



West River Community Center

New Software—New Features

Thank you for your patience during the transition of our new software system. If you have not already done so, please make sure you get your new photo taken and card printed.

Remember with the new system it takes about 5 seconds for your card to register after you swipe it, please be patient so we make sure every member is logged in accurately.

NEW! The new software system enables our customers to have direct access to their account information online under a secure server. Please visit our web site at westrivercommunitycenter.com and register. You will be able to review your address and family information for accuracy. Other options include registering for activities (i.e. swimming, tennis lessons, etc) and viewing your monthly calendar. Other features include the capabilities of reserving community rooms for meetings or events, such as birthday parties. If you have any questions regarding setting up an online account please call the Parks and Recreation Office at 456-2074.

Pool News

Upcoming Aquatic Lessons

Preschool B (ages 5-6) - October 12-23, 2009

5:30-6:05 pm or 6:15-6:50 pm

Preschool A (ages 3-4) - November 9-20, 2009

10:00-10:35 am or 10:45-11:20 am

For a list of future classes please visit our web site or inquire at the Control Desk.

Fall Racquetball League

Fall Racquetball League is now underway. If you are participating please make sure you are scheduling your matches each week. If you book a court, please make sure you show up for your scheduled reservation or if you need to cancel please call in advance. No shows are subject to a no show charge. Thank you for your participation in this year's league. Schedules are available online at westrivercommunitycenter.com.

Leisure Volleyball

Women's Leisure Volleyball will be held on Monday & Wednesday afternoons from 1:00-3:00 pm and Coed is held Sunday evenings from 6:00-8:00 pm. Cost is a WRCC membership or \$1.50 for drop-ins. No registration necessary. This is a fun, non-competitive program. If you love volleyball, stop by and PLAY!

FCCLA Visit to WRCC

On Wednesday, October 28th FCCLA (Future Citizen Community Leaders of America) will be having their annual meeting at the community center from 8:00 am to 4:00 pm. During this time the center will be very busy and full with around 250 high school students. **Just a heads up...**

UPCOMING EVENTS:

- **October 10th** Youth & Adult Orientation Classes
- **October 12th** Line Dancing begins
- **October 16th** Badlands Triathlon ends
- **October 28th** FCCLA meeting
- **October 30th** SilverSneakers Halloween Party
- **October 31st** Happy Halloween!

Tennis Lessons

Tennis Lessons for ages 5-12 — \$22.00

2nd Session—November 2-December 14, 2009

Quick Start Tennis Program (ages 5-10)

5-6 yr olds—3:45-5:00 pm—Mondays

7-8 yr olds—3:45-5:00 pm—Mondays

9-10 yr olds—5:00-6:15 pm—Mondays

**Age groups may be combined if necessary.*

Register today online at westrivercommunitycenter.com.

Junior Lessons (ages 11-12)

11-12 yr olds—5:00-6:15 pm—Mondays



Line Dancing Classes

We are offering Line Dancing Classes to be held **October 12, 14, 19, 26 & 28** from 7:00-8:00 pm in the upstairs studio. Register online at westrivercommunitycenter.com or stop by the Control Desk. **These classes are fun! Give it a try!**

Healthy Results Personal Training Services

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

Certified Personal Trainers:

Natasha Ash, Shannon Selle, Patty LaPaglia & Shannon Halvorson

Licensed Registered Dietitians: Jo Marie Kadrmas



“Providing direction to attain Healthy Results and inspire everyone to integrate exercise and wellness as a vital part of their life.”

Youth & Adult Orientation

Healthy Results and West River Community Center will be offering Youth Orientation Classes for ages 12-18 and Adult Orientation Classes for individuals 19 years and above.

The purpose of the YOUTH class is to provide direction in safety, technique and gym etiquette to the young members of our community.

Youth Classes: October 10, 2009 (2:00 pm)

The purpose of the ADULT class is to provide a thorough orientation to the community center. The focus will be on how to use cardiovascular and strength training equipment and to give direction in safety, technique and gym etiquette to all veterans and new members of the community center.

Adult Classes: October 10, 2009 (3:30 pm)

Cost for Youth and Adults is \$12.00/person.

Please register two days prior to each class by 1:00 pm. Register online at westrivercommunitycenter.com or at the WRCC Control Desk.

Stay Healthy...

Please keep in mind that you must use the sanitary wipes provided in each fitness area and wipe down the equipment after each use. This is very important to help keep our patrons healthy and our equipment sanitary.

One wipe is all you need.

Thank you to everyone for your part in keeping our users healthy and happy.

Kids Fit

Kids ages 3 to 5 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 money arms and other fun activities. Not to mention, visits from special guests such as the Easter Bunny and Santa Clause. No registration is necessary—drop ins only.

Wednesday and Friday mornings at 9:15 am

Cost is a WRCC membership or \$1.00 drop-in.

Kids Fit Halloween Party—Dress up in your costume and come to Kids Fit on Friday, October 30th for our annual Halloween Party.



BodyFit Challenge 2010

Accept the challenge... Coming soon in January 2010!

