



SUMMER 2024 PROGRAM GUIDE



JUNE - AUGUST



www.nracentre.com



Centre 425 E 5th Street
New Richmond WI 54017

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, Membership Specialist, 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. Brian Keller, DVM
Dr. Corey Johnson, DVM
Dr. Rachel Juelsgaard, DVM
Dr. Alicia Butler, DVM
Dr. Abby Mallek, DVM

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New Richmond, WI 54017

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countrysidevet@frontiernet.net

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BREMER
BANK

Health & Fitness

Youth Fitness Orientations

The Centre Youth Fitness Policy promotes a safe and positive environment for all members. Youth can arrange for an orientation in the Fitness Center.

- Ages 9 and under are not allowed in the Fitness Center.
- Ages 10 - 15 are allowed in the Fitness Center but must complete a fitness orientation and obtain a parent/guardian signature.
- 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

We strive to meet the needs of all our members by providing a variety of group exercise classes for all ages, levels, and interests. From stretching and strength training to water exercise or yoga, you'll find a group exercise class that is fun, supportive, and keeps you moving. For schedules, visit our website: www.nracentre.com/centre-schedules

Cost: FREE for Centre Members
 \$10.00 per day for Youth Community Participants
 \$20.00 per day for Adult 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. Our system allows you to participate in a class whenever you are at the Centre and when added to your membership, WHEREVER you are! For Fitness on Demand on the go, talk to our Welcome Center Staff to add to your membership.

Cost: FREE for Centre Members - on site access
 \$10.00 per day for Youth Community Participants
 \$20.00 per day for Adult Community Participants
 \$3.00 per month for Centre Members - 24/7 access

Super Users!

47375-SR

For this challenge all you need to do is show up at the Centre to be eligible to win! At the end of the month, members with the highest number of visits in each of 4 categories, win a Centre Prize! The categories are based on age and are: 10 - 18 years, 18 - 35 years, 35 - 65 years, and 65+ years.

Age: 10+ years old
 Date: June 1 - 30
 Cost: FREE for Centre Members
 Registration Deadline: Wednesday, May 29

50 Red, White, & Burn Bodyweight Workout

47375-SR

Summer heat and BBQ gatherings are a perfect way to spend Independence Day! Sign up for this bodyweight only, at home challenge. Just you and 20 minutes to get your fit on before the festivities! Earn 50 rewards points!

Age: 10+ years old
 Date: Thursday, July 4
 Cost: FREE for Centre Members
 Registration Deadline: Monday, July 1

50

Best Year of Your Life Challenge

47280-SR

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.

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!



SPECIAL DEALS

- Group Order Discounts
- Event Sponsorship
- Business Packages
- All-In Pricing

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Individual Personal Training

47290-SR

To take your training to the next level, work one-on-one with one of our personal trainers. They will conduct a personal consultation and a fitness assessment to aid in the design of your program. They will also help you set realistic goals based on your fitness level and interests. Start with a consultation and begin 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-SR

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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Soccer

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**Ages 8-18
Girls & Boys**

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*Our
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OR ONLINE: www.nrsoccer.com**

Pickleball

47280-SR

Learn, play, and enjoy one of the fastest growing sports in the country. Pickleball is a racquet sport that is a cross between tennis, badminton, and ping pong. It can be played by all ages and will provide the opportunity to meet friends, be physically active, and have fun! The Centre will provide the nets and if you don't have your own, the paddles and pickleballs as well.

Age: All ages
 Date: see gymnasium schedule for days & times
 Cost: FREE for Centre Members
 \$10.00 day pass for Youth Community Participants
 \$20.00 day pass for Adult Community Participants
 \$30.00 5-visit punch card for adults 55+ years old
 Place: Centre Gymnasium



Basketball Shooting Instructions

47211-CW

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
 \$10.00 day pass for Youth Community Participants
 \$20.00 day pass for Adult Community Participants
 Place: Centre Gymnasium

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Learn More!



www.fnc.bank/personal/wise-rewards-checking

Corn Fest

47219

School is almost back in session but summer isn't over! The fun summer evenings don't have to end quite yet. Corn Fest is back and we're ready for the crowd! Come to the Centre and enjoy the 14th Annual Corn Fest, a fun family event for the entire community. There will be fair-inspired food and FREE corn on the cob. Thank you to FNC Bank for their sponsorship and support of this special event.



