

SRC NEWSLETTER

SKAGWAY RECREATION CENTER (SRC)

VOLUME 11 ISSUE 1

JANUARY 2017

SRC FITNESS CHALLENGE

Make this YOUR YEAR

Become the person you've been wishing for.....

Our 14th annual 10-week fitness challenge begins Monday January 2, 2017. Whether you have been putting it off for a while or just recently seemed to slip out of your regular exercise routine, now is your opportunity to get back on track. Make a commitment to a healthier lifestyle and welcome the chance to win a Fitbit!



Registration for the Fitness Challenge ends on Saturday, January 13th with the 10-week time period beginning the day indicated on your registration. Challengers will be provided with a total of three optional fitness assessments (one at the beginning, middle, and end of the 10 week period), an optional personalized resistance and cardio program, and weekly motivational handouts offering information on health and fitness. Participants will need to come to the SRC *at least* 3 times a week for 10-weeks in order to be eligible for the drawing. Winner will be announced on Friday, March 24th. Registration packets for this event are available in the schedule holder located in the front lobby of the SRC.

In an effort to help you get started on the right track we are offering a variety of introductory classes throughout the month:

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

Tuesday, January 3rd @ 10:30 a.m.

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



How Fit Are You?

Thursday January 5th @ 1pm

Fitness assessment conducted with a partner to test for flexibility, strength, body fat, BMI, and cardiovascular health. See where you stand based on population norms.



Intro to Spinning

Saturday, January 7th @ 11:30 a.m.

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



Intro to TRX

Wednesday, January 11th @ 5:30 p.m.

Join Nate for an introductory course on using the TRX Suspension System to build muscular strength and endurance. Learn proper biomechanics and 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 Climbing

Sunday, January 15th @ 5:00 p.m.

Join Jeanne on the rockwall 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 Yoga—for total beginners!

Wednesday, January 18th @ 5:30pm

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.



Intro to Pilates—for total beginners!

Wednesday, January 25th @ 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.



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

Skagway Recreation Center (SRC) Winter Ski/Snowshoe Challenge

Start Date: January 1, 2017

End Date: April 1, 2017



Registration forms are available at the Skagway Recreation located on the corner of 13th Avenue and Main Street and online at www.skagwayrecreation.org. We would love to see your photos so please send them to us at reccenter@skagway.org. Please

drop off your completed registration form to the Skagway Recreation Center no later than April 3, 2017. All participants completing the Explorer, Advanced, or Expert Adventure will have the chance to win a one night stay at Log Cabin. Winner will be announced Monday, April 3rd. Participation in this event is at your own risk! Please be responsible and always carry extra food, water, layers for warmth, a shovel, probe, beacon, and use the buddy system by telling someone where you are going and when you will be back. Enjoy!

TRAIL/AREA
Snowshoe Trails
ICY LAKE
LOWER DEWEY LAKE
SKYLINE TRAIL TO AB MOUNTAIN
SMUGGLER'S COVE
STURGILL'S LANDING
THE SUMMIT AREA
UPPER DEWEY LAKE
WEST CREEK
Cross Country Ski Trails
BLONDE TRIANGLE
BOORMAN LOOP
BOURCY BACK SIDE
CAPOSEY CUT OUT
KORSMO CORKSCREW
SALDI IN AND OUT
THE FATHER MOUCHET
THE SUMMIT AREA
TOM AND JERRY MEADOW
TRACKS AT LOG CABIN
TRACKS TO DENVER CABOOSE
WEST CREEK
Back Country Ski Areas
FRASER MEADOWS
HALCYON
MINE MOUNTAIN
SUMMIT CREEK
THE BOWLING ALLEY

2017 REC CENTER EVENT CALENDAR

January 1-April 1	Winter Ski/Snowshoe Challenge 2017
January 2-March 24	14th Annual 10 Week Fitness Challenge
March 25	Buckwheat Ski Classic Banquet
April 29-30	Spring Community Sale
May 1 -September 30	Summer Trail Challenge 2017
June 12-16 & 19-23	Skagway Summer Camp 2017 (Weeks 1&2)
July 10-14 & 17-21	Skagway Summer Camp 2017 (Weeks 3&4)
July 24-28	British Soccer Camp
September 24	Box of Rocks
October 28	Halloween Carnival
December 16	Yuletide Ball

PLEASE CONTINUE CHECKING OUR MONTHLY NEWSLETTER AND SCHEDULES FOR MORE EXCITING RECREATIONAL EVENTS AND COMMUNITY BASED

CLOSED
JANUARY 1ST & 16TH
Happy New Year
Skagway!

The Skagway Recreation Center (SRC)

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