

SPRING 2025 PROGRAM GUIDE

MARCH - MAY
www.nracentre.com



About Us



425 E 5th Street
New Richmond WI 54017

HEALTH FITNESS & FUN FOR ALL AGES

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Facility Hours

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

Program areas close 15 minutes prior to the Centre closing.

Holiday Hours

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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Youth Fitness Orientations

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

- Ages 9 and under are not allowed in the Fitness Center.
- Ages 10 - 15 are allowed in the Fitness Center but must complete a fitness orientation and obtain a parent/guardian signature.
- For ages 10 - 15, guardians must be at least 18 years old.

Level 1, 10 - 11 years old, Green Wristband

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

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

Level 2, 12 - 14 years old, Yellow Wristband

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

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

Level 3, 15 years old, Purple Wristband

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

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

Group Fitness & AquaWorks Classes

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

Cost: FREE for Centre Members
\$10.00 per day for Youth Community Participants
\$20.00 per day for Adult Community Participants

Fitness on Demand: Workout on Your Schedule

Fitness on Demand is the perfect way to workout on your schedule with access to over 400 different workouts. Our system allows you to participate in a class whenever you are at the Centre and when added to your membership, WHEREVER you are! For Fitness on Demand on the go, talk to our Welcome Center Staff to add to your membership.

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

Small Group Training

47290-SR

Elevate your fitness journey! Whether you are focusing on strength, endurance, fat loss, or mobility you will benefit from this program. Perfect for those looking for the attention of personal training with the added motivation and camaraderie of a small group!

Age: 16+ years old
Date: Mondays & Wednesdays, March 10 - April 16
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, March 3
Minimum/Maximum participants: 4/10 per session

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, 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

Biggest Loser Spring 2025

47290-SR

Get fit for summer! Start your journey by weighing in and completing an assessment during the first week to determine your initial parameters. You will receive a 10-week exercise routine along with tips and advice to help keep you motivated and on track to become the Centre's Biggest Loser.

Throughout the 10 weeks, there will be weekly challenges that provide opportunities to win additional prizes and maintain your motivation. The participant who loses the highest percentage of body weight will be awarded 6 30-minute training sessions with the Centre's fitness manager.

Age: 18+ years old

Date: March 31 - April 4 initial weigh in by appointment
June 2 - 6 for final weigh in by appointment

Cost: \$120.00 for Centre Members
\$160.00 for Community Participants

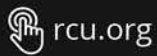
Registration Deadline: Monday, March 24

Minimum/Maximum participants: 5/50



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Heal from Within

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This class is designed for individuals who want to become healthier but need additional motivation. Participants will receive new information from a holistic perspective and will have the opportunity to request extra tips related to the week's health goal.

Each Monday during the course, an email will be sent out outlining the health goal for the week. This email will include an explanation of its importance and guidance on how to achieve it. Additionally, there will be a checklist to help participants track their progress throughout the week.

Age: 18+ years old

Date: March 24 - May 18

Cost: \$56.00 for Centre Members

\$68.00 for Community Participants

Registration deadline: Monday, March 17

Minimum/Maximum Participants: 6/30

Foundations of Wellness

47290-SR

This class is designed to introduce you to a new and holistic approach to health. You will learn valuable information that you can apply to your life to achieve positive transformations.

The Foundations of Wellness class focuses on the basics of health, specifically the "8 Health Factors." This session will give attendees a preview of what future courses will entail. Each participant will receive a free resource packet to take home.

Age: 18+ years old

Date: Monday, March 17 OR
Thursday, March 20

Time: 9:00 AM - 10:00 AM March 17
5:00 PM - 6:00 PM March 20

Cost: \$10.00 for Centre Members

\$18.00 for Community Participants

Place: Community Room

Registration deadline: One week prior to the class

Minimum/Maximum Participants: 8/20

Gut Health & Digestive Reset

47290-SR

Are you feeling tired or trying to overcome health challenges? Your gut is like your second brain. Discover the secrets to resetting your gut with us! <https://anc.apm.activecommunities.com/nrcentre/activity/search/detail/1582>

Age: 15+ years old

Date: Monday, August 11

Time: 6:00 PM - 7:00 PM

Cost: \$15.00 for Centre Members

\$26.00 for Community Participants

Place: Community Room

Registration Deadline: Monday, August 4

Minimum/Maximum Participants: 6/20



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Nutrition Coaching

47290-SR

If you are looking for help with your eating habits or want to lose some weight, you're in the right place!

As a coach, my purpose is to come alongside you and be the guide you've been looking for regarding your eating habits. With my knowledge and experience, I'll provide you with the support you need to change old habits into new ones that you can stick to! You deserve to feel and look healthier and get the results you've been looking for.

