

Watertown Community Recreation Center Monthly Update - February 2017



Watertown Rec Center Updates:

John Small, Executive Director jsmall@watertownsd.us

Jackie Jacobson, Office Manager jjacobson@watertownsd.us

Rec Reminders:

- **Rate Increases for the new Prairie Lakes Wellness Center will take effect in March**
 - We look to open in early March - we will announce it as soon as we know for sure!
 - We're in the process of getting letters with the new prices sent out
 - Depending on the type of membership you have, the rates will increase about **\$3- \$7/month**
 - If you have questions about your membership options, please call Jackie @ 882.6250
 - At PLWC, all members will have towel service AND Water Aerobics Classes will now be included in our Fitness Plus Membership.
 - If you have a basic membership and pay separately for Water Aerobics, it may be cheaper to upgrade to Fitness Plus. Please call Jackie to discuss your options!
- **The pool will be closed this weekend for the BIG APPLE Swim Meet Friday evening, January 27th, and all day Saturday and Sunday, January 28th and 29th.**
- **The basketball courts will be available for Rec Center use after 1:30pm for the next 3 Saturdays (1/28, 2/4, 2/11). Regular open gym Saturday schedule will resume Saturday, February 18th.**
- **Our policy for class changes/cancellations due to weather related conditions:**

- If the Rec Center is open, there will be classes as scheduled.
- Note: The class offered may change due to availability of the instructor. Example: If the Turbo Kick instructor is unable to come in due to the weather, we may offer CXWORX instead. Please call in or check Facebook for updates. We will post the info if possible.
- If the Rec Center is closing, we will post it on Facebook and alert local radio stations. We will send an email if we are able. Please call in, check your email, watch Facebook, or listen to the radio for weather related announcements and closing information.

Fitness/Program Director's Updates:

Dave Greenman - dgreenman@watertownsd.us



- Biggest Loser is off to great start. After 3 weeks, our participants have lost a total of 377 pounds! We have 142 big losers that are competing in 4 divisions. Remember to keep weighing in every Friday to be eligible for our weekly drawings.
 - To see more results, go to <http://www.watertownsd.us/index.aspx?nid=291>.
- Dodgeball league will be running on Tuesday nights from 6:00 to 10:00 on one half of the gym until March 7th.

For any questions on the fitness department or our programs, contact Dave Greenman @ 882.6250 or dgreenman@watertownsd.us.

Aquatics/Program Director's Updates:

Jodi Hemiller - jhemiller@watertownsd.us



- **Noon Lap Swim now runs from 10:30am- 1pm Monday thru Friday**
- **The pool will be closed for the BIG APPLE Swim Meet Friday evening, January 27th, and all day Saturday and Sunday, January 28th and 29th.**
- **The pool will also be closed for a Swim Meet February 17th, 18th, and 19th.**
- **Open Swim the following days from 1- 3pm due to no school/early dismissals**
 - **Friday, February 17th**
 - **Monday, February 20th**
 - **Wednesday, February 22nd**
- **Scuba Certification: March 3rd- 5th, 2017. Mick's Scuba will be hosting a scuba course, complete with classroom and pool instruction that leads to international P.A.D.I certification upon completion of four open water dives. All necessary equipment is furnished during pool sessions. If interested in this course, please call Mick's Scuba to register in and get your manual prior to course. Basic swimming skills are needed.**
 - **1- 800- 285- 3483 or email duane@micksscuba.com.**
 - **Fee: \$175 member / \$200 non-member (fee does not include tax).**
- **With the completion of Prairie Lakes Wellness Center upon us, the Aquatics Department is looking to expand its staff and will be offering one more LIFEGUARD TRAINING CERTIFICATION February 23rd- 26th. See attachment for more info!**
 - **Lifeguards must be at least 15 years old, but we are looking for guards of all ages to work in our new facility. Lifeguarding is a great part-time job with a flexible schedule and a fun, fast-paced environment. If becoming a lifeguard is something you'd be interested in, please call or email Jodi for more information. (882- 6250 or jhemiller@watertownsd.us)**
- **Additional Lifeguard Training courses will be offered later this spring for local and area guards.**

For any questions on Aquatics or other Programs, contact Jodi Hemiller at jhemiller@watertownsd.us or call 882- 6250.