Age: All ages
Date: Wednesday, August 28
Time: 5:00 PM – 7:00 PM
Cost: FREE corn, concessions available for purchase
Place: Centre

Senior Picnic & Potluck

47275

Join us for a summer cookout! The sun will be out and we should too so we are having a cookout. The Centre will provide the hot dogs and hamburger, you bring your friends and a dish to share!

Age: Adults
Date: Wednesday, August 28
Time: 11:00 AM - 1:00 PM
Cost: FREE for all participants with a dish to pass
Place: Centre



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Ask the Expert

This summer, it's time to re-think your child's drink!



As kids increase outdoor activity, fluids are essential. Most flavored beverages contain sugar & acid that can cause cavities. **We recommend a fun water bottle with ice & water!**

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Care

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Culture

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Comfort


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Summer 2024 Adventures



Centre

Greetings Families!

Welcome to the Summer 2024 Youth Program Guide! We are gearing up for another fun-filled and eventful summer! Included in this guide you will find information on Camp Centre and Youth Character Initiative (YCI).

We have a variety of program options available this summer and we are confident you will find just the right fit for your children that also fits your schedule.

Camp Centre is designed for children 4 - 8 years old. Children will be busy throughout the summer swimming in the Centre pool with our waterslide, play structure, and splash pad! We will also be taking local field trips to parks where children will play large group games and have the opportunity to enjoy nature at its finest. We almost forgot to mention, we will take a field trip each week! It is going to be an exciting summer. You can expect to pick up your child each day with a big smile on their faces from all of the fun they had and maybe some messy clothes from playing outside all day or doing lots of arts and crafts.

YCI is for youth ages 9 - 14 and we focus on building future leaders. Many of our current and past staff have come through our YCI program. YCI is limited to 13 youth per week so we can focus on the experience the kids will have. Each week the kids will take one field trip and work with our Camp Centre kids as junior counselors. Yes, they also get to use the Centre's pool at least twice per week!

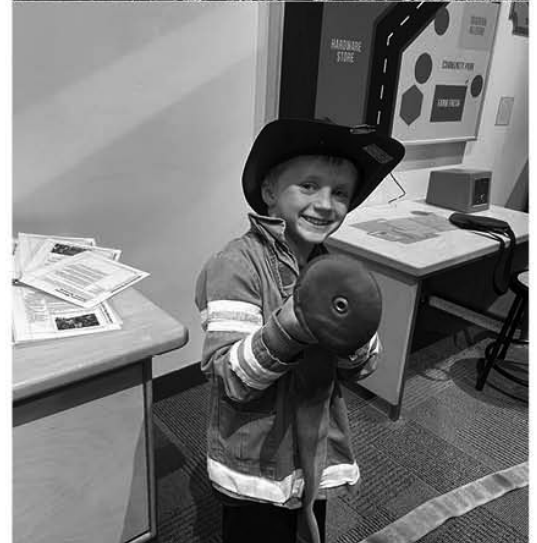
We are excited for the summer and seeing your children join us in daily adventures.



Jessie Geske
Child Care Manager



Azariah (AZ) Zappetta
YCI Coordinator



Centre Membership SAVES you money!

(Comparison based on 5 days of care per week.)	Centre Membership with 2 kids	Community Participant with 2 kids	Centre Membership with 1 kid	Community Participant with 1 kid
3 Months Family Membership	\$217.50	\$0	\$217.50	\$0
12 Weeks Summer Child Care	\$4776	\$5976	\$2388	\$2988
TOTAL	\$4993.50	\$5976	\$2605.50	\$2988
SAVINGS	\$982.50	\$0	\$382.50	\$0

Double and Family Memberships who sign up for Summer 2024 Centre Child Care pay \$0 joiners fee. Promotion not valid with any other offer and account must be in good standing. Promotion valid through August 31, 2024.



Financial Assistance

We welcome everyone who wishes to participate in programs and activities at the Centre. We are committed to making that possible and provide financial assistance with 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@nrcentre.com or 715-246-2252.

Camp Centre

4 - 8 year olds

Camp Centre

47224-JG

In Camp Centre, your child will be in for some fun and excitement! Your child will participate in age-appropriate activities led by enthusiastic and qualified counselors.

Each week features different activities such as arts and crafts, group games, songs, a field trip, pool time, and play time at local parks!

In addition to weekly field trips, the splash pad will be used once a week, they will have pool time once a week and they will be walking to two different parks.

Field trips will be taken on Wednesdays and they need to be here before 9:00 AM for the field trip. We will be returning by 4:00 PM on those days. Register for one week or the whole summer to give your kids an experience they will never forget!

