



PROGRAM GUIDE

FALL 2026

SEPTEMBER - NOVEMBER



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

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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	8:00 AM - 12:00 PM 4:00 PM - 7:00 PM
Saturday	8:00 AM - 12:00 PM
Sunday	10:00 AM - 12:00 PM (Nov - Mar) Closed (Apr - Oct)

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.

Table of Contents

Fitness		Aquatics	
Youth Fitness Orientations	5	CPR/AED/First Aid Certification	21
Group Fitness & AquaWorks Classes	5	American Red Cross Lifeguard Certification	21
Fitness on Demand: Workouts on Your Schedule	5	American Red Cross Re-Certification	21
5K Racing Series	5	Scuba Sunday	21
Individual Personal Training	7	Individual Private Swim Lessons	22
Small Group Personal Training	7	Small Group Private Swim Lessons	22
Independent Program Design	7	Swim Checks	22
		Centre Swim School	22
		Centre Swim Tots	23
Sports		Centre Swim Preschool 1	23
Pickleball	8	Centre Swim Preschool 2	23
Volleyball	8	Centre Swim Level 1	23
Men's Basketball League	8	Centre Swim Level 2	24
		Centre Swim Level 3	24
Teens		Centre Swim Level 4	24
Teen Center	8	Centre Swim Level 5	26
		Centre Swim Level 6	26
Youth & Family		Centre Swim School Class Schedule	27
Kids Kove	12		
Centre Adventure Academy	12		
Youth Character Initiative: After School Hangout	12		
Wee Soccer	12		
Flag Football	14		
Soccer Day Camp	14		
Trunk or Treat Halloween Spooktacular	14		
Wee Basketball	14		
Senior			
Senior Centre Punch Card	15		
Senior Day: Minnesota State Fair	15		



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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.

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

5K Racing Series

47375

Decide. Commit. Succeed. Stay motivated and keep your training on track all winter long with our monthly 5K series! From October through March, participants can challenge themselves, maintain their fitness, and connect with fellow runners during the off-season. Each race features a slightly different course layout to provide variety and keep every event fresh and engaging.

Register once and enjoy all 5K races for one affordable price, making it easy to stay committed to your fitness goals throughout the winter months. Whether you're training for a goal race or simply looking to stay active, this series is a great way to run strong all year long.

Age: 10+ year olds
Date: Saturday, October 31
Saturday, November 14
Saturday, December 12
Saturday, January 30
Saturday, February 20
Saturday, March 20

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

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



#nracentre

Questions? Contact:

Jenny Baumgartner, Aquatics Manager

jbaumgartner@nracentre.com or 715-246-2252

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



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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

Volleyball

47213

Attention all volleyball enthusiasts, beginners, and competitive players! Volleyball is open to everyone regardless of skill level. Teams will be randomly assigned each week based on attendance. This is a fantastic opportunity to improve your skills and get some exercise.

Age: 17+ years old
 Date: Mondays starting October 5
 see gymnasium schedule for days and times
 Cost: FREE for Centre Members
 Day Pass for Community Participants
 Place: Gymnasium

Men's Basketball League

47213

This league is designed for those who want to compete in a fun, competitive environment while enjoying time with friends and meeting new people. The season consists of 16 weeks, featuring a 5v5 format with one game per week. Games are played in a call-your-own-foul style with a 20-minute running clock.

Age: 25+ years old
 Date: Thursdays, November 12 - March 18
 (no games November 26, December 24 & 31)
 Time: 6:00 PM - 8:00 PM
 Cost: \$36.00 for Centre Members
 \$62.00 for Community Participants
 Place: Gymnasium
 Registration Deadline: Thursday, November 12
 Minimum/Maximum Participants: 20/40

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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centre teen center

Teen Center is back!

Starting This September

Looking for a fun place to go after school? Look no further!
Join us at the Teen Center for an afternoon
filled with friends, games, snacks, and activities!