Let our Healthy Results personal trainers help you meet your 2010 fitness goals. This 10-week challenge will inspire you to reach new heights in all aspects of your life.

- Exercise and Nutrition Workshops
- Exercise and Nutrition Lectures
- Cholesterol, Glucose and Blood Pressure Screenings
- Before & After Body Fat, Girth and Weight Measurements
- Group camaraderie
- Chance to win fabulous weekly prizes
- One Male and One Female Grand Prize Winner

More information will be available soon.

Badlands Self-Paced Triathlon

Sept. 7 - Oct. 16, 2009 / \$15.00 per competitor

It's not too late to sign up... Competitors will choose which category they would like to compete in with 40 days to reach their triathlon goal. Competitors will be asked to record their results on a daily basis at the West River

Sign up at the Control Desk.

Triathlon ends on October 16th so make sure to get all of your miles logged by Monday, October 19th so t-shirts can be ordered. Just a reminder that it takes 2-3 weeks for t-shirts to be printed.

Aerobic Corner

By Brenda Erie, Group Fitness Coordinator

Just Breathe

It may not seem like such a big deal. We breathe in, we breathe out, right? Well, what if we think about it as inhaling and exhaling. Even thinking about the words makes us take a deeper breath. Now go ahead, right now. Take a moment to breathe with purpose. Take a slow deep breath in and let a slow breath out. You notice a change right away. Your neck and shoulders relax. Ancient yogis understood that the breath is the link between our inner and outer lives, they called it our "life force." If you change your breath, you will change your life.

When we take the time to pay attention to our breathing we can see some amazing results. How? The thing about relaxing or "chilling" or stressing less is that it can be as hard to manage your day as everything else. You may not be able to fit a brisk walk or a trip to the gym or a yoga class into your crowded schedule when you need it the most. That's why I want you to know about the best way to stress less. You can "chill" no matter what time of day it is, no matter where you are, because the last thing you need to stress out about is not being able to relax. **Just breathe.**

Breathing is the ultimate de-stressor. It reduces the stress hormones and causes what's known as the relaxation response. Breathing bathes your brain in rich, energizing oxygen. It decreases your blood pressure, your heart rate goes down and it can make you feel better emotionally and physically. It also clears away the cobwebs and can take you to a calm place within yourself. Another bonus is that it can even help distract your attention. So, if you have a craving for something (say a candy bar), chances are with a few deep breaths, it will pass.

How can you bring a breathing practice into your life? Right now, I invite you to share what I call "Stress Free." It's breathing meditation. Sometimes the most powerful techniques are also the simplest. Just try it for several minutes each day or when you are feeling really stressed. Here's how it's done:

Stress Free:

1. **Relax your body.** Find a comfortable place to sit. Close your eyes. Relax your neck and shoulders as best you can. These are the places you hold your stress.
2. **Inhale through your nose.** On the inhale, fill your lungs so your diaphragm expands completely. Think of your belly as a balloon you're trying to inflate. The air should feel as if it's filling your entire body. If you aren't sure you're doing it right, place your hand gently on your belly and when you feel your belly pressing against your hand, you will know you are breathing correctly.
3. **Exhale through your nose.** It should feel like you're slowly releasing the air from a balloon. Keep it slow.
4. **Match the speed of the inhale with the speed of the exhale.** Don't breathe in fast and out slow or vice versa. Easy and steady both in and out.
5. **Expand the breath.** When you get comfortable with breathing this way, try and lengthen both parts of your breath. Keep your eyes closed and relax.



Group Fitness Schedule

Pick up your monthly group fitness schedule from the media rack or find one on westrivercommunitycenter.com

Water Aerobics Schedule

8:00-9:00 am Mon-Fri
5:30-6:30 pm Mon-Thur
7:00-8:00 pm Tues & Thur

Hope these tips help. If you want more in depth relaxation, try a yoga class.

HOPE TO SEE YOU IN CLASS!



SilverSneakers

Mark your calendar for **Friday, October 30th at 11:00 am** for the SilverSneakers Halloween Party in Community Room #1. Door prizes, snacks, and refreshments will be provided. See you then!

If you have any questions regarding your SilverSneakers membership or would like more information on the SilverSneakers program please contact Eric our SilverSneakers Senior Advisor at 456-2074.





Columbus

Happy Columbus Day!

Monday, October 12th

Happy Bosses Day!

Friday, October 16th



Happy Halloween!

Saturday, October 31st

E-Mail Enrollees

If you signed up to receive your newsletter via email and are not receiving one, please contact Leah at lhoenke@dickinsonparks.org or call 456-2074. We may have your address wrong or it may be going into your Junk folder.

West River Community Center

Current Memberships:

Annual = 4,096

3-Month = 407

Punchcards = 656

5,159 Total Members

Hours of Operation:

Monday-Friday 5:30 am—10:00 pm

Weekend Hours:

Saturday..... 7:00 am—9:00 pm

Sunday..... 12:00—8:00 pm



2004 Fairway Street, Dickinson, ND

[701] 456-2070



Register online –
it's easy!