What you will get:

- Free consultation
- One-on-one coaching sessions
- Meal assistance
- Nutrition tips
- Health advice

Access to text/email questions at any time!

Health and Wellness Coaching

47290-SR

Health and Wellness Coaching guides you in your health journey both physically and mentally. Whether you are someone who struggles with gut issues or wants to better manage stress and anxiety, this is the guidance and help you need. I help keep your health on track, eliminate chronic disease and symptoms, and most importantly, help you to live your life to the fullest.

If you experience any of these:

- Anxiety
- High levels of stress
- Sleep issues
- Digestive issues
- Inflammation
- Bloating
- Brain Fog
- Depression

Schedule a free consultation.

Packages	Length	Price	Cost/Session
1 session	30 minutes	\$40.00	\$40.00
4 sessions	30 minutes	\$144.00	\$36.00
8 sessions	30 minutes	\$256.00	\$32.00
12 sessions	30 minutes	\$336.00	\$28.00
1 session	60 minutes	\$60.00	\$60.00
4 sessions	60 minutes	\$220.00	\$55.00
8 sessions	60 minutes	\$424.00	\$53.00
12 sessions	60 minutes	\$612.00	\$51.00



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

Health & Fitness

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, Nutrition Coaching, and Health & Wellness Coaching 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, Nutrition Coaching, and Health & Wellness Coaching 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



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Pickleball

47280-SR

Learn, play, and enjoy one of the fastest growing sports in the country. Pickleball is a racquet sport that is a cross between tennis, badminton, and ping pong. It can be played by all ages and will provide the opportunity to meet friends, be physically active, and have fun! 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

Pickleball for Beginners

47280-SR

This beginner-friendly class is ideal for those who are new to pickleball or want to learn the game's basics in a fun and supportive environment. You will learn fundamental skills, court basics, and have ample time for practice and play.

Age: 18+ years old
 Date: Thursday, March 6
 Time: 9:00 AM - 11:00 AM
 Cost: \$15.00 for Centre Members
 \$20.00 for Community Participants
 Place: Centre Gymnasium
 Registration Deadline: Thursday, February 27
 Minimum/Maximum participants: 4/12

Age: 18+ years old
 Date: Thursday, March 20
 Time: 9:00 AM - 11:00 AM
 Cost: \$15.00 for Centre Members
 \$20.00 for Community Participants
 Place: Centre Gymnasium
 Registration Deadline: Thursday, March 13
 Minimum/Maximum participants: 4/12

Age: 18+ years old
 Date: Thursday, April 17
 Time: 9:00 AM - 11:00 AM
 Cost: \$15.00 for Centre Members
 \$20.00 for Community Participants
 Place: Centre Gymnasium
 Registration Deadline: Thursday, April 10
 Minimum/Maximum participants: 4/12



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Adult Enrichment

Bingo

47275-SR

Join us for a fun game of BINGO! The top winner will receive a prize, ensuring everyone has a great time!

Age: 18+ years old
Date: Friday, April 4
Time: 1:00 PM - 3:00 PM
Cost: \$5.00 for Centre Members
\$10.00 for Community Participants
Place: Community Room
Registration deadline: Friday, March 28
Minimum/Maximum Participants: 15/25

Chili Cook Off

47275-SR

Hot, spicy, saucy, and sassy—we want them all! Let's get together and have fun tasting chili. Submit your favorite chili recipe and get a chance to win the Wooden Spoon. The winner will be selected by popular vote.

Age: 55+ years old
Date: Friday, April 18
Time: 1:00 PM - 3:00 PM
Cost: \$5.00 for Centre Members
\$10.00 for Community Participants
Place: Community Room
Registration deadline: Monday, April 14
Minimum/Maximum Participants: 15/25

Youth & Family

Easter Eggstravaganza

47219

The Easter Bunny is hoppin' over to the Centre and invites all kids to participate in the annual egg hunt! At this free spring-time event, you will find a morning of smiles and family time. Enjoy photos with the Easter Bunny, purchase concessions, and a few of you will take home some special prizes. Thank you to Westfields Hospital & Clinic for their sponsorship of this event. **We will have 4 scheduled hunts, please register your children for the time slot that works best for you.**



Age: All ages
Date: Saturday, April 12
Time: 10:00 AM - 12:00 PM
Egg hunts scheduled for 10:00, 10:30, 11:00, and 11:30
Cost: FREE for all participants
Place: Centre
Registration Deadline: Friday, April 11 for online registration, day of registrations accepted in person
Maximum Participants: 125 per time slot


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.

