

Centre

15 YEARS



FALL 2024
PROGRAM GUIDE
SEPTEMBER - NOVEMBER
www.nracentre.com

About Us



Centre 425 E 5th Street
New Richmond WI 54017

HEALTH FITNESS & FUN FOR ALL AGES

www.nracentre.com
715-246-2252
facebook.com/NRACentre
instagram.com/nracentre
Sign up for emails on www.nracentre.com



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 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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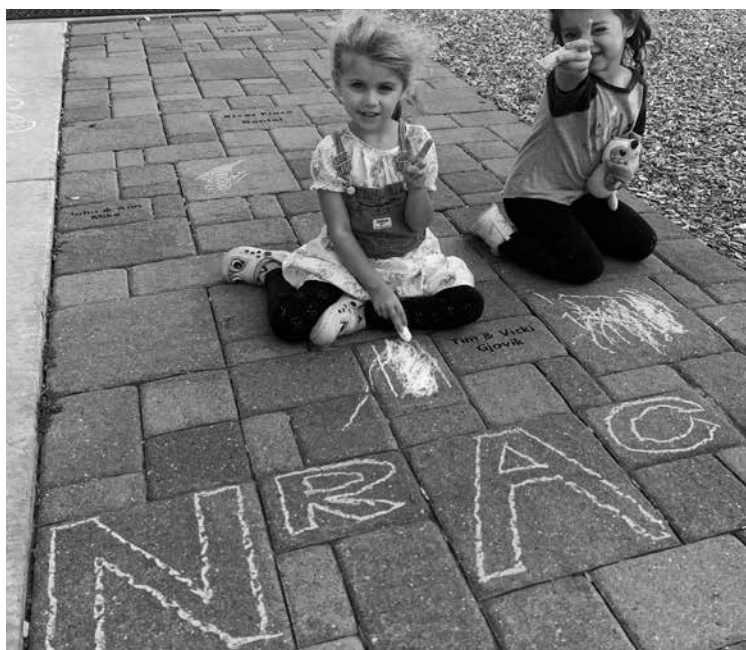
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Youth Fitness Orientations

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

Couch to 5K

47375-SR

Ever wanted to run a 5K but unsure how to train for it? Sign up for accountability and follow a workout plan to set yourself up for running a 5K leading into the Centre 5K Racing Series. Couch to 5K is a mix of running and walking to gradually build up your fitness and stamina. Space is limited. If you are looking to run our first 5K event, sign up by September 1 for this 9 week program!

What you'll get:

- goal setting
- personalized 9 week training plan
- optional weekly check in by telephone call or in person to report progress
- weekly tips on pacing, cross training, incorporating strength, etc

Age: 10+ years old
Date: September 7 - November 9
Cost: \$25.00 for all participants
Registration Deadline: Sunday, September 1
Maximum participants: 10

Never Forget 9/11 Challenge

47280-SR

In honor of those who lost their lives on 9/11/2001, and in continued honor of our first responders and military that protect us from foreign and domestic threats, we gather to pay our respects with the Never Forget 9/11 Challenge. Sign up for this challenge to climb 110 floors, same as the Twin Towers. You can attempt this challenge as many times as you'd like, but all floors have to be all completed in one attempt and photo submitted of stairs stepped on the stairclimber to earn a prize.

Age: 16+ years old

Date: September 8 - 14

Cost: FREE for Centre Members

Place: Centre

Registration Deadline: Saturday, September 7

5K Racing Series

47375-SR

Decide. Commit. Succeed. Don't let your training suffer in the off months, train all year! The course will be adjusted for each race to provide some variety in the runs.

Age: 10+ years old

Date: Saturday, November 9
Saturday, December 14
Saturday, January 4
Saturday, February 8
Saturday, March 15
Saturday, April 12

Time: 8:30 AM registration, 9:00 AM 5K

Cost: \$30.00 per participant, includes long sleeve shirt, as supplies last

Place: Centre

Small Group Training

47290-SR

Whether you are focusing on strength, endurance, fat loss, or mobility, you'll benefit from individualized attention while staying motivated by a group!