Age: 4 - 8 years old
Date: Monday - Friday, June 3 - August 23 (no Camp July 4)
Time: 6:00 AM - 9:00 AM Before Care
9:00 AM - 4:00 PM Camp Centre
4:00 PM - 6:00 PM After Care
Cost: \$199 per week for Centre Members
\$249 per week for Community Participants
(price includes Wednesday field trip)
Drop-In: \$44 per day for Centre Members
\$57 per day for Community Participants
(if openings available)
Max Participants: 48 per day

Bring each day...

- lunch (peanut free)
- water bottle (labeled with their name)
- sunscreen
- swimsuit
- towel
- backpack to hold everything

Daily Schedule

Before Care

6:00 AM - 8:00 AM free choice, table activities
8:00 AM - 9:00 AM gymnasium, outside time

Camp Centre

9:00 AM - 9:00 AM morning meeting in the classroom
9:30 AM - 9:45 AM snack (Centre provides)
9:45 AM - 10:00 AM bathroom break
10:00 AM - 11:30 AM large motor time

Monday Paperjack Park

Tuesday swimming

Wednesday field trips (times will vary)

Thursday Mary Park

Friday splash pad

11:30 AM - 12:15 PM lunch (you provide lunch)
12:15 PM - 1:00 PM quiet time
1:00 PM - 2:30 PM outside time
2:30 PM - 3:00 PM snack (Centre provides)
3:00 PM - 4:00 PM craft time

After Care

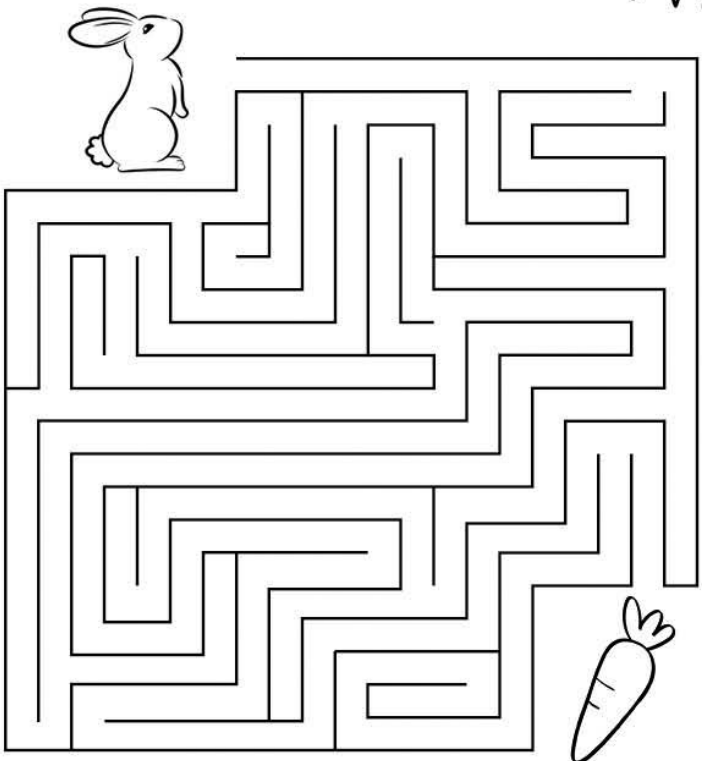
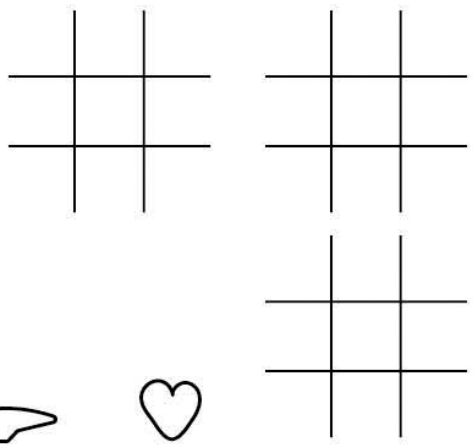
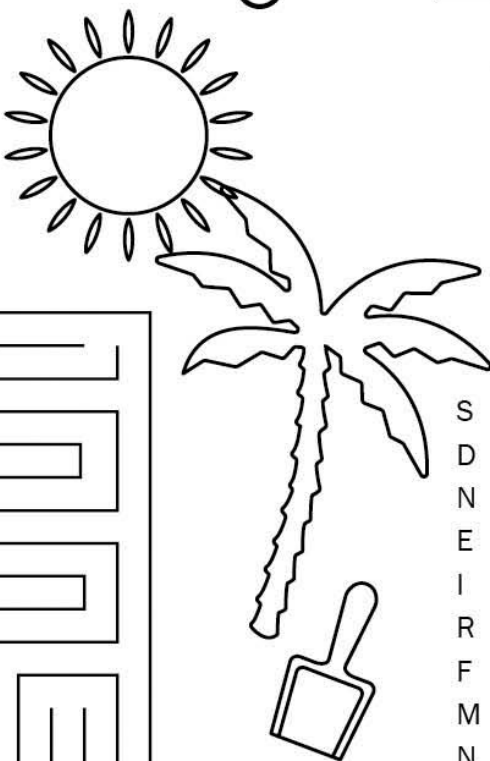
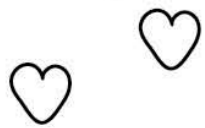
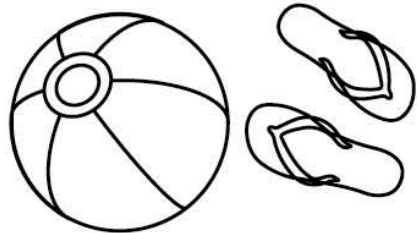
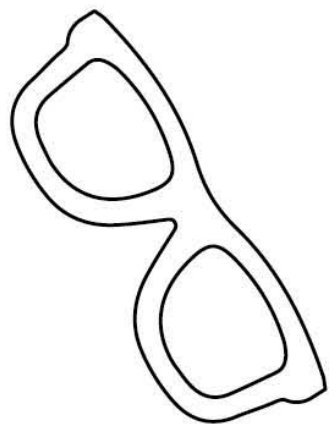
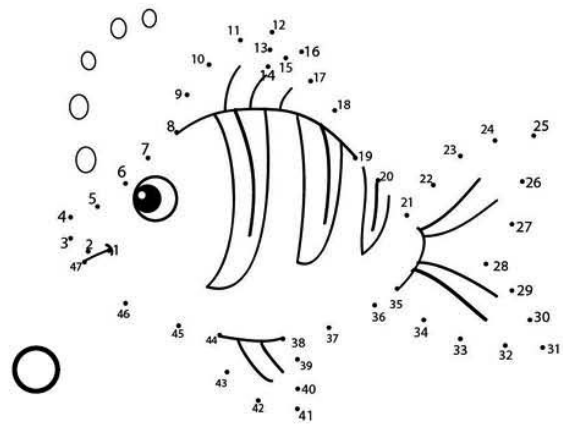
4:00 PM - 6:00 PM free choice, table activities, gymnasium

