

# FALL 2025

## PROGRAM GUIDE

SEPTEMBER -  
NOVEMBER



[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

## Small Group Training

42790-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, September 15 - October 15  
Time: 9:35 AM - 10:05 AM  
Cost: \$42.00 for Centre Members  
\$54.00 for Community Participants  
Place: Westfields Studio  
Registration Deadline: Monday, September 8  
Minimum/Maximum Participants: 4/10



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## Step Into Fall Challenge

47280-SR

Step into fall with our fun and motivating walking challenge! Track your steps and see how many you can rack up before the challenge ends. Along the way, we'll come together for three energizing group walks—perfect for fresh air, friendly faces, and a little extra movement. Lace up your shoes and let's make every step count!

Age: 18+ years old  
 Date: September 1 - 30  
 (Walks: Mondays, September 15, 22, 29)  
 Time: 10:00 AM - 11:00 AM for walks  
 Cost: FREE for Centre Members  
 \$10.00 for Community Participants  
 Place: Centre  
 Registration Deadline: Monday, August 25

## Never Forget 9/11 Challenge

47280-SR

In honor of those who lost their lives on September 11, 2001, and to pay tribute to our first responders and military personnel who protect us from both foreign and domestic threats, we invite you to participate in the Never Forget 9/11 Challenge.

By signing up for this challenge, you will climb 2071 steps, which represents the 110 floors of the Twin Towers. You have the opportunity to attempt this challenge as many times as you'd like, but all 2071 steps must be completed in a single attempt. To earn a prize, please submit a photo of the stairs you took during your climb on the Stairclimber.

Age: 16+ years old  
 Date: September 7 - 13  
 Cost: FREE for Centre Members  
 Place: Cardio Room

## Better You Challenge

47280-SR

Are you ready to become the best version of yourself? The Better You Challenge is a fun and flexible program that includes weekly diet and exercise challenges. These challenges are designed to help you build healthier habits, boost your energy, and feel your best—one step at a time. Let's take on this challenge together!

Age: 18+ years old  
 Date: Sunday, October 12 (meeting)  
 October 13 - 27  
 Time: 5:00 PM - 6:00 PM  
 Cost: \$25.00 for Centre Members  
 \$44.00 for Community Participants  
 Place: Community Room  
 Registration Deadline: Monday, October 6  
 Minimum/Maximum Participants: 4/20

## 6-Week Ultimate Transformation

47290-SR

Push your limits and transform your body in our 6-Week Ultimate Transformation class! This high-intensity program blends strength, cardio, and core training for total body results. Get ready to challenge yourself and see real progress every week!

Age: 16+ years old  
 Date: Mondays & Wednesdays, November 10 - December 17  
 Time: 8:45 AM - 9:30 AM or 6:15 PM - 7:00 PM  
 Cost: \$54.00 for Centre Members  
 \$93.00 for Community Participants  
 Place: Westfields Studio and RCU Studio  
 Registration Deadline: Monday, November 3  
 Minimum/Maximum Participants: 4/10



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## Thanksgiving Treadmill 5K

47375-SR

Join us for a fun and flexible way to stay active during Thanksgiving week! Sign up to complete a 5K on the treadmill anytime between Sunday and Saturday. Whether you walk, jog, or run, just log your time with our fitness staff to earn a finisher badge and bragging rights.

Age: 16+ years old  
 Date: November 23 - 29  
 Cost: \$5.00 for Centre Members  
 \$10.00 for Community Participants  
 Place: Cardio Room  
 Registration Deadline: Thursday, November 20

## Thanksgiving Bootcamp

47280-SR

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

Age: 16+ years old  
 Date: Thursday, November 27  
 Time: 7:15 AM - 8:30 AM  
 Cost: \$7.00 for Centre Members  
 \$12.50 for Community Participants  
 Place: Gymnasium  
 Registration Deadline: Monday, November 24  
 Minimum/Maximum Participants: 5/30



### SPECIAL DEALS

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

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## Couch to 5K

47375-SR

Have you ever wanted to run a 5K but aren't sure how to train for it? Sign up for a program that offers accountability and a structured workout plan to get you ready for the Centre 5K Racing Series. The Couch to 5K plan combines running and walking to gradually improve your fitness and stamina. Please note that space is limited.