Age:	6th - 8th graders	✓	Enjoy Snacks & Pizza
Date:	Monday - Friday, starting September 1	✓	Play Video Games
Time:	3:15 PM - 5:30 PM	✓	Shoot Hoops in the Gym
Cost:	FREE for Centre Members	✓	Do Homework & Study
Place:	Teen Center	✓	Hang Out with Friends



425 E 5th St
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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 Intermediate & Beginners 10:00 AM - 12:00 PM	8:00 AM - 11:00 AM	Advanced 8:00 AM - 10:00 AM Intermediate & Beginners 10:00 AM - 12:00 PM	Advanced 8:00 AM - 10:00 AM Intermediate & Beginners 10:00 AM - 12:00 PM	Advanced 8:00 AM - 10:00 AM Intermediate & Beginners 10:00 AM - 12:00 PM

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

MEMBERSHIP BREAKDOWN



MEMBERSHIP TYPE	MONTHLY RATE	HOURS PER WEEK	COST PER HOUR
Adult	\$57	22.5	\$2.53
Double	\$67		\$2.97
Family	\$77		\$3.42
Senior	\$47		\$2.08

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425 E 5th St
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New Richmond

TIGERS

Soccer



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Play Options!**

**Ages 8-18
Girls & Boys**

*Our
Passion*



*Our
Pride*

COMPETITIVE & FUN TRAVELING PLAY



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OR ONLINE: www.nrsoccer.com**

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	8:00 AM - 12:00 PM 4:00 PM - 7:00 PM
Saturday	8:00 AM - 12:00 PM
Sunday	10:00 AM - 12:00 PM (Nov - Mar) Closed (Apr - Oct)

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

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

YCI: After School Hangout

47222

Our after-school program for children ages 7–11 provides a safe, supportive, and fun environment where kids can learn, grow, and build friendships beyond the school day. Each day, students are given time to unwind, complete homework with guidance, and participate in a variety of enriching activities designed to spark creativity and curiosity.

The program includes a balanced mix of academic support, hands-on projects, physical activity, and social play. From arts and crafts and STEM challenges to team games and outdoor recreation, kids are encouraged to explore their interests while developing important life skills like teamwork, problem-solving, and confidence.

Led by caring and experienced staff, our program focuses on fostering a positive atmosphere where every participant feels included, valued, and inspired. Whether they're finishing homework, discovering a new hobby, or making new friends, students leave each day feeling accomplished and excited to return.

2026 - 2027 School Year

Age: 7 - 11 years old
Date: Monday - Friday, starting Tuesday, September 1
Time: 3:30 PM - 6:00 PM After School
2:00 PM - 6:00 PM Early Out Days After School
Cost: \$9.00 per child or \$15.00 per child on Early out Days
Registration Deadline: One week prior to date attending
Maximum participants: 15

Wee Soccer

47212

Kick off your child's love of soccer in this fun four-week introduction to the sport! Each week, young players will build fundamental skills such as passing, trapping, shooting, and basic defense through age-appropriate drills, games, and activities. Parent participation is encouraged each week, allowing families to learn, play, and celebrate their child's progress together. This class focuses on developing coordination, confidence, teamwork, and a lifelong love of the game in a fun and supportive environment.

Age: 4 - 8 years old
Date: Tuesdays, September 8 - 29
Time: 5:00 PM - 5:30 PM (4 - 5 year olds)
5:45 PM - 6:15 PM (5 - 6 year olds)
6:30 PM - 7:00 PM (7 - 8 year olds)
Cost: \$26.00 for Centre Members
\$45.00 for Community Participants
Place: Centre
Registration Deadline: Tuesday, September 1
Minimum/Maximum Participants: 6/10 per session



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- Family medicine
- Pediatrics
- Urgent care
- Women's health
- And more

Flag Football

47212

Get in the game with this fun and beginner-friendly introduction to flag football! This non-contact program is designed for young athletes who are new to the sport and want to learn the fundamentals in a safe, supportive environment. Participants will develop skills such as throwing, catching, running routes, flag pulling, and basic offensive and defensive strategies through exciting drills, games, and team activities. Along the way, kids will build confidence, improve coordination, practice teamwork, and discover a love for the game.

Age: 5 - 8 years old
Date: Tuesdays, October 6 - 27
Time: 5:00 PM - 5:30 PM (5 - 6 years old)
5:45 PM - 6:15 PM (7 - 8 years old)
Cost: \$26.00 for Centre Members
\$45.00 for Community Participants
Place: Centre
Registration Deadline: Tuesday, September 29
Minimum/Maximum Participants: 6/10 per session

Soccer Day Camp

Enjoy a fun filled day of soccer at the Centre on your day off from school. There will be soccer skills and drills along with soccer games and activities. We will also have time in the Centre pool and the Centre's new teen activity room. Fee includes a pizza lunch and drink.

Open to all skill levels. We will tailor the day based on participants' skill levels. Instruction and coaching will be provided by members of the New Richmond High School Boys Soccer Team.