Wednesday Field Trips

Field trips are subject to change in location and/or date. As of press time most of our field trip destinations were not taking reservations. A complete trip schedule will be available by May 15.

Como Zoo & Swim
Glen Park Splashpad
Wakanda Waterpark
St Paul Science Museum
St Paul Children's Museum
Edinborough Park
Minnesota Zoo
Battle Creek Waterpark
Highland Park Aquatic Center
Cascade Bay
Bunker Beach Waterpark
The Works

HELLO
SUMMER



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M U S E U M V T Z N
N O I T A C A V K E
F T L C O D O Q Z Q

beach friends pool sunshine zoo
camp museum summer vacation

Youth Character Initiative (YCI)

9 - 14 year olds

Youth Character Initiative (YCI)

47190-AZ

In YCI, your child will have a summer worth remembering and filled with valuable and fun learning experiences that build character and grow your child's leadership ability! Your child will participate in a multitude of age-appropriate activities led by enthusiastic and qualified counselors specifically designed to build character while being enjoyable.

Each week features different activities that work on gross and fine motor skills, teamwork, and leadership ability, such as participating in various group games, team building activities, swimming, crafts, off-site field trips, and the opportunity to work with Camp Centre kids as junior counselors.

Field trips will be taken once a week and there will be pool time twice a week. Register for one week or the whole summer to give your kids an experience filled with memories that they will cherish forever!

