

## Belayer Course

There will be climbing wall belayer course for anyone interested in becoming a certified belayer. Course will be held Tuesday & Wednesday, November 1 & 2 from 7:00-9:00 pm at the climbing wall. Participants must attend both sessions to become certified. Cost is \$12.00. Register at the Control Desk.



## Child Care Closed

Drop-in Childcare will be closed on Friday, November 25 for the Thanksgiving holiday. Childcare will be open on Saturday as normal.

## Badlands Self-Paced Triathlon

Thank you to everyone who participated in this year's triathlon! We had 95 individuals complete their individual goals! T-shirts will be available at the Control Desk very soon. **Great Job everyone!**

[Click here to see this year's results.](#)

## Youth Basketball Team Practice Policy



**Effective October 31: Any "youth basketball organized practice" will not be allowed at WRCC during the following times: Monday-Thursday 3:00 pm-Close**

### Youth Basketball Practice Opportunity:

Dickinson Parks & Recreation (DPRD) will make available court time at the Armory with the following conditions:

- Please reserve court time 2 days in advance to allow for DPRD preparation.
- Responsible adult must reserve time at the DPRD office during normal business hours (M-F 8:00-5:00). No phone reservations will be allowed.
- Reservation Fee of \$5.00 must be paid at time of reservation.
- Court time will be 1/2 court for 1 hour & 15 minutes.
- Teams must provide their own b-balls.
- Responsible adult must accompany the entire practice.

## Veteran's Day

Friday, November 11 - In honor of Veteran's Day, WRCC would like to give our Veteran's a FREE Day to thank them for their years of service to our country!

Please spread the word to the Veteran's in your life that they will be admitted free of charge on Friday, Nov. 11 with a military ID.



West River Community Center will be open normal hours.

## 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 Class:

**Saturday, November 5**

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

**Cost: \$12.00**

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.

### REGISTER TODAY!

## Fisher Racquetball Tournament

The [23rd Annual Fisher Industries Racquetball Tournament](#) will be held December 2-4, 2011. Entry deadline is Wednesday, November 23rd. Click the link above for your entry form.

## Jingle Bell Run/Walk

Sign up for this year's [Jingle Bell Run/Walk](#) to be held on Saturday, December 3rd. Click on the link for more information.

## UPCOMING EVENTS:

**November 1 & 2 - Belayer Course**

**November 2 - Start Eating Healthy Day - Seminar & Lunch**

**November 2-9 - Lifeguard Course**

**November 4 - "Rise, Shine & Dine" Children's Cooking Class**

**November 5 - Orientation Classes**

**November 5 - "Fit It & Forget It" Cooking Class**

**November 6 - Daylight Savings Time Ends**

**November 9 - Aquatic Lessons Begin**

**November 9 - Grocery Store Tour**

**November 11 - Veteran's Day**

**November 14-17 - Splash Week**

**November 24 - Happy Thanksgiving!**

## POOL NEWS

- **SPLASH WEEK:**  
Dickinson Dolphin's Swim Team will be having their annual Splash Week **November 14-17 from 4:00-5:30 pm**. Lap Pool will be closed during this time. Please watch signs for lap lane availability beginning Nov. 21st.
- **AQUATIC LESSONS:**  
a new session of aquatic lessons begin **November 9 through December 15**. There will be no lessons on Wednesday, November 23 or Thursday, November 24.
- **During aquatic lessons**, the pools will be closed to the public with the exception of water walking.
- **LIFEGUARD CERTIFICATION:**  
WRCC will be having a LG certification course Wednesday, Nov. 2, Sunday, Nov. 6 and Wednesday, Nov. 9. If interested please call Kellie at 701-456-2074 to register.

## Healthy Results, Inc.

by Natasha Ash, CSCS, Healthy Results, Inc.

Think ahead to the holidays and get your "special someone" a gift certificate for one of Healthy Results, Inc.'s programs:

- BodyFit Challenge 2012: Couples Challenge
- Weight Management Support Group
- Grocery Store Tour
- "Getting Started" Personal Training Package

Check our list of services online at [www.westrivercommunitycenter.com](http://www.westrivercommunitycenter.com) or at the Control Desk.

Healthy Results, Inc. is now on Facebook! "Like" us!



## National Start Eating Healthy Day

by Natasha Ash, CSCS, Healthy Results, Inc.

Healthy Results, Inc. will be taking part in the American Heart Association's "Start Eating Healthy Day" on Wednesday, November 2. **Join us for a health seminar and lunch at WRCC... just in time for the holidays!**

**Date:** Wednesday, November 2  
**Time:** 12:00-1:00 pm  
**Cost:** \$5.00 (healthy lunch provided)  
**Instructor:** Jo Marie Kadrmas, LRD

Register at the Control Desk.

## BodyFit Challenge 2012: Couples Challenge

by Natasha Ash, CSCS, Healthy Results, Inc.

Let our Healthy Results, Inc. personal trainers and dietitian help you and your husband or wife improve your health in 2012. We will provide information and practical tools for you to achieve your goals TOGETHER! Each partner will benefit from the quality time with their spouse as well as the amazing results from a scientifically and creatively designed exercise and nutrition program. Other benefits include: Accountability, motivation, fitness assessment, and exercise instruction. Health seminar topics include: Goal Setting, Making your Health a Priority, Make Room for Meal Planning--Quick & Healthy Meals for Busy Couples, Fitting in Fitness--Quick & Effective Workouts for Busy Couples.

