



**PROGRAM
GUIDE**

**WINTER
2027**

DECEMBER - FEBRUARY

About Us



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.

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Staff Spotlight: Sarah



More Than a Gym: Why the New Richmond Area Centre Will Always Feel Like Home

To me, the New Richmond Area Centre isn't just a gym—it's a community within our community. In many ways, it feels like home.

My story with the Centre didn't begin when I became an instructor. It began decades earlier, before it was even known as the New Richmond Area Centre. Back before it was Friday's Aquatics Centre, it was simply part of my childhood.

As an elementary-aged kid, summers meant day camp. We spent hours at Citizens Field playing kickball, freeze tag, and just about every game imaginable. The old armory next door seemed huge and intimidating to a little kid. Looking back, it's funny how things that once seemed scary eventually become familiar.

I was also lucky enough to be one of the last kids to truly experience Mary's Park before it changed forever. Anyone who grew up here probably remembers it. There was the swimming pool that was so cold you got a glimpse of what the Titanic must have felt like. The metal slides were so hot they taught you to behave unless you wanted to prepare for eternity in hell. The merry-go-round spun fast enough to leave you dizzy for hours, and the legendary fun house wheel challenged you to jump over missing boards while avoiding splinters and twisted ankles. Those were the good old days.

Eventually, those days came to an end. The pool closed. The fun house disappeared. The park changed.

Thankfully, the Friday family had built the community pool, because otherwise my awkward middle school years would have been a lot less exciting.

There was nothing quite like finally living "in town" and being able to walk to the pool with your friends. At the time, that was everything.

As I entered high school, my visits to the Centre (I believe it was the YMCA at this point) became less frequent. I'd stop in with friends to work out once in a while, but I wasn't what you'd call an active member.

Life brought me back.

In my twenties, my oldest son celebrated birthday parties in the upstairs party rooms. We spent countless hours bringing him to youth programs and activities. Later, when my youngest was preschool age, I was working as a Realtor from home, which allowed us to enroll him in the Centre's 3K and 4K programs. It was a blessing to have the flexibility to take our boys to school and activities ourselves instead of relying on daycare transportation.

Then the economy shifted.

Like many families, ours experienced uncertainty. The Centre became more than a place we visited—it became a place that supported us. I was hired as part of the evening cleaning crew.

I'll be honest...it wasn't my favorite job. People can be messy, and I discovered I wasn't very good at saying "no" when coworkers needed their shifts covered. But that experience gave me an incredible appreciation for our cleaning and maintenance staff. They do far more than most people ever realize, and the work they do keeps the Centre running every single day.

Even after that chapter ended, our family continued spending time at the Centre. My boys attended programs, participated in activities, and looked forward to Up All Nites with their friends.

My own attendance, though, still came and went.

I'd get into a routine with BodyPump, Zumba, or meeting a friend to ride the bikes or walk on the treadmill, but consistency always seemed to slip away.

That finally changed in my mid-thirties.

I stopped waiting for workout partners and simply started showing up for myself. If friends could join me, great. If not, I'd work out anyway. I found consistency lifting weights and doing cardio. I even joined another gym in Hudson for its 24-hour access and specialized strength equipment. I'd lift there and spend my recovery and cardio days back at the Centre.

I was determined to become healthier.

Staff Spotlights

Maybe a little too determined. About two and a half years ago, I suffered an injury.

Oddly enough, I wasn't most afraid of the injury itself. I was terrified of losing everything I'd worked so hard to accomplish. By then, I had lost nearly 80 pounds, and I refused to let that progress disappear. I knew I needed a low-impact way to stay active while I healed.

My mom had been attending water aerobics, and I had gone a few times myself over the years. Since my doctor wanted me to avoid high-impact exercise and get rest, I decided to give it another try.

I had no idea that one decision would completely change my life.

I fell in love with water aerobics! I loved the movement. I loved starting my mornings in the pool. Most of all, I loved the people. The friendships and encouragement I found there became just as important as the exercise itself.

Eventually my doctor cleared me to return to lifting and my previous workouts, but by then I couldn't imagine giving up my pool family.

