



Spring/Summer **2018**

Schedule of Activities

Sign up begins:
Spring Session - March 5
Summer Camp - March 5
Summer Session - April 30

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



At a Glance - 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	
	Tennis (pg 19)				X	X	X	X	X	X	X	X	X	X	X
	Racquetball (pg 41)									X	X	X	X	X	X
	Swimming Lessons (pg 44)	X	X	X	X	X	X	X	X	X	X	X	X	X	X
	Soccer Classes (pg 54)			X	X	X	X	X							
	Youth Basketball (pg 54)							X	X	X	X	X	X	X	
	Home School PE (pg 54)						X	X	X	X	X	X	X	X	X
	Romp and Roll (pg 54)		X	X											
	Martial Arts for Health & Wellness (pg 56)							X	X	X	X	X	X	X	X
Events for Kids	Neighborhood Ice Cream Social (pg 51)						X	X	X	X	X	X	X	X	X
	Kids Pajama Parties (pg 51)				X	X	X	X	X	X					
	Laser Tag Nights (pg 51)						X	X	X	X	X	X	X	X	X
	Prarie Walls (pg 51)						X	X	X	X	X	X	X	X	X
	Date Nights (pg 52)	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Summer Camps	RAC Explorers Camp (pg 57)						X	X	X						
	RAC Adventure Camp (pg 57)									X	X	X	X	X	X
	Just for Me Camp (pg 58)			X	X	X	X	X	X	X					
	Girls Forum Camp (pg 59)									X	X	X	X	X	
	Euro Football Club Soccer Camp (pg 59)				X	X	X	X	X	X	X	X	X	X	X
	RAC Basketball Camps (pg 59)						X	X	X	X	X	X	X	X	
	Rochester Honkers Baseball Camp (pg 60)							X	X	X	X	X	X	X	X
	RACSport Half-Day Camp (pg 60)					X	X	X	X	X	X	X	X		
	KidFit Half-Day Camp (pg 60)					X	X	X	X	X	X	X	X		
	Prairie Walls Climbing Camp (pg 60)						X	X	X	X	X	X	X	X	X
	Tennis Camps (pg 29, 30, 31, 36, 37, 38)				X	X	X	X	X	X	X	X	X	X	X



Spring/Summer 2018 Schedule of Activities

Spring Session

Classes begin week of April 9*

Sign up begins March 5

Summer Camps

Camps begin week of June 11*

Sign up begins March 5

Offerings

Adult and Youth Activities.....	6
Group Fitness	7
Pilates.....	10
Adult Fitness	13
Healthy Lifestyles.....	15
Tennis.....	19

Summer Session

Classes begin week of June 11*

Sign up begins April 30

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

Other Racquet Sports	40
Swimming	44
Events for Kids	51
Kids Sports and Fitness	54
TaeKwonDo	56
Summer Camps	57

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.
- For a Summer Camp, if you cancel less than 8 days prior to the week of camp, a 20% administrative fee will be charged. If you are cancelling within the 8 days, you must call the camp director to cancel out of camp, not the Activities Desk. There will be no refund once camp begins.

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
Aquatics 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

Easter Sunday	Closed
Memorial Day	7:00 am - 7:00 pm
Independence Day	7:00 am - 7:00 pm
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



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	9:30 am - 6:00 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 6 - May 31)

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

(June 1 - September 2)

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:

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

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

**Earlier end time is due to Summer Camps being held. 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
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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 the 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.



SPRING SESSION:

April 9 - June 10 (9 weeks)

No classes Monday, May 28 due to Memorial Day

SUMMER SESSION:

June 11 - August 12 (8 weeks)

No classes the week of July 2 - July 8

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 insufficient numbers enroll.

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

Group Fitness Schedule Classes

With nearly 100 FREE classes to choose from each week, you will enjoy our dynamic, varied workouts tailored for the beginner to the advanced participant. Group Fitness classes do not require sign up unless indicated specifically on the schedule. Note that class schedules change seasonally.

Spring Group Fitness Schedule begins Monday, April 9 and ends on Sunday, June 10 (9 weeks). There will be a special schedule, Memorial Day Monday, May 28.

Summer Group Fitness Schedule begins Monday, June 11 - September 3 (12 weeks). There will be a special schedule Wednesday, July 4 and Labor Day Monday, September 3.

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 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.

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
- Ages 7-12
- Location: Mind Body Studio

Yoga for Back Care

Participants will receive attentive guidance to help with back pain. This well conceived therapeutic sequencing of postures and other tools of yoga is specially designed for easing and supporting the back and can help relieve chronic pain. With simple yoga techniques, posture tips, and a community who face similar challenges you will leave with options to help you feel better. This workshop does not require yoga experience; but does require the ability to get up and down from the floor.

- Instructor: Kevin Kortan, RYT 500, Certified Yoga Instructor & Movement Therapist, Minneapolis Yoga Institute
- Location: Mind Body Studio



Group Fitness

Better Balance Through Yoga and Movement

Loss of balance is not inevitable or a permanent condition. No matter your chronological age, there are unique ways to improve balance and enjoy moving your body. You will learn yoga techniques and exercises to help increase your confidence as you perform daily life and favorite activities. Attend and learn options to lessen falling fears and leave feeling more sure footed.

- Instructor: Kevin Kortan, RYT 500, Certified Yoga Instructor & Movement Therapist, Minneapolis Yoga Institute
- Location: Mind Body Studio



Class	Fee	Day/Time
Yoga for Kids (Ages 7-12)	Free	Spring: April 25 - May 9 (3 weeks) Wednesday 4:15 - 5:00 pm Summer: June 13 - June 27 (3 weeks) Wednesday 4:15 - 5:00 pm
Yoga Workshop: Yoga for Back Care	Members: \$40 Non-members: \$52	Spring: Saturday, April 28 9:30 am - 12:00 pm
Yoga Workshop: Better Balance Through Yoga and Movement	Members: \$40 Non-members: \$52	Spring: Saturday, April 28 1:00 pm - 3:30 pm

Aerial Yoga Programming

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

- Instructor for all Aerial Yoga classes:
Leana Medina-Beltz 500 E-RYT, VaihAyasa
Certified Aerial Yoga instructor

Intro to Aerial Yoga

Are you curious about Aerial Yoga? Come learn the FUNDamentals in this 4 week introductory session! No yoga experience necessary though all levels are welcome!

- Location: Mind Body Studio

Continuing Aerial Yoga

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

Contact Leana Medina-Beltz at LMedina-Beltz@racmn.com or (507) 287-9335 ext 392 to learn more about current Continuing Aerial Yoga offerings.

Drop-In to Aerial Yoga

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

- Location: Mind Body Studio
- Sign up required

Aerial Yoga: Recess and Nap Time

Stretch, swing and hang upside down in a comfortable aerial yoga hammock. Laugh and play and then experience a long guided relaxation. Leave happy, refreshed and young at heart. No yoga or aerial yoga experience necessary. All levels are welcome!

- Location: Mind Body Studio
- Sign up required

Aerial Yoga Special Event

If you would like a unique experience for a special event such as a birthday party, family event, a night out with friends, or even a one-of-a-kind activity with a group, consider doing Aerial Yoga for an hour. A maximum of six participants will spend 60 minutes enjoying this form of movement.

