

SRC NEWSLETTER

SKAGWAY RECREATION CENTER (SRC)

VOLUME 11 ISSUE 2

FEBRUARY 2017

FEBRUARY INTRO CLASSES

To keep you motivated we decided to offer another round of introductory classes FREE to the community. If you missed out in January, this is your opportunity to bring a guest or learn about the various classes we offer and how they can help you reach your goals. It's also a great way to try something new, stay interested, and have fun doing so. Space is limited so be sure to sign up at front desk!

Intro to Barre

Wednesday February 1st @ 5:30pm

A ballet inspired total body workout suitable for beginners to advanced. This class will have your legs shaking and sweat dripping. Barre is a great way to lift your seat, tone your thighs, sculpt your arms and strengthen your core. With Katherine.



Senior Weights: it's not just for old folks!

Thursday, February 2nd @ 10:30 a.m.

Join Dena May for an incredibly well rounded resistance training workout that is perfect for beginners and senior citizens alike!



Intro to Climbing

Sunday, February 5th @ 5:00 p.m.

Join Jeanne on the rock wall and take the steps necessary to become belay certified, use the auto belay system and climb on the rock wall for fun and fitness combined!



Intro to TRX

Monday, February 6th @ 4:30 p.m.

Join Katherine for an introductory course on using the TRX Suspension System to build muscular strength and endurance. Learn the correct way to adjust the straps and control the amount of resistance being used based on vector. Followed by a very basic beginner friendly 25 min. workout.



Intro to Spinning

Tuesday, February 7th @ 4:30pm

Learn bike set up, what to expect in class, modifications, and use of heart rate monitors followed by 20 min. beginner ride w/Katherine



Intro to Pilates—for total beginners!

Wednesday, February 8th @ 5:30pm

Join Katherine for an introductory Pilates workshop to learn basic concepts, and modifications for beginners. Followed by a 30 minute beginner mat class.



Intro to Yoga—for total beginners!

Sunday, February 12th @ 5:00pm

Join Jeanne for an introductory yoga class to learn basic philosophy, class etiquette, and modifications, Discover the health benefits yoga can bring into your life. Followed by a 45 minute gentle beginner practice.



**SIGN UP REQUIRED FOR ALL CLASSES LISTED ABOVE.
MINIMUM OF 4 PARTICIPANTS IS NECESSARY FOR CLASS TO RUN.**



Acro Jam

Wednesday Nights
6:30-8pm

A 'jam' is essentially an open practice, where we work on acro yoga skills we're trying to improve, learn from each other, and have fun! It's not a structured class, but often the more experienced folks are happy to show new people some basic poses and safety skills. So, bring movement-friendly clothes and a water bottle, and be ready to dive in!

**Closed Presidents Day
MONDAY, FEBRUARY 20**

IS THE RECREATION CENTER EXPANSION

EVER GOING TO HAPPEN?

Most of you have heard rumors over the last 5 years or so that the Rec Center is expanding. Those of you who use the facility on a regular basis know we are long overdue for a larger weight room, a designated child care area, more group fitness space, a stretching/ab zone and a separate Spinning room, not to mention office and storage space. Questions we hear a lot are, "Is the expansion ever going to happen?" and "When are we getting a pool?" Well, I can assure you that you are not alone. We have been asking the same thing for a very long time.

By "We" I mean the Rec Board and myself. "We", along with countless volunteers and some amazing staff members over the years (as well as current ones) have worked and continue to work together to create a safe multigenerational use facility the community can be proud of. We serve senior citizens, families, adults, teens, children, infant and toddlers, and in the summer months crew members, visitors, and seasonal residents from all over the world. While our popularity continues to grow and the needs of the community continue to expand the Rec Center is finding it very difficult to keep up with these demands within the space currently allotted.

With the resources we have been provided, we have done as much as we possibly can both indoor and out. If we want to maintain what we have and continue to serve the fast growing needs of this town major funding is necessary. And if we want to include a pool in this expansion we not only need major funding, but also major support from the community.

The Rec Board is on their third most recent attempt to solicit this funding and is currently working in conjunction with the recently appointed Pool AD Hoc Committee to present a second opinion cost estimate on an expansion to the east of the building along with the information compiled from the USA Swimming Build a Pool Conference that was held at AB Hall last April. If you are interested or have an opinion on any of this information please be sure to attend the assembly meeting on Thursday, February 2 in council chambers at 7pm. This is your opportunity to fully understand why this expansion is important to our community and be able to make an educated decision whether you feel Skagway can support this infrastructure.

Recreation is an essential part of health and wellness. It helps refresh and reinvigorate both the body and mind and take stress off of a person who thinks about work all of the time. Recreational activities also offer people a great way to socialize and meet others they would normally not have contact with in their daily lives. In fact, our Recreation Center has become the social hub of our town and has provided people with affordable wellness opportunities that are hard to find anywhere in the nation, particularly such a small town in Alaska. I have heard numerous people tell me they would not be in Skagway year round if the Rec Center did not exist and I have had countless members and visitors share their appreciation for our clean friendly facility, our level of professionalism and the quality we offer in our programming, classes, and equipment. Well run, all inclusive Recreation Centers provide residents with a better quality of life, increase property values, attract tourists, and bring the community together.

We are so fortunate to have this facility in Skagway and hope you feel the same way. Expanding our Rec Center now will allow us to meet our current and growing needs and the option of including a pool would be a worthwhile investment for Skagway and future generations to come.

Katherine Nelson, SRC Director

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