

WINTER 2025 PROGRAM GUIDE

DECEMBER - FEBRUARY

www.nracentre.com



About Us



425 E 5th Street
New Richmond WI 54017

HEALTH FITNESS & FUN FOR ALL AGES

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715-246-2252
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Facility Hours

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

Program areas close 15 minutes prior to the Centre closing.

Holiday Hours

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 is closed on holidays

Monday - Friday	8:15 AM - 12:00 PM & 4:00 PM - 7:00 PM 8:15 AM - 7:00 PM beginning Jan 27
Saturday	8:00 AM - 12:00 PM
Sunday	10:30 AM - 1:00 PM (Oct - Apr) Closed (May - Sept)

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.

Weapons and Firearms

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

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.

Age Policies

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

Access to Centre Building

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

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 Dr. Brian Keller, DVM
 Dr. Corey Johnson, DVM
 Dr. Rachel Juelsgaard, DVM
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 Dr. Abby Mallek, DVM

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 New Richmond, WI 54017

715-246-5606
 countrysidevet@frontiernet.net

Find us online at www.countrysidevet-nr.com

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

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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

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.

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 Eve Boot Camp will feature a variety of exercises, including resistance training using your own body weight, combined with cardiovascular workouts and core exercises. This approach will provide a complete, enjoyable, and challenging full-body 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: 7:10 AM - 8:25 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



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New Year's Eve Boot Camp

47290-SR

New Year's Eve Boot Camp will feature a variety of exercises, including resistance training using your own body weight, combined with cardiovascular workouts and core exercises. This approach will provide a complete, enjoyable, and challenging full-body 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 31
Time: 7:10 AM - 8:10 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 become the Centre's next Biggest Loser! Begin by weighing in and completing an assessment during the first week to establish your starting parameters. You will then receive a 10-week exercise routine. Throughout the program, you will receive tips and advice to help keep you motivated and on track.

During the 10 weeks, you'll also participate in weekly challenges that offer opportunities to win additional prizes and maintain your motivation. The participant who loses the highest percentage of body weight will win six 30-minute training sessions with our fitness manager. Good luck!

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

Small Group Training

47290-SR

Elevate your fitness journey! Whether your goals are strength, endurance, fat loss, or mobility, this program is designed for you. It offers the personal attention of individual training combined with the motivation and camaraderie of a small group setting!

Age: 16+ years old
Date: Mondays & Wednesdays, January 6 - February 19
(no class January 29 and February 3)
Time: 9:35 AM - 10:05 AM OR
6:10 PM - 6:40 PM
Cost: \$42.00 for Centre Members
\$54.00 for Community Participants
Registration Deadline: Monday, December 30
Minimum/Maximum participants: 4/10

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



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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 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

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!**

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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

Join us in celebrating the holidays on Friday, December 13 with wonderful friends and delicious food at the annual Senior Holiday Party and Potluck! This is our biggest celebration for seniors, and we are excited to provide entertainment and foster connections among friends. Remember to bring a dish to share, and don't forget your festive spirit! Thank you to Royal Credit Union for their sponsorship of this 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.



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

Breakfast with Santa

47219-SR

The highlight of this event is children meeting the jolly old man, Santa. Seeing the excitement in their eyes as they talk to Santa and share their holiday wishes is a heartwarming experience. Beyond just meeting Santa, children can make cookies in a jar craft with FNC Bank. A delicious breakfast includes favorites of pancakes, sausages, and milk. The chance to take pictures with Santa and enjoy breakfast is not to be missed. Thank you to FNC Bank for their sponsorship of this special 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



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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

Tumbling

47212-SR

In our tumbling classes, we will engage in activities such as stretching, mat tumbling, running, and moving to music. We will focus on learning the fundamentals of tumbling, including the forward roll, backward roll, and straddle roll.

Age: 4 - 8 years old
 Date: Mondays, January 6 - 27*
 Mondays, February 17 - March 10*
 Mondays, March 31 - April 21*
 *All separate sessions, not continuation of previous.
 Time: 5:15 PM - 5:45 PM (4-6 year olds)
 6:00 PM - 6:30 PM (6-8 year olds)
 Cost: \$36.00 for Centre Members
 \$42.00 for Community Participants
 Place: Westfields Studio

Registration deadline: one week prior to start date
 Minimum/Maximum participants: 4/12 per session

Wee Basketball

47211-SR

Join us for a 4-week introduction to the basics of basketball! During this program, we will cover essential skills such as dribbling, passing, shooting, and defense, all while having fun with drills and games. While the kids learning, please wait in the lobby or hallway. At the end of each class, you'll be invited in for the last 5 minutes to see our progress! (continued in next column)

(continued from previous column)

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

Romp & Stomp

47212-SR

Mornings are a blast at Romp and Stomp! Enjoy quality time with your children as they bounce in the castle jumper, race through the obstacle course, or play on the tumbling mats. Romp and Stomp is parent-led, so your assistance is essential to ensure your child's safety and enjoyment. Please supervise your children at all times. Recommended ages for participation are walking infants up to 8 years old.

Age: Up to 8 years old
 Date: Thursday, January 23
 Thursday, February 27
 Thursday, March 27
 Time: 10:00 AM - 11:00 AM
 Cost: FREE for Centre Members
 Day Pass for Community Participants
 Place: Centre Gymnasium

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

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Babysitter Training CANCELLED

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

Kick off your holiday break by gathering your friends or joining us solo to meet new people! Participate in open swim, open gym, and other fun activities. Concessions will be 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

SAM'S CHRISTMAS
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NOVEMBER 29 - JANUARY 1

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 SAMSCHRISTMASVILLAGE.COM

Child Care

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 is closed on holidays

Monday - Friday 8:15 AM - 12:00 PM & 4:00 PM - 7:00 PM
8:15 AM - 7:00 PM beginning Jan 27

Saturday 8:00 AM - 12:00 PM

Sunday 10:30 AM - 1:00 PM (Oct - Apr)
 Closed (May - Sept)

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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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

Age: 15+ years old
 Date: Monday, February 24
 Time: 6:30 PM - 8:00 PM
 Cost: \$70.00 for Centre Members
 \$100.00 for Community Participants
 Place: Centre Classroom
 Registration Deadline: Monday, February 17
 Minimum/Maximum Participants : 5/10

Lifeguard Certification CANCELLED

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

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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.

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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.

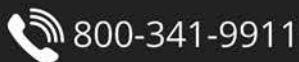
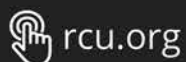
Participants will learn:

- 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

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Aquatics

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



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