

# West River Community Center

## Health Club Credit Program

We have recently signed a participation agreement with the National Independent Health Club Association (NICHA) which enables the West River Community Center to be enrolled in the Health Club Credit Program with participating health insurance programs. Qualifying individuals can take advantage of up to a \$20 credit if they utilize the community center 12 times per month.

If you are an eligible BCBSND member you may participate in the Health Club Credit Program. If you received a welcome letter in the mail from BCBSND you MUST have this letter in order to enroll or to find out if you are eligible stop by the Control Desk.



If you have this logo on your member ID card you may also be eligible for this program.

## Blood Drive

There will be a Blood Drive on Tuesday, September 16 from 2:00-6:00 pm. Register at [bloodhero.com](http://bloodhero.com) or by calling the Control Desk at 456-2070.

## Pool News

### Upoming Aquatic Lessons

Parent & Me (ages 6-35 mo) - September 8-19, 2008 - 5:30-6:05 pm

Preschool Lessons - October 13-24, 2008

Preschool A (ages 3-4) - 5:30-6:05 pm

Preschool B (ages 5-6) - 6:15-6:15 pm

Levels 1-5 lessons begin in December and held throughout winter and spring.

For times and levels please visit [dickinsonparks.org](http://dickinsonparks.org) for a complete schedule.

\*During lessons the pools will be closed with the exception of water walking, water aerobics and lap swim. Pick up a pool schedule from the media rack for lesson times or watch the white board for pool closings.

\*\*Just a reminder to our swimming lessons participants that during swimming lessons your children must wear their clothing over their suits and must wear shoes when entering and leaving the WRCC. Also please remind your children to make sure they are shutting off the showers when they are finished showering.

\*\*Water Aerobics participants: Please make sure you are returning the equipment back to its designated area when finished. Your cooperation is greatly appreciated.

## Leisure Volleyball at WRCC



During the school year Adult Leisure Volleyball will be held from 1:00-3:00 pm on Monday & Wednesday for Women's and from 6:00-8:00 pm on Sundays for Coed (Coed begins Sept. 7th). Leisure volleyball is a non-competitive program in a leisure type atmosphere.

Teams are determined on a daily basis. \$1.00 drop-in fee or free with WRCC membership.

## Labor Day Holiday Hours

WRCC will be open from 5:15 am to 6:00 pm on Monday, September 1st for Labor Day.

## Racquetball Challenge Court

WRCC will offer a Racquetball Challenge Court during the Noon Hour open to anybody interested. Court times have already been reserved so just show up and play!

## Racquetball Leagues

Fall League - September 29-November 21, 2008

League open to levels A, B, C, Novice and Women's

Fee: \$15 for WRCC member or \$25 for non member

Entry Deadline: Thursday, September 25, 2008



Sign up at the control desk today!

## Tennis Lessons

Quick Start Tennis Program is a new format we will be using for ages 10 and under. This program makes learning the game of tennis easier by using a smaller court, racquet and ball size plus the scoring system and even the net height will be different. Children between the ages of 5-10 can start playing tennis almost immediately even if he/she has never picked up a racquet before.

Quick Start Tennis - Ages 5-10

1st Session - September 15-October 27, 2008

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

Junior/Adult Lessons - Ages 11 to Adult

1st Session - September 15-October 27, 2008

11-12 yr olds ..... 5:00-6:15 pm ..... Mondays

Adult ..... 9:00-10:15 am ..... Wednesdays

Adult ..... 5:15-6:30 pm ..... Thursdays



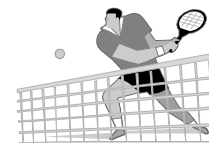
## Tennis Leagues

Fall League - September 15-October 31, 2008

Players may sign up for both singles and doubles.

Fee: \$15 for WRCC member or \$25 for non member

Entry Deadline: Tuesday, September 9, 2008



Sign up at the control desk today!

## Looking for a Tennis Partner?

If you are looking for a tennis partner there is a sign up sheet located on the bulletin board in the tennis addition. Write in your name and number or call someone already on the list, book a court and PLAY TENNIS!

September 2008

Newsletter



# West River Community Center

## Don't Let Your Good Exercise and Eating Habits "Fall" Away With the Change of Seasons

By *Natashia Ash, BS, CSCS, Healthy Results*



I hope you beat the heat in August and used the 30 healthy habits presented to you. Part 3 of "50 Habits of Healthy People" will give you the last 20 of the 50 tips regarding your physical activity, diet, and behavior modification. I encourage you to begin taking these steps toward a healthier lifestyle.

