

# SRC NEWSLETTER

Skagway Recreation Center (SRC)

Volume 13 Issue 8

August 2019

## SPINPower®

### STRONGER CEC Workshop

FRIDAY-September 27, 2019

2:00PM to 6:00PM



SPINPower STRONGER highlights the strength foundation principle giving you strategies to turbocharge your Spinning and SPINPower rides. Spinning and SPINPower instructors will learn advanced methods to boost

strength needed to pedal with more power, specifically within a cadence range of 60–80 RPM.

The reward is positive fitness responses in the muscular, energy and cardio-respiratory systems. Whether you're looking to lose weight, build lean muscle, or achieve a new level of fitness, using resistance will have the greatest effect on burning calories, driving your pedal stroke to the top of that hill, moving you in and out of the saddle and pushing the boundaries when extra power is needed. Spinner® Chrono bikes are required to host this workshop.

**COST: \$109.00**

## Rockstar Spinning®

### Instructor Certification

SATURDAY-September 28, 2019

9:00AM to 6:00PM

You don't want to be just any instructor- you want to be one that participants come back to time after time. This comprehensive training includes the practical and theoretical concepts based on the highest quality coaching practices, the latest exercise science information, and progression in the field of indoor cycling. Instructors will first review the scientific and foundational principles of the Spinning program, then learn how to create amazing profiles. This will take instructor to the next step in joining and elite group of the most highly trained fitness professionals in the world and enable them to lead life changing spinning rides for students, athletes and enthusiasts everywhere

Includes:

- Manual
- Digital Preparatory Study Guide
- Online Certification Assessment
- Certificate of Attendance
- Certificate of Completion
- 9 hours of hands on training.



**COST: \$355.00**

## Let's Jump!

### CEC Workshop

SUNDAY-September 29, 2019

8:00 AM to 10:00AM

**NEW Let's Jump!** This workshop explores and defines the various Jumps techniques in the Spinning program. Technique discussions center on higher cadence Jumps along the flat roads and strongly-loaded Jumps in the hills. Other key performance areas covered in this workshop include: counting, rhythm stroke strategies and resistance loading.

**COST: \$60.00**

## Music, Movement, Motivation

### CEC Workshop

SUNDAY-September 29, 2019

10:30AM to 12:30PM

**Music, Movement, Motivation** Music is a powerful class element you can use to enhance the rider's experience — make your class more than just another ride. Learn to correlate music and rhythm with movement to elicit an emotional response. Remember — Certified Spinning® Instructors, you can check out a new Spinning playlist posted weekly!

**COST: \$60.00**



**MUST REGISTER ONLINE**

<https://spinning.com/training/>

Space is limited so please  
be sure to register early!

# Sea Kayaking 101

## An Introductory Course with Alaska Mountain Guides

Whether you own a Kayak, are interested in buying one or just want to be able use the ones at the Skagway Recreation Center this course is a must. This full one-day training program emphasizes safety, enjoyment and skill acquisition for entry level paddlers as well as those needing a refresher lesson. It's designed to make you comfortable on the water and provides you with all the skills you need to continue practicing on your own toward becoming a competent paddler. You will learn the basics needed to enjoy this great sport and acquire superior techniques for touring, turning and more!

### Topics to be covered include:

*Kayak design and terms*

*Paddling gear and terms*

*Proper grip & control of your paddle*

*Strokes and maneuvers*

*Water comfort and confidence*

*Controlled capsize / wet exit*

*Swim the boat to shore (short distance)*

*Deep water exit / re-entry*

*Rescues*

**Date:** Saturday, August 10

**Time:** 9 am – 5 pm

**Cost:** \$108US

**Location:** Skagway Recreation Center/Long Bay

**Registration:** Call 907-983-2679 or stop by the Skagway Recreation Center and sign up in person. Space is limited so please register early! Payment is due at registration. Please understand that classes may be cancelled due to a lack of timely registrations or weather. If for weather reasons new date: August 17.

**Prerequisites:** Must be age 16 or over. Anyone who can swim well enough to be comfortable putting their head under water and able to swim the crawl stroke or breast stroke without a buoyancy aid can take this class. PFD's (life jackets) will be used while on the water but you still need basic swimming skills.

## BENEFITS OF YOGA

### YOU'RE HAPPIER

People that did yoga for an hour have 27% higher happy brain chemical, GABA.

### HELPS YOU KEEP YOUR COOL

Doing yoga once a week for two years can decrease tension-triggered cytokine by 41%.

### TOP TO TOE TONING

In some poses you're lifting every pound of your body weight.

### IMPROVES POSTURE & STRENGTHENS BACK

Two 90min. yoga class per week can ease soreness dramatically.

### BETTER LIBIDO

Yoga helps reduce anxiety, increase awareness, and speeds the release of hormones that rev up arousal.

### CONFIDENCE BOOSTER

Women who practiced yoga regularly have 20% higher body satisfaction.

### YOU SLEEP BETTER

45 minutes of yoga can help you sleep an hour longer and fall asleep faster.

**The Skagway Recreation Center**

**PO Box 868 – Skagway, AK 99840**

**907.983.2679**

**[www.skagwayrecreation.org](http://www.skagwayrecreation.org)**

### **FULL TIME STAFF**

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### **ADVISORY BOARD**

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