



# Fall

# 2016

## Schedule of Activities

Sign up begins:  
Fall 1 Session - August 8  
Fall 2 Session - September 26

Sign up for classes by calling  
(507) 287-9300 or stopping by  
the Activities Desk



# At a Glance - Fall Youth Activities

		AGE													
		0	1	2	3	4	5	6	7	8	9	10	11	12	13 & up
<b>Kids Sports &amp; Fitness</b>	Yoga for Kids (pg 7)								X	X	X	X	X	X	
	Aerial Yoga: Teen Hang Out (pg 8)														X
	R*O*G*Y* Tennis (pg 22)				X	X	X	X	X	X	X	X	X	X	X
	ACE Program (pg 26)									X	X	X	X	X	X
	Racquetball (pg 29)									X	X	X	X	X	X
	Swimming Lessons (pg 30)	X	X	X	X	X	X	X	X	X	X	X	X	X	X
	Martial Arts for Health & Wellness (pg 35)							X	X	X	X	X	X	X	X
	Dance Classes (pg 40)				X	X	X	X							
	Soccer Classes (pg 40)			X	X	X	X	X	X	X	X	X			
	Basketball (pg 41)							X	X	X	X	X	X	X	
	Youth Baseball (pg 41)						X	X	X	X	X	X	X	X	
	Junior Cardio Tennis (pg 41)									X	X	X	X	X	X
	Home School PE (pg 41)						X	X	X	X	X	X	X	X	
	Romp & Roll (pg 41)		X	X											
	Hoppin' Tots (pg 41)			X	X	X									
Kids in Action (pg 41)					X	X	X								

<b>Events for Kids</b>	Kids Pajama Parties (pg 35)				X	X	X	X	X	X				
	Father/Son Football Day (pg 36)						X	X	X	X	X	X	X	X
	MEA Week Kids Camp (pg 36)						X	X	X	X	X	X	X	X
	Kids Halloween Party (pg 36)			X	X	X	X	X						
	Youth Skills & Drills Floor Hockey (pg 36)							X	X	X	X	X	X	X
	Mother/Daughter Canvas Painting (pg 36)						X	X	X	X	X	X	X	X
	Breakfast With Santa (pg 36)	X	X	X	X	X	X	X	X	X	X	X	X	X
	Let's Do It All Camp (pg 36)						X	X	X	X	X	X	X	X
	Date Nights (pg 38)	X	X	X	X	X	X	X	X	X	X	X	X	X
	Shopping Nights (pg 38)	X	X	X	X	X	X	X	X	X	X	X	X	X



# Fall 2016 Schedule of Activities

## Fall 1 Session

Classes begin week of September 6 (Tuesday)\*  
Sign up begins August 8

## Fall 2 Session

Classes begin week of October 24\*  
Sign up begins September 26

\*See individual sections for specific session length, date and time.

## Offerings

Adult and Youth Activities.....6	Racquetball .....28
Group Fitness .....7	Squash.....30
Pilates.....10	Swimming .....30
Adult Fitness .....13	TaeKwonDo ..... 35
Healthy Lifestyles.....15	Events for Kids .....35
Tennis.....19	Kids Sports and Fitness ..... 40

## Program Sign Up & Cancellation Policies

### Sign Up

All registrations are taken on a first come, first served basis. At the time of registration, please have the name of the activity for which you wish to enroll and the member number or name of the person you wish to enroll.

### Cancellation by the Club

If a class does not reach its minimum enrollment requirement, we will cancel the class **two days** prior to the first class. Members will be contacted by phone.

The Club reserves the right to alter the number of class sessions and/or change the length of the class time due to less than the minimum number allowed per class.

### Cancellation by a Member or Guest

**If you are registered for an activity and fail to cancel, you will be billed in full for that activity.**

- For a class you may cancel participation within **48 hours** after the first class. In this case, no charges will be applied to your account.
- For a one-time event, you must cancel **48 hours** in advance or you will be billed in full.

## Important Telephone Numbers

Front Desk ..... (507) 282-6000	Operations Director
Activities Desk.....(507) 287-9300	Nikki Lehnertz ..... (507) 287-9332
Club Café and Deli ..... (507) 287-9333	Activities Director
Fitness Floor.....(507) 287-9320	Whitney Benedetti..... (507) 287-9314
Kids Club.....(507) 287-9324	Fitness Director
The Neighborhood Desk ..... (507) 287-9321	Steve Boring..... (507) 287-9312
Thrive ..... (507) 287-9330	Group Fitness Director
Business Office..... (507) 287-9315	Sarah Cima..... (507) 287-9318
General Manager	Tennis Director
Brent Frueh.....(507) 287-9305	Ben Maes ..... (507) 287-9323
Assistant General Manager	Kids Club Director
Sarah Stille..... (507) 287-9311	Jodi Hass ..... (507) 287-9302
President	Neighborhood Director
Matt Remick..... (507) 287-9310	Marchellose Williams ..... (507) 287-9307



# Club Information & Guidelines

## Club Hours

Monday - Friday	5:00 am - 10:30 pm
Saturday - Sunday	7:00 am - 9:00 pm

## Holiday Hours

Labor Day	7:00 am - 7:00 pm
Thanksgiving Day	7:00 am - 2:00 pm
Christmas Eve	7:00 am - 2:00 pm
Christmas Day	Closed
New Year's Eve	7:00 am - 7:00 pm
New Year's Day	10:00 am - 7:00 pm
Easter Sunday	Closed
Memorial Day	7:00 am - 7:00 pm
Independence Day	7:00 am - 7:00 pm



## Guidelines for the Pool

1. All persons should take a cleansing shower before entering the swimming pools.
2. Any person having an infectious or communicable disease shall be excluded from use of the pool.
3. No running or rough play shall be permitted.
4. All infants and toddlers must be in a disposable swim diaper with a reusable swim diaper over the disposable.
5. Children 7-12 can be signed in with a lifeguard. Anyone under 13 must be with a parent or guardian and children 6 and under must be within arm's reach of a parent or guardian in the pool or hot tub.

## Lifeguard Hours

Monday, Wednesday, Friday	5:30 pm - 8:30 pm
Saturday - Sunday	10:30 am - 6:00 pm

## Outdoor Pool Hours

### (Memorial Day - Labor Day)

Monday - Sunday (weather permitting)	11:00 am - Dusk
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## Fitness Floor Policies

1. Members and Guests must be **13** years of age or older to be on the Fitness Floor and track.
2. The **Adult Only** room is reserved for members and guests 18 years of age and older.
3. Shoes are to be worn at all times. Bare feet, sandals and flip flops are **NOT** allowed.
4. Wipe down all machines after use.
5. **CELL PHONES:** Please limit cell phone conversations to under a minute while on the Fitness Floor. If you are going to make or answer a phone call, please take it to the lounge area by the Activities Desk or upstairs to the sitting area overlooking the Fitness Floor. **Cell phone use is not recommended in the locker rooms.**
6. Return free weights, dumbbells, medicine balls, exercise balls, and other movable equipment back to their appropriate racks when finished.
7. **All beverages must be contained in a spill proof container.** A spill-proof container is defined as something that is resistant to being spilled. Aluminum cans, milk jugs, and plastic cups are not allowed on the Fitness Floor.
8. Infants are allowed on the Fitness Floor.
 

Monday - Friday	9:00 am - 4:00 pm
Saturday	3:30 pm - 9:00 pm
Sunday	7:00 am - 12:00 Noon
	AND 3:30 pm - 9:00 pm

 Infants must be in a stroller or basinet. Infants are **NOT** allowed in the free weight area. Infants and their parents are always welcome to use the cardio equipment located in front of the elevator.
9. **TRACK RULES:**
  - When using the track, please adhere to the lane assignments:
    - Lanes 1 and 2 are for walking only
    - Lanes 3 and 4 are for jogging and/or running
  - Lap counters are available at the Fitness Desk.
  - Strollers are **NOT** allowed on the track.
  - **FAMILY TRACK TIME** is Saturday and Sunday 3:30 pm to close. During Family track time, children under the age of 13 may use the track only under the **DIRECT SUPERVISION** (direct line of sight) of a parent. They must remain in lanes 1 and 2 at all times.

# Club Information & Guidelines



## The Neighborhood Guidelines

1. Children ages 7-12 may stay for maximum time limit of 2.5 hours free of charge as long as parent/guardian remains in the club. If children are signed in more than 2.5 hours, a \$4 per child fee will be charged to your account.
2. If the parent/guardian leaves the Club, a \$4 per child fee will be charged to your account.
3. You have the ultimate responsibility to tell your child(ren) to stay in The Neighborhood area.
4. No child will be permitted to leave The Neighborhood and go to any class unless the parent and staff person complete an Activity Pass. Children must be signed in by a parent/guardian. If a child needs to come to The Neighborhood from a class, the parent/guardian must: 1) Sign child in first, 2) Fill out an Activity Pass, 3) Give the child the pass right away so that they may come into The Neighborhood. Once the child arrives into The Neighborhood, the child must alert a Ranger that he/she has arrived!
5. For the safety of your children, we require parents/guardians to sign children in and out.

## Neighborhood Staffed Hours

### (September - May)

Monday - Thursday	4:00 pm - 8:30 pm
Friday	4:00 pm - 7:30 pm
Saturday	9:00 am - 7:30 pm
Sunday	12:00 Noon - 7:30 pm

### (June - August)

Monday - Thursday	9:00 am - 8:30 pm
Friday - Saturday	9:00 am - 7:30 pm
Sunday	12:00 Noon - 7:30 pm

## Rochester Public No School Days

Neighborhood Staffed Hours:

Monday - Thursday	9:00 am - 8:30 pm
Friday	9:00 am - 7:30 pm

Neighborhood staff are not on duty for early releases or late starts. Normal staffed hours only on those days.

## Rochester Public School Snow Days:

Please call the Activities Desk to see if Neighborhood/Kids Club will be staffed.

## Kids Club Guidelines

We provide supervised child care for ages 6 weeks through 6 years. Cost is \$4 per stay per child.

### For ages 6 weeks through 6 months:

- We recommend a reservation to guarantee an opening
- Monday - Friday 12:00 Noon - 4:00 pm
- 1.5 hour maximum stay

### For ages 6 months through 6 years:

- Reservations are not required
- 2.5 hour maximum stay

## Kids Club Hours

### (September 6 - May 31)

Monday - Thursday	8:30 am - 8:00 pm
Friday	8:30 am - 6:00 pm
Saturday	8:30 am - 5:30 pm
Sunday	1:00 pm - 5:30 pm

### (June 1 - September 3)

Monday - Thursday	8:30 am - 8:00 pm
Friday	8:30 am - 6:00 pm
Saturday	8:30 am - 3:00 pm
Sunday	1:00 pm - 4:00 pm

## Kids Club Drop Off Service

Just drop children off and run errands, go to appointments, or out for coffee!

Monday - Thursday	8:30 am - 8:00 pm
Friday	8:30 am - 6:00 pm

- 2.5 hour maximum stay
- \$8/child - Members only

Questions please contact Jodi Hass at [jhass@racmn.com](mailto:jhass@racmn.com) or (507) 287-9302

## Lost & Found

Rochester Athletic Club is not responsible for lost or stolen articles. Please stop by the Activities Desk to check for lost objects. *Absolutely no verification of objects by phone.*



# Adult and Youth Activities

## Adult Pick-up Basketball

Gyms 1-3 are reserved for adult pick-up basketball at specific times throughout the week. No sign up is necessary, just show up ready to play! There is no fee for this activity. Open to adults who are defined as senior high school graduates or persons age 19 and older.

<b>Monday - Friday</b>	<b>11:00 am - 1:00 pm</b>
<b>Tuesday</b>	<b>7:00 pm - 9:00 pm*</b>
<b>Saturday</b>	<b>9:00 am - 12:00 pm</b>

\*Gyms 1 and 2 only

### **Pick-up Basketball Rules:**

1. The first two teams playing will consist of the first 10 players who are ready to play. Teams will be selected by matching up.
2. Progressively, the next teams form by the next players in order of arrival. There is no waiting and forming your own team.
3. The next players must play in Gym 3 if open. There is no sitting out until Gym 1 or 2 opens or waiting to form your own team.
4. If an extra player is needed, that player will be selected by choosing a number.
5. All games are played to 21, win by one.
6. Shirts and/or pennies must be worn at all times.
7. Please respect the player when a foul is called.
8. Fun banter is expected. Negative talk to opposing players is not tolerated.
9. Dunking/hanging on the rim is not permitted and will result in dismissal.

## Adult Pick-up Soccer

The Neighborhood Gym is reserved for adult pick-up soccer at specific times throughout the week. Pick-up soccer equipment is available at the Activities Desk. There is no fee for this activity. Open to adults who are defined as senior high school graduates or persons age 19 and older.

<b>Monday - Friday</b>	<b>11:30 am - 1:00 pm</b>
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## Adult Badminton

Gym 3 court time is reserved for adult badminton during the following times. Contact the Activities Desk in order to gain access to the nets. There is no fee for this activity. Open to adults who are defined as senior high school graduates or persons age 19 and older.

<b>Tuesday</b>	<b>7:30 - 10:15 pm</b>
<b>Thursday</b>	<b>7:30 - 10:15 pm</b>
<b>Sunday</b>	<b>5:00 - 7:00 pm</b>

Players interested in learning more about badminton or to join the e-mail list for badminton players at the RAC should contact Sam Prabhakar, Badminton Coordinator, at sprabhakar@racmn.com.

## Pickleball

**Adult Pickleball** will be set up during the following times in the Neighborhood Gym. Request at the Activities Desk if you need pickleball equipment. It is a pick-up game format. There is no fee for this activity. Open to adults who are defined as senior high school graduates or persons age 19 and older.

<b>Monday - Friday</b>	<b>6:00 - 8:45 am*</b>
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\*When the previous weekend is an inflatable weekend, there will be no Monday morning Pickleball. See the "Events for Kids" section of this booklet for a listing of the current inflatable weekends.

**All ages note:** If there is space available in the Neighborhood Gym, Pickleball nets may be set up for play. Contact the Activities Desk to see if nets may be set up and for additional equipment needed for play.

## Wallyball

Looking for something fun to do with your RAC friends? Racquetball Court #4 can be reserved to play wallyball! Equipment is stored in the box outside of the court. Stop by or call the Activities Desk at (507) 287-9300 to reserve Racquetball Court #4 for wallyball.

## Sports and Activities by the Outdoor Pool

There are many activities available during the outdoor pool season in the area of the pool. In addition to our Outdoor Pool with its water slide and water features, there are also two sand volleyball courts and two children's play areas. Also take advantage of tetherball or the outdoor basketball hoop area. Equipment is available through the Outdoor Desk or Activities Desk.

## Overnights and Field Trips

We have the facility, now you give us the group. The RAC will be happy to host your large event for an overnight. Club overnights are available to you and only you, and your group of employees, clients, club, church group, or whatever else. You can rent the club for a few hours, or till the sun comes up.

Contact Marchellose Williams at (507) 287-9307 or mwilliams@racmn.com with questions for using the Club overnight.

Contact Whitney Benedetti at (507) 287-9314 or wbenedetti@racmn.com with questions concerning field trips and day activities in the Club.

## FALL 1 SESSION:

**September 6 - October 23 (7 weeks)**

Note this session begins on Tuesday, September 6. Monday classes will be prorated due to Labor Day and will run 6 weeks.

## FALL 2 SESSION:

**October 24 - December 18 (7 weeks)**

No classes the week of November 21-27 due to Thanksgiving.

If you would like assistance in finding the right Group Fitness classes for you, please contact **Sarah Cima at scima@racmn.com or call (507) 287-9318.**

Specific times and fees are listed in the tables. Also:

- Unless otherwise specified, Group Fitness Schedule Classes and Special Offerings are for ages 13 and older.
- Special Offerings sign up at the Activities Desk (507) 287-9300.

Note: The club reserves the right to cancel or shorten classes and offerings if insufficient numbers enroll.

**Inclement Weather Policy:** If the Rochester Public Schools close for inclement weather, Group Fitness Schedule classes will be held only if the instructor is able to make it to the club. Special Offerings and Yoga Private Instruction will not be held.

## Group Fitness Schedule Classes

With over 100 FREE classes to choose from each week, you will enjoy our dynamic, varied workouts tailored for the beginner to the advanced participant. Group Fitness Classes do not require sign up unless indicated specifically on the schedule. Note that class schedules change seasonally. The new Fall Group Fitness Schedule begins Tuesday, September 6.

Watch the Group Fitness Schedule and postings within the club for additional special introductory classes for some of our most popular classes!

**Some recent class additions to the Group Fitness Schedule include:**

**Insanity:** Packed with plyometric drills with intervals of strength, power, resistance and core training. No equipment or weights are needed and options are provided for all fitness levels.

