

SUMMER  
2025

PROGRAM  
GUIDE

JUNE - AUGUST

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



# About Us



## 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 - 12:00 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 - 7:00 PM
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](http://www.nracentre.com/centre-schedules)

Cost: FREE for Centre Members  
Day Pass for Youth Community Participants  
Day Pass 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  
Day Pass for Community Participants  
\$3.00 per month for Centre Members - 24/7 access

## 5K Summer Run/Walk Series

47375-SR

Don't let summer evenings slip away! Enjoy a diverse course for a new challenge each time.

Age: 10+ years old  
Date: Thursdays, May 29, June 26, & July 24  
Time: 5:30 PM registration, 6:00 PM 5K  
Cost: \$15.00 for Centre Members  
\$30.00 for Community Participants  
Place: Centre

## Crazy Core Challenge

42780-SR

Strengthen your core throughout the month with a variety of exercises. We will focus on anti-rotation, anti-flexion, and anti-extension movements to achieve a rock-solid core!

Age: 15+ years old  
Date: June 1 - 30  
Cost: FREE for Centre Members  
Registration Deadline: Tuesday, May 27

## Train Tough Outdoors

47290-SR

Push your limits and unleash your inner strength with our Train Tough Bootcamp! This high-intensity, full-body workout is designed to challenge every fitness level. It combines exercises for strength, endurance, and agility, all set in the great outdoors. Get ready to tackle demanding drills, build muscle, burn fat, and boost your confidence—all while enjoying the fresh air and the support of a motivating group.

Age: 16+ years old  
 Date: Session 1: Mondays & Wednesdays, June 2 - 25  
 Session 2: Mondays & Wednesdays, July 7 - 30  
 Session 3: Mondays & Wednesdays, August 4 - 27  
 Time: 6:15 PM - 7:15 PM  
 Cost: \$56.00 for Centre Members per session  
 \$84.00 for Community Participants per session  
 Place: Centre  
 Registration Deadline: One week prior  
 Minimum/Maximum Participants: 8/20

## Summer Solstice Outdoor Yoga

47290-SR

Join us in celebrating the longest day of the year with a peaceful and rejuvenating outdoor yoga session! We invite you to a special Summer Solstice practice, where we will embrace the sun's energy, connect with nature, and set intentions for the season ahead. This all-level flow will help you align your mind, body, and spirit beneath the open sky. Please bring your mat and a positive attitude, and enjoy the vibrant energy of the summer sun!

Age: 12+ years old  
 Date: Thursday, June 19  
 Time: 6:30 PM - 7:30 PM  
 Cost: \$10.00 for Centre Members  
 \$15.00 for Community Participants  
 Place: Centre  
 Registration Deadline: Monday, June 16  
 Minimum/Maximum Participants: 5/20

## Yoga for Athletes to Enhance Performance

47290-SR

Join us for a 4-week yoga series specifically designed for athletes who want to enhance their performance, improve flexibility, and aid recovery. Whether you are a runner, cyclist, weightlifter, or play team sports, this series will help you build strength, prevent injuries, and develop the mobility needed for optimal performance.

Each week will focus on a different aspect of cross-training with yoga, incorporating breathwork, dynamic movement, and deep stretching to complement your existing training routine.

Age: 14+ years old  
 Date: Thursdays, July 10 - 31  
 Time: 6:30 PM - 7:30 PM  
 Cost: \$36.00 for Centre Members  
 \$80.00 for Community Participants  
 Place: RCU Studio  
 Registration Deadline: Thursday, July 7  
 Minimum/Maximum Participants: 4/30

## 1000 Minute Club

42780-SR

The goal of this challenge is simple: complete 1,000 minutes of physical activity! If you achieve 1,000 minutes of exercise at the Centre during the month of August, you will be entered into a drawing for a free personal training session!

Age: 15+ years old  
 Date: August 1 - 31  
 Cost: FREE for Centre Members  
 Registration Deadline: Friday, July 25

## Dog Dash 3K Walk/Run

47375-SR

Join us for a run/walk ending at the splash pad! For everyone's safety, all dogs must be leashed at all times. You do not need a dog to participate in the Dog Dash!

Age: 10+ years old (under 18 must have a parent/guardian if bringing a dog)  
 Date: Thursday, August 7  
 Time: 5:30 PM Registration, 6:00 PM 3K  
 Cost: Centre Members: \$15.00 with dog, \$5.00 without  
 Community Participants: \$20.00 with dog, \$10.00 without  
 Place: Centre  
 Registration Deadline: Monday, August 4  
 Minimum/Maximum Participants: 10/60

# We believe in beautiful, healthy, confident smiles

We are thrilled to announce a new orthodontist has joined our Kristo Orthodontics team! **Dr. Dale** is dedicated to helping children, teens, and adults in the St. Croix Valley enhance their smiles through orthodontic treatment.



