

# WINTER 2025 PROGRAM GUIDE

DECEMBER - FEBRUARY

[www.nracentre.com](http://www.nracentre.com)



# About Us



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.

# Table of Contents

## Health & Fitness

Youth Fitness Orientations	4
Group Fitness & AquaWorks Classes	4
Fitness on Demand: Workouts on Your Schedule	4
5K Racing Series	4
Best Year of Your Life Challenge	5
Christmas Eve Boot Camp	5
New Years Eve Boot Camp	5
Biggest Loser Winter 2025	5
Couch to 5K	5
Individual Personal Training	7
Small Group Personal Training	7
Independent Program Design	7

## Sports

Pickleball	9
Co-Ed Volleyball	9

## Youth & Family

Yoga & Gingerbread Holiday Fun	10
Senior Holiday Party & Potluck	10
Open Swim & Gym	10
Breakfast with Santa	11
Birthday Bash	11
Wee Basketball	11
Wee Soccer	11

## Teens

Babysitter Training	13
Teen Late Night	13

## Child Care

Infant 1: 6 Weeks - 9 Months	15
Infant 2: 9 - 24 Months	15
Toddler: 24 - 36 Months	15
Kids Kove	15
Centre 3 Year Old Preschool	16
Centre 4K	16
Centre 4K Wrap Around	17
4K Fantastic Fridays	17
GAP Before & After School Care	17
School's Out Club	17

## Aquatics

Adult and Pediatric CPR/AED/First Aid	18
American Red Cross Lifeguarding Certification	18
Scuba Sunday	18
Private Swim Lessons	19
Swim Checks	19
Centre Swim School	19
Centre Swim Tots	19
Centre Swim Preschool 1	20
Centre Swim Preschool 2	20
Centre Swim Level 1	20
Centre Swim Level 2	21
Centre Swim Level 3	21
Centre Swim Level 4	21
Centre Swim Level 5	22
Centre Swim Level 6	22
Centre Swim School Class Schedule	23



## 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](http://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

## 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

## 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.

December: Down the Chimney

Age: 18+ years old

Date: December 1 - 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!**

## Christmas Eve Boot Camp

47290-SR

Christmas Boot Camp will consist of lots of exercises, many resistance training exercises using your own body weight mixed with cardiovascular exercises mixed with core exercises to provide a full body, fun, different, and challenging workout!

\*All fitness levels are welcome, but this will be a challenging workout. The instructor will help with modifications as needed.

Age: 16+ years old

Date: Tuesday, December 24

Time: 7:00 AM - 8:15 AM

Cost: \$7.00 for Centre Members

\$15.00 for Community Participants

Place: Centre Gymnasium

Registration Deadline: Sunday, December 22

Minimum/Maximum participants: 5/35

## New Years Eve Boot Camp

47290-SR

This is a great way to sneak in your last workout of 2024!

\*All fitness levels are welcome, but this will be a challenging workout. The instructor will help with modifications as needed.

Age: 16+ years old

Date: Tuesday, December 31

Time: 7:00 AM - 8:00 AM

Cost: \$5.00 for Centre Members

\$10.00 for Community Participants

Place: Centre Gymnasium

Registration Deadline: Sunday, December 29

Minimum/Maximum participants: 5/35

## Biggest Loser Winter 2025

47290-SR

Take the challenge to be the Centre's next biggest loser! Weigh in and complete an assessment for the first week to obtain your beginning parameters and receive a 10-week exercise routine. You will receive tips and advice to keep you motivated and on track to be the Centre's Biggest Loser. Throughout the 10 weeks, you will receive weekly challenges which will give you an opportunity to win additional prizes and stay motivated. The participant who loses the largest percentage of body weight will receive 6 30-minute training sessions with our fitness manager.

Age: 18+ years old

Date: January 6 - 10 initial weigh in by appointment

March 10 - 14 for final weigh in by appointment

Cost: \$120.00 for Centre Members

\$160.00 for Community Participants

Registration Deadline: Monday, December 30

Minimum/Maximum participants: 5/50

## Couch to 5K

47375-SR

Ever wanted to run a 5K but unsure how to train for it? Sign up for accountability to 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 a spring 5K, sign up by February 1 for this 9 week program!