What you will receive:

- Goal setting
- A personalized 8-week training plan
- An optional weekly check-in via telephone or email
- Weekly tips on pacing, cross-training, and incorporating strength training, etc.

Age: 10+ years old  
 Date: September 15 - November 9  
 Cost: \$25.00 for Centre Members  
 \$44.00 for Community Participants  
 Registration Deadline: Monday, September 8  
 Minimum/Maximum Participants: 4/10

## 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 15  
 Saturday, December 13  
 Saturday, January 3  
 Saturday, February 21  
 Saturday, March 14  
 Saturday, April 18  
 Time: 8:30 AM registration, 9:00 AM 5K  
 Cost: \$30.00 for Centre Members  
 \$52.00 for Community Participants  
**Price includes long sleeve, as supplies last**  
 Place: Centre

## 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

47213-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  
 Day Pass for Community Participants  
 \$30.00 5-visit punch card for adults 55+ years old  
 Place: Centre Gymnasium

## Co-Ed Volleyball League

47213-SR

Attention all volleyball enthusiasts, beginners, and competitive players! This co-ed league is open to everyone aged 17 and older, regardless of skill level. Teams will be randomly assigned each week based on attendance. We will play every Monday. Feel free to join us for one night or all of them! This is a fantastic opportunity to improve your skills and get some exercise.

Age: 17+ years old  
 Date: Mondays, October 6 - January 19  
 Time: 5:45 PM - 7:45 PM  
 Cost: \$25.00 for Centre Members  
 \$44.00 for Community Participants  
 Place: Gymnasium  
 Registration Deadline: Monday, October 6  
 Minimum/Maximum participants: 6/30

## Men's Adult Basketball League

47213-SR

This league is designed for adults who want to compete in a fun, competitive environment while enjoying time with friends and meeting new people. The season consists of 17 weeks, featuring a 5v5 format with one game per week. Games are played in a call-your-own-foul style with a 20-minute running clock.

Age: 25+ years old  
 Date: Thursdays, November 13 - March 26  
 (no games November 27, December 25, January 1)  
 Time: 6:00 PM - 8:30 PM  
 Cost: \$36.00 for Centre Members  
 \$63.00 for Community Participants  
 Place: Centre Gymnasium  
 Registration Deadline: Wednesday, November 12  
 Minimum/Maximum participants: 20/40

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### Immunity Boost 101 Seminar

47290-SR

Stay healthy during the cold season! In this seminar, we'll cover simple and effective ways to support your immune system through nutrition and other diet and lifestyle tips—helping you feel your best when temperatures drop.

Age: 18+ years old  
Date: Session 1: Thursday, October 2  
Session 2: Monday, November 10  
Time: S1: 5:00 PM - 6:00 PM  
S2: 9:00 AM - 10:00 AM  
Cost: \$10.00 for Centre Members  
\$15.00 for Community Participants  
Place: Community Room  
Registration Deadline: One week prior  
Minimum/Maximum participants: 6/20

### Gut 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: 18+ years old  
Date: Session 1: Thursday, November 20  
Session 2: Monday, November 24  
Time: S1: 5:00 PM - 6:00 PM  
S2: 9:00 AM - 10:00 AM  
Cost: \$10.00 for Centre Members  
\$15.00 for Community Participants  
Place: Community Room  
Registration Deadline: One week prior  
Minimum/Maximum participants: 6/20

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## 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: Sunday, November 2 (meeting)  
 November 2 - 24  
 Time: 4:30 PM - 5:30 PM  
 Cost: \$25.00 for Centre Members  
 \$40.00 for Community Participants  
 Place: Community Room  
 Registration Deadline: Monday, October 27  
 Minimum/Maximum Participants: 4/20

## 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: 15+ years old  
 Date: Session 1: Monday, October 13  
 Session 2: Thursday, November 6  
 Time: S1: 9:00 AM - 10:00 AM  
 S2: 5:00 PM - 6:00 PM  
 Cost: \$10.00 for Centre Members  
 \$15.00 for Community Participants  
 Place: Community Room  
 Registration Deadline: One week prior  
 Minimum/Maximum Participants: 6/20

## Nutrition Coaching

47290-SR

If you're seeking guidance for your eating habits or want to lose some weight, you've come to the right place! A coach is here to support you by providing the guidance you need to transform your eating habits. With their expertise and experience, they will help you change old habits into sustainable new ones. You deserve to feel healthier and look your best while achieving the results you've been working toward.