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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, 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

## 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: Session 1: Monday, June 2  
Session 2: Thursday, June 19  
Session 3: Monday, August 4  
Session 4: Thursday, August 21  
Time: S1 & S3: 9:00 AM - 10:00 AM  
S2 & S4: 5:00 PM - 6:00 PM  
Cost: \$10.00 for Centre Members  
\$18.00 for Community Participants  
Place: Community Room  
Registration Deadline: One week prior  
Minimum/Maximum Participants: 4/25

## Family Nutrition & Eating Healthy

47290-SR

Are you a busy parent struggling to find time to prepare dinners? Do you need assistance in making healthier food choices for your family? This 4-week program is designed to provide you with the guidance you need. Each week, you will receive delicious and nutritious recipes, along with additional resources.

We will kick off the class with an in-person or virtual meeting, depending on your preference. Following that, the remainder of the program will be conducted via email. A recording of the initial meeting will be available for those who cannot attend live.

Age: 18+ years old  
Date: Sunday, June 8 (meeting)  
June 8 - July 5  
Time: 4:30 PM - 5:30 PM  
Cost: \$48.00 for Centre Members  
\$65.00 for Community Participants  
Place: Community Room  
Registration Deadline: Sunday, June 1  
Minimum/Maximum Participants: 4/40

## Hydration & Summer Nutrition Seminar

47290-SR

Come learn more about the importance of hydration, electrolytes, and summer foods you need to be eating to be in your best shape, mentally and physically!

Age: 15+ years old  
Date: Session 1: Wednesday, June 11  
Session 2: Monday, July 7  
Time: S1: 10:00 AM - 11:00 AM  
S2: 6:00 PM - 7:00 PM  
Cost: \$10.00 for Centre Members  
\$15.00 for Community Participants  
Place: Community Room  
Registration Deadline: One week prior  
Minimum/Maximum participants: 8/40

## Sugar Detox Challenge

47290-SR

Are you struggling with sugar cravings or late-night snacking? If so, this challenge is perfect for you! By eliminating refined sugars from your diet, you'll not only look better but also feel amazing.

This 3-week challenge is designed to help you overcome your sugar cravings and support you in feeling your best. We will start with an initial meeting, which can be attended in person or virtually. The rest of the challenge will be conducted through email. If you are unable to attend the live meeting, it will be recorded for you to watch later.

Age: 18+ years old  
Date: Monday, July 14 (meeting)  
July 14 - 28  
Time: 10:00 AM - 11:00 AM  
Cost: \$25.00 for Centre Members  
\$40.00 for Community Participants  
Place: Community Room  
Registration Deadline: Monday, July 7  
Minimum/Maximum Participants: 6/40



## Fight Off Inflammation

47280-SR

This program is designed to assist individuals suffering from acute or chronic inflammation. Whether you know the cause of your inflammation or not, you will receive valuable knowledge and guidance to support your healing journey. The goal of this program is to help those in pain and hopefully provide some relief.

We will start with an initial meeting, which can be attended in person or virtually. The rest of the program will be conducted through email. If you are unable to attend the live meeting, it will be recorded for you to watch later.

Age: 18+ years old

Date: Sunday, August 3 (meeting)

August 3 - 17

Time: 5:00 PM - 6:00 PM

Cost: \$20.00 for Centre Members

\$35.00 for Community Participants

Place: Community Room

Registration deadline: Sunday, July 27

Minimum/Maximum Participants: 6/20

## Gut Health & Digestive Reset Seminar

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! Plus, enjoy a free tasty health shot!

Age: 15+ years old

Date: Monday, August 11

Time: 10:00 AM - 11:00 AM

Cost: \$15.00 for Centre Members

\$26.00 for Community Participants

Place: Community Room

Registration Deadline: Monday, August 4

Minimum/Maximum Participants: 6/20

## 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

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## Kids Crafts

47212

Join us for a fun time making bracelets, painting paper ladybugs, or creating painted rocks. For the most fun, participate in all three activities!

Age: 4 - 8 years old  
 Date: Session 1: Friday, June 20 Bracelet  
 Session 2: Friday, July 18 Paper Ladybugs  
 Session 3: Friday, August 15 Painted Rocks  
 Time: 9:30 AM - 10:30 AM  
 Cost: \$10.00 for Centre Member  
 \$15.00 for Community Participant  
**\*SAVE \$6 if registering for all 3 sessions**  
 Place: Community Room  
 Registration Deadline: One week prior  
 Minimum/Maximum Participants: 6/15

## Corn Fest

47219

School is almost back in session, but summer isn't over yet! The fun summer evenings can continue a little longer. Corn Fest is back, and we're excited to welcome everyone! Join us at the Centre for the 15th Annual Corn Fest, a fantastic family event for the entire community. Enjoy fair-inspired food and FREE corn on the cob. A special thank you to FNC Bank for their sponsorship and support of this wonderful event.