This class includes:

- 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: February 8 - April 9

Cost: \$25.00 for all participants

Registration Deadline: Saturday, February 1

Maximum participants: 10



**Doyle's Farm & Home**

**ACE Hardware**

**560 Deere Drive**

**New Richmond, WI 54017**

**715-246-6184**





**Checkups, shots,  
the flu, & all  
the things for  
you &  
you &  
you.**

**Primary care for the whole family**

Visit [healthpartners.com/schedule](https://healthpartners.com/schedule)

 **Westfields Hospital & Clinic**

## 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 fitness instructor. You will get a tailored workout to stay motivated and reach your shared fitness 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



*New Richmond*

**TIGERS**

*Soccer*



**Year-Round  
Play Options!**

**Ages 8-18  
Girls & Boys**

*Our  
Passion*



*Our  
Pride*

**COMPETITIVE & FUN TRAVELING PLAY**



**JOIN THE CLUB**

**FIND US ON FACEBOOK @NRSOCCER  
OR ONLINE: [www.nrsoccer.com](http://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! We 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

47290-CD

Calling all volleyball enthusiasts, beginners, and competitive players! This 17+ co-ed league is open to all skill levels and teams of 6+ players 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, February 3 - April 28  
Time: 5:45 PM - 7:45 PM  
Cost: \$20.00 for Centre Members  
\$30.00 for Community Participants  
Place: Centre Gymnasium

# 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!**

Our dental clinics are designed with kids in mind:



**Care**

Highest-quality dental care provided by our expert pediatric dentist



**Culture**

Patient-focused culture for a lifetime of happy smiles



**Comfort**

A fun, positive & comfortable environment where kids feel at home

Schedule your child's appointment with **Dr. Eric Kenney** today!  
Hudson • Amery | **715.723.2000** • **sim4kids.com**

## Yoga & Gingerbread Holiday Fun

47212-SR

Get ready for a festive afternoon of movement and creativity. Kids will enjoy a fun yoga session followed by a hands-on craft activity and finish by decorating their own gingerbread house. All materials provided. Please bring a container to transport your gingerbread house home.

Age: 6 - 12 years old  
Date: Sunday, December 8  
Time: 1:00 PM - 2:30 PM  
Cost: \$25.00 for Centre Members  
\$32.00 for Community Participants  
Place: RCU Studio  
Registration deadline: Thursday, November 28  
Minimum/Maximum participants: 6/12

## Senior Holiday Party & Potluck

47275-SR

Let's get the gang together and celebrate at our annual Holiday Party. We will have some great entertainment. Don't forget a dish to pass! Thank you to Royal Credit Union for their sponsorship and support of this special annual event.



Age: Adults  
Date: Friday, December 13  
Time: 11:00 AM - 1:00 PM  
Cost: FREE for Centre Members  
\$5.00 for Community Participants  
Place: Centre Gymnasium  
Registration deadline: Tuesday, December 5  
Maximum participants: 125

## Open Swim & Gym

PowerUp at the Centre at FREE open swim & gym!

Enjoy cruising down the 96 foot water slide or the minnow or turtle slides. The hot tub is available for anyone 16 years of age and older. Lifeguards are on duty at all times. Make sure to bring towels!

In the gym you'll find basketballs, jump ropes, soccer balls, scooters, and a parachute. We kindly request parents/guardians stay and play in the gym with their children.

Thank you to PowerUp and Westfields Hospital for their sponsorship and support.

HealthPartners

powerup

Westfields Hospital  
& Clinic

Age: All ages  
Date: Friday, December 13  
Friday, January 17  
Friday, February 21  
Time: 5:00 PM - 8:00 PM  
Cost: FREE for all participants  
Place: Centre Pool & Gymnasium

Every Pet Deserves a Great Vet.

## Countryside Veterinary Clinic

And We Have Great Vets!



Dr. Meredith Smith, DVM  
Dr. Brian Keller, DVM  
Dr. Corey Johnson, DVM  
Dr. Rachel Juelsgaard, DVM  
Dr. Alicia Butler, DVM  
Dr. Abby Mallek, DVM

Located at 1231 N Knowles Ave,  
New Richmond, WI 54017

715-246-5606  
countrysidevet@frontiernet.net

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

## Breakfast with Santa

47219-SR

Santa is coming to town! Bring your camera and share your Christmas wishes. Before or after visiting, enjoy a delicious pancake breakfast. Thank you to FNC Bank for their sponsorship and support of this special annual event. **Please register your children for the 15 minute timeslot that works best for your family!**



Age: All ages  
Date: Saturday, December 14  
Time: 9:00 AM – 11:00 AM (divided into 15 minute timeslots)  
Cost: FREE for all participants  
Place: Centre  
Registration Deadline: Friday, December 13 for online registration, day of registrations accepted in person

## Birthday Bash

47219-CD

Have a fun family day at the Centre! Sample Group Exercise classes, party in the pool, get a fitness orientation, check out cardio & strength equipment, enter drawings for prizes, enjoy some birthday cake, and so much more! Thank you to Kristo Orthodontics and Smiles in Motion Pediatric Dentistry for their sponsorship and support of this special event.