Group Fitness Director's Updates:

Anne Rylance - rylanceanne@yahoo.com



Taking a group fitness class at the Rec Center is a great way to get out of a fitness rut, break through plateaus or just get started in a new fitness routine. Here are just a few reasons you should consider a group fitness class at the WCRC.

- **Efficient and Fast-Paced**
 - Group fitness classes tend to feel as if they go by quickly. By changing up the pace, routine and exercises, you'll be so focused on following the instructor; you'll find yourself forgetting to watch the clock.
- **Social**
 - Made up of similarly motivated individuals, group fitness classes can be a great way to bond with others over your common goals and experiences.
- **Motivating**
 - The group experience can help motivate people to work harder. In addition to being lead and challenged by the instructor, working with others offers an additional level of competition and camaraderie.
- **Challenging**
 - Being motivated to keep pace with the group means that you'll be challenged to work harder. Working out on our own is great, but most of us tend not to work as hard as we can when we're alone. Exercising with others and having a leader guide the group provides a boost to the workout, making us work harder and push ourselves more.
- **Educational**
 - A good class will not only challenge and motivate, it will teach you new moves and show you how to do them properly. Trying something different is a great way to exercise your mind and your body.
- **Safe**
 - When beginning a new or different fitness routine, it's especially important that you do so in a safe manner. The right instructor will be able to help explain what you're doing, how to do it and what you should be feeling. Instructors are able to model exercises and use cues to help ensure the safe execution of their routines. Be sure to ask questions or ask for alternative exercises if you need additional assistance.
- **You Can Go at Your Own Pace**

- An experienced group fitness instructor will be able to offer modifications that allow for different fitness levels among the participants. Most classes will offer beginner, intermediate, and advanced exercise options. If you're concerned, be sure to show up a few minutes prior to class and chat with the instructor and ask for advice. Developing a relationship with your instructor is key to finding the workout that will challenge you in a safe manner.

Follow us on Facebook and check out the Watertown Rec website for information on new classes as we get ready to move into our new facility!!

Saturdays in February - Classes at 8:30 unless noted

February 4th~ CX50 with Jami (Sign up required)

February 11th~ Turbo Kick with Lindsay

February 18th~ CX/Pump* with Carrie (Sign up required)

30 mins CX followed by short version of BP

February 25th~ Turbo Kick with Patti



A New Day Yoga & Pilates Studio:

Mind/Body classes have become an important part of life for millions of people around the world. They are included in many wellness and fitness programs for people of all ages. Here are a few good reasons to join us for our mind/body classes.

- **STRESS RELIEF**

- Mind/Body classes reduce the physical effects of stress on the body. By encouraging relaxation, they help to lower the levels of the stress hormone, cortisol. Related benefits include lowering blood pressure and heart rate, improving digestion and boosting the immune system.
- **PAIN RELIEF**
 - Studies have demonstrated that practicing yoga asanas (postures), meditation, or a combination of the two, reduced pain for people with conditions such as cancer, multiple sclerosis, auto-immune diseases and hypertension as well as arthritis, back and neck pain.
- **BETTER BREATHING**
 - Mind/Body classes teach people to take slower, deeper breaths. This helps to improve lung function, trigger the body's relaxation response and increase the amount of oxygen available to the body.
- **FLEXIBILITY**
 - Yoga helps to improve flexibility and mobility, increasing range of motion and reducing aches and pains. Many people can't touch their toes during their first class. Over time, ligaments, tendons and muscles lengthen, making more poses possible.
- **INCREASED STRENGTH**
 - Yoga asanas (postures) use every muscle of the body, helping to increase strength from head to toe!
- **IMPROVED CIRCULATION**
 - As a result of various poses, yoga and pilates move oxygenated blood to the body's cells more efficiently.
- **FOCUS ON THE PRESENT**
 - Mind/Body classes help us to become more aware and to help create mind body awareness. It opens the way to improved concentration, coordination, reaction time and memory.

NEW CLASS!!! Spend your noon hour with Lindsay, Mondays at 12:10pm for PiYo beginning February 6th.

❖ Effective February 1st we will no longer be holding TBS Mondays at 6:00pm or Fridays at 12:10pm.

❖ Pick up a class schedule and begin reaping the benefits today!

Saturdays in February - All Classes at 9am

February 4th ~ PiYo with Michelle

February 11th ~ Yoga with Mary D

February 18th ~ Yoga with Marilyn

February 25th ~ Yoga with Mary D

Check out a complete class listing at www.watertownrec.com.