

PROGRAM GUIDE



**SUMMER
2026
JUNE - AUGUST**

About Us



425 E 5th Street
New Richmond WI 54017

HEALTH FITNESS & FUN FOR ALL AGES

www.nracentre.com

715-246-2252

facebook.com/NRACentre

instagram.com/nracentre

Sign up for emails on www.nracentre.com



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 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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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. You can register for 1 or both sessions!

Age: 55+ years old
 Date: Session 1: Fridays, May 8 - June 19 (no class June 12)
 Session 2: Fridays, July 10 - August 21 (no class July 31)
 Time: 10:45 AM - 11:30 AM
 Cost: \$32.00 for Centre Members
 \$54.00 for Community Participants
 Place: Westfields
 Registration Deadline: One week prior
 Minimum Maximum Participants: 7/10

Summer Strong

47290-SR

Summer Strong is a 4-week program designed to build strength, boost energy, and help you stay consistent—so you feel your best all summer long. Register for one, two, or all three sessions!

Age: 18+ years old
 Date: Session 1: Mondays & Fridays, June 1 - 26
 Session 2: Mondays & Fridays, July 6 - 31
 Session 3: Mondays & Fridays, August 3 - 28
 Time: 8:45 AM - 9:30 AM
 Cost: \$42.00 for Centre Members
 \$72.00 for Community Participants
 Place: Westfields/RCU Studio
 Registration Deadline: One week prior
 Minimum/Maximum Participants: 7/12

Train Tough Outdoor Boot Camp

47290-SR

Push your limits and get stronger, faster, and fitter in the fresh air! This high-energy outdoor boot camp combines strength, cardio, and functional training to challenge every part of your body. Perfect for all fitness levels, you'll leave feeling accomplished, sweaty, and ready for anything. Register for 1, 2, or all 3 sessions!

Age: 16+ years old
 Date: Session 1: Mondays & Wednesdays, June 1 - 24
 Session 2: Mondays & Wednesdays, July 6 - 29
 Session 3: Mondays & Wednesdays, August 3 - 26
 Time: 6:15 PM - 7:15 PM
 Cost: \$56.00 for Centre Members
 \$95.00 for Community Participants
 Place: Centre Field
 Registration Deadline: One week prior
 Minimum/Maximum Participants: 8/20

Family Fit Night

47211-SR

A fun, active evening for families with kids ages 4–10! Enjoy partner games, obstacle courses, and family-friendly challenges that get everyone moving. Stay after for a healthy snack and leave feeling strong and energized together. Suitable for all fitness levels. You can register for 1, 2, or all 3 sessions!

Age: 4 - 10 years old with parent or guardian
 Date: Session 1: Thursday, June 18
 Session 2: Thursday, July 16
 Session 3: Thursday, August 6
 Time: 6:00 PM - 6:45 PM
 Cost: \$11.00 for Centre Members
 \$20.00 for Community Participants
 Place: Centre Field
 Registration Deadline: One week prior
 Minimum/Maximum Participants: 5/8 families

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Youth Fitness Orientations

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

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

Level 1, 10 - 11 years old, Green Wristband

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

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

Level 2, 12 - 14 years old, Yellow Wristband

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

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

Level 3, 15 years old, Purple Wristband

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

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

Group Fitness & AquaWorks Classes

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

Cost: FREE for Centre Members
 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





New Richmond

TIGERS

Soccer



**Year-Round
Play Options!**

**Ages 8-18
Girls & Boys**

*Our
Passion*



*Our
Pride*

COMPETITIVE & FUN TRAVELING PLAY



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**FIND US ON FACEBOOK @NRSOCCER
OR ONLINE: www.nrsoccer.com**

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.

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.



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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

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¹Monthly qualifications apply. Please visit website for terms and conditions. Account must meet all qualifications and be in good standing. Balances up to \$3,000 and meeting qualifications earn an APY of 3.00% with an interest rate of 2.96%. Balances over \$3,000 and meeting qualifications earn an APY of 0.10%. Accounts that do not meet qualifications earn 0% APY. Earnings could result in a rate range of 3.00%-0.10% APY depending on the balance.

²Monthly qualifications must be met. ATM fees incurred during the qualification cycle will be reimbursed up to \$25.00 and credited to the account on the last day of the monthly statement cycle. MoneyPass network ATMs are available for instant surcharge-free access.

Centre

Adventure Academy

WE'RE TAKING FUN TO A WHOLE NEW LEVEL!

SEPTEMBER - APRIL

Centre Adventure Academy...We're taking fun to a whole new level 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.



Age: 7 - 12 years old
Date: September 21
October 16, 19
November 25
December 23, 27, 28, 29, 30
January 18
February 19, 22
March 22, 23, 24, 25, 26
April 26
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

Centre

425 E 5th St
New Richmond WI 54017



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Questions? Contact:
715-246-2252

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We're grateful each day for the communities we serve — which is why Kristo Orthodontics is active and involved with organizations that benefit our local communities. Our team is proud to support a variety of local nonprofit organizations, youth sports clubs, schools, and events to help create smiles in the community, both in and out of the office.

Schedule your FREE orthodontic consultation today!

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715.246.5165 | kristoorthodontics.com

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

Teen Center

Starting with the new school year in September, our Teen Center will be open again! You can enjoy a wide variety of snacks including pizza and candy, play basketball, play video games, or just hang out with friends and do homework in the room located directly across from the gymnasium. Must be a Centre Member to participate.

