



SPRING  
2024



PROGRAM  
GUIDE

MARCH - MAY



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425 E 5th Street  
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**HEALTH FITNESS & FUN FOR ALL AGES**

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## Facility Hours

	May - September	October - April
Monday - Friday	4:45 AM - 8:00 PM	4:45 AM - 9:00 PM
Saturday - Sunday	6:00 AM - 6:00 PM	6:00 AM - 6:00 PM

Program areas close 15 minutes prior to the Centre closing.

## Holiday Hours

Kids Kove will be closed on Holidays

New Year's Eve	7:00 AM - 4:00 PM
New Year's Day	7:00 AM - 12:00 PM
Easter	Closed
Memorial Day	7:00 AM - 12:00 PM
Independence Day	7:00 AM - 12:00 PM
Labor Day	7:00 AM - 12:00 PM
Thanksgiving	7:00 AM - 12:00 PM
Christmas Eve	7:00 AM - 12:00 PM
Christmas	Closed

## Kids Kove Hours

Kids Kove will be closed on Holidays

October - April	
Monday - Friday	8:15 AM - 12:00 PM & 4:00 PM - 7:00 PM
Saturday	8:00 AM - 12:00 PM
Sunday	10:30 AM - 1:00 PM
May - September	
Monday - Friday	8:15 AM - 12:00 PM & 4:00 PM - 6:45 PM
Saturday	8:00 AM - 12:00 PM
Sunday	Closed

## Centre Cares Financial Assistance

The Centre welcomes everyone who wishes to participate in programs and activities. We are committed to making that possible and provide financial assistance through our Centre Cares program. Please let us know if we may serve you or your family in this way. For more information please contact Connie Nelson, Member Experience Manager, at cnelson@nracentre.com or 715-246-2252.

## Program Registration Guidelines

- Registration can be completed online (click on green REGISTER ONLINE button) or registration forms are available on our website or at the Centre. Payment is required at time of registration.
- No refunds or credits will be given after the registration deadline.
- There are NO REFUNDS for classes missed in any program.
- To maintain the Centre Member rate for any program or service the person enrolled MUST be a member for the entire time the program is running. If you discontinue your membership with the Centre you will be asked to pay the Community Participant rate for the entire class. No prorated amounts will apply.
- Classes need a minimum level of participation to run. Sign up early to help ensure that all classes offered are able to run. The Centre reserves the right to cancel a class prior to the start of a session.

## Cell Phone, Camera, & Recording Device Policy

The Centre is committed to providing a comfortable and safe environment for all members and guests. We restrict cell phone use to our main lobby. Cameras and video recording devices, including cell phone cameras, are prohibited within the Centre except for approved special events. At no time will the use of cameras or cell phones be allowed in the locker rooms. Cell phones for the purpose of streaming music while in the fitness center is allowed.

## Weapons and Firearms

No weapons or firearms allowed in the building UNDER § 943.13 WISCONSIN STATUTE.

## Age Policies

- Children 8 & 9 years old may be in the pool or building without direct supervision, but guardian must remain in the facility.
- Children 6 & 7 years old must have a guardian on pool deck and with them at all times in the facility. If guardian is not with them, children must be checked into Kids Kove.
- Children 5 and under must have a guardian in the pool with them within arm's reach and with them at all times in the facility. If guardian is not with them, children must be checked into Kids Kove.
- **Children NOT potty trained must wear both a swim diaper AND plastic pants over the swim diaper.** (Both are available for purchase at the Welcome Center).
- A guardian is considered 16 years or older.

## Access to Centre Building

- **Centre Member key tag** Each member age 10 and older is given a key tag when they join.
- **Photo id or check in by Welcome Center staff** verifying identification of the member through membership software.
- **Child Care Participant Card.**
- **Day Pass registration** for ALL participants. Minors MUST have the form filled out by a parent/guardian. This form will be updated yearly.

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Dr. Rachel Juelsgaard, DVM  
Dr. Alicia Butler, DVM  
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countrysidevet@frontiernet.net

Find us online at [www.countrysidevet-nr.com](http://www.countrysidevet-nr.com)

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## Health & Fitness

### Youth Fitness Orientations

The Centre Youth Fitness Policy promotes a safe and positive environment for all members. Youth must be a Centre Member to obtain a Youth Fitness Orientation and can arrange for an orientation in the Fitness Center.

- Ages 9 and under are not allowed in the Fitness Center.
- Ages 10 - 15 can use the Fitness Center only after completing a Youth Fitness Orientation and obtaining a colored wristband each visit.
- For ages 10 - 15, guardians must be at least 18 years old.

