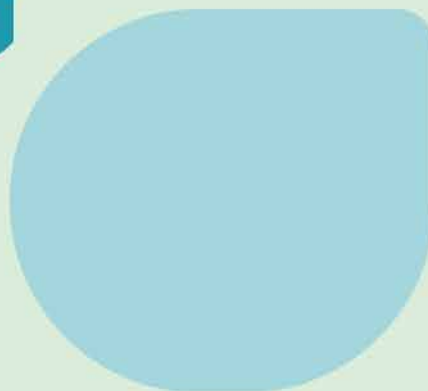


**PROGRAM GUIDE**  
**SPRING**  
**2026**  
**MARCH - MAY**



# About Us



425 E 5th Street  
New Richmond WI 54017

**HEALTH FITNESS & FUN FOR ALL AGES**

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)<br>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



## 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, 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

## Six Weeks to Strong

47290-SR

Step into spring feeling stronger, fitter, and back in a routine you're proud of.  
 Six Weeks to Strong is a 6-week program built to help you increase strength, boost energy, and rebuild consistency after the winter slump.

Age: 18+ years old  
 Date: Session 1: Mondays & Wednesdays  
 February 23 - April 1  
 OR  
 Session 2: Mondays & Thursdays  
 February 23 - April 2  
 Time: S1: 8:45 AM - 9:30 AM  
 S2: 6:15 PM - 7:00 PM  
 Cost: \$63.00 for Centre Members  
 \$107.00 for Community Participants  
 Place: Westfields/RCU Studio  
 Registration Deadline: Monday, February 16  
 Minimum/Maximum Participants: 8/12

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## Strong Foundations for Seniors

47290-SR

A small-group, paid program designed to introduce older adults to safe and effective strength training. The focus is on learning proper form, building confidence with resistance equipment, and developing a foundation for continued progress.

Age: 55+ years old

Date: Wednesdays, March 11 - April 15

Time: 9:45 AM - 10:30 AM

Cost: \$32.00 for Centre Members

\$54.00 for Community Participants

Place: Westfields

Registration Deadline: Wednesday, March 4

Minimum Maximum Participants: 7/10

## 6-Week Fit to Strong

47290-SR

Feel better, move better, and get stronger in a way that fits your lifestyle. 6-Week Fit to Strong will blend effective strength training with simple conditioning to help you build muscle, boost energy, and improve overall fitness. You'll gain confidence in your strength and create habits that last well beyond the six weeks.