**Chair Yoga:** Provides a unique combination of strength and stretching exercises executed while seated in a chair for those who appreciate modifications.

**Pound:** Fuses cardio, Pilates movement, plyometrics and isometric poses while constantly drumming. It is not a workout, but rather a rock out!

## Group Fitness Schedule

You can view or download the Group Fitness Schedule on our website [www.racmn.com](http://www.racmn.com) by clicking on "Group Fitness Schedule".

Group Fitness Schedules are also posted throughout the club and a copy may be picked up at either the Activities Desk or Front Desk.

## Group Fitness on the RAC App

Another option is to download our Free RAC app and have our Group Fitness class schedule in the palm of your hand. It is available through our website at [www.racmn.com](http://www.racmn.com). Scroll to the bottom of the home page to see the App Store or Android Market download options.

## Special Offerings

### Intro to Wearable Devices

Participants will use wearable devices and begin tracking energy expenditure to meet personal fitness goals. The experience will include a variety of cardio vascular and strength training activities during the weekly Wednesday morning classes. Wearable devices, such as heart rate monitors or fitness trackers, will be provided or you may use your own.

- Instructor: Sarah Nguyen
- 5 week series
- Location: Studio #2
- Minimum Class Size: 5 (10 Maximum)
- No additional fee

### Yoga for Kids

Kids will learn yoga poses while building community, connection and teamwork. They will explore the yogic principles of peace, honesty, generosity and positive thinking and will learn a variety of guided visualization and relaxation exercises to soothe the busiest bodies and minds. Four week series.

- Instructor: Hope Carroll-Rizzo
- Ages 7-12
- Location: Mind Body Studio



# Group Fitness

## Yoga Workshop:

### What's My Dosha and What Do I Do With It?

An introduction to the Ayurvedic perspective on how to balance your life, based on your Dosha (constitution). Ayurveda (Knowledge or Science of Life) is sometimes called the sister science to Yoga and is a very old system of prevention and self-healing for the body, mind and soul. Ayurveda takes an individual approach based on body constitution or Dosha. The class will include the following: a quiz to determine your Dosha/constitution, practices to balance the 3 Doshas, yoga asana/postures, pranayama/breath practices, diet recommendations, and self-care daily routines.

- Instructors: Leana Medina-Beltz 200 E-RYT, Vaihayasa Certified Aerial Yoga Instructor & Shelley Sperling 200 E-RYT, Cert. Yoga Instructor
- Location: Mind Body Studio



Class	Fee	Day/Time
Intro to Wearable Devices	Free	Wednesday 10:30 - 11:30 am Fall 1: September 14 - October 12 (5 weeks)
Yoga for Kids (Ages 7-12)	Free	Wednesday 4:30 - 5:15 pm Fall 1: September 14 - October 5 (4 weeks) Fall 2: October 26 - November 16 (4 weeks)
Yoga Workshop: What's My Dosha and What Do I Do With It?	Members: \$40 Non-members: \$66	Fall 2: Sunday, November 6 1:00 - 3:00 pm

## Aerial Yoga Classes:

Aerial Yoga is a flowing practice that allows participants to sink into their practice more quickly, deepen stretches, find proper alignment naturally and receive the benefits of inversions without strain on the joints of the body. There is less pressure on hands, neck and shoulders. It's safe and fun. Feel grounded as you fly! Participants will be required to fill out a health history form prior to their first class. Please wear long sleeves and avoid lotion, scent, jewelry, belts, zippers, grommets or anything else that could snag the fabric. Don't eat or drink an hour prior to class.

- Instructor for all Aerial Yoga classes:  
Leana Medina-Beltz 200 E-RYT, Vaihayasa Certified Aerial Yoga instructor

## Aerial Yoga: Teen Hang-Out

Hey Teens, are you looking for a fun way to stretch out tired sore muscles from all your sports? Want to bond with friends while flying and swinging? Want to take a break from your busy life and relax? Build strength, flexibility, courage and grace while hanging from a fabric hammock! No experience necessary.

- Ages 13-18
- Location: Mind Body Studio

## Drop-In to Aerial Yoga

Curious about yoga? Want to experience yoga poses without putting pressure on your joints? Are you looking to enhance your yoga poses with better balance and more flexibility... or maybe you just need to relax? Aerial Yoga utilizes a fabric hammock as a tool for balance and suspension - allowing you to explore a variety of yoga poses safely, with greater ease and depth. Come "drop-in" to see if you like it! No experience necessary.

- Location: Mind Body Studio
- Sign up required

## Intro to Aerial Yoga

Are you curious about Aerial Yoga? Come learn the FUNdamentals in this 4 week introductory session! No yoga experience necessary, though all levels are welcome! Watch club postings for additional Fall 2 offerings.

- Location: Mind Body Studio

## Continuing Aerial Yoga

This class is for those who have experience in Aerial Yoga and are looking to deepen their practice.



Class	Occurrence	Fee	Day/Time
<b>Aerial Yoga: Teen Hang Out</b> (Ages 13-18)	One Day Class	Members: \$15 Non-members: \$26	<b>Fall 1:</b> Sunday, October 2      3:00 - 4:00 pm
<b>Drop-In to Aerial Yoga</b>	One Day Class	Members: \$15 Non-members: \$26	<b>Fall 1:</b> Sunday, October 2      1:30 - 2:30 pm <b>Fall 2:</b> Friday, November 4      8:00 - 9:00 am
<b>Intro to Aerial Yoga</b>	4 Week Series	Members: \$60 Non-members: \$104	<b>Thursday</b> 8:00 - 9:00 am <b>Fall 1:</b> October 6 - October 27 (4 weeks) <b>Fall 2:</b> TBA
<b>Continuing Aerial Yoga</b>	Fall 1: 7 weeks  Fall 2: 7 weeks	Members: \$105 Non-members: \$182  Members: \$105 Non-members: \$182	<b>Contact Leana Medina-Beltz at</b> <b>lmedina-beltz@racmn.com or</b> <b>(507) 287-9335 Ext 392</b> <b>to find out more about current</b> <b>Continuing Aerial Yoga offerings</b>

## Yoga Private Instruction

Yoga has become a mainstay in fitness programs across the nation. It is a great way to improve overall flexibility, balance, strength, and promote stress reduction & relaxation. Whether you wish to begin a basic Hatha Yoga practice, take your experienced Power Yoga practice to the next level, or receive private Aerial Yoga instruction we can accommodate your individual goals! Arranging for a Private Instructor or one of the New Yoga Private Instruction packages is easy - contact the RAC Yoga Lead, Heather Ritenour-Sampson @ (507) 287-9335 Ext 311 or hritenour-sampson@racmn.com.

*\*Group Yoga Private Instruction sessions are also available. Put 2-3 people in a group and share the cost of the session!*

Yoga Private Instruction	
<b>Individual Session*</b>	One Hour: \$64 45-minute: \$54 30-minute: \$44
<b>Yoga 6 Pack</b> Buy six at reduced rate!	One Hour: \$350 45-minute: \$295 30-minute: \$240
<b>Yoga 12 Pack</b> Buy twelve, receive an even greater discount!	One Hour: \$660 45-minute: \$560 30-minute: \$455
<b>Monthly Yoga Private Instruction</b> One 60 minute session per month at the rate of a 45 minute session. (One year commitment required)	\$560 (\$100 savings!)



# Pilates

## FALL 1 SESSION:

**September 6 - October 23 (7 weeks)**

Note this session begins on Tuesday, September 6. Monday classes will be prorated due to Labor Day and will run 6 weeks.

## FALL 2 SESSION:

**October 24 - December 18 (7 weeks)**

No classes the week of November 21-27 due to Thanksgiving.

Specific times and fees are listed in the tables: Also:

- Pilates classes are for participants ages 13 and up.
- Sign up at the Activities Desk (507) 287-9300 unless otherwise specified.

Note: The club reserves the right to cancel or shorten classes and offerings if insufficient numbers enroll.

**Inclement Weather Policy:** If the Rochester Public Schools close for inclement weather, Pilates classes on the Group Fitness Schedule or RAC app will be held only if the instructor is able to make it to the club. All other Pilates offerings including Apparatus, Chair and Pilates Private Instruction will not be held.

## Pilates Programming

This Fall, the RAC Pilates Program continues to help our participants develop aligned, strong and vibrant bodies. Our free “Pilates Barre” and “Pilates Core Power” classes have been a popular addition to our program. We also have “Sweat-a-lates” on Saturday mornings which not only provides a great workout, but also allows you to gain experience with our special Pilates equipment. All Pilates classes will challenge your body in new ways as you apply Pilates exercise principles to your workout. See if you can feel the Pilates difference!

Getting started in Pilates is easy. Besides the classes above, you can take a free “Pilates Mat Core” class, or explore more deeply some of the Pilates equipment in a three week “Reformer 101” or “Intro to Pilates Chair” class. Moreover, there is opportunity to learn and advance in your Pilates practice with our multilevel

Pilates Apparatus program and our ongoing Pilates Chair classes. For those who are looking for more guidance and individual attention, we also offer Pilates Private Instruction for individuals or small groups.

If you would like assistance in getting started in any of these areas, please contact the **Activities Desk at (507) 287-9300 or Jean DeWitz, Certified Pilates Lead at [jdewitz@racmn.com](mailto:jdewitz@racmn.com) or (507) 287-9335 Ext 303.**

## Pilates Mat Core

A FREE multilevel Pilates mat class for the beginner to experienced participant, designed to strengthen the core while reinforcing the classic principles of length and breath. This class does not require registration.

- See current Group Fitness Schedule for times and locations.

## Pilates Core Power

This FREE Pilates mat class uses a variety of props, with an emphasis on the foam roller, to add challenge and variety to classical Pilates mat exercises.

- See current Group Fitness Schedule for time.
- Location: Studio 2

## Pilates Barre

This FREE class does not require registration. Pilates Barre is a high energy workout that incorporates the best of aerobic exercise with Pilates and ballet barre work. Small isometric movements target and tone the entire body to attain better posture, poise, strength and flexibility while creating a longer, leaner physique.

- See current Group Fitness Schedule for times.
- Location: Studio 1

## Sweat-a-lates

Sweat-a-lates is a FREE introductory 30 minute Pilates interval-style class. It combines intervals of heart rate boosting exercises with Pilates exercises. This approach provides all the toning benefits of Pilates and the high caloric expenditure of a cardiovascular routine. Maximum in each class is 10 participants.

- See current Group Fitness Schedule for times.
- Location: Pilates Studio

Class	Fee	Day/Time/Location
Pilates Mat Core	FREE for members and those on guest passes	See current Group Fitness Schedule (No sign up necessary)
Pilates Core Power	FREE for members and those on guest passes	See current Group Fitness Schedule (No sign up necessary)
Pilates Barre	FREE for members and those on guest passes	See current Group Fitness Schedule (No sign up necessary)
Sweat-a-lates	FREE for members and those on guest passes	See current Group Fitness Schedule (No sign up necessary)

## Pilates Apparatus (Reformer and Tower)

The RAC is proud of its Pilates Apparatus program. Visitors who come to our club from other parts of the country rave about the quality of our offerings! Class sizes are small which allow the instructor to attend to the individual needs of the participants. Our five reformer/tower units use spring resistance and allow hundreds of exercises to be performed. The apparatus provides a great variety for our participants and also the ability to adjust the level of the workout. In some cases, the equipment helps and supports the person in order to execute a movement properly. At other times, the equipment can make an exercise more challenging. If you are interested in a fascinating workout that helps you to improve your core strength, postural alignment, flexibility and ease of movement, a Pilates Apparatus class may be the perfect solution for you!

### Reformer 101

Want to sample an apparatus class before you commit to full session? Consider a 3 week reformer class for beginners!

- Daytime or evening option available
- Limit: 5 per class
- Location: Pilates Studio

### Pilates Apparatus Classes

The RAC offers extensive apparatus class options from Introductory to Experienced levels. Contact Jean DeWitz @ [jdewitz@racmn.com](mailto:jdewitz@racmn.com) or (507) 287-9335 Ext 303 to find appropriate level offerings.

- Location: Pilates Studio

*Take 2 or more Pilates Apparatus Classes weekly and receive a discount on the additional class(es)!*

*Additional class cost: \$98/7 week session*

Class	Fee	Day/Time
<b>Reformer 101</b> (3 Week Introductory Series)	Members: \$45 Non-members: \$78	<b>Dates and times will be advertised in club</b>
<b>Pilates Apparatus Classes</b> (Introductory through Experienced levels)	<b>Fall 1:</b> (7 weeks) Members: \$105 Non-members: \$182  <b>Fall 2:</b> (7 weeks) Member: \$105 Non-member: \$182	<b>Contact Jean DeWitz at</b> <b><a href="mailto:jdewitz@racmn.com">jdewitz@racmn.com</a></b> <b>or (507) 287-9335 Ext 303</b> <b>to determine appropriate level</b> <b>and for available times</b>

## Pilates Chair

Despite the small size of the Pilates Chair, it is a total body experience that demands precision and strength. Chair classes are challenging and offer a wide variety of unique exercises to experience. By using spring resistance and a smaller base of support, a deeper core connection and engagement is required in order to accomplish the exercises. There are times when the chair simply won't let you cheat!

### Intro to Pilates Chair

If you are new to Pilates Chair, consider signing up for an Intro to Pilates Chair class. This is a 3 week series for beginners.

- Limit: 4 per class
- Location: Mind Body Studio





# Pilates

## Continuing Pilates Chair

If you are an experienced Pilates participant in other apparatus and wish to join an ongoing Pilates Chair class please contact Jean DeWitz at [jdewitz@racmn.com](mailto:jdewitz@racmn.com) or (507) 287-9335 Ext 303.

- Location: Mind Body Studio

Class	Fee	Day/Time
<b>Intro to Pilates Chair</b> (3 Week Series)	Members: \$45 Non-members: \$78	Dates and times will be advertised in club
<b>Continuing Pilates Chair</b>	<b>Fall 1:</b> (7 weeks) Members: \$105 Non-members: \$182  <b>Fall 2:</b> (7 weeks) Member: \$105 Non-member: \$182	Contact Jean DeWitz at <a href="mailto:jdewitz@racmn.com">jdewitz@racmn.com</a> or (507) 287-9335 Ext 303 to determine appropriate level and for available times

## Pilates Private Instruction

Pilates Private Instruction allows for individual programming based on the goals of the client and their structural (postural) needs. Arranging for a Private Instructor or one of the Pilates Private Instruction packages is easy - contact the RAC Pilates Lead, Jean DeWitz at [jdewitz@racmn.com](mailto:jdewitz@racmn.com) or (507) 287-9335 Ext 303.

*\*Group Pilates Private Instruction sessions are also available. Put 2-3 people in a group & share the cost of the session!*

Pilates Private Instruction	
<b>Individual Session*</b>	One Hour: \$64 45-minute: \$54 30-minute: \$44
<b>Pilates 6 Pack</b> Buy six at reduced rate!	One Hour: \$350 45-minute: \$295 30-minute: \$240
<b>Pilates 12 Pack</b> Buy twelve, receive an even greater discount!	One Hour: \$660 45-minute: \$560 30-minute: \$455
<b>Monthly Pilates Private Instruction</b> One 60 minute session per month at the rate of a 45 minute session. (One year commitment required)	\$560 (\$100 savings!)



## **FALL 1 SESSION:**

**September 6 - October 23 (7 weeks)**

Note this session begins on Tuesday, September 6. Monday classes will be prorated due to Labor Day and will run 6 weeks.

## **FALL 2 SESSION:**

**October 24 - December 18 (7 weeks)**

No classes the week of November 21-27 due to Thanksgiving.

Specific times and fees are listed in the tables. Also:

- Adult Fitness classes are for ages 18 and up.
- All classes meet in front of the Activities Desk unless otherwise specified.
- Sign up at the Activities Desk (507) 287-9300 unless otherwise specified.
- Non-member pricing available. Contact Fitness Director Steve Boring at (507) 287-9312 or sboring@racmn.com.

Unless otherwise stated should any Adult Fitness classes not get a minimum of four participants to sign up, the classes will be cancelled.

**Inclement Weather Policy:** If the Rochester Public Schools close for inclement weather Adult Fitness classes will not be held.

## **Adult Fitness Programming**

Adult Fitness Classes are a great way to help you to gain the focus and motivation needed to reach your fitness goals. Our trainers are happy to provide the structure, guidance and fun to help take you to your next level of fitness. Try one of our specialty classes or get some friends together and set up your own BLAST 30 small group training. Also, remember our Fitness associates are always available to help with your questions as you take advantage of what our Fitness Floor has to offer. Let us assist you along your fitness path!