Then one morning I arrived for class and there wasn't an instructor.

No substitute had been found.

It happened again.

And again.

I remember thinking, "I live nearby...I could help."

I started researching what it would take to become certified so I could substitute when needed. While I was earning my certifications, one of the Centre's longtime instructors decided it was finally her time to retire.

Sometimes doors open exactly when they're supposed to.

Before long, I had my own regular water aerobics class. Soon I was teaching four mornings each week, every other Saturday, and happily filling in whenever I was needed. Before long, I also began substituting for land fitness classes.

I loved every minute of it.

Honestly, if I could spend all day at the Centre, I probably would.

As staffing needs changed again, I transitioned from my regular pool classes into land fitness. It never mattered to me whether I was in the pool or in the fitness room. I truly believe God was placing me exactly where I was needed. My purpose isn't tied to a location—it is about encouraging others to move, become healthier, and enjoy fitness.

Today I teach land fitness several days each week, I will be teaching in the pool again, and will continue to substitute whenever I can. I take volunteer opportunities as they arise and I am able as well.

The people keep me coming back!

Every morning I look forward to seeing what I affectionately call "The Breakfast Club" gathered around the front tables. I love getting to know the members in my classes. Many of them have become like extended family.

One of my favorite parts is seeing those familiar faces outside the Centre—at the grocery store, church, the farmers market, or around town. Those moments remind me that what we've built here extends far beyond these walls.

That's what makes the New Richmond Area Centre different.

It isn't simply a place to lift weights, swim laps, or attend a fitness class. It isn't just another 24-hour gym, bodybuilding facility, yoga studio, or HIIT training center.

It's a place where people of every age and every stage of life belong.

It's where lifelong friendships are formed, where neighbors become family, where children grow into adults and someday bring their own children through the same doors.

I've watched the Centre evolve throughout every stage of my life, and in many ways, it has helped shape who I am today.

For me, the New Richmond Area Centre will always be more than a gym.

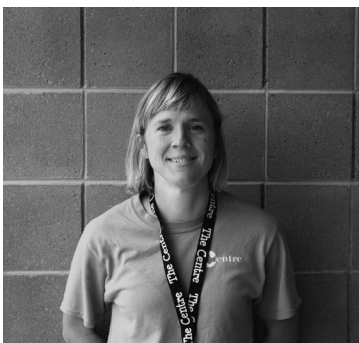
It is family.

It is community.

It is home.

Staff Spotlights

Staff Spotlight: Lillian



Lillian grew up in Lakeville, Minnesota, in a blended family that is very close—and very loud! Her family has played a big role in shaping who she is today. Her friends would describe her as goofy, while her family would say she has strong “oldest daughter” traits and is naturally a leader. Her kids might describe her as the strict parent, and her husband would probably tell her that she needs to relax a little more.

Most of all, Lillian describes herself as a Christian, a singer, a passionate runner, and someone who cares deeply about others.

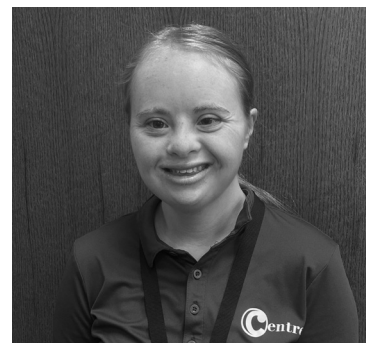
When Lillian first applied to work at The Centre, her goal was simple: she wanted to work at the gym to support her kids while spending time in a place she already loved. But once she became part of The Centre, that purpose grew into something much more meaningful. Today, Lillian works here because she feels like she is part of a community. To her, The Centre is more than a place to work out—it is a family, and she and her children are part of it. It is a place where she feels welcomed, accepted, and valued.

Lillian has had many meaningful experiences at The Centre. While working out, Larry L. once told her that she was his role model. She has completed some of her best marathon training on our treadmills, with Pam O. cheering her on along the way. Her child learned to float on both their back and stomach through our swim lessons. Her children have also made friendships at The Centre that have continued beyond our walls, with those friendships growing into playdates and sports together.