Age: 6th - 8th graders
 Date: Monday - Friday, starting September 1
 Time: 3:00 PM - 5:30 PM
 Cost: FREE for Centre Members
 Place: Teen Center

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Pickleball

AT THE CENTRE

**ANOTHER
COURT ADDED
IN WESTFIELDS
STUDIO**

SCHEDULE

Enjoy free coffee and fellowship in our lobby!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Advanced 8:00 AM - 10:00 AM	8:00 AM - 11:00 AM	Advanced 8:00 AM - 10:00 AM	Advanced 8:00 AM - 10:00 AM	Advanced 8:00 AM - 10:00 AM
Intermediate & Beginners 10:00 AM - 12:00 PM		Intermediate & Beginners 10:00 AM - 12:00 PM	Intermediate & Beginners 10:00 AM - 12:00 PM	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	\$57	22.5	\$2.53
Double	\$67		\$2.97
Family	\$77		\$3.42
Senior	\$47		\$2.08

NO COURT RESERVATION FEE

Centre
425 E 5th St
New Richmond WI 54017





Centre Cares

Financial Assistance Program



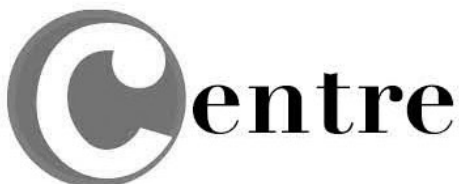
Helping people in the most important way possible... by providing the opportunity to enjoy programs that benefit social, emotional, and physical health.

We want everyone to be involved in our programs and services that provide health, wellness, and fun for all ages. We support people in many situations including, but not limited to:

- Youth referred by schools and other organizations
- Older adults on fixed incomes
- Adults temporarily out of work
- Individuals experiencing high medical expenses
- Adults working through divorce or separation
- People with disabilities suffering financial hardship



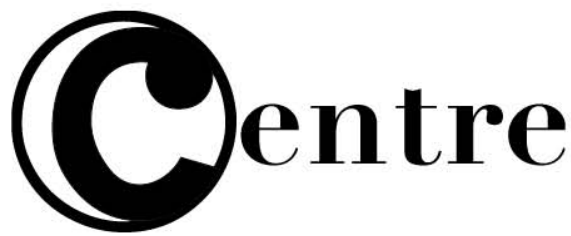
Contact Connie Nelson, Administrative Specialist, at 715-246-2252 or cnelson@nracentre.com to schedule an appointment to discuss your membership at the Centre.



425 E 5th St
New Richmond WI 54017
715-246-2252
www.nracentre.com

EXCITING NEWS!

We're excited to partner with Sunshine Learning Center for 4K programming starting next fall!



PARTNERSHIP HIGHLIGHTS:

- Sunshine Learning Center will lead the way with engaging 4K and Kindergarten Readiness programs
- The Centre will deliver dynamic, high-energy programming for children ages 7 and older
- A powerful partnership that lets each organization shine by doing what they do best
- Year-round fun continues with summer programs and exciting no school day adventures for ages 7+
- Mark your calendars—this exciting new chapter begins September 1, 2026
- The Centre will enhance Sunshine's programs with swimming, recreation, and active play experiences

TEAMWORK

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

Corn Fest

47219

Summer isn't over yet! The fun summer evenings can continue a little longer. Corn Fest is back, and we're excited to welcome everyone! Join us at the Centre for the 16th Annual Corn Fest, a fantastic family event for the entire community. Enjoy fair-inspired food and FREE corn on the cob. A special thank you to FNC Bank for their sponsorship and support of this wonderful event.



Age: All ages
 Date: Wednesday, August 26
 Time: 5:00 PM - 7:00 PM
 Cost: FREE corn, concessions available for purchase
 Place: Centre

Centre Adventure Academy

47222

Centre Adventure Academy...We're taking fun to a whole new level 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.

2026 - 2027 School Year

Age: 7 - 12 years old
 Date: September 21
 October 16, 19
 November 25
 December 23, 27, 28, 29, 30
 January 18
 February 19, 22
 March 22, 23, 24, 25, 26
 April 26
 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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IT'S PARTY TIME!

Basic Bash

\$100/125

- 2 hour party with use of private party room
- Centre staff to assist in set up, clean up, and during party

Bounce Bash

\$140/165

- 2 hour party with use of private party room
- 1 hour in bounce house (your choice of small bouncer or obstacle course bouncer)
- Centre staff to assist in set up, clean up, and during party

Splash Bash

\$125/150

- 2 hour party with use of private party room
- 1 hour swimming
 - Children 5 and under must have a guardian in the pool with them within an arm's reach
- Includes 10 swimmers
 - \$6 per additional swimmer
- Centre staff to assist in set up, clean up, and during party

Splash & Bounce Bash

\$165/190

- 2 hour party with use of private party room
- 1 hour swimming and 1 hour in bounce house (your choice of small bouncer or obstacle course bouncer)
 - Children 5 and under must have a guardian in the pool with them within an arm's reach
- Includes 10 swimmers
 - \$8 per additional swimmer
- Centre staff to assist in set up, clean up, and during party



425 E 5th St
New Richmond WI 54017



#nrcentre

Questions? Contact:

Jenny Baumgartner, Aquatics Manager

jbaumgartner@nrcentre.com or 715-246-2252

16TH ANNUAL CENTRE Corn Fest

FREE CORN

Wednesday, August 26



Summer isn't over yet! The fun summer evenings can continue a little longer. Corn Fest is back, and we're excited to welcome everyone! Join us at the Centre for the 16th Annual Corn Fest, a fantastic family event for the entire community. Enjoy fair-inspired food and FREE corn on the cob. A special thank you to FNC Bank for their sponsorship and support of this wonderful event.



