

## 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:

Sat., May 7 or Sat., June 11

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.

## Climbing Wall

Are you interested in becoming a Certified Belayer?

We will have a sign-up sheet at the Control Desk for anyone interested. Once we have at least 6 individuals signed up we will schedule a class.

**Why would I want to be a Certified Belayer?** Being a certified belayer will allow you to climb the wall during open climb hours rather than just during supervised climb hours.



## School Field Trips

May will be a very busy month with school groups utilizing the facility. Below is a list of dates/times that groups will be here. There may be more dates added. Please plan your time at WRCC accordingly.

- May 4 (12:15-2:15 pm)
- May 5 (12:00-2:00 pm)
- May 11 (10:00 am-1:00 pm)
- May 13 (12:15-2:30 pm)
- May 16 (9:00 am-2:00 pm)
- May 19 (11:00am-12:30 pm)
- May 20 (8:45-11:15 am)
- May 24 (10:00 am-2:00 pm)
- May 25 (8:45 am-3:15 pm)
- May 26 (12:30-2:45 pm)

## Lifeguard Training

Interested in becoming a Lifeguard? West River Community Center will be holding training courses.

Two courses are scheduled:

Date: May 8, 15 & 22 OR 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.

## Prairie Rose Youth Shoot-Out

The Prairie Rose State Games present the 2011 Youth Basketball Shoot-Out. Participants may shoot at any one site in the state. Competition in Dickinson will be held:

Date: Sunday, May 8, 2011

Time: 12:00-2:00 pm

Location: WRCC

Fee: FREE (max of 3 attempts)

Divisions: 5th-10th graders  
(based upon 2010-11 school year)



## UPCOMING EVENTS:

- April 30 - Community Group Registration at WRCC
- May 7 - Orientation Classes
- May 8 - Lifeguard Training begins
- May 8 - Prairie Rose Youth Basketball Shoot-Out
- May 8 - Happy Mother's Day
- May 16-19 - Splash Week
- May 23 - Grocery Store Tour
- May 25 - 10K Running Club begins
- May 30 - Memorial Day

## POOL NEWS

- Dickinson Dolphins Swim Team **SPLASH WEEK** will be held May 16-19 from 4:00-5:30 pm. If you are interested in fun, friends, and fitness, this is an opportunity to see if swimming with the Dolphins is for you! Come try it out for FREE with no obligation.
- The Dickinson Dolphins Swim Team is open to any youth ages 6-18 who enjoy swimming and want to learn new skills and endurance. The essence of the program is personal improvement; achieving a "personal best", while being part of a team.
- **AQUATIC LESSONS:** 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](http://dickinsonparks.org).





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."*

## Grocery Store Tour

**Healthy Eating is in Store for You!**

Healthy Results, Inc. Grocery Store Tours are hosted by Jo Marie Kadrmas, 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, May 23 (7:00 pm)

**Cost:** \$15/person

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

Register at the Control Desk.

### Healthy Results, Inc. Summer Youth Programs Offered:

- Take 5 Camp
- FYT Camp
- Off Season Conditioning Camp
- SCORCH

visit [westrivercommunitycenter.com](http://westrivercommunitycenter.com) for more information on each program.

## BodyFit Challenge 2011

by Natasha Ash, Healthy Results, Inc.

**MISSION ACCOMPLISHED!** Healthy Results, Inc., Pathways to Healthy Lives and Go Red for Women would like to thank all of the participants for taking the BodyFit Challenge 2011!

**Congratulations to our Grand Prize Winners:**

Individual Grand Prize goes to [Diana Kostelecky!](#)

Team Grand Prize goes to the [Fab-U-Lose 4 with team members Edith Steckler, June Strommen, Linda Cooksey and Mary Nordsven!](#)

Healthy Results, Inc. Staff Grand Prize goes to [Patty LaPaglia!](#)

**GREAT JOB!!!! KEEP UP THE GREAT WORK!**

## BodyFit Challenge 2011 Results Summary

**Total Weight Loss = 692 pounds**      **% Body Fat Lost = 332.60**  
**BMI Change = 116.45**                      **Total Inches Lost = 939.78**  
**Skinfold Sum Lost = 1,594**

**WOW!**

Great Job and Congratulations to every participant who improved their health and met their individual goals!



## Seven Habits of Successful Weight Loss Maintainers

1. Physical Activity: More than half expend 2,000 kcal/week (200 minutes).
2. Limit Television: 63% watch 10 hours or less/week.
3. Low-calorie/Low-fat diet: Average 1,380 kcal/day, with less than 30% from fat.
4. Consistent Diet: Eat the same foods regularly and Do Not splurge on high-calorie foods on weekends, holidays, or special occasions.
5. Breakfast Consumption: At least 78% eat breakfast DAILY.
6. High dietary restraint and low disinhibition: Most have high levels of control over their eating, and they rarely overeat in response to internal (emotional) or external (availability of unhealthy food) cues.
7. Self-Monitoring: More than half weigh themselves at least weekly and track their daily food intake.