8-Week Fitness Challenge for Husband/Wife Partners will be limited to 16 Couples (32 participants)

Cost: \$250/couple

Informative Meeting: January 23, 2012 (7:00-8:30 pm)

Measurements: January 26, 2012 (7:00-9:00 pm)

Measurements: January 28, 2012 (1:00-3:00 pm)

Introduction: February 2, 2012 (7:00-9:00 pm)

Regular Meetings: February 6 - March 29, 2012 (7:00-8:00 pm) \*Includes health seminars and exercise workshops

After-Measurements: March 31, 2012 (1:00-3:00 pm)

After-Measurements: April 2, 2012 (7:00-9:00 pm)

Awards Ceremony: April 19, 2012 (7:00-9:00 pm)

## Grocery Store Tour

by Jo Marie Kadrmas, LRD,  
Healthy Results, Inc.

Grocery Store Tours are hosted by Jo Marie Kadrmas, LRD. A tour will last approximately one hour and 15 minutes within Dan's Supermarket. The tour is an economical way to gain valuable nutrition education and learn practical ways to prepare nutritious foods. The focus of the tour is to help participants learn to identify healthy food choices and understand appropriate portion sizes. In addition, Jo Marie will teach participants how to read and understand food labels. Food preparation suggestions, recipes, and other unique foods will be discussed. The ultimate 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. Join me and improve your health today!


**Date:** Wednesday, November 9  
(10:00 am)

**Cost:** \$15/person

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

Register at the Control Desk.





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;

**Licensed Registered Dietitian:**  
Jo Marie Kadrmas, LRD and

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."*

## Cooking Classes

by Jo Marie Kadrmas, LRD,  
Healthy Results, Inc.

**Children's "Rise, Shine & Dine"**

**Date:** Friday, November 4

**Time:** 4:00-6:00 pm

**Ages:** 5+

**Cost:** \$20/person

**Adult "Fix It & Forget It"**

**Date:** Saturday, November 5

**Time:** 11:00 am-1:30 pm

**Cost:** \$30/person

Register at the Control Desk. Both cooking class are instructed by Jo Marie Kadrmas, LRD and Chef Jennifer Kuntz.

# Aerobic Corner by Brenda Erie, Group Fitness Coordinator

## New Instructor

West River Community Center welcomes new instructor Benjamin Haynes who will be teaching Zumba, Pilates and Cycling!

## November's Saturday Class Schedule

November 5: 8:30 am Cycling / 9:30 am Power Pilates  
November 12: 8:30 am Zumba / 9:30 am Yoga Blend  
November 19: 8:30 am Cycling / 9:30 am Beginner Pilates  
November 26: 8:30 am Zumba / 9:30 am Beginner Pilates

## Thanksgiving Holiday Schedule

No classes on Thursday, November 24 or Friday, November 25. **Happy Thanksgiving!**

## Participant Spotlight

Each month we will highlight a group fitness participant who has achieved a personal fitness goal. If you know of someone who attends GF classes and has been an inspiration to you, please let me know by calling 701-456-2074 ext. 119.

### Spotlight of the Month for November is:

**Jackie Sadler** - Jackie is a regular participant of the Forever Fit classes on Monday, Wednesday and Friday at 6:45 am and has been attending classes at WRCC for the past year. She and a friend drive in from New England to attend class 3 days per week.

### Jackie's Achievement:

**What:** Disney Wine & Dine 1/2 Marathon: 12,500 people registered with Jackie finishing 8,267 in her division.  
**Where:** Disney World Florida  
**When:** October 1, 2011  
**Finish Time:** 3 hours; 6 minutes  
**Why:** To become healthier before her 60th birthday!  
**Her Inspiration:** Everyone in the Forever Fit class, as well as trainers and class instructors she has worked with at WRCC  
**New Favorite Saying:** "The finish line is just the beginning..."

"Thank you to my daughter for the wonderful idea of celebrating our birthdays by doing a 1/2 marathon and my husband for believing that I could do it--even when I didn't. You both rock!" - Jackie

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



**West River Community Center will be Closed on Thanksgiving Day.**

*Have a great day from all of us at the West River Community Center.*

Click here for the  
**Group Fitness  
Schedule**  
(land & water based  
classes)

## Kids Fit

**Kids Fit Schedule:**  
Wednesdays & Fridays 9:15-9:45 am

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

**\*\*Please remember that no street shoes are allowed, this includes no sandals, flip flops, boots, etc.**

**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!**



**Aqua Zumba!**

## SilverSneakers

### SilverSneakers Schedule

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

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

## Holiday Hours:

Veteran's Day-Nov. 11 ..... Open normal hours

Thanksgiving-Nov. 24 ..... Closed

Friday, Nov. 25 ..... Open normal hours



**Daylight Savings  
Time Ends on Sunday,  
November 6th.**

**Don't forget to change  
your clocks back 1-Hour.**

## Current WRCC Memberships:

Annual = 4,433

3-Month = 538

Punchcards = 1,053

**6,024 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!**