#### Level 1, 10 - 11 years old, Green Wristband

This level can attend select Group Fitness Classes with a parent/guardian and use:

- Bikes
- Elliptical/Arc Trainers
- Rowing Machines
- UBE (hand bike)

#### Level 2, 12 - 14 years old, Yellow Wristband

This level can attend select Group Fitness Classes with a parent/guardian and use:

- Bikes
- Elliptical/Arc Trainers
- Rowing Machines
- UBE (hand bike)
- Treadmills with a parent/guardian
- Stairclimber with a parent/guardian
- Free Weights with a parent/guardian
- Leg Press with a parent/guardian
- Leg Extension
- Leg Curl
- Seated Row
- Triceps Extension
- Bicep Curl
- Chest Press
- Seated leg press
- Shoulder press
- Lat pulldown
- Pectoral fly/rear deltoid
- Hip adduction
- Hip abduction
- Abdominal crunch
- Back extension
- Assisted dip/pull up
- Dip bar/pull up bar

#### Level 3, 15 years old, Purple Wristband

Must complete Level 1 and 2 orientations. This level can use:

- Entire Fitness Center
- Cross Training Rig with a parent/guardian

## Group Fitness & AquaWorks Classes

Check out land and water group fitness classes that are included with membership. Classes are offered at a variety of times, so no matter when you work out, you have an opportunity to participate in a class. Class options range from cardio classes to strength classes or mind/body classes. Change it up and try an AquaWorks class. For schedules, visit our website: [www.nracentre.com/centre-schedules](http://www.nracentre.com/centre-schedules)

Cost: FREE for Centre Members  
\$10.00 day pass for Community Participants

## Fitness on Demand: Workout on Your Schedule

Fitness on Demand is the perfect way to workout on your schedule with access to over 400 different workouts. Participate whenever you are at the Centre and when added to your membership, WHEREVER you are!

Cost: FREE for Centre Members - on site access  
\$10.00 day pass for Community Participants - on site access  
\$3.00 per month for Centre Members - 24/7 access

## 5K Racing Series

47375

Decide. Commit. Succeed. Don't let your training suffer in the off months! The course will be adjusted for each race to provide some variety in the runs. Strollers and leashed dogs are welcome. This year we are celebrating the holidays with a 5K. After you run or walk, join us for Spooktacular, Breakfast with Santa, and Eggstravaganza!

Age: 10+ years old  
Date: Saturday, October 28  
Saturday, December 9  
Saturday, March 23  
Time: 8:30 AM registration, 9:00 AM 5K  
Cost: \$30.00 per participant; includes shirt, as supplies last  
Place: Centre



## Best Year of Your Life Challenge

47280-CD

Get motivated and stay motivated this year with a new challenge every month. Challenges will keep you on track, motivated, and excited by giving you daily instructions on what you need to do each day. Each challenge will be a progressive workout starting at your current fitness level and gradually increasing to help you reach your true potential and results.

March: Oh My Thighs  
April: Six-Pack  
May: Melt Your Muffin Top  
June: Amazing Butt  
July: Beach Body  
August: Squat Bootcamp  
September: Fall Into Fitness  
October: Upper Boo-dy  
November: Planksgiving  
December: Down the Chimney

Age: 18+ years old  
Date: March 1 - December 31  
Cost: FREE for Centre Members  
Registration Deadline: One week prior to each month  
**You must register for each challenge.**  
**Each month gives you 50 Centre Reward Points!**





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## Individual Personal Training

47290-CD

Take your training to the next level. Work one-on-one with one of the Centre's personal trainers. A personal trainer will conduct a personal consultation and a fitness assessment to aid in the design of your program. He or she will also help you set realistic goals based on your fitness level and interests. Start with a consultation and begin on the road to meeting your health and wellness goals.

### Personal Consultation

- meet one-on-one with a Centre Personal Trainer for 30 minutes
- discuss your fitness, nutrition, and wellness goals; learn more about the services that will help you meet these goals

### Fitness Assessment

- meet one-on-one with a Centre Personal Trainer for 30 minutes
- get an assessment of your current physical state so you can measure progress as you work toward your goals
- establish a fitness baseline to monitor progress and establish goals

Packages	Length	Price	Cost/Session
1 session	30 minutes	\$38.00	\$38.00
4 sessions	30 minutes	\$136.00	\$34.00
8 sessions	30 minutes	\$248.00	\$31.00
12 sessions	30 minutes	\$336.00	\$28.00
16 sessions	30 minutes	\$400.00	\$25.00
20 sessions	30 minutes	\$440.00	\$22.00
1 session	60 minutes	\$58.00	\$58.00
4 sessions	60 minutes	\$212.00	\$53.00
8 sessions	60 minutes	\$408.00	\$51.00
12 sessions	60 minutes	\$588.00	\$49.00
16 sessions	60 minutes	\$752.00	\$47.00
20 sessions	60 minutes	\$900.00	\$45.00

Personal Training packages must be used within 6 months of purchase date. Sessions may be cancelled or rescheduled with 24 hour notice. If a 24-hour notice is not provided, it is considered a no-show and no refund or credit will be given. Arrivals more than 15 minutes after the scheduled start time are considered a no-show and no refund or credit will be given. Personal Training is for Centre Members 10+ years old. Rates are subject to change. For more information please contact the Centre at 715-246-2252.