Reference: American College of Sports Medicine, Health & Fitness Journal 2011

## 10K Running Club

by Shannon Selle, Certified Personal Trainer, Healthy Results, Inc.

Do you need some help pushing your running endurance and abilities? Join the 10K Running Club and we will give you a 6 week program that includes weekly runs with a personal trainer and challenging weekly programs to push your cardiovascular limits. Click on the link above for more information.

**Day/Time:** Wednesdays 5:30-6:30 pm

**Dates:** May 25-June 29

**Cost:** \$60/person

**Registration Deadline:** May 23rd

[Printable Registration Form](#)

## 10K Strength Training Club

by Shannon Selle, Certified Personal Trainer, Healthy Results, Inc.

\*Participants must be enrolled in the 10K Running Club.

Add some muscle strength to your running program by including a strength training program designed to complement your running workout. Meet in a group setting with a personal trainer and get a program to improve your muscle strength and endurance. Participants will meet 3 sessions and leave with a 10 week strength training program.

**Dates:** June 2, 7 & 14 - 5:30 am

**Cost:** \$44/person

[Printable Registration Form](#)

# Aerobic Corner

by Brenda Erie, Group Fitness Coordinator

## May News

Thank you for participating in our group fitness promotion in April. If you still have your promo card, please make sure to turn it in to the Control Desk to be included in the drawing. We will announce the winner in next month's newsletter.

**New Instructor:** The Group Fitness Program is happy to announce the addition of Bethany Marschner. Bethany is certified in Zumba. She will be instructing Zumba and Cycling. Please welcome Bethany and watch for her classes on the May schedule!

**Cycling Numbers:** Please make sure you pick up a number at the Control Desk when coming to Cycling. One number per person. Numbers will be available 15 minutes prior to class time. Keep your number with you at your bike. The instructors will walk around and collect them at the beginning of class. This will prevent any confusion and anyone coming to class without a number. Thank you for your cooperation.

**Saturday 7:15am class:** If you have any interest in a 7:15am Saturday, Zumba class, please leave me a comment card. We will continue to have the 8:30am Zumba class. We are working to make it possible for all participants to attend class without being turned away. If possible, we prefer to have Zumba in Studio A on Saturdays, if we can accommodate everyone. Some of the reasons: The floor in studio A is specifically built for jumping and doing aerobics, resulting in it being easier on our joints. The mirrors in the Studio are meant to provide safety. Participants are encouraged to watch their form in the mirrors to ensure safety. And the smaller classes make it easier for the instructor to assess everyone's safety. Thank you for your patience in this matter.

**Beginning in June: Feature Class of the Month**

## Kids Fit

**Kids Fit Schedule: 9:15 am - Wednesdays & Fridays**

Kids Fit is for ages 3 to 5. Kids will learn about their muscle groups while doing fun activities such as marching in place to warm up, leaping like a frog, stomping like a rabbit, practicing monkey arms and other fun activities.

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



## No Street Shoes

Please remember to bring a change of shoes with you when utilizing any of the WRCC amenities. It's that time of year when dirt and mud get tracked into the community center. Please help us to keep our floors clean!



## Click here for the MAY Group Fitness Schedule Water Aerobics Schedule

Deep Water Aerobics -  
GIVE IT A TRY!

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

## DEEP WATER AEROBICS!

Join us for a fun and challenging workout using flotation cuffs and resistance equipment. A non-impact workout that is easy on the joints yet totally exhilarating for all fitness levels. Class is held in the deep end of the lap pool. Swimming skills are not necessary as the flotation cuffs keep you buoyant and your head is above the water the entire class. Class includes cardiovascular and toning exercises, 50 minutes in length. Class is limited, so please pick up a number from the Control Desk.

## SilverSneakers

SilverSneakers Potluck will be held on Tuesday, May 17 right after class in community room #1. Bring your favorite dish to share!

### SilverSneakers Schedule

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

If you have any questions regarding the SilverSneakers program please call Eric or Jo Marie at 456-2070.

**WRCC will be open from  
5:30 am to 6:00 pm on  
Monday, May 30th for  
Memorial Day!**

**DPRD Administrative Offices  
will be closed.**



**Current WRCC Memberships:**

Annual = 4,333

3-Month = 662

Punchcards = 971

**5,966 Total Members**

**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](http://dickinsonparks.org)**



**Register online -  
it's easy!**



**Register Online go!**