Age: 18+ years old

Date: Mondays & Wednesdays, November 11 - December 18

Time: Session 1 9:35 AM - 10:05 AM M&W
Session 2 7:00 PM - 7:30 PM Mon
6:10 PM - 6:40 PM Wed

Cost: \$32.00 for Centre Members

\$42.00 for Community Participants

Place: Fitness Center & Studios

Registration deadline: Friday, November 8

Minimum/Maximum participants: 4/10 per session

Jump into the Holidays!

47280-SR

Submit your jumps after each session and watch your "rope" race to the finish line! All fitness levels are welcome to participate. Know your limits but also challenge yourself to go above and beyond the daily jump target.

Age: 10+ years old

Date: November 17 - 30

Cost: FREE for Centre Members

Registration Deadline: Sunday, November 10

Thanksgiving Bootcamp

47280-SR

Get in your Pre-Feast Fitness! Start your Thanksgiving day off with a morning workout to burn off some calories before having an extra serving of pumpkin pie! Spots are limited so register early. *All fitness levels are welcome, but please know that this will be a challenging workout. The instructor will help with modifications as needed.

Age: 16+ years old

Date: Thursday, November 28

Time: 7:00 AM - 8:15 AM

Cost: \$5.00 for Centre Members
\$15.00 for Community Participants

Place: Centre Gymnasium

Registration Deadline: Friday, November 22

Minimum/Maximum participants: 5/30

12 Days of Fitness

47280-SR

Keeping the gym habit during the holidays is one of the hardest things to do but a 12-day fitness challenge could be the perfect solution for staying engaged. This challenge is relatively short, just two weeks, but just enough to keep your habit going. We'll have a new workout every day including arms, legs, core, and total body.

Age: 10+ years old

Date: December 1 - 12

Cost: FREE for Centre Members

Registration Deadline: Friday, November 22



Green Giving

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GIVING

Take action with every TRANSACTION:

- FNC Bank will contribute \$0.10 per Green Giving debit card transaction to local charity programs and services.**
- Contributions will be funded through the FNC Bank Grant Program serving area nonprofit organizations. Recommended emphasis on causes addressing hunger and literacy.

Get started with Green Giving. Talk to a banker, or visit fnc.bank/greengiving

*Overdraft fees apply. This account is meant to be a 'green' paperless checking account. Paper checks will not be supplied, but can be ordered at a fee upon request. As a digital-first account, we encourage person-to-person payment systems (such as Bill Pay) and depositing checks using Mobile Deposit through FNC Bank's mobile banking app. General message and data rates may apply. Electronic statements are provided free-of-charge. Customer agrees to enroll in online banking and sign up for eStatements. Customer has 30 days from the time of account opening to initiate eStatements. Should a paper statement be generated due to lack of initiation, the first month's paper statement is free and any months following will result in a \$5 fee.

**FNC Bank will contribute \$0.10 per debit card transaction into the FNC Bank Grant Program which funds local charity programs and services. FNC Bank reserves the right to adjust the per-swipe giving amount at any time, without notice.



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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

Independent Program Design

47290-SR

A fitness trainer will design a workout program to meet your personal needs. The program design plan includes:

- a personal consultation and fitness assessment
- 4 week program
- a 15 minute in-person session every two weeks to evaluate progress and goals

This is ideal for intermediate and advanced exercisers, busy people with constant schedule challenges, or those with very specific goals such as marathon, triathlon, powerlifting, and weight loss. It is also a great add-on option for someone who is already working with one of our personal trainers but wants specific workouts during the rest of the week.

Due to the complexity of many strength-training and conditioning programs, novice exercisers should begin with a hands-on trainer. Must be 16 years or older and a Centre Member.




Packages	Price
4 week program	\$64.00
8 week program	\$118.00
12 week program	\$162.00

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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

Co-Ed Volleyball

47213-SR

Calling all volleyball enthusiasts, beginners, and competitive players! This 17+ co-ed league is open to all skill levels and teams will be randomly assigned each week based on attendance. We will plan to play every Monday. Join us for a couple nights or all of them. This is a great chance to hone your skills and get some exercise!

Thank you to Alyssa Burton, Real Estate Agent, Chippewa Valley Real Estate at 317-732-7002 for her help sponsoring this activity!