## **Kettle Advantage**

Kettle Advantage continues to rock! This fun and unique class is offered in two levels - Beginner and Intermediate.

**Beginner** will learn the basic fundamentals of kettlebell training. Proper technique and core exercises will be taught during this fun-filled class. Meets 2 times per week.

**Intermediate** is for the exerciser who has basic knowledge of kettlebell techniques and exercises, but is looking for more challenging exercises to add to their workout. Meets 2 or 3 times weekly.

- Contact czink@racmn.com for more details.
- Limit: 6/class for Beginner  
8/class for Intermediate

## **Total Body Transformation**

Want to take your training to another level?

Tired of the same old routine? Then Total Body Transformation is just the program for you. This class incorporates "boot camp" style training with body weight calisthenics, running, core work, functional, suspension and resistance training all rolled into an action packed 60 minute workout. Meets 2 or 3 times weekly.

- Contact czink@racmn.com for more details.
- Limit: 12/class

## **Triple Threat**

This class is designed to train participants using exercise balls, BOSU balls, and medicine balls. A creative class, it will show you the many different exercises you can do on these balls, targeting all the major muscle groups of the body.

- Contact czink@racmn.com for more details.
- Limit: 8/class

## **BLAST 30**

Are you and your friends looking to get a great workout and socialize all at the same time? B.L.A.S.T. stands for Back, Legs, Abs and Shoulder Training. Members can sign up individually or form your own groups. Members exercise for 30 seconds, rest for 30 seconds, and then perform another exercise for 30 seconds, until 30 minutes is up! This is a great way to maximize your time, change up your routine and have fun! Group sessions meet 2 or 3 times weekly, at the same time for 4 weeks.

- **Contact czink@racmn.com to set up your group or for more information.**
- Limit: 3-5 participants per group

## **TRX by Josh**

Are you looking to add a fun and creative new twist to your workouts? TRX by Josh will get you working that core and stimulating muscles that you haven't felt in a long time. TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability. TRX can be used by anyone and everyone, no matter the fitness level or limitation. This class will meet for 30 minutes per session, 2 or 3 sessions a week, for 4 weeks.

- **Contact the Activities Desk for times or email jkarow@racmn.com with questions or to set up your own group.**
- Limit: 4-6 participants per group
- Location: Mind Body Studio



# Adult Fitness

Class	Fee	Day/Time	
<b>Kettle Advantage</b>	Fall 1: Members: \$115 Fall 2: Members: \$115	<b>Tuesday and Thursday</b> <b>Tuesday and Thursday</b>	<b>5:45 - 6:30 am</b> <b>7:00 - 7:45 am</b>
<b>Total Body Transformation</b> 2x Week	Fall 1: Members: \$140 Fall 2: Members: \$150	<b>Monday and Wednesday</b> <b>Monday and Wednesday</b>  <b>Monday</b> <b>and Thursday</b>  <b>Monday and Thursday</b>	<b>5:30 - 6:30 am</b> <b>10:00 - 11:00 am</b>  <b>9:00 - 10:00 am</b> <b>10:15 - 11:15 am</b>  <b>4:30 - 5:30 pm</b>
<b>Total Body Transformation</b> 3x Week	Fall 1: Members: \$220 Fall 2: Members: \$230	<b>Monday, Wednesday, Friday</b>  <b>Monday and Wednesday</b> <b>and Friday</b>  <b>Monday and Friday</b> <b>and Thursday</b>	<b>5:30 - 6:30 am</b>  <b>10:00 - 11:00 am</b> <b>9:00 - 10:00 am</b>  <b>9:00 - 10:00 am</b> <b>10:15 - 11:15 am</b>
<b>Triple Threat</b>	Fall 1: Members: \$115 Fall 2: Members: \$115	<b>Tuesday and Thursday</b>	<b>9:30 - 10:15 am</b>
<b>BLAST 30</b>	<b>Monthly Fee</b> Members: 2x week: \$75 3x week: \$110	<b>Days vary based on group selection</b> Sign up through Chris Zink at czink@racmn.com	
<b>TRX by Josh</b>	<b>Monthly Fee</b> Members: 2x week: \$75 3x week: \$110	<b>Contact the Activities Desk</b> <b>for available times and sign up</b> Contact jkarow@racmn.com if you would like to set up your own small group	



The RAC continues to offer many specialty services to help you develop and maintain your healthy lifestyle. We now offer a new tool “Total Body Analysis” to help guide you on your fitness journey. Additionally, we offer HydroMassage - a great way to relax and recover after your workout. See details below!

Please note that offerings and pricing information are listed in the tables following the descriptions.

## Training, Nutrition and Coaching Services

See also the Twelve Week Training/Diet Programs section below for more offerings.

### Total Body Analysis

Utilizing our InBody Analyzer, we can tell you in 40 seconds or less the necessary information to help you track the hard work you’ve been putting in at the gym. We are pleased to launch a program that will measure your:

- Percent body fat
- Visceral fat levels (abdominal fat)
- Body fat mass & skeletal muscle mass
- Basal metabolic rate (helps in calculating daily caloric needs)

Results of the analysis are interpreted with a RAC Personal Trainer. Total Body Analysis can help you measure your progress and motivate you toward reaching your fitness goals!

Contact the Fitness Desk or talk to your Personal Trainer for more details.

Total Body Analysis	
<b>Individual Session</b>	Members: \$35
<b>Bronze Package</b> Buy four, get fifth free!	Members: \$140

### Personal Training

Personal training is an excellent investment in your health and wellness!! It’s one-on-one attention that includes a tailor-made aerobic and strength program as well as basic information regarding anatomy, physiology and nutrition. Personal training is a fantastic way to get started with a fitness program or to gain direction and motivation.

- Arranging for a Personal Trainer is easy - contact Steve Boring at (507) 287-9312 or sboring@racmn.com.
- Complimentary 30 minute consultation provided prior to initial training session.

Personal Training	
<b>Individual Session</b>	One Hour: \$66 45-minute: \$56 30-minute: \$46
<b>Silver Package</b> Buy six at reduced rate!	One Hour: \$360 45-minute: \$305 30-minute: \$250
<b>Gold Package</b> Buy twelve at a reduced rate!	One Hour: \$680 45-minute: \$580 30-minute: \$480

### Personal Nutrition Counseling

The RAC has several Staff Dietitians to choose from for your private dietary consultation. A one hour individualized dietary counseling session includes: personal dietary assessment, diet analysis and personalized diet planning based on individual food preferences and nutrient needs. Additional sessions include nutrition education, behavioral modification strategies and ongoing dietary guidance.

- Contact Branda Anderson at (507) 287-9335 ext. 344 or banderson@racmn.com
- Contact Katie Plath at (507) 287-9335 ext. 355 or kplath@racmn.com

### Fuel Up

Looking for a competitive edge during your next season of events? Fuel Up is a 6 week program that guides athletes through the sports nutrition maze, teaching what foods and fluids can help them train longer, recover faster, avoid injury and perform better! Participants meet weekly with a RAC dietitian to discuss topics from pre/post/during exercise fueling to maintaining adequate hydration. Weekly challenges include putting these principles into practice; participants will learn first-hand how to perfect nutrient timing, how to estimate their sweat rate, the benefits of cross training, sports nutrition challenges and more!

- Contact Branda Anderson at (507) 287-9335 ext. 344 or banderson@racmn.com



# Healthy Lifestyles

## Health Coaching Consultation

Health coaching helps clients reach optimal well-being, whatever that looks like for the client. This includes areas such as; physical activity, nutrition, weight, sleep, or energy. Health coaching will also help with creating a positive mind set, stress management and coping, life purpose and satisfaction, nourishing relationships, and resilience. Coaching is based upon the evidence based science of behavior change and positive psychology. Health coaches assist clients with taking charge of their lives by engaging in influential conversation that will arouse, engage, energize, and challenge them. The coaching process assesses where the client is, defines and develops a clear picture of where they want to go, and creates a plan to get there.

- Contact Sylvia DeMott at [sdemott@racmn.com](mailto:sdemott@racmn.com)
- Complimentary 30 minute consultation provided prior to initial training session.

Nutrition and Health Coaching Services	
Private Nutrition Consultation	One Hour: \$66
Fuel Up (6 Week Program)	Members: \$320 Non-members: \$680
Health Coaching Consultation	One Hour: \$70

## Twelve Week Training/Diet Programs

### Twelve Weeks to Race Weight

Whether an endurance athlete, dancer, wrestler, gymnast, etc. you can enjoy the benefits of improved efficiency, stamina and self-image upon achieving your optimal race weight. Participants work one-on-one with a RAC dietitian who challenges them each week to achieve new diet goals and ultimately get as light and lean as possible without under-nourishing their bodies. This comprehensive program also includes weekly one-on-one sessions with a RAC personal trainer who will tailor aerobic and strength training exercises to challenge and enhance your overall performance.

Contact Branda Anderson at (507) 287-9335 ext. 344 or [banderson@racmn.com](mailto:banderson@racmn.com)

#### Gold

- Initial nutrition and personal training consultation with before and after pictures and measurements
- Weekly 1 hour (or two 30 minute) personal training sessions
- Weekly meeting with the dietitian to weigh-in, receive recipes and fueling tips

- Extra 12% discount in the Deli on healthy food purchases during the 12 week program
- Extra 25% discount off heart rate monitors at Thrive
- Receive a personal foam roller
- \$200 RAC services gift certificate for obtaining program goals

#### Silver

- Initial nutrition and personal training consultation with before and after pictures and measurements
- 1 hour personal training session every other week or weekly 30 minute sessions
- Weekly meeting with the dietitian to weigh-in, receive recipes and fueling tips
- Extra 12% discount in the Deli on healthy food purchases during the 12 week program
- Extra 25% discount off heart rate monitors at Thrive
- Receive a personal foam roller
- \$120 RAC services gift certificate for obtaining program goals

#### Basic (Diet only)

- Initial Consult with Registered Dietitian - official weigh-in, set goals and learn about incentive, set up weigh-in time and diet consult time, take before/after pictures & measurements, fill out registration form
- Diet Consult
- 12 weekly weigh-ins and meetings with the dietitian
- Calorie Counter Book
- Extra 12% discount in the Deli on healthy food purchases during the 12 week program
- \$50 RAC services gift certificate for obtaining program goals

Twelve Weeks to Race Weight	
Gold	Members: \$1010 Non-members: \$1285
Silver	Members: \$690 Non-members: \$1025
Basic (Diet Only) <i>Members Only</i>	Members: \$320

### Twelve Weeks to a New You - Phase 1

This is the RAC's award winning weight management program offered exclusively through the RAC. Twelve Weeks to a New You is a structured weight management program that will keep participants focused and on task to reach their fitness and body weight goals. This unique program is comprehensive and involves all aspects of a healthy lifestyle. Pick from one of the two packages and get started now on a new you. Both programs run for 12 weeks and ensure





that you will see positive results. The programs have specific tasks to accomplish through the 12 weeks to keep you on schedule and committed. The programs also offer an incentive once you achieve your agreed upon goals. The goals are created by the participant with input from the staff dietitian and personal trainer.

Contact Branda Anderson (507) 287-9335, ext. 344 or [banderson@racmn.com](mailto:banderson@racmn.com)

## Gold Package

**Note: Payments can be made in three monthly charges to members' account.**

- Initial nutrition consultation, which includes: Food diary, grocery list and 7-day meal plan, and before/after pictures
- Initial personal training consultation with before/after measurements
- Three 1 hour Health Coaching sessions
- Garmin Activity Tracker
- Weekly (12) 1 hour personal training session
- Weekly weigh-in, food diary checks and recipes with the dietitian
- Extra 12% discount in the Deli on healthy food purchases during the 12 week program
- Extra 25% discount off heart rate monitors at Thrive
- \$200 RAC services gift certificate for obtaining program goals
- Share the trainer incentive; \$140 RAC services gift certificate for obtaining program goals

## Silver Package

**Note: Payments can be made in three monthly charges to members' account.**

- Initial nutrition consultation, which includes: Food diary, grocery list and 7-day meal plan, and before/after pictures
- Initial personal training consultation with before/after measurements
- Three 1 hour Health Coaching sessions
- Garmin Activity Tracker
- 1 hour personal training session every other week (or weekly 30 minute sessions)
- Weekly weigh-in, food diary checks and recipes with the dietitian
- Extra 12% discount in the Deli on healthy food purchases during the 12 week program
- Extra 25% discount off heart rate monitors at Thrive
- \$120 RAC services gift certificate for obtaining program goals
- Share the trainer incentive: \$90 RAC services gift certificate for obtaining program goals

## Basic (Diet Only)

- Initial Consult with Registered Dietitian - official weigh-in, explain binder & food journal, set goals and learn about incentive, set up weigh-in time and diet consult time, take before/after pictures and measurements, fill out registration form
- Diet Consult
- 12 weigh-ins
- Calorie Counter Book
- Incentive - \$50 toward RAC goods and services

**NOTE: MEMBERS THAT HAVE COMPLETED THE GOLD OR SILVER TWELVE WEEKS TO A NEW YOU PROGRAM MAY ALSO TAKE ADVANTAGE OF THE FOLLOWING OPTIONS:**

### Twelve Weeks to a New You - Phase 2

*\*Must have completed TWNY Gold or Silver package to join. Phase 2 is another 12 week program.*

- 6 hours of personal training over 12 weeks or 12 - 30 minute sessions
- Weekly weigh-ins with Dietitian
- 1 hour Health Coaching Session
- New checklist of diet and exercise challenges to keep you on track and focused
- After picture and after measurements at end of 12 weeks
- Right to purchase additional training sessions at reduced rates. \$56 per hour, \$48 per 45 minutes, \$40 per 30 minutes
- Right to purchase additional health coaching sessions at reduced rate. \$60 per hour, \$48 per 30 minutes.
- \$75 incentive if goal is achieved or \$50 each if joined as a couple

### Twelve Weeks to a New You - Phase 3

*\*Must have completed TWNY Gold or Silver package. Do not have to have completed TWNY Phase 2 program.*

- 15 minute consult with dietitian every other week, 4.5 hours of personal training over 12 weeks (9 - 30 minute sessions OR 6 - 45 minute sessions)
- Right to purchase additional training sessions at reduced rates. \$56 per hour, \$48 per 45 minutes, \$40 per 30 minutes
- Right to purchase additional health coaching sessions at reduced rate. \$60 per hour, \$48 per 30 minutes.
- Incentive \$50 towards RAC services or \$30 each if joined as a couple



Twelve Weeks to A New You	
<b>Phase 1 - Gold</b>	Members: \$1290 Non-members: \$1550  <i>Couple/Share Trainer Rate:</i> Members: \$965 each Non-members: \$1235 each
<b>Phase 1 - Silver</b>	Members: \$975 Non-members: \$1225  <i>Couple/Share Trainer Rate:</i> Members: \$820 each Non-members: \$1090 each
<b>Phase 1 - Basic (Diet Only)</b> <i>Members Only</i>	Members: \$320  <i>Couple/Share Trainer Rate not offered for Basic</i>
<b>Phase 2</b> <i>Members Only</i>	Members: \$595  <i>Couple/Share Trainer Rate:</i> Members: \$415 each
<b>Phase 3</b> <i>Members Only</i>	Members: \$355  <i>Couple/Share Trainer Rate:</i> Members: \$245 each

## Massage

Enjoy a professional massage from one of our massage therapists at very competitive prices. Massages are available for members AND NON-MEMBERS!! On the day of an appointment, any non-member massage includes full access to our locker rooms, whirlpool, steam room, and sauna. Techniques offered include Swedish, Deep Tissue, Hot Stone, and Integrative Therapies. Stop by or call the Activities Desk at (507) 287-9300 to inquire further or schedule an appointment for you or a guest!

## Massage

<b>Individual Sessions</b>	
15 minute chair massage:	\$20
15 minute table massage:	\$25
30 minute massage:	\$45
45 minute massage:	\$55
60 minute massage:	\$67
75 minute massage:	\$80
90 minute massage:	\$92
<b>Hot Stone Massage</b>	
90 minute massage:	\$107
<b>30 Minute Packages</b>	
5 Sessions (15% off):	\$191.25
10 Sessions (20% off):	\$360
<b>60 Minute Packages</b>	
5 Sessions (15% off):	\$284.75
10 Sessions (20% off):	\$536
<b>90 Minute Packages*</b>	
5 Sessions (15% off):	\$391
10 Sessions (20% off):	\$736
*Cannot be used for Hot Stone	

## HydroMassage

Our three automatic HydroMassage beds allow you to feel the soothing benefits of water, heat and massage while remaining clothed and comfortably dry throughout your massage. Stop by the Activities Desk to experience an individual session or to sign up for the monthly package!

