



Fall 2018

Schedule of Activities

Sign up begins:
Fall 1 Session - August 6
Fall 2 Session - September 24

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
Kids Sports & Fitness	Yoga for Kids (pg 7)								X	X	X	X	X	X	
	R*O*G*Y* Tennis (pg 21)				X	X	X	X	X	X	X	X	X	X	X
	ACE Program (pg 25)									X	X	X	X	X	X
	Racquetball (pg 31)									X	X	X	X	X	X
	Swimming Lessons (pg 33)	X	X	X	X	X	X	X	X	X	X	X	X	X	X
	Soccer Classes (pg 42)			X	X	X	X	X							
	Basketball (pg 42)							X	X	X	X	X	X	X	
	Youth Baseball (pg 42)						X	X	X	X	X	X	X	X	
	Home School PE (pg 43)						X	X	X	X	X	X	X	X	
	Romp & Roll (pg 43)		X	X											
Martial Arts for Health & Wellness (pg 45)							X	X	X	X	X	X	X	X	
Events for Kids	Kids Pajama Parties (pg 38)				X	X	X	X	X	X					
	MEA Break Day Camps (pg 38)						X	X	X	X	X	X	X	X	X
	Laser Tag Night (pg 39)						X	X	X	X	X	X	X	X	X
	Neighborhood Ice Cream Social (pg 39)						X	X	X	X	X	X	X	X	X
	Frozen Festival (pg 39)						X	X	X	X	X	X	X	X	X
	Breakfast With Santa (pg 39)	X	X	X	X	X	X	X	X	X	X	X	X	X	X
	Winter Break Camps (pg 39)						X	X	X	X	X	X	X	X	X
	Date Nights (pg 41)	X	X	X	X	X	X	X	X	X	X	X	X	X	X



Fall 2018 Schedule of Activities

Fall 1 Session

Classes begin week of September 4 (Tuesday)*

Sign up begins August 6

Fall 2 Session

Classes begin week of October 22*

Sign up begins September 24

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

Offerings

Adult and Youth Activities.....	6
Group Fitness	7
Pilates.....	9
Adult Fitness	12
Healthy Lifestyles.....	14
Tennis.....	18

Other Racquet Sports	30
Swimming	33
Events for Kids	38
Kids Sports and Fitness	42
TaeKwonDo	45

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
Activities Desk.....	(507) 287-9300
Club Café and Deli	(507) 287-9333
Fitness Floor.....	(507) 287-9320
Kids Club.....	(507) 287-9324
The Neighborhood Desk	(507) 287-9321
Thrive	(507) 287-9330
Business Office.....	(507) 287-9315
General Manager Brent Frueh	(507) 287-9305
Assistant General Manager Sarah Stille.....	(507) 287-9311
President Matt Remick.....	(507) 287-9310

Operations Director Jeffre Vaughan.....	(507) 287-9332
Activities Director Whitney Benedetti.....	(507) 287-9314
Fitness Director Steve Boring.....	(507) 287-9312
Group Fitness Director Sarah Cima.....	(507) 287-9318
Tennis Director Ben Maes	(507) 287-9323
Kids Club Director Jodi Hass	(507) 287-9302
Neighborhood Director Whitney Benedetti.....	(507) 287-9314



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	5:00 am - 2:00 pm
Christmas Day	Closed
New Year's Eve	5:00 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	9:00 am - 7:00 pm

Outdoor Pool Hours (Weather Permitting) (Memorial Day - August 26)

Monday - Sunday	11:00 am - Dusk
August 27 - Labor Day	hours to be announced.

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

(June - August)

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

Rochester Public No School Days

Neighborhood Staffed Hours:

Monday - Friday 9:00 am - 8:30 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.

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

Rates:

In Club: \$4 per child

Drop Off and Leave: \$8 per child - Members only

Kids Club Hours

(September 4 - 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 1)

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

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.

Mon, Weds, Fri	5:00 am - 7:00 am and 11:00 am - 1:00 pm
Tuesday	7:00 pm - 9:00 pm*
Saturday	9:00 am - 12:00 pm

*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.

Pickleball

Pickleball nets can be set up during the following times in the Neighborhood Gym for adult open play:

Fall:	Monday - Friday	6:00 - 8:45 am*
	Sunday Mixer	7:00 - 8:45 pm

*When the previous weekend is an inflatable weekend, there will be no Sunday Mixer or Monday morning pickleball.

Request pickleball equipment at that Activities Desk. There is no fee for this activity. Pickleball is played in a pick-up game format. Open to adults (senior high school graduates or persons age 19 and older).

The **Sunday Mixer** is for all levels and will be in a mixer format (not for preformed groups). Children may play along with their parents. Request pickleball equipment at the Activities Desk. There is no fee for this activity.

All ages notes:

Indoor: 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.

Outdoor: During the outdoor court season, pickleball may be played on Outdoor Hard Courts 18 and 19. The grey lines are pickleball court lines. Slide net strap to the side to lower the net. Reserve a court through the Activities Desk at (507) 287-9300.

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

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.

Monday - Friday	12:00 pm - 1:00 pm
------------------------	---------------------------

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.

Tuesday	7:30 - 10:15 pm
Thursday	7:30 - 10:15 pm
Sunday	5:00 - 7:00 pm

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.

All ages note: If there is space available in Gym 3, Badminton nets may be set up for play. Contact the Activities Desk to see if nets may be set up.

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.

Field Trips

We have the facility, now you give us the group. The RAC will be happy to host your group for a field trip.

Contact nhasst@racmn.com with questions for using the club for field trips and day activities.



FALL 1 SESSION:

September 4 - October 21 (7 weeks)

No classes Monday, September 3 due to Labor Day.

FALL 2 SESSION:

October 22 - December 16 (7 weeks)

No classes the week of November 19-25 due to the Thanksgiving holiday.

If you would like assistance in finding the right Group Fitness classes for you, please contact **Sarah Cima at scima@racmn.com or (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 there is insufficient enrollment.

Inclement Weather Policy: If the Rochester Public Schools close for inclement weather, Group Fitness Schedule classes will be conducted unless the instructor is unable to travel safely to the club. Group Fitness Special Offerings and Yoga Private Instruction will not be held.

Group Fitness Schedule

You can view or download the Group Fitness Schedule on our website www.racmn.com by clicking on "Group Fitness Schedule".

Fitness on Demand Virtual Classes and App

The Cycle, Lower and Upper Studios have been equipped with virtual class capabilities. Virtual classes are programmed in all three studios, providing additional directed instruction when live classes are not available. Download the free Fitness on Demand app to display the live and virtual options hosted at the RAC. There are both iPhone and Android device options.

Group Fitness on the RAC App

Another option is to download our free RAC app and have a list of our live classes Group Fitness class schedule in the palm of your hand. It is available through our website at www.racmn.com, under the "Fitness, Training & Nutrition" column select "Group Fitness". There are both iPhone and Android device options.

Watch the Group Fitness Schedule on the RAC app or on the Fitness on Demand app as well as postings within the club for additional classes and introductory options.

Group Fitness Special Offerings

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.

- Instructor: Hope Carroll-Rizzo, RYT 200, Certified Yoga Instructor
- Ages 7-12
- Location: Mind Body Studio

Intro to Yoga

This class is ideal for anyone new to yoga or for the experienced participant who wants to review the basics and deepen their own understanding and practice.

- Instructor: Catherine McBride
- Ages 13 and over
- Location: Mind Body Studio

Prenatal Yoga

Creating an experience that bonds mother and baby through a practice of breath and movement, is the goal of this class. There will be discussion surrounding the changes a mother's body undergoes throughout pregnancy along with ways to accommodate a yoga practice in each trimester. It is for pregnant women and others looking to learn more about prenatal yoga.

- Instructor: Beth Sutterer, RYT 200, Certified Yoga Instructor
- Location: Mind Body Studio

Yoga Nidra

The stress of living in an over-stimulating world can lead to physical, mental and biochemical illness. Yoga Nidra, also known as yogic sleep or sleep with awareness, is a systematic method of complete relaxation that holistically addresses our physiological, neurological, and subconscious needs.

- Instructor: Catherine McBride
- Ages 13 and over
- Location: Mind Body Studio



Group Fitness

Class	Fee	Day/Time
Yoga for Kids (Ages 7-12)	Free	Fall 1: TBA Fall 2: TBA
Intro to Yoga	Free	Fall 1: Tuesday, September 11 6:30 - 7:30 pm
Prenatal Yoga	Free	Fall 1: Sunday, September 30 1:30 - 3:00 pm Fall 2: TBA
Yoga Nidra	Member: \$15	Fall 2: Tuesday, November 13 6:30 - 7:30 pm

Aerial Yoga Programming

Due to a change in the yoga instruction team, Aerial Yoga programming offerings will be advertised in the club during the Fall.

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, as well as promote stress reduction and relaxation. Whether you wish to begin a basic Hatha Yoga practice or take your experienced Power Yoga practice to the next level, 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 Group Fitness Director, Sarah Cima at scima@racmn.com or (507) 287-9318.

**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

Individual Session*	One Hour: \$64 45-minute: \$54 30-minute: \$44
Yoga 6 Pack Buy six at reduced rate!	One Hour: \$350 45-minute: \$295 30-minute: \$240
Yoga 12 Pack Buy twelve, receive an even greater discount!	One Hour: \$660 45-minute: \$560 30-minute: \$455
Monthly Yoga Private Instruction 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 4 - October 21 (7 weeks)

No classes Monday, September 4 due to Labor Day.

FALL 2 SESSION:

October 22 - December 16 (7 weeks)

No classes the week of November 19-25 due to the Thanksgiving holiday.