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Age: All ages
Date: Friday, March 28
Time: 5:00 PM - 8:00 PM
Cost: FREE for all participants
Place: Centre Pool & Gymnasium

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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 years old)
5:30 PM - 6:00 PM (4 - 5 years old)
6:15 PM - 6:45 PM (6 - 8 years old)
Cost: \$26.00 for Centre Member
\$36.00 for Community Participant
Place: Centre Gymnasium
Registration Deadline: Tuesday, February 25
Maximum Participants: 10/20 per session

Age: 3 - 8 years old
Date: Tuesdays, April 22 - May 13
Time: 11:15 AM - 11:45 AM (3 - 4 years old)
5:30 PM - 6:00 PM (4 - 5 years old)
6:15 PM - 6:45 PM (6 - 8 years old)
Cost: \$26.00 for Centre Member
\$36.00 for Community Participant
Place: Centre Gymnasium
Registration Deadline: Tuesday, April 15
Minimum/Maximum Participants: 10/20 per session

Flag Football

47211-SR

This beginner-friendly program introduces children to the fundamentals of football in an exciting, non-contact format. It is perfect for young athletes who are new to the game. The program emphasizes skill development, teamwork, and a love for the sport within a safe and positive environment. Participants will learn the basics of throwing, catching, running routes, and defensive strategies while building confidence and enjoying the thrill of football.

Age: 4 - 7 years old
Date: Thursdays, April 24 - May 15
Time: 5:15 PM - 6:00 PM (4 - 5 years old)
6:15 PM - 7:00 PM (6 - 7 years old)
Cost: \$32.00 for Centre Member
\$42.00 for Community Participant
Place: Centre Field
Registration Deadline: Monday, April 14
Minimum/Maximum Participants: 6/24 per session

Wee T-Ball & Baseball

47211-SR

Introduce your little ones to the exciting world of baseball with a fun and engaging program designed specifically for t-ball and first-time players. This program focuses on teaching the fundamentals of the game, including throwing, catching, hitting, and running the bases, all within a positive and supportive environment.

Age: 4 - 7 years old
Date: Mondays, May 5 - June 2 (No class May 26)
Time: 5:30 PM - 6:00 PM (4 - 5 years old - T-Ball)
6:15 PM - 6:45 PM (6 - 7 years old - Baseball)
Cost: \$26.00 for Centre Member
\$36.00 for Community Participant
Place: Centre Field
Registration Deadline: Friday, April 25
Minimum/Maximum Participants: 6/24 per session

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, March 31 - April 21
Time: 5:15 PM - 5:45 PM (4 - 6 years old)
6:00 PM - 6:30 PM (6 - 8 years old)
Cost: \$36.00 for Centre Members
\$42.00 for Community Participants
Place: Westfields Studio
Registration Deadline: Monday, March 24
Minimum/Maximum Participants: 4/12 per session

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Pickleball for Teens

47211-SR

This fun, fast-paced program introduces teens to the exciting game of pickleball, a mix of tennis, badminton, and ping pong. Participants will learn the basics of serving, rallying, and scoring, while also developing strategy, teamwork, and hand-eye coordination.

Whether you're brand new to the game or looking to improve your skills, this class is perfect for teens who want to get active, make new friends, and enjoy some friendly competition. Paddles and balls are provided, so all you need is a pair of sneakers and a positive attitude.

Age: 11 - 18 years old
 Date: Mondays, March 31 - April 21
 Time: 3:15 PM - 4:00 PM (14 - 18 years old)
 4:15 PM - 5:00 PM (11 - 14 years old)
 Cost: \$23.00 for Centre Members
 \$39.00 for Community Participants
 Place: Centre Gymnasium
 Registration Deadline: Monday, March 24
 Minimum/Maximum participants: 4/12 per session

Babysitter Training

47225

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: Monday, April 28
 Time: 9:00 AM - 4:00 PM
 Cost: \$50.00 for Centre Members
 \$65.00 for Community Participants
 Place: Centre Classroom
 Registration Deadline: Monday, April 21
 Minimum/Maximum participants: 3/10

Parent's Night Out

47225

Children ages 5 - 12 are welcome to come hang out with friends, watch movies, play games, have gym time and swim (ages 8 - 12)! Pizza, cookies, and lemonade are included in your registration fee. Sit back, enjoy a date night, and let us entertain your children!