Age: 17+ years old
 Date: Mondays, October 7 - January 20
 Time: 5:30 PM - 7:30 PM (Oct, Dec, Jan)
 6:45 PM - 8:45 PM (Nov)
 Cost: \$20.00 for Centre Members
 \$30.00 for Community Participants
 Place: Centre Gymnasium
 Registration deadline: Monday, October 7
 Minimum/Maximum Participants: 6/27

Hall of Blamers Basketball League

47213-SR

This league is for adults who want to compete in a competitive league while having fun with friends and meeting new friends. This is a 16-week, 5v5, 1 game per week schedule. Games are call-your-own-foul style of play with 20 minute running time.

Age: 25+ years old
 Date: Thursdays, November 21 - March 20
 (no league November 28 and December 26)
 Time: 6:00 PM - 8:30 PM
 Cost: \$28.00 for Centre Member
 \$54.00 for Community Participant
 Place: Centre Gymnasium
 Registration Deadline: Wednesday, November 13
 Minimum/Maximum Participants: 20/40



SPECIAL DEALS

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

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Tumbling

47212-SR

Activities include stretching, mat tumbling, running, and moving to music. We'll work on the basics of tumbling including a forward roll, backward roll, and straddle roll.

Age: 4 - 8 years old
Date: Thursdays, September 12 - October 3
Time: 6:00 PM - 6:30 PM (4-6 year olds)
6:30 PM - 7:00 PM (6-8 year olds)
Cost: \$36.00 for Centre Members
\$42.00 for Community Participants
Place: RCU Studio
Registration Deadline: Monday, September 9
Minimum/Maximum Participants: 4/10 per session

Trunk or Treat Halloween Spooktacular

47219

Join us for our 16th Annual Spooktacular. Bring the family to vote on the spookiest trunk and fill their pumpkins with candy. Concessions will be available during all of the spooky fun! Thank you to Westfields Hospital and Clinic for their sponsorship of this event.



Age: All ages
Date: Saturday, October 26
Time: 11:00 AM - 1:00 PM
Cost: FREE for all participants, concessions for purchase
Place: Centre parking lot
Registration deadline: Friday, October 25 for online registration, day of registrations accepted in person

Wee Basketball

47212-SR

Learn the basics of basketball during the 4 week introduction. Learn about dribbling, passing, shooting and defense while having fun doing drills and playing the game of basketball.

Age: 3 - 8 years old
Date: Mondays, November 4 - 25
Time: 11:15 AM - 11:45 AM (3 - 4 year olds)
5:30 PM - 6:00 PM (4 - 5 year olds)
6:15 PM - 6:45 PM (6 - 8 year olds)
Cost: \$26.00 per Centre Member
\$36.00 per Community Participant
Place: Centre Gymnasium
Registration Deadline: Monday, October 28
Minimum/Maximum participants: 10/20

Parent's Night Out

44444

It's a Parent's Night Out! Enjoy a child free, worry free evening on November 22! Children ages 5 - 12 are welcome to come hang out with friends, watch movies, play games, make crafts, and swim (ages 8 - 12)! Pizza, cookies, and lemonade are included in your registration fee. Sit back, enjoy a date night, and let the qualified staff at the Centre entertain your children!

Age: 5 - 12 years old
Date: Friday, November 22
Time: 6:00 PM - 9:00 PM
Cost: \$20.00 for Centre Members
\$30.00 for Community Participants
Above prices include 2 kids
+\$5.00 per additional child
Place: Centre
Registration deadline: Friday, November 15
Maximum participants: 80





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American Red Cross Babysitter Training

47286-CW

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, September 7
 Time: 9:00 AM - 3:00 PM
 Cost: \$50.00 for Centre Members
 \$65.00 for Community Participants
 Place: Centre Classroom
 Registration Deadline: Saturday, August 31
 Minimum/Maximum Participants: 5/10

Teen Up All Night

47214-SR

Get a group of friends together or come by yourself and meet new friends! Join us for open swim, open gym, and other activities. Concessions available.