- Minimum age of 13
- Location: Mind Body Studio



Class	Occurrence	Fee	Day/Time
Intro to Aerial Yoga	4 week series	Members: \$60 Non-members: \$108	Spring: Options TBA Summer: Options TBA
Continuing Aerial Yoga	Multiple week session TBA	Members: \$15/week Non-members: \$27/week	Contact Leana Medina-Beltz at LMedina-Beltz@racmn.com or (507) 287-9335 ext 392 to set up or learn more about continuing Aerial Yoga offerings
Drop-In to Aerial Yoga	One Day Class	Members: \$15 Non-members: \$27	Spring: Sunday, April 15 3:30 - 4:30 pm Friday, April 27 5:00 - 6:00 pm Summer: Options TBA
Aerial Yoga: Recess and Nap Time	One Day Class	Members: \$15 Non-members: \$27	Spring: Sunday, April 8 3:30 - 4:30 pm Friday, April 20 5:00 - 6:00 pm
Aerial Yoga Special Event	One Day Class	Members: \$84 Non-members: \$96	Contact Leana Medina-Beltz at LMedina-Beltz@racmn.com or (507) 287-9335 ext 392 to set up or learn more about private Aerial Yoga offerings

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, take your experienced Power Yoga practice to the next level, or receive private Aerial Yoga instruction we can accommodate your individual goals! Arranging for a Private Instructor or one of the Yoga Private Instruction packages is easy - contact the RAC Yoga Lead Leana Medina-Beltz at LMedina-Beltz@racmn.com or (507) 287-9335 ext 392.

*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!)



Pilates

SPRING SESSION:

April 9 - June 10 (9 weeks)

No classes Monday, May 28 due to Memorial Day

SUMMER SESSION:

June 11 - August 12 (8 weeks)

No classes the week of July 2 - July 8

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 Core, 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 Core” 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 Core

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 Core	FREE for members and those on guest passes	See current Group Fitness Schedule (No sign up necessary)
Pilates Barre	FREE for members and those on guest passes	See current Group Fitness Schedule (No sign up necessary)
Sweat-a-lates	FREE for members and those on guest passes	See current Group Fitness Schedule (No sign up necessary)

Pilates Apparatus (Reformer and Tower)

The RAC is proud of its Pilates Apparatus program. Visitors who come to our club from other parts of the country rave about the quality of our offerings! Class sizes are small which allow the instructor to attend to the individual needs of the participants. Our five reformer/tower units use spring resistance and allow hundreds of exercises to be performed. The apparatus provides a great variety 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 8 or 9 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

Take 2 or more Pilates Apparatus Classes weekly and receive a discount on additional classes!

Additional class cost: \$126/9 week session
\$112/8 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)	Spring: (9 weeks) Members: \$135 Non-Members: \$243 Summer: (8 weeks) Members: \$120 Non-members: \$216	Contact Jean DeWitz at jdewitz@racmn.com or (507) 287-9335 ext. 303 to determine appropriate level and for available times

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



Pilates

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	Spring: (9 weeks) Members: \$135 Non-Members: \$243 Summer: (8 weeks) Member: \$120 Non-member: \$216	Contact Jean DeWitz at jdewitz@racmn.com or (507) 287-9335 ext. 303 to determine appropriate level and for available times

Pilates Private Instruction

Pilates Private Instruction allows for individual programming based on the goals of the client and their structural (postural) needs. Arranging for a Private Instructor or one of the Pilates Private Instruction packages is easy - 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 & 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!)



SPRING SESSION:

April 9 - June 10 (9 weeks)

No classes Monday, May 28 due to Memorial Day

SUMMER SESSION:

June 11 - August 12 (8 weeks)

No classes the week of July 2 - July 8

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 newly updated Fitness Floor has to offer. Let us assist you along your fitness path!

Summer Boot Camps and Offerings - NEW!!

The RAC will be offering several new small group boot camps and specialty classes this summer. If you are interested in these, please contact sboring@racmn.com for information on schedules, fees, and options.

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



Adult Fitness

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	
Summer Boot Camps and Offerings	Contact sboring@racmn.com for more information	COMING THIS SUMMER!	
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	Spring: Members: \$150 Summer: Members: \$140	Tuesday and Thursday	5:45 - 6:30 am
		Tuesday and Thursday	7:00 - 7:45 am
Total Body Transformation 2x Week	Spring: Members: \$180 Summer: Members: \$175	Monday and Wednesday	5:30 - 6:30 am
		Monday and Wednesday	10:00 - 11:00 am
		Monday and Thursday	9:00 - 10:00 am
		Monday and Thursday	10:15 - 11:15 am
		Monday and Thursday	4:30 - 5:30 pm
Total Body Transformation 3x Week	Spring: Members: \$270 Summer: Members: \$260	Monday, Wednesday, Friday	5:30 - 6:30 am
		Monday and Wednesday and Friday	10:00 - 11:00 am
		Monday and Wednesday and Friday	9:00 - 10:00 am
		Monday and Friday and Thursday	9:00 - 10:00 am
		Monday and Friday and Thursday	10:15 - 11:15 am
Triple Threat	Spring: Members: \$150 Summer: Members: \$140	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	



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!



Healthy Lifestyles

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

Nutrition Services

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

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

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
- 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
- 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
- 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: \$1220 Non-members: \$1495 <i>Couple/Share Trainer Rate:</i> Members: \$890 each Non-members: \$1175 each
Phase 1 - Silver	Members: \$900 Non-members: \$1165 <i>Couple/Share Trainer Rate:</i> Members: \$740 each Non-members: \$1025 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: \$540 <i>Couple/Share Trainer Rate:</i> Members: \$395 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	

SPRING and SUMMER 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.

Tennis E-mail / Contact List

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

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 (ROGY) 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 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

SPRING - Adult SESSION (8 Weeks)

April 9 - June 3
(No classes Memorial Day Monday, May 28)

SUMMER - Adult SESSIONS (5 Week):

Session 1	June 11 - July 22 (No classes July 2-8)
Session 2	July 23 - August 26



Tennis

Adult Group Lesson Offerings

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

Spring Session (8 weeks):

- 3 players, class will run entire session.
- 2 players, class will run 4 weeks.
- 1 player, class will run 2 weeks.

Summer Session (5 weeks):

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

SPRING - 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: April 7 May 5
Adult Intro to Tennis	Take all the mystery out of the game where LOVE means zero and ALL means the score is tied. This class introduces tennis novices to all tennis strokes, the basic rules of the game and to point play in a fun and relaxed atmosphere.	Spring: \$80	Tuesday 4:45 - 5:30 pm
Adult Beginner	Covers the basic tennis strokes: ground strokes, volleys, serves, returns and some point play. Stage 3 Green-dot ball is used.	Spring: \$104	Tuesday 9:30 - 10:30 am Tuesday 8:00 - 9:00 pm 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 (singles and doubles). <i>Appropriate for players with an NTRP rating of 2.5 and below.</i>	Spring: \$140 <i>(Monday classes will be prorated)</i>	Monday 10:30 am - 12:00 pm 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.	Spring: \$104	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>	Spring: \$140 <i>(Monday classes will be prorated)</i>	Monday 10:30 am - 12:00 pm 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.	Spring: \$104	Wednesday 9:30 - 10:30 am

SUMMER - 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	Monday 6:30 - 8:00 pm Dates offered: June 4 July 9 August 6
Adult Beginner	Covers the basic tennis strokes: serve, service return, ground strokes, volleys. Stage 3 Green-dot ball is used for four weeks.	Session 1: \$65 (no class on July 4) Session 2: \$65	Wednesday 7:00 - 8:00 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.	Session 1: \$65 (no class on July 3 and 5) Session 2: \$65	Tuesday 7:00 - 8:00 pm Thursday 7:00 - 8:00 pm
Adult Advanced (Strokes & Strategies)	This class is intended for players at the USTA 3.0/3.5 level (or by the recommendation of a tennis pro) who want to improve their strokes and learn important game strategies.	Session 1: \$65 (no class on July 4) Session 2: \$65	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.