Age: 5 - 12 years old
 Date: Friday, March 14
 Time: 6:00 PM - 8:45 PM
 Cost: \$20.00 for Centre Members
 \$30.00 for Community Participants
 Place: Centre Pool, Gymnasium, Classrooms, and RCU Studio
 Registration Deadline: Friday, March 7
 Minimum/Maximum participants: 10/40

Age: 5 - 12 years old
 Date: Friday, April 11
 Time: 6:00 PM - 8:45 PM
 Cost: \$20.00 for Centre Members
 \$30.00 for Community Participants
 Place: Centre - Pool/Gym/4K/RCU
 Registration Deadline: Friday, April 3
 Minimum/Maximum participants: 10/40

Age: 5 - 12 years old
 Date: Friday, May 9
 Time: 6:00 PM - 8:45 PM
 Cost: \$20.00 for Centre Members
 \$30.00 for Community Participants
 Place: Centre - Pool/Gym/4K/RCU
 Registration Deadline: Friday, May 2
 Minimum/Maximum participants: 10/40



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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: 26 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: 26 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)
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: 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: 36

CPR/AED/First Aid Certification

47286

The CPR/AED/First Aid course is for individuals looking for initial or recertification. The course is a blended course which incorporates online classroom/learning modules, allowing individuals to work at their own pace. In addition, an in-person skills session is required after completion of the online course. After completion of the online course and in-person skills session, individuals will receive a certificate of completion and be officially certified. This certification will be good for 2 years.

Age: 15+ years old
 Date: Tuesday, March 4
 Time: 6:30 PM - 8:00 PM
 Cost: \$70.00 for Centre Members
 \$100.00 for Community Participants
 Place: Centre Classroom
 Registration deadline: Tuesday, February 25
 Minimum/Maximum Participants : 5/10

Age: 15+ years old
 Date: Saturday, March 22
 Time: 8:00 AM - 9:30 AM
 Cost: \$70.00 for Centre Members
 \$100.00 for Community Participants
 Place: Centre Classroom
 Registration deadline: Saturday, March 15
 Minimum/Maximum Participants : 5/10

Age: 15+ years old
 Date: Tuesday, April 8
 Time: 6:30 PM - 8:00 PM
 Cost: \$70.00 for Centre Members
 \$100.00 for Community Participants
 Place: Centre Classroom
 Registration deadline: Tuesday, April 1
 Minimum/Maximum Participants : 5/10

Age: 15+ years old
 Date: Tuesday, May 6
 Time: 6:30 PM - 8:00 PM
 Cost: \$70.00 for Centre Members
 \$100.00 for Community Participants
 Place: Centre Classroom
 Registration deadline: Tuesday, April 29
 Minimum/Maximum Participants : 5/10

Scuba Sunday

47295

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

Date: Sundays
 Time: 3:00 PM - 5:00 PM
 Cost: FREE for Centre Members
 \$10.00 per day for Youth Community Participants
 \$20.00 per day for Adult Community Participants

American Red Cross Lifeguard Certification

47286

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

Prerequisites for lifeguard candidates:

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

Age: 15+ years old
 Date: Friday - Sunday, March 14 - 16
 Time: 5:30 PM – 10:30 PM (Friday)
 9:00 AM – 5:30 PM (Saturday)
 9:00 AM – 5:30 PM (Sunday)
 Cost : \$75.00 for Centre Staff
 \$175.00 for Centre Members
 \$225.00 for Community Participants
 Place: Centre Pool & Classroom
 Registration Deadline: Friday, March 7
 Minimum/Maximum Participants: 4/10

Private Swim Lessons

47285

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



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



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 30 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 perform 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 30 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

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 March 4 - 20 Registration Deadline: Tuesday, February 25		Tuesdays & Thursdays April 1 - 17 Registration Deadline: Tuesday, March 25		Tuesdays & Thursdays May 6 - 22 Registration Deadline: Tuesday, April 29	
5:00 PM - 5:30 PM	Tots Presc 1, 2 Level 1, 2	5:00 PM - 5:30 PM	Tots Presc 1, 2 Level 1, 2	5:00 PM - 5:30 PM	Tots Presc 1, 2 Level 1, 2
5:35 PM - 6:05 PM	Tots Presc 1 Level 1, 2, 3	5:35 PM - 6:05 PM	Tots Presc 1 Level 1, 2, 3	5:35 PM - 6:05 PM	Tots Presc 1 Level 1, 2, 3
6:10 PM - 6:40 PM	Presc 2 Level 3, 4, 5, 6	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
Saturdays March 22 - May 3 (no class April 19) Registration Deadline: Saturday, March 15					
9:25 AM - 9:55 AM	Presc 1 Level 1, 2				
10:00 AM - 10:30 AM	Presc 2 Level 1, 2				
10:35 AM - 11:05 AM	Presc 2 Level 1, 3				
Sundays March 23 - May 4 (no class April 20) Registration Deadline: Sunday, March 16					
4:00 PM - 4:30 PM	Presc 1, 2				
4:35 PM - 5:05 PM	Level 1, 2				
5:10 PM - 5:40 PM	Level 3, 4				



SPRING 2025 PROGRAM GUIDE

MARCH - MAY

A Huge Thank You to Our Sponsors!

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



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

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