## HydroMassage

<b>Individual Session</b> (10 minutes)	Members: \$5 plus tax
<b>Monthly Package</b> (10 minutes of Hydromassage each day of the month for only \$15!)	Members: \$15 plus tax

## FALL 1 and FALL 2 SESSIONS:

Look under the **Adult Tennis, Junior Tennis (R\*O\*G\*Y and TEEN Tennis)**, and **ACE/TopGun subheadings to view the session date information specific to each area.**

Sign up for all classes and events at the Activities Desk (507) 287-9300 unless otherwise specified.

## Tennis Programming

The RAC Tennis program includes both recreational and competitive opportunities for individuals of all ages and experience levels.

If you are new to our programs and are unsure of where to start, please contact **Sabine Tetzloff at stetzloff@racmn.com or (507) 287-9308.**

## Tennis Private Lessons

Private instruction for juniors and adults can be arranged individually by contacting your tennis professional. Fees cover both the court time and pro's fee. Contact Ben Maes at (507) 287-9323 or bmaes@racmn.com for questions or information.

Tennis Private Lessons	
<b>Individual Lesson</b>	30 min: \$35 60 min: \$70 90 min: \$105
<b>30 Minute Lesson Package</b> Buy SIX lessons and get a 10% discount	\$189
<b>60 Minute Lesson Package</b> Buy TEN lessons and get a 15% discount	\$595

## Tennis E-mail / Contact List

RAC Tennis periodically sends out an email blast with upcoming events and activities. Players interested in being added to or wishing to update their information for the Tennis e-mail/contact list can email us at RACTennis@racmn.com. Please specify if you would like junior information, adult information, or both.

## Adult Tennis

### FALL 1: September 6 - October 23 (7 weeks)

Monday classes will not meet on Labor Day, September 5 and will be prorated.

### FALL 2: October 24 - December 18 (7 weeks)

Classes will not run the week of Thanksgiving, November 21-27.



## Adult Group Lesson Offerings

Class size affects the number of weeks a class will run for RAC adult group lessons:

- 3 players, class will run entire session.
- 2 players, class will run 3 weeks.
- 1 player, class will run 2 weeks.

Class	Description	Fee	Days/Times
<b>Adult Beginner</b>	Covers the basic tennis strokes: serve, service return, ground strokes, volleys. Stage 3 Green-dot ball is used for four weeks.	FALL 1: \$70 FALL 2: \$70	Tuesday 11:00 am - 12:00 pm Tuesday 8:00 - 9:00 pm Thursday 7:00 - 8:00 pm Saturday 9:00 - 10:00 am
<b>Adult Intermediate</b>	The basic strokes will be refined, and strategy will be introduced for singles and doubles. The focus will be on understanding the rhythm of the point and patterns of play.	FALL 1: \$84 FALL 2: \$84	Tuesday 7:00 - 8:00 pm Thursday 11:00 am - 12:00 pm Thursday 6:00 - 7:00 pm Saturday 10:00 - 11:00 am

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## Adult Group Lesson Offerings (continued)

Class	Description	Fee	Days/Times
<b>Adult Adv. Beginner / Intermediate PLUS</b>	A 90-minute class covering the basic strokes and strategies for beginning and intermediate match-play. Appropriate for players with an NTRP rating 2.5 and below.	<b>FALL 1: \$105</b> <i>(Monday classes will be prorated)</i>  <b>FALL 2: \$105</b>	<b>Monday 10:30 - 12:00 pm</b> <b>Wednesday 10:30 - 12:00 pm</b>
<b>***NEW*** Adult Beginner / Intermediate GAME DAY</b>	Join us on Friday to use all of the skills you have worked on during the week in class. Games, fitness, and fun will be the focus.	<b>\$15 / day</b> \$5 for those who have attended two additional adult group lesson offerings during the same week!	<b>Friday 10:30 am - 12:00 pm</b>  <i>Sign up daily at the Activities Desk (507) 287-9300</i>
<b>Adult Advanced (Strokes &amp; Strategies)</b>	This class is intended for players at the USTA 3.0/3.5 level (or by the recommendation of a tennis pro) who want to improve their strokes and learn the important strategies of the game.	<b>FALL 1: \$84</b> <i>(Monday classes will be prorated)</i>  <b>FALL 2: \$84</b>	<b>Monday 9:30 - 10:30 am</b> <b>Monday 7:00 - 8:00 pm</b> <b>Wednesday 9:30 - 10:30 am</b> <b>Saturday 12:00 - 1:00 pm</b>

## Adult Mixers

Players should be rated by a RAC tennis professional or have a USTA NTRP rating in order to participate in all mixers. Mixers are available to adults ages 19 and up. All juniors who would like to participate in adult activities need to be approved by calling Ben Maes, Racquet Sports Director, at (507) 287-9323 or bmaes@racmn.com.

Mixer	Description	Fee	Days/Levels/Times
<b>Top 25</b>	A tennis mixer designed for the top RAC tennis players. Contact Ben Maes at (507) 287-9323 or bmaes@racmn.com if you do not have a rating.	<b>\$15 / day</b>  <i>Sign up daily at the Activities Desk (507) 287-9300</i>	<b>Monday 7:00 - 9:00 pm</b>  <i>(NTRP: Men 4.0+ / Women 4.5+) Players from the TopGun program may also participate.</i>
<b>Saturday Doubles Mixer</b>	A great way to meet other players and play competitive matches! Players rotate doubles partners in the mixer. Singles opportunities available!	<b>\$ 15 / day</b>  <i>Sign up daily at the Activities Desk (507) 287-9300</i>	<b>Saturday 9:00 - 11:00 am</b>  <i>(NTRP: 3.0+)</i>
<b>Adult Mini Doubles Mixer</b>	<b>Adult Intermediate, Adult Advanced, and NTRP 2.5</b> players may register for this 60 minute tennis doubles mixer. Take what you have learned in your classes and begin match play.	<b>\$10 / day</b>  <i>Sign up daily at the Activities Desk (507) 287-9300</i>	<b>Saturday 11:00 am - 12:00 pm</b>  <i>(Adult Intermediate - NTRP 2.5)</i>

**24 Hour Cancellation Policy for Mixers and Drills:** If no member has registered for a particular Mixer or Drill 24 hours prior to the class, the RAC Tennis Staff reserves the right to cancel that particular event. While we attempt to accommodate walk-ons, preregistration allows us to adequately staff each class and reserve the proper number of courts.

## Adult Leagues and Drills

Ratio and Length of Class Policy for Adult Leagues and Drills: The minimum number of participants for a class to run the entire time allotted is 4. With one participant classes run for 30 minutes; with 2 participants, 45 minutes; with 3 participants classes are 60 minutes.

League/Drill	Description	Fee	Days/Levels/Times	
<b>Doubles Drill &amp; Play</b>	90 minutes of tennis divided into drills and critiqued match play. This is a great way to improve a specific skill and immediately apply it in a match situation.	<b>\$15 / day</b>  <i>Sign up daily at the Activities Desk</i> <i>(507) 287-9300</i>	<b>Monday (3.0+)</b> <b>Wednesday (4.0+)</b>	<b>6:00 - 7:30 pm</b> <b>9:30 - 11:00 am</b>
<b>50 &amp; Over Adult Drill &amp; Play</b>	90 minutes of tennis divided into drills and match play. Enjoy the company of your friends while improving your tennis game.	<b>\$15 / day</b>  <i>Sign up daily at the Activities Desk</i> <i>(507) 287-9300</i>	<b>Wednesday</b>	<b>9:30 - 11:00 am</b>
<b>HIT Drill (High Intensity Tennis)</b>	A fun, fast-paced workout set to music. This is a great way to work on all of your tennis strokes while improving your fitness. HIT Drill incorporates both dead ball and live ball drills.	<b>\$12 / day</b>  <i>Sign up daily at the Activities Desk</i> <i>(507) 287-9300</i>	<b>Monday</b> <b>Wednesday</b> <b>Friday</b>	<b>12:00 - 1:00 pm</b> <b>12:00 - 1:00 pm</b> <b>12:00 - 1:00 pm</b>
<b>Drills &amp; Games Galore</b>	Enjoy a full hour and a half playing your favorite games like Treasure, Flurry, and Beat the Baseline. Match play may be incorporated if numbers dictate.	<b>\$15 / day</b>  <i>Sign up daily at the Activities Desk</i> <i>(507) 287-9300</i>	<b>Tuesday</b> <b>Thursday</b>	<b>9:30 - 11:00 am</b> <b>9:30 - 11:00 am</b>
<b>***NEW*** Adult Beginner / Intermediate GAME DAY</b>	Similar to Drills & Games Galore, but at a more developmental level. <i>(Also listed under Adult Tennis Group Lesson Offerings)</i>	<b>\$15 / day</b>  <i>Sign up daily at the Activities Desk</i> <i>(507) 287-9300</i>	<b>Friday</b>	<b>10:30 am - 12:00 pm</b>
<b>Sunday Mixed Doubles Drills and Strategies</b>	Find a partner and join us in this fun tune-up before the Winter USTA Mixed Doubles Leagues. Learn doubles positioning, communication, and strategies.	<b>\$15 / day</b>  <i>Sign up daily at the Activities Desk</i> <i>(507) 287-9300</i>	<b>Sunday</b>	<b>4:00 - 5:30 pm</b>

**24 Hour Cancellation Policy for Mixers and Drills:** If no member has registered for a particular Mixer or Drill 24 hours prior to the class, the RAC Tennis Staff reserves the right to cancel that particular event. While we attempt to accommodate walk-ons, preregistration allows us to adequately staff each class and reserve the proper number of courts.



## Junior Tennis

### FALL 1: September 6 - October 23 (7 weeks)

Monday classes will not meet on Labor Day, September 5 and will be prorated.

### FALL 2: October 24 - December 18 (7 weeks)

Classes will not run the week of Thanksgiving, November 21-27.

*Please keep in mind that a student does not always advance a level each session. Many factors such as attendance, coordination, growth, development (physical, mental, emotional & behavioral) and maturity level affect the student's progression through levels. Remaining at the same level should not be interpreted as not improving or not achieving success. As your child moves up levels in the tennis program, the next level is designed to take longer and be more challenging. If you believe that your child is not improving at the rate of others, please see your instructor for advice.*

- Must have at least 3 players registered to run a junior tennis class. If there are 2 players, the length of the lesson may be reduced.
- Parents must register players for each session in which they participate.
- An adult should walk children to the first day of class. Most classes are on courts 1 & 2.
- On the second-to-last day of class, each player will receive a class recommendation form with progress notes specific to the child. On this form, you will also find the class level for the next session.
- Make ups are offered if space in class allows. Please contact the instructor of the class you wish to make up in order to guarantee space for your child. No make ups are permitted during the first week of class.
- To sign up for the proper skill level and not by a player's age, please contact Sabine Tetzloff at (507) 287-9308 or stetzloff@racmn.com.
- Tennis racquets will be provided if you forget your racquet or do not have one.

### **R\*O\*G\*Y Tennis Program**

RAC Tennis has named its junior program "R\*O\*G\*Y Tennis" in order to highlight our focus on the development and transition of our young players from Red to Orange to Green-dot and ultimately to Yellow balls.

**R\*O\*G\*Y Tennis Program format is divided into the following levels:**

### **TENNIS WHIZZ PRESCHOOL TENNIS - NEW!**

Children ages 3-5 learn the game of tennis in this new innovative curriculum. Tennis Whizz allows our youngest players to develop fundamental motor skills in an environment focusing on learning through play and imagination. Parents are encouraged but not required to participate. Lessons are centered around imaginative adventures such as landing on the moon, going to the beach, and sailing on a pirate ship. Each lesson also focuses on the kindergarten readiness skills including colors, letters, numbers, and rhyming. Join us in this adventure of tennis and early learning. For more information on Tennis Whizz, visit [www.tenniswhizz.com](http://www.tenniswhizz.com).

### **RED BALL TENNIS**

Children ages 4-8 learn the basic tennis strokes on a 36-foot court with a Stage 1 Red ball. This ball is designed to bounce lower, allowing smaller kids to make proper contact with the ball. The goal of these classes is to let children explore the fun of movement, while developing their motor skills and learning the early stroke mechanics of volleys, ground strokes, and serves. Red Ball Tennis is divided into three developmental levels and one competitive level - **Red Beginner, Red Intermediate, Red Advanced, and Red Barons** (competitive training for our youngest players). Once at Red Ball Intermediate level and above, beginning rally skills are introduced, and children are eligible to participate in **Red Ball Drill & Play**.

### **ORANGE BALL TENNIS**

As the children grow they are moved to a larger 60-foot tennis court and a Stage 2 Orange tennis ball. Lessons for our 8-10 year olds will consist of a combination of instruction, games, and non-competitive match play. The emphasis is still fun and learning through positive feedback. Orange Ball Tennis is divided into **Orange Beginner, Orange Intermediate, and Orange Advanced**. *Competitive level orange ball players will be integrated into our ACE 3 program by tennis professional's recommendation and tryout.* Players are eligible for 60-foot court match play in the **Orange Ball Match Play** at the Orange Ball Intermediate and Advanced level. Players wishing to eventually move into the ACE program should participate in the Match Play in order to learn the skills necessary to compete at the higher ACE level.

## GREEN BALL TENNIS

Classes are catered to our 11-13 year old beginner and intermediate tennis players who are now ready for full court play with a Stage 3 Green-dot ball. Development of ground strokes, mechanics, court positioning, and strategy will be stressed. Green Ball Tennis is divided into **Green Beginner** and **Green Intermediate**. *Competitive level green-dot ball players will be integrated into our ACE 3 program by tennis professional's recommendation and tryout.* Full court beginning match play is offered through **Green Ball Match Play**. Players wishing to eventually move into

the ACE program should participate in the Match Play in order to learn the skills necessary to compete at the higher ACE level.

## GREEN/YELLOW BALL - TEEN TENNIS

RAC Tennis is introducing an instructional program designed specifically for our beginning and intermediate teenage players (Ages 13-18). Tennis will be played on the full court with a mixture of green-dot transitional balls and the standard yellow ball used in high school tennis. Full court beginning match play is offered through **Green Ball Match Play**.

## R\*O\*G\*Y Tennis Class Offerings

Class	Age	Ball	Court	Ratio	Fee	Days/Times
<b>***NEW***</b> <b>Tennis Whizz</b> <b>Preschool</b> <b>Tennis</b> <i>Tennis and Kindergarten Readiness Program</i>	3-5 years  Parent/ Guardian participation encouraged but NOT required	RED	36'	4:1	<b>FALL 1: \$56</b> <i>(Monday classes will be prorated)</i>  <b>FALL 2: \$56</b>	<b>Monday</b> 9:30 - 10:00 am <b>Monday</b> 6:00 - 6:30 pm <b>Thursday</b> 9:30 - 10:00 am <b>Saturday</b> 9:00 - 9:30 am *Additional times may be arranged for groups of 4 kids. Contact Sabine Tetzloff at (507) 287-9308 or stetzloff@racmn.com
<b>RED Ball Beginner</b>	4-7 years	RED	36'	5 : 1	<b>FALL 1: \$63</b> <i>(Monday classes will be prorated)</i>  <b>FALL 2: \$63</b>	<b>Monday</b> 6:00 - 6:45 pm <b>Tuesday</b> 9:30 - 10:15 am <b>Tuesday</b> 4:00 - 4:45 pm <b>Tuesday</b> 5:30 - 6:15 pm <b>Thursday</b> 6:00 - 6:45 pm <b>Saturday</b> 9:00 - 9:45 am
<b>RED Ball Intermediate</b>	4-8 years <i>*encouraged to also register for Red Ball Drill &amp; Play</i>	RED	36'	5 : 1	<b>FALL 1: \$84</b> <b>FALL 2: \$84</b>	<b>Tuesday</b> 10:15 - 11:15 am <b>Tuesday</b> 4:30 - 5:30 pm <b>Tuesday</b> 6:00 - 7:00 pm <b>Thursday</b> 4:00 - 5:00 pm <b>Friday</b> 4:00 - 5:00 pm <b>Saturday</b> 10:00 - 11:00 am
<b>RED Ball Advanced</b>	4-8 years <i>*encouraged to also register for Red Ball Drill &amp; Play</i>	RED	36'	6 : 1	<b>FALL 1: \$84</b> <b>FALL 2: \$84</b>	<b>Wednesday</b> 6:00 - 7:00 pm <b>Friday</b> 5:00 - 6:00 pm <b>Saturday</b> 11:00 am - 12:00 pm
<b>RED BARONS</b> <b>Competitive</b> <b>Red Ball</b> <b>Training</b>	5-8 years <i>*encouraged to also register for Red Ball Drill &amp; Play</i>	RED	36'	6 : 1	<b>FALL 1: \$84</b> <b>FALL 2: \$84</b>	<b>Friday</b> 5:00 - 6:00 pm <b>Saturday</b> 11:00 am - 12:00 pm  <b>BY RECOMMENDATION ONLY</b>
<b>RED Ball Drill &amp; Play</b>	Currently in <b>Red Ball Intermediate,</b> <b>Advanced</b> or <b>RED BARONS</b>	RED	36'	8 : 1	<b>FALL 1: \$84</b> <b>FALL 2: \$84</b>	<b>Saturday</b> 12:00 - 1:00 pm  >>