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.

SPRING - Adult Leagues and Drills

League/Drill	Description	Fee	Days/Levels/Times
Power Tennis Drills	Come and try our newest adult program - a combination of fast-paced drills and rally games provide a great workout in a fun atmosphere.	\$13 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Monday (3.5+) 9:30 - 10:30 am (No class on Memorial Day)
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 Memorial Day) Thursday (2.5/3.0) 9:30 - 11:00 am Thursday (3.5+) 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 Memorial Day)

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SPRING - Adult Leagues and Drills (cont.)

League/Drill	Description	Fee	Days/Levels/Times
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>	Tuesday (3.0+) 6:00 - 7:00 am Thursday (3.0+) 6:00 - 7:00 am
Mimosa Morning Drill & Play	Enjoy a full hour of drills and games followed by an hour of match play (singles and doubles), topped off with a tasty Mimosa!	\$20 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Tuesday (3.5+) 9:30 - 11:30 am Friday (2.5/3.0) 9:30 - 11:30 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
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) 7:30 - 9:00 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+M) 8:00 - 9:00 am Saturday (3.0+W) 8:00 - 9:00 am <i>Classes may be combined if numbers warrant.</i>
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.	\$ 15 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Saturday (3.0+) 9:00 - 11:00 am
SUMMER USTA League	Join over 300,000 players nationwide in the country’s largest recreational tennis league. Play is based on the NTRP ranking system, so you will play with and against players of similar ability. Direct questions to Brad Dorsher at (507) 287-9335 ext 135 or bdorsher@racmn.com	Cost per match varies by the competition venue. <i>Matches: Late May - August, 2018</i>	Tentative Levels and Match Days: Monday: 2.5 Women, 3.0 Men, 7.0 55 & Over Women, 8.0 55 & Over Men Tuesday: 3.0 Women, 3.5 Men Wednesday: 3.5 Women, 4.0 Men Thursday: 4.0 Women, 4.5 Men, 7.0 55 & Over Men

SUMMER - 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 Thursday (2.5/3.0) 9:30 - 11:00 am Thursday (3.5+) 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+) 6:00 - 7:30 pm
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
USTA 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>	Tuesday (3.5+) 9:30 - 11:00 am Thursday (4.0+) 9:30 - 11:00 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.	\$ 15 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Saturday (3.0+) 9:00 - 11:00 am
SUMMER USTA League	Join over 300,000 players nationwide in the country’s largest recreational tennis league. Play is based on the NTRP ranking system, so you will play with and against players of similar ability. Direct questions to Brad Dorsher at (507) 287-9335 ext 135 or bdorsher@racmn.com	Cost per match varies by the competition venue. <i>Matches: Late May - August, 2018</i>	Tentative Levels and Match Days: Monday: 2.5 Women, 3.0 Men, 7.0 55 & Over Women, 8.0 55 & Over Men Tuesday: 3.0 Women, 3.5 Men Wednesday: 3.5 Women, 4.0 Men Thursday: 4.0 Women, 4.5 Men, 7.0 55 & Over Men

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.



Junior Tennis

SPRING - R*O*G*Y SESSION (8 Weeks)

April 9 - June 3
(No classes Memorial Day Monday, May 28)

R*O*G*Y SUMMER CLASSES

Week-Long DAYTIME R*O*G*Y Classes

Week 1	June 11 - 15
Week 2	June 18 - 22
Week 3 NO GREEN Ball	June 25 - 29
Week 4 NO CLASSES	July 2 - 6
Week 5	July 9 - 13
Week 6	July 16 - 20
Week 7 NO GREEN Ball	July 23 - 27
Week 8	July 30 - August 3
Week 9	August 6 - 10
Week 10	August 13 - 17
Week 11	August 20 - 24

5 Week Sessions (Afternoon/Evening)

Session 1	June 11 - July 22 (No classes July 2 - 8)
Session 2	July 23 - August 26

We will also offer several R*O*G*Y Half-Day Tennis Camps throughout the summer.

R*O*G*Y HALF-DAY TENNIS CAMP WEEKS

Week 1***	June 11 - 15
Week 4	July 5 - 6 (2 Day Camp)
Week 6***	July 16 - 20
Week 8***	July 30 - August 3
Week 11***	August 20 - 24

Additional tennis opportunities are included in our RACSport and KidFit Camps (See Summer Camps section)

***Afternoon Camp Add-On Option (ages 5-12) all weeks except Week 4

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 is divided into **Green Beginner, Green Intermediate, and Green Advanced**. 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**.

SPRING - 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	Spring: \$72 (Monday classes will be prorated)	Monday 6:00 - 6:30 pm Tuesday 9:30 - 10:00 am Saturday 9:00 - 9:30 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	Spring: \$80 (Monday classes will be prorated)	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 *encouraged to also register for Red Ball Drill & Play	RED	36'	5 : 1	Spring: \$104	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 *encouraged to also register for Red Ball Drill & Play	RED	36'	6 : 1	Spring: \$104	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 *encouraged to also register for Red Ball Drill & Play	RED	36'	6 : 1	Spring: \$104	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	Spring: \$104	Saturday 12:00 - 1:00 pm
ORANGE Ball Beginner	8-10 years	ORANGE	60'	6 : 1	Spring: \$104 (Monday classes will be prorated)	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 *encouraged to also register for Orange Ball Match Play	ORANGE	60'	6 : 1	Spring: \$104 (Monday classes will be prorated)	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	Spring: \$104	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	Spring: \$104	Saturday 1:00 - 2:00 pm
GREEN Ball Beginner	11-13 years	GREEN	78'	6 : 1	Spring: \$104	Tuesday 4:00 - 5:00 pm Thursday 6:00 - 7:00 pm
GREEN Ball Intermediate	11-13 years <i>*encouraged to also register for Green Ball Match Play</i>	GREEN	78'	6 : 1	Spring: \$104 (Monday classes will be prorated)	Tuesday 5:00 - 6:00 pm Thursday 5:00 - 6:00 pm
GREEN Ball Advanced	11+ years <i>*encouraged to also register for Green Ball Match Play</i>	GREEN	78'	6 : 1	Spring: \$104 (Monday classes will be prorated)	Monday 6:00 - 7:00 pm
GREEN Ball Match Play	Currently at Green Ball or Teen level	GREEN	78'	8 : 1	Spring: \$104	Saturday 1:00 - 2:00 pm