Age: 6th - 8th graders
 Date: Saturday, November 30
 Time: 9:00 PM - 9:30 PM Check in (no entrance before 9)
 9:30 PM - 5:30 AM Up All Night
 5:30 AM - 6:00 AM Pick up
 Cost: \$15.00 for Centre Members
 \$20.00 for Community Participants
 +\$5.00 late fee if registered after November 23
 Place: Centre
 Minimum/Maximum participants: 20/300





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Child Care

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

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WHATEVER IT TAKES:

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 - 8 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
January 20
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

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Aquatics

American Red Cross Adult and Pediatric 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, September 9

Time: 4:00 PM - 8:00 PM

Cost: \$70.00 for Centre Members
\$100.00 for Community Participants

Place: Centre Classroom

Registration Deadline: Sunday, September 1

Minimum/Maximum Participants : 5/10

Age: 15+ years old

Date: Monday, October 7

Time: 4:00 PM - 8:00 PM

Cost: \$70.00 for Centre Members
\$100.00 for Community Participants

Place: Centre Classroom

Registration Deadline: Monday, September 30

Minimum/Maximum Participants : 5/10

Age: 15+ years old

Date: Monday, November 4

Time: 4:00 PM - 8:00 PM

Cost: \$70.00 for Centre Members
\$100.00 for Community Participants

Place: Centre Classroom

Registration Deadline: Monday, October 28

Minimum/Maximum Participants : 5/10

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

If pre-requisites are not met, you may transfer your enrollment to the next available class. No refunds will be given.

Age: 15+ years old

Date: Friday - Sunday, October 11 - 13
 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, October 4

Minimum/Maximum Participants : 5/10

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

Swimathon

47295-CW

Join us in our Annual Helping Hands Campaign! We are hosting a Swimathon and your laps can help us give the opportunity to enjoy programs that benefit social, emotional, and physical health. Help us in the most important way possible, by supporting people.

Please help us by swimming, volunteering, and/or providing a monetary pledge per lap or a set amount.

Age: 12+ years old

Date: Saturday, November 2

Time: 8:00 AM - 5:00 PM

Cost: FREE for all participants

Place: Centre Pool

Registration Deadline: Saturday, October 19

Maximum Participants: 18

Junior Lifeguard Camp

47286-CW

Interested in one day becoming a lifeguard? Ready to learn basic lifeguarding techniques? This course is designed to guide youth to the American Red Cross Lifeguarding course by building a foundation of knowledge, attitudes, and skills for future lifeguards. Participants are not required to master or perfectly execute skills. They should learn techniques and build stamina during this program. This course will introduce participants to the skills needed for entry into the Red Cross Lifeguarding course, communication, teamwork, decision making skills, and basic responsibilities of a lifeguard. **The Junior Lifeguarding course does not certify participants in first aid, CPR, or AED or as a lifeguard.**

Age: 11 - 14 years old

Date: Friday - Sunday, November 22 - 24

Time: 5:00 PM – 8:00 PM (Friday)

9:00 AM – 3:00 PM (Saturday)

11:00 AM – 5:00 PM (Sunday)

Cost : \$75.00 for Centre Members
 \$125.00 for Community Participants

Place: Centre Pool & Classroom

Registration Deadline: Friday, November 15

Minimum/Maximum Participants: 5/10

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.

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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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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 September 3 - 19 Registration Deadline: Tuesday, August 27		Tuesdays & Thursdays October 8 - 24 Registration Deadline: Tuesday, October 1		Tuesdays & Thursdays November 5 - 21 Registration Deadline: Tuesday, October 29	
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	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	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
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	6:10 PM - 6:40 PM	Presc 2 Level 3, 4, 5 Tsunami
		Saturdays September 21 - October 26 Registration Deadline: Saturday, September 14			
		9:25 AM - 9:55 AM	Presc 1, 2 Level 1		
		10:00 AM - 10:30 AM	Presc 2 Level 1, 2		
		10:35 AM - 11:05 AM	Level 1, 2, 3		
		Sundays September 22 - October 27 Registration Deadline: Sunday, September 15			
		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		



FALL 2024 PROGRAM GUIDE SEPTEMBER - NOVEMBER

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 July 1 for Centre Members and July 15 for Community Participants.
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