# Tennis

## R\*O\*G\*Y Tennis Class Offerings (continued)

Class	Age	Ball	Court	Ratio	Fee	Days/Times
ORANGE Ball Beginner	8-10 years	ORANGE	60'	6 : 1	FALL 1: \$84 <i>(Monday classes will be prorated)</i>  FALL 2: \$84	Monday 5:00 - 6:00 pm Wednesday 6:00 - 7:00 pm Friday 5:00 - 6:00 pm Saturday 11:00 am - 12:00 pm
ORANGE Ball Intermediate	8-10 years <i>*encouraged to also register for Orange Ball Match Play</i>	ORANGE	60'	6 : 1	FALL 1: \$84 <i>(Monday classes will be prorated)</i>  FALL 2: \$84	Monday 5:00 - 6:00 pm Wednesday 5:00 - 6:00 pm Friday 4:00 - 5:00 pm Saturday 12:00 - 1:00 pm
ORANGE Ball Advanced	8-10 years <i>*encouraged to also register for Orange Ball Match Play</i>	ORANGE	60'	6 : 1	FALL 1: \$84 FALL 2: \$84	Wednesday 6:00 - 7:00 pm Friday 5:00 - 6:00 pm Saturday 2:00 - 3:00 pm
ORANGE Ball Match Play	Currently at the Orange Ball Intermediate or Advanced level	ORANGE	60'	8 : 1	FALL 1: \$84 FALL 2: \$84	Saturday 1:00 - 2:00 pm
***NEW*** Junior Cardio Tennis	8-15 years  No Tennis Experience Needed	ORANGE GREEN	60' 78'	8:1	\$15 / day  <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Tuesday 6:00 - 7:00 pm
GREEN Ball Beginner	11+ years	GREEN	78'	6 : 1	FALL 1: \$84 FALL 2: \$84	Tuesday 4:00 - 5:00 pm Thursday 6:00 - 7:00 pm
GREEN Ball Intermediate	11+ years <i>*encouraged to also register for Green Ball Match Play</i>	GREEN	78'	6 : 1	FALL 1: \$84 FALL 2: \$84	Tuesday 5:00 - 6:00 pm Thursday 5:00 - 6:00 pm
GREEN Ball Match Play	Currently at the Green Ball Intermediate level	GREEN	78'	8 : 1	FALL 1: \$84 FALL 2: \$84	Saturday 1:00 - 2:00 pm
Teen Beginner / Intermediate Tennis	13-18 years	GREEN YELLOW	78'	6 : 1	FALL 1: \$84 FALL 2: \$84	Thursday 6:00 - 7:00 pm



## **R\*O\*G\*Y Play Days**

Play Days are a great way for kids to get together and enjoy the game of tennis. Parents are free to leave the club or to stay and watch! Depending on the level of the participants this can be anything from fun tennis games to beginning match play in a non-competitive non-elimination format. Either way, it is a evening of fun for our youngest tennis players!

Please note that the Halloween Spooktacular Family Tennis Play Day is a family event with activities for all ages and levels of players.

For more information, contact Sabine Tetzloff at (507) 287-9308 or stetzloff@racmn.com.



Theme	Age	Ball	Fee	Date
<b>R*O*G*Y Back to School Kick Off</b>	4-12	Red Ball Orange Ball	<i>\$5 per child</i>	<b>Fall 1:</b> September 10 5:00 - 7:00 pm
<b>Halloween Spooktacular Family Tennis Play Day</b> Activities for Adults, R*O*G*Y players, and ACE players	Children (age 4-12), Competitive Juniors, and Adults	Red Ball Orange Ball Green Ball Yellow Ball	<i>\$17 per child</i> <i>\$12 per adult</i>  Children may sign up with or without an adult. Snacks will be provided	<b>Fall 2:</b> October 29 4:00 - 6:00 pm
<b>November Neighborhood and Kids Club Date Night PLUS Tennis</b>	4-12	Red Ball Orange Ball (optional 45 minute tennis rotation)	<i>See Neighborhood and Kids Club Date Night descriptions under Events for Kids</i>  <i>An additional \$8 for the Tennis option</i>	<b>Fall 2:</b> November 4 6:30 - 9:30 pm (Tennis 7:00 - 7:45 pm)



## ACE/TopGun

### FALL 1: September 6 - October 23 (7 weeks)

Monday classes will not meet on Labor Day, September 5 and will be prorated.

### FALL 2: October 24 - December 18 (7 weeks)

Classes will not run Wednesday through Sunday, November 23-27 due to the Thanksgiving holiday.

The RAC ACE (Advantage Competitive Edge) Tennis Program offers competitive training for serious junior tennis players. Participation includes two practices and one match per week. Strokes, strategy, conditioning, and mental toughness will be stressed throughout the classes. ACE Matches will be critiqued by a pro either in written or oral format! Twice a year there is an opportunity for parent & tennis professional conferences which are useful for evaluation of your player and planning for future improvement.

**Please contact Steve Tacl at (507) 287-9335 ext. 312 or [stacl@racmn.com](mailto:stacl@racmn.com) to determine appropriate level for players.**

- Although our program is year-round, players are responsible for registering for each session in which they will participate.
- **BILLING PROCESS:** ACE participants can choose to be billed in one of two ways:
  1. **Pay by the Session:** Payment is in one lump sum with no cancelations/make ups (ACE 3/ACE3JC/ACE 2/ACE2JC: \$17/day; ACE 1/TopGun: \$20/day). Prices vary depending on total hours in class/matches.
  2. **Drop In:** Players who anticipate that they may need to miss class several days during the session may opt to pay by the day (ACE 3/ACE3JC/ACE 2/ACE2JC: \$21/day; ACE 1/TopGun: \$23/day). *Drop-in players should attempt to notify the tennis department by Sunday of a given week if they plan to attend class during any days that week. **Notifications should be emailed to [stetzloff@racmn.com](mailto:stetzloff@racmn.com).***

**There will be no cancelations or make ups for either plan. TopGun participants will continue to be billed by the day.**
- **Only players who register for an entire session will receive free court time during non-prime time hours.** Prime time hours are Monday through Friday 4:00 - 8:00 pm and Saturday 9:00 am - 12:00 pm. Players that do not attend the entire session will **not** receive free court time. Participants may reserve free court time 24 hours in advance. A list of free court time participants is located at the Activities Desk for each session.

The participant must identify him/herself as an ACE player to receive credit for their court time.

- Descriptions of levels found herein are general guidelines. A tennis committee meets once a week while in session to evaluate who has met the criteria necessary to challenge up to the next level.
- All juniors (18 and under) must have permission from the Racquet Sports Director to participate in adult activities and programming.

### The RAC ACE Program is divided into six groups:

- **ACE 3** - In ACE 3 there is a transition from new player to "tennis player." Players will use either the Orange, Green-Dot or Yellow ball to aid in proper stroke development. Yellow ball has been added to allow older players to prepare for high school tennis. Stroke mechanics are emphasized as players focus on proper technique and consistency. Beginning conditioning is incorporated into daily class sessions. No prior tournament experience required. Players may need to rotate their match time on Fridays.
- **ACE 3 Junior Competition (ACE3JC) \*NEW\* - by invitation only** - Our newest ACE group will focus on the younger player who is committed to participating in USTA tournaments (Levels 8, 7, and 6). ACE3JC is open to players who are 13 years old and under and are committed to USTA Tournament play. This group will work predominantly with the Green-Dot ball. Contact Steve Tacl at (507) 287-9335 ext. 312 or [stacl@racmn.com](mailto:stacl@racmn.com) for more information.
- **ACE 2** - ACE 2 is designed for tennis players who are 14 years old and over. The majority of the drills will be taught using a yellow ball. Players may receive a tryout if they are 13 years old or younger if they have met our traditional criteria (technical and tactical ability, physical maturity, effort and behavior) and are not participating in the Junior Competition group. Players will need to rotate their match times on Sundays.
- **ACE 2 Junior Competition (ACE2JC) - by invitation only** - ACE2JC continues where ACE3JC ends. This group is designed for the younger player who has moved to USTA advanced tournaments (Levels 5, 4, 3, and 2). Advanced strategies and competence from all areas of the court are developed through disciplined, high energy practices. Players may need to rotate their match time on Sundays. Please contact Steve Tacl at (507) 287-9335 ext. 312 or [stacl@racmn.com](mailto:stacl@racmn.com) for more information.

- **ACE 1** - Players in Ace 1 have developed a sound understanding of singles and doubles principles. Match level is that of a High School Varsity player and/or USTA Level 5 or better player. Players will need to rotate their match times on Sundays.

- **TopGun - by invitation only** - This group consists of Rochester and the surrounding areas' top junior players. These players are generally ranked very high in the USTA/Northern Section Rankings. Tournament play is expected of all players. Please contact Steve Tacl at (507) 287-9335 ext. 312 or [stacl@racmn.com](mailto:stacl@racmn.com) for more information.

## ACE Class Offerings

ACE Group	Fee	Frequency	Days/Times
<b>ACE 3</b> Orange, Green-dot, or Yellow ball will be used depending on age of player	FALL 1: \$340 FALL 2: \$374 (no class on November 23 - 27)  Drop in: \$21/day	<u>3</u> days/week	Monday and Wednesday 4:00 - 5:30 pm  Friday Matches: • Orange ball: 4:00 - 6:00 pm • Green-dot/Yellow ball: 6:00 - 8:00 pm  <i>Match time expanded to 2 hours to allow singles and doubles play.</i>
<b>ACE 3 Junior Competition (ACE3JC)*</b> *For eligibility, contact Steve Tacl <a href="mailto:stacl@racmn.com">stacl@racmn.com</a>	FALL 1: \$340 FALL 2: \$374 (no class on November 23 - 27)  Drop in: \$21/day	<u>3</u> days/week	Monday and Wednesday 4:00 - 5:30 pm  Friday Matches: 4:00 - 6:00 pm  <i>Match time expanded to 2 hours to allow singles and doubles play.</i>
<b>ACE 2</b>	FALL 1: \$340 FALL 2: \$374 (no class on November 23 - 27)  Drop in: \$21/day	<u>3</u> days/week <i>Must be able to rotate match time weekly</i>	Monday and Wednesday 5:30 - 7:00 pm  Sunday Matches: 12:00 - 2:00 pm OR 2:00 - 4:00 pm
<b>ACE 2 Junior Competition (ACE2JC)*</b> *For eligibility, contact Steve Tacl <a href="mailto:stacl@racmn.com">stacl@racmn.com</a>	FALL 1: \$459 FALL 2: \$493 (no class on November 23 - 27)  Drop in: \$21/day	<u>4</u> days/week <i>Must be able to rotate match time weekly</i>	Monday and Wednesday 5:30 - 7:00 pm AND Thursday 6:00 - 7:30 pm  Sunday Matches: 12:00 - 2:00 pm OR 2:00 - 4:00 pm
<b>ACE 1</b>	FALL 1: \$560 FALL 2: \$580 (no class on November 23 - 27)  Drop in: \$23/day	<u>4</u> days/week <i>Must be able to rotate match time weekly</i>	Tuesday and Thursday 4:00 - 6:00 pm AND Wednesday 7:00 - 9:00 pm  Sunday Matches: 12:00 - 2:00 pm OR 2:00 - 4:00 pm
<b>TopGun*</b> *For eligibility, contact Steve Tacl <a href="mailto:stacl@racmn.com">stacl@racmn.com</a>	FALL 1: \$560 FALL 2: \$580 (no class on November 23 - 27)  Drop in: \$23/day	<u>4</u> days/week	Tuesday /Thursday 6:00 - 8:00 pm AND Wednesday 7:00 - 9:00 pm  Sunday Matches: 12:00 - 2:00 pm OR 2:00 - 4:00 pm



# Racquetball

## **FALL 1 SESSION:**

**September 6 - October 23 (7 weeks)**

No classes Monday, September 5 due to Labor Day.

## **FALL 2 SESSION:**

**October 24 - December 18 (7 weeks)**

No classes the week of November 21-27 due to Thanksgiving.

Specific times and fees are listed in the table. Also:

- Sign up at the Activities Desk (507) 287-9300 unless otherwise specified.

**Inclement Weather Policy:** If the Rochester Public Schools close for inclement weather Adult Group Lessons and Junior Beginner Lessons will not be held. League matches may be held if both participants can make it to the club. Racquetball Private Lessons may be offered at the discretion of the racquetball professional.

## **Racquetball at the RAC**

Whether it is just an enjoyable match with a friend or intense tournament play, many people love the way that competition can make exercise fun and engaging. Our Racquetball department provides many league, tournament and instructional offerings to help you take full advantage of our wonderful courts.

Racquetball courts can be reserved by calling the Activities Desk at 287-9300 or simply stop by the desk to reserve if you are in the club. Racquets, goggles and balls to use are also available at the Activities Desk. Additionally if you would like to try out a finer racquet, thrive rents them for \$2.

For those new to racquetball you can improve your game quickly by taking advantage of a free "Introduction to Racquetball" session with one of our pro's, or sign up for one of our group lesson classes for Adults or Juniors. Contact **Wendy Miller at (507) 287-9335 ext 321 or email [wmiller@racmn.com](mailto:wmiller@racmn.com)** if you need any assistance getting started!

## **Introduction to Racquetball**

Have you ever wondered how to play racquetball but didn't know who to ask or how to get started? You can receive a FREE introduction to the game of racquetball; all you need to know to get started playing racquetball in 30 minutes! Please contact one of the Racquetball Professionals listed below to arrange your FREE 30 minute session:

- Greg Leibfried (507) 287-9335 ext 323 or [gleibfried@racmn.com](mailto:gleibfried@racmn.com)
- Wendy Miller (507) 287-9335 ext 321 or [wmiller@racmn.com](mailto:wmiller@racmn.com)

## **Racquetball Mixers**

FREE! Come out for an evening of great exercise and social interaction with other players. All levels of players are welcome. This is a great way to meet other players and improve your game. A racquetball pro will be present to facilitate play. No sign up necessary, just drop in and play for all or just a portion of the time. Meet on Racquetball Courts #1-4.

**Offered from September 1 - March 23.**

## **Racquetball Private Lessons**

Are you looking to elevate your racquetball game to the next level? Rochester Athletic Club's racquetball professionals can get you there. Private lessons are a great way to enhance your racquetball skills through proper swing technique, court positioning, shot selection, practice drills, etc. All lessons are based on \$25/hour. For more information, please contact Wendy Miller at (507) 287-9335 ext 321. To set up a private lesson with Greg Leibfried contact him directly at (507) 287-9335 Ext. 323 or [gleibfried@racmn.com](mailto:gleibfried@racmn.com)

## **Adult Racquetball**

### **Adult Group Lessons**

Designed for the person just starting to play racquetball or who has limited racquetball playing experience, little or no instruction and knows little about the rules. Focus of the lessons is on basic fundamentals of racquetball - strokes, rules, court positioning and shot selection. Lessons will meet in racquetball Court #1 the first evening of class.

- Equipment provided
- Ratio 4:1

### **Challenge Ladder**

Participation in the Challenge Ladder is an excellent way to judge the improvement in your racquetball skills. Format: 2 games to 15 - Tiebreaker to 11

- If lower rung player wins the match, they move to the rung above the other player.
- If higher rung player wins the match, no change to ladder.
- League matches will automatically be incorporated into the Challenge Ladder.

If playing a non-league match, you can only challenge players that are within 7 rungs of you on the ladder. See the Racquet Sports bulletin board for the latest Challenge Ladder listing and additional information. Players who wish to be added or removed from the Challenge Ladder should contact Wendy Miller (507) 287-9335 ext 321 or email [wmiller@racmn.com](mailto:wmiller@racmn.com).