Age: 9 - 14 years old
Date: Monday - Friday, June 3 - August 23 (no YCI July 4)
Time: 6:00 AM - 6:00 PM
Cost: \$179 per week for Centre Members
\$239 per week for Community Participants
(price includes Wednesday field trip)
Max Participants: 13 per day

Daily Schedule

6:00 AM	drop off, supervised open play
9:00 AM	morning meeting
9:15 AM	group gross motor activities
10:00 AM	snack (Centre provides)
10:30 AM	group fine motor activities
12:00 PM	lunch (you provide lunch)
12:30 PM	learning activity
1:30 PM	supervised open play
2:30 PM	snack (Centre provides)
3:00 PM	group gross motor activities
4:00 PM	start of pick up, supervised open play
6:00 PM	final pick up time

Bring each day...

- lunch (peanut free)
- water bottle (labeled with their name)
- sunscreen
- swimsuit
- towel
- backpack to hold everything

Variety of activities we'll engage in:

Gross Motor Activities are activities that work on building core stabilizing muscles to perform everyday functions, such as walking, running, and jumping, which will be worked on mainly through team activities, including:

- Kickball
- Trenchball
- Soccer
- Ultimate Frisbee
- Wiffle Ball
- Volleyball
- Swimming
- Gaga Ball
- Tag Variations
- Playground Games

Fine Motor Activities are activities that work on building the muscles in the hand and wrist to perform everyday functions, such as writing, which will be worked on through and paired with many learning activities such as:

- Crafts/Projects
- Writing Letters
- Drawing
- Sidewalk Chalk
- DIY Science Experiments
- Bingo, Card Games, Board Games

Wednesday Field Trips

Field trips are subject to change in location and/or date. As of press time most of our field trip destinations were not taking reservations. A complete trip schedule will be available by May 15.

Wakanda Waterpark
St Paul Science Museum
St Paul Children's Museum
Minnesota Zoo
Battle Creek Waterpark
Highland Park Aquatic Center
Cascade Bay
Hastings Family Aquatic Center
Eau Claire Outdoor Pool
Action City
Bunker Beach Waterpark
Sand Venture Aquatic Park Shakopee

Sports Camps

9 - 12 year olds

Sports Camps

47190-AZ

In all our sports camps, your child will participate in age-appropriate activities led by enthusiastic and qualified counselors. Each camp features different training sessions consisting of drills, games, and rules that will be both enjoyable and beneficial to your child's skills. There will be one field trip during the week and swimming each day.

Bring each day...

- lunch (peanut free)
- water bottle (labeled with their name)
- sunscreen
- swimsuit
- towel
- backpack to hold everything
- any personal equipment for the sport (optional, all necessary equipment will be provided for the camp)



Soccer Camp

Get ready for an action-packed week filled with fun and excitement focused on improving your child's ability and passion for playing "The Beautiful Game!" Counselors will help improve the abilities of your child and provide a fun experience that grows a passion for playing soccer. Register your kids for a fun soccer experience!

Age: 9 - 12 years old
Date: Monday - Friday, July 8 - 12
Time: 9:00 AM - 4:00 PM
Cost: \$179 for Centre Members
\$239 for Community Participants
Minimum/Maximum Participants: 10/13

Basketball Camp

It's going to be a fun and exciting week all about basketball with a focus on improving your child's ability and passion for playing basketball! Counselors will help improve the abilities of your child and provide a fun experience that grows a passion for playing basketball.

Age: 9 - 12 years old
Date: Monday - Friday, July 15 - 19
Time: 9:00 AM - 4:00 PM
Cost: \$179 for Centre Members
\$239 for Community Participants
Minimum/Maximum Participants: 10/13

~~Pickleball Camp~~ CANCELLED

Have a blast learning about and playing pickleball, which is the fastest growing sport in America! Counselors will be ready every day to teach your child how to play pickleball and help them enjoy the sport that many other Americans of all ages love to play. This will be a great week of fun learning and playing pickleball!

Age: 9 - 12 years old
Date: Monday - Friday, July 22 - 26
Time: 9:00 AM - 4:00 PM
Cost: \$179 for Centre Members
\$239 for Community Participants
Minimum/Maximum Participants: 10/13

Frequently Asked Questions

Do I need to register early?

Yes! Our summer programs fill quickly so be sure to register early.

What dates are available?

Camp Centre & YCI will be offered June 3 through August 23.

Do I have to pay extra for before and/or after care for Camp Centre and YCI?

No, your fee covers care from 6:00 AM to 6:00 PM.

Can I drop a day of care?

The schedule is flexible to the degree that you can attend any number of days each week but the weekly fee applies regardless. If you need to drop a week, you may do that at no cost until May 1. After that, dropping or adding weeks must be requested at least one week in advance. Change requests must be emailed. To withdraw from the program, participants are responsible for paying for 2 full weeks of care.