Age: All ages  
Date: Saturday, January 4  
Time: 11:00 AM - 2:00 PM  
Cost: FREE for all participants  
Place: Centre



## Wee Basketball

47211-SR

Learn the basics of basketball during this 4 week introduction. We will learn about dribbling, passing, shooting and defense while having fun doing drills and playing the game of basketball. While we are learning, please remain in a lobby or hallway. You will be invited in the last 5 minutes of each class to see our progress!

Age: 3 - 8 years old  
Date: Tuesdays, January 7 - January 28  
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 for Centre Member  
\$36.00 for Community Participant  
Place: Centre Gymnasium  
Registration Deadline: Tuesday, December 31  
Maximum Participants: 10/20

## Wee Soccer

47211-SR

Get to know the game of soccer with this 4 week introduction to the sport. Each week we will focus on passing, trapping, shooting, and defensive drills. While we are learning, please remain in a lobby or hallway. You will be invited in the last 5 minutes of each class to see our progress!

Age: 3 - 8 years old  
Date: Tuesdays, March 4 - April 1 (No class Mar 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 for Centre Member  
\$36.00 for Community Participant  
Place: Centre Gymnasium  
Registration Deadline: Tuesday, February 25  
Maximum Participants: 10/20





**confidence counts club**

You're invited to the

## Confidence Counts Club!

Exclusively for kids ages 6 and up! Your child's **free membership** includes:



Annual orthodontic exams with personalized treatment planning



Access to super fun activities and community events to build friendships



Educational tools and special prizes to encourage great oral hygiene

Enroll today at:

[KristoOrthodontics.com/Confidence-Counts-Club](http://KristoOrthodontics.com/Confidence-Counts-Club)

**KRISTO**  
ORTHODONTICS

**715.246.5165**  
New Richmond • Amery  
Baldwin • River Falls

**MARA BOWMAN, MRP, SFR®,  
PSA, CREN**  
REALTOR® MN / WI / FL  
Coldwell Banker Realty  
2424 Monetary Blvd, Ste 214  
Hudson, WI 54016  
C. 715.222.0978  
O: 715.386.9060  
[mara.bowman@cbrealty.com](mailto:mara.bowman@cbrealty.com)



REAL ESTATE GROUP



**CB**  
**COLDWELL  
BANKER  
REALTY**

Whether you're selling, buying or both, you can count on me as your local expert in the area and the real estate agent who always puts clients first. Let me help YOU and YOUR family make the right move! The Realtor® Who Puts YOU First!

## American Red Cross Babysitter Training

47286-CW

Young people interested in babysitting can acquire the knowledge and skills needed to provide safe and responsible care for children and infants. This training will help them develop leadership skills, learn how to start a babysitting business, prioritize safety, and effectively manage children's behavior. Participants will also learn basic child care and first aid.

Age: 11 - 15 years old  
 Date: Saturday, February 22  
 Time: 9:00 AM - 4:00 PM  
 Cost: \$50.00 for Centre Members  
 \$65.00 for Community Participants  
 Place: Centre Classroom  
 Registration Deadline: Saturday, February 15  
 Minimum/Maximum Participants: 3/10

## Teen Late Night

47214-SR

Start off your holiday break by getting a group of friends together or come by yourself and meet new friends! Join us for open swim, and open gym along with other activities. Concessions available.

Age: 6th - 8th graders  
 Date: Saturday, December 21  
 Time: 6:00 PM - 6:30 PM Check in (no entrance before 6)  
 6:30 PM - 11:30 AM Up All Night  
 11:30 PM - 12:00 AM Pick Up  
 Cost: \$10.00 for Centre Members  
 \$15.00 for Community Participants  
**+\$5.00 late fee if registered after December 14**  
 Place: Centre  
 Minimum/Maximum participants: 20/300

WESTconsin Credit Union's \$MART Financial Literacy



HELPING STUDENTS TOWARDS A

# \$SMARTFUTURE

NO MATTER WHAT KIND OF SAVER YOU  
 ARE, IT'S WISE TO BE A \$SMARTSAVER  
 AT WESTCONSIN CREDIT UNION

Visit [westconsincu.org](http://westconsincu.org) for scholarship information and free educational resources.