## Formal and Informal Leagues

**Fall 1 Leagues (7 weeks):** Begin September 6 with sign up from August 8 to August 19.

*(Monday leagues will be informal due to Labor Day)*

**Fall 2 Leagues (8 weeks):** Begin October 24 with sign up from September 26 to October 7.

*(Week of Thanksgiving, Nov 21-27 will be informal)*

Leagues are a popular way to meet new people and experience competitive play at all levels. They are setup for specific days and times, and courts are reserved on your behalf for league play. Please note that "NO SHOWS" will be monitored by the Activities Desk and that there will be a \$5 charge for "NO SHOWS". If you are unable to play your match, please make any court cancellations as soon as possible, but preferably at least 3 hours in advance. We will email your schedule if you have provided us with your email address, otherwise pick up your schedule at the Activities Desk. The following leagues are offered, many at multiple times during the week:  
**Men's: Open, A, B, C skill divisions**  
**Women's: B**

For informal leagues the league is set up and then you schedule your match with your opponent on a week to week basis. We offer the following informal leagues:

**A/B Men/Women**  
**B/C Men/Women**

Detailed information on the racquetball leagues will be available at the Activities Desk and on the Racquet Sports bulletin board. For additional information on leagues, please contact Wendy Miller (507) 287-9335 ext 321 or email [wmiller@racmn.com](mailto:wmiller@racmn.com).

**Gift certificates will be presented to all league champions during the 2016 season. Support your sport - join a league!**

## Tournaments and Special Events

For the latest information on tournament dates and special events go to:

[racmn.com/activities-classes/racquetball-squash](http://racmn.com/activities-classes/racquetball-squash)

Sign up flyers are available one month prior to the event at the Activities Desk or the Racquet Sports Bulletin Board

## Junior Racquetball

### Junior Beginner Lessons

Designed for the junior just starting to play racquetball or who has limited racquetball playing experience, little or no instruction and knows little about the rules. Focus of the lessons is on basic strokes and rules and will start with multi-bounce instruction and then move to single bounce if participants' skill levels warrant. Please meet on racquetball Court #1 for the lessons.

- Lessons for 8-12 year olds
- Equipment provided
- Ratio 4:1

Class	Fee	Day/Time
Introduction to Racquetball	Free	<i>Scheduled with Racquetball Professional</i>
Racquetball Mixers	Free (No Sign up needed)	<b>NEW!!</b> Day of week mixer is held changes weekly <b>Thursday 5:30 - 7:00 pm</b> OR <b>Saturday 9:30 - 11:00 am</b> See Racquet Sports bulletin board for dates held <i>Scheduled with Racquetball Professional</i>
Racquetball Private Lessons	\$25 per hour	<i>Scheduled with Racquetball Professional</i>
Adult Group Lessons	Fall 1: \$35 (7 weeks) Fall 2: \$35 (7 weeks)	<b>Wednesday 6:00 - 7:00 pm</b>
Challenge Ladder	Free	<i>Ladder is based on league matches or participants setting up their own match times</i>
Formal and Informal Racquetball Leagues	<b>Formal leagues:</b> Fall 1: \$16 (7 weeks) Fall 2: \$18 (8 weeks) <b>Informal leagues:</b> Fall 1: \$8 (7 weeks) Fall 2: \$9 (8 weeks)	<b>Available leagues will be posted at Activities Desk and Racquet Sports bulletin board</b> Sign up at Activities Desk
Tournaments and Special Events	Varies - see flyers for details	<b>See description for sign up information</b>
Junior Beginner Lessons (Ages 8-12)	Fall 1: \$35 (7 weeks) Fall 2: \$35 (7 weeks)	<b>Tuesday 5:00 - 6:00 pm</b>



# Squash

## Introduction to Squash FREE!!

Have you ever wondered how to play squash but didn't know who to ask or how to get started? You can receive a free introduction to the game of squash; all you need to know to get started playing squash in 30 minutes! Please contact Greg Leibfried (507) 287-9335, ext. 323 or gleibfried@racmn.com to set up.

**\*Squash Rules are located by the courts or at the Activities Desk.**

## Squash Mixer/Challenge Court

Meet and play other members on these squash mixer nights. No sign up necessary.

### **Advanced/Intermediate players:**

**Monday 7:00 - 9:00 pm (Courts #1 & #2)**

### **All players:**

**Wednesday 7:00 - 9:00 pm (Court #1)**

## Squash Email/Contact List

Players interested in being added to the squash email distribution list should call and leave a message with their email address with Greg Leibfried (507) 287-9335, ext. 323 or gleibfried@racmn.com.



# Swimming

## **FALL 1 SESSION:**

**September 6 - October 23 (7 weeks)**

Note this session begins on Tuesday, September 6. Monday classes will be prorated due to Labor Day and will run 6 weeks.

## **FALL 2 SESSION:**

**October 24 - December 18 (7 weeks)**

No classes the week of November 21-27 due to Thanksgiving.

Specific times and fees are listed in the tables. Also:

- Sign up at the Activities Desk (507) 287-9300 unless otherwise specified.
- Minimum age restrictions will be enforced for the safety of all students.

Note: The club reserves the right to cancel or shorten classes if insufficient numbers enroll.

**Inclement Weather Policy:** If the Rochester Public Schools close for inclement weather Swimming classes and Swimming Private Lessons will not be held.

## Swimming Programming

Welcome to the RAC's swimming program! We offer preschool and school age lessons as well as programming for adults. Whether you want to improve your skills or wish to learn to swim for the first time, we have the class for you.

If you would like assistance in finding the appropriate class, you can contact **Whitney Benedetti at (507) 287-9314 or email at wbenedetti@racmn.com** to discuss the options available. If needed, a free 10 minute swim test evaluation will be provided. Private or semi-private lessons are available upon request, see description below.

## Pool Schedule

### **Guarded Swim Times:**

Mondays	5:30 pm - 8:30 pm
Wednesdays	5:30 pm - 8:30 pm
Fridays	5:30 pm - 8:30 pm
Saturdays	10:30 am - 6:00 pm
Sundays	10:30 am - 6:00 pm

This is a great time to bring the family and have fun! A lifeguard is on duty for your convenience. Safety supervision rules apply! Children ages 7-12 may be dropped off and checked in at the pool area during these times. Children 6 years and younger have to remain within arm's reach of their parent at ALL times.

## Lap Swim

Adult lap swim is available at all times in the 25 meter lap pool. There may be times when swimmers need to share a lane. One mile equals 32 laps or 64 lengths in the indoor lap pool. **The two outside lanes may be used for group and private swimming lessons.**

## Preschool Swimming Lessons

These courses are geared for the pre-school aged child and other than the parent/child course have no in water parent involvement. Your child will be exposed to the joys of swimming in a safe aquatic environment taught by certified Water Safety Instructors with the American Red Cross. We will use the first day of class as an assessment day to make sure that all students in each class are close to the same ability level. Please keep in mind that a student does not always advance a level each session. Many factors such as attendance, coordination, growth spurts, development, and maturity level affect the students' progression through the levels. **Remaining at the same level should not be interpreted as not improving or not achieving success.**

*\* A portion of time during this session will be dedicated to safety issues and skills.*

## Parent/Child (Ages 6 Months-3 Years)

This class is an introduction to swimming geared for parent and child interaction. This program gives parents information and techniques to help orient their children to the water and to supervise water activities in a safe manner. Skills include:

- Kicking, Blowing Bubbles
- Floats, Glides
- Turning Over and Games
- Holding Positions

## Floating Fish (Ages 3-5)

Our primary goal is to provide the child with a pleasant, fun-filled water experience. Your child should be comfortable without you, the parent, in the water. There is NO parent participation during the lesson.

Skills will be supported by the instructor and include:

- Front and Back Floats
- Front and Back Glides
- Turning over
- Arm/Leg movements on Front/Back
- Principles of Basic Water Safety

## Gliding Guppies (Ages 3-5)

Recommended abilities include: coordination ability with arms and legs and comfortable putting face in the water. Skills will be assisted by the instructor, supported by equipment and include:

- Bobs
- Front and Back Glides
- Beginning Stroke Coordination
- Basic Water Safety Skills

## Mighty Minnows (Ages 3-5)

To enter this level, the recommendations are as follows: comfortable pushing away from wall and doing a beginner stroke (10 feet), doing occasional rhythmic breathing. All skills must be completed without instructor assistance. Skills include:

- Combined Stroke on Back
- Combined Stroke on Front
- Survival Float
- Treading Water
- Underwater Swimming

## **Youth Swimming Lessons (Ages 6 and up)**

We are excited to offer quality swim lessons to our members. All swim instructors are certified Water Safety Instructors with the American Red Cross. We will use the first day of class as an assessment day to make sure that all students in each class are close to the same ability level. Please keep in mind that a student does not always advance a level each session. Many factors such as attendance, coordination, growth spurts, development, and maturity level affect the students' progression through the levels. **Remaining at the same level should not be interpreted as not improving or not achieving success.**

*\* A portion of time during this session will be dedicated to safety issues and skills.*

Class	Age	Fee	Day/Time
Parent/Child	6 months-3 years	Fall 1: \$62 Fall 2: \$62	Tuesday 6:05 - 6:35 pm Thursday 11:20 - 11:55 am Thursday 5:50 - 6:20 pm Saturday 10:30 - 11:00 am
Floating Fish	3-5 years	Fall 1: \$62 Fall 2: \$62	Monday 10:45 - 11:15 am Tuesday 10:45 - 11:15 am Tuesday 6:05 - 6:35 pm Wednesday 11:20 - 11:50 am Thursday 10:45 - 11:15 am Thursday 5:50 - 6:20 pm Saturday 11:05 - 11:35 am
Gliding Guppies	3-5 years	Fall 1: \$62 Fall 2: \$62	Monday 11:20 - 11:50 am Tuesday 6:40 - 7:10 pm Wednesday 10:45 - 11:15 am Thursday 5:15 - 5:45 pm Saturday 10:30 - 11:00 am
Mighty Minnows	3-5 years	Fall 1: \$62 Fall 2: \$62	Tuesday 11:20 - 11:50 am Tuesday 6:40 - 7:10 pm Wednesday 11:55 - 12:25 pm Thursday 11:20 - 11:50 am Thursday 5:15 - 5:45 pm Saturday 11:05 - 11:35 am



# Swimming

## **LEVEL 1 - Introduction to Water Skills**

Purpose: To help students feel comfortable in the water. All skills are done with assistance. Plan on repeating this level 1-2 times. Exit skills include:

- Enter independently, travel 5 yards, blow bubbles through mouth and nose for at least 3 seconds, and safely exit the water - child can walk, move using the wall, or swim.
- Swim using combined arm and leg actions on the front for 3 body lengths, roll to back, float for 5 seconds, roll to front and continue swimming on front for 3 body lengths.

## **LEVEL 2 - Fundamental Aquatic Skills**

Purpose: To give the student success with fundamental skills. All skills should be done independently. Plan on repeating this level 1-2 times before advancement.

Exit skills include:

- Jump into water, swim front crawl w/ breathing 5 yards, roll to back, float for 15 seconds, fin and kick 5 yards.
- Back crawl 5 yards, roll to front, float for 10 seconds, and recover.

## **LEVEL 3 - Stroke Development**

Purpose: To build on the skills learned in Level 2. Plan on repeating this level 2-4 times before advancement.

Exit skills include:

- Jump into chest-deep water, swim front crawl 15 meters w/ rhythmic breathing pattern, tread for 1 minute, and swim elementary backstroke for 5 meters.
- Swim back crawl 15 meters, survival float for 1 minute, swim breaststroke 5 meters.

## **LEVEL 4 - Stroke Improvement**

Purpose: To develop confidence in skills learned and improve other aquatic skills. Plan on staying in this level 2-4 sessions before advancement.

Exit skills include:

- Jump in to water, swim front crawl 25 meters w/ rotary or alternate breathing, open turn, swim breaststroke 15 meters, tread water for 2 minutes, swim sidestroke 5 meters.
- Swim back crawl 25 meters, open turn, swim butterfly 5 meters, scull for 2 minutes, swim elementary backstroke 15 meters.

## **LEVEL 5 - Stroke Refinement**

Purpose: To provide coordination and further refinement of strokes. Plan on repeating this level 2-3 times. Exit skills include:

- Swim front crawl 50 meters, flip turn, swim breaststroke 25 meters, open turn, swim elementary backstroke 25 meters.
- Swim back crawl 50 meters, flip turn, swim sidestroke 25 meters, open turn, swim butterfly 15 meters.

## **LEVEL 6 - Swimming and Skill Proficiency**

Purpose: Refines all 6 strokes to allow student to swim with ease, power, and efficiency over greater distances. Plan to repeat this level 1-2 times.

Exit skills include:

- Swim 500 meters continuously using any sequence of the following stroke distances: 100 meters front crawl, 100 meters back crawl, 50 meters breaststroke, 50 meters elementary backstroke, 50 meters sidestroke, 25 meters butterfly, and 125 meters of any stroke.

## **Guard Start - Beginning Lifeguard Training**

Purpose: To offer 11-14 year olds the chance to further develop as a swimmer and prepare for the Lifeguard class. Price includes a participant's manual.

Skills include:

- Reaching/Throwing Assists
- RID Factors
- FIND method of decision making
- Water Entries
- Spinal Injury Care
- Self-Rescue Fully Clothed
- Introduction to basic First Aid and CPR Skills (non-certifying)

## **Water Safety Instructor Aid**

Purpose: To offer 11-14 year olds experience in the teaching of swimming lessons. A mentorship style learning system, the WSI Aid will assist in swimming classes and learn support techniques, how to break down strokes, teaching strategies, and effective classroom management. Prerequisite: Completion of LEVEL 5 (or evaluated out) and at least 11 years old. Fee: Free

Call Whitney Benedetti for more information (507) 287-9314 or email [wbenedetti@racmn.com](mailto:wbenedetti@racmn.com).

## **Home School Swimming Lessons**

The RAC is excited to offer Home School swimming lessons in addition to the Home School PE program found in the Kid's Sports and Fitness section. Call (507) 287-9314 or email [wbenedetti@racmn.com](mailto:wbenedetti@racmn.com) for more information.

### **Fall 1 runs September 6 - October 23 (7 weeks)**

There are no classes Thursday, October 21 (classes will be prorated).

### **Fall 2 runs October 24 - December 18 (7 weeks)**

There are no classes the week of November 21.

When Rochester Public Schools are closed, there will be no Home School classes.

- Classes meet at the indoor pool.
- Register at the Activities Desk, (507) 287-9300.
- Non-members must pay at the time of enrollment.



**Tuesday:**

- Level 1**     **11:55 am - 12:40 pm**
- Level 2**     **12:45 - 1:30 pm**
- Level 5/6**   **1:35 - 2:20 pm**

**Thursday:**

- Level 3**     **11:55 am - 12:40 pm**
- Level 4**     **12:45 - 1:30 pm**

**Fall 1:** Members: \$62   Non-members: \$110

**Fall 2:** Members: \$62   Non-members: \$110

- Parent/Child**     **Sunday**     **11:00 - 11:30 am**
- Floating Fish**    **Sunday**     **11:00 - 11:30 am**
- Gliding Guppies** **Sunday**     **11:35 - 12:05 pm**
- Mighty Minnows** **Sunday**     **11:35 - 12:05 pm**

**Fall 1:** Members: \$65   Non-members: \$114

**Fall 2:** Members: \$65   Non-members: \$114

- Level 1**            **Sunday**     **12:10 - 12:55 pm**
- Level 2**            **Sunday**     **12:10 - 12:55 pm**
- Level 3**            **Sunday**     **1:00 - 1:45 pm**
- Level 4**            **Sunday**     **1:00 - 1:45 pm**

**Non-Member Swim Lessons**

The RAC is excited to offer non-member swim lessons. Check out the descriptions above to determine the best placement for your child or contact Whitney Benedetti at (507) 287-9314 for help in placing your child in lessons here at the RAC. Non-members must pay at the time of enrollment.

Class	Age	Fee	Day/Time
<b>Level 1</b>	Ages 6 and up	Fall 1: \$65 Fall 2: \$65	Tuesday 5:15 - 6:00 pm Thursday 6:25 - 7:10 pm Saturday 9:40 - 10:25 am
<b>Level 2</b>	Ages 6 and up	Fall 1: \$65 Fall 2: \$65	Tuesday 5:15 - 6:00 pm Thursday 6:25 - 7:10 pm Saturday 9:40 - 10:25 am
<b>Level 3</b>	Ages 6 and up	Fall 1: \$65 Fall 2: \$65	Tuesday 7:15 - 8:00 pm Thursday 7:15 - 8:00 pm Saturday 11:40 - 12:25 pm
<b>Level 4</b>	Ages 6 and up	Fall 1: \$65 Fall 2: \$65	Tuesday 7:15 - 8:00 pm Thursday 7:15 - 8:00 pm Saturday 11:40 - 12:25 pm
<b>Level 5</b>	Ages 6 and up	Fall 1: \$65 Fall 2: \$65	Tuesday 8:05 - 8:50 pm Saturday 12:30 - 1:15 pm
<b>Level 6</b>	Ages 6 and up	Fall 1: \$65 Fall 2: \$65	Thursday 8:05 - 8:50 pm
<b>Guard Start</b>	11-14	Fall 1: \$75 Fall 2: \$75	Saturday 12:30 - 1:15 pm
<b>Home School Swimming</b>	Level 1 Level 2 Level 3 Level 4 Level 5/6	Fall 1: Members: \$65/child Non-members: \$75/child Fall 2: Members: \$65/child Non-members: \$75/child	See description for days and times
<b>Non-Member Swim Lessons</b>	Pre-school- Level 4	See description for prices	See description for days and times



# Swimming

## Adult Swim Lessons

### Adult Beginner

Never mastered the basic strokes? Here is the opportunity to improve your swimming skills! This course will cater to your needs and teach you the basics of swimming and stroke development. Intended for those 15 years of age and older.