When will payments be withdrawn?

Payments will be withdrawn from the account you provide on the Friday before care is given. If a payment is not made, then care will be suspended until the account is up to date. **If you have an outstanding balance that is more than 1 week past due, you will need to pay in full or set up a payment plan to continue participation in programs.**

How do I drop off and pick up my child?

You will receive a Child Care Pass that you must show the Welcome Center when you walk in or you can scan your Centre Member Keytag. If unable to do either of these, you must sign a Visitor Log. You then go to the classroom, drop off/pick up, and sign your child in/out. At the classroom, a teacher will ask to see your driver's license so they can ensure your child is going with the right person. This is for the safety of your child and must be done every time!

What does my child need to bring with them each day?

Your child should come with a healthy lunch, full water bottle, sunscreen, swimsuit, towel, and a backpack to hold everything. Tennis shoes are best for all the walking and activities we will do. Additional items may be required for specific camps.

Does the Centre provide lunch?

The Centre does not provide lunch. The Centre provides an AM and PM snack to participants as well as juice or milk for all summer participants. If your child requires a special diet, it will be the parent's responsibility to provide what is needed for their child. All participants need to bring a lunch and water bottle each day.

What happens if my child does not have a lunch or water bottle?

We will make sure your child has what is needed for the day at an additional cost. A lunch will be \$5 and water bottle will be \$1.

When will my child get their shirt?

Your child will get their shirt on the first field trip they attend. Your child will get the size that you choose when you register. If your child has received their shirt and isn't wearing it on a field trip day, you will be charged \$15 and given another shirt.

What will my child do if it is raining or too hot?

If the weather is not cooperating, we will stay at the Centre for our activities. We will do group games in the gym and classrooms. If an alternate adventure is available or if we will be swimming in the Centre pool, parents will receive communication regarding the schedule.





Thank You Sponsors

FNCBank
NORTHWESTERN

**Westfields Hospital
& Clinic**

Registration Opens January 27

If this is your first time registering for Centre programs, please contact us during our business hours at 715-246-2252. Our Welcome Center team will help you get your online account established. Online account holders should follow:

1. Go to our website www.nracentre.com
2. Click Register Online (green button)
3. Click Sign In/Up and enter your email and password
4. Enter activity into search bar or browse by Activities
5. Choose the programs you want to register for
6. Click Continue
7. You will be directed to your cart and asked to sign a waiver.
8. You can pay in full or you may choose a payment schedule.

We Are Hiring for the Summer

The Centre is looking for individuals interested in working in our summer programs. Children that attend our summer programs range from 3 - 14 years old. Summer staff lead games and activities, oversee behavior management, plan activities, supervise children on weekly field trips, and ensure that children have a great summer at the Centre! **Starting pay range is \$15.00 per hour.**

Applicants must:

- Be 18 years or older to work with Camp Centre 3 - 8 year olds or 17 years or older to work with YCI.
- Be available June 1 - August 30, between 6:00 AM - 6:00 PM.
- Have experience with and a passion for children.
- Possess a positive and flexible attitude ready for adventure.
- Be able to multi-task.
- Be a creative and optimistic problem solver.

For more information please contact the Centre at 715-246-2252.

 **Centre**

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

Updated 12/14/2023

14th Annual Centre

Wednesday, August 28

5:00 PM - 7:00 PM

CORN FEST

FREE
CORN

Let us worry
about dinner
tonight!

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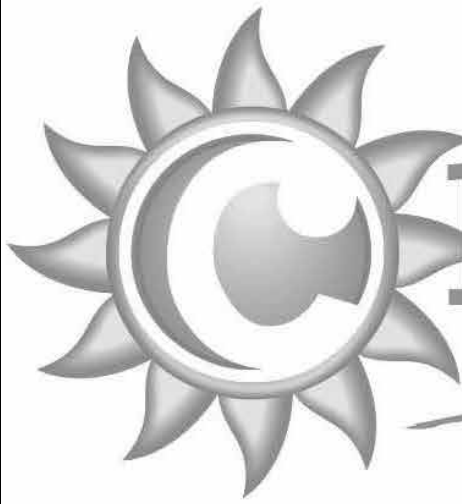
C 15 YEARS Centre

425 E 5th St
New Richmond WI 54017



#nrcentre

Questions? Contact: us at 715-246-2252.