Lillian also appreciates the relationships and trust she has built with the people around her. She loves that members know her well enough to trust her and that staff have been patient and supportive as she has learned and grown in her role. She appreciates the support she has received from the entire team.

Lillian is grateful to be part of The Centre family and is excited that she gets to continue being a part of it. What started as a job to support her family has become something much more—a place where she, her children, and the people around her feel connected, supported, and at home.

Staff Spotlight: Kylee



When asked why she works at The Centre, Kylee’s response was quick and decisive: “I love to clean!” Her passion for cleaning started at home, where she enjoyed helping around the house. She later put that passion to work at St. Croix Central Elementary School before joining The Centre.

Kylee is also a Special Olympics athlete and participates in a variety of sports, with basketball being her favorite. She plays point guard and enjoys watching Steph Curry, admiring his style of play.

Outside of work, Kylee loves spending time outdoors and going boating. She also enjoys watching Jeopardy! She has three younger sisters and one older brother.

Kylee enjoys working at The Centre because of the welcoming community, the clean environment, and the opportunity to meet new people and coworkers. She takes great pride in her work and brings genuine enthusiasm to everything she does.

With her passion for cleaning and positive attitude, Kylee hopes to be part of The Centre community for many years to come.



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TIGERS



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**Ages 8-18
Girls & Boys**

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Passion*



*Our
Pride*

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OR ONLINE: www.nrsoccer.com**

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

17TH ANNUAL CENTRE

Breakfast with Santa

Saturday, December 12



Santa is coming to town! Bring your camera and share your Christmas wishes. Before or after visiting, enjoy a delicious pancake breakfast. Thank you to FNC Bank for their sponsorship and support of this special annual event. **Please register your children for the 15 minute time slot that works best for your family.**

AGE: All ages
DATE: Saturday, December 12
TIME: 9:00 AM - 11:00 AM
(divided into 15 minute time slots)
COST: FREE for all participants
PLACE: Centre
DEADLINE: Friday, December 11 for online registration,
day of registrations accepted in person



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Centre
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New Richmond WI 54017



Questions? Call: 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

Sports

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
see gymnasium schedule for days and times
Cost: FREE for Centre Members
Day Pass for Community Participants
Place: Gymnasium

Teen

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
Time: 3:30 PM - 5:30 PM
Cost: FREE for Centre Members
Place: Teen Center

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

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 - 11 years old
Date: December 23, 28, 29, 30
January 18
February 19, 22
March 22, 23, 24, 25, 26
April 26
June 4
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
Time: 3:30 PM - 6:00 PM After School
2:00 PM - 6:00 PM After School Early Out
Cost: \$9.00 per child for After School
\$15.00 per child for After School Early Out
Registration Deadline: One week prior to date attending
Maximum participants: 15

Breakfast with Santa

47219

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

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



Age: All ages
Date: Saturday, December 12
Time: 9:00 AM - 11:00 AM (divided into 15 minute time slots)
Cost: FREE for all participants
Place: Centre
Registration Deadline: Friday, December 11 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 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!

Menomonie | Baldwin | New Richmond

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Wee Basketball

47212

Get your little athlete moving with this fun and engaging four week 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, January 5 - 26
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, December 29
Minimum/Maximum Participants: 6/10 per session

Birthday Bash

47219

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

Age: All ages
Date: Saturday, January 30
Time: 11:00 AM - 1:00 PM
Cost: FREE for all participants
Place: Centre Gymnasium

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Wee T-ball & Baseball

47212

Introduce your little one to the exciting world of baseball with a fun and engaging program designed specifically for t-ball and first-time baseball players. This program focuses on teaching the basics of the game, including throwing, catching, hitting, and running the bases, in a positive and supportive environment. Parent participation is encouraged each week, allowing families to learn, play, and celebrate their child's progress together. No baseball gloves necessary.