## Small Group Personal Training

47290-CD

Train in a small group! Work out with 1 or 2 friends and a Centre personal trainer. You will get a tailored plan to stay motivated and reach your shared fitness, nutrition, and wellness goals. This is a fully customizable schedule for how often and how long you work together. All prices are per participant.

Packages	Length	Price	Cost/Session
1 session	30 minutes	\$25.00	\$25.00
4 sessions	30 minutes	\$96.00	\$24.00
8 sessions	30 minutes	\$184.00	\$23.00
12 sessions	30 minutes	\$240.00	\$20.00
1 session	60 minutes	\$35.00	\$35.00
4 sessions	60 minutes	\$136.00	\$34.00
8 sessions	60 minutes	\$264.00	\$33.00
12 sessions	60 minutes	\$360.00	\$30.00



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## Pickleball

47280-DB

Pickleball is a paddle sport that combines elements of tennis, badminton, and ping-pong using a paddle and plastic ball with holes. It is a game that is appropriate for players of all ages and skill levels. Rules for pickleball are simple, making it a great introductory sport. We provide all the equipment to play.

Participation is limited to 18 players per session. Sign up is required for all players Monday through Friday. No sign up is necessary Saturday and Sunday.

### Session rules:

- All players must be done at the end of the session signed up for regardless of the score.
- During the session if 4 or more people are waiting to play, always rotate 4 in and 4 out.
- Score to 9 and win by 1 or rally score to 15 win by 1. The group decides.
- On Saturdays and Sundays follow these rules if there are people waiting to play.

Age: All ages

Date: see gymnasium schedule for days & times

Cost: FREE for Centre Members

\$10.00 day pass for Community Participants OR

\$30.00 5-visit punch card for adults 55+ years old

Place: Centre Gymnasium

## Basketball Shooting Instructions

47211-DB

Taught by Jay Wolf, professional shooting instructor and president of the Star Shooter Company LLC, instruction is for all skill levels from beginners to professionals and includes:

- Proper mechanics of the one-hand shot.
- Video analysis of shooting mechanics.
- Personalized drills designed to coordinate with results from the analysis.
- Quick release instruction.
- How to shoot free throws at 90% and higher.
- Best way to practice.

Age: 5th grade and older, including adults

Date: Lessons are by appointment, contact the Centre

Cost: FREE for Centre Members

\$5.00 day pass for youth, \$10.00 day pass for adults

Place: Centre Gymnasium

We  Our Members

Thank you for being a member!

Membership has its benefits. In addition to discounts on programs, member only programs, and early registration for programs, you also can participate in member-only activities. You just have to be a Centre Member!

### MARCH

#### • Snacks & Treats

- Oreos
- Peanut Clusters
- Milky Ways
- Chocolate Chip Cookies
- Popcorn, etc.

#### • Fun Activities

- Dress Up Fridays - Favorite Basketball Team Apparel

### APRIL

#### • Snacks & Treats

- Chocolate Mousse
- Carrots
- Caramels
- Licorice
- Animal Crackers, etc.

#### • Fun Activities

- Dress Up Fridays - Favorite Western Apparel

### MAY

#### • Snacks & Treats

- Taffy
- Vanilla Pudding
- Raspberry Tart
- Tea
- Lemonade, etc.

#### • Fun Activities

- Dress Up Fridays - Favorite Baseball Team Apparel




grat-i-tude: the quality of being thankful; readiness to show appreciation for and to return kindness.

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## Easter Eggstravaganza

47219-CN

Join us for our 15th annual Easter Eggstravaganza. There will be tons of fun for the kids including crafts, games and our world famous Easter Egg Hunt. With an appearance being made by the Easter Bunny. Remember to bring your basket to haul all of your candy and prizes home. Thank you to Westfields Hospital & Clinic for their sponsorship and support of this special event. Egg hunts will happen every half hour (10:00, 10:30, 11:00, and 11:30). Please register your children for the time slot that works best for you.