Participants should bring shin guards, water bottle, tennis shoes, and cleats (if you have them). Most of our time will be outside but we will also play indoor soccer (futsal).

Age: 1st - 5th graders
Date: Monday, September 21
Time: 7:30 AM - 5:30 PM
Cost: \$44.00 for Centre Members
\$54.00 for Community Participants
Place: Centre
Registration Deadline: Monday, September 14
Minimum/Maximum Participants: 12/24

Trunk or Treat Halloween Spooktacular

47219

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



Age: All ages
Date: Saturday, October 31
Time: 11:00 AM - 1:00 PM
Cost: FREE for all participants, concessions for purchase
Place: Centre Parking Lot
Registration Deadline: Friday, October 30 for online registration
day of registrations accepted in person

Wee Basketball

47212

Get your little athlete moving with this fun and engaging fourweek introduction to basketball! Children will learn the basics of dribbling, passing, shooting, and defense through exciting games, creative activities, and age-appropriate drills. Our encouraging instructors focus on developing coordination, confidence, teamwork, and sportsmanship while helping each child build a love for the game. No experience is necessary—just come ready to have fun!

Age: 4 - 8 years old
Date: Tuesdays, November 3 - 24
Time: 5:00 PM - 5:30 PM (4 - 5 years old)
5:45 PM - 6:15 PM (5 - 6 years old)
6:30 PM - 7:00 PM (7 - 8 years old)
Cost: \$26.00 for Centre Members
\$45.00 for Community Participants
Place: Gymnasium
Registration Deadline: Tuesday, October 27
Minimum/Maximum Participants: 6/10 per session

Senior Centre Punch Card

Stay active, engaged, and rewarded with our Senior Centre Punch Card! Pick up a punch card at the Welcome Center and earn punches by participating in eligible activities throughout the year.

Turn in a completed punch card each month for a chance to win a monthly prize. Participants who submit a punch card every month during the year will also be entered into a grand prize drawing at year's end.

Join the fun, track your participation, and earn rewards along the way!

Age: 65+ years old

Senior Day: Minnesota State Fair

Enjoy a fun-filled outing to the Minnesota State Fair during Senior Day! Participants will have the opportunity to explore exhibits, enjoy entertainment, browse vendors, and experience all the sights, sounds, and flavors that make the fair a Minnesota tradition.

We will depart at 9:00 a.m. and spend the morning at the fair before returning in the afternoon. Participants must arrive by 8:45 a.m. for check-in and boarding. The group will leave the fair at 2:00 p.m.

Register today to secure your place—space is limited!

Age: 65+ years old

Date: Thursday, September 3

Time: 8:45 AM Arrive at the Centre

9:00 AM Depart from the Centre

2:00 PM Depart from the Fair

Cost: \$10.00 for Centre Members

\$15.00 for Community Participants

Registration Deadline: Thursday, August 27

Minimum Participants: 13

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Youth Character Initiative

AFTER SCHOOL HANGOUT

SEPTEMBER - DECEMBER

Our after-school program for children ages 7–11 provides a safe, supportive, and fun environment where kids can learn, grow, and build friendships beyond the school day. Each day, students are given time to unwind, complete homework with guidance, and participate in a variety of enriching activities designed to spark creativity and curiosity.

The program includes a balanced mix of academic support, hands-on projects, physical activity, and social play. From arts and crafts and STEM challenges to team games and outdoor recreation, kids are encouraged to explore their interests while developing important life skills like teamwork, problem-solving, and confidence.

Led by caring and experienced staff, our program focuses on fostering a positive atmosphere where every participant feels included, valued, and inspired. Whether they're finishing homework, discovering a new hobby, or making new friends, students leave each day feeling accomplished and excited to return.

2026 - 2027 School Year

Age: 7 - 11 years old

Date: Monday - Friday, starting Tuesday, September 1

Time: 3:30 PM - 6:00 PM After School

2:00 PM - 6:00 PM Early Out Days After School

Cost: \$9.00 per child or \$15.00 per child on Early Out Days

Registration Deadline: One week prior to date attending

Maximum participants: 15



Senior Program Room

Exciting Things Are Coming for
Our Senior Members!



We're thrilled to announce that a brand new Senior Program Room is coming soon!

Designed with our senior community in mind, this welcoming space will be a place to connect, learn, laugh, and enjoy time with friends. Join us for engaging activities, special programs, new hobbies, or simply relax in a warm and friendly environment.