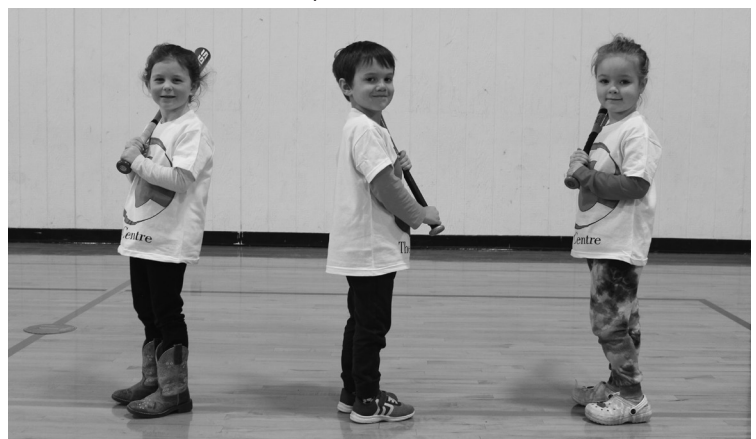
Age: 4 - 7 years old
Date: Tuesday, February 2 - 23
Time: 5:00 PM - 5:30 PM (4 - 5 years olds Tball)
5:45 PM - 6:15 PM (5 - 7 years olds Baseball)
Cost: \$26.00 for Centre Members
\$45.00 for Community Participants
Place: Centre
Registration Deadline: Tuesday, January 26
Minimum/Maximum Participants: 8/12

Swim Camp

47286

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

Age: 7 - 12 years old
Date: Monday, February 22
Time: 7:30 AM - 8:30 AM Drop Off
8:30 AM - 4:30 PM Swim Camp
4:30 PM - 5:00 PM Pick Up
Cost: \$36.00 for Centre Members
\$45.00 for Community Participants
Place: Pool & Classroom
Registration Deadline: Monday, February 15
Minimum/Maximum Participants: 7/20



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 Holiday Social

47275

Come celebrate the magic of the holiday season with us! Join us for a festive day filled with good food, fun, laughter, friendship, and holiday cheer! Our Senior Holiday Social will have something for everyone to enjoy.

Bring your favorite Holiday dish, dessert, or side to share and enjoy a delicious potluck lunch with friends.

- Bingo with Santa
- Photo Booth with the Grinch
- Holiday Crafts
- Cookie Exchange
- Holiday Movie
- Holiday Fun & More!

Come celebrate the most wonderful time of the year with us! Make new memories, enjoy delicious food, get crafty, snap a festive photo, and soak up the holiday spirit.

Bring your holiday cheer—we'll bring the fun!

Date: Friday, December 11
Time: 11:30 PM - 3:00 PM
Cost: FREE for Centre Members
Day Pass for Community Participants

Jewelry Making

47275

Come enjoy a day of relaxing jewelry making. Create a necklace, bracelet or a pair of earrings that are one of a kind!

Space is limited so be sure to register!

Date: Friday, December 4
Time: 12:30 PM - 2:00 PM
Cost: \$5.00 for Centre Members
\$10.00 for Community Participants
Registration Deadline: Friday, November 27
Minimum/Maximum Participants: 5/25

Wooden Ornament Painting

47275

Come enjoy the day and paint some new ornaments for your tree! Come for the art, leave with new friends, and a new ornament or two!

Space is limited so be sure to register!

Date: Tuesday, December 15
Time: 12:30 PM - 2:00 PM
Cost: \$5.00 for Centre Members
\$10.00 for Community Participants
Registration Deadline: Tuesday, December 8
Minimum/Maximum Participants: 5/25

No-Bake Dessert Day

47275

Bring a friend and come make a delicious cheesecake to take home!

Space is limited so be sure to register!

Date: Friday, December 18
Time: 12:00 PM - 2:00 PM
Cost: \$9.00 for Centre Members
\$15.00 for Community Participants
Registration Deadline: Friday, December 11
Minimum/Maximum Participants: 5/10



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Chili Cook Off

47275

Come enter your chili into our Chili Cook-Off! Come taste some chili and vote for what you think is the best!