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

- Pilates classes are for 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 Mat, Pilates Barre and Sweat-a-lates classes will be held only if the instructor is able to make it to the club. All other Pilates offerings and Pilates Private instruction will not be held.

Pilates Programming

The RAC Pilates Program continues to help our participants develop aligned, strong and vibrant bodies. Our free “Pilates Barre” 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 some of 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” class, or explore more deeply some of the Pilates equipment in a three week “Reformer Intro Series” 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 or (507) 287-9335 ext. 303.**

Pilates Mat

A FREE multilevel Pilates mat class for the beginner to experienced participant. It is 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 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 and locations.

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. No prior Pilates experience required! Come experience the Pilates difference. Maximum in each class is 10 participants.

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

Class	Fee	Day/Time/Location
Pilates Mat	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 exercise variety and also the ability to adjust the level of the workout. In some cases, the equipment helps and supports the participant 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 Intro Series

Want to sample an apparatus class before you commit to a full 7 week 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 to find appropriate level offerings.

- Location: Pilates Studio

RAC members who have experience but are unable to commit to an entire series may be able to “drop in” to an individual class if there is a space. Contact Jean DeWitz for available classes. The fee for each “drop in” class is \$18.

Take 2 or more Pilates Apparatus Classes weekly and receive a discount on additional classes!
Additional class cost: \$98/7 week session

Class	Fee	Day/Time
Reformer Intro Series (3 Week Series)	Members: \$45 Non-members: \$81	Dates and times will be advertised in club
Pilates Apparatus Classes (Introductory through Experienced levels)	Fall 1: (7 weeks) Members: \$105 Non-members: \$189 Fall 2: (7 weeks) Members: \$105 Non-members: \$189	Contact Jean DeWitz to determine appropriate level and available times at jdewitz@racmn.com (507) 287-9335 ext. 303

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

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.

- Location: Mind Body Studio

Class	Fee	Day/Time
Intro to Pilates Chair (3 Week Series)	Members: \$45 Non-members: \$81	Dates and times will be advertised in club
Continuing Pilates Chair	Fall 1: (7 weeks) Members: \$105 Non-members: \$189 Fall 2: (7 weeks) Members: \$105 Non-members: \$189	Contact Jean DeWitz for available times at jdewitz@racmn.com or (507) 287-9335 ext. 303

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 - please contact Jean DeWitz Pilates Lead at jdewitz@racmn.com or (507) 287-9335 ext. 303.

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

Pilates Private Instruction

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



Adult Fitness

Fall 1 SESSION:

September 4 - October 21 (7 weeks)

Fall 2 SESSION:

October 22 - December 16 (7 weeks)

No classes the week of November 19-25 due to the Thanksgiving holiday.

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!

Young Athlete Development Training

Customizable programming created to help young athletes gain strength, speed, agility, quickness, and explosiveness. These classes are created by request and can be customized to many different sports, ages, and ability levels.

- Contact sboring@racmn.com for options.
- Minimum of 4 needed to create class.

Force Fit

Train like a first responder! This class is a high intensity, circuit based class. It will involve all areas of the body with large movements such as pushing, pulling, dragging, lifting and slamming in order to elevate your heart rate and keep your body guessing. Class is based upon experience training first responders in group and individual settings.

- Contact jlewis@racmn.com for more details, sign up options and availability.
- Limit: 8/class

Kettle Advantage

Kettle Advantage continues to rock! Participants 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.

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

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 jkarow@racmn.com for more details, sign up options and availability.
- Limit: 4-6 participants per group
- Location: Mind Body Studio

Class	Fee	Day/Time	
Young Athlete Development Training	Prices vary based on number of sessions selected	Days vary based on group selection Sign up through Steve Boring at sboring@racmn.com	
Force Fit	Prices vary based on number of sessions selected	Days vary based on group selection Sign up through Josh Lewis at jlewis@racmn.com	
Kettle Advantage	Fall 1: Members: \$140 Fall 2: Members: \$140	Tuesday and Thursday	5:30 - 6:15 am 7:00 - 7:45 am
Total Body Transformation 2x Week	Fall 1: Members: \$180 Fall 2: Members: \$180	Monday and Wednesday	5:30 - 6:30 am 10:00 - 11:00 am
		Monday and Thursday	9:00 - 10:00 am 10:15 - 11:15 am
		Monday and Thursday	4:30 - 5:30 pm
Total Body Transformation 3x Week	Fall 1: Members: \$270 Fall 2: Members: \$270	Monday and Wednesday and Friday	10:00 - 11:00 am 9:00 - 10:00 am
		Monday and Friday and Thursday	9:00 - 10:00 am 10:15 - 11:15 am
Triple Threat	Fall 1: Members: \$150 Fall 2: Members: \$150	Tuesday and Thursday	9:30 - 10:15 am
BLAST 30	Monthly Fee Members: 2x week: \$85 3x week: \$120	Days vary based on group selection Sign up through Chris Zink at czink@racmn.com	
TRX by Josh	Monthly Fee Members: 1x week: \$50* 3x week: \$130* *Prices vary due to holidays and dates held during month	Days vary based on group selection Sign up through Josh Karow at jkarow@racmn.com	



Healthy Lifestyles



The RAC continues to offer many specialty services to help you develop and maintain your healthy lifestyle. We now offer a 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 offer a program that will measure your:

- Percent body fat
- Visceral fat levels (abdominal fat)
- Body fat mass and 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	
Individual Session	Members: \$20
Bronze Package Buy four, get fifth free!	Members: \$80

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.
- Put 2-3 in a group and share the cost of a personal trainer.

Personal Training

Individual Session	One Hour: \$68 45-minute: \$58 30-minute: \$48
Silver Package Buy six at reduced rate!	One Hour: \$370 45-minute: \$315 30-minute: \$260
Gold Package Buy twelve at a reduced rate!	One Hour: \$695 45-minute: \$595 30-minute: \$495

Personal Nutrition Counseling

The RAC has two 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 Chelsey Kruger at (507) 287-9335 ext. 355 or ckruger@racmn.com

Fuel Up

Looking for a competitive edge during your next season of events? RAC Dietitian Branda Anderson is a Board Certified Sports Dietitian (CSSD) with her own personal experience as a marathoner and ultra marathoner. 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

Health and Wellness Coaching

Health and wellness coaching can help you improve your sense of being well, whatever that looks like for you. Perhaps there is something that is blocking you from being healthy, feeling well and being your best self. This might include the areas of physical activity, nutrition, sleep, energy, life purpose and satisfaction, stress management, and resiliency. Coaching is based upon the evidence-based science of behavior change and positive psychology. A health and wellness coach will partner with you as you seek self-directed, lasting changes that align with your values. The coaching process works with your insights to assess where you are and to define and develop a clear picture of where you want to go. Using your personal strengths and resources, a coach helps you create and put into action a plan through goal setting, action steps and accountability as you journey toward healthy lifestyle change.

- Contact Jackie Stevermer-Bakken, NBC-HWC at jackiesb@racmn.com
- Complimentary 30 minute consultation provided prior to initial training session.

Nutrition Services	
Private Nutrition Counseling	One Hour: \$68
Fuel Up (6 Week Program)	Members: \$330 Non-members: \$680
Health and Wellness 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

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 and 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: \$1035 Non-members: \$1325
Silver	Members: \$710 Non-members: \$1060
Basic (Diet Only) <i>Members Only</i>	Members: \$335



Healthy Lifestyles

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

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 and Wellness 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 and Wellness 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 and 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 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 and Wellness 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
- \$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
- Incentive \$50 towards RAC services or \$30 each if joined as a couple



Twelve Weeks to A New You

Phase 1 - Gold	Members: \$1420 Non-members: \$1695 <i>Couple/Share Trainer Rate:</i> Members: \$1090 each Non-members: \$1375 each
Phase 1 - Silver	Members: \$1100 Non-members: \$1365 <i>Couple/Share Trainer Rate:</i> Members: \$940 each Non-members: \$1225 each
Phase 1 - Basic (Diet Only) <i>Members Only</i>	Members: \$410 <i>Couple/Share Trainer Rate not offered for Basic</i>
Phase 2 <i>Members Only</i>	Members: \$610 <i>Couple/Share Trainer Rate:</i> Members: \$465 each
Phase 3 <i>Members Only</i>	Members: \$370 <i>Couple/Share Trainer Rate:</i> Members: \$255 each

Massage

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

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

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

Individual Sessions	
15 minute chair massage:	\$20
15 minute table massage:	\$25
30 minute massage:	\$47
45 minute massage:	\$57
60 minute massage:	\$70
75 minute massage:	\$83
90 minute massage:	\$96
Hot Stone Massage	
90 minute massage:	\$111
30 Minute Packages	
5 Sessions (15% off):	\$200
10 Sessions (20% off):	\$376
60 Minute Packages	
5 Sessions (15% off):	\$298
10 Sessions (20% off):	\$560
90 Minute Packages*	
5 Sessions (15% off):	\$408
10 Sessions (20% off):	\$768
*Cannot be used for Hot Stone	





Tennis

FALL SESSIONS:

Look under 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.

Inclement Weather Policy: If the Rochester Public Schools close for inclement weather, classes and special events will not be held. Tennis Private Lessons may be offered at the discretion of the tennis professional.

Tennis Programming

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

New Cancellation Policy

Indoor Tennis Courts:

Tennis courts that are not cancelled at least three hours in advance will be charged in full to the member(s) that have booked the court.

Private Tennis Lessons:

Lessons that are not cancelled at least 24 hours in advance will be charged in full unless the tennis professional responsible for the lesson chooses otherwise.