New Richmond Office | (800) 924-0022

Federally  
 insured  
 by NCUA



# **SUPERCHARGE YOUR MONEY**

**With FNC Bank's High-Yield  
Checking Account**

Give your checking account (and your earnings) a boost with  
**ELEVATE CHECKING**

**Earn up to 3.00% APY\* Plus:**

- **Access to approximately  
40,000 Surcharge-Free ATMs**
- **Reimbursed fees for  
out-of-network ATMs\***
- **No minimum balance required**
- **No monthly service charge**
- **Free Statements**



Visit [www.fnc.bank/elevate-checking](http://www.fnc.bank/elevate-checking)  
or scan the QR code to learn more

**FNCBank**  
Member FDIC

*\*Account must meet all qualifications and be in good standing. Visit [www.fnc.bank](http://www.fnc.bank) for account details. Balances up to \$3,000 and meeting qualifications earn an APY of 3.00% with an interest rate of 2.96%. Balances over \$3,000 and meeting qualifications earn an APY of 0.10%. Accounts that do not meet qualifications earn 0% APY.*

## 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



#### SPECIAL DEALS

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

219 S KNOWLES AVE - NEW RICHMOND, WI 54017 715-246-5008

## 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

**SAM'S CHRISTMAS VILLAGE & LIGHT TOUR**  
SOMERSET, WI  
NOVEMBER 29 - JANUARY 1  
16+ MILLION CHRISTMAS LIGHTS  
S'MORE CABINS  
HOLIDAY FUN • ANIMATED LIGHT DISPLAYS • REINDEER  
EUROPEAN VENDOR MARKET  
FULL BAR & RESTAURANT  
SLIDING HILLS • SANTA VISITS  
ORDER YOUR TICKETS ONLINE AT  
SAMSCHRISTMASVILLAGE.COM



## 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: 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

## 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, December 9  
Time: 4:00 PM - 8:00 PM  
Cost: \$70.00 for Centre Members  
\$100.00 for Community Participants  
Place: Centre Classroom  
Registration Deadline: Monday, December 2  
Minimum/Maximum Participants : 5/10

Age: 15+ years old  
Date: Monday, January 6  
Time: 4:00 PM - 8:00 PM  
Cost: \$70.00 for Centre Members  
\$100.00 for Community Participants  
Place: Centre Classroom  
Registration Deadline: Monday, December 30  
Minimum/Maximum Participants : 5/10

Age: 15+ years old  
Date: Monday, February 10  
Time: 4:00 PM - 8:00 PM  
Cost: \$70.00 for Centre Members  
\$100.00 for Community Participants  
Place: Centre Classroom  
Registration Deadline: Monday, February 3  
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.

### Mandatory 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, January 24 - 26  
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, January 17  
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

## 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 old (parent in water)

### Prerequisites:

- **hold head up independently**

This class is designed to help teach you, the parent, how to teach your child. You will learn:

- Different ways to hold your swimmer in order to better support them as they learn to float on their back
- How to teach them how to properly climb out of the water if they fall in
- Proper way to hold them when practicing submersions
- Valuable information about water safety and the reasons why certain skills are so important

Even for a young swimmer who is comfortable in a pool with floatation devices, loves the bath tub, or already puts their face in, there can be great advantages to starting at the beginning and learning the fundamentals of the skills.

Minimum/Maximum Participants: 3/8

## Centre Swim Preschool 1

Age: 3 - 5 years old

### Prerequisites:

- **Working on being able to listen to an instructor and follow directions**
- **No previous experience with group swim lessons**

Children will learn:

- Safety around water
- Get into and out of water safely
- Listen to an instructor in a small class setting
- Blow bubbles with nose and mouth
- Submerge with ease while blowing bubbles
- Float on front and back with minimal help
- Build confidence and learn to jump into water with an instructor
- Kick with straight legs (no bicycle kicking, no flat feet)
- Roll over from front to back
- Jump into the water and get on back. They will learn how to get themselves in a safe position until help arrives or they can get back to the wall on their own.