AGE: All ages
DATE: Wednesday, August 26
TIME: 5:00 PM - 7:00 PM
COST: FREE corn, concessions available for purchase
PLACE: Centre

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**Ready
Randy's**
Sports Bar & Grill

Back in 2026!

We have invited over 50 local non-profits to share information about what they do in our community. Please stop by and visit them.

Types of groups in attendance:

sports | youth service | arts | outdoor & animal
community organizations | churches
support & outreach groups

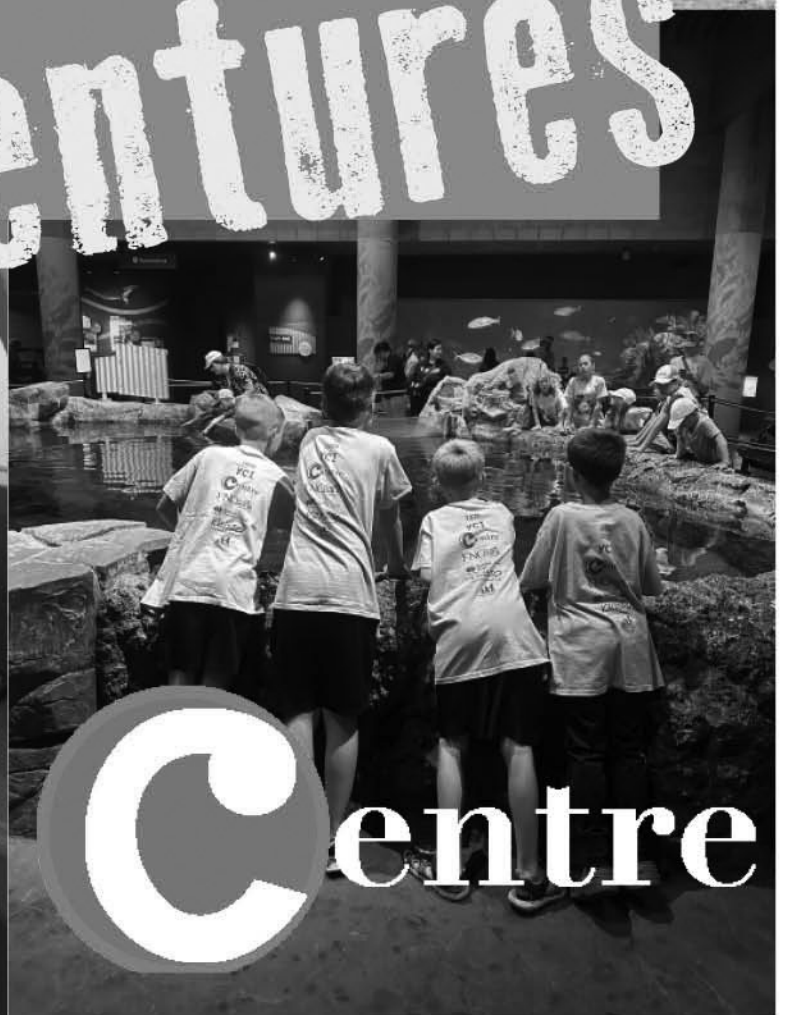
 **Centre**
425 E 5th St
New Richmond WI 54017

  
#nrcentre

Questions? Call: 715-246-2252



Summer 2026 Adventures



Centre

Greetings Families!

Welcome to the Summer 2026 Youth Program Guide! We are gearing up for another fun-filled and eventful summer. Included in this guide you will find information on Camp Centre, our licensed child care summer program for ages 4-6, and our Youth Character Initiative (YCI), our program for ages 7-12. Also, new this summer we are adding after summer school mini camps, sports themed weeks, field trip days and a counselor in training (CIT) program for kids ages 13 and 14. The program guide will outline each of these exciting options.

Also new this summer is flexible scheduling. You can schedule 3, 4 or 5 days per week and you get to choose the days you attend.

Back this summer is swim time in the Centre's pool, use of the splash pad, walking field trips in and around New Richmond and our weekly Wednesday field trips.

Centre programs are meant to be outdoor based and very active. We save the time in the classroom for the days when the weather doesn't allow us to be outside. Summer is meant for adventures outdoors and our programs will provide that for your child.

We are excited for this coming summer and seeing your children join us in the daily adventure.



Centre Membership SAVES you money!

(Comparison based on 5 days of care per week.)	Centre Membership with 2 kids	Community Participant with 2 kids	Centre Membership with 1 kid	Community Participant with 1 kid
3 Months Family Membership	\$231	\$0	\$231	\$0
12 Weeks Summer Camp Centre	\$4320	\$5520	\$2160	\$2760
TOTAL	\$4551	\$5520	\$2391	\$2760
SAVINGS	\$969	\$0	\$369	\$0

Double and Family Memberships who sign up for Summer 2026 Centre Child Care pay \$0 joiners fee. Promotion not valid with any other offer and account must be in good standing. Promotion valid through May 31, 2026.