Age: All ages  
Date: Saturday, March 23  
Time: 10:00 AM - 12:00 PM  
Cost: FREE for all participants  
Place: Centre  
Maximum participants: 125 per time slot

## Romp & Stomp

47280-CD

Mornings are a blast at Romp and Stomp! Enjoy spending time with your children as they bounce in the castle jumper, race through the obstacle course, or play on the tumbling mats. Romp and Stomp is parent led so your help is needed to insure your child is safe and has a great time. Please supervise your children at all times. Recommended ages are walking up to 8 years old.

Age: walking up to 8 years  
Date: Thursdays, January 25, February 22, March 28  
4th Thursday of the month  
Time: 10:00 AM - 11:00 AM  
Cost: FREE for Centre Members  
Day Pass for Community Participants



FREE

Saturday, March 23  
10:00 AM - 12:00 PM

15th Annual  
**Eggstravaganza**

Easter Egg Hunt  
Meet the Easter Bunny  
Spring Crafts & Games

Egg hunts will happen every half hour (10:00, 10:30, 11:00, and 11:30).

Please register your children for the time slot that works best for you.

Event will be held indoors. Don't forget your Easter basket!

 Westfields Hospital  
& Clinic

 Centre

For more information please contact  
Connie Nelson, Member Experience Manager, at  
cnelson@nracentre.com or 715-246-2252.

425 E 5th St  
New Richmond WI 54017  
715-246-2252  
www.nracentre.com

47219-CN

## Teen Zone

47190

Hang out in Teen Zone after school! Teen Zone offers a safe place for your child to walk to after school and hang out with friends.

Age: 10+ years old  
Date: Monday - Friday, September 5 - May 31 on school days  
Time: 3:00 PM - 5:00 PM  
Cost: FREE for Centre Members  
\$5.00 day pass for Community Participants  
Place: Centre

## American Red Cross Babysitter Training

47286-PT

Youth who are planning to babysit can gain the knowledge and skills necessary to safely and responsibly provide care for children and infants. This training will help participants develop leadership skills, learn how to develop a babysitting business, keep themselves and others safe, and help children behave. Participants will learn basic child care and basic first aid.

Age: 11-15 years old  
Date: Saturday, March 16  
Time: 9:00 AM – 3:00 PM  
Cost: \$46.00 for Centre members  
\$49.00 for Community Participants  
Place: Centre Classroom  
Registration Deadline: Saturday, March 9  
Minimum/Maximum Participants: 5/10



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**[www.fnc.bank/personal/wise-rewards-checking](http://www.fnc.bank/personal/wise-rewards-checking)**

## Infant 1: 6 Weeks - 9 Months

47221-JG

Finding quality care for your infant can be difficult and we are here to help. You will receive daily reports of how much and when your child eats, is diapered, and sleeps along with developmental milestone tracking. Your child will thrive in our mentally and physically stimulating environment. Our curriculum aligns with the Wisconsin Model Early Learning Standards and is led by qualified teaching staff.

Age: 6 weeks - 9 months  
Time: 6:00 AM - 6:00 PM  
Cost: \$260.00 per week for Centre Members  
\$275.00 per week for Community Participants  
Maximum Participants: 4

## Infant 2: 9 - 24 Months

47221-JG

Once your infant has turned 9 months old, they will enter the Infant 2 room. You will receive daily reports of how much and when your child eats, is diapered, and sleeps along with developmental milestone tracking. Your child will have a variety of different developmentally appropriate materials available to them and will be led through different activities to enhance their development.

Age: 9 - 24 months  
Time: 6:00 AM - 6:00 PM  
Cost: \$260.00 per week for Centre Members  
\$275.00 per week for Community Participants  
Maximum Participants: 8

## Toddler: 24 - 36 Months

47221-JG

At 2 years old, children at the Centre will be in the toddler room. Our toddler curriculum embraces the natural curiosity that toddlers have and we encourage children to explore their curiosities under the supervision of our qualified staff. Play materials are switched out frequently so that your child has the opportunity to learn in as many ways as possible. You will receive daily reports of how much and when your child eats, is diapered or goes on the potty, and sleeps along with developmental milestone tracking. We will be sure to maintain the schedule that works best for your child and support parents in the potty training process.

Age: 24 - 36 months  
Time: 6:00 AM - 6:00 PM  
Cost: \$210.00 per week for Centre Members  
\$225.00 per week for Community Participants  
Maximum Participants: 10

## Kids Kove

Kids Kove is drop-in care for your child to have fun while you work out at the Centre. Your child will have the opportunity to play on our Discovery Center as well as engage in games, imaginative play, storytelling, and crafts.

Kids Kove is free for Centre Members and their children. Members wanting to use Kids Kove for children who do not live in their household must use a guest pass, purchase a day pass, or the child must be a Centre Member.