New Member Orientation

All new RAC members showing an interest in tennis will be contacted by a RAC tennis professional within 7 days of joining to set up a FREE tennis New Member Orientation. **For more information please contact Brad Dorsher at bdorsher@racmn.com or call (507) 287-9335 ext. 135.**

- Individual (Adult/Junior/Senior): 30 minutes
- Couple/Family: 45 minutes

After the orientation, new members will receive:

- \$20 Off a 1-hour private tennis lesson
- 50% Off an adult or junior tennis session
- One FREE drop-in tennis class
- 50% Off an adult or junior social tennis event

Monthly Adult New Member Meet & Greet

Once a month our Adult Tennis Coordinator hosts a "Meet & Greet" event where new members have the opportunity to meet other new players.

You will be partnered with players of the same ability. The event is a great way to introduce you to tennis at the RAC, with drills and fun games in a relaxed atmosphere. Snacks and drinks will be provided.

September through May: Held the first Saturday of every month from 4:00 - 5:30 pm.

June through August: Held the first Monday of every month from 6:30 - 8:00 pm.

To register, please sign up at the Activities Desk or contact our Adult Coordinator, Brad Dorsher at bdorsher@racmn.com or call (507) 287-9335 ext. 135.

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 stetzloff@racmn.com. Please specify if you would like junior information, adult information, or both.

Tennis Private and Group Lessons

Private and small group 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 (TPL)	
Individual Lesson	30 min: \$37 60 min: \$72 90 min: \$108
30 Minute Lesson Package Buy SIX lessons and get a 10% discount	\$200
60 Minute Lesson Package Buy TEN lessons and get a 15% discount	\$612

Tennis Group Lessons (GPL)	
2 Participants Fee per person	30 min: \$18.50 60 min: \$37.00 90 min: \$55.50
3 Participants Fee per person	30 min: \$12.67 60 min: \$25.33 90 min: \$37.99
4 Participants Fee per person	30 min: \$9.75 60 min: \$19.49 90 min: \$29.23
5 Participants Fee per person	30 min: \$8.00 60 min: \$16.00 90 min: \$24.00
6 Participants Fee per person	30 min: \$6.83 60 min: \$13.65 90 min: \$20.47
7+ Participants Fee per person	30 min: \$6.00 60 min: \$12.00 90 min: \$18.00

Adult Tennis

FALL 1: September 4 - October 21 (7 weeks)

Monday classes will not meet on Labor Day, September 3, and will be prorated.

FALL 2: October 22 - December 22 (8 weeks)

Classes will not run the week of Thanksgiving November 19-25.

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 full session; however, the tennis pro will teach for the first 30 minutes each week; the players can practice for the last 30 minutes.
- 1 player, class will be cancelled.

Adult Group Lessons

Class	Description	Fee	Days/Times
Monthly Adult New Member Meet & Greet	Meet other new members who are interested in tennis in this informal monthly social filled with drills, games, and snacks!	FREE	Saturday 4:00 - 5:30 pm Dates offered: September 1 October 6 November 3 December 1
Adult Beginner	Covers the basic tennis strokes: ground strokes, volleys, serves, returns and some point play. Stage 3 Green-dot ball is used.	Fall 1: \$91 Fall 2: \$104 <i>No classes</i> <i>November 19-25</i>	Tuesday 9:30 - 10:30 am Thursday 7:00 - 8:00 pm Saturday 9:00 - 10:00 am
Adult Beginner PLUS	A 90-minute class covering basic strokes and strategies for beginning match play. <i>Appropriate for players with an NTRP rating of 2.5 and below.</i>	Fall 1: \$122.50 Fall 2: \$140 <i>No classes</i> <i>November 19-25</i>	Wednesday 10:30 am - 12:00 pm
Adult Intermediate	All tennis strokes will be refined while introducing strategy for singles and doubles. Basic footwork patterns will help players during point play.	Fall 1: \$91 Fall 2: \$104 <i>No classes</i> <i>November 19-25</i>	Tuesday 10:30 - 11:30 am Tuesday 7:00 - 8:00 pm Thursday 6:00 - 7:00 pm Saturday 10:00 - 11:00 am
Adult Intermediate PLUS	A 90-minute class covering all strokes and more advanced strategies for match play (singles and doubles). <i>Appropriate for players with an NTRP rating of 2.5.</i>	Fall 1: \$122.50 Fall 2: \$140 <i>No classes</i> <i>November 19-25</i>	Wednesday 10:30 am - 12:00 pm
Adult Advanced (Strokes & Strategies)	This class is intended for players at the USTA 3.0/3.5 level who want to improve their strokes and learn the important strategies of the game.	Fall 1: \$91 Fall 2: \$104 <i>No classes</i> <i>November 19-25</i>	Wednesday 9:30 - 10:30 am

Adult Leagues and Drills

Players should be rated by a RAC tennis professional or have a USTA NTRP rating in order to participate in leveled programming. Open 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.

24 Hour Cancellation Policy for Drills: If no member has registered for a particular 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.

Ratio and Length of Class Policy for Adult Leagues and Drills: The minimum number of participants for a drill is 2. Time will be reduced when there are fewer than 4 for 60 and 90 minute sessions or fewer than 5 for 120 minute sessions.



Adult Leagues and Drills

League/Drill	Description	Fee	Days/Levels/Times
Drills & Games Galore	90 minutes of non-stop drills and games like Treasure, Flurry, GVS and Beat the Baseline. A fast paced class for the competitive player.	\$17.50 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Monday (3.0+) 6:30 - 8:00 pm (No class on Labor Day) Tuesday (3.0+) 9:30 - 11:00 am Thursday (3.0+) 9:30 - 11:00 am
Advanced Adult Challenge Court (formerly Top 25)	90 minutes of fast paced doubles drills and match play. <i>This class is for men and women with a 4.0+ NTRP rating.</i>	\$17.50 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Monday (4.0+) 7:00 - 8:30 pm (No class on Labor Day)
AM Live Ball	Enjoy a “smashing” start to your day! An early morning workout for our 3.0+ players, consisting of fun drills and competitive point play.	\$13 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Thursday (3.0+) 6:00 - 7:00 am
50+ Drill & Play	90 minutes of tennis divided into drills and match play while socializing with your friends. Improve your tennis skills in a fun and relaxed atmosphere.	\$17.50 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Wednesday 9:30 - 11:00 am
Advanced Doubles Drill & Play	90 minutes of tennis divided into drills and critiqued match play. A great way to improve a specific skill and apply it immediately in a match situation.	\$17.50 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Thursday (4.0+) 9:30 - 11:00 am
NEW Beginning / Intermediate Doubles Drill & Play	Join us for a NEW drill & play format. Weeks will alternate with drilling and match play. Learn new skills one week and use them in critiqued match play the next week!	\$17.50 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Friday (2.5/3.0) 10:30 am - 12:00 pm
Singles Drill & Play	This class is geared towards competitive USTA players who would like to learn how to use their strengths and improve upon their weaknesses in a match situation.	\$17.50 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Thursday (3.5+M/4.0+W) 7:00 - 8:30 pm
1000 Ball Power Hour	60-minute fast paced tennis workout, including both dead ball feeding and live ball rallying to prepare you for your next league match or tournament. Repetition is the name of the game.	\$13 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Saturday (3.0+) 8:00 - 9:00 am
Saturday Doubles Drill & Play	A great way to meet people while playing competitive matches. Players rotate doubles partners. Each month there will be one “Special Theme” event.	\$ 17.50 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Saturday (3.0+) 9:00 - 11:00 am

Junior Tennis

FALL 1: September 4 - October 21 (7 weeks)

Monday classes will not meet on Labor Day, September 3, and will be prorated.

FALL 2: October 22 - December 22 (8 weeks)

Classes will not run the week of Thanksgiving November 19-25.

USTA Net Generation Curriculum

We are now offering the United States Tennis Association's new and innovative "Net Generation" curriculum for our red, orange, and green-dot classes. "This curriculum creates a positive and welcoming environment for all youth players. By focusing on play, building character, and mastering individual challenges, we empower kids to grow and develop at their own pace" (netgeneration.usta.com). Working on the development of skills such as movement, balance, sending and receiving, children quickly learn the necessary skills to rally and enjoy the lifelong sport of tennis.

Group Lessons - General Information

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 will participate.
- An adult should walk children to the first day of class. Most classes are on courts 1 and 2.
- On the second-to-last day of a multiweek class or last day of class for a week-long session, 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.
- Makeups 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:

MINI RACQUETS PARENT/CHILD TENNIS

Children ages 3-4 work with their parents to develop fundamental motor skills necessary for tennis and other sports in this fun and creative weekly class. Balance, coordination, and sending/receiving skills are mastered and applied in a pre-rally tennis setting.