### Here's what you can expect:

- Free Consultation
- One-on-One Coaching Sessions
- Meal Planning Assistance
- Nutrition Tips
- Health Advice
- Free Access for Text/Email Questions at Any Time!

## Health and Wellness Coaching

47290-SR

Health and Wellness Coaching supports you on your journey to better physical and mental health. Whether you struggle with gut issues or want to manage stress and anxiety more effectively, our guidance can make a difference. A coach will help you stay on track with your health, eliminate chronic diseases and symptoms, and, most importantly, enable you to live life to the fullest.

### If you experience any of the following:

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

We invite you to 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

## 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: Session 1: Mondays, September 22 - October 13  
Session 2: Mondays, November 3 - 24  
Time: 5:15 PM - 5:45 PM (4 - 6 year olds)  
6:00 PM - 6:30 PM (6 - 8 year olds)  
Cost: \$26.00 for Centre Members  
\$45.00 for Community Participants  
Place: Westfields Studio  
Registration Deadline: One week prior  
Minimum/Maximum Participants: 4/12

## Wee Sports Sampler

47211-SR

In this program, children can try out various sports to discover what they enjoy and which sports they would like to pursue further. Parent involvement is highly encouraged.

Age: 3 - 5 years old  
Date: Tuesdays, October 7 - 28  
Time: 11:15 AM - 11:45 AM (3 - 4 year olds)  
5:30 PM - 6:00 PM (4 - 5 year olds)  
Cost: \$26.00 for Centre Members  
\$45.00 for Community Participants  
Place: Centre Gymnasium  
Registration Deadline: Tuesday, September 30  
Minimum/Maximum Participants: 8/20

## Wee Basketball

47211-SR

Join a four-week introduction to learn the basics of basketball. Explore dribbling, passing, shooting, and defense while enjoying drills and playing games.

Age: 3 - 8 years old  
Date: Tuesdays, November 4 - 25  
Time: 11:15 AM - 11:45 AM (3 - 4 year olds)  
5:30 PM - 6:00 PM (4 - 5 year olds)  
6:15 PM - 6:45 PM (6 - 8 year olds)  
Cost: \$26.00 for Centre Members  
\$45.00 for Community Participants  
Place: Centre Gymnasium  
Registration Deadline: Tuesday, October 28  
Minimum/Maximum Participants: 8/20

### Kids Crafts

47212-SR

Join us this fall for a fun-filled Youth Craft class where kids will enjoy seasonal stories and create themed crafts like painted trees, pumpkins, and turkeys. Each month a new book and hands-on project to spark creativity and imagination!

Age: 4 - 8 years old

Date: Session 1: Thursday, September 25 Painting a Tree  
Session 2: Thursday, October 16 Painting a Pumpkin  
Session 3: Thursday, November 20 Thankful Turkey

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

### Scavenger Hunt

47212-SR

Join us for an exciting Nature Scavenger Hunt! Kids will explore the outdoors searching for various nature items. We will conclude our adventure with a story at the end.

Age: 4 - 8 years old

Date: Friday, October 3

Time: 11:00 AM - 12:00 PM or 4:00 PM - 5:00 PM

Cost: \$10.00 for Centre Members  
\$15.00 for Community Participants

Place: Centre & Community Room

Registration Deadline: Friday, September 26

Minimum/Maximum Participants: 4/20



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### 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. This event is open to the public, bring a friend!

Age: 18+ years old  
Date: Wednesday, November 12  
Time: 10:30 AM - 1:00 PM  
Cost: FREE for Centre Members  
\$10.00 for Community Participants  
Place: Community Room  
Registration Deadline: Wednesday, November 5  
Minimum/Maximum Participants: 5/50

### Trunk or Treat Halloween Spooktacular

47219

Bring the family to visit all the spooky, silly, and creative trunks and fill their pumpkins with treats. Concessions will be available during all of the spooky fun! Thank you to Westfields Hospital and Clinic for their sponsorship of this event.