SUMMER - R*O*G*Y Week-Long DAYTIME Classes

Class	Age	Ball	Court	Ratio	Fee / Week	Days/Times
RED Ball Beginner	4-7 years	RED	36'	5 : 1	\$65	Monday through Friday 9:00 - 10:00 am
RED Ball Intermediate	4-7 years	RED	36'	5 : 1	\$65	Monday through Friday 9:00 - 10:00 am
RED Ball Advanced	5-8 years	RED	36'	6 : 1	\$65	Monday through Friday 10:00 - 11:00 am
ORANGE Ball Beginner	8-10 years	ORANGE	60'	6 : 1	\$65	Monday through Friday 10:00 - 11:00 am
ORANGE Ball Intermediate	8-10 years	ORANGE	60'	6 : 1	\$65	Monday through Friday 11:00 am - 12:00 pm
ORANGE Ball Advanced	8-10 years	ORANGE	60'	6 : 1	\$65	Monday through Friday 11:00 am - 12:00 pm
GREEN Ball / TEEN	11-13 years	GREEN	78'	6 : 1	\$65	Monday through Friday 1:00 - 2:00 pm NO Classes: Week 3: June 25 - 29 Week 7: July 23 - 27 Week 12: August 27 - 31 (Camps are available these weeks)



SUMMER - R*O*G*Y 5 Week AFTERNOON / EVENING Classes

Class	Age	Ball	Court	Ratio	Fee / Week	Days/Times	
NEW Mini RACquets Parent/Child Class	3-5 years	RED	36'	4 : 1	Session 1: \$45 (no classes on July 2-8) Session 2: \$45	Tuesday Tuesday	5:30 - 6:00 pm 6:00 - 6:30 pm
RED Ball Beginner	4-7 years	RED	36'	5 : 1	Session 1: \$50 (no classes on July 2-8) Session 2: \$50	Tuesday Wednesday	4:00 - 4:45 pm 5:00 - 5:45 pm
RED Ball Intermediate	4-8 years	RED	36'	5 : 1	Session 1: \$65 (no classes on July 2-8) Session 2: \$65	Tuesday Wednesday	5:00 - 6:00 pm 4:00 - 5:00 pm
RED Ball Advanced / RED BARONS	5-8 years	RED	36'	6 : 1	Session 1: \$65 (no classes on July 2-8) Session 2: \$65	Tuesday	6:00 - 7:00 pm
ORANGE Ball Beginner	8-10 years	ORANGE	60'	6 : 1	Session 1: \$65 (no classes on July 2-8) Session 2: \$65	Monday Thursday	4:30 - 5:30 pm 5:00 - 6:00 pm
ORANGE Ball Intermediate	8-10 years	ORANGE	60'	6 : 1	Session 1: \$65 (no classes on July 2-8) Session 2: \$65	Wednesday Thursday	6:00 - 7:00 pm 4:00 - 5:00 pm
ORANGE Ball Advanced	8-10 years	ORANGE	60'	6 : 1	Session 1: \$65 (no classes on July 2-8) Session 2: \$65	Monday	5:30 - 6:30 pm
ORANGE Ball Match Play	Currently at the Orange Ball Intermediate/Advanced level	ORANGE	60'	8 : 1	Session 1: \$65 (no classes on July 2-8) Session 2: \$65	Wednesday	1:00 - 2:00 pm
GREEN Ball & TEEN Beg/Int	11+ years Beginning / Intermediate full court tennis	GREEN	78'	6 : 1	Session 1: \$65 (no classes on July 2-8) Session 2: \$65	Thursday	6:00 - 7:00 pm

SPRING - R*O*G*Y Special Events

Event	Age	Ball/Court	Fee /Details	Event
R*O*G*Y Spring Break Half Day Tennis Camp	4-10	Red Ball Orange Ball	Members: \$50 per day \$212.50 for full week Non-members: \$64 per day \$295 for full week Registration Deadline: Thursday, March 29	Monday through Friday April 2 - 6 8:00 am - 12:00 pm (7:30 am drop off available)
R*O*G*Y School's Out Half-Day Tennis Camp	4-12	Red Ball Orange Ball	Members: \$50 per day Non-members: \$64 per day Registration Deadline: Monday, April 9	RPS District Day: Thursday, April 12 8:00 am - 12:00 pm (7:30 am drop off available)
RED Ball Parent / Child Doubles Tournament	6-8	Red Ball	Fee: \$20 per parent/child team (maximum of 8 teams) <i>Children should be able to rally over the net (late Red Ball Intermediate or Red Ball Advanced).</i> Parents do <u>NOT</u> need tennis experience!	Saturday, April 28 1:00 - 3:00 pm

SUMMER - R*O*G*Y My First Tennis Camp

Theme	Age	Ball	Fee	Date
Week 1 R*O*G*Y My First Tennis Camp (4 days)	3-5	Foam Ball Red Ball	Members: \$12 per day \$40 for 4 days Non-members: \$17 per day \$60 for 4 days	Monday through Thursday June 11 - 14 11:00 - 11:45 am Registration Deadline: Thursday, June 7
Week 6 R*O*G*Y My First Tennis Camp (4 days)	3-5	Foam Ball Red Ball	Members: \$12 per day \$40 for 4 days Non-members: \$17 per day \$60 for 4 days	Monday through Thursday July 16 - 19 11:00 - 11:45 am Registration Deadline: Thursday, July 12
Week 11 R*O*G*Y My First Tennis Camp (4 days)	3-5	Foam Ball Red Ball	Members: \$12 per day \$40 for 4 days Non-members: \$17 per day \$60 for 4 days	Monday through Thursday August 20 - 23 11:00 - 11:45 am Registration Deadline: Thursday, August 16



Tennis

R*O*G*Y Tennis Half-Day Summer Camps

Join us for a week of tennis fun! 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 the whole week. Different fitness activities are offered each day. Ages 4-11

- 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
- **Required Summer Camp Form must be filled out. These are available at the Activities Desk or at www.racmn.com. Look under the "Membership" column and then select "Forms and Documents".**

Fridays will be swimming days: Have child come with swimsuit underneath tennis clothes. Please bring a towel and sunscreen.

Early drop off:

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

Late pick up:

Contact Sabine Tetzloff if you require late pick up (by 7:30 pm).

Camps denoted * offer a full day option for ages 5-12** (8:00 am - 12:00 pm tennis camp followed by lunch and an afternoon Neighborhood camp from 12:00 - 5:00 pm).

*Drop off and pick up at Tennis Court 1.

Parent/guardian must check child in and out each day.

Additional KidFit and RACSport Camps will be offered throughout the summer. These camps will include one hour of tennis instruction each day. Please see the Summer Camps section of this booklet for additional information.

