden soil. To keep the area well-tended, Healthy Results, Inc. personal trainers, dietitians, and the children will have time to care for the garden each week, including weeding, watering and harvesting.

I hope to see your children at Take 5 Camp this summer!

FYT CAMP: June 7-August 11 - Tue & Thur (1:30-3:30 pm) - Ages 8-14

Healthy Results, Inc. designed FYT (Fit Youth Training) Camp to educate the youth on exercise and nutrition and to inspire them to integrate both as part of their healthier lifestyle. A personal trainer will provide a supervised and planned exercise program each camp day that includes an age appropriate strength and cardiovascular exercise program. Each child will be given a completion certificate allowing use of the equipment at WRCC without parent supervision. A dietitian will provide an activity and a healthy snack (fresh vegetables provided from the garden at WRCC) each camp day, giving the youth and their parents practical ways to improve their eating habits.

OFF SEASON CONDITIONING CAMP: June 8-August 10 - Mon & Thur (3:30-4:30 pm) - Ages 8-14

Healthy Results, Inc. trainers Jo Champa and Shannon Halvorson will coach an Off Season Conditioning Camp. This scientifically-based program gives athletes a competitive edge with improved speed, strength, agility and quickness. Participants will be performing specific exercises proven to accelerate their playing abilities.

SCORCH: June 1-August 24 - Tue & Thur (6:00-7:00 pm)

Shannon Halvorson, a Healthy Results, Inc. Trainer will be taking you outside for an exercise circuit once a week. Scorch off calories and fat while enjoying the outdoors, parks, and summer sun!! Shannon will include a strength training cardiovascular exercise program to complete on your own for a total of 3 high calorie expenditure workouts each week.



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; Shannon Halvorson,
ACSM; Joe Champa, NASM

Licensed Registered Dietitian:

Jo Marie Kadrmas, LRD and
Joe Champa (licensed in July 2011)

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."

CONGRATULATIONS to Healthy Results, Inc. Clients, Personal Trainers and Dietitian for competing in the following races in Fargo on May 21:

FARGO MARATHON

Nicki Fath - 3:35:58

****A special congratulations goes out to Nicki who qualified for the BOSTON MARATHON! Great Job Nicki and Good Luck in Boston!!!!**

FARGO HALF MARATHON

Brad Davis - 1:42:06

Shannon Halvorson - 1:55:51

Cheryl Enderud - 2:36:41

FARGO 10K

Jane Davis - 59:07

Jo Marie Kadrmas - 1:06:26

Charlotte Ficek - 2:01:18

RELAY

Krista Padgett (6.5 miles) - 1:05

Jennifer Kuntz (8 miles) - 1:15

Patty LaPaglia (5.5 miles) - 53 min.

Anna Frenzel (6.2 miles) - 55 min.

Other Healthy Results, Inc. Summer Programs Offered:

Biking Club

BodyBuilding Club

Half Marathon Training Club

Triathlon Training Club

visit westrivercommunitycenter.com for more information on each program.

Aerobic Corner

by Brenda Erie, Group Fitness Coordinator

The winner of the May Group Fitness Promotion is Jean Herauf! Thank you Jean for your dedication to the Group Fitness Program. Jean will receive a fitness DVD as well as a free tanning package from WRCC.

The Group Fitness (GF) Program is happy to announce the addition of Christina Wiskus. Christina has been instructing cycling classes in Grand Forks for the past year. She will join the GF staff for the summer. Please welcome Christina and watch for her CYCLE BLAST class on June's schedule. Cycle Blast will be a high intensity cycle class. It will be 45 minutes of speed work and hills along with fun and exciting music! Come check it out!

SUMMER SCHEDULE: From June to the end of August we will not be offering Kids Fit at 9:15 am on Fridays. However, the class will resume in September. We will also not offer Boot Camp at 5:30 pm, but will be offered at noon on Tuesdays. 5:30 pm Boot Camp will resume in September. We will continue to offer the 8:30 pm Cycling class on Mondays, however if numbers are low, we will look at cancelling for the summer and resuming in September.