Financial Assistance

We welcome everyone who wishes to participate in programs and activities at the Centre. We are committed to making that possible and provide financial assistance with 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 at cnelson@nracentre.com or 715-246-2252.

Camp Centre

4 - 6 year olds

Camp Centre

47224

In Camp Centre your child will be in for some fun and excitement as we explore and play. Camp Centre is licensed by the state of Wisconsin and our staff are qualified under state guidelines. Our staff will develop and lead activities that will have your child excited to come back for more.

Each week features a theme and activities will fit the theme of the week. Some of those activities will include arts and crafts, swimming, large and small group games, pool time, splash pad time and walking trips to local parks.

A full description of weekly themes will be available by May 15. Field trips are taken on Wednesdays and more details on each field trip will be provided in our weekly Camp Centre newsletter that parents receive the Friday before the upcoming week.

Age: 4 - 6 years old
Date: Monday - Friday, May 26 - August 21
Time: 6:00 AM - 6:00 PM
Cost: \$36 per day for Centre Members
\$46 per day for Community Participants
Minimum of 3 days per week required
Additional fee for field trip day

Bring each day...

- lunch (peanut free)
- water bottle (labeled with their name)
- sunscreen
- swimsuit
- towel
- backpack to hold everything

Daily Schedule

6:00 AM - 8:30 AM	stations, table activities, gym, outside time
8:30 AM - 9:30 AM	morning meeting
9:30 AM - 9:45 AM	snack (Centre provides)
9:45 AM - 10:00 AM	bathroom break
10:00 AM - 11:30 AM	large motor time
	Monday Paperjack Park
	Tuesday swimming
	Wednesday field trips (times will vary)
	Thursday Mary Park
	Friday splash pad
11:30 AM - 12:15 PM	lunch (you provide lunch)
12:15 PM - 1:00 PM	quiet time
1:00 PM - 2:30 PM	outside time
2:30 PM - 3:00 PM	snack (Centre provides)
3:00 PM - 4:00 PM	small motor time
4:00 PM - 6:00 PM	stations, table activities, gymnasium, outside time

Variety of activities we'll engage in:

Gross Motor Activities are activities that work on building core stabilizing muscles to perform everyday functions, such as walking, running, and jumping, which will be worked on mainly through team activities, including:

- Kickball
- Soccer
- Swimming
- Tag Variations
- Playground Games

Fine Motor Activities are activities that work on building the muscles in the hand and wrist to perform everyday functions, such as writing, which will be worked on through and paired with many learning activities such as:

- Crafts/Projects
- Writing Letters
- Drawing
- Sidewalk Chalk
- DIY Science Experiments
- Bingo, Card Games, Board Games

Youth Character Initiative (YCI)

7 - 12 year olds

Youth Character Initiative (YCI)

47190

In our Youth Character Initiative (YCI) our focus is not only a fun summer but building character through the activities your child will participate in. We will focus on character building, developing leadership skills, and giving back to our community. Along the way we mix in swim days, field trips, games, and lots of fun. This program is not licensed by the state of Wisconsin. Our staff are young adults who are excited to work with your child and will bring an enthusiastic attitude and a ton of energy to each day. The experience for your child will be something different than a typical "child care" experience.

Each week features a theme and activities will fit the theme of the week. Some of those activities will include arts and crafts, swimming, large and small group games, lots of pool time, and walking trips to area parks and organizations where we will practice our character building, leadership skills and giving back to our community.

A full description of weekly themes will be available by May 15. Field trips are taken on Wednesdays and more details on each field trip will be provided in our weekly YCI newsletter that parents receive the Friday before the upcoming week.

While the age group is 7-12 years old we will divide based on age and interest levels based on enrollment.

Age: 7 - 12 years old
Date: Monday - Friday, May 26 - August 21
Time: 6:00 AM - 6:00 PM
Cost: \$36 per day for Centre Members
\$46 per day for Community Participants
Minimum of 3 days per week required
Additional fee for field trip day

Bring each day...

- lunch (peanut free)
- water bottle (labeled with their name)
- sunscreen
- swimsuit
- towel
- backpack to hold everything

Daily Schedule

6:00 AM - 8:30 AM	drop off, supervised open play
8:30 AM - 9:15 AM	morning meeting
9:15 AM - 10:00 AM	group gross motor activities
10:00 AM - 10:30 AM	snack (Centre provides)
10:30 AM - 12:00 PM	group fine motor activities
12:00 PM - 12:30 PM	lunch (you provide lunch)
12:30 PM - 1:30 PM	learning activity
1:30 PM - 2:30 PM	supervised creative play
2:30 PM - 3:00 PM	snack (Centre provides)
3:00 PM - 4:00 PM	group gross motor activities
4:00 PM - 6:00 PM	start of pick up, supervised open play
6:00 PM	final pick up time

Variety of activities we'll engage in:

Gross Motor Activities are activities that work on building core stabilizing muscles to perform everyday functions, such as walking, running, and jumping, which will be worked on mainly through team activities, including:

- Kickball
- Soccer
- Wiffle Ball
- Volleyball
- Swimming
- Gaga Ball
- Tag Variations
- Playground Games

Fine Motor Activities are activities that work on building the muscles in the hand and wrist to perform everyday functions, such as writing, which will be worked on through and paired with many learning activities such as:

- Crafts/Projects
- Writing Letters
- Drawing
- DIY Science Experiments
- Bingo, Card Games, Board Games

YCI Themed Weeks

7 - 12 year olds

YCI Themed Weeks

47190

In all our theme weeks, your child will participate in fun activities focused for the week. Our day runs like a normal day of YCI and we start the day at 8:30 AM each day. Each theme week will ask your child to bring items specific to the theme for the week. Each week will include the field trip in coordination with our regular YCI week and like YCI and Camp Centre there will be a small additional cost for field trip day. Kids can choose by the week if they want to be in YCI or in a YCI Theme Week. Those enrolled will also have the opportunity to engage with the other resources the Centre has to offer, such as the pool and Splash Pad.