Age: All ages  
 Date: Wednesday, August 27  
 Time: 5:00 PM - 7:00 PM  
 Cost: FREE corn, concessions available for purchase  
 Place: Centre

## Senior Picnic Potluck

47275

Join us for a summer cookout! The sun will be shining, and so should we, so we are having a cookout. Bring your friends and a dish to share. We'll supply the hot dogs and corn on the cob.

Age: All ages  
 Date: Wednesday, August 27  
 Time: 3:00 PM - 5:00 PM  
 Cost: FREE for Centre Members  
 Place: Centre

Every Pet Deserves a Great Vet.

## Countryside Veterinary Clinic

And We Have Great Vets!



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

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

715-246-5606  
[countrysidevet@frontiernet.net](mailto:countrysidevet@frontiernet.net)

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

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OR ONLINE: [www.nrsoccer.com](http://www.nrsoccer.com)**

## Teens

### Youth Strength & Agility

47211-SR

Prepare to take your athletic performance to the next level this summer with our dynamic Strength and Agility Program, tailored specifically for middle school and high school athletes. Whether you're getting ready for the upcoming sports season or looking to improve your overall fitness, this program will challenge you to achieve new heights in your athletic abilities.

Age: 7th - 12th graders  
Date: Tuesdays & Thursdays, June 17 - July 17  
(no class July 1 & 3)  
Time: Session 1: 9:00 AM - 10:00 AM  
Session 2: 3:00 PM - 4:00 PM  
Cost: \$90.00 for Centre Members  
\$120.00 for Community Participants  
Place: Westfields Studio, Outdoor Field  
Registration Deadline: One week prior  
Minimum/Maximum Participants: 4/16 per session

### Teen Retreat

47212-SR

Come explore with kids your age! Enjoy hiking outdoors, playing games, and a fun bracelet-making activity. Please bring a bagged lunch.

Age: 11 - 14 years old  
Date: Thursday, June 26  
Time: 12:00 PM - 2:00 PM  
Cost: \$15.00 for Centre Members  
\$25.00 for Community Participants  
Place: Centre and Sather Nature Center  
Registration Deadline: Thursday, June 19  
Minimum/Maximum Participants: 8/16

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PSA, CREN**  
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## 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 - 7:00 PM
Saturday	8:00 AM - 12:00 PM
Sunday	Closed

Age: 6 weeks up to 10 years  
Cost: FREE for Centre Members and their children  
Day Pass for Community Participants

### Centre 3 Year Old Preschool

47225-RN

Centre 3 Year Old Preschool offers a distinctive learning experience in a safe and nurturing environment. Our qualified teachers help guide children in the development of socialization, learning, and preparing for school success. Our program offers children the opportunity to use our swimming pool and gymnasium as we work to develop the whole child. Children must be potty trained to participate. Our program is licensed by the State of Wisconsin. An enriching experience awaits at the Centre!

Age: Must be 3 years old before start date  
Date: Monday - Friday, starting o  
Time: 6:00 AM - 6:00 PM  
Cost: \$215.00 per week for Centre Members  
\$230.00 per week for Community Participants  
Maximum participants: 20



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

## Child Care

### 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.

#### 2025 - 2026 School Year

Age: Must be 4 years old by September 1, 2025

Date: Monday - Thursday starting Tuesday, September 2

Time: 7:50 AM - 11:00 AM

Cost: FREE

Maximum participants: 26 participants per class

### 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.

#### 2025 - 2026 School Year

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

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



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### 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.

#### 2025 - 2026 School Year

Age: 5 - 8 years old

Date: Monday - Friday, starting August 21 (GAP)  
October 16, February 5 (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

### 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 - 2026 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: 52 per day

### 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: June 5, 6

Time: 6:00 AM - 6:00 PM

#### 2025 - 2026 School Year

Age: 4 - 8 years old

Date: September 22

November 26

December 22, 23, 26, 29, 30

January 2, 19

March 2, 23, 24, 25, 26, 27

April 3

May 26, 27, 28, 29

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-JB

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: Session 1: Wednesday, June 11  
Session 2: Wednesday, July 9  
Session 3: Wednesday, August 6  
Time: 5:00 PM - 7:30 PM  
Cost: \$70.00 for Centre Members  
\$100.00 for Community Participants  
Place: Centre Classroom  
Registration deadline: One week prior  
Minimum/Maximum Participants : 5/10

## American Red Cross Lifeguard Certification

47286-JB

Learn how to prevent, protect against, and respond to aquatic emergencies, as well as provide care for breathing and cardiac emergencies, injuries, and sudden illnesses. Lifeguard candidates must meet specific prerequisites to enroll. This is a blended learning course, and the online portion must be completed before the first day of class. Successful students will receive the Lifeguarding with CPR/AED for Professional Rescuers and First Aid Certification, which is valid for two years.