Age: 18+ years old

Date: Mondays & Wednesdays, April 13 - May 20

Time: 8:45 AM - 9:30 AM

OR

6:15 PM - 7:00 PM

Cost: \$63.00 for Centre Members

\$107.00 for Community Participants

Place: Westfields/RCU Studio

Registration Deadline: Monday, April 6

Minimum/Maximum Participants: 8/12

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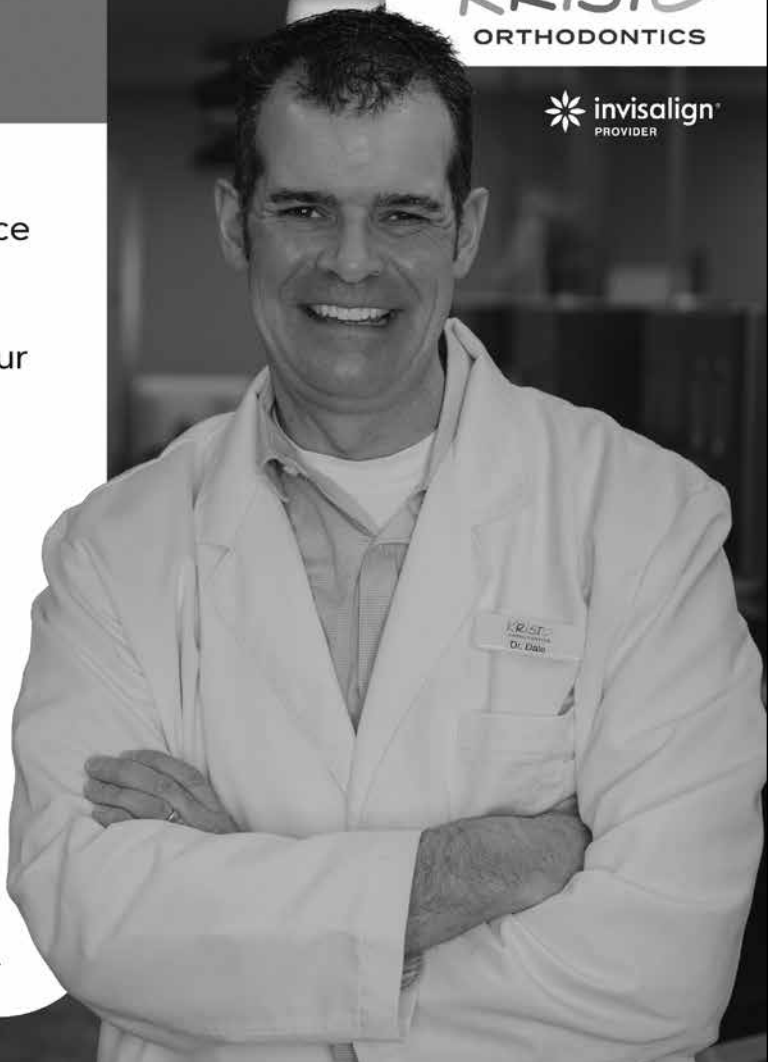
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## The Murph

47290-SR

Honor the day. Challenge yourself. Join our community as we take on the iconic Murph. Participants will complete the full Murph—or a scaled version—with support and supervision from our certified fitness coach. Whether it's your first Murph or you're returning to beat your previous time, we'll guide you every step of the way.

The Murph Workout (Vest optional) 1 mile run, 100 pull-ups, 200 push-ups, 300 squats, 1 mile run

### What's included:

- Coach-Led Warm-Up to prep your body for the workout
- On-Floor Supervision to keep form safe and reps accurate
- Official Time Recording so you can track your performance and progress

Age: 18+ years old

Date: Monday, May 25

Time: 8:00 AM

Cost: \$10.00 for Centre Members

\$20.00 for Community Participants

Place: Cross Training Studio

Registration Deadline: Monday, May 18

Minimum Maximim Participants: 8/20

## The Murph Group Training

47290-SR

Get ready to conquer the Murph on Memorial Day with confidence, strength, and smart progression. Our 6-week Murph Training Program is designed to safely build the endurance, strength, and movement quality needed to take on one of the most meaningful fitness challenges of the year.

Age: 18+ years old

Date: Session 1: Tuesdays & Thursdays, April 14 - May 21  
OR

Session 2: Mondays & Wednesdays, April 13 - May 20

Time: S1: 6:30 AM - 7:15 AM

S2: 7:05 PM - 7:50 PM

Cost: \$63.00 for Centre Members

\$107.00 for Community Participants

Place: Cross Training Studio

Registration Deadline: One week prior

Minimum Maximim Participants: 7/15



## 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 |

## Nutrition, Health, & Wellness Coaching

47290-SR

If you're looking to improve your eating habits, lose weight, or feel better both physically and mentally, our Nutrition, Health & Wellness Coaching is here to support you. A dedicated coach will guide you in building sustainable habits, managing stress, and addressing health concerns so you can feel your best and live life fully.

Through personalized, one-on-one support, you'll receive practical tools and expert guidance to help you create lasting change—not quick fixes. Whether your goals are weight loss, improved energy, better digestion, or overall wellness, your coach will meet you where you are and help you move forward with confidence.