There is a 2 hour time limit, parents must remain in the building while their children are in Kids Kove, and parents are responsible for diapering their children. No one under the age of 16 may check children in or out.

### Kids Kove Hours

Kids Kove will be closed on Holidays

#### October - April

Monday - Friday	8:15 AM - 12:00 PM & 4:00 PM - 7:00 PM
Saturday	8:00 AM - 12:00 PM
Sunday	10:30 AM - 1:00 PM

#### May - September

Monday - Friday	8:15 AM - 12:00 PM & 4:00 PM - 6:45 PM
Saturday	8:00 AM - 12:00 PM
Sunday	Closed

Age: 6 weeks up to 10 years  
Cost: FREE for Centre Members and their children  
Day Pass for Community Participants



# Child Care

## Centre 3 Year Old Preschool

47225-RN

The Centre 3 Year Old Preschool program offers a distinctive learning experience in a safe and nurturing environment. Our qualified teachers help guide children in the development of socialization, learning, and preparing for school success. Our program offers children the opportunity to use our swimming pool and gymnasium as we work to develop the whole child through our mission of health, fitness, and fun for all ages. Our program is licensed by the State of Wisconsin. An enriching experience awaits your 3 year old at the Centre!

Children must be potty trained to participate.

Your child must turn 3 before their start date.

### 2023 - 2024 School Year

Age: Must be 3 years old before start date  
Date: Monday - Friday, starts Tuesday, September 5  
Time: 6:00 AM - 6:00 PM  
Cost: \$195.00 per week for Centre Members  
\$210.00 per week for Community Participants  
Place: Centre Preschool Classroom  
Maximum participants: 20

**Note: If already enrolled in Centre Toddlers, no registration is needed.**

## Centre 4K

47221-RN

Centre 4K programming is not just about academic readiness but social and physical readiness as well. The day is broken into sessions where the children will participate in different learning activities that follow the 4K curriculum. The Centre focuses on the whole child and we like to involve the entire family.

We offer an afternoon Wrap Around program as well as Fantastic Fridays with licensed teachers. We are also able to offer physical activities that include swim lessons, swim times in our zero-depth entry pool, kids fitness in our 6000 square foot gymnasium, and time on our outdoor playground.

Please contact the New Richmond School District to receive detailed information on the 4K program.

### 2023 - 2024 School Year

Age: Must be 4 years old by September 1, 2023  
Date: Monday - Thursday starting Tuesday, September 5  
Time: 7:50 AM - 11:00 AM OR  
11:40 AM - 2:50 PM  
Cost: FREE  
Place: Centre 4K Classroom  
Maximum participants: 24 participants for each class



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## Centre 4K Wrap Around

47221-RN

The Centre 4K Wrap Around program follows the same calendar as the Centre 4K program. The Centre provides healthy snacks and drinks. Parents provide lunch and a drink. Wrap Around helps supplement the day for families in need of care for their child outside of 4K hours. In addition, we offer Fantastic Fridays and School's Out Club for kids 4 - 12 years old on scheduled non-school days, both full day programs.

Must be enrolled in the AM Centre 4K class to attend wrap around.

### 2023 - 2024 School Year

#### Morning 4K

Time: 6:00 AM - 7:50 AM Before Care  
7:50 AM - 11:00 AM 4K  
11:00 AM - 3:00 PM Wrap Around  
3:00 PM - 6:00 PM After Care

#### Afternoon 4K

Time: 6:00 AM - 7:50 AM Before Care  
7:50 AM - 11:40 AM Wrap Around  
11:40 AM - 2:50 PM 4K  
3:00 PM - 6:00 PM After Care

Cost: \$5.25 per child for Before Care  
\$17.00 per child for Wrap Around  
\$8.75 per child for After Care

Place: Centre 4K Classroom  
Maximum participants: 20 participants

## 4K Fantastic Fridays

47221-RN

With no regular 4K programming on Fridays, you might be looking for something for your child to do. We have the perfect solution: Fantastic Fridays! Students swim every Friday along with a day filled with fun activities.

### 2023 - 2024 School Year

Time: 6:00 AM - 6:00 PM  
Cost: \$35.00 per day for Centre Members  
\$42.00 per day for Community Participants  
Maximum participants: 13 per day

## Great Adventures Program (GAP) Before & After School Care

47222-RN

The mission of the GAP Program is to provide students with an inclusive before and after school program that is safe and nurturing in a fun and comfortable environment. Our curriculum promotes academic enhancement, creative play, and health and fitness opportunities. Your child will have the opportunity to have a snack, do their homework, try new activities, and make friends. Our staff is dedicated to providing the best possible care for your children. We follow the New Richmond School District calendar. Contact the bus company to notify them of bussing needs.