NUMBERS FOR CYCLING: Please keep your number at your bike. The instructors will walk around and collect them at the beginning of each class. This will prevent anyone from coming to class without a number. Thank you for your cooperation.

SATURDAY 7:15 AM CLASS: We will offer a ZUMBA class at 7:15 am on Saturdays, twice a month for the summer. This should help the numbers and to ensure all participants have an opportunity to take a class.

FEATURE CLASS OF THE MONTH: Beginning in June, we will feature a class every other month. The feature class will have new moves and new music. Plus a Launch Party! What is a Launch Party? You will have to wait and see! It could be a theme... it could mean having the class outside... it could mean... Watch the newsletter for more information!

FEATURE CLASS: BOOT CAMP

A Boot Camp class burns about 600 calories each hour, according to the American Council on Exercise. This calorie burn helps you achieve a calorie deficit which results in weight loss. Balancing the class with a nutritious diet helps you lose weight more efficiently. The Boot camp workout increases your overall aerobic ability, your strength, and your agility. Unlike running on a treadmill or similar aerobic exercises, a boot camp class keeps the workout interesting and varied. It also challenges participants for a sense of accomplishment. Cardiovascular exercise such as jumping jacks, jogging, running, squat thrusts, mountain climbers, line hops and burpees challenge the cardiovascular system and build muscle.

Boot Camp is offered each Tuesday 12:10-12:50. The Launch Party is June 7 with a theme of "Army Attire." So, if you have any army attire, please wear it. If not, that's ok too. Come check out the new moves and new music!!

Meet the Instructors:



Kori Remington: Kori has been instructing for 4 years with 2 of them at WRCC. She is a Group Fitness Certified (NETA), CPT (ACSM), she is certified in Cycling, SS MSROM, SS Yoga and Zumba. **Kori's Fitness Tip:** Get your mind right... OPTIMISM IS CONTAGIOUS!!! Do you want your mind to be a liability or an asset? Focus on completing a full move so you achieve the full benefit. Quality over quantity is a great objective. **Kori's Favorite Move:** Frog Jumps. All you need is your body weight and you can vary the intensity, duration and/or add weights. This move can be contoured to strengthen muscles, create long, lean toned muscles and/or give you a great cardio workout at any age. **What I Love about Boot Camp:** Boot Camp presents a unique opportunity to reach a wide demographic of individuals and it encourages a life of total wellness: Mind, body and soul.



Wilson McLaughlin: Wilson has been teaching Boot Camp for 3 years at WRCC. He works full-time for Dickinson Parks & Recreation as a Recreation/Facilities Specialist and says his favorite part of his job is the customers. Wilson says his favorite thing about teaching Boot Camp is watching the participants push themselves without being asked and his favorite part of class is doing Stations because of the variety of skills and it's nonstop.



Make sure to swipe your membership card each time you use the facility. This must be done at the Control Desk before using the facility. Also, please make sure you hear the beep to make sure your pass is activated. It takes three seconds for your pass to register, so please be patient. Thank you for your cooperation!

Click here for the June Group Fitness Schedule Water Aerobics Schedule

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

Kids Fit

**Kids Fit Summer Schedule: Wednesdays
9:15-9:45 am**

**Come join us for Kids Fit this Summer!
Don't forget to put a sticker next to
your name each time you come. Collect
enough stickers and you will win a visit
to the Prize House!**

**Parents must accompany child to the
program and be present during class.**

2011 Badlands Bowl Road Race

Join us for the Badlands Bowl Road Race Saturday, June 11. Registration will be held from 8:00-8:45 am with Race beginning at 9:00 am at the West River Community Center. Entry fee is \$18 received by June 10 or \$22 thereafter. Entry forms and information is available from dickinsonparks.org.

Current WRCC Memberships:

Annual = 4,245

3-Month = 547

Punchcards = 986

5,778 Total Members

**Happy Father's Day
Sunday, June 19th!**



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 5:30 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!