SUMMER playcation MEMBERSHIPS

health fitness & fun for everyone

AQUATICS

- Splash Pad (June-August)
- 25-yard lap lanes
- 96-foot water slide
- Zero-depth entry pool
- Water Fitness Classes
- Centre Swim School

YOUTH

- Summer Camps
- Youth Fitness
- Art, Sports, & more
- Preschool & 4K

KIDS KOVE

- Drop-in child care

FAMILY

- Family events
- Open Swim
- Full-size gymnasium

FITNESS

- Personal Training
- Group Fitness Classes
- Cardio Equipment
- Strength Equipment
- TRX & Kettlebell Classes
- Youth Fitness Orientations

playcation dates:

May 15 - August 31, 2024

playcation prices:

- \$87.50 Youth
- \$122.50 Student
- \$208.00 Adult
- \$243.00 Double
- \$278.00 Family
- (prorated daily)



a fun-filled, active, affordable vacation EVERYDAY



425 E 5th St
New Richmond WI 54017



#nrcentre

Questions? Contact:

Connie Nelson, Member Specialist
cnelson@nrcentre.com or 715-246-2252

Infant 1: 6 Weeks - 9 Months

47221-JG

You will be kept connected with your child by receiving 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 mental and physical 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: \$270.00 per week for Centre Members
\$285.00 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 be kept connected with your child by receiving 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: \$270.00 per week for Centre Members
\$285.00 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 be kept connected with your child by receiving 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: \$220.00 per week for Centre Members
\$235.00 per week for Community Participants
Maximum Participants: 10

Kids Kove

47224-JG

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



Centre 3 Year Old Preschool

47225-RN

Centre 3 Year Old Preschool 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. Children must be potty trained to participate. Our program is licensed by the State of Wisconsin. An enriching experience awaits at the Centre!

2024 - 2025 School Year

Age: Must be 3 years old before start date

Date: Monday - Friday, starting on Tues, Sept 3

Time: 6:00 AM - 6:00 PM

Cost: \$215 per week for Centre Members

\$230 per week for Community Participants

Maximum participants: 20

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 children will participate in different learning activities that follow the 4K curriculum. We focus on the whole child and we like to involve the entire family.

We offer Before & After Care, Wrap Around, Fantastic Fridays, and School's Out Club 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.

2024 - 2025 School Year

Age: Must be 4 years old by September 1, 2024

Date: Monday - Thursday starting Tuesday, September 3

Time: 7:50 AM - 11:00 AM OR

11:40 AM - 2:50 PM

Cost: FREE

Maximum participants: 24 participants for each class

FAMILY DENTISTRY, S.C.

-New Patients Welcome-

Kellie D. Lindquist, D.D.S.

Matthew J. Welch, D.D.S.

Evan C. Koubsky, D.D.S.

New Richmond Office

(715) 246-6603

Roberts Office

(715) 749-3724



Centre 4K Wrap Around

47221-RN

The Centre 4K Wrap Around program follows the same calendar as the Centre 4K program. We provide 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 Centre 4K.

2024 - 2025 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
2:50 PM - 6:00 PM After Care

Cost: \$6.25 per child for Before Care
\$19.00 per child for Wrap Around
\$9.75 per child for After Care

Maximum participants: 24 participants

4K Fantastic Fridays

47221-RN

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

2024 - 2025 School Year

Time: 6:00 AM - 6:00 PM
Cost: \$35.00 per day for Centre Members
\$44.00 per day for Community Participants
Maximum participants: 20 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.

2024 - 2025 School Year

Age: 5 - 8 years old
Date: Monday - Friday, starting Sept 3 (GAP)
Oct 17, Feb 20, June 4 (Early Out)
Time: 6:00 AM - 8:00 AM Before Care
4:00 PM - 6:00 PM After Care
2:00 PM - 6:00 PM Early Out
Cost: \$6.25 per child for Before Care
\$9.25 per child for After Care
\$15.00 per child for Early Out Day

Registration Deadline: One week prior to program
Maximum participants: 17 GAP, 24 Early Out

School's Out Club

47222-RN

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.