Age: 7 - 12 years old
Date: As listed per camp
Time: 6:00 AM - 6:00 PM
(program time will be 8:30 AM - 4:00 PM)
Cost: \$36 per day for Centre Member
\$46 per day for Community Participant
Minimum of 3 days per week required
Additional fee for field trip day

Bring each day...

- lunch (peanut free)
- water bottle (labeled with their name)
- sunscreen
- swimsuit
- towel
- backpack to hold everything

Pokémon

This week will focus on sharing and growing a love of all things Pokémon. This course will provide the opportunity for enrolled individuals to play and discuss many different Pokémon games with others who share a strong common interest. This course will be for 7-12 year olds who want to have fun and learn more about the many different games and subgenres of Pokémon!

Date: Monday - Friday, June 1 - 5
Items to Bring: A phone (if wanted), DS/3DS/Switch (if wanted), DS/3DS/Switch games
Field Trip: Tropics Indoor Water Park
Field Trip Fee: \$11

STEM

This week will focus on investigating and developing an early interest in the topics of STEM. This course will provide the opportunity for enrolled individuals to learn and explore subjects related to Science, Technology, Engineering, and Mathematics, with plenty of fun demonstrations and projects along the way. This course will be for 7-12 year olds who want to have fun and learn more about the very large, very diverse, and very interesting world of STEM!

Date: Monday - Friday, June 8 - 12
Items to Bring: A phone/laptop/some technology (if wanted)
Field Trip: MN Zoo
Field Trip Fee: \$8

Minecraft

This week will focus on sharing and growing a love of all things Minecraft. This course will provide the opportunity for enrolled individuals to play and discuss Minecraft with others who share a love for the game. This course will be for 7-12 year olds who want to have fun and meet others who are as enamored with the world of Minecraft as they are!

Date: Monday - Friday, June 15 - 19
Items to Bring: A phone/switch/laptop
(a vessel through which to play Minecraft)
Field Trip: Hastings Family Aquatic Center
Field Trip Fee: \$10

Basketball

This week will focus on introducing and developing the fundamentals of basketball, and most importantly developing the foundation for a love for the game. This course will provide the opportunity for enrolled individuals to learn and practice with experienced counselors, with many different basketball-related games and activities in the process. This course will be for 7-12 year olds who want to have fun and improve their basketball ability with others of a similar skill level.

Date: Monday - Friday, June 22 - 26
Items to Bring: Good basketball shoes, basketball (if possible), active clothes
Field Trip: New Hope Aquatic Park
Field Trip Fee: \$12

YCI Themed Weeks

7 - 12 year olds

Soccer

This week will focus on introducing and developing the fundamentals of soccer, and most importantly developing the foundation for a love for the game. This course will provide the opportunity for enrolled individuals to learn and practice with experienced counselors, with many different soccer-related games and activities in the process. This course will be for 7-12 year olds who want to have fun and improve their soccer ability with others of a similar skill level.

Date: Monday - Friday, July 6 - 10
Items to Bring: Good soccer shoes (indoor), soccer cleats, soccer ball (if possible), active clothes, shin guards
Field Trip: Eau Claire Water Park
Field Trip Fee: \$10

Football

This week will focus on introducing and developing the fundamentals of football, and most importantly developing the foundation for a love for the game. This course will provide the opportunity for enrolled individuals to learn and practice with experienced counselors, with many different football-related games and activities in the process. This course will be for 7-12 year olds who want to have fun and improve their football ability with others of a similar skill level.

Date: Monday - Friday, July 13 - 17
Items to Bring: Good shoes, football (if possible)
Field Trip: Edina Aquatic Center
Field Trip Fee: \$12

Roblox

This week will focus on sharing and growing a love of all things Roblox. This course will provide the opportunity for enrolled individuals to play and discuss many different Roblox games with others who share a love for the game. This course will be for 7-12 year olds who want to have fun and meet others who are as enamored with the world of Minecraft as they are!

Date: Monday - Friday, July 20 - 24
Items to Bring: A phone/laptop (a vessel through which to play Roblox)
Field Trip: Highland Park Aquatic Center
Field Trip Fee: \$10

Ocean/Beach

This week will focus on investigating and developing an interest in all things water related, from the ocean to the warm sand at its shore. This course will provide the opportunity for enrolled individuals to learn and explore subjects related to water, such as, but not limited to, the ocean, the beach, aquatic life, and the way humans interact with the ocean. This course will be for 7-12 year olds who want to have fun and learn more about the very large, very interesting, very deep world of water!

Date: Monday - Friday, July 27 - 31
Items to Bring: A phone/laptop/some technology (if wanted)
Field Trip: Wakanda Waterpark
Field Trip Fee: \$5

Olympics

This week will focus on watching and participating in a track-and-field orientated week. This course will provide the opportunity for enrolled individuals to learn and participate in many different Olympic-related subjects, such as games, contests, and trivia. This course will be for 7-12 year olds who want to have fun and learn more about the great history of the Olympics and learn how to participate in a plethora of different exciting events!

Date: Monday - Friday, August 3 - 7
Items to Bring: Good running shoes, good athletic clothes
Field Trip: Bunker Beach Waterpark
Field Trip Fee: \$15

Art, Music, and Animals

This week will focus on interacting and exploring the mystery and intrigue surrounding the beauty of art, music, and animals. This course will provide the opportunity for enrolled individuals to interact with these different arts and wildlife in a safe environment, where individuals will be encouraged to learn and experience things for themselves. This course will be for 7-12 year olds who want to have fun and investigate the wide worlds of arts and animals, and how they interact with our daily lives!

Date: Monday - Friday, August 10 - 14
Items to Bring: A phone/laptop/some technology (if wanted), any examples of art you'd like to share (art, music, self-made, found, etc.)
Field Trip: Cascade Bay Waterpark
Field Trip Fee: \$11

Counselor in Training (CIT)

13 - 14 year olds

Counselor in Training (CIT)

47190

In our Counselor in Training (CIT) we will provide your 13 or 14 year old with a place to share their skills and interests while under the supervision of our staff team. It's a great way to fill the summer days and not be stuck at home or in front of a screen all day. CIT's will assist Camp Centre and YCI staff in delivering games and activities and being a big buddy to our younger participants. It's a rewarding opportunity to build confidence and personal skills.

We are limiting this program to just 6 participants per week. There will be training for CIT's before they begin working with the participants. Attending the training will be a requirement to participate in the CIT program. This training will happen during the first week of the summer.

Age: 13 - 14 years old
Date: Monday - Friday, May 26 - August 21
Time: 6:00 AM - 6:00 PM
Cost: \$15 per day for Centre Members
\$25 per day for Community Participants
Minimum of 3 days per week required
Additional fee for field trip day

Bring each day...

- lunch (peanut free)
- water bottle (labeled with their name)
- sunscreen
- swimsuit
- towel
- backpack to hold everything



Wednesday Field Trips

Wednesday Field Trips

Field trips have additional fees about the daily fee. We welcome families who wish to attend just field trip days.

Age: 4 - 12 years old
 Cost: \$36 per day for Centre Members
 \$46 per day for Community Participants
 PLUS the additional fee listed for the field trip

YCI Field Trips		
Field Trip	Date	Additional Fee
Tropica Indoor Waterpark	June 3	\$11
MN Zoo	June 10	\$8
Hastings Family Aquatic Center	June 17	\$10
New Hope Aquatic Park	June 24	\$12
River Falls Glen Park	July 1	\$4
Eau Claire Water Park	July 8	\$10
Edina Aquatic Center	July 15	\$12
Highland Park Aquatic Center	July 22	\$10
Wakanda Waterpark	July 29	\$5
Bunker Beach Waterpark	August 5	\$15
Cascade Bay Waterpark	August 12	\$11
Anoka Aquatic Center	August 19	\$7

Camp Centre Field Trips		
Field Trip	Date	Additional Fee
Tropica Indoor Waterpark	June 3	\$11
MN Zoo	June 10	\$8
Hastings Family Aquatic Center	June 17	\$10
New Hope Aquatic Park	June 24	\$12
River Falls Glen Park	July 1	\$4
Great River Water Park	July 8	\$10
Edina Aquatic Center	July 15	\$12
Highland Park Aquatic Center	July 22	\$10
Wakanda Waterpark	July 29	\$5
Battle Creek Water Park	August 5	\$9
Fawn Doe Ross	August 12	\$8
Anoka Aquatic Center	August 19	\$7



Mini Camps

7 - 12 years old

Mini Camps

47190

In our Mini Camps participants arrive after summer school to participate in a fun afternoon of activities at the Centre. Participants can ride the bus to the Centre or parents can drop them off and we will fill the afternoon with fun! One day each week the kids will swim.

- Age: 7 - 12 years old
Date: As listed per camp
Time: 12:00 PM - 6:00 PM
(after summer school)
Cost: \$20 per day for Centre Member
\$40 per day for Community Participant
Minimum of 3 days per week required

Dates are subject to change based on New Richmond School District summer school schedule

Bring each day...

- lunch (peanut free)
- water bottle (labeled with their name)
- sunscreen
- swimsuit
- towel
- backpack to hold everything



Soccer

This mini camp will focus on learning soccer skills and playing small sided soccer games. We will have a swim day as part of the week. This mini camp will be for participants of all ages who want to kick the ball around and learn more about the game of soccer.

Date: Monday - Friday, June 1 - 5

Board Games & Backyard Games

Join us this week and share your mastery of board games. Not boring games but classic board games where you test your skills against others while playing Monopoly, Sorry, Candyland, Uno, Trouble and so much more. This mini camp will explore all the classic backyard sports games including Frisbee, cornhole, volleyball, kickball, yard darts, bocce ball and more. Participants will get to try these games, learn the rules, and compete against each other. We will also have a swim day as part of the mini camp week.

Date: Monday - Friday, June 8 - 12

Sports of All Sorts

In this mini camp we will play all kinds of different sports including basketball, football, whiffle ball, pickleball, volleyball and soccer to name a few. We will swim one of the days as well.

Date: Monday - Friday, June 15 - 19

Scavenger Hunt

During the scavenger hunt mini camp participants will take part in a different scavenger hunt each day. Some of the hunts will be around the Centre and some will take us around the community. A fun way to explore and have fun looking for hidden treasures. We will include a swim day as well.

Date: Monday - Friday, June 22 - 26

Specialty Camps

7 - 12 years old

Swim Camp

47286

In our swim camp, your child will participate in age-appropriate activities led by enthusiastic and qualified counselors. The program features an introduction to Junior Lifeguarding, swimming drills stroke work, games, and safety rules designed to be both enjoyable and beneficial to your child's skill development. Field trips will be taken on Wednesday and they need to be here before 9:00 AM for the field trip. We will returning by 4:30 PM on those days.

Age: 7 - 12 years old

Date: Monday - Friday, July 20 - 24

Time: 6:00 AM - 6:00 PM

(program time will be 8:30 AM - 4:00 PM)

Cost: \$36 per day for Centre Member

\$46 per day for Community Participant

Minimum of 3 days per week required

Additional fee for field trip day

Minimum/Maximum Participants: 7/20

Field Trip: Highland Park Aquatic Center

Field Trip Fee: \$10



Soccer Camp

47190

In this specialty camp we will focus on both skill development and physical development as it relates to playing soccer. This camp would be for kids really interested in improving their skills in advance of the fall soccer season. Instructors will be college players, high school coaches and high school players from both boys and girls teams. This focus of the camp will be to intensify the training and push players to develop their skills. During this week there will be a field trip on Wednesday.

Age: 7 - 12 years old

Date: Monday - Friday, August 3 - 7

Time: 6:00 AM - 6:00 PM

(program time will be 8:30 AM - 4:00 PM)

Cost: \$36 per day for Centre Member

\$46 per day for Community Participant

Minimum of 3 days per week required

Additional fee for field trip day

Minimum/Maximum Participants: 8/24

Field Trip: Bunker Beach Waterpark

Field Trip Fee: \$15



Frequently Asked Questions

Do I need to register early?

Yes! Our summer programs fill quickly so be sure to register early.

What dates are available?

Camp Centre, YCI, YCI Themed Weeks, Mini Camps, and Specialty Camps will be offered May 26 through August 21. School's Out Club will be offered August 24 - 28.

Do I have to pay extra for before and/or after care?

No, your fee covers care from 6:00 AM to 6:00 PM for all programs.

Can I drop a day of care?

The schedule is flexible to the degree that you can attend any days each week but a weekly minimum of 3 applies regardless. If you need to drop a week, you may do that at no cost until May 1. After that, dropping or adding weeks must be requested at least one week in advance. Change requests must be emailed. To withdraw from the program, participants are responsible for paying for 2 full weeks of care 5 days each week.

When will payments be withdrawn?

Payments will be withdrawn from the account you provide on the Friday before care is given. If a payment is not made, then care will be suspended until the account is up to date. **If you have an outstanding balance that is more than 1 week past due, you will need to pay in full to continue participation in programs.**

How do I drop off and pick up my child?

You will receive a Child Care Pass that you must show the Welcome Center when you walk in or you can scan your Centre Member Keytag. If unable to do either of these, you must sign a Visitor Log. You then go to the classroom, drop off/pick up, and sign your child in/out. At the classroom, a staff may ask to see your driver's license so they can ensure your child is going with the right person. This is for the safety of your child and may be requested every time!

What does my child need to bring with them each day?

Your child should come with a healthy lunch(peanut free), full water bottle, sunscreen, swimsuit, towel, and a backpack to hold everything. Tennis shoes are best for all the walking and activities we will do. Additional items may be required for specific camps. **Please label all belongings.**

Does the Centre provide lunch?

The Centre does not provide lunch. The Centre provides an AM and PM snack to participants as well as juice or milk for all summer participants. If your child requires a special diet, it will be the parent's responsibility to provide what is needed for their child. All participants need to bring a lunch(peanut free) and water bottle each day.

What happens if my child does not have a lunch or water bottle?

We will make sure your child has what is needed for the day at an additional cost. A lunch will be \$5 and water bottle will be \$1.

When will my child get their shirt?

Your child will get their shirt on the first field trip they attend. Your child will get the size that you choose when you register. If your child has received their shirt and isn't wearing it on a field trip day, you will be charged \$15 and given another shirt.

What will my child do if it is raining or too hot?

If the weather is not cooperating, we will stay at the Centre for our activities. We will do group games in the gym and classrooms. If an alternate adventure is available or if we will be swimming in the Centre pool, parents will receive communication regarding the schedule.

Is your program licensed?

Yes, Camp Centre for ages 4 - 6 is licensed. Programs for ages 7 - 12 are not. State and county subsidy is only available for Camp Centre children.

If you are in need of financial assistance please contact the Centre.

Thank You Sponsors

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Registration Opens January 24

If this is your first time registering for Centre programs, please contact us during our business hours at 715-246-2252. Our Welcome Center team will help you get your online account established. Online account holders should follow:

1. Go to our website www.nracentre.com
2. Click Register Online (scroll to bottom of our website)
3. Click Sign In/Up and enter your email and password
4. Enter activity into search bar or browse by Activities
5. Choose the programs you want to register for
6. Click Continue
7. You will be directed to your cart and asked to sign a waiver.
8. You can pay in full or you may choose a payment schedule.

We Are Hiring for the Summer

The Centre is looking for individuals interested in working in our summer programs. Children that attend our summer programs range from 3 - 14 years old. Summer staff lead games and activities, oversee behavior management, plan activities, supervise children on weekly field trips, and ensure that children have a great summer at the Centre! **Starting pay range is \$15.00 per hour.**

Applicants must:

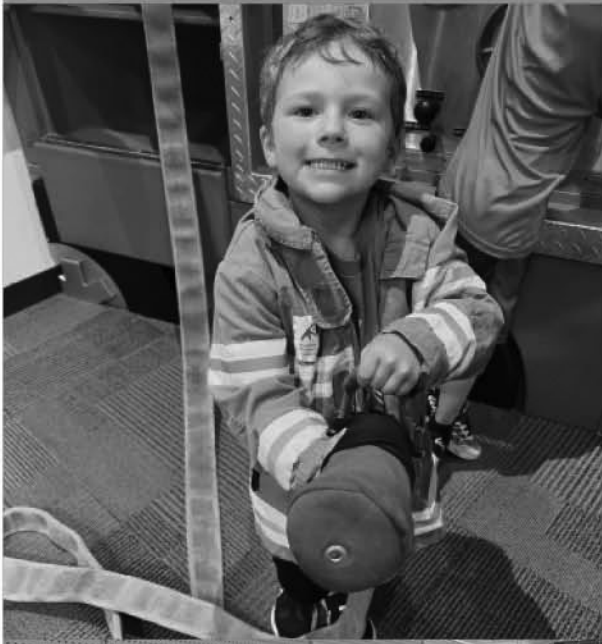
- Be 18 years or older to work with Camp Centre 4 - 6 year olds and 16 years or older to work with YCI.
- Be available May 18 - August 28, between 6:00 AM - 6:00 PM.
- Have experience with and a passion for children.
- Possess a positive and flexible attitude ready for adventure.
- Be able to multi-task.
- Be a creative and optimistic problem solver.

For more information please contact the Centre at 715-246-2252.

Centre

425 E 5th St
New Richmond, WI 54017
715-246-2252
www.nracentre.com

Updated 01/22/2026





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No referral needed



Meet your local pediatric dentist expert

Dr. Eric Kenney is Wisconsin's leading pediatric dentist - creating confidence in the dental setting one child at a time.

We're grateful each day for the communities we serve — which is why Smiles in Motion is active and involved with organizations like The New Richmond Area Centre.

After all, our families live here, too! We are proud to actively support many organizations that contribute to our communities, including schools, youth sports teams, and local nonprofits.

Schedule your appointment today!

Hudson | Amery

715.723.2000 | sim4kids.com

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: Monday, June 8 6:30 PM - 8:00 PM
Wednesday, July 9 4:30 PM - 6:00 PM
Tuesday, August 4 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, June 11 - 14
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 & Community Room C
Registration Deadline: Thursday, June 4
Minimum/Maximum Participants: 4/10



SCREEN PRINTING
& EMBROIDERY

mooreimprints.com



Individual Private Swim Lessons

47285

Individual private swim lessons are for 1 to 1 attention and structured to meet the needs and goals of the individual. They are offered for all ages and all ability levels. Sessions are 30 minutes in length and all prices are per participant.

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 Lessons

47285

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. Sessions are 30 minutes in length and all prices are per participant.

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

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.

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



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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

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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: \$29.00 for Centre Members, \$47.00 for- Community Participants

Session 1		Session 2		Session 3	
Tuesdays & Thursdays June 2 - 18 Registration Deadline: Tuesday, May 26		Tuesdays & Thursdays July 7 - 23 Registration Deadline: Tuesday, June 30		Saturdays July 25 - August 29 Registration Deadline: Saturday, July 18	
5:00 PM - 5:30 PM	Tots Presc 1, 2 Level 1, 2	5:00 PM - 5:30 PM	Tots Presc 1, 2 Level 1, 2	9:25 AM - 9:55 AM	Presc 1, 2 Level 1
5:35 PM - 6:05 PM	Tots Presc 1 Level 1, 2, 3	5:35 PM - 6:05 PM	Tots Presc 1 Level 1, 2, 3	10:00 AM - 10:30 AM	Presc 2 Level 1, 2
6:10 PM - 6:40 PM	Presc 2 Level 2, 3, 4, 5/6	6:10 PM - 6:40 PM	Presc 2 Level 2, 3, 4, 5/6	10:35 AM - 11:05 AM	Presc 1 Level 2, 3
				Sundays July 26 - August 30 Registration Deadline: Sunday, July 19	
				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 Level 3
				Tuesdays & Thursdays August 4 - 20 Registration Deadline: Tuesday, July 28	
				5:00 PM - 5:30 PM	Tots Presc 1, 2 Level 1, 2
				5:35 PM - 6:05 PM	Tots Presc 1 Level 1, 2, 3
				6:10 PM - 6:40 PM	Presc 2 Level 2, 3, 4, 5/6

SUMMER 2026 PROGRAM GUIDE JUNE - AUGUST



A Huge Thank You to Our Sponsors!

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



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



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