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). 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

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

These classes are designed 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 Classes

Class	Age	Ball	Court	Ratio	Fee	Days/Times
Mini RACquets Parent/Child Tennis Preschool Athletic Development and Tennis	3-4 years	FOAM	36'	5 : 1	Fall 1: \$63 <i>(Monday classes will be prorated)</i> Fall 2: \$72 <i>No classes November 19-25</i>	Monday 6:00 - 6:30 pm Tuesday 9:30 - 10:00 am Saturday 9:30 - 10:00 am *Additional times may be arranged for groups of 4 kids. Contact: Sabine Tetzloff at (507) 287-9308 or stetzloff@racmn.com
RED Ball Beginner	4-7 years	RED	36'	5 : 1	Fall 1: \$70 <i>(Monday classes will be prorated)</i> Fall 2: \$80 <i>No classes November 19-25</i>	Monday 6:00 - 6:45 pm Tuesday 10:00 - 10:45 am Tuesday 4:00 - 4:45 pm Tuesday 5:30 - 6:15 pm Thursday 6:00 - 6:45 pm Friday 4:00 - 4:45 pm Saturday 9:00 - 9:45 am
RED Ball Intermediate	4-8 years <i>*encouraged to also register for Red Ball Drill & Play</i>	RED	36'	5 : 1	Fall 1: \$91 Fall 2: \$104 <i>No classes November 19-25</i>	Tuesday 10:45 - 11:45 am Tuesday 4:30 - 5:30 pm Tuesday 6:00 - 7:00 pm Thursday 4:00 - 5:00 pm Friday 4:00 - 5:00 pm Saturday 10:00 - 11:00 am
RED Ball Advanced	5-8 years <i>*encouraged to also register for Red Ball Drill & Play</i>	RED	36'	6 : 1	Fall 1: \$91 Fall 2: \$104 <i>No classes November 19-25</i>	Wednesday 6:00 - 7:00 pm Friday 5:00 - 6:00 pm Saturday 11:00 am - 12:00 pm
RED BARONS Competitive Red Ball Training	5-8 years <i>*encouraged to also register for Red Ball Drill & Play</i>	RED	36'	6 : 1	Fall 1: \$91 Fall 2: \$104 <i>No classes November 19-25</i>	Friday 5:00 - 6:00 pm Saturday 11:00 am - 12:00 pm BY RECOMMENDATION ONLY
RED Ball Drill & Play	Currently in Red Ball Intermediate, Advanced or in RED BARONS	RED	36'	8 : 1	Fall 1: \$91 Fall 2: \$104 <i>No classes November 19-25</i>	Saturday 12:00 - 1:00 pm

>>

R*O*G*Y Classes (continued)

Class	Age	Ball	Court	Ratio	Fee	Days/Times
ORANGE Ball Beginner	8-10 years	ORANGE	60'	6 : 1	Fall 1: \$91 <i>(Monday classes will be prorated)</i> Fall 2: \$104 <i>No classes November 19-25</i>	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: \$91 <i>(Monday classes will be prorated)</i> Fall 2: \$104 <i>No classes November 19-25</i>	Monday 5:00 - 6:00 pm Wednesday 5:00 - 6:00 pm Friday 6:00 - 7:00 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: \$91 Fall 2: \$104 <i>No classes November 19-25</i>	Wednesday 6:00 - 7:00 pm Friday 7:00 - 8:00 pm Saturday 12:00 - 1:00 pm
ORANGE Ball Match Play	Currently at Orange Ball Intermediate or Advanced level	ORANGE	60'	8 : 1	Fall 1: \$91 Fall 2: \$104 <i>No classes November 19-25</i>	Saturday 1:00 - 2:00 pm
GREEN Ball Beginner	11-13 years	GREEN	78'	6 : 1	Fall 1: \$91 Fall 2: \$104 <i>No classes November 19-25</i>	Tuesday 4:00 - 5:00 pm Thursday 6:00 - 7:00 pm
GREEN Ball Intermediate / Advanced	11-13 years <i>*encouraged to also register for Green Ball Match Play</i>	GREEN	78'	6 : 1	Fall 1: \$91 Fall 2: \$104 <i>No classes November 19-25</i>	Tuesday 5:00 - 6:00 pm Thursday 5:00 - 6:00 pm
TEEN Tennis	13-18 years <i>*encouraged to also register for Green Ball Match Play</i>	GREEN YELLOW	78'	6 : 1	Fall 1: \$91 Fall 2: \$104 <i>No classes November 19-25</i>	Thursday 6:00 - 7:00 pm
GREEN Ball / TEEN Match Play	Currently at Green Ball or Teen level	GREEN	78'	8 : 1	Fall 1: \$91 Fall 2: \$104 <i>No classes November 19-25</i>	Saturday 1:00 - 2:00 pm

Junior Special Events

RAC Team Challenge

Team Challenge is a new USTA program designed as an introduction to competition for Net Generation (R*O*G*Y) players. The goal is to offer a competitive experience which highlights teamwork and tennis development, while remaining social and fun. This program requires kids to be able to maintain a rally or a modified rally (hitting or catching). Direct questions to Sabine Tetzloff at (507) 287-9308 or stetzloff@racmn.com.

Red Ball and Orange Ball Parent / Child Doubles Tournaments

A fun afternoon of tennis and learning: Children will play alongside their parent in a fun non-elimination format. Pizza will be served to celebrate the event! For more information, contact Sabine Tetzloff at (507) 287-9308 or stetzloff@racmn.com.



Event	Age/Level	Ball/Court	Fee/Details
RAC Team Challenge Register as an individual! We will create the teams.	R*O*G*Y Red Ball R*O*G*Y Orange Ball Come and compete in a fun team format! Non-elimination and NO pressure! Fun and Prizes!	Red ball / 36 foot court Orange ball / 60 foot court Open to players who can maintain a modified rally <i>For information, contact Sabine Tetzloff at stetzloff@racmn.com</i>	October 6 Red Ball: 1:00 - 2:00 pm Orange Ball: 2:00 - 3:30 pm Fee: Red Ball \$10 Orange Ball \$15 <i>Sign up at the Activities Desk (507) 287-9300</i>
RED Ball Parent / Child Doubles Tournaments	Ages 6-8 Non-elimination format Children should be able to rally over the net (late Red Ball Intermediate or Red Ball Advanced). Parents do <u>NOT</u> need tennis experience!	Red ball / 36 foot court <i>For information, contact Sabine Tetzloff at stetzloff@racmn.com</i>	September 22 1:00 - 3:00 pm November 10 1:00 - 3:00 pm Fee: \$20 per parent/child team for each event (maximum of 8 teams) <i>Sign up at the Activities Desk (507) 287-9300</i>
ORANGE Ball Parent / Child Doubles Tournaments	Ages 7-10 Non-elimination format Children should be able to rally over the net. Parents do <u>NOT</u> need tennis experience!	Orange ball / 60 foot court <i>For information, contact Sabine Tetzloff at stetzloff@racmn.com</i>	November 3 2:00 - 5:00 pm December 8 2:00 - 5:00 pm Fee: \$25 per parent/child team for each event (maximum of 8 teams) <i>Sign up at the Activities Desk (507) 287-9300</i>

R*O*G*Y Tennis Camps

Join us for tennis fun when there is no school! Our half-day camps include age and ability appropriate fitness activities, tennis instruction, crafts, and snacks. No tennis experience is necessary. Attend one morning or for several days. Different fitness activities are offered each day. Ages 4-10 and 11-17.

- Direct questions to Sabine Tetzloff at (507) 287-9308 or stetzloff@racmn.com

- A snack will be included each day
- Racquets will be provided for those who need them

Fridays will be swimming days for morning camps: Have child come with swimsuit underneath tennis clothes.

Early drop off: Contact Sabine Tetzloff if you require early drop off for morning camps (7:30 am).

R*O*G*Y RED / ORANGE Ball Morning CAMPS

Theme	Age	Ball	Fee	Date
R*O*G*Y MEA School's Out Half-Day Camp	4-10	Red Ball Orange Ball	Members: \$50 per day \$90 for both days Non-members: \$64 per day \$118 for both days	Thursday and Friday, October 18-19 8:00 am - 12:00 pm Registration Deadline: Tuesday, October 16
R*O*G*Y End of Quarter Half Day Camp	4-10	Red Ball Orange Ball	Members: \$50 Non-members: \$64	Friday, November 2 8:00 am - 12:00 pm Registration Deadline: Tuesday, October 30
R*O*G*Y Winter Break Half Day Camp	4-10	Red Ball Orange Ball	Members: \$50 per day \$135 for 3 days Non-members: \$64 per day \$177 for 3 days	Wednesday through Friday, December 26-28 8:00 am - 12:00 pm Registration Deadline: Thursday, December 20

R*O*G*Y GREEN Ball / TEEN Afternoon CAMPS

Camp	Age	Ball	Fee	Date
MEA School's Out GREEN Ball / TEEN JV Prep Camp	11-17	Green Dot Ball Yellow Ball	\$37.50 per day \$60 for both days Non-members: \$48 per day \$86 for both days	Thursday and Friday, October 18-19 1:00 - 4:00 pm Registration Deadline: Tuesday, October 16
Winter Break GREEN Ball / TEEN JV Prep Camp	11-17	Green Dot Ball Yellow Ball	\$37.50 per day \$90 for 3 days Non-members: \$48 per day \$129 for 3 days	Wednesday through Friday, December 26-28 1:00 - 4:00 pm Registration Deadline: Thursday, December 20

ACE/TopGun

FALL 1: September 4 - October 21 (7 weeks)

Monday classes will not meet on Labor Day, September 3, and will be prorated.

FALL 2: October 22 - December 22 (8 weeks)

Classes will not run Wednesday, November 21 through Sunday, November 25. No matches on Sunday, December 23.

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!