2024 - 2025 School Year

Age: 4 - 8 years old
Date: September 23
October 18
November 25, 26, 27
December 23, 26, 27, 30
February 21
March 24, 25, 26, 27, 28
April 18, 28
June 5, 6
Time: 6:00 AM - 6:00 PM
Cost: \$35.00 per child for Centre Members
\$44.00 per child for Community Participants
Registration Deadline: One week prior to program
Maximum participants: 24

**If it's urgent
care time,
save your
spot in line.**



**Check wait times and save
your spot from home**

Visit healthpartners.com/urgentcare

 **Westfields Hospital & Clinic**

Scuba Sunday

47295-CW

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 per day for Youth Community Participants
\$20.00 per day for Adult Community Participants

American Red Cross Lifeguard Certification

47286-CW

Learn how to prevent, protect, and respond in the event of an aquatics emergency and provide care for breathing and cardiac emergencies, injuries, and sudden illnesses. Prerequisites must be met by lifeguard candidates. This is a blended learning course and online portion must be completed before first day of class. Successful students will receive a Lifeguarding with CPR/AED for Professional Rescuers and First Aid Certification valid for two years.

Prerequisites for lifeguard candidates:

- must be able to swim continuously 150 yards either freestyle or breaststroke
- tread water for 2 minutes without hands and then swim a 50 yard freestyle
- swim 20 yards (no goggles), submerge, retrieve 10 pound brick, and swim back on their back holding the brick with both hands on chest without submerging while swimming

Age: 15+ years old
Date: Friday - Sunday, August 2 - 4
5:00 PM – 8:00 PM (Friday)
9:00 AM – 5:00 PM (Saturday)
9:00 AM – 5:00 PM (Sunday)
Cost : \$175.00 for Centre Members
\$225.00 for Community Participants
Place: Centre Pool & Classroom
Registration Deadline: Friday, July 26
Minimum/Maximum Participants: 3/10

American Red Cross CPR/AED/First Aid

47286-CW

Learn how to perform CPR and respond to breathing and cardiac emergencies in adults and how to prevent, recognize, and respond to cardiac and breathing emergencies in infants and children. Learn how to recognize and care for first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, and back injuries, and heat and cold emergencies. This is a blended learning course and online portion must be completed before first day of class. Successful students will receive a certificate for CPR/AED/First Aid valid for two years.

Age: 15+ years old
Date: Monday, June 10
Time: 4:00 PM - 7:00 PM
Cost: \$70.00 for Centre Members
\$100.00 for Community Participants
Place: Centre Classroom
Registration Deadline: Monday, June 3
Minimum/Maximum Participants : 3/10

Age: 15+ years old
Date: Monday, July 29
Time: 4:00 PM - 7:00 PM
Cost: \$70.00 for Centre Members
\$100.00 for Community Participants
Place: Centre Classroom
Registration Deadline: Monday, July 22
Minimum/Maximum Participants : 3/10



Doyle's Farm & Home
ACE Hardware
560 Deere Drive
New Richmond, WI 54017
715-246-6184

Private Swim Lessons

47285-CW

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



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. Children 3 - 4 years old should 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

Parents may only bring their cameras on the last day of lessons to get pictures and/or videos of their child in our swimmer showcase. 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.

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.

Open Swim

Swim school students may choose to open swim before and after lessons. Please note that 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.

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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Hudson, WI 54016

C. 715.222.0978

O: 715.386.9060

mara.bowman@cbrealty.com



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Aquatics

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-CW

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

Session 1		Session 2		Session 3	
Tuesdays & Thursdays June 4 - 20 Registration Deadline: Tuesday, May 28		Tuesdays & Thursdays July 9 - 25 Registration Deadline: Tuesday, July 2		Saturdays August 3 - September 14 (No Class on Aug 31) Registration Deadline: Saturday, July 27	
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	9:25 AM - 9:55 AM	Presc 1, 2 Level 1
5:35 PM - 6:05 PM	Tots Presc 1 Level 1, 2, 3	5:35 PM - 6:05 PM	Tots Presc 1 Level 1, 2, 3	10:00 AM - 10:30 AM	Presc 2 Level 1, 2
6:10 PM - 6:40 PM	Presc 2 Level 3, 4, 5 Tsunami	6:10 PM - 6:40 PM	Presc 2 Level 3, 4, 5 Tsunami	10:35 AM - 11:05 AM	Level 1, 2, 3
				Sundays August 4 - September 15 (No Class on Sept 1) Registration Deadline: Sunday, July 28	
				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	Presc 1 Level 4, 5
				Tuesdays & Thursdays August 6 - 22 Registration Deadline: Tuesday July, May 30	
				5:00 PM - 5:30 PM	Tots Presc 1, 2 Level 1, 2
				5:35 PM - 6:05 PM	Tots Presc 1 Level 1, 2, 3
				6:10 PM - 6:40 PM	Presc 2 Level 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 April 1 for Centre Members and April 15 for Community Participants.
www.nracentre.com



 **Centre**
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