Prerequisites for lifeguard candidates include:

- Ability to swim continuously for 150 yards using either freestyle or breaststroke.
- Ability to tread water for 2 minutes without using hands and then swim a 50-yard freestyle.
- Ability to swim 20 yards (without goggles), submerge to retrieve a 10-pound brick, and swim back while holding the brick with both hands on the chest without submerging.

Age: 15+ years old  
Date: Coming Soon!  
Cost : \$175.00 for Centre Members  
\$225.00 for Community Participants  
Place: Centre Pool & Classroom  
Minimum/Maximum Participants: 4/10

## Scuba Sunday

47295-JB

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  
Day Pass for Community Participants

## Private Swim Lessons

47285

Private swim lessons are designed to cater to the unique needs and goals of each individual. These lessons are available for all ages and skill levels. Small group private swim lessons accommodate groups of 2 to 3 people. Each session lasts 30 minutes, and prices are charged per participant. **Please note that private swim lesson packages must be used within six months of the purchase date. If you arrive more than 15 minutes late for a scheduled session, it will be considered a no-show, and no refund or credit will be issued.**

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

If you're unsure about what level your swimmer should be in, it's important to place them in the appropriate class for optimal learning.

- Children under 3 years old should be registered for the Tots class.
- Children aged 3 to 4 years old should choose the Preschool class based on their comfort in the water.

Swim checks are available on Tuesday and Thursday evenings before the first swim lesson of the day. Please check the class schedule for specific times and dates. To schedule a swim check, call our Aquatics department in advance.

## Centre Swim School

Centre Swim School is an innovative program designed to teach essential swimming skills to individuals of all ages. We follow a logical and consistent progression, starting with the fundamentals and culminating in endurance training for various strokes. Students will advance from one level to the next as they master the required skills.

We look forward to providing the highest quality program for you and your family.

### Goggles

Children in Preschool 1 & 2 and Level 1 & 2 are advised against wearing goggles.

### Cell Phone, Camera, and Recording Device Policy

Parents are permitted to bring cameras only on the last day of lessons to take pictures and/or videos during our swimmer showcase. The Centre is committed to providing a comfortable and safe environment for all members and guests. Therefore, cell phone use is restricted to the main lobby. The use of cameras and video recording devices, including cell phone cameras, is prohibited within the Centre, except for approved special events. At no time are cameras or cell phones allowed in the locker rooms.

### Parent Seating

Parents are requested to sit in the bleachers while watching swim lessons. This helps swimmers and instructors maintain focus on skills.

### Transfer/Cancellation Policy

Please note that our policy states that after the registration deadline, no changes to classes or refunds will be processed.

### Become a Centre Member

Sign up to become a Centre Member before completing your class, and we will credit you the difference between Centre Member and Community Participant Swim School rates. This credit can be applied towards your Get Going Fee or your initial membership payment.

### Open Swim

Swim school students are welcome to participate in open swim before and after their lessons. Community participants currently enrolled in Centre Swim School can swim for free during swim school hours. However, those not 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 submersion
- 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 flotation 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

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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 class 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 class 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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## Centre Swim School Class Schedule

47285-JB

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

Session 1		Session 2		Session 3	
<b>Tuesdays &amp; Thursdays</b> June 3 - 19 Registration Deadline: Tuesday, May 27		<b>Tuesdays &amp; Thursdays</b> July 8 - 24 Registration Deadline: Tuesday, July 1		<b>Saturdays</b> August 2 - September 13 (No class Aug 30) Registration Deadline: Saturday, July 26	
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 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	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	Presc 2 Level 1, 3
				<b>Sundays</b> August 3 - September 14 (No class Aug 31) Registration Deadline: Sunday, July 27	
				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
				<b>Tuesdays &amp; Thursdays</b> August 5 - 21 Registration Deadline: Tuesday July, 29	
				5:00 PM - 5:30 PM	Tots Presc 1, 2 Level 1, 2
				5:35 PM - 6:05 PM	Tots Presc 1 Level 1, 2, 3
				6:10 PM - 6:40 PM	Presc 2 Level 3, 4, 5, 6



# SUMMER

## 2025 PROGRAM GUIDE

JUNE - AUGUST

### 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.



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