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



Tennis

- 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 cancellations or make-ups (ACE 3/ACE3JC/ACEHSP/ACE 2/ACE2JC: \$18/day; ACE 1/TopGun: \$21/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/ACEHSP/ACE 2/ACE2JC: \$23/day; ACE 1/TopGun: \$25/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.**
- **There will be no cancellations or make-ups for either plan.**
- **Only players who register for the entire session will receive free court time during non-prime time hours.** Prime time hours are Monday thru 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 seven groups (Please contact Steve Tacl at (507) 287-9335 ext. 312 or stacl@racmn.com to determine the appropriate level):

- **ACE 3** - In ACE 3 there is a transition from new player to "tennis player." Players will use either the orange or green-dot ball to aid in proper stroke development. 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) - by invitation only.** Designed for the emerging competitive Junior tennis player participating in intermediate level USTA tournaments (Levels 7, and 6). ACE3JC is open to players who are 12 years old and younger. This group will play predominantly with the green-dot ball. Match times will be on Friday afternoons from 4:00-5:30 pm. Please contact Steve Tacl at (507) 287-9335 ext. 312 or stacl@racmn.com for more information.
- **ACE High School Prep (ACEHSP)** - The newest ACE class is designed for developing tennis players ages 12-17 who are working towards Junior Varsity or Varsity high school tennis. The class will be taught with a yellow ball. Proper stroke mechanics and footwork are developed along with fundamental singles and doubles strategies/positioning. Conditioning is incorporated into daily sessions. Match times will be Saturday afternoons from 2:00-4:00 pm.
- **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, preparing players for high school tennis. 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 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 players 14 and under who are competitive in higher level USTA tournaments (Levels 6, 5, 4, and 3). A better understanding of technical competencies is taught, and more advanced strategies from all areas of the court are developed through high intensity 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 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 class 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 for more information. Players will need to rotate their match times on Sundays.

ACE/TopGun

ACE Group	Fee	Frequency	Days/Times
ACE 3 Orange or Green-dot ball will be used depending on age of player	Fall 1: \$360 <i>(No class on Labor Day)</i> Fall 2: \$450 <i>(No class November 21 and 23)</i> Drop in: \$23/day	<u>3</u> days/week	Monday and Wednesday 4:00 - 5:30 pm Friday Matches: 4:00 - 5:30 pm
ACE 3 Junior Competition (ACE3JC)* <i>*For eligibility, contact Steve Tacl stacl@racmn.com</i>	Fall 1: \$360 <i>(No class on Labor Day)</i> Fall 2: \$450 <i>(No class November 21 and 23)</i> Drop in: \$23/day	<u>3</u> days/week	Monday and Wednesday 4:00 - 5:30 pm Friday Matches: 4:00 - 5:30 pm
ACE High School Prep (ACEHSP) Yellow ball	Fall 1: \$360 <i>(No class on Labor Day)</i> Fall 2: \$450 <i>(No class November 21 and 24)</i> Drop in: \$23/day	<u>3</u> days/week	Monday and Wednesday 4:00 - 5:30 pm Saturday Matches: 2:00 - 4:00 pm
ACE 2	Fall 1: \$360 <i>(No class on Labor Day)</i> Fall 2: \$432 <i>(No class November 21, 22 and 25 and December 23)</i> Drop in: \$23/day	<u>3</u> days/week <i>Must be able to rotate match time weekly</i>	Monday, Wednesday 5:30 - 7:00 pm OR Thursday (pick 2/week; no makeups) Sunday Matches: 12:00 - 2:00 pm OR 2:00 - 4:00 pm
ACE 2 Junior Competition (ACE2JC)* <i>*For eligibility, contact Steve Tacl stacl@racmn.com</i>	Fall 1: \$360 <i>(No class on Labor Day)</i> Fall 2: \$432 <i>(No class November 21, 22 and 25 and December 23)</i> Drop in: \$23/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 Sunday Matches: 12:00 - 2:00 pm OR 2:00 - 4:00 pm
ACE 1	Fall 1: \$588 Fall 2: \$672 <i>(No class November 21, 22 and 25 and December 23)</i> Drop in: \$25/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
TopGun* <i>*For eligibility, contact Steve Tacl stacl@racmn.com</i>	Fall 1: \$588 Fall 2: \$672 <i>(No class November 21, 22 and 25 and December 23)</i> Drop in: \$25/day	<u>4</u> days/week <i>Must be able to rotate match time weekly</i>	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



ACE/TopGun Half-Day Camps

ACE/TopGun Camps are the perfect way to improve your skills for the upcoming tournament or high school season. Each day has a different skill focus to include: swing path, footwork, transition game, singles and doubles strategy, shot selection, and Davis Cup team competitions. Direct questions to Steve Tacl at (507) 287-9335 ext. 312 or stacl@racmn.com.

Theme	Level	Time	Fee	Date
MEA School's Out Half-Day Camp	ACE 3 ACE3JC	8:00 am - 12:00 pm	Members: \$60 per day \$100 for both days	Thursday and Friday, October 18-19 Registration Deadline: Tuesday, October 16
	ACE2JC ACE 2 ACE 1 TopGun	12:00 - 4:00 pm	Non-members: \$80 per day \$140 for both days	
Winter Break Half Day Camp	ACE 3 ACE3JC ACE 2 ACE2JC ACE 1 TopGun	1:00 - 5:00 pm	Members: \$60 per day \$150 for 3 days Non-members: \$80 per day \$210 for 3 days	Wednesday through Friday, December 26-28 Registration Deadline: Thursday, December 20

RAC USTA Stars & Trophies Events

The USTA Northern Section has implemented a new program for our 7-10 year old players. Players begin with Orange Ball events and remain at this level of competition until they have earned a total of 20 virtual Stars (Participation) and Trophies (Results). They then graduate to 10 and Under Green-dot events, where they again work to earn 20 virtual stars and trophies. Once these two levels have been achieved, players are permitted to enter the standard USTA Junior Tournament Pathway. **USTA Registration (free) is recommended.** Please contact Sabine Tetzloff at stetzloff@racmn.com or (507) 287-9308 for additional information.

Tournament	Dates	Tournament ID	Events and Age
RAC Stars & Trophies 10U Orange and Green Ball Tournaments Two USTA Northern virtual Stars will be earned by participating in each event.	Saturday, October 13 Registration deadline: October 8 at 9:59 pm	550005418	Boys and girls ages 7-10. Groups may be combined if numbers warrant. Players must have passed out of the orange level (20 stars and trophies) before registering for green ball events. Singles only. USTA Registration (free) is recommended. TennisLink Online registration.
	Saturday, December 1 Registration deadline: November 26 at 9:59 pm	550005818	

RAC USTA Junior Tournaments

Players must be current USTA members in order to participate. **All players must register at [TennisLink.usta.com](https://tennislink.usta.com)** and draws will be posted on that website.

Tournament Name	Tournament ID	Level and Eligibility	Dates	Events
RAC One Day Tournament	550005518	Level 6 All USTA players are eligible	October 27 Online registration deadline: October 22 9:59 pm	Boys and Girls - singles only 12 and under (green-dot ball) 14 and under 16 and under 18 and under
RAC Thanksgiving Tournament	550005718	Level 6 All USTA players are eligible	November 24-25 Online registration deadline: November 19 9:59 pm	Boys and Girls - singles and doubles 12 and under (green-dot ball) 14 and under 16 and under 18 and under
RAC Indoor Level 5 Championships	550024616	Level 5 All USTA players are eligible	December 28-30 Online registration deadline: December 23 9:59 pm	Boys and Girls - singles and doubles 12 and under (green-dot ball) 14 and under 16 and under 18 and under



Other Racquet Sports

FALL 1: September 4 - October 21 (7 weeks)

Monday classes will not meet on Labor Day, September 3, and will be prorated.

FALL 2: October 22 - December 22 (8 weeks)

Classes will not run the week of Thanksgiving November 19-25.

Specific times and fees are listed in the table.

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

Racquet Sports at the RAC

We offer so much more in addition to tennis! Whether it is just an enjoyable match with a friend or intense tournament play, racquet sports can make exercise fun and engaging. Our programs provide league, tournament, and instructional offerings to help you take full advantage of our wonderful courts.

Racquetball and Squash courts can be reserved without a fee by stopping at the Activities Desk or by calling (507) 287-9300. Equipment can be checked out at the Activities Desk. Competition level racquets can be rented at Thrive for \$2. Badminton and Pickleball are available at specific times (see table).

Racquet Sports Private Lessons

Private instruction for juniors and adults can be arranged individually by contacting a racquet sports professional (see table). Lesson packages may be purchased at the Activities Desk.

- Contact Sabine Tetzloff at (507) 287-9308 or stetzloff@racmn.com for more information.

Racquetball, Squash or Badminton Private Lessons	
Individual Lesson	30 min: \$25 60 min: \$50
30 Minute Lesson Package Buy SIX lessons and get a 10% discount	\$135
60 Minute Lesson Package Buy TEN lessons and get a 15% discount	\$425

Racquet Sports E-mail / Contact List

RAC periodically sends out an email blast with upcoming Racquet Sports events and activities. Players interested in being added to the Racquetball, Squash, or Badminton e-mail/contact lists can email Sabine Tetzloff at stetzloff@racmn.com. Please specify which list you are interested in.

Adult Racquetball

Introduction to Racquetball

Have you ever wanted to learn to play racquetball but didn't know who to ask or how to get started? You can receive a FREE introduction - 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
- Wendy Miller (507) 287-9335 ext. 321 or wmillerr@racmn.com

Adult Group Lessons

Adult group lessons are designed for individuals who have little to no racquetball playing experience. The focus 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 Sabine Tetzloff at (507) 287-9308 or email stetzloff@racmn.com.

Racquetball Leagues

Fall 1 Leagues (7 weeks): Begin September 4 with registration from August 6 - 29. Matches scheduled for Labor Day, Monday, September 3 are informal and may be played at your convenience.

Fall 2 Leagues (8 weeks): Begin October 22 with sign up from September 24 - October 17. No matches will be scheduled during the week of November 19-25.

Leagues are a popular way to meet new people and experience competitive play at all levels. They are set up for specific days and times, and courts are reserved on your behalf for league play. If you are unable to play your match, please cancel the courts as soon as possible (preferably at least 3 hours in advance).

Other Racquet Sports



Please note that "NO SHOWS" will be charged a \$5 penalty fee. Schedules will be emailed to those who have provided us with an email address. Schedules can also be picked up at Activities Desk. The following levels of formal leagues are offered:

Men's: Open, A, B, C skill divisions

Women's: B

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 Sabine Tetzloff at (507) 287-9308 or email stetzloff@racmn.com.