Good Luck with your endeavors to *Burn the Blubber* and enjoy the **Freedom of being Fit!**

### 50 Habits of Healthy People: Part 3

31. Play sports with your children.
32. Get your resting metabolic rate (RMR) measured at a human performance laboratory, so that you know how much energy you burn when resting. Retest your RMR again after you lose 10% of your body weight.
33. Walk between flights at the airport.
34. Exercise with a friend or group for social support.
35. Vary your exercise program to avoid boredom and plateaus in your improvements.
36. Make exercise convenient by limiting time, travel, and disruptions in family relationships.
37. Buy a treadmill and/or stationary bicycle to exercise in your home when the weather is bad or your schedule prevents you from getting to the WRCC.
38. Exercise during your lunch break.
39. Spend no more than 2 hours a day sitting and watching television, surfing the internet, etc.
40. Aim for at least 2 cups of fruit and 2.5 cups of vegetables each day.
41. Eat at least 3 oz. of whole grain cereals, breads, rice, or pasta each day (1 oz = 1 slice of bread; approximately 1 cup of breakfast cereal; or 1/2 cup of cooked rice, cereal or pasta).
42. Consume 3 cups per day of fat-free or low-fat milk (or equivalent milk products).
43. Choose low-fat or lean meats and poultry, and then bake, broil, or grill.
44. Keep protein intake moderate, and learn to eat a variety of healthy sources such as fish, beans, peas, nuts and seeds.
45. Limit intake of refined grains, total fats, and added sugars (especially from carbonated drinks).
46. No need to abstain from alcoholic beverages, but drink them in moderation (up to 1 drink per day for women and 2 for men).
47. Choose baked and broiled foods instead of fried.
48. Choose healthy choices such as fruits and vegetables for snacks between meals.
49. Maintain your healthy physical activity and eating habits for a lifetime.
50. Most of all, you must stay highly motivated to become and stay lean. Make this one of the top priorities of your life, or as Paul Simon might urge: Just get off the bus, Gus. Move your feet each day, Jay. Cut down on the fat, Matt. Make a new plan, Stan.

- To make an appointment with a personal trainer or a dietitian please contact Healthy Results at 456-2070 or Natashia Ash at 260-8803 or Email: [healthyresults@dickinsonparks.org](mailto:healthyresults@dickinsonparks.org)
- **Certified Personal Trainers Available:**
- Natashia Ash, Shannon Selle, Randi Walz, Doug Groce
- **Licensed Registered Dietitians Available:**
- Jo Marie Kadrams or Deb Dohrmann

### Youth Orientation Class

- Healthy Results and West River Community Center will be offering a Youth Orientation Class for individuals between 12 and 18 years. The purpose of the class is to provide direction in safety, technique, and gym etiquette to the young members of our community and to inspire them to attain Healthy Results by integrating exercise as a vital part of their lives.
- **Next Class:** September 13, 2008
- **Time:** 9:30-10:30am
- **Registration Deadline:** Please register by Sept. 12th by contacting Natashia at 260-8803 or 456-2070.
- **Cost:** \$12 each participant (**Payment deadline Sept. 12th by 5:00 pm**)

## Badlands Self-Paced Triathlon

with 40 days to reach your goal!

Registration is being taken for our annual self-paced triathlon to be held **September 1 - October 10, 2008.**  
**\$15.00/person**

#### Divisions:

• **Ultra Ironman (Double)** - 5.2 mile swim, 52 mile run/walk, 220 mile bike

• **Ironman** - 2.6 mile swim, 26 mile run/walk, 110 mile bike

• **Tinman** - 1.3 mile swim, 13 mile run/walk, 55 mile bike

• **Olympic** - .9 mile swim, 6.2 mile run/walk, 24 mile bike

• **Sprint** - 750 m swim, 3.1 mile run, 12.4 mile bike

• **Competitors will choose which category they would like to compete in with 40 days to reach their goal.**

### Indoors or Outdoors--YOUR CHOICE!

Pick up an entry form today or register online at [dickinsonparks.org](http://dickinsonparks.org).

# West River Community Center

## Aerobic Corner

by Brenda Erie, Group Fitness Coordinator

Effective September 12th - KIDS FIT is back on Fridays! *Yeah!*

### Fall Schedule - Starts in October

- \*Sunday class at 4:15 pm will return
- \*Kits Fit Class will return on Tuesdays
- \*5:30 pm Changes - HEAT will be on Tuesdays and Thursdays and Boot Camp on Monday and Wednesday

### New Classes!

- \*8:30 am Cardio Class on Wednesday morning
- \*8:30 pm Cardio Class on Thursday night

### Feature Class of the Month: Abdominal BLAST Class!

Abdominal Blast is a 30-40 minute abdominal class designed to help you get the abs you want. Whether you have been working out for a while and already have a decent amount of ab strength or whether you want to start, this class will make the difference you are looking for.

### How to Get Great Abs

There is simply no such thing as spot reduction. That's why thousand of crunches everyday won't produce the results you want. After all, you wouldn't do a thousand bicep curls day after day without any weight. First you need to eat right (contact a dietitian for more details). Second, you need to do cardio to get rid of that layer of fat that is covering your abs and third, you need to have an effective routine. What makes for an effective routine? If you want to strengthen a muscle you need to force it to work harder and differently. You need a routine that offer variety and that trains the transverses abdominis, which wraps around the trunk deeply within the torso, the internal and external obliques and the rectus abdominis, which is the most superficial and creates the appearance of the six-pack. The Abdominal Blast format will do just that. The format may vary depending on the instructor, but on thing will be consistent: The various exercises in the class will target all areas of the abdominal muscles. Some class formats will be set up like a circuit class, in which participants will move from station to station as the instructor times you at each station. Some circuit classes will add in a burst of cardio between ab stations and others will not. Another format the instructor will use is having all the participants moving from one exercise to another together. A variety of equipment will be used such as the fit ball, bands, weights and your own body weight.

### What is the difference between Pilates and Abdominal Blast?

One thing is true of both classes--You will get a great ab workout in both. Both classes focus on strengthening the abs. However, Pilates classes are based on a sequence of exercises to be followed in a particular order. Pilates exercise focus on using your core (abdominal, back and pelvic floor muscles) to perform all movements. They focus more on proper breathing with each movement, decreasing stress levels, learning how to concentrate, learning how to lengthen your body, and alignment and posture. Pilates also has a lower body segment as well. Both classes are great, but different. **Abodiminal Blast will be offered every other Thursday at 12:10 and 5:30 pm, every other Tuesday at 5:40 am and some Saturdays.**

*Hope to see you in class!*

### Group Fitness Schedule

Pick up your monthly Group Fitness Calendar from the Media Rack or go to [dickinsonparks.org](http://dickinsonparks.org).



### Water Aerobics Schedule

- 8:00-9:00 a.m. Monday - Friday
- 5:30-6:30 p.m. Monday - Thursday
- 7:00-8:00 p.m. Tuesday & Thursday

### Health Screening

- This month's health screening offering by Southwest District Health Unit will be held on **Wednesday, September 24 from 9:00-11:30 a.m.** Stop by to have your blood pressure, pulse and weight checked. Anyone with special needs should contact SWDHU at 483-0171.

### SilverSneakers

- SilverSneakers 100 miles in 100 days party will be on **Thursday, September 4th right after class in the Community Room #1.** All prizes will be distributed at this time to all who achieved the 100 miles in 100 days. There will also be a fruit and veggie tray! See you there!
- New SILVER SPLASH class!** This class is designed for those who have expressed a desire for a class specifically targeting the benefits of exercise through an aqua based program. It will help increase strength, improve balance and agility and increase muscular and cardiovascular endurance. A specially designed kickboard will be used to help with balance. **Watch for days and times that the Silver Splash class will be offered soon.**





2004 Fairway Street  
Dickinson, ND 58601

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# Endless Possibilities...



**Pick up a Fall/Winter Activities Guide from the Control Desk.**

**Tell a Friend...**

Play, exercise or just have fun for less than \$1 a day. That's right, an adult membership at WRCC can cost less than \$1 per day with an annual membership. Call for details.

**Current Memberships:**

Annual = 4,251  
3-Month = 372  
Punchcards = 824  
**5,447 Total Members**

**Hours of Operation:**

**Monday-Friday ..... 5:30 a.m.-10:00 p.m.**

**Weekend Hours:**

**Saturday ..... 7:00 a.m.-9:00 p.m.**

**Sunday ..... 12:00 noon-8:00 p.m.**



2004 Fairway Street, Dickinson, ND

**[701] 456-2074**



**Register online – it's easy!**



[www.dickinsonparks.org](http://www.dickinsonparks.org)