Minimum/Maximum Participants: 3/5

## Centre Swim Preschool 2

Age: 3 - 6 years old

### Prerequisites:

- **Able to listen to an instructor and participate in a class setting without a parent**
- **Blow bubbles with nose and mouth**
- **Kick comfortably with assistance**
- **Comfortable on front and back with assistance**

Children will learn:

- Get in and out of water safely
- Importance of never swimming without an adult
- Floating alone on front and back
- Fully submerge while blowing bubbles
- Jump into water independently (with water that is shallow)
- Jump into water and turn over onto back independently and float
- Kick on back, having straight legs, and not submerging while kicking

Minimum/Maximum Participants: 3/5

## Centre Swim Level 1

Age: 5 - 12 years old

### Prerequisites:

- **5+ years old**
- **Float on front and back independently**
- **Fully submerge with no hesitation**
- **jump into shallow water independently**

Children will learn:

- Proper body position on front and back to create a strong foundation for freestyle and backstroke
- Proper streamline form
- Proper kicking technique. This must be achieved before passing Level 1
- To front (arms in streamline) and back glide (arms by their side) without assistance and how to recover without assistance
- Elementary backstroke with flutter kicking

Minimum/Maximum Participants: 3/6

MAINTAIN YOUR COMFORT  
**whatever**  
THE TEMPERATURE OUTSIDE.

**Countryside**  
PLUMBING & HEATING, INC.

321 Wisconsin Drive  
New Richmond, WI 54017  
715-246-2660  
www.countrysideph.com  
MP #664713

**bryant**  
Heating & Cooling Systems

**WHATEVER IT TAKES:**

COMMERCIAL RESIDENTIAL  
LAND DEVELOPMENT

**DERRICK**  
COMPANIES

www.derrickbuilt.com  
1505 HWY 65 • New Richmond, WI • 715-246-2320

## Centre Swim Level 2

Age: 5 - 12 years old

### Prerequisites:

- **Jumping into water unassisted**
- **Float on back for 10 seconds independently**
- **5 yards kick on back (straight legs, knees under water)**
- **5 yards front glide with streamline arms and strong flutter kick**

Children will learn:

- Front glide for 10 yards unassisted and recover
- Back glide with arms in streamline position for 5 yards, and recover
- 4 freestyle "tagging" strokes (catch up drill), with strong flutter kick with straight legs
- Freestyle with tagging strokes, good strong kick, and rotary breathing (breathing on both sides)
- Elementary backstroke with flutter kick for 10 yards
- Backstroke introduction
- Tread water introduction
- Jump into 10 ft of water with assistance

Minimum/Maximum Participants: 3/6

## Centre Swim Level 3

Age: 5 - 12 years old

### Prerequisites:

- **5+ years old**
- **10 yards freestyle with side breathing**
- **Strong, straight leg flutter kick**
- **10 yards elementary backstroke**

Children will learn:

- Backstroke with good kick, straight arms, for 15 yards
- Freestyle with rotary breathing, good kick, for 15 yards
- Whip kick on back, MUST have flat feet, legs must move simultaneously and on the same plane (no scissor kicking)
- Elementary backstroke with whip kick for 10 yards
- Tread water for 15 seconds

Minimum/Maximum Participants: 3/6

## Centre Swim Level 4

Age: 5 - 12 years old

### Prerequisites:

- **5+ years old**
- **Freestyle with side breathing**
- **10 yards elementary backstroke with whip kick**
- **Tread water**

This class will primarily be held in deep end of the pool.

Children will learn:

- Whip kick on front with a glide for 5 yards
- Whip kick with elementary backstroke for 25 yards
- Backstroke with straight arms, strong kick, and rotating shoulders for 25 yards
- Freestyle with strong kick, "tagging arms", and rotary breathing for 25 yards
- Breast stroke introduction
- Tread water for 1 minute
- Sitting/kneeling dive

Minimum/Maximum Participants: 3/6



Matthew J. Welch D.D.S.

Evan C. Koubsky D.D.S.

Joseph S. Fink D.D.S.

**New Richmond office (715) 246-6603**

**Roberts office (715)749-3724**

We look forward to seeing your smile



**SF**  
INSURANCE GROUP

AUTO • HOME • LIFE • HEALTH • BUSINESS • EMPLOYEE BENEFITS • MEDICARE

**715-246-2001**

HUDSON 715-381-2846 OSCEOLA 715-294-5972 SOMERSET 715-716-4577 FOREST LAKE 651-982-2005  
NEW RICHMOND 715-246-2001 ST. CROIX FALLS 715-483-2304 CHISAGO CITY 651-257-7502 STILLWATER 651-982-2005

WWW.SFINSURANCEGROUP.COM

## Aquatics

### Centre Swim Level 5

Age: 5 - 18 years old

**Prerequisites:**

- **5+ years old**
- **25 yards freestyle with side breathing**
- **25 yards of elementary backstroke with whip kick**
- **25 yards of backstroke**
- **Tread water for 1 minute**

This is a 45 minute class and will primarily be held in deep end of the pool.