R*O*G*Y Morning Half-Day SUMMER CAMPS

Theme	Age	Ball	Fee	Date
Week 1 R*O*G*Y School's Out Tennis Camp***	4-11	Red Ball Orange Ball	\$50 per day \$212.50 for the week Non-members: \$64 per day \$295 for the week	Monday through Friday June 11 - 15 8:00 am - 12:00 pm Registration Deadline: Thursday, June 7
Week 4 R*O*G*Y Firecracker Tennis Camp (2 days only)	4-11	Red Ball Orange Ball	\$50 per day \$85 for both days Non-members: \$64 per day \$118 for both days	Thursday and Friday July 5 - 6 8:00 am - 12:00 pm Registration Deadline: Thursday, June 28
Week 6 R*O*G*Y Tennis Mid-Summer Camp***	4-11	Red Ball Orange Ball	\$50 per day \$212.50 for the week Non-members: \$64 per day \$295 for the week	Monday through Friday July 16 - 20 8:00 am - 12:00 pm Registration Deadline: Thursday, July 12
Week 8 R*O*G*Y US Open Tennis Camp***	4-11	Red Ball Only Orange Ball	\$50 per day \$212.50 for the week Non-members: \$64 per day \$295 for the week	Monday through Friday July 30 - August 3 8:00 am - 12:00 pm Registration Deadline: Thursday, July 26

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R*O*G*Y Morning Half-Day SUMMER CAMPS (cont.)

Theme	Age	Ball	Fee	Date
Week 11 R*O*G*Y August Tennis Camp***	4-11	Red Ball Orange Ball	\$50 per day \$212.50 for the week Non-members: \$64 per day \$295 for the week	Monday through Friday August 20 - 24 8:00 am - 12:00 pm Registration Deadline: Thursday, August 16
KidFit Camps and RACSport Camps	4-11	Additional camps will be offered throughout the summer. These camps will include a variety of youth sports and fitness activities along with one hour of daily tennis instruction. See Summer Camps section for additional information.		

R*O*G*Y Afternoon Camp Add-On Option (Neighborhood Staff)

Afternoon activities are available as an add-on to all R*O*G*Y Morning Camps <u>EXCEPT</u> Week 4 R*O*G*Y Firecracker Tennis Camp	5-11	Kids will go to the Neighborhood at 12:00 pm for lunch and afternoon activities	\$35 per day \$100 for the week Non-members: \$47 per day \$160 for the week	Monday through Friday 12:00 pm - 5:00 pm <i>Late Pickup (by 7:30 pm) available for an additional \$4 per day</i>
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ROGY GREEN Ball / TEEN Afternoon SUMMER CAMPS

Theme	Age	Ball	Fee	Date
Week 3 GREEN Ball / TEEN June JV Prep Camp	11-17	Green Dot Ball Yellow Ball	\$37.50 per day \$150 for the week Non-members: \$48 per day \$215 for the week	Monday through Friday June 25 - 29 1:00 - 4:00 pm Registration Deadline: Thursday, June 21
Week 7 GREEN Ball / TEEN July JV Prep Camp	11-17	Green Dot Ball Yellow Ball	\$37.50 per day \$150 for the week Non-members: \$48 per day \$215 for the week	Monday through Friday July 23 - 27 1:00 - 4:00 pm Registration Deadline: Thursday, July 19



ACE/TopGun

SPRING - ACE/TopGun SESSION (8 Weeks)

April 9 - June 3

(No classes Memorial Day Weekend, May 26 - 28)

SUMMER - ACE/TopGun SESSIONS:

Weekly and Drop in options are available

Week 1 - ACE/Top Gun	June 11 - 15
Week 2 - ACE/TopGun Half Day Summer Camp	June 18 - 22 June 24 - USTA Tournament (L6)
Week 3 - ACE/Top Gun	June 25 - 29
Week 4 - ACE/TopGun Half Day Summer Camp	July 5 - 6 (only 2 days)
Week 5 - ACE/Top Gun	July 9 - 13
Week 6 - ACE Academy Week	July 16 - 20
Week 7 - ACE/Top Gun	July 23 - 27
Week 8 - ACE/TopGun half Day Summer Camp ONLY	July 30 - August 2 (4 day camp) August 3 - 5 USTA Tournament (L5)
Week 9 - ACE Academy Week	August 6 - 10
Week 10 - ACE/Top Gun	August 13 - 17
Week 11 - ACE/TopGun Half Day Summer Camp	August 20 - 24

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.

- 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:
 - Pay by the Session (Spring) / Pay by the Week (Summer):** 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.

- Drop In:** Players who anticipate that they may need to miss class several days during the session (Spring) or week (Summer) 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 Spring 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.**
- There is no indoor ACE free court time during the summer.**
- 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 during spring session.
- 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. Spring 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. Spring 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 during spring session.
- **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 during spring session. 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 during spring session.
- **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 during spring session.



SPRING - ACE/TopGun

ACE Group	Fee	Frequency	Days/Times
ACE 3 Orange or Green-dot ball will be used depending on age of player	Spring: \$414 Drop in: \$23/day (No class on Memorial 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)* *For eligibility, contact Steve Tacl stacl@racmn.com	Spring: \$414 Drop in: \$23/day (No class on Memorial Day)	<u>3-4</u> days/week	Monday and Wednesday 4:00 - 5:30 pm Thursday (optional) 6:00 - 7:30 pm <i>Thursday is NOT included in the session price and will be billed separately for ACE3JC.</i> Friday Matches: 4:00 - 5:30 pm
ACE High School Prep (ACEHSP) Yellow ball	Spring: \$396 Drop in: \$23/day (No class or match on Memorial Day Weekend)	<u>3</u> days/week	Monday and Wednesday 4:00 - 5:30 pm Saturday Matches: 2:00 - 4:00 pm
ACE 2	Spring: \$396 Drop in: \$23/day (No class or match on Memorial Day Weekend)	<u>3</u> days/week Must be able to rotate match time weekly	Monday and Wednesday 5:30 - 7:00 pm Sunday Matches: 12:00 - 2:00 pm OR 2:00 - 4:00 pm
ACE 2 Junior Competition (ACE2JC)* *For eligibility, contact Steve Tacl stacl@racmn.com	Spring: \$540 Drop in: \$23/day (No class or match on Memorial Day Weekend)	<u>4</u> days/week Must be able to rotate match time weekly	Monday and Wednesday 5:30 - 7:00 pm AND Thursday 6:00 - 7:30 pm Sunday Matches: 12:00 - 2:00 pm OR 2:00 - 4:00 pm
ACE 1	Spring: \$651 Drop in: \$25/day (No class or match on Memorial Day Weekend)	<u>4</u> days/week Must be able to rotate match time weekly	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* *For eligibility, contact Steve Tacl stacl@racmn.com	Spring: \$651 Drop in: \$25/day (No class or match on Memorial Day Weekend)	<u>4</u> days/week Must be able to rotate match time weekly	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

SUMMER - ACE/TopGun (Weeks 1, 3, 5, 7, 10)

ACE Group	Fee	Frequency	Days/Times
ACE 3 Orange or Green-dot ball will be used depending on age of player	Weekly: \$90 Drop in: \$23/day	5 days/week	Monday through Friday 9:00 - 10:30 am Match Day: Friday
ACE 3 Junior Competition (ACE3JC)* *For eligibility, contact Steve Tacl stacl@racmn.com	Weekly: \$90 Drop in: \$23/day	5 days/week	Monday through Friday 9:00 - 10:30 am Match Day: Friday
ACE High School Prep (ACEHSP)	Weekly: \$90 Drop in: \$23/day	5 days/week	Monday through Friday 9:00 - 10:30 am Match Day: Friday
ACE 2	Weekly: \$90 Drop in: \$23/day	5 days/week	Monday through Friday 10:30 - 12:00 pm (NEW time) Match Day: Friday
ACE 2 Junior Competition (ACE2JC)* *For eligibility, contact Steve Tacl stacl@racmn.com	Weekly: \$90 Drop in: \$23/day	5 days/week	Monday through Friday 10:30 - 12:00 pm Match Day: Friday
ACE 1	Weekly: \$105 Drop in: \$25/day	5 days/week	Monday through Thursday 1:00 - 3:00 pm Match Day: Friday 12:00 - 2:00 pm
TopGun* *For eligibility, contact Steve Tacl stacl@racmn.com	Weekly: \$105 Drop in: \$25/day	5 days/week	Monday through Thursday 1:00 - 3:00 pm Match Day: Friday 12:00 - 2:00 pm

ACE/TopGun SPRING 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.