Gift certificates will be presented to all league champions during the 2018 season. Support your sport - join a league!

Tournaments and Special Events

For the latest information on tournament dates and special events check the Racquet Sports bulletin board.

Registration forms will be available at the Activities Desk and on the Racquet Sports bulletin board one month prior to the event.

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

Squash

Introduction to Squash FREE!!

Have you ever wanted to learn to play squash but didn't know who to ask or how to get started? You can receive a FREE introduction to the game - 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 arrange your FREE 30 minute session.

***Squash Rules are available 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)

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 (senior high school graduates or persons age 19 and older).

Tuesday 7:30 - 10:15 pm

Thursday 7:30 - 10:15 pm

Sunday 5:00 - 7:00 pm

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.

All ages note: If there is space available in Gym 3, Badminton nets may be set up for play. Contact the Activities Desk to see if nets may be set up.

Pickleball

Pickleball nets will be set up during the following times in the Neighborhood Gym for adult open play:

Fall: Monday - Friday 6:00 - 8:45 am*

Sunday Mixer 7:00 - 8:45 pm

*When the previous weekend is an inflatable weekend, there will be no Sunday Mixer or Monday morning pickleball.

Request pickleball equipment at the Activities Desk. There is no fee for this activity. Pickleball is played in a pick-up game format. Open to adults (senior high school graduates or persons age 19 and older).

The **Sunday Mixer** is for all levels and will be in a mixer format (not for preformed groups). Children may play along with their parents. Request pickleball equipment at the Activities Desk. There is no fee for this activity.

All ages notes:

Indoor: 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.

Outdoor: During the outdoor court season, pickleball may be played on Outdoor Hard Courts 18 and 19. The grey lines are pickleball court lines. Slide net strap to the side to lower the net. Reserve a court through the Activities Desk at (507) 287-9300.

For additional information on pickleball, please contact Sabine Tetzloff at (507) 287-9308 or email stetzloff@racmn.com.



Other Racquet Sports

RACQUETBALL

Class	Fee	Day/Time
Introduction to Racquetball	Free	Schedule with: Wendy Miller at (507) 287-9335 ext. 321 or wmiller@racmn.com or Greg Leibfried at (507) 287-9335 ext. 323 or gleibfried@racmn.com
Adult Group Lessons	Fall 1: \$70 (7 weeks) Fall 2: \$80 (8 weeks) <i>No classes on Wednesday, November 21.</i>	Wednesday 6:00 - 7:00 pm
Challenge Ladder	Free	<i>Ladder is based on league matches or participants setting up their own match times.</i>
Racquetball Leagues	Fall 1: \$16 (7 weeks) Fall 2: \$18 (8 weeks) <i>No matches November 19-25.</i>	Available leagues will be posted at Activities Desk and Racquet Sports bulletin board Sign up at Activities Desk
Junior Beginner Lessons (Ages 8-12)	Fall 1: \$70 (7 weeks) Fall 2: \$80 (8 weeks) <i>No classes on Tuesday, November 20.</i>	Tuesday 5:30 - 6:30 pm
Racquetball Private Lessons	\$25 per half hour	Schedule with: Wendy Miller at (507) 287-9335 ext. 321 or wmiller@racmn.com or Greg Leibfried at (507) 287-9335 ext. 323 or gleibfried@racmn.com

SQUASH

Introduction to Squash	Free	Schedule with: Greg Leibfried at (507) 287-9335 ext. 323 or gleibfried@racmn.com
Squash Mixer / Challenge Court	Free (No sign up needed)	Intermediate / Adv players: Monday 7:00 - 9:00 pm (Courts 1 and 2) All Levels: Wednesday 7:00 - 9:00 pm (Court 1)
Squash Private Lessons	\$25 per half hour	Schedule with: Greg Leibfried at (507) 287-9335 ext. 323 or gleibfried@racmn.com

BADMINTON

Adult Badminton Open Play (All levels)	Free (No sign up needed)	Tuesday 7:30 - 10:15 pm Thursday 7:30 - 10:15 pm Sunday 5:00 - 7:00 pm
Badminton Private Lessons	\$25 per half hour	Schedule with: Sam Prabhakar at sprabhakar@racmn.com

PICKLEBALL

Adult Pickleball Open Play (All levels)	Free (No sign up needed)	Monday - Friday 6:00 - 8:45 am Sunday (Mixer) 7:00 - 8:45 pm (no mixer on Inflatable weekends) Request equipment at the Activities Desk
---	-----------------------------	---



SPECIAL CONSTRUCTION NOTICE:

Depending on the final construction schedule, classes may not run due to indoor pool area refurbishment. Contact the Activities Desk at (507) 287-9300 for more information.

FALL 1 SESSION:

September 4 - October 21 (7 weeks)

Note this session begins on Tuesday, September 4. Monday classes will be prorated due to Labor Day and will run 6 weeks.

FALL 2 SESSION:

October 22 - December 16 (7 weeks)

No classes the week of November 19-25 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	9:00 am - 7:00 pm
Sundays	9:00 am - 7:00 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

New Curriculum!!!

We are excited to offer a new swim lesson curriculum designed to help your child gain greater confidence and safety in, on, and around the water. 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 by a certified Starfish Aquatic Institute Instructor or Red Cross equivalent. We will use the first day of class as an assessment day to make sure that all students in each class are in the appropriate 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 each class will be dedicated to safety issues and/or 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:

- Building trust and comfort in the water
- Safe water entry and exit
- Safe holding positions of child in the water
- Perform supported front and back floats
- Cueing jumps into the pool and safely exiting

Floating Fish (Age 3)

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 or flotation aid and include:

- Trust and comfort in the water
- Safe water entry and exit
- Perform an assisted submersion, recover for air and roll onto back
- Perform unassisted submersion, recover for air and roll onto back
- Perform a relaxed front, back, vertical, and side position for at least 5 seconds each - with support



Swimming

Gliding Guppies (Ages 4-5)

Recommended abilities include: coordination ability with arms and legs and comfortable putting face in the water. Skills include:

- Jump in and go under water
- Assisted submersion, relax for 5 seconds and surface to breathe
- Jump in, submerge, recover for air, roll onto back (kicking and finning) for 5 seconds - performed in swimwear and regular clothes
- Jump in, submerge, recover for air, kick and pull forward 3 meters/10 feet on the front OR back, change direction and return to wall - performed in swimwear and regular clothes

Mighty Minnows (Ages 4-5)

Recommended abilities include: comfortable submerging, floating on front and back unassisted, and rolling front to back and back to front unassisted. Skills include:

- Jump in, submerge, recover for air, kick and pull forward 3 meters/10 feet on the front OR back, change direction and return to wall - performed in swimwear and regular clothes
- Streamline and kick on front and roll to side to breathe - both sides assisted and unassisted
- Perform the sidestroke for 9 meters/30 feet
- Perform the elementary backstroke for 9 meters/30 feet

Preschool Swimming Lessons

SPECIAL CONSTRUCTION NOTICE:

Depending on the final construction schedule, classes may not run due to indoor pool area refurbishment. Contact the Activities Desk at (507) 287-9300 for more information.

Class	Age	Fee	Day/Time	
Parent/Child	6 months-3 years	Fall 1: \$65 Fall 2: \$65	Tuesday Thursday Thursday Saturday	6:05 - 6:35 pm 11:20 - 11:50 am 5:50 - 6:20 pm 10:30 - 11:00 am
Floating Fish	3 years	Fall 1: \$65 Fall 2: \$65	Monday Tuesday Tuesday Wednesday Thursday Thursday Saturday	10:45 - 11:15 am 10:45 - 11:15 am 6:05 - 6:35 pm 11:20 - 11:50 am 10:45 - 11:15 am 5:50 - 6:20 pm 11:05 - 11:35 am
Gliding Guppies	4-5 years	Fall 1: \$65 Fall 2: \$65	Monday Tuesday Wednesday Thursday Saturday	11:20 - 11:50 am 6:40 - 7:10 pm 10:45 - 11:15 am 5:15 - 5:45 pm 10:30 - 11:00 am
Mighty Minnows	4-5 years	Fall 1: \$65 Fall 2: \$65	Tuesday Tuesday Wednesday Thursday Saturday	11:20 - 11:50 am 6:40 - 7:10 pm 11:55 - 12:25 pm 5:15 - 5:45 pm 11:05 - 11:35 am



Youth Swimming Lessons (Ages 6 and up)

New Curriculum!!!