### 2023 - 2024 School Year

Age: 5 - 8 years old  
Date: Monday - Friday, starting Tuesday, September 5  
Time: 6:00 AM - 8:15 AM Before Care  
4:00 PM - 6:00 PM After Care  
Cost: \$4.75 per child for Before Care  
\$6.25 per child for After Care  
\$14.00 per Early Out Day  
Place: Centre (bus transportation provided to and from school)  
Maximum participants: 17 participants

## School's Out Club

47223-JG

School's Out Club is a fun and exciting day for your child on those days when school is not in session. Your child gets to spend the day participating in fun filled adventures, sports, games, and swimming. Each day your child will need a packed lunch, swim suit, towel, and outside play clothes.

Age: 4 - 8 years old  
Date: Monday - Friday, March 25 - 29  
Monday, April 1  
Friday, April 26  
Time: 6:00 AM - 6:00 PM  
Cost: **Day at the Centre:**  
\$33.00 per day for Centre Members  
\$42.00 per day for Community Participants  
**Field Trip:**  
\$42.00 per day for Centre Members  
\$49.00 per day for Community Participants  
Registration deadline: 1 week prior to program date  
Maximum Participants: 30



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## Scuba Sunday

47295-PT

Are you a certified diver? Planning a trip somewhere warm and want to hit the water ready to go? At the Centre it's 100' viz, 85° water. Participants must provide their own equipment and proof of certification to participate.

Date: Sundays  
 Time: 3:00 PM - 5:00 PM  
 Cost: FREE for Centre Members  
 \$10.00 for Community Participant

## American Red Cross CPR/AED/First Aid

47286-PT

Participants will learn how to perform CPR and care for breathing and cardiac emergencies in adults and how to prevent, recognize, and respond to cardiac and breathing emergencies in infants and children. Participants will learn how to use AEDs (automatic external defibrillators) and learn to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, and back injuries, and heat and cold emergencies.

Age: 15+ years old  
 Date: Monday, March 18  
 Time: 4:00 PM - 7:00 PM  
 Cost: \$70.00 for Centre Members  
 \$100.00 for Community Participants  
 Place: Centre Classroom  
 Registration Deadline: Monday, March 11  
 Minimum/Maximum Participants : 5/10

## American Red Cross Lifeguard Certification

47286-PT

If you're 15 or older and looking for a great job or challenging career that's in demand, the Red Cross Lifeguarding program is the place to start. Through videos, group discussion, and hands-on practice, you'll learn rescue and surveillance skills, first aid, and CPR/AED. Please bring a towel and swim suit.

Age: 15+ years old  
 Date: Friday - Sunday, April 12 - 14  
 4:00 PM – 8:00 PM (Friday)  
 9:00 AM – 5:00 PM (Saturday)  
 11:00 AM – 5:00 PM (Sunday)  
 Cost : \$175.00 for Centre Members  
 \$225.00 for Community Participants  
 Place: Centre Pool & 4K Classroom  
 Registration Deadline: Friday, April 5  
 Minimum/Maximum Participants: 5/10

## Junior Lifeguard Camp

47286-PT

Interested in one day becoming a lifeguard? Ready to learn basic lifeguarding techniques? This is the class for you! Youth who are planning to become a future lifeguards will gain the knowledge and skills to one day become a lifeguard. This training program will help students develop swimming skills, introduce participants to lifesaving skills such as in water rescues and using a rescue tube, and learn the basics of CPR/AED/ and First Aid (No certification available in this class).

Age: 11-14 years old  
 Date: Monday - Friday, April 22 - 26  
 Time: 4:00 PM - 5:30 PM  
 Cost: \$53.00 for Centre Members  
 \$70.00 for Community Participants

Place: Centre Pool  
 Registration Deadline: Monday, April 15  
 Minimum/Maximum Participants : 5/10

## Private Swim Lessons

47285-PT

Private swim lessons are structured to meet the needs and goals of each individual. They are offered for all ages and all ability levels. Small group private swim lessons are for groups of 2 - 3 people. Sessions are 30 minutes in length and all prices are per participant. **Private Swim Lesson packages must be used within 6 months of purchase date and arrivals more than 15 minutes after the scheduled start time are considered a no-show and no refund or credit will be given.**

Individual Private Swim Sessions	Centre Member Price	Community Participant Price
1 session	\$25.00	\$40.00
3 sessions	\$67.50	\$108.00
6 sessions	\$120.00	\$192.00
12 sessions	\$216.00	\$348.00
20 sessions	\$320.00	\$520.00

Small Group Private Swim Sessions	Centre Member Price	Community Participant Price
1 session	\$20.00	\$32.00
6 sessions	\$105.00	\$168.00
12 sessions	\$180.00	\$288.00



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**Roberts Office**

**(715) 749-3724**

## Swim Checks

Are you not sure what level your swimmer is? Participants learn best when they are placed in the appropriate class. Children less than 3 years old should be registered for Tots. For children 3 - 4 years old, select the Preschool class based on their comfort in the water. Swim checks can be performed Tuesday and Thursday evenings before the first swim lesson of the day. Check class schedule for times and dates. Call ahead to schedule a swim check with our Aquatics department. Swim Checks are free for Centre Members and Community Participants must purchase a day pass.