ACE/TopGun SPRING Half-Day Camps				
Camp	Level	Time	Fee	Date
ACE/TopGun Spring Break Half-Day Camp Camp Registration Deadline: Friday, March 30	ACE 3 ACE3JC HS Prep ACE 2 ACE2JC ACE 1 TopGun	1:00 - 5:00 pm	Members: \$60 / day \$150 / 3 days Non-Members: \$80 / day \$210 / 3 days	Wednesday through Friday April 4 - 6
ACE School's Out Half-Day Camp Camp Registration Deadline: Tuesday, April 10	ACE 3 ACE3JC HS Prep ACE 2	8:00 am - 12:00 pm	Members: \$60 Non-Members: \$80	Thursday, April 12

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 twenty virtual Stars (Participation) and Trophies (Results). They then graduate to 10 and Under Green-dot events, where they again work to earn twenty 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.

SPRING/SUMMER - RAC USTA Stars & Trophies Events (10U)			
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.	April 14 Registration deadline: April 10 at 9:59 pm	550004818	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.
	June 23 Registration deadline: June 18 at 9:59 pm	550005018	
	July 21 Registration deadline: July 16 at 9:59 pm	550005518	
	August 25 Registration deadline: August 20 at 9:59 pm	550005318	

ACE/TopGun Summer Camps

This year the RAC Tennis Department will offer two types of tennis camps:

- **Half Day Camps:** 3 hours for our ACE 3, ACE 3 Junior Competition and High School Prep groups; 4 hours for ACE 2, ACE 2 Junior Competition, ACE 1, and TopGun groups
- **Full Day Academy Weeks:** No need to travel to get an academy experience! A full day of drills, mental and physical training, and match play. Lunch and snacks will be provided.

These 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. Different fitness activities each day may include yoga, Pilates, speed, agility and quickness, and swimming. Direct questions to Steve Tacl at (507) 287-9335, ext. 312 or stacl@racmn.com.

Some camps are followed by a USTA-sanctioned Tournament at the RAC. Players wishing to participate in these tournaments must be USTA members and register at TennisLink.usta.com before the tournament registration deadline.

ACE/TopGun SUMMER CAMPS (Weeks 2, 4, 6, 8, 9, 11)				
Camp	Level	Time	Fee	Date
Week 2 ACE/TopGun Half-Day Summer Tennis Camps Camp Registration Deadline: Thursday, June 14	ACE 3 ACE3JC HS Prep	9:00 am - 12:00 pm	Members: \$45 / day \$200 / week Non-Members: \$60 / day \$250 / week	Monday through Friday June 18 - 22 RAC "Dirt" Clay Court One Day Tournament (Level 6) June 23 (<i>tentative</i>) RAC 10U Orange and Green Stars & Trophies Tournament June 23 Tournament Deadlines: June 18, 9:59 pm
	ACE 2 ACE2JC ACE 1 TopGun	1:00 - 5:00 pm	Members: \$60 / day \$250 / week Non-Members: \$80 / day \$350 / week	
Week 4 ACE/TopGun Half-Day Summer Tennis Camps (2 days) Camp Registration Deadline: Thursday, July 2	ACE 3 ACE3JC HS Prep	9:00 am - 12:00 pm	Members: \$45 / day \$80 / both days Non-Members: \$60 / day \$100 / both days	Thursday and Friday July 5 - 6
	ACE 2 ACE2JC ACE 1 TopGun	1:00 - 5:00 pm	Members: \$60 / day \$100 / both days Non-Members: \$80 / day \$140 / both days	
Week 6 ACE/TopGun Academy Week Camp Registration Deadline: Thursday, July 12	ACE 3 ACE3JC HS Prep ACE 2 ACE2JC ACE 1 TopGun	9:00 am - 5:00 pm	Members: \$90 / day \$400 / week Non-Members: \$102 / day \$460 / week	Monday through Friday July 16 - 20 RAC 10U Orange and Green Stars & Trophies Tournament July 21 Tournament Deadline: July 16, 9:59 pm >>



ACE/TopGun SUMMER CAMPS (Weeks 2, 4, 6, 8, 9, 11 cont.)

Camp	Level	Time	Fee	Date
Week 8 ACE/TopGun Half-Day Summer Tennis Camps (4 days) Camp Registration Deadline: Thursday, July 26	ACE 3 ACE3JC HS Prep	9:00 am - 12:00 pm	Members: \$45 / day \$160 / 4 days Non-Members: \$60 / day \$200 / 4 days	Monday through Thursday July 30 - August 2 RAC Summer Clay Classic (Level 5) August 3 - 5 Tournament Deadline: July 30, 9:59 pm
	ACE 2 ACE2JC ACE 1 TopGun	1:00 - 5:00 pm	Members: \$60 / day \$200 / 4 days Non-Members: \$80 / day \$280 / 4 days	
Week 9 ACE/TopGun Academy Week Camp Registration Deadline: Thursday, August 2	ACE 3 ACE3JC HS Prep ACE 2 ACE2JC ACE 1 TopGun	9:00 am - 5:00 pm	Members: \$90 / day \$400 / week Non-Members: \$102 / day \$460 / week	Monday through Friday August 6 - 10
Week 11 ACE/TopGun Half-Day Summer Tennis Camps Camp Registration Deadline: Thursday, August 16	ACE 3 ACE3JC HS Prep	9:00 am - 12:00 pm	Members: \$45 / day \$200 / week Non-Members: \$60 / day \$250 / week	Monday through Friday August 20 - 24 RAC 10U Orange and Green Stars & Trophies Tournament August 25 Tournament Deadline: August 20, 9:59 pm
	ACE 2 ACE2JC ACE 1 TopGun	1:00 - 5:00 pm	Members: \$60 / day \$100 / both days Non-Members: \$80 / day \$140 / both days	

ACE 3 / ACE3JC Afternoon Camp Add-On Option (Neighborhood Staff)

Afternoon activities are available as an add-on to all ACE 3 Morning Camps EXCEPT Week 4	Ages 5-12	Kids will be taken to the Neighborhood at 12:00 pm for lunch and afternoon activities	Members: \$35 per day \$100 for the week Non-members: \$47 per day \$160 for the week	Monday through Friday 12:00 pm - 5:00 pm <i>Late Pickup (by 7:30 pm)</i> <i>available for an additional</i> <i>\$4 per day</i>
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RAC USTA Summer Junior Tournaments

Players must be current USTA members in order to participate. **All players must register at TennisLink.usta.com** and draws will be posted on that website.

