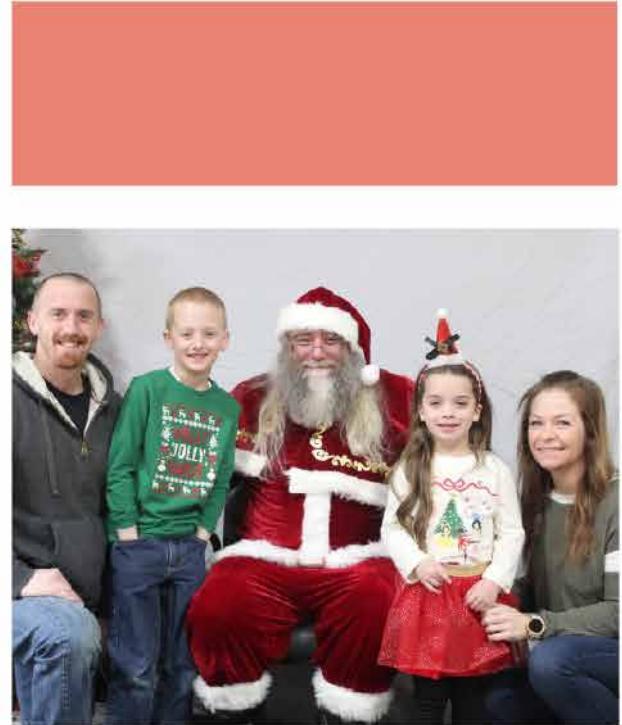


# WINTER 2026



## PROGRAM GUIDE

DECEMBER - FEBRUARY



# About Us



425 E 5th Street  
New Richmond WI 54017

## HEALTH FITNESS & FUN FOR ALL AGES



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

715-246-2252

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### Facility Hours

	April - October	November - March
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

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](mailto: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



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715-246-6184

# Fitness

## Individual Personal Training

47290

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

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

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

# Fitness

## Run Coaching Program Design

47290

Whether you're training for your first 5K, chasing a marathon PR, or just want to run smarter—not harder—this personalized run coaching program is built to help you reach your goals.

From beginners to seasoned runners, you'll get expert support every step of the way. Let's get you running strong, healthy, and confident.

### Guided Packages include:

- One-on-one initial consultation to access your goals, experience, and schedule.
- Personalized weekly training plans tailored to your - and lifestyle.
- Ongoing email support to answer questions and keep you motivated.
- Plan adjustments as needed to fit your life and progress. discuss your fitness, nutrition, and wellness goals; learn more about the services that will help you meet these goals

Guided Packages	Price
Month to Month	\$120.00 per month
3 Months	\$330.00
6 Months	\$570.00

### Independent Package includes:

- One-on-one initial consultation to access your goals, experience, and schedule.
- Personalized 8 week training plan tailored to your ability.
- No ongoing contact or adjustments — perfect for self-guided runners!

Independent Package	Price
8 week program	\$99.00

Run Coaching is for Centre Members 15+ years old. Rates are subject to change.



## 5K Racing Series

47375

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, 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



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## Christmas Boot Camp

47280

Christmas Eve Boot Camp will feature a variety of exercises, including resistance training using your own body weight, combined with cardiovascular workouts and core exercises. This approach will provide a complete, enjoyable, and challenging full-body workout! All fitness levels are welcome, but this will be a challenging workout. The instructor will help with modifications as needed.

Age: 16+ years old

Date: Wednesday, December 24

Time: 7:15 AM - 8:30 AM

Cost: \$9.00 for Centre Members

\$15.00 for Community Participants

Place: Gymnasium

Registration Deadline: Monday, December 22

Minimum/Maximum Participants: 7/30

## New Years Eve Boot Camp

47280

Kick off New Year's Eve with us! Join our New Year's Eve Boot Camp for a fun, full-body workout featuring bodyweight resistance, cardio, and core training. All fitness levels are welcome, and modifications will be provided—but be ready for a challenge!

Age: 16+ years old

Date: Wednesday, December 31

Time: 7:15 AM - 8:15 AM

Cost: \$7.00 for Centre Members

\$12.00 for Community Participants

Place: Gymnasium

Registration Deadline: Monday, December 29

Minimum/Maximum Participants: 7/30

## Biggest Loser Winter 2026

47290-SR

Take the challenge to be the Centre's next biggest loser! Over 12 weeks, you'll take on two 30-minute trainer-led workouts each week and put your effort to the test against other challengers. Along the way, you'll get tips, tricks, and accountability to help you maximize results. Push yourself, track your progress, and see if you have what it takes to be crowned the Biggest Loser! The participant who loses the largest percentage of body weight will receive 6, 30-minute training sessions.

Age: 18+ years old

Date: January 5- March 31, 2026

Initial weigh in: January 5-January 7 by appointment

Final weigh in: March 29- March 31 by appointment

Workouts: Monday/Thursdays 6:30-7:00 pm

Cost: \$120.00 for Centre Members

\$210.00 for Community Participants

Place: Westfields Studio

Registration Deadline: Wednesday, December 31

Minimum/Maximum Participants: 7/25

## 2026 Strength Kickstart

47290-SR

Start your year with purpose, power, and a program that actually delivers results.

2026 Strength Kickstart is a 6-week, coach-led strength training program designed to help you build muscle, increase confidence, and feel stronger in every part of your life.

Age: 18+ years old

Date: Mondays & Wednesday, January 5 - February 11

Time: 8:45 AM - 9:30 AM

Cost: \$63.00 for Centre Members

\$107.00 for Community Participants

Place: Westfields and RCU Studio

Registration Deadline: Monday, December 29

Minimum/Maximum Participants: 8/12

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## **Yoga for Pregnancy**

47280

This series offers a lighthearted yoga flow set to fun music, designed to build strength and flexibility while supporting your body through its changes. Each class provides time to slow down, connect with your baby, and prepare both body and mind for labor.

Age: 18+ years old

Date: Thursdays, January 22 - February 12

Time: 6:00 PM - 7:00 PM

Cost: \$28.00 per couple for Centre Members

\$48.00 per couple for Community Participants

Place: RCU Studio

Registration Deadline: Monday, January 19

Minimum/Maximum Participants: 4/12

## **Couples Yoga Night**

47280

Celebrate love and connection with a playful partner yoga flow! This special Friday evening class combines movement, laughter, and relaxation as you and your partner support each other through poses and stretches. Perfect for all levels—come ready to move, breathe, and bond.

Age: 18+ years old

Date: Friday, February 13

Time: 5:30 PM - 6:30 PM

Cost: \$21.00 per couple for Centre Members

\$36.00 per couple for Community Participants

Place: RCU Studio

Registration Deadline: Monday, February 9

Minimum/Maximum Participants: 4/13



## Sports

### Co-Ed Volleyball League

47290

Attention all volleyball enthusiasts, beginners, and competitive players! Volleyball is open to everyone aged 17 and older, regardless of skill level. Teams will be randomly assigned each week based on attendance. 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 - April 27  
Time: 5:30 PM - 7:30 PM  
Cost: FREE for Centre Members  
Day Pass for Community Participants  
Place: Gymnasium

### Soccer Day Camp

Come to the Centre for a couple of days of fun indoor soccer. Activities will include learning soccer skills and playing soccer games along with time in the Centre pool! You can sign up for one or both days. You don't have to be a great soccer player to join as we will cater the day to all levels of soccer players. The program is limited to 24 participants. Camp is led by Andrew Blattner who plays collegiately at the College of Saint Scholastica in Duluth and Azariah Zappetta who plays collegiately at the University of Minnesota-Morris. Both are former New Richmond High School and current New Richmond Cyclones players.

Participants bring their own lunch, water bottle, swimsuit, and towel. Morning and afternoon snack are provided.

Age: 7 - 12 year old boys & girls  
Date: Mondays, December 22  
OR  
Tuesday, December 23  
Time: 8:00 AM - 5:00 PM  
Cost: \$35.00 for Centre Members  
\$45.00 for Community Participants  
Registration Deadline: One week prior  
Minimum/Maximum Participants: 8/24

### 1st Annual January Jam CANCELLED

Join us for the 1st Annual January Jam soccer event where we kick off the new year with some fun indoor futsal games. Players sign up individually and become part of the jam. Teams are created randomly and each player will play on a number of different teams throughout the day. In addition there will be skills contests during the day. The Centre pool will be open for participants to use throughout the day as well. We provide pizza and beverages for all the players. Each player should bring a water bottle and indoor shoes or tennis shoes. We will divide into groups by age and if registration allows separate the boys and the girls. It's going to be a fun day to play soccer.

Included in the cost is pizza, beverages, access to the Centre pool and all soccer you can handle!

Registration is limited so get signed up early!

Age: 6th - 12th grade boys & girls  
Date: Friday, January 2  
Time: 10:00 AM - 5:00 PM  
Cost: \$35.00 per player  
Registration Deadline: Friday, December 26  
Minimum/Maximum Participants: 8/24



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## AT THE CENTRE

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### SCHEDULE

Enjoy free coffee and fellowship in our lobby!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Advanced 8:00 AM - 10:00 AM  Intermediate & Beginners 10:00 AM - 12:00 PM	8:00 AM - 11:00 AM	Advanced 8:00 AM - 10:00 AM  Intermediate & Beginners 10:00 AM - 12:00 PM	Advanced 8:00 AM - 10:00 AM  Intermediate & Beginners 10:00 AM - 12:00 PM	Advanced 8:00 AM - 10:00 AM  Intermediate & Beginners 10:00 AM - 12:00 PM

SATURDAY	SUNDAY
(2 Courts) 10:00 AM - 12:00 PM	4:00 PM - 5:30 PM

### MEMBERSHIP BREAKDOWN



MEMBERSHIP TYPE	MONTHLY RATE	HOURS PER WEEK	COST PER HOUR
Adult	\$54		\$2.40
Double	\$64		\$2.84
Family	\$74		\$3.29
Senior	\$44		\$1.96

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



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## Youth & Family

### Tumbling

47212

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

Age: 4 - 8 years old  
Date: Mondays, February 9 - March 2  
Time: 5:15 PM - 5:45 PM  
Cost: \$26.00 for Centre Members  
\$45.00 for Community Participants  
Place: Westfields Studio  
Registration Deadline: Monday, February 2  
Minimum/Maximum Participants: 5/12

### Wee Sports Sampler

47211

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, January 6 - 27  
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, December 30  
Minimum/Maximum Participants: 4/20 per session

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## Youth & Family

### Wee Basketball

47211

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, February 3 - 24

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, January 27

Minimum/Maximum Participants: 4/20 per session

### Yoga & Gingerbread Holiday Fun

47212

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

\$42.00 for Community Participants

Place: Community Room

Registration Deadline: Monday, December 1

Minimum/Maximum Participants: 6/12

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## Youth & Family

### Senior Sleigh Bells Social

47275

Get ready to mingle and jingle into the holiday season! Join us at the New Richmond Area Centre for a joyful afternoon of music, laughter, and community cheer. Wear your most festive holiday apparel and let's ring in the season together at the Senior Sleigh Bells Social!

- Enjoy festive favorites and holiday tunes with Donna Kreft with polka and Christmas tunes
- Potluck luck — bring a dish to share!

Age: Adults

Date: Friday, December 12

Time: 11:00 AM - 1:00 PM

Cost: FREE for Centre Members

\$5.00 for Community Participants

Place: Centre Gymnasium

### Parent's Night Out

47212

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, December 12

Friday, February 27

Time: 5:15 PM - 7:45 PM

Cost: \$15.00 for Centre Members

\$20.00 for Community Participants

Place: Centre

Registration Deadline: One week prior

Minimum/Maximum Participants: 20/40



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## Youth & Family

### Breakfast with Santa

47219

Santa is coming to town! Bring your camera and share your Christmas wishes. Before or after visiting, enjoy a delicious pancake breakfast. Thank you to FNC Bank for their sponsorship and support of this special annual event.

Please register your children for the 15 minute time slot that works best for your family.

Age: All ages  
Date: Saturday, December 13  
Time: 9:00 AM - 11:00 AM (divided into 15 minute time slots)  
Cost: FREE for all participants  
Place: Centre  
Registration Deadline: Friday, December 12 for online registration, day of Registrations accepted in-person

### Birthday Bash

47219

It's party time! Help us celebrate the Centre's 17th Birthday! We will have games, concessions, prizes, entertainment, sample group exercise classes, fun in the pool, and more! Thank you to Kristo Orthodontics and Smiles in Motion Pediatric Dentistry for their sponsorship and support of this special event.

Age: All ages  
Date: Saturday, January 24  
Time: 11:00 AM - 1:00 PM  
Cost: FREE for all participants  
Place: Centre Gymnasium



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## Teens

### Tween Night

47214

Tween nights are a blast! We'll pack the night with activities and options for 4th and 5th graders to enjoy! Time in the gym, ping pong, dance parties, dodgeball, talent shows, swimming, and the list just keeps going! We'll open up concessions for purchase of your favorite candy, soda, pretzels, or nachos.

Age: 4th - 5th graders

Date: Friday, February 20

Time: 5:00 PM - 7:45 PM

Cost: \$5.00 for Centre Members

\$10.00 for Community Participants

+\$5.00 late fee if registered after February 19

Place: Centre

Minimum/Maximum Participants: 20/100

### Teen Up All Night

47214

Get a group of friends together, or come by yourself and meet new friends! Join us for open swim, open gym along with other activities. Concessions available.

Age: 6th - 8th graders

Date: Friday, February 6

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 February 26

Place: Centre

Minimum/Maximum Participants: 40/250



## Child Care

### Kids Kove

47224

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

Monday - Friday	7:30 AM - 7:00 PM
Saturday	8:00 AM - 12:00 PM
Sunday	10:30 AM - 1:00 PM (Oct - Apr) Closed (May - Sept)

Age: 6 weeks up to 10 years

Cost: FREE for Centre Members and their children  
Day Pass for Community Participants

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## Child Care

### Centre 4K

47221

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

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

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

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

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



## Aquatics

### CPR/AED/First Aid Certification

47286

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

Age: 15+ years old

Date: Session 1: Tuesday, December 9  
Session 2: Tuesday, January 6  
Session 3: Tuesday, February 10

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

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, January 8 - 11  
Time: 4:00 PM - 8:30 PM Thursday and Friday  
8:30 AM - 5:45 PM Saturday and Sunday

Cost : \$215.00 for Centre Members  
\$275.00 for Community Participants

Place: Centre Pool & Classroom

Registration Deadline: Thursday, January 1

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

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.

# Aquatics

## 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



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## Centre Swim Level 2

Age: 5 - 12 years old

**Prerequisites:**

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

Children will learn:

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

Minimum/Maximum Participants: 3/6

## Centre Swim Level 3

Age: 5 - 12 years old

**Prerequisites:**

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

Children will learn:

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

Minimum/Maximum Participants: 3/6

## Centre Swim Level 4

Age: 5 - 12 years old

**Prerequisites:**

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

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

Children will learn:

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

Minimum/Maximum Participants: 3/6



## 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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# Aquatics

## Centre Swim School Class Schedule

47285

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

<b>Session 1</b>		<b>Session 2</b>		<b>Session 3</b>	
<b>Tuesdays &amp; Thursdays</b> December 2 - 18 Registration Deadline: Tuesday, November 25		<b>Tuesdays &amp; Thursdays</b> January 6 - 22 Registration Deadline: Tuesday, December 30		<b>Tuesdays &amp; Thursdays</b> February 3 - 19 Registration Deadline: Tuesday, January 27	
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> January 10 - February 14 Registration Deadline: Saturday, January 3			
		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> January 4 - February 8 Registration Deadline: Sunday, December 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		

# WINTER 2026 PROGRAM GUIDE

## DECEMBER - FEBRUARY



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