Designed to help your child gain greater confidence and safety in, on, and around the water. Your child will be exposed to the joys of swimming by a certified Starfish Aquatic Institute Instructor or Red Cross equivalent. We will use the first day of class as an assessment day to make sure that all students in each class are in the appropriate level. 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 each class will be dedicated to safety issues and/or skills.*

LEVEL 1 - Swim School

Recommended abilities include: coordination ability with arms and legs and comfortable putting face in the water. Skills include:

- Jump in, submerge, recover for air, roll onto back (kicking and finning) for 5 seconds - performed in swimwear and regular clothes
- Jump in, submerge, recover for air, kick and pull forward 3 meters/10 feet on the front OR back, change direction and return to wall - performed in swimwear and regular clothes
- Perform the sidestroke for 3 meters/10 feet
- Perform the elementary back stroke for 3 meters/10 feet

LEVEL 2 - Swim School

Recommended abilities include: comfortable submerging, floating on front and back unassisted, and rolling front to back and back to front unassisted. Skills include:

- Jump in, submerge, recover for air, kick and pull forward 3 meters/10 feet on the front OR back, change direction and return to wall - performed in swimwear and regular clothes
- Perform the sidestroke for 9 meters/30 feet
- Perform the elementary backstroke for 9 meters/30 feet

LEVEL 3 - Stroke School

Recommended abilities include level 1 and 2 skills. Skills for this level include:

- Swim front crawl 9 meters/30 feet with consistent form
- Swim back crawl 9 meters/30 feet
- Swim sidestroke 15 meters/50 feet
- Swim elementary backstroke 15 meter/50 feet

LEVEL 4 - Stroke School

Recommended abilities include level 1, 2, and 3 skills. Skills for this level include:

- Swim four strokes of butterfly, then swim front crawl for the remainder of the 25 meter/85 feet length
- Swim breaststroke 9 meters/30 feet
- Perform front crawl 15 meters/50 feet
- Perform back crawl 15 meters/50 feet
- Swim sidestroke 25 meters/yards
- Swim elementary backstroke 25 meter/yards

LEVEL 5 - Endurance

Recommended abilities include level 1, 2, 3, and 4 skills. Skills for this level include:

- Swim 50 meters/yards front crawl
- Swim 50 meter/yards back crawl
- Swim 25 meters/yards butterfly
- Swim 50 meters/yards breaststroke

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.

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 for more information.

***Classes may not run due to indoor pool area refurbishment. Contact the Activities Desk at (507) 287-9300 for more information.**

Fall 1 runs September 4 - October 21 (7 weeks)

There are no classes Thursday, October 20 (classes will be prorated).

Fall 2 runs October 22 - December 16 (7 weeks)

There are no classes the week of November 19-25. 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.



Swimming

Tuesday:

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

Thursday:

Level 3	11:55 am - 12:40 pm
Level 4	12:45 - 1:30 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. See descriptions for new curriculum.

Fall 1 runs September 4 - October 21

Fall 2 runs October 22 - December 16

(No classes November 25)

Fall 1:	Members: \$65	Non-members: \$121
Fall 2:	Members: \$65	Non-members: \$121
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: \$70	Non-members: \$126
Fall 2:	Members: \$70	Non-members: \$126
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
Level 5	Sunday	1:50 - 2:35 pm

Youth Swimming Lessons

SPECIAL CONSTRUCTION NOTICE:

Depending on the final construction schedule, classes may not run due to indoor pool area refurbishment. Contact the Activities Desk at (507) 287-9300 for more information.

Class	Age	Fee	Day/Time
Level 1	Ages 6 and up	Fall 1: \$70 Fall 2: \$70	Tuesday 5:15 - 6:00 pm Thursday 6:25 - 7:10 pm Saturday 9:40 - 10:25 am
Level 2	Ages 6 and up	Fall 1: \$70 Fall 2: \$70	Tuesday 5:15 - 6:00 pm Thursday 6:25 - 7:10 pm Saturday 9:40 - 10:25 am
Level 3	Ages 6 and up	Fall 1: \$70 Fall 2: \$70	Tuesday 7:15 - 8:00 pm Thursday 7:15 - 8:00 pm Saturday 11:40 - 12:25 pm
Level 4	Ages 6 and up	Fall 1: \$70 Fall 2: \$70	Tuesday 7:15 - 8:00 pm Thursday 7:15 - 8:00 pm Saturday 11:40 - 12:25 pm
Level 5	Ages 6 and up	Fall 1: \$70 Fall 2: \$70	Tuesday 8:05 - 8:50 pm Saturday 12:30 - 1:15 pm
Home School Swimming	Level 1 Level 2 Level 3 Level 4 Level 5/6	Fall 1: Members: \$60/child Non-members: \$70/child Fall 2: Members: \$70/child Non-members: \$80/child	See description for days and times
Non-Member Swim Lessons	Pre-school- Level 5	See description for prices	See description for days and times



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 build on 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.

Triathlon Swimming

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, and information on swim gear, registering for triathlons, and effective transitions.

- Maximum of 6 participants

Adult Swim Lessons

SPECIAL CONSTRUCTION NOTICE:

Depending on the final construction schedule, classes may not run due to indoor pool area refurbishment. Contact the Activities Desk at (507) 287-9300 for more information.

Class	Age	Fee	Day/Time
Adult Beginner	Ages 15 and up	Fall 1: \$70 Fall 2: \$70	Tuesday 8:05 - 8:50 pm
Adult Intermediate	Ages 15 and up	Fall 1: \$70 Fall 2: \$70	Thursday 8:05 - 8:50 pm
Triathlon Swimming	Ages 15 and up	Fall 1: \$87 Fall 2: \$87	Sunday 7:15 - 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 \$60/hour or \$30/half hour. Semi-private lessons are also available at a rate of \$40/half hour for 2 individuals. For more information contact Whitney Benedetti at (507) 287-9314 or email wbenedetti@racmn.com.

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

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: \$35

1 Hour Private: \$50

***Cancellation Policy: No-shows and 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 for reservations.

1/2 Hour Private: \$40

1 Hour Private: \$80

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



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

Enjoy our popular parties and events for children. Please note the separate table and description area for the Date 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 or (507) 287-9302

Whitney Benedetti Youth/Aquatics Director

wbenedetti@racmn.com or (507) 287-9314

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", an inflatable water toy that attaches to the sides of the pool. Parties are 2 hours in length. Additional time may be purchased. Birthday staff will do all entertaining and serving. Birthday child, parent, or a grandparent must be a member. Call our Birthday Coordinator for reservations at (507) 405-1036. Pick up information at the Neighborhood, Front, or Activities desk today! You can also view all birthday information on our website www.racmn.com under the "Youth & Family" heading.

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 Whitney Benedetti

Our inflatables will be up during the following times:
Fridays 4:00 - 7:00 pm

November 2 and 16, December 7 and 14

Saturdays 11:00 am - 7:00 pm

November 3 and 17, December 8 and 15

Sundays 12:00 pm - 7:00 pm

November 4 and 18, December 9 and 16

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, play in the bounce house 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 the Kids Club.

MEA Break Day Camps

The Neighborhood will be holding a "No School Day" camp. Kids will participate in swimming, organized games, activities, crafts, 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 5-13
- Contact Whitney Benedetti
- **Registration Deadline: Wednesday, October 17 by 12:00 pm.**
- Minimum of 8 kids must be enrolled for that day to occur.

*Drop off and pick up in the Neighborhood.

All day camp contains morning snack, lunch, and afternoon snack. No breakfast or dinner. If children want to eat dinner, the child may purchase food from the Deli. Child must have charging privileges. Please verify with Business Office if you are unsure at (507) 287-9315. Children are not allowed to charge to a parent's account. No outside food or drink allowed to be brought into the Club. **If your child has any type of food allergies**, please let Whitney Benedetti know by 12:00 pm on the Friday **before** the week of camp begins.

Early drop off: \$8/child/day

- 7:00 - 8:30 am

Late pick up: \$4/child/day

- 5:05 - 7:30 pm

You must sign up for early drop off and late pick up days in advance with the Youth Programming Director, Whitney Benedetti. Deadline: 12:00 pm on the Friday **before** the week of camp begins. Keep in mind camp staff will not be here if early drop off/late pick up is not signed up for in advance. Camp staff will be on duty only from 8:30 am - 5:05 pm unless an early drop off/late pick up has been prearranged the week before camp begins. For late pick up, children will be signed into the Neighborhood by camp staff.



Laser Tag Night

Come enjoy a fun-filled night of laser tag. We will eat pizza and then turn down the lights for a rousing game of laser tag in the Neighborhood.

- Ages 5-13
- Contact Whitney Benedetti
- **Registration Deadline: Thursday, October 4 by 12:00 pm.**

*Drop off and pick up in the Neighborhood.

Neighborhood Ice Cream Social

Sweet treats and fun games! Life cannot get any better. We will have organized activities, craft, but most importantly... make your own sundaes. Kids will play, eat pizza and ice cream, and play some more. Sundae ingredients will include ice cream, cherries, syrups, bananas, etc.

- Ages 5-13
- Contact Whitney Benedetti
- **Registration Deadline: Thursday, November 15 by 12:00 pm.**

*Drop off and pick up in the Neighborhood.

Frozen Festival

Come get your Olaf on... Let the relaxing night begin because we have something for everyone. Parents, this is your time to drop the kids off and have a night to yourself. It works out perfectly where we will even take care of dinner for the kids. The evening will start off with pizza, fruit, and beverages. Next the kids will participate in games and have the option of watching a G or PG rated movie and/or decorating a cookie. Activities will take place in the Civic View Room.

- Ages 5-13
- Contact Whitney Benedetti
- **Registration Deadline: Thursday, November 29 by 12:00 pm.**

*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 Club 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 sign up for this event please contact Jodi Hass at (507) 287- 9302 or jhass@racmn.com

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

Winter Break Day Camps

These camps are for kids who want to get out of the house and have some fun. It is perfect for parents that work during the day, too. Children will participate in games, activities, crafts, indoor play, and swimming. Sign up for one or all of the days.

- Ages 5-13
- Contact Whitney Benedetti
- **Registration Deadline: Thursday, December 20 by 12:00 pm.**
- Minimum of 8 kids must be enrolled for event to occur.

*Drop off and pick up in the Neighborhood.

All day camp contains morning snack, lunch, and afternoon snack. No breakfast or dinner. If children want to eat dinner, the child may purchase food from the Deli. Child must have charging privileges. Please verify with Business Office if you are unsure at (507) 287-9315. Children are not allowed to charge to a parent's account. No outside food or drink allowed to be brought into the Club. If your child has any type of food allergies, please let Whitney Benedetti know by 12:00 pm on the Friday before the week of camp begins.