SUMMER - RAC USTA Junior Tournaments				
Tournament Name	Tournament ID	Level and Eligibility	Dates	Events
RAC "Dirt" Clay Court One Day Tournament (tentative)	550004918	Level 6 All USTA players are eligible	June 23 Online registration deadline: June 18 9:59 pm	Boys and Girls - singles only 12 and under (green-dot ball) 14 and under 16 and under 18 and under
RAC Stars & Trophies 10U Orange and Green Ball Tournament	550005018 (2 USTA Virtual Stars awarded for participation)	10U All players ages 7-10 are eligible.	June 23 Online registration deadline: June 18 9:59 pm	Boys and Girls - singles only 10 and under USTA Registration (free) is recommended
RAC Stars & Trophies 10U Orange and Green Ball Tournament	550005118 (2 USTA Virtual Stars awarded for participation)	10U All players ages 7-10 are eligible.	July 21 Online registration deadline: July 16 9:59 pm	Boys and Girls - singles only 10 and under USTA Registration (free) is recommended
RAC Summer Clay Classic Tournament	550005218	Level 5 All USTA players are eligible	August 3 - 5 Online registration deadline: July 30 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 Stars & Trophies 10U Orange and Green Ball Tournament	550005318 (2 USTA Virtual Stars awarded for participation)	10U All players ages 7-10 are eligible.	August 25 Online registration deadline: August 20 9:59 pm	Boys and Girls - singles only 10 and under USTA Registration (free) is recommended



Other Racquet Sports

SPRING SESSION (8 Weeks)

April 9 - June 3

(No classes or leagues on Memorial Day
Monday, May 28)

SUMMER SESSION (10 Weeks)

June 11 - August 26

(No league matches July 2 - 8)

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

The 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 wmliller@racmn.com

Adult Group Lessons (Spring Only)

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

NOTE: Only maintained during Spring Session.

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

Spring Leagues (8 weeks): Begin April 9 with registration from March 5-30. Matches scheduled for Memorial Day, Monday, May 28 are informal and may be played at your convenience.

Summer Leagues (10 weeks): Begin June 11 with sign up from April 30 - June 1. No matches will be scheduled during the week of July 2-8 (Independence Day).

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

Junior Beginner Lessons (Spring only)

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)

NEW - Squash League

SPRING League (8 weeks): Begin April 14 with registration from March 5-29.

Join us on Saturday mornings for competition and fun! This new league is designed for Level 2.5+ players (Intermediate/Advanced). If you are unable to play your match, please cancel the courts as soon as possible (preferably at least 3 hours in advance). 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 the Activities Desk.

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 Gym3, Badminton nets may be set up for play. Contact the Activities Desk to see if nets may be set up.



Other Racquet Sports

Pickleball

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

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

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

**Earlier end time is due to Summer Camps being held.

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

RACQUETBALL		
Class	Fee	Day/Time
Introduction to Racquetball	Free	Schedule with: Wendy Miller at (507) 287-9335 ext. 321 or wmillerr@racmn.com or Greg Leibfried at (507) 287-9335 ext. 323 or gleibfried@racmn.com
Adult Group Lessons	Spring: \$80 (8 weeks)	Spring Session: Wednesday 6:00 - 7:00 pm
Challenge Ladder	Free	Spring Session only <i>Ladder is based on league matches or participants setting up their own match times.</i>
Junior Beginner Lessons (Ages 8-12)	Spring: \$80 (8 weeks)	Spring Session: Tuesday 5:30 - 6:30 pm
Racquetball Leagues	Spring: \$18 (8 weeks) Summer: \$22 (10 weeks)	Available leagues will be posted at Activities Desk and Racquet Sports bulletin board Sign up at Activities Desk
Racquetball Private Lessons	\$25 per half hour	Schedule with: Wendy Miller at (507) 287-9335 ext. 321 or wmillerr@racmn.com or Greg Leibfried at (507) 287-9335 ext. 323 or gleibfried@racmn.com <div>>></div>

Other Racquet Sports



SQUASH

Class	Fee	Day/Time
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)
NEW! - Squash League (Intermediate/Adv Level 2.5+)	Spring: \$18 (8 weeks)	Saturday 9:00 - 11:00 am Sign up at Activities Desk
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)	Spring: Monday - Friday 6:00 - 8:45 am Summer: Monday - Friday 6:00 - 8:00 am Request equipment at the Activities Desk
Pickleball Mixer (All levels / No pre-formed groups)	Free (No Sign up needed)	Spring: Sunday 7:00 - 8:45 pm



Swimming

Swimming

SPRING SESSION (8 Weeks)

April 9 - June 3

(No classes May 26 - 28 due to Memorial Day weekend. Those classes will be prorated.)

SUMMER SESSIONS:

Classes are held in either
2 Week Daytime or 4 Week Evening sessions
from June 11 - August 30.
(July 4 Daytime classes will run)
See Summer tables for date ranges

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.

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 descriptions at end of Swimming section.

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	9:30 am - 6:00 pm
Sundays	9:30 am - 6:00 pm

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

Lap Swim

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

Preschool Swimming Lessons

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

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

Parent/Child (Ages 6 Months-3 Years)

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

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

Floating Fish (Ages 3-5)

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

Skills will be supported by the instructor and include:

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

Gliding Guppies (Ages 3-5)

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

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



Mighty Minnows (Ages 3-5)

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

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



SPRING - Preschool

Class	Age	Fee	Day/Time	
Parent/Child	6 months-3 years	Spring: \$70	Tuesday Thursday Thursday Saturday	6:05 - 6:35 pm 11:20 - 11:55 am 5:50 - 6:20 pm 10:30 - 11:00 am
Floating Fish	3-5 years	Spring: \$70	Tuesday Tuesday Wednesday Thursday Thursday Saturday	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	3-5 years	Spring: \$70	Tuesday Wednesday Thursday Saturday	6:40 - 7:10 pm 10:45 - 11:15 am 5:15 - 5:45 pm 10:30 - 11:00 am
Mighty Minnows	3-5 years	Spring: \$70	Tuesday Tuesday Wednesday Thursday Thursday Saturday	11:20 - 11:50 am 6:40 - 7:10 pm 11:55 - 12:25 pm 11:20 - 11:50 am 5:15 - 5:45 pm 11:05 - 11:35 am

SUMMER - Preschool DAYTIME*

SESSIONS: Class	Fee	A 6/11 - 6/21	B 6/25 - 7/5	C 7/9 - 7/19	D 7/23 - 8/2	E 8/6 - 8/16
Parent/Child (6 months-3 years)	\$70		11:45 am		11:45 am	
Floating Fish (3-5 years)	\$70	11:10 am 3:00 pm	11:10 am 3:00 pm	11:10 am 3:00 pm	11:10 am 3:20 pm	11:10 am
Gliding Guppies (3-5 years)	\$70	11:10 am 2:45 pm	11:10 am 2:45 pm	11:10 am 2:45 pm	11:10 am 2:45 pm	11:10 am
Mighty Minnows (3-5 years)	\$70	10:35 am 2:10 pm	10:35 am 2:10 pm	10:35 am 2:10 pm	10:35 am 2:10 pm	10:35 am