### Adult Intermediate

Looking to further develop your swimming and stroke skills? Want to learn to put together a swim routine you can follow and use for general fitness? Then Adult Intermediate is the class for you! This class will take the basic propulsion skills learned in the beginner class, as well as teach you how to develop your own workout plan. Intended for those 15 years of age and older.

Class	Age	Fee	Day/Time
Adult Beginner	Ages 15 and up	Fall 1: \$65 Fall 2: \$65	Tuesday 8:05 - 8:50 pm
Adult Intermediate	Ages 15 and up	Fall 1: \$65 Fall 2: \$65	Thursday 8:05 - 8:50 pm
Triathlon Swimming	Ages 15 and up	Fall 1: \$87 Fall 2: \$87	Monday 7:00 - 8:30 pm

## Swimming Private Lessons

Private swimming instruction can be arranged with a certified Water Safety Instructor for both children and adults. All lessons are based on \$50/hour or \$25/half hour. Semi-private lessons are also available at a rate of \$30/half hour for 2 individuals. For more information contact Whitney Benedetti at (507) 287-9314 or email [wbenedetti@racmn.com](mailto:wbenedetti@racmn.com).

**\*Cancellation Policy: No-shows & cancellations will be charged 1/2 the price of the lesson.**

### Jan Larson Swimming Private Lessons

Lessons with Jan are made on a first come, first served basis. Call (507) 287-9335 Ext. 390 for reservations.

- Registration for Fall 1 begins August 8 at 5:30 am.
- Registration for Fall 2 begins September 26 at 5:30 am.

1/2 Hour Private \$29  
 1/2 Hour Semi-Private \$37

**\*Cancellation Policy: No-shows & cancellations will be charged for 1/2 the price of the lesson**

### Triathlon Swimming Class

Purpose: To train for the swimming portion of a triathlon under the supervision and guidance of a swim instructor. At every class there will be 15 minutes of dry land instruction or activities. **This class is designed for those who can swim.** Knowledge of front crawl, back crawl, and breaststroke is recommended. The instructor will offer drill work, stroke technique and refinement, training strategies, setting up your own workout agenda, information on swim gear, registering for triathlons, and effective transitions.

- Maximum of 6 participants

### Billy Howard Swimming Private Lessons

Billy specializes in helping swimmers refine their stroke technique, improve conditioning, and customize their workouts to individual abilities.

Call (507) 287-9335 Ext. 322 for reservations.

1/2 Hour Private \$28  
 1 Hour Private \$50

**\*Cancellation Policy: No-shows & cancellations will be charged for 1/2 the price of the lesson**

### Steve Varney Swimming Private Lessons

Coach Steve Varney has been teaching, training and motivating swimmers of all ages and abilities for over 25 years. He is one of the premier age group coaches in the Upper Midwest and has been coaching with the Rochester Swim Club Orcas since 1995. Private lessons are available for swimmers age 6 and up.

Contact Coach Steve at [coachsteve@swimorcas.com](mailto:coachsteve@swimorcas.com) for reservations.

1/2 Hour Private \$40  
 1 Hour Private \$65

**\*Cancellation Policy: No-shows & cancellations will be charged for 1/2 the price of the lesson**

## Martial Arts for Health & Wellness

Traditional martial arts classes are an excellent way for youth and adults to grow both mentally and physically. Develop discipline, respect and confidence along with physical fitness, stress relief and self-defense skills through structured martial arts classes. Classes will include training in TaeKwonDo-KongSooDo as well as some Hapkido and Judo techniques.

Classes will be taught by Master Instructor Kirby Strissel. Kirby has over 25 years of experience and has attained the rank of 5th Degree TaeKwonDo, 3rd Degree Hapkido, and 1st Degree Judo instructor.

- **Ongoing year-round program billed monthly.**
- **New students can join at any time.**
- **Contact Kirby Strissel at [kstrissel@racmn.com](mailto:kstrissel@racmn.com) with any questions or to sign up.**
- Uniforms and equipment may be purchased through Kirby as needed.

Class	Ages	Fee	Day/Time/Location
<b>Martial Arts for Health &amp; Wellness</b>	6-Adult	<p><b>Monthly Fee</b>  <b>Members: \$65</b>  <b>Non-Members: \$75</b></p> <p>Each additional family member enrolled will result in a discount of \$5 for each family member.</p>	<p><b>Monday &amp; Wednesday:</b>  <b>Ages 6-12 (Experienced) 5:00 - 5:55 pm</b>  <b>Ages 6-12 (New) 6:00 - 6:55 pm</b>  <b>Ages 13-Adult (All) 7:00 - 7:55 pm</b></p> <p>To enroll contact Kirby Strissel at <a href="mailto:kstrissel@racmn.com">kstrissel@racmn.com</a></p> <p>Civic View Room</p>

## Events for Kids

**Cancellation policy for all one-time events listed below: You must cancel at least 48 hours prior to the event or you will be billed in full.**

**Late Pick Up Charge: If you are late in picking up your child from a Date Night or Special Event, you will be charged \$5/child.**

Specific times and fees are listed in the tables. Also:

- Sign up at the Activities Desk (507) 287-9300 unless otherwise specified.

### Events for Kids Programming

Fall is always a great season for families. This year we are again offering our most popular parties and events for children to enjoy. As the weather turns colder we also bring out our Inflatables to help the family burn off excess energy. Please note the table format and that there is a separate table and description area for our always popular Date Night and Shopping Night offerings!

Questions pertaining to a certain event? Contact the Director indicated at the end of the class description:

**Jodi Hass** Kids Club Director  
[jhass@racmn.com](mailto:jhass@racmn.com) or (507) 287-9302

**Marchellose Williams** Neighborhood Director  
[mwilliams@racmn.com](mailto:mwilliams@racmn.com) or (507) 287-9307

### Inflatables

Come play on The Neighborhood's giant bouncy house, 22' high slide, and 64' long obstacle course. Located in Neighborhood gym. Children must wear socks. No shoes allowed. No bare feet.

- Free
- No sign up required
- Contact Marchellose Williams

Our inflatables will be up during the following times:

**Fridays 4:00 - 7:00 pm**

November 4 and 18, December 2 and 16

**Saturdays 11:00 am - 7:00 pm**

November 5 and 19, December 3 and 17

**Sundays 12:00 pm - 7:00 pm**

November 6 and 20, December 4 and 18

### Kids Pajama Parties

Kids-need a night just for you? Come to our Kids Pajama Party! We will eat Pizza, play games, make a cool craft, watch a movie and have snacks. Wear your pajamas and bring a sleeping bag for the movie.

- Ages 3-8
- Contact Jodi Hass

\*Drop off and pick up in Kids Club.



# Events for Kids

## Father/Son Pizza & Root Beer Football Day

Dads along with their sons will make a large pizza or two personal pizzas (toppings of your choice) while enjoying football theme crafts and games. All the while watching college games and enjoying cheese curds, chicken wings and beverages. Depending on college scheduling the featured game will be the Gophers vs. Hawkeyes (other games will be available).

- Ages 5-13
- Contact Marchellose Williams

\*Drop off and pick up in the Civic View Room.

## MEA Week Kids Camp

The Neighborhood will be holding a “No School Day” camp. Kids will participate in swimming, organized games, sports, craft, and lunch. This is a perfect opportunity for the parents that still need to work, but do not have childcare for their school-aged child(ren). Children should arrive with socks, backpack, swimming suit, and clothes to be active. Ages 5-6 will not be swimming. However, they will remain in the Neighborhood and participate in extra special activities!

- Ages 5-13
- Contact Marchellose Williams

Registration Deadline: Wednesday, October 19 by 12 pm. Minimum of 8 kids must be enrolled for that day to occur.

\*Drop off and pick up in The Neighborhood.

### **Options:**

To sign up for a day (or days) instead of the week, or to inquire about early drop off or late pick up contact Marchellose Williams by Friday before the week camp begins. No exceptions. Daily sign up may not occur through the Activities Desk.

## Kids Halloween Party

It is time for some Halloween fun. Drop off your children for a morning of activities, parade, games, and crafts! Children can dress up in Kid-Friendly costumes.

- Ages 2.5-7
- Contact Jodi Hass

\*Drop off and pick up in the Civic View Room.

## Youth Skills & Drills Floor Hockey

Kids will enjoy 3 weeks of basic hockey fundamental skills as well as participate in recreational games as appropriate.

- Ages 6-13
- Contact Marchellose Williams

\*Drop off and pick up in The Neighborhood.

## Mother/Daughter Canvas Painting & Brunch

Mothers and daughters will be able to spend quality time painting a piece of canvas artwork and making

some lovely things to take home. During the event you will enjoy snacks, paint each other’s nails, and participate in some relaxing games. Both mother and daughter must sign up with the Activities Desk.

- Ages 5-13
- Contact Marchellose Williams

Registration Deadline: Friday, November 18 by 4 pm. Minimum of 14 people must be enrolled for event to occur.

\*Drop off and pick up in the Civic View Room.

## Breakfast With Santa

It is time for the Rochester Athletic Club’s Annual Breakfast with Santa! Join us for a morning of fun with Santa. First we will start at the RAC Café & Deli with a wonderful breakfast buffet then off to the Civic View Room for activities and a special picture of your child with Santa Claus. Remember to bring Grandmas and Grandpas!

- All Ages welcomed-Ages 2 and up will be charged
- Contact Jodi Hass
- To guarantee special seating arrangements please contact Jodi Hass by December 15!!

\*Start at RAC Café & Deli and end in Civic View Room.

## Let’s Do it All Christmas Week Camp

Holiday break is almost here and it is time to party! We need to celebrate with an assortment of activities to take part in this week long event. Kids will have fun while parents prepare for the upcoming holiday.

**Activities** - Neighborhood challenges. Compete against yourself, the clock, and others. If active challenges are not your thing, then we have holiday crafts that will get your creative juices flowing.

**Swimming** - Ages 7-13 may go swimming and use Lenny the Inflatable Lobster. Younger kids, and anyone who does not want to swim, may hang out and watch a movie.

**Gift** - Hey, the season for gift giving is right around the corner! Why not make a gift to take home with you, right?

**Big Kids (Ages 10-13)** - If you do not prefer being involved with the younger kids, then get enough of your friends to sign up and we will completely separate you from the younger kids!

- Ages 5-13
- Contact Marchellose Williams

Registration Deadline: Friday, December 23 by 12 pm. Minimum of 8 kids must be enrolled for event to occur.

\*Drop off and pick up in The Neighborhood.

### **Options:**

To sign up for a day (or days) instead of the week, or to inquire about early drop off or late pick up contact Marchellose Williams by Friday **before** the week camp begins. No exceptions. Daily sign up may not occur through the Activities Desk.

# Events for Kids



Class	Ages	Fee	Day/Time
<b>Inflatables</b>	All ages	Free	See description for dates/times
<b>Kids Pajama Parties</b>	3-8	Members: \$13 Non-members: \$20	Saturdays 5:30 - 8:30 pm Fall 1: September 24 October 15 Fall 2: November 12 December 10
<b>Father/Son Pizza &amp; Root Beer Football Day</b>	5-13	Members: \$15 Non-members: \$21	Fall 1: Saturday, October 8 11:00 - 3:30 pm  See description for Registration Deadline
<b>MEA Week Kids Camp</b>	5-13	Members: \$45/day/child Second Child: \$25/day/child Third Child: \$20/day/child Non-members: \$55/day/child Second Child: \$30/day/child Third Child: \$25/day/child	Fall 1: Thursday, October 20 8:30 am - 5:00 pm Friday, October 21 8:30 am - 5:00 pm  See description for Registration Deadline
<b>Kids Halloween Party</b>	2.5-7	Members: \$13 Non-members: \$20	Fall 2: Saturday, October 29 10:00 - 11:30 am
<b>Youth Skills &amp; Drills Floor Hockey</b>	6-13	Members: \$30 Non-members: \$63	Thursdays 7:00 - 8:00 pm Fall 2: Runs November 3 - 17 (3 weeks)
<b>Mother/Daughter Canvas Painting &amp; Brunch</b>	5-13	Members: \$22 Non-members: \$29	Fall 2: Saturday, November 19 11:00 am - 2:00 pm  See description for Registration Deadline
<b>Breakfast With Santa</b>	Ages 2 and up will be charged	Members: \$15 Non-members: \$20 Activities are included In child price	Fall 2: Saturday, December 17 Two seatings: 9:00 - 10:30 am 9:45 - 11:15 am
<b>Let's Do it All Christmas Week Camp</b>	5-13	Members: \$175 week Non-members: \$230 week  Individual Days: Members: \$50 Non-members: \$61	Fall 2: December 26 - 30 9:00 am - 5:00 pm  See description for Registration Deadline

**Cancellation policy for all one-time events listed above:  
You must cancel at least 48 hours prior to the event or you will be billed in full.**

**Late Pick Up Charge: If you are late in picking up your child from a Date Night or Special Event, you will be charged \$5/child.**



# Events for Kids



## Date Nights and Shopping Nights

### Kids Club Date Night

Need a night out? Drop your children off at Kids Club for a Date Night. We will have a special craft, latest movie, and snacks provided. **New this year we will have Date Nights on Friday and Saturday nights.** November 4 will have a Date Night Plus option - Tennis. See tennis note before chart.

- 6 months-6 years
- Contact Jodi Hass

\*Drop off and pick up at Kids Club.

### Neighborhood Date Night

Need a night out? Then sign your children up for a Neighborhood Date Night! The kids will participate in organized games and/or swimming. Snack will be provided. Sign up is for each night individually. To ensure a spot in the Neighborhood Date Night, sign up by 12:00 pm on day of Date Night. **New this year we offer Date Nights on Friday and Saturday nights.**

- Ages 5-13
- Contact Marchellose Williams

\*Drop off and pick up in The Neighborhood.

#### Fall 1 Session:

- September 16:** Decorate your own t-shirt that we provide and Swimming.  
See swimming note before chart.
- October 8:** Plus Laser Tag.\*

\*Laser Tag add \$10 to the price of the Date Night

#### Fall 2 Session:

- October 28:** Halloween. Come dressed in a kid friendly costume.
- November 4:** Plus option - Tennis. See tennis note before chart.
- November 19:** Swimming. See swimming note before chart.

### Kids Club Holiday Shopping Night

Need to get some shopping done for the Holidays? Drop your children off at Kids Club for a fun night while you last minute shop! We will have special Holiday crafts, movie, snacks, and lots of fun!

**New this year we offer Shopping Nights on Friday and Saturday nights.**

- 6 months-6 years
- Contact Jodi Hass

\*Drop off and pick up at Kids Club.

### Neighborhood Shopping Night

To correspond with Kids Club, we too, are offering to supervise your children while you get last minute things done for the holidays. We will have swimming, special crafts, snacks, and lots of fun. Sign up is for each night individually. To ensure a spot sign up by 12 pm on day of Shopping Night. **New this year we offer Shopping Nights on Friday and Saturday nights.**

- Ages 5-13
- Contact Marchellose Williams

\*Drop off and pick up in The Neighborhood.

#### Fall 2 Session:

- December 2:** Swimming. See swimming note before chart.
- December 16:** Cookie Decorating and Laser Tag.\*
- December 17:** Cookie Decorating and Swimming. See swimming note before chart.

\*Laser Tag add \$10 to the price of Shopping Night

#### SWIMMING NOTE:

**For Neighborhood Date Nights (September 16, November 19) AND Neighborhood Shopping Night (December 2, December 17)**

Ages 5-6 may sign up for swimming date nights. However, for your child's safety, the 5-6 year olds will not be able to swim. But do not worry! We will have special games and activities in the Neighborhood for the 5-6 year olds while 7-13 year olds swim. If children ages 7-13 want to remain in the Neighborhood, they may, too, as the other 7-13 year olds go swimming. And as always, children that do not want to participate in the craft may choose to play organized games.

\*Drop off and pick up in The Neighborhood.