## Centre Swim School

Centre Swim School is an innovative program designed to teach the core swimming skills to both young and old. A logical and consistent progression of swim skills will be taught, beginning with the basic fundamentals and concluding with endurance training of strokes. Students will progress from level to level as the necessary skills are learned and completed. We look forward to providing the highest quality program possible for you and your family.

### Goggles

Children in Preschool 1 & 2 and Level 1 & 2 should refrain from wearing goggles.

### Cell Phone, Camera, & Recording Device Policy

The Centre is committed to providing a comfortable and safe environment for all members and guests. We restrict cell phone use to our main lobby. Cameras and video recording devices, including cell phone cameras, are prohibited within the Centre except for approved special events. At no time will the use of cameras or cell phones be allowed in the locker rooms. Parents may bring a camera on the last day of lessons to get pictures and/or videos of their child in our swimmer showcase.

### Parent Seating

Parents are asked to find seating on the bleachers while viewing swim lessons as this enables swimmers and instructors to focus on skills.

### Transfer/Cancellation Policy

It is Centre policy that after the registration deadline, registration is closed; no refunds and/or changes in classes.

### Become a Centre Member

Sign up to become a Centre Member before completing the class and we will credit you the difference between Centre Member and Community Participant Swim School rates. The credit will be used towards your Get Going Fee or your initial membership payment.

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## Open Swim

Swim school students may choose to swim before and after class. Community Participants currently enrolled in Centre Swim School may swim for free during swim school hours but anyone that is not currently enrolled must purchase a day pass.

- Children 5 and under must have a guardian in the pool with them within arm's reach
- Children 6 & 7 years old must have a guardian on pool deck
- Children 8 & 9 years old must have a guardian in the facility

## Centre Swim Tots

Age: 6 months - 3 years with parent in water

**Prerequisites: child must be able to hold their head up independently.**

This class is designed to help children adjust to the pool with light submersion and back floats. Swimmers will learn the following (depending on the age of the child):

- Bubble blowing
- Body position
- Kicking
- Underwater submersion - up to 5 seconds
- Back float - assisted
- Roll over technique
- Water safety

## Centre Swim Preschool 1

Age: 3 - 4 years old

**Prerequisites: being able to listen to an instructor and participate in a class setting without a parent.**

Participants will practice basic swim skills including body position, blowing bubbles, floating, kicking, deep water adjustment, and independent swimming in a safe and positive environment. Parents are not in the water with the participants. Swimmers will learn:

- Shallow water adjustment
- Assisted flutter kicking
- Assisted front and back floats
- Breath control with bobs and bubbles

## Centre Swim Preschool 2

Age: 3 - 4 years old

**Prerequisites: blowing bubbles with face underwater, 5 bobs, and floating and kicking comfortably with assistance.**

Participants will practice basic swim skills including body position, blowing bubbles, floating, kicking, deep water adjustment, and independent swimming in a safe and positive environment. Parents are not in the water with the participants. Swimmers will learn:

- Front and back floats for 10 seconds, unassisted
- Back glides and front glides
- Breath control with bobs
- 4 Freestyle strokes, unassisted
- 4 Elementary backstroke strokes, unassisted

## Centre Swim Level 1

Age: 5 - 12 years old

**Prerequisites: none.**

Participants will practice basic exploration that will lead to independent swimming. The goal of level 1 is to allow swimmers to gain confidence in the water and be able to swim freestyle independently. Swimmers will learn:

- Front and back floats for 10 seconds, unassisted
- Front and back glides, unassisted
- Flutter kicking with support
- Freestyle for 4 arm strokes, unassisted
- Elementary backstroke, unassisted

## Centre Swim Level 2

Age: 5 - 12 years old

**Prerequisites: Pass level 1, face in the water, 10 comfortable bobs unassisted, 4 freestyle arm strokes unassisted, 10 second front and back floats unassisted, 4 elementary backstroke strokes unassisted.**

Participants will continue development of freestyle and elementary backstroke while developing their backstroke, and streamlining. Swimmers will learn:

- Comfort jumping into 10 feet of water
- Front and back glides with flutter kick
- Freestyle with rhythmic breathing for 10 yards
- Elementary backstroke for 10 yards
- Backstroke for 10 yards

## Centre Swim Level 3

Age: 5 - 12 years old

**Prerequisites: Pass level 2, comfortable jumping into deep water, 12 yards freestyle with rotary breathing unassisted, 12 yards backstroke unassisted.**

The goal of this level is to refine freestyle with rhythmic breathing, backstroke, and elementary backstroke while gaining endurance. Swimmers will learn:

- Freestyle with rhythmic breathing for 15 yards
- Backstroke for 15 yards
- Elementary backstroke 25 yards
- Treading water for 15 seconds

## Centre Swim Level 4

Age: 5 - 12 years old

**Prerequisites: Pass level 3, 15 yards freestyle with rhythmic breathing, 15 yards backstroke.**

Participants will continue development of freestyle and backstroke while increasing endurance. Swimmers will learn:

- Breaststroke kick
- Sitting/Kneeling dives
- Scissor Kick
- Freestyle 25 yards
- Backstroke 25 yards
- Treading water for 30 seconds



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## Centre Swim Level 5

Age: 5 - 12 years old

**Prerequisites: Pass level 4, 25 yards freestyle with rhythmic breathing, 25 yards backstroke, 10 yards breaststroke kick, and 30 seconds of treading water.**

Participants continue to develop freestyle and backstroke technique and endurance. It is common for participants to retake Level 5 to ensure readiness for Tsunami. Swimmers will learn:

- Standing dives
- Breaststroke 12 yards
- Sidestroke 12 yards
- Butterfly kick
- Freestyle 50 yards
- Backstroke 50 yards
- Treading water for 1 minute

## Centre Swim Tsunami

Age: 5 - 12 years old

**Prerequisites: Pass level 5 or be able to continuously swim 50 yards, or 2 lengths, using both freestyle and backstroke with a basic knowledge of breaststroke.**

This is a 30 minute class focusing on endurance and refining the 4 competitive strokes. Organized swimming workouts will utilize the pace clock for interval training. Open and flip turns will be taught as well as tuck and pike surface dives. The instructor is not required to be in the water.

### Centre Swim School Class Schedule

47285-PT

Cost: \$24.00 for Centre Members, \$42.00 for Community Participants

Session 1		Session 2		Session 3	
<b>Saturdays</b> March 2 - April 13 (No Class March 30) Registration Deadline: Saturday, February 24		<b>Tuesdays &amp; Thursdays</b> April 9 - 25 Registration Deadline: Tuesday, April 2		<b>Tuesdays &amp; Thursdays</b> May 7 - 23 Registration Deadline: Tuesday, April 30	
9:25 AM - 9:55 AM	Presc 1, 2 Level 1	5:00 PM - 5:30 PM	Tots Presc 1, 2 Level 1, 2	5:00 PM - 5:30 PM	Tots Presc 1, 2 Level 1, 2
10:00 AM - 10:30 AM	Presc 2 Level 1, 2	5:35 PM - 6:05 PM	Tots Presc 2 Level 1, 2, 3	5:35 PM - 6:05 PM	Tots Presc 2 Level 1, 2, 3
10:35 AM - 11:05 AM	Level 1, 2, 3	6:10 PM - 6:40 PM	Presc 1 Level 1, 2, 3, 4, 5 Tsunami	6:10 PM - 6:40 PM	Presc 1 Level 1, 2, 3, 4, 5 Tsunami
<b>Sundays</b> March 3 - April 14 (No Class March 31) Registration Deadline: Sunday, February 25					
4:00 PM - 4:30 PM	Presc 1, 2 Level 1				
4:35 PM - 5:05 PM	Level 1, 2, 3				
5:10 PM - 5:40 PM	Level 4, 5 Tsunami				
<b>Tuesdays &amp; Thursdays</b> March 5 - 21 Registration Deadline: Tuesday, February 27					
5:00 PM - 5:30 PM	Tots Presc 1, 2 Level 1, 2				
5:35 PM - 6:05 PM	Tots Presc 2 Level 1, 2, 3				
6:10 PM - 6:40 PM	Presc 1 Level 1, 2, 3, 4, 5 Tsunami				



# SPRING 2024 PROGRAM GUIDE

MARCH - MAY

## A Huge Thank You to Our Sponsors!

It is through the generous support of our sponsors that The Centre is able to offer the variety of programs and services to our members and the communities we serve. We thank them for their commitment and for all they do for the New Richmond area.



**REGISTER  
ONLINE**

Registration begins January 1 for Centre Members and January 15 for Community Participants.

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