*Daytime Classes meet Monday - Thursday for 2 weeks
Daytime classes will meet Wednesday, July 4

SUMMER - Preschool EVENING**

SESSIONS: Class	Fee	F 6/12 - 7/5	G 7/10 - 8/2	H 8/7 - 8/30
Parent/Child (6 months-3 years)	\$70	5:50 pm	5:50 pm	5:50 pm
Floating Fish (3-5 years)	\$70	5:50 pm	5:50 pm	5:50 pm
Gliding Guppies (3-5 years)	\$70	5:15 pm	5:15 pm	5:15 pm
Mighty Minnows (3-5 years)	\$70	5:15 pm	5:15 pm	5:15 pm

**Evening Classes meet Tuesday AND Thursday for 4 weeks

Youth Swimming Lessons (Ages 6 and up)

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

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

LEVEL 1 - Introduction to Water Skills

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

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



LEVEL 2 - Fundamental Aquatic Skills

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

Exit skills include:

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

LEVEL 3 - Stroke Development

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

Exit skills include:

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

LEVEL 4 - Stroke Improvement

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

Exit skills include:

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

LEVEL 5 - Stroke Refinement

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

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

LEVEL 6 - Swimming and Skill Proficiency

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

Exit skills include:

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

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.

Guard Start - Beginning Lifeguard Training

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

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

Lifeguard Training Class

Purpose: To train 15 year olds and up on the skills needed to become a certified lifeguard.

Prerequisites include:

- Students need to be 16 or have prior permission if 15 to enroll in the class.
- Student must demonstrate ability to swim 50 yds/ meters non-stop.
- Swim 50 yds/meters with rescue tube non-stop.
- Retrieve a 10 lb brick off the bottom of the pool.

Final skill evaluations will include CPR and First Aid training, all water skills needed to lifeguard, and a written exam.

- Class on Sunday, May 13 will occur at the Recreation Center for deep water certification.

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.

Spring Session runs from April 9 - June 3 (8 weeks)
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

Level 1	Tuesday	11:55 - 12:40 pm
Level 2	Tuesday	12:45 - 1:30 pm
Level 3	Thursday	11:55 - 12:40 pm
Level 4	Thursday	12:45 - 1:30 pm
Level 5/6	Tuesday	1:35 - 2:20 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. Lessons have been prorated due to Memorial Day weekend.

Spring Session runs from April 15 - June 3
(8 weeks / 7 classes)

- No class Sunday, May 27

Spring: Members: \$62 Non-members: \$118

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

Spring: Members: \$65 Non-members: \$121

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

SPRING - Youth

Class	Age	Fee	Day/Time
Level 1	Ages 6 and up	Spring: \$74	Tuesday 5:15 - 6:00 pm Thursday 6:25 - 7:10 pm Saturday 9:40 - 10:25 am
Level 2	Ages 6 and up	Spring: \$74	Tuesday 5:15 - 6:00 pm Thursday 6:25 - 7:10 pm Saturday 9:40 - 10:25 am
Level 3	Ages 6 and up	Spring: \$74	Tuesday 7:15 - 8:00 pm Thursday 7:15 - 8:00 pm Saturday 11:40 - 12:25 pm
Level 4	Ages 6 and up	Spring: \$74	Tuesday 7:15 - 8:00 pm Thursday 7:15 - 8:00 pm Saturday 11:40 - 12:25 pm
Level 5	Ages 6 and up	Spring: \$74	Tuesday 8:05 - 8:50 pm Saturday 12:30 - 1:15 pm
Level 6	Ages 6 and up	Spring: \$74	Thursday 8:05 - 8:50 pm
Water Safety Instructor Aid	Ages 11-14	Free	See description for more information
Lifeguard Training Class	Ages 16 and up	Spring: Members: \$200 Non-members: \$250	Thursday, May 10 5:30 - 10:00 pm Friday, May 11 5:30 - 10:00 pm Saturday, May 12 8:30 - 5:00 pm *Sunday, May 13 8:30 - 5:00 pm *Class meets at the Recreation Center
Home School Swimming Lessons	Level 1 Level 2 Level 3 Level 4 Level 5/6	Spring: Members: \$74/child Non-members: \$84/child	See description for days and times
Non-Member Swim Lessons	Preschool- Level 4	See description for prices	See description for days and times

SUMMER - Youth DAYTIME*

SESSIONS: Class	Fee	A 6/11 - 6/21	B 6/25 - 7/5	C 7/9 - 7/19	D 7/23 - 8/2	E 8/6 - 8/16
Level 1 (Ages 6 +)	\$74	9:45 am 1:20 pm	9:45 am 1:20 pm	9:45 am 1:20 pm	9:45 am	9:45 am
Level 2 (Ages 6 +)	\$74	11:10 am 12:30 pm	11:10 am 12:30 pm	11:10 am 12:30 pm	11:10 am 12:30 pm	11:10 am
Level 3 (Ages 6 +)	\$74	10:20 am 12:30 pm	10:20 am 12:30 pm	10:20 am 12:30 pm	10:20 am 1:20 pm	10:20 am
Level 4 (Ages 6 +)	\$74	10:20 am 1:20 pm	10:20 am 1:20 pm	10:20 am 1:20 pm	10:20 am	10:20 am
Level 5 (Ages 6 +)	\$74	9:30 am 2:10 pm	9:30 am 2:10 pm	9:30 am 2:10 pm	9:30 am	
Level 6 (Ages 6 +)	\$74		9:30 am		9:30 am	
Guard Start (Ages 11-14)	\$84	9:30 am		9:30 am		9:30 am

*Daytime Classes meet Monday - Thursday for 2 weeks
Daytime classes will meet Wednesday, July 4

SUMMER - Youth EVENING**

SESSIONS: Class	Fee	F 6/12 - 7/5	G 7/10 - 8/2	H 8/7 - 8/30
Level 1 (Ages 6 +)	\$74	6:25 pm	6:25 pm	6:25 pm
Level 2 (Ages 6 +)	\$74	6:25 pm	6:25 pm	6:25 pm
Level 3 (Ages 6 +)	\$74	7:15 pm	7:15 pm	7:15 pm
Level 4 (Ages 6 +)	\$74	7:15 pm	7:15 pm	7:15 pm
Level 5 (Ages 6 +)	\$74	8:05 pm	8:05 pm	

**Evening Classes meet Tuesday AND Thursday for 4 weeks

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 Class

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

- Maximum of 6 participants

SPRING (ONLY) - Adult

Class	Age	Fee	Day/Time
Adult Beginner	Ages 15 and up	Spring: \$74	Tuesday 8:05 - 8:50 pm
Adult Intermediate	Ages 15 and up	Spring: \$74	Thursday 8:05 - 8:50 pm
Triathlon Swimming	Ages 15 and up	Spring: \$100	Sunday 7:00 - 8:15 pm

Swimming Private Lessons

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

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

Jan Larson Swimming Private Lessons

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

- **Registration for Spring begins March 5 at 5:30 am.**
- **Registration for Summer begins April 30 at 5:30 am.**

1/2 Hour Private \$29

1/2 Hour Semi-Private \$37

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

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) 287-9314 for reservations

1/2 Hour Private