Age: All ages  
Date: Saturday, October 25  
Time: 11:00 AM - 1:00 PM  
Cost: FREE for all participants, concessions for purchase  
Place: Centre parking lot  
Registration Deadline: Friday, October 24 for online registration, day of registrations accepted in person

### Parent's Night Out

47212-SR

It's Parent's Night Out! Enjoy a worry-free, child-free evening while your kids have a blast! Children ages 5 to 12 are welcome to join us for a fun-filled night with friends. They can watch movies, play games, enjoy gym time, and swim (ages 8 to 12 only). Pizza, cookies, and lemonade are included in the registration fee. Sit back, relax, and enjoy your date night while we take care of the entertainment for your children!

Age: 5 - 12 years old  
Date: Friday, November 14  
Friday, December 12  
Time: 6:00 PM - 8:30 PM  
Cost: \$10.00 for Centre Members  
\$17.50 for Community Participants  
**Above prices include 2 kids**  
+\$5.00 per additional child for Centre Members  
+\$8.75 per additional child for Community Participants  
Place: Centre  
Registration Deadline: One week prior  
Minimum/Maximum Participants: 10/40



### Dress-Up Week at The Centre

We're getting into the spirit at the Centre with a week of dress-up days! Participants have a chance to win fun prizes, and you'll also earn Centre Member Rewards for joining in. If you're not already a Centre Rewards Member, now is a great time to sign up!

The Centre Rewards program allows you to earn points just by participating in activities at the Centre. The best part? It's completely free! All you need to do is sign up, and you'll start earning free money to spend at the Centre!

Ages: 18+ years old

Date: October 25 - 31

Inner Animal Saturday - Animal Print Day

Chill Sunday - Tye-Dye Day

Motivational Monday – Dream Job Day

Team Spirit Tuesday – Twin Day

Wacky Wednesday – Crazy Hair or Hat Day

Throwback Thursday – 80s Workout Wear

Happy Halloween – Halloween Costume

Cost: FREE for Centre Members

### Thanksgiving Gratitude Wall & Fall Photo Booth

Celebrate the season of gratitude with our cozy and interactive Gratitude Wall, which wraps around a fall-themed photo booth. We invite you to share what you are thankful for by writing your thoughts on leaves that will be displayed for everyone to enjoy. After that, take a festive photo in front of the booth and share it online using the hashtag #GratefulAtTheCentre. Everyone who shares their photo with the hashtag will be eligible to win a prize!

Age: All ages

Date: November 17 - 30

Cost: FREE for Centre Members

Place: Centre Lobby

### Yoga & Gingerbread Holiday Fun

47212-SR

Get ready for a festive evening 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: Monday, December 8

Time: 5:00 PM - 6:30 PM

Cost: \$25.00 for Centre Members  
\$38.00 for Community Participants

Place: Community Room


Registration Deadline: Monday, December 1

Minimum/Maximum Participants: 6/12

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## Tween Night

47214-SR

Tween nights are an absolute blast! We'll fill the evening with a variety of activities for 4th and 5th graders to enjoy. This includes time in the gym, dance parties, dodgeball, talent shows, swimming, and so much more! Concessions will be available for purchasing your favorite snacks, including candy, soda, pretzels, and nachos. Join us for a night of fun!

Age: 4th - 5th graders  
 Date: Friday, October 10  
 Time: 5:00 PM - 8:00 PM  
 Cost: \$5.00 for Centre Members  
 \$10.00 for Community Participants  
 +\$5.00 late fee if registered after October 9  
 Place: Centre  
 Minimum/Maximum Participants: 20/100

## Teen Up All Night

47214-SR

Get ready for a night of nonstop fun at our Teen Up All Night Halloween Edition! You will stay busy swimming, sports games, free time in the gym, board games, Halloween-themed activities and a costume contest. Concessions available to purchase your favorite candy, soda, pretzels, or nachos.

Age: 6th - 8th graders  
 Date: Friday, October 24  
 Time: 9:00 PM - 9:30 PM Check in (no entrance before 9)  
 9:30 PM - 5:30 AM Up All Night  
 5:30 AM - 6:00 AM Pick up  
 Cost: \$15.00 for Centre Members  
 \$20.00 for Community Participants  
 +\$5.00 late fee if registered after October 23  
 Place: Centre  
 Minimum/Maximum Participants: 20/150

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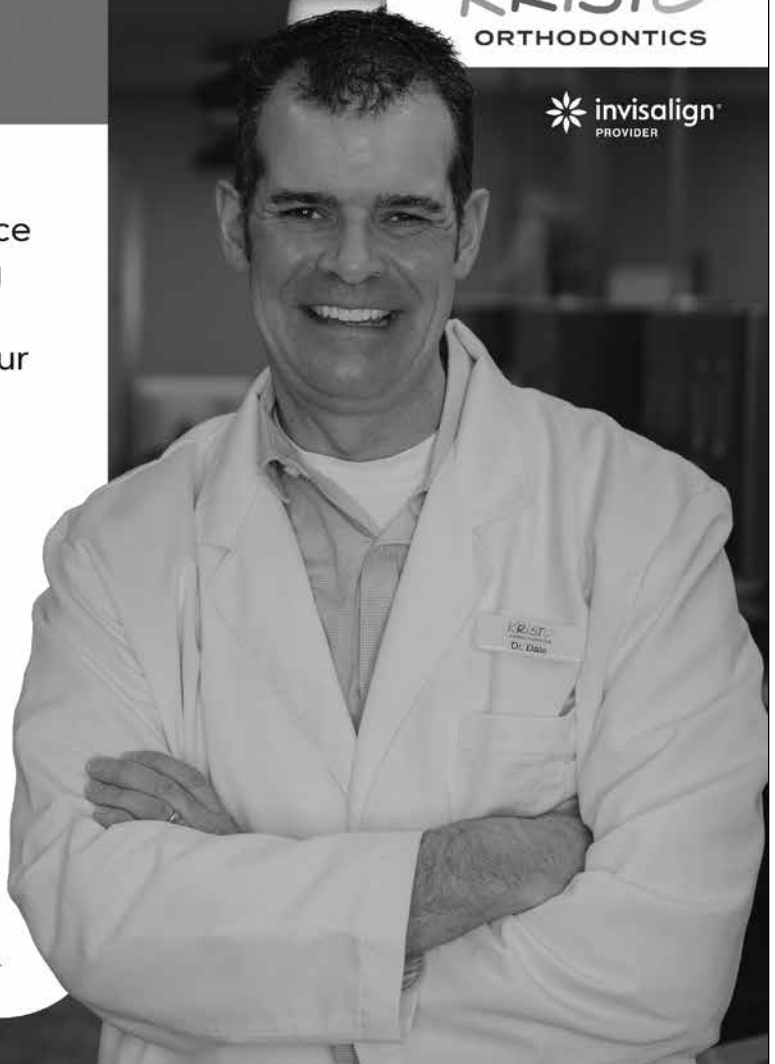
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## Kids Kove

47224-AS

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



## 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 start date

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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## Child Care

### 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.

#### 2025 - 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.


#### 2025 - 2026 School Year

Age: 4 - 8 years old  
Date: September 22  
October 20  
November 26  
December 22, 23, 26, 29, 30  
January 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

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## 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, September 10  
Session 2: Tuesday, October 7  
Session 3: Wednesday, November 5  
Time: 4:30 PM - 6:00 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 full Instructor lead course, participants must attend all scheduled classes. 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: Thursday - Sunday, October 9 - 12  
Time: 5:30 PM - 10:00 PM Thursday and Friday  
9:00 AM - 6:00 PM Saturday and Sunday  
Cost : \$215.00 for Centre Members  
\$275.00 for Community Participants  
Place: Centre Pool & Classroom  
Registration Deadline: Friday, October 3  
Minimum/Maximum Participants: 4/10

## 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.

## 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

## 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



**Matthew J. Welch D.D.S.**

**Evan C. Koubsky D.D.S.**

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## 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



## 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> September 2 - 18 Registration Deadline: Tuesday, August 26		<b>Tuesdays &amp; Thursdays</b> October 7 - 23 Registration Deadline: Tuesday, September 30		<b>Tuesdays &amp; Thursdays</b> November 4 - 20 Registration Deadline: Tuesday, October 28	
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
		<b>Saturdays</b> October 4 - November 8 Registration Deadline: Saturday, September 27			
		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		
		<b>Sundays</b> October 5 - November 9 Registration Deadline: Sunday, September 28			
		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		

# FALL 2025

## PROGRAM GUIDE

### SEPTEMBER - NOVEMBER



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