Date: Tuesday, January 5
Time: 12:30 PM - 2:00 PM
Cost: FREE for Centre Members
Day Pass for Community Participants
Registration Deadline: Tuesday, December 29

Stillwater Ice Sculptures

47275

Have you ever seen the Ice Sculptures in downtown Stillwater? Join us for this fun adventure to see them! Make sure you dress warmly for that Minnesota cold day!

Date: Friday, January 15
Time: 12:00 PM - 2:00 PM
Cost: \$5.00 for Centre Members
\$10.00 for Community Participants
Registration Deadline: Wednesday, January 6
Minimum/Maximum Participants: 5/13

English Tea Party

The English Tea Party is back! Join us for an afternoon with friends for laughter, some tea, and a small snack!

Date: Friday, January 22
Time: 12:00 PM - 2:00 PM
Cost: FREE for Centre Members
Day Pass for Community Participants

Quarterly Lunch On

47275

Come enjoy a catered meal and learn some new information!

Date: Tuesday, January 26
Time: 12:30 PM - 2:00 PM
Cost: \$5.00 for Centre Members
\$10.00 for Community Participants
Registration Deadline: Tuesday, January 19

Cross Stitch Bookmarks

47275

Come and join us to make your own unique cross stitch bookmark!

Space is limited so be sure to register!

Date: Tuesday, February 2
Time: 12:30 PM - 2:00 PM
Cost: \$10.00 for Centre Members
\$15.00 for Community Participants
Registration Deadline: Tuesday, January 19
Minimum/Maximum Participants: 5/15



Bird Feeder Making

47275

Come and join us to make a new bird feeder before spring comes!

Space is limited so be sure to register!

Date: Tuesday, February 9

Time: 12:30 PM - 2:00 PM

Cost: \$15.00 for Centre Members

\$20.00 for Community Participants

Registration Deadline: Tuesday, January 26

Minimum/Maximum Participants: 5/24

Legacy Brewery Tour

47275

Have you ever wanted to tour the Legacy Brewery in Chippewa Falls? Join us for this brewery tour! We will be leaving the Centre at 11:00 AM and returning around 2:00 PM. You are responsible for your own ticket.

Space is limited so be sure to register!

Date: Friday, February 19

Time: 11:00 AM - 2:00 PM

Cost: \$15.00 for Centre Members

\$20.00 for Community Participants

Registration Deadline: Friday, February 12

Minimum/Maximum Participants: 4/13

Bird House Making

47275

Come and make a bird house for those little eggs to hatch in!

Space is limited so be sure to register!

Date: Tuesday, February 23

Time: 12:30 PM - 2:00 PM

Cost: \$15.00 for Centre Members

\$20.00 for Community Participants

Registration Deadline: Tuesday, February 9

Minimum/Maximum Participants: 6/24

Nail and Thread Art

47275

Come and join us for a little crafting. Make a unique piece of art for your home!

Space is limited so be sure to register!

Date: Friday, February 26

Time: 12:30 PM - 2:00 PM

Cost: \$15.00 for Centre Members

\$20.00 for Community Participants

Registration Deadline: Friday, February 12

Minimum/Maximum Participants: 5/12

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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, December 9 (4:30 PM - 6:00 PM)
Wednesday, January 6 (4:30 PM - 6:00 PM)
Wednesday, February 10 (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: Friday - Sunday, January 8 - 10
Time: 4:30 PM - 8:30 PM 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: Friday, January 1
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, January 10
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, January 3
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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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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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 December 1 - 17 Registration Deadline: Tuesday, November 24		Tuesdays & Thursdays January 5 - 21 Registration Deadline: Tuesday, December 29		Tuesdays & Thursdays February 2 - 18 Registration Deadline: Tuesday, January 26	
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, 2 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 January 9 - February 13 Registration Deadline: Saturday, January 2	
				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 January 3 - February 7 Registration Deadline: Sunday, December 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 2 Level 3

WINTER 2027 PROGRAM GUIDE DECEMBER - FEBRUARY



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 October 1 for Centre Members and October 15 for Community Participants.

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