#### TENNIS NOTE:

**For Kids Club and Neighborhood Date Night Plus (November 4)**

Children ages 4-6 (Kids Club) and ages 5-13 (Neighborhood) have the option of playing tennis for 45 minutes as part of the Date Night for an additional \$8/child. Kids will work with our tennis pros on the tennis courts. No tennis experience required. Wear your tennis shoes. Tennis racquets will be provided. Please notify Activities Desk at the time of sign up if you would like to sign your child(ren) up for Date Night Plus.



Class	Ages/Fee	Days/Times
<b>Kids Club Date Night</b>	6 months-6 years Members: \$12 Non-members: \$19	<b>NEW! Friday or Saturday Night Options</b> Fall 1: Friday, September 16      6:30 - 9:30 pm Saturday, October 8      5:30 - 8:30 pm Fall 2: Friday, October 28      6:30 - 9:30 pm (Wear Halloween costume!) Friday, November 4      6:30 - 9:30 pm (Plus Tennis option) Saturday, November 19      5:30 - 8:30 pm
<b>Neighborhood Date Night</b>	5-13 Members: \$12 Non-members: \$19  *Plus Laser Tag Date Night: Members: \$22 Non-members: \$29	<b>NEW! Friday or Saturday Night Options</b> Fall 1: Friday, September 16      6:30 - 9:30 pm Saturday, October 8      5:30 - 8:30 pm (Plus Laser Tag)* Fall 2: Friday, October 28      6:30 - 9:30 pm (Wear Halloween costume!) Friday, November 4      6:30 - 9:30 pm (Plus Tennis option) Saturday, November 19      5:30 - 8:30 pm  See themes and options under description
<b>Kids Club Holiday Shopping Night</b>	6 months-6 years Members: \$12 Non-members: \$19	<b>NEW! Friday or Saturday Night Options</b> Fall 2: Friday, December 2      6:30 - 9:30 pm Friday, December 16      6:30 - 9:30 pm Saturday, December 17      5:30 - 8:30 pm
<b>Neighborhood Shopping Night</b>	5-13 Members: \$12 Non-members: \$19  *Plus Laser Tag Shopping Night: Members: \$22 Non-members: \$29	<b>NEW! Friday or Saturday Night Options</b> Fall 2: Friday, December 2      6:30 - 9:30 Friday, December 16      6:30 - 9:30 pm (Plus Laser Tag)* Saturday, December 17      5:30 - 8:30 pm  See themes and options under description

**Cancellation policy for all one-time events listed above:  
You must cancel at least 48 hours prior to the event or you will be billed in full.**

**Late Pick Up Charge: If you are late in picking up your child from a Date Night or Special Event, you will be charged \$5/child.**



# Events for Kids

## **Birthday Parties**

Let us do the entertaining for your child's next birthday party. Sit back and relax while the children run, jump, swim, or play a sport. Choose from a Neighborhood, tennis, or pool party. Indoor pool parties feature "Lenny the Lobster", a huge inflatable water toy that attaches to the sides of the pool. Parties are 1.5 hours in length; however, additional time may be purchased. Birthday staff will do all entertaining and serving. Birthday child receives a RAC logo t-shirt. Birthday child, parent, or a grandparent must be a member. Call our Birthday Coordinator for reservations at (507) 287-9335, ext. 378. Pick up information at the Neighborhood, Front, or Activities desk today! You can also view all birthday information on our website [www.racmn.com](http://www.racmn.com).

## **Overnights and Field Trips**

We have the facility, now you give us the group. The RAC will be happy to host your large event for an overnight. Club overnights are available to you and only you, and your group of employees, clients, club, church group, or whatever else. You can rent the club for a few hours, or till the sun comes up.

Contact Marchellose Williams at (507) 287-9307 or [mwilliams@racmn.com](mailto:mwilliams@racmn.com) with questions for using the Club overnight.

Contact Whitney Benedetti at (507) 287-9314 or [wbenedetti@racmn.com](mailto:wbenedetti@racmn.com) with questions concerning field trips and day activities in the Club.



# Kids Sports & Fitness

## **FALL 1 SESSION:**

**September 6 - October 23 (7 weeks)**

Note this session begins on Tuesday, September 6. Monday classes will be prorated due to Labor Day and will run 6 weeks.

## **FALL 2 SESSION:**

**October 24 - December 18 (7 weeks)**

No classes the week of November 21-27 due to Thanksgiving.

Specific times and fees are listed in the tables. Also:

- Sign up at the Activities Desk (507) 287-9300 unless otherwise specified
- Minimum age restrictions will be enforced for the safety of all students.

Note: The club reserves the right to cancel or shorten classes if insufficient numbers enroll.

**Inclement Weather Policy:** If the Rochester Public Schools close for inclement weather Kids Sports and Fitness classes and Private Lessons will not be held.

## **Kids Sports & Fitness Programming**

Contact **Whitney Benedetti** at (507) 287-9314 or [wbenedetti@racmn.com](mailto:wbenedetti@racmn.com) for more information about Kids Sports and Fitness classes and programs.

## **Intro to Dance**

For the 3-6 year old, we have combined ballet and lyric dance styles into a single class. It is most appropriate to focus on the enthusiasm, skill development and attention span of our dancers, more so than on specific dance styles. Intro to Dance incorporates your child's love for music, movement,

singing and imagination through the use of music and props. Class will include visual imagery and positive reinforcement as we cover warm up, posture, skills, routines and performing.

## **Dancing for Fitness**

This class is a great way to work out the wiggles of your 3-6 year old through specific dance styles. We will focus on dance through play and exploration in basic techniques in jazz, hip hop, world dance influences, and creative movement with the use of fun props. Come experience the joy that dancing can bring. Our program promotes the attitude of fun and positive reinforcement during this introductory experience with dance.

## **Soccer Classes - Taught by TetraBrazil**

Combine learning Brazilian techniques, footwork, moves—and fun! TetraBrazil classes feature professional, comprehensive, high quality soccer training from talented and experienced Brazilian soccer coaches.

<b>Get Kickin' It</b>	Parent and child ages 2-3
<b>Tiny Soccer</b>	Ages 3-4
<b>Soccer 1</b>	Ages 4-6
<b>Soccer 2</b>	Ages 6-8
<b>Soccer 3</b>	Ages 8-10

These classes help the beginning soccer player master basic skills: dribbling, trapping, shooting, and passing. Players will gain confidence and competence with the soccer ball and interaction with other players. Sessions will consist of drills followed by game time, allowing the young soccer player to utilize their new skills in a game situation. **See club signage for details or contact Whitney Benedetti at (507) 287-9314 or email at [wbenedetti@racmn.com](mailto:wbenedetti@racmn.com).**





## Basketball 1 and 2

This class is a great way for 6-9 and 9-12 year olds to learn fundamental basketball skills through drills, scrimmaging, and games. Each class will consist of a warm-up, drill work, skill refinement, and some scrimmage play. Learn teamwork, sportsmanship, and have fun in this exciting class.

**Class is taught by John Smith.** John has a degree in coaching from Winona State and over 10 years experience running camps and clinics in the US and Europe for players of all ages. He was the head Ninth grade coach and assistant varsity coach at Lewiston Altura high school; the head JV coach and assistant varsity coach at Cotter high school in Winona; as well as a coach for the Wisconsin Playmakers AAU. John has played for the NBA-D league, Premier Basketball League, top leagues in Holland and Austria and was named MVP/Defensive MVP of the top league in Portugal.

**NOTE: THERE WILL BE NO FALL 1 SESSION - ONLY FALL 2 FOR THE FOLLOWING BASEBALL CLASSES:**

## Tiny Hitters

This class will cover all of the fundamental skills of hitting for 5-6 year olds. Classes will cover the mechanics of hitting, taking cuts off a ball tee/pitcher, and skill drills. Class limit is 4.

## Young Hitters 1 and 2

This class will cover all of the fundamental skills of hitting for 7-9 and 10-12 year olds. Classes will cover the mechanics of hitting, taking cuts off a ball tee/pitcher/ball machine, and skill drills. Class limit is 4 for each level.

## Young Pitchers

This class will cover all of the fundamental skills of pitching. The course will begin with the basic instruction on fundamentally sound motion and will include everything from warm-ups to the key components of the delivery (balance, direction, and timing). The course is intended to not only educate first time pitchers, but also enhance the techniques of experienced pitchers. Ages 8-12. Class limit is 4.

## Junior Cardio Tennis

A new high energy fitness class which focuses on balance, direction change, and stamina. Footwork is improved by movement through agility ladders and obstacles. The workout is set to music, and transition tennis balls will be used. This is NOT a competitive tennis class. **No tennis experience is required.** We will provide the racquets if needed. Contact Sabine Tetzloff at stetzloff@racmn.com or (507) 287-9308 for more information. Ages 8-15.

## Home School Physical Education

This program meets guidelines for the physical education requirements of home school students. The classes are open to RAC members and non-members. Non-members must pay in advance. Fall 1 runs 6 weeks. Fall 2 runs 6 weeks.

\*\*Notice that there is some overlap with the 3rd and 5th graders - please place your child based on size and ability level. We reserve the right to move your child if their motor skills fit better with a different group.

- There will be no classes if Rochester Public Schools are not in session.
- **Check out our swimming section if you are interested in Home School swimming lessons.**

**Fall 1 dates:** September 9, 16, 23, 30  
October 7, 14

**NO CLASS Oct 21**

**Fall 2 dates:** October 28  
November 4, 18  
**NO CLASS Nov 11 or 25**  
December 2, 9, 16

## **GRADES:**

**K-3**

**3-5**

**5-7**

## **TIME:**

**Friday 9:00 - 9:55 am**

**Friday 10:00 - 10:55 am**

**Friday 11:00 - 11:55 am**

## Romp and Roll

This class is designed for parent/child participation. What a wonderful way to set aside time each week for your 1 and 2 year olds. This group of toddlers really has a ball working together to favorite nursery songs and new challenges. Repetition is the key to their comfort and mastery of concepts. Classes will focus on large motor skills, balance, taking turns, and socialization. A snack is included in this class.

## Hoppin' Tots

This exciting class for ages 2.5-4 year olds will be held in the gym to accommodate gross motor skill activities. Your child will be sure to burn off some extra energy along with learning fun fitness activities, songs, motor skill games, and obstacle course work. Parent must remain in the club.

## Kids In Action

This exciting class is for little active boys AND girls ages 4-6 ready to burn off some energy! Activities will include sports; such as soccer, tennis, T-ball, football, basketball, and hockey; team building, sportsmanship, group play, and other high energy endeavors.



# Kids Sports & Fitness

Class	Ages	Fee	Day/Time/Location
Intro to Dance	3-6	Fall 1: Members: \$62 Non-members: \$110 Fall 2: Members: \$62 Non-members: \$110	Thursday 10:30 - 11:00 am Studio 1
Dancing for Fitness	3-6	Fall 1: Members: \$62 Non-members: \$110 Fall 2: Members: \$62 Non-members: \$110	Thursday 11:05 - 11:35 am Studio 1
Get Kickin' It	2-3	Fall 1: Members: \$62 Non-members: \$110 Fall 2: Members: \$62 Non-members: \$110	Monday 9:00 - 9:30 am Wednesday 10:00 - 10:30 am NH Hockey Area
Tiny Soccer	3-4	Fall 1: Members: \$62 Non-members: \$110 Fall 2: Members: \$62 Non-members: \$110	Monday 9:30 - 10:00 am Wednesday 10:30 - 11:00 am Saturday 10:30 - 11:00 am NH Hockey Area
Soccer 1	4-6	Fall 1: Members: \$62 Non-members: \$110 Fall 2: Members: \$62 Non-members: \$110	Monday 10:05 - 10:35 am Wednesday 11:05 - 11:35 am Saturday 9:55 - 10:25 am NH Hockey Area
Soccer 2	6-8	Fall 1: Members: \$65 Non-members: \$114 Fall 2: Members: \$65 Non-members: \$114	Tuesday 4:00 - 4:45 pm Saturday 9:05 - 9:50 am NH Gym
Soccer 3	8-10	Fall 1: Members: \$68 Non-members: \$145 Fall 2: Members: \$68 Non-members: \$145	Thursday 4:00 - 5:00 pm Saturday 8:00 - 9:00 am NH gym
Basketball 1	6-9	Fall 1: Members: \$65 Non-members: \$114 Fall 2: Members: \$65 Non-members: \$114	Tuesday 5:30 - 6:15 pm NH Gym
Basketball 2	9-12	Fall 1: Members: \$65 Non-members: \$142 Fall 2: Members: \$65 Non-members: \$142	Tuesday 6:15 - 7:00 pm NH Gym
Tiny Hitters	5-6	Fall 2: Members: \$52 Non-members: \$94	Monday 5:00 - 5:30 pm Batting Cages
Young Hitters 1	7-9	Fall 2: Members: \$52 Non-members: \$118	Monday 5:30 - 6:00 pm Batting Cages
Young Hitters 2	10-12	Fall 2: Members: \$52 Non-members: \$118	Monday 6:00 - 6:30 pm Batting Cages
Young Pitchers	8-12	Fall 2: Members: \$52 Non-members: \$118	Monday 6:30 - 7:00 pm Batting Cages



Class	Ages	Fee	Day/Time/Location
Junior Cardio Tennis	8-15 No tennis experience needed	\$15 / day Sign up weekly under Tennis category	Tuesday 6:00 - 7:00 pm Tennis Courts
Home school PE	K-Grade 3 Grade 3-5 Grade 5-7	Fall 1: Members: \$68/child Non-members: \$78/child Fall 2: Members: \$68/child Non-members: \$78/child	See description for day and times NH Gym
Romp N Roll	1-2	Fall 1: Members: \$65 Non-members: \$114 Fall 2: Members: \$65 Non-members: \$114	Tuesday 9:30 - 10:15 am Wednesday 10:20 - 11:05 am Thursday 10:20 - 11:05 am NH Small Gym
Hoppin' Tots	2.5-4	Fall 1: Members: \$65 Non-members: \$114 Fall 2: Members: \$65 Non-members: \$114	Tuesday 10:20 - 11:05 am Wednesday 9:30 - 10:15 am Thursday 11:10 - 11:55 am NH Small Gym
Kids In Action	4-6	Fall 1: Members: \$65 Non-members: \$114 Fall 2: Members: \$65 Non-members: \$114	Wednesday 11:10 - 11:55 am Thursday 9:30 - 10:15 am Thursday 1:00 - 1:45 pm NH Gym

## Sport Private Instruction

Private, 1:1 or group skill lessons are available. These sessions develop specific skills needed to compete successfully. Fee: \$27/half hour or \$55/hour.

\*Cancellation Policy: No-shows & cancellations will be charged for half the price of the lesson

**For more information, or other sports requests, contact Whitney Benedetti at (507) 287-9314 or [wbenedetti@racmn.com](mailto:wbenedetti@racmn.com).**

## Jim Daly Basketball Private Lessons

Jim graduated from the University of Saint Mary's in 1997 and went on to receive a Masters Degree in Education at the University of Minnesota in 2002. He has over a decade of experience as an elementary school teacher and coach - as the head varsity boys' basketball coach at Lourdes High School (Current Position). Jim was a member of the Saint Mary's Men's Basketball Team.

**For more information contact Whitney Benedetti at (507) 287-9314 or [wbenedetti@racmn.com](mailto:wbenedetti@racmn.com).**

1/2 Hour Private: \$34  
1 Hour Private: \$68

## Lori Bjork Basketball Private Lessons

Lori played Division I basketball at the University of Illinois and Maryland. She was on the Big Ten All-Freshmen team, led the Big Ten in three-pointers made per game, and was named 2nd Team All-Big Ten. Lori played professionally and was named to the Romanian League All-Star team. She has experience coaching basketball at high school and college camps, and leading skill development sessions in central Iowa for players in grades 7-12. Lori regularly took part in offseason workouts with several NBA and WNBA players. Lori is available to coach individual, semi-private, or small group lessons.

**For more information contact Whitney Benedetti at (507) 287-9314 or [wbenedetti@racmn.com](mailto:wbenedetti@racmn.com).**

1/2 Hour Private: \$27  
1 Hour Private: \$55

## Soccer Private Lessons

These private lessons will be taught by the TetraBrazil coaches. They are available to coach individual, semi-private, or small group lessons.

**For more information contact Whitney Benedetti at (507) 287-9314 or [wbenedetti@racmn.com](mailto:wbenedetti@racmn.com).**

1/2 Hour Private: \$27    1/2 Hour Semi: \$32  
1 Hour Private: \$55    1 Hour Semi: \$58

Rochester Athletic Club  
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Rochester, MN 55901

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To view this booklet online please visit:  
[www.racmn.com/activities-classes](http://www.racmn.com/activities-classes)



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