Early drop off: \$8/child/day

- 7:00 - 8:30 am

Late pick up: \$4/child/day

- 5:05 - 7:30 pm

You must sign up for early drop off and late pick up days in advance with the Youth Programming Director, Whitney Benedetti. Deadline: 12:00 pm on the Friday before the week of camp begins. Keep in mind camp staff will not be here if early drop off/late pick up is not signed up for in advance. Camp staff will be on duty only from 8:30 am - 5:05 pm unless an early drop off/late pick up has been prearranged the week before camp begins. For late pick up, children will be signed into the Neighborhood by camp staff.



Events for Kids

Class	Ages	Fee	Day/Time
Inflatables	All ages	Free	See description for dates/times
Kids Pajama Parties	3-8	Members: \$15 Non-members: \$23	Saturdays 5:30 - 8:30 pm Fall 1: September 22 Fall 2: October 27 November 10 December 8
MEA Break Day Camps	5-13	Members: \$60/day/child Non-members: \$72/day/child	Fall 1: Thursday, October 18 8:30 am - 5:00 pm Friday, October 19 8:30 am - 5:00 pm <ul style="list-style-type: none"> • See description for all important details! • Early drop off, late pick up also available. See description for Registration Deadline
Laser Tag Night	5-13	Members: \$30 Non-members: \$42	Fall 1: Saturday, October 6 5:30 - 8:30 pm See description for Registration Deadline
Neighborhood Ice Cream Social	5-13	Members: \$17 Non-members: \$29	Fall 2: Saturday, November 17 5:30 - 8:30 pm See description for Registration Deadline
Frozen Festival	5-13	Members: \$17 Non-members: \$29	Fall 2: Saturday, December 1 5:30 - 8:30 pm
Breakfast With Santa	Ages 2 and up will be charged	Members: \$15 Non-members: \$23 <i>Activities are included in child price</i>	Fall 2: Saturday, December 15 Three seatings: 8:30 - 10:00 am 9:15 - 10:45 am 10:00 - 11:30 am Sign up by contacting Jodi Hass at (507) 287-9302 or jhass@racmn.com
Winter Break Day Camps	5-13	Members: \$60/day/child Non-members: \$72/day/child	Fall 2: December 26 8:30 am - 5:00 pm December 27 8:30 am - 5:00 pm December 28 8:30 am - 5:00 pm <ul style="list-style-type: none"> • See description for all important details! • Early drop off, late pick up also available. 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.



Date 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, play on the bounce house and snacks provided. Since you may sign up kids ages 5-6 for either Kids Club or Neighborhood Date Night, you must make the decision at the time of sign up. **The night of, your child may not switch Date Nights.**

- 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. Since you may sign up kids ages 5-6 for either

Neighborhood or Kids Club Date Night, you must make the decision at the time of sign up. **The night of, your child may not switch Date Nights.**

- Ages 5-13
 - Contact Whitney Benedetti
- *Drop off and pick up in the Neighborhood.

SWIMMING NOTE:

For Neighborhood Date Nights (September 14, November 16)

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.

Class	Ages/Fee	Days/Times
Kids Club Date Night	6 months-6 years Members: \$13 Non-members: \$21	Fridays 6:30 - 9:30 pm Fall 1: September 14 October 12 Fall 2: October 26 (Wear Halloween costume!) November 2 November 16 December 7 December 14
Neighborhood Date Night	5-13 Members: \$13 Non-members: \$21	Fridays 6:30 - 9:30 pm Fall 1: September 14 (Swimming) October 12 Fall 2: October 26 (Wear Halloween costume) November 2 November 16 (Swimming) December 7 December 14

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.



Kids Sports & Fitness

FALL 1 SESSION:

September 4 - October 21 (7 weeks)

Note this session begins on Tuesday, September 4. Monday classes will be prorated due to Labor Day and will run 6 weeks.

FALL 2 SESSION:

October 22 - December 16 (7 weeks)

No classes the week of November 19-25 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** for more information about Kids Sports and Fitness classes and programs.

Soccer Classes

Get Kickin' It	Parent and child ages 2-3
Tiny Soccer	Ages 3-4
Soccer 1	Ages 4-6

Classes taught by Euro Football Club coaches. Euro Football is a youth soccer club that has a goal to teach soccer in a consistent manner for true development from season to season. Euro's mission is to provide the maximum benefit of professional training through a program that emphasizes fun, sportsmanship, individual development and team play. The Euro approach allows players the chance to excel for the enjoyment of the game and the challenge of the competition. Euro Football Club has professional coaches from Brazil who bring their passion to play soccer. 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 with their interactions with other players.

Contact **Whitney Benedetti** at (507) 287-9314 or email at **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 Eric Williams. Eric Williams has been teaching and coaching basketball, baseball, and football for more than 10 years. He played basketball at Gordon Tech high school in Chicago, IL and competed against numerous D1 and D2 teams, as well as NBA players (Kevin Garnett, Quinten Richardson and Corey Magette). He played football and baseball at Northern Iowa Area Community College, and football at the Division 2 level for Winona State University. He currently trains his 4 children in basketball, football, and baseball, which led him to training other local athletes. His 8-year-old daughter has showcased her dribbling abilities with the Harlem Globetrotters and secured a spot on an elite AAU team out of Chanhassen, MN

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.



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 7, 14, 21, 28
October 5, 12

NO CLASS Oct 19

Fall 2 dates: October 26
November 9, 16, 30
NO CLASS Nov 2 or 23
December 7, 14

GRADES: TIME:

K-3 Friday 9:00 - 9:55 am

3-5 Friday 10:00 - 10:55 am

5-7 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.

Sport Private Instruction

Private, 1:1 or group skill lessons are available. These sessions develop specific skills needed to compete successfully. Fee: \$30/half hour or \$60/hour.

*Cancellation Policy: No-shows and 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.

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.

¹/₂ Hour Private: \$38

1 Hour Private: \$75

Soccer Private Lessons

Soccer Private lessons will be taught by a Euro Football Coach. Euro's mission is to provide the maximum benefit of professional training through a program that emphasizes fun, sportsmanship, individual development and team play. The Euro approach allows players the chance to excel for the enjoyment of the game and the challenge of the competition. Euro Football Club has professional coaches from Brazil who bring their passion to play soccer. This creates an awesome environment for the kids to learn about the sport.

For more information contact Whitney Benedetti at (507) 287-9314 or wbenedetti@racmn.com.

¹/₂ Hour Private: \$30

¹/₂ Hour Semi: \$40

1 Hour Private: \$60

1 Hour Semi: \$80



Kids Sports & Fitness

Class	Ages	Fee	Day/Time/Location
Get Kickin' It	2-3	Fall 1: Members: \$65 Non-members: \$121 Fall 2: Members: \$65 Non-members: \$121	Monday 9:00 - 9:30 am Wednesday 10:00 - 10:30 am NH Hockey Area
Tiny Soccer	3-4	Fall 1: Members: \$65 Non-members: \$121 Fall 2: Members: \$65 Non-members: \$121	Monday 9:30 - 10:00 am Wednesday 10:30 - 11:00 am NH Hockey Area
Soccer 1	4-6	Fall 1: Members: \$65 Non-members: \$121 Fall 2: Members: \$65 Non-members: \$121	Monday 10:05 - 10:35 am Wednesday 11:05 - 11:35 am NH Hockey Area
Basketball 1	6-9	Fall 1: Members: \$70 Non-members: \$126 Fall 2: Members: \$70 Non-members: \$126	Wednesday 6:30 - 7:15 pm NH Gym
Basketball 2	9-12	Fall 1: Members: \$70 Non-members: \$154 Fall 2: Members: \$70 Non-members: \$154	Thursday 6:30 - 7:15 pm NH Gym
Tiny Hitters	5-6	Fall 2: Members: \$65 Non-members: \$121	Monday 5:30 - 6:00 pm Batting Cages
Young Hitters 1	7-9	Fall 2: Members: \$65 Non-members: \$121	Monday 6:00 - 6:30 pm Batting Cages
Young Hitters 2	10-12	Fall 2: Members: \$65 Non-members: \$149	Monday 6:30 - 7:00 pm Batting Cages
Young Pitchers	8-12	Fall 2: Members: \$65 Non-members: \$149	Monday 7:00 - 7:30 pm Batting Cages
Home School PE	K-Grade 3 Grade 3-5 Grade 5-7	Fall 1: Members: \$70/child Non-members: \$80/child Fall 2: Members: \$70/child Non-members: \$80/child	See description for day and times NH Gym
Romp and Roll	1-2	Fall 1: Members: \$65 Non-members: \$121 Fall 2: Members: \$65 Non-members: \$121	Tuesday 9:30 - 10:15 am Wednesday 10:30 - 11:15 am NH Small Gym

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 with any questions or to sign up.**
- Uniforms and equipment may be purchased through Kirby as needed.
- More information at mafhaw.com.

Class	Ages	Fee	Day/Time/Location
Martial Arts for Health & Wellness	6-Adult	Monthly Fee Members: \$70 Non-members: \$80 Each additional family member enrolled will result in a discount of \$5 for each family member.	Monday & Wednesday: Yellow belts 5:00 - 5:55 pm White belts (New) 6:00 - 6:55 pm Ages 13-Adult (All) and 7:00 - 7:55 pm Green, Blue, Red and Black Belts To enroll contact Kirby Strissel at kstrissel@racmn.com Civic View Room

Rochester Athletic Club
3100 19th St. NW
Rochester, MN 55901

PRESORTED
STANDARD
US POSTAGE PAID
ROCHESTER MN
PERMIT NO 289

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

To view this booklet online please visit:
www.racmn.com/activities-classes