Participants will learn:

- The basics of all four competitive strokes (butterfly, backstroke, breaststroke, freestyle)
- To swim freestyle and backstroke for 50 yards with proper form
- To swim breaststroke for 25 yards
- To tread water for 1.5 minutes
- To do a standing dive from the side of the pool
- To preform open turns and flip turns

Minimum/Maximum Participants: 3/8

### Centre Swim Level 6

Age: 5 - 18 years old

**Prerequisites:**

- **5+ years old**
- **50 yards freestyle and backstroke**
- **25 yards breaststroke**
- **Tread water 1.5 minutes**

This is a 45 minute class and will primarily be held in deep end of the pool.

Participants will learn:

- Fundamentals of swim team
- Circle swim
- Open turns/flip turns
- Swim more yardage, building up stamina and fine tuning their four competitive strokes (Endurance is our focus!)
- Freestyle and backstroke for 200 yards
- Backstroke for 100 yards
- Butterfly 25 yards

Minimum/Maximum Participants: 3/10

# ROYAL IS YOUR TRUSTED ADVISOR FOR ALL YOUR BANKING NEEDS

- ✓ Savings & Checking
- ✓ Certificates & Money Markets
- ✓ Home & Auto Loans
- ✓ Business Accounts & Loans
- ✓ Business Treasury Management
- ✓ Online & Mobile Banking

 [rcu.org](http://rcu.org)  800-341-9911

Insured by NCUA. Loans subject to credit approval.  
Equal Housing Opportunity.



ROYAL  
CREDIT  
UNION.



# Aquatics

## Centre Swim School Class Schedule

47285-CW

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

<b>Session 1</b>		<b>Session 2</b>		<b>Session 3</b>	
<b>Tuesdays &amp; Thursdays</b> December 3 - 19 Registration Deadline: Tuesday, November 26		<b>Tuesdays &amp; Thursdays</b> January 7 - 23 Registration Deadline: Monday, December 30		<b>Saturdays</b> February 1 - March 8 Registration Deadline: Saturday, January 25	
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	6:10 PM - 6:40 PM	Presc 2 Level 3, 4	10:35 AM - 11:05 AM	Level 1, 2, 3
6:10 PM - 6:55 PM	Level 5, 6	6:10 PM - 6:55 PM	Level 5, 6		
<b>Sundays</b> December 8 - January 12 Registration Deadline: Sunday, December 1				<b>Sundays</b> February 2 - March 9 Registration Deadline: Sunday, January 26	
4:00 PM - 4:30 PM	Presc 1, 2			4:00 PM - 4:30 PM	Presc 1, 2
4:35 PM - 5:05 PM	Level 1, 2			4:35 PM - 5:05 PM	Level 1, 2
5:10 PM - 5:40 PM	Level 3, 4			5:10 PM - 5:40 PM	Level 3, 4
<b>Saturdays</b> December 14 - January 18 Registration Deadline: Saturday, December 7				<b>Tuesdays &amp; Thursdays</b> February 4 - 20 Registration Deadline: Monday, January 27	
9:25 AM - 9:55 AM	Presc 1, 2 Level 1			5:00 PM - 5:30 PM	Tots Presc 1, 2 Level 1, 2
10:00 AM - 10:30 AM	Presc 2 Level 1, 2			5:35 PM - 6:05 PM	Tots Presc 1 Level 1, 2, 3
10:35 AM - 11:05 AM	Level 1, 2, 3			6:10 PM - 6:40 PM	Presc 2 Level 3, 4
				6:10 PM - 6:55 PM	Level 5, 6



# WINTER 2025 PROGRAM GUIDE

DECEMBER - FEBRUARY

## 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 October 1 for Centre Members and October 15 for Community Participants.  
[www.nracentre.com](http://www.nracentre.com)

**Centre**  
425 E 5th Street  
New Richmond WI 54017

**HEALTH FITNESS & FUN FOR ALL AGES**

[www.nracentre.com](http://www.nracentre.com)  
715-246-2252  
[facebook.com/NRACentre](https://facebook.com/NRACentre)  
[instagram.com/nracentre](https://instagram.com/nracentre)  
Sign up for emails on [www.nracentre.com](http://www.nracentre.com)