WE'RE PLANNING
EXCITING OPPORTUNITIES, INCLUDING:

FUN SOCIAL GATHERINGS
GAMES & FRIENDLY COMPETITIONS
EDUCATIONAL WORKSHOPS
CREATIVE ACTIVITIES
AND SO MUCH MORE!

Stay tuned for our grand opening date and a full schedule of upcoming activities.

New space. New friendships. New opportunities.
We can't wait to welcome you!

18TH ANNUAL CENTRE

Spooktacular

TRUNK OR TREAT

Saturday, October 31

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



AGE: All ages
DATE: Saturday, October 31
TIME: 11:00 AM - 1:00 PM
COST: FREE for all participants, concessions for purchase
PLACE: Centre Parking Lot
REGISTRATION DEADLINE: Friday, October 30 for online registration, day of registrations accepted in person



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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!

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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, September 9 (4:30 PM - 6:00 PM)
Tuesday, October 6 (4:30 PM - 6:00 PM)
Wednesday, November 18 (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, November 19 – 22
Time: 4:30 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, November 12
Minimum/Maximum Participants: 5/10

American Red Cross Re-Certification

47286

The Lifeguarding Recertification course is designed to refresh your knowledge and skills. To participate in the Lifeguarding Recertification class, you must have a current American Red Cross Lifeguarding certification, and certification expired by no more than 30 days.

During the course, individuals will have the opportunity to review and practice their skills. Participants must pass the final written test and three final skill assessments.

Participants who successfully complete the Lifeguarding recertification course will be issued the American Red Cross certificate for Lifeguarding (Including Deep Water) with CPR/AED for Professional Rescuers and First Aid, valid for 2 years.

Age: 15+ years old
Date: Sunday, November 22
Time: 8:00 AM - 6:00 PM
Cost : \$115.00 for Centre Members
\$150.00 for Community Participants
Place: Centre Pool & Community Room C
Registration Deadline: Sunday, November 15
Minimum/Maximum Participants: 5/10

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, 85o 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



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.

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

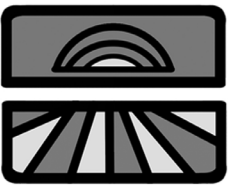
Prerequisites:

- **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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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 September 1 - 17 Registration Deadline: Tuesday, August 25		Tuesdays & Thursdays October 6 - 22 Registration Deadline: Tuesday, September 29		Tuesdays & Thursdays November 4 - 19 Registration Deadline: Tuesday, October 27	
5:00 PM - 5:30 PM	Tots Presc 1, 2 Level 1, 2	5:00 PM - 5:30 PM	Tots Presc 1, 2 Level 1, 2	5:00 PM - 5:30 PM	Tots Presc 1, 2 Level 1, 2
5:35 PM - 6:05 PM	Tots Presc 1, 2 Level 1, 2	5:35 PM - 6:05 PM	Tots Presc 1 Level 1, 2	5:35 PM - 6:05 PM	Tots Presc 1 Level 1, 2
6:10 PM - 6:40 PM	Presc 2 Level 1, 3, 4, 5/6	6:10 PM - 6:40 PM	Presc 2 Level 1, 3, 4, 5/6	6:10 PM - 6:40 PM	Presc 2 Level 1, 3, 4, 5/6
		Saturdays October 3 - November 7 Registration Deadline: Saturday, September 26			
		9:25 AM - 9:55 AM	Presc 1, 2 Level 1		
		10:00 AM - 10:30 AM	Presc 2 Level 1, 2		
		10:35 AM - 11:05 AM	Presc 1 Level 2, 3		
		Sundays October 4 - November 8 Registration Deadline: Sunday, September 27			
		4:00 PM - 4:30 PM	Presc 1, 2		
		4:35 PM - 5:05 PM	Level 1, 2		
		5:10 PM - 5:40 PM	Presc 1 Level 3		

FALL 2026 PROGRAM GUIDE SEPTEMBER - NOVEMBER



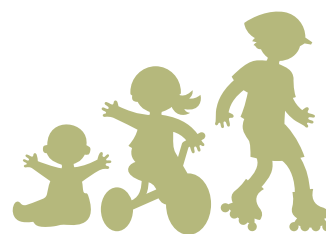
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It is through the generous support of our sponsors that The Centre is able to offer the variety of programs and services to our members and the communities we serve. We thank them for their commitment and for all they do for the New Richmond area.

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July 15 for Community Participants.

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