### What you can expect:

- Free consultation
- One-on-one coaching sessions
- Meal planning assistance
- Nutrition guidance and health education
- Ongoing accountability and support

### This coaching may be especially helpful if you experience:

- Anxiety or high stress
- Sleep issues
- Digestive problems, bloating, or inflammation
- Brain Fog or low energy
- Depression or difficulty staying on track

| Packages    | Length     | Price    | Cost/Session |
|-------------|------------|----------|--------------|
| 1 session   | 30 minutes | \$62.00  | \$62.00      |
| 4 sessions  | 30 minutes | \$184.00 | \$46.00      |
| 8 sessions  | 30 minutes | \$336.00 | \$42.00      |
| 12 sessions | 30 minutes | \$456.00 | \$38.00      |

## Simple Nutrition for Busy People

47290-SR

Discover how to create easy, nourishing meals that support balanced energy, stable blood sugar, and a more organised weekly routine.

Age: 18+ years old  
 Date: Monday, March 9  
 Time: 10:00 AM - 11:00 AM  
 OR  
 5:00 PM - 6:00 PM  
 Cost: \$25.00 for Centre Members  
 \$42.00 for Community Participants  
 Place: Community Room  
 Registration Deadline: Monday, March 2  
 Minimum/Maximum Participants: 6/25

## Mind-Body Connection & Nervous System Reset

47290-SR

Explore gentle breathwork, grounding tools, and mindfulness strategies that calm your nervous system and improve overall well-being.

Age: 18+ years old  
 Date: Monday, April 13  
 Time: 10:00 AM - 11:00 AM  
 OR  
 5:00 PM - 6:00 PM  
 Cost: \$25.00 for Centre Members  
 \$42.00 for Community Participants  
 Place: Community Room  
 Registration Deadline: Monday, April 6  
 Minimum/Maximum Participants: 6/25

## Spring Detox without Dieting

47290-SR

A gentle lifestyle reset focused on anti-inflammatory foods, hydration, sleep, and stress reduction—no strict dieting or cleanses.

Age: 18+ years old  
 Date: Monday, May 11  
 Time: 10:00 AM - 11:00 AM  
 OR  
 5:00 PM - 6:00 PM  
 Cost: \$25.00 for Centre Members  
 \$42.00 for Community Participants  
 Place: Community Room  
 Registration Deadline: Monday, May 4



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## 60 Minutes: Soccer Skills Program

The Centre's 60 minute soccer dryland training is designed to help athletes elevate their on field performance. Each session will focus 30 minutes on technical aspects of the game as players will develop their footwork and overall skill set. Each session will also include 30 minutes of core speed and agility training where athletes will improve explosiveness, endurance and strength on the field.

### Benefits include:

- Improve overall athleticism and performance
- Increased power, speed, and agility
- Increased confidence and skill on the ball

Age: 3rd - 6th grade boys & girls  
 Date: Session 1: Tuesdays, January 13 - 27  
 Session 2: Tuesdays, February 10 - 24  
 Session 3: Tuesdays, March 3 - 17  
 Time: 5:00 PM - 6:00 PM  
 Cost: \$38.00 for Centre Members  
 \$48.00 for NR Soccer Club Members  
 \$58.00 for Community Participants  
 Place: RCU and Westfields Studio  
 Registration Deadline: One week prior  
 Minimum/Maximum Participants: 6/15

Age: 7th - 11th grade boys & girls  
 Date: Session 1: Thursdays, January 8 - 29  
 Session 2: Thursdays, February 5 - 26  
 Session 3: Thursdays, March 5 - 26  
 Time: 5:00 PM - 6:00 PM (Girls)  
 6:00 PM - 7:00 PM (Boys)  
 Cost: \$44.00 for Centre Members  
 \$54.00 for NR Soccer Club Members  
 \$64.00 for Community Participants  
 Place: RCU and Westfields Studio  
 Registration Deadline: One week prior

## Pickleball

47213

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

## 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



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**Ages 8-18  
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OR ONLINE: [www.nrsoccer.com](http://www.nrsoccer.com)**

## Easter Eggstravaganza

47212

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

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



Age: All ages  
Date: Saturday, March 28  
Time: 10:00 AM - 12:00 PM (divided into 30 minute time slots)  
Cost: FREE for all participants  
Place: Centre  
Registration Deadline: Friday, March 27 for online registration, day of registration accepted in person  
Maximum Participants: 125 per time slot

## Open Swim & Gym

PowerUp at the Centre is FREE open swim & gym!

Enjoy cruising down the 96 foot waterslide or the minnow or turtle slide. The hot tub is available for anyone 16 years of age or older. Lifeguards are on duty at all times. Make sure to bring towels!

In the gym you'll find a variety of ways to play. We kindly request parents/guardians stay and play in the gym with their children.



# powerup

Age: All ages  
Date: Friday, January 30  
Friday, February 27  
Time: 5:00 PM - 8:00 PM  
Cost: FREE for all participants  
Place: Centre Pool & Gymnasium

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## Swim Camp

Our One-Day Swim Camp is fun, active day designed to build swimming skills, confidence, and water safety awareness. Campers start the morning with check-ins, introductions, and an interactive safety talk before heading to the pool for group swim lessons, stroke and kicking practice, relay races, and plenty of free swim time with slides and water features.

Age: 7 - 12 years old  
Date: Monday, March 2  
Time: 7:30 AM - 8:30 AM Drop off  
8:30 AM - 4:30 PM Swim Camp  
4:30 PM - 5:00 PM Pick Up  
Cost: \$36.00 for Centre Members  
\$45.00 for Community Participants  
Place: Pool & Classroom  
Registration Deadline: Monday, February 23  
Minimum/Maximum Participants: 6/20

## Wee Soccer

47211-SR

Get to know the game of soccer with this 4 week introduction to the sport. Each week we will focus on passing, trapping, shooting, and defensive drills.

Age: 3 - 8 years old  
Date: Tuesdays, March 3 - 31 (no class March 24)  
OR  
Tuesdays, April 14 - May 5  
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: One week prior  
Minimum/Maximum Participants: 6/20 per session

## Wee Tball & Baseball

47211-SR

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

Age: 4 - 7 years old  
Date: Mondays, April 27 - May 18  
Time: 5:30 PM - 6:00 PM (4 - 5 year olds Tball)  
6:15 PM - 6:45 PM (5 - 7 year olds Baseball)  
Cost: \$26.00 for Centre Members  
\$45.00 for Community Participants  
Place: Centre Field  
Registration Deadline: Monday, April 20  
Minimum/Maximum Participants: 6/20

## Flag Football

47211-SR

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

Age: 4 - 7 years old  
Date: Thursdays, April 30 - May 21  
Time: 5:15 PM - 6:00 PM (4 - 5 year olds)  
6:15 PM - 7:00 PM (6 - 7 year olds)  
Cost: \$39.00 for Centre Members  
\$66.00 for Community Participants  
Place: Centre Field  
Registration Deadline: Monday, April 23  
Minimum/Maximum Participants: 6/24

## 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)<br>Closed (May - Sept) |

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



## 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 Wednesday, 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 September 3 (GAP)  
June 4 (Early Out)  
Time: 6:00 AM - 8:00 AM Before Care  
4:00 PM - 6:00 PM After Care  
2:00 PM - 6:00 PM Early Out  
Cost: \$6.25 per child for Before Care  
\$9.25 per child for After Care  
\$15.00 per child for Early Out Day

Registration Deadline: One week prior to program  
Maximum participants: 17 GAP, 24 Early Out

### 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

Date: March 13, 20  
April 3, 10, 17, 24  
May 1, 8, 15  
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: March 23, 24, 25, 26, 27  
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

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/Time: Wednesday, March 11 4:30 PM - 6:00 PM  
Wednesday, April 15 6:30 PM - 8:00 PM  
Wednesday, May 13 6:30 PM - 8:00 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, March 26 - 29  
Time: 4:00 PM - 8:00 PM Thursday and Friday  
8:00 AM - 6:00 PM Saturday and Sunday  
Cost : \$215.00 for Centre Members  
\$275.00 for Community Participants  
Place: Centre Pool & Classroom  
Registration Deadline: Thursday, January 1  
Minimum/Maximum Participants: 4/10

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## Private Swim Lessons

47285

Private swim lessons are structured to meet the needs and goals of each individual. They are offered for all ages and all ability levels. Sessions are 30 minutes in length and all prices are per participant. Small group private swim lessons are for groups of 2 - 3 people who are at the same skill level and are conducted as a group lesson. **Private Swim Lesson packages must be used within 6 months of purchase date and arrivals more than 15 minutes after the scheduled start time are considered a no-show and no refund or credit will be given.**

| Individual Private Swim Sessions | Centre Member Price | Community Participant Price |
|----------------------------------|---------------------|-----------------------------|
| 1 session                        | \$25.00             | \$40.00                     |
| 3 sessions                       | \$67.50             | \$108.00                    |
| 6 sessions                       | \$120.00            | \$192.00                    |
| 12 sessions                      | \$216.00            | \$348.00                    |
| 20 sessions                      | \$320.00            | \$520.00                    |

| Small Group Private Swim Sessions | Centre Member Price | Community Participant Price |
|-----------------------------------|---------------------|-----------------------------|
| 1 session                         | \$20.00             | \$32.00                     |
| 6 sessions                        | \$105.00            | \$168.00                    |
| 12 sessions                       | \$180.00            | \$288.00                    |

## Swim Checks

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.

## Centre Swim Tots

Age: 6 months - 3 years old (parent in water)

### Prerequisites:

- **hold head up independently**

This class is designed to help teach you, the parent, how to teach your child. You will learn:

- Different ways to hold your swimmer in order to better support them as they learn to float on their back
- How to teach them how to properly climb out of the water if they fall in
- Proper way to hold them when practicing submersion
- Valuable information about water safety and the reasons why certain skills are so important

Even for a young swimmer who is comfortable in a pool with flotation devices, loves the bath tub, or already puts their face in, there can be great advantages to starting at the beginning and learning the fundamentals of the skills.

Minimum/Maximum Participants: 3/8

## Centre Swim Preschool 1

Age: 3 - 5 years old

### Prerequisites:

- **Working on being able to listen to an instructor and follow directions**
- **No previous experience with group swim lessons**

Children will learn:

- Safety around water
- Get into and out of water safely
- Listen to an instructor in a small class setting
- Blow bubbles with nose and mouth
- Submerge with ease while blowing bubbles
- Float on front and back with minimal help
- Build confidence and learn to jump into water with an instructor
- Kick with straight legs (no bicycle kicking, no flat feet)
- Roll over from front to back
- Jump into the water and get on back. They will learn how to get themselves in a safe position until help arrives or they can get back to the wall on their own.

Minimum/Maximum Participants: 3/5

## Centre Swim Preschool 2

Age: 3 - 6 years old

### Prerequisites:

- **Able to listen to an instructor and participate in a class setting without a parent**
- **Blow bubbles with nose and mouth**
- **Kick comfortably with assistance**
- **Comfortable on front and back with assistance**

Children will learn:

- Get in and out of water safely
- Importance of never swimming without an adult
- Floating alone on front and back
- Fully submerge while blowing bubbles
- Jump into water independently (with water that is shallow)
- Jump into water and turn over onto back independently and float
- Kick on back, having straight legs, and not submerging while kicking

Minimum/Maximum Participants: 3/5

## Centre Swim Level 1

Age: 5 - 12 years old

### Prerequisites:

- **5+ years old**
- **Float on front and back independently**
- **Fully submerge with no hesitation**
- **jump into shallow water independently**

Children will learn:

- Proper body position on front and back to create a strong foundation for freestyle and backstroke
- Proper streamline form
- Proper kicking technique. This must be achieved before passing Level 1
- To front (arms in streamline) and back glide (arms by their side) without assistance and how to recover without assistance
- Elementary backstroke with flutter kicking

Minimum/Maximum Participants: 3/6

## Centre Swim Level 2

Age: 5 - 12 years old

### Prerequisites:

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

Children will learn:

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

Minimum/Maximum Participants: 3/6

## Centre Swim Level 3

Age: 5 - 12 years old

### Prerequisites:

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

Children will learn:

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

Minimum/Maximum Participants: 3/6

## Centre Swim Level 4

Age: 5 - 12 years old

### Prerequisites:

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

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

Children will learn:

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

Minimum/Maximum Participants: 3/6



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# Aquatics

## Centre Swim Level 5

Age: 5 - 18 years old

### Prerequisites:

- **5+ years old**
- **25 yards freestyle with side breathing**
- **25 yards of elementary backstroke with whip kick**
- **25 yards of backstroke**
- **Tread water for 1 minute**

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

Participants will learn:

- The basics of all four competitive strokes (butterfly, backstroke, breaststroke, freestyle)
- To swim freestyle and backstroke for 50 yards with proper form
- To swim breaststroke for 25 yards
- To tread water for 1.5 minutes
- To do a standing dive from the side of the pool
- To perform open turns and flip turns

Minimum/Maximum Participants: 3/8

## Centre Swim Level 6

Age: 5 - 18 years old

### Prerequisites:

- **5+ years old**
- **50 yards freestyle and backstroke**
- **25 yards breaststroke**
- **Tread water 1.5 minutes**

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

Participants will learn:

- Fundamentals of swim team
- Circle swim
- Open turns/flip turns
- Swim more yardage, building up stamina and fine tuning their four competitive strokes (Endurance is our focus!)
- Freestyle and backstroke for 200 yards
- Backstroke for 100 yards
- Butterfly 25 yards

Minimum/Maximum Participants: 3/10



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# 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><br>March 3 - 19<br>Registration Deadline: Tuesday, February 24    |                                  | <b>Tuesdays &amp; Thursdays</b><br>April 7 - 23<br>Registration Deadline: Tuesday, March 31 |                                  | <b>Tuesdays &amp; Thursdays</b><br>May 5 - 28 (no class May 19 & 21)<br>Registration Deadline: Tuesday, April 28 |                                  |
| 5:00 PM - 5:30 PM   | Tots<br>Presc 1, 2<br>Level 1, 2 | 5:00 PM - 5:30 PM   | Tots<br>Presc 1, 2<br>Level 1, 2 | 5:00 PM - 5:30 PM  | Tots<br>Presc 1, 2<br>Level 1, 2 |
| 5:35 PM - 6:05 PM   | Tots<br>Presc 1, 2<br>Level 1, 2 | 5:35 PM - 6:05 PM   | Tots<br>Presc 1, 2<br>Level 1, 2 | 5:35 PM - 6:05 PM  | Tots<br>Presc 1<br>Level 1, 2, 3 |
| 6:10 PM - 6:40 PM   | Presc 2<br>Level 2, 3, 4, 5      | 6:10 PM - 6:40 PM   | Level 1, 3, 4, 5, 6              | 6:10 PM - 6:40 PM  | Presc 2<br>Level 1, 2, 4, 5      |
| <b>Saturdays</b><br>March 28 - May 2<br>Registration Deadline: Saturday, March 21                 |                                  |   |                                  |  |                                  |
| 9:25 AM - 9:55 AM   | Presc 1<br>Level 1, 2            |   |                                  |  |                                  |
| 10:00 AM - 10:30 AM   | Presc 2<br>Level 1, 2            |   |                                  |  |                                  |
| 10:35 AM - 11:05 AM   | Presc 1<br>Level 3, 4            |   |                                  |  |                                  |
| <b>Sundays</b><br>March 8 - April 19 (no class April 5)<br>Registration Deadline: Sunday, March 1 |                                  |   |                                  |  |                                  |
| 4:00 PM - 4:30 PM   | Presc 1, 2                       |   |                                  |  |                                  |
| 4:35 PM - 5:05 PM   | Level 1, 2                       |   |                                  |  |                                  |
| 5:10 PM - 5:40 PM   | Presc 1<br>Level 3               |   |                                  |  |                                  |

# SPRING 2026 PROGRAM GUIDE MARCH - MAY



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

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