



NEW CHILD CARE HOURS

The drop-in child care hours have been modified starting Monday, May 3rd. Child care will now be open from **8:15 am-1:00 pm & 4:00-8:00 pm Monday-Friday and 8:00 am-1:00 pm on Saturdays.**

Child care will be CLOSED on Monday, May 31st for Memorial Day.

YOUTH & ADULT ORIENTATION

CLASSES SCHEDULED:

Saturday, May 8th

2:00 pm (YOUTH 12+)

3:30 pm (ADULT 19+)

Classes are provided to give a thorough orientation to the community center including safety, gym etiquette and use of fitness equipment.

***Youth ages 12-13 will receive a certificate enabling them to use the fitness equipment w/out an adult present.**

SUMMER ACTIVITIES

There are still openings in many of our summer activities. If you haven't already please pick up one of our summer activities guide from the WRCC media rack or view available programs on our web site dickinsonparks.org.

Health Club Credit

GET PAID TO WORK OUT!

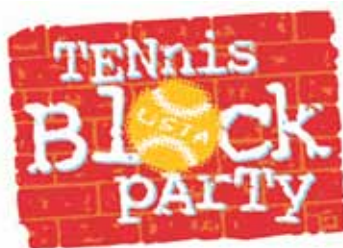
Are you one of the 400+ WRCC members that are getting paid to work out? If you're not, call your health coverage provider to see if you qualify.

MAY is a Busy Month

Keep in mind that May is a very busy month with school groups utilizing the community center during the day. Here are the scheduled days and times schools will be here during the month of May:

- **Monday, May 3rd (1:00-3:00 pm)**
- **Wednesday, May 5th (12:15-2:15 pm)**
- **Thursday, May 6th (9:00am-12:00 pm)**
- **Friday, May 14th (11:30 am-4:30 pm)**
- **Monday, May 17th (9:00 am-12:30 pm)**
- **Tuesday, May 18th (9:00 am-12:30 pm)**
- **Thursday, May 20th (8:30-11:30 am)**
- **Tuesday, May 25th (1:00-3:00 pm)**
- **Wednesday, May 26th (9:30 am-3:00 pm)**
- **Thursday, May 27th (10:00 am-2:45 pm)**

**During these times it will be very busy especially in the pool areas and locker rooms.*



**FRIDAY, MAY 14TH
4:00-6:30 pm at the
WRCC Indoor Tennis Courts**


OPEN & FREE TO ALL AGES.

**Pre-registration is necessary.
More information will be
available soon.**

Upcoming Events:

- **May 3-14** Parent & Me Aquatic Lessons
- **May 8th** Youth & Adult Orientation Classes
- **May 8th** Pepsi Pitch Hit & Run
- **May 9th** Happy Mothers Day!
- **May 10-13** Dickinson Dolphins Splash Week
- **May 14th** USTA Tennis Block Party
- **May 25th** Hershey Track Meet
- **May 31st** Memorial Day

FACILITY NOTES:

 Please remember to lock up all valuable items you bring to the community center. WRCC is not responsible for lost or stolen items. We have locker memberships available, as well as locks for \$1.00/day rental. If you bring your own lock, you will need to take it home with you each day.

LOCKER

MEMBERSHIPS:

**\$85.00/ANNUAL or
\$35.00/3-MONTH**



POOL NEWS

- **Dickinson Dolphins SPLASH WEEK May 10, 11, 12 & 13 (4:00-5:30 pm) for ages 6 and up. 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 with no obligation.**
- **As mentioned above the pools will be very busy in May. When in doubt, call before you come to make sure the pool is available for your specific use.**

Basic Nutrition for Endurance Athletes

(American Source of Sports Medicine,
American Dietetic Association)

Nutrition for the endurance athlete is somewhat different than that of fueling for regular physical activity, primarily because the length of activity is usually in excess of 2 hours. However, the optimal fuel for strong athletic performance is still carbohydrate (CHO). A general nutrient recommendation of total calories for endurance athletes is:

Carbohydrate: 55-65%
*could be higher for intense-level
Protein: 15-20%
Fat: 25-30%

Within 2-3 days of your event, it is recommended to eat a minimum of 65% of total calories daily from CHO to maximize glycogen stores. Focus on whole grains, such as: whole wheat bread, whole wheat pasta, brown rice, whole grain tortillas (corn or whole wheat), oatmeal, whole grain crackers, popcorn, etc. Keep your pre-event meal somewhat light, again focusing on CHO, low fat and fiber content with moderate protein, and try to eat at least an hour or two prior to your event to allow for gastric emptying to occur.

Prolonged endurance exercise requires not only calories, but fluid as well. Consuming CHO during endurance activity can help sustain exercise intensity during exercise lasting 1 hour or longer. Sometimes, CHO-based sports beverages can be used to meet CHO needs and aid in the replacement of fluid and electrolytes lost during physical activity. Drinking sports beverages at a rate of 30-60 grams of CHO per hour can sustain exercise performance and maintain blood glucose levels. The greatest rates of CHO delivery are achieved with a mixture of sugars, (e.g. glucose, sucrose, fructose, maltodextrin). Another option is utilizing CHO sports gels to meet CHO needs.

For more information, please contact:
Jo Marie Kadrmars, LRD, Healthy Results, Inc.
at 483-3445

MOTHER'S DAY SPECIAL!

Give the gift of HEALTH to Mom this year!

"Good health adds years to your life and life to your years!"

15% OFF the "Getting Started" Package for personal training or personalized nutrition services for Mom's in May!

Talk to a Personal Trainer



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

Certified Personal Trainers:

Natashia Ash, Shannon Selle, Patty LaPaglia, Shannon Halvorson, Katie Nelson and Kyle Kudrna.

Licensed Registered Dietitian:

Jo Marie Kadrmars

Triathlon Training Club

by Shannon Selle, Healthy Results, Inc.

TRIATHLON TRAINING CLUB

Let us help you prepare for the 6th Annual West River Triathlon.

Dates: June 21-Sept 9 (Mon. 5:30 am)

Fee: \$75.00

Deadline to Register: 6/15/2010

REGISTER AT THE WRCC CONTROL DESK.

Running Clubs

by Shannon Selle, Healthy Results, Inc.

5K RUNNING CLUB

Have you always wanted to run a 5K (3.1 miles)? Join the running club and we will give you an 8 week program to prepare you for the 3.1 mile race or fun run.

Dates: May 5-June 23 (Wed. 5:30-6:30 am)

Cost: \$55.00

Deadline to Register: 5/3/10

10K RUNNING CLUB

Do you need help to challenge your running endurance and abilities? Join the 10K running club and we will give you an 8 week program that includes weekly runs with a personal trainer and a challenging weekly program.

GOAL: BADLANDS TRAIL RUN-8/28/10

Dates: June 30-Aug. 25 (Wed. 5:30-6:30 am)

Cost: \$60.00

Deadline to Register: 6/28/10

REGISTER FOR EITHER RUNNING CLUB AT THE WRCC CONTROL DESK.

Fit Youth Training Camp (F.Y.T.) vs. Take 5 Camp

What do the camps having in common?

1. Youth ages: 8-14
2. Dates: June 1-August 12, 2010
3. Fitness Testing
4. Strength Training: A chance to learn how to use equipment to strengthen bones and muscles.
5. Cardiovascular Exercise: A chance to use machines, track and swimming pool.
6. Game Time: Many opportunities to have fun being active and improve fitness levels.
7. Flexibility: Time to stretch at the end of each workout
8. Daily nutrition activities and monthly lectures provided by Jo Marie Kadrmars, LRD
9. Parent Nights: 2 evening meetings for parents and youth to learn valuable nutrition information from Jo Marie Kadrmars, LRD
10. Personal Trainers and Dietitian serve as powerful role models to encourage the youth to take care of their bodies with exercise and nutrition.

What is the Difference?

F.Y.T. Camp

1. For active youth
2. Focus on improving fitness level
3. Healthy snack at end of each day
4. Challenged to improve in strength, endurance, flexibility, speed and agility to prepare for any sport.
5. Fast Progression
6. Nutrition for health and sport
7. Personal Trainers will provide an exciting and scientifically based exercise program to help individuals who are already more self-motivated to push themselves and work hard to achieve their goals.
8. Time: 1:30-3:30 pm
9. Cost: \$125 / \$100 2nd child

Take 5 Camp

1. For inactive/out of shape youth
2. Focus on health, weight loss and self esteem
3. Healthy lunch at end of each day
4. Safe and comfortable environment to improve strength, endurance, and flexibility without the pressure to keep up with the already fit youth.
5. Paced Progression
6. More time spent with Jo Marie Kadrmars discussing eating habits, removing barriers and coping with stress for better health.
7. Personal Trainers will provide motivation, accountability, and encouragement for individuals less self-motivated.
8. Time: 10:30 am - 12:30 pm
9. Cost: \$150 / \$100 2nd child

Aerobic Corner

by Brenda Erie, Group Fitness Coordinator

How to Raise my Metabolism to Burn More Fat

- 1. EAT UP!** One way to get your metabolism humming is to eat small meals and snacks frequently throughout the day. If you want to boost your metabolism (and who doesn't?), the last thing you should do is go on a deprivation diet, because fasting lowers your metabolic rate, causing your body to go into self-preservation mode, clinging for its life to every bit of fat.
- 2. MUSCLE UP!** The rate of your metabolism is in direct proportion to the amount of lean muscle mass on your body, because muscle tissue is extremely active when you're resting. Muscle grows and repairs after exercise, so if you do a strength training workout and then relax and watch TV, you're not just resting - you're burning calories! The best way to boost muscle mass? In addition to regular cardio workouts (step and weights, cardio pump, fitball), strength train two or three times a week. Lifting weights can also decelerate the aging process and increase bone mass (especially important for women because of our increased risk of osteoporosis).
- 3. DRINK UP!** Metabolism slows down when you're dehydrated, and one of the best vehicles for transporting fat is water. If the water in your blood drops below normal levels, it starts pulling water from your muscles, and you'll likely mistake thirst for hunger. But there are great sources for water beyond simple, well... water. You can get structured water from fruits and vegetables that are filled with the nutrients and vitamins your body needs to work efficiently and support its metabolism.
- 4. CHILL OUT!** Studies on people who live in so-called "Blue Zones" - places where many are living long, lean lives past the age of 100 - show a clear common denominator: A low-stress life. Stress wreaks havoc on the body, and no matter the source (traffic, a screaming toddler, a deadline at the office), the result is the same: Muscles begin to break down and fat begins to accumulate. So, if stress is becoming an issue for you, the deep breathing and relaxation provided by yoga and pilates and meditation might be just what the doctor ordered.
- 5. SWEAT IT OUT!** Sweating can eliminate toxins (which slow down the body's metabolism); try Cycling or Boot Camp class.
- 6. TALK IT OVER!** A recent Australian study showed that older people with few friends are 22% more likely to die than people in the same age group with large circles of friends. And another study showed that people whose friends gain weight are 60% more likely to do the same.

CONTINUED...

Click here for the MAY Group Fitness Schedule

- 7. GET YOUR Z's!** When it comes to appearance, fitness, and general health, sleep can be powerful medicine. It's directly linked to our metabolism and ability to maintain balanced hormones. For example, the digestive hormones that control hunger and appetite are ghrelin (the one that tells you when it's time to eat) and leptin (the one that tells you when it's time to stop). When you don't get enough sleep, your ghrelin and leptin levels can become imbalanced. (Studies show that when people get only 4 hours of sleep twice a week, their leptin drops 20 percent and their ghrelin increases about the same amount!) Sleep loss essentially disconnects your brain from your stomach, leading to "mindless eating," especially with sweets, salty snacks, and starchy foods.
- 8. GET YOUR D's!** Vitamin D can help protect us from certain types of cancer, and it can help us build strong bones and muscles and even fight off depression. Our most reliable source of D is found in Mother Nature: Sunshine! Doctor's recommend getting about 15 minutes of sunlight a few times a week. But, because so many of us apply sunblock religiously before ever stepping outside, we never reap the benefits. Experts suggest keeping sunblock on your face, but don't be afraid to expose your arms and legs during the day for 10 or 15 minutes a few times a week.

Water Aerobics Schedule

6:00 am Tuesday & Thursday
8:00-9:00 am Monday-Friday
9:15 am Wednesday (SilverStretch)
10:00 am Wednesday (SilverSplash)
5:30-6:30 pm Monday-Thursday
5:30-6:30 pm Friday
7:00-8:00 pm Tuesday & Thursday



WHAT IS SILVERSNEAKERS?

SilverSneakers is a fitness program for medicare eligible individuals. For more information on the SilverSneakers Fitness Program please call Eric at 456-2074.

**MEMORIAL DAY
HOURS:**

Monday, May 31st
WRCC will Close at 6:00 pm

**HAVE A SAFE AND
HAPPY MEMORIAL
DAY WEEKEND!**

Current WRCC Memberships:

Annual = 4,247

3-Month = 588

Punchcards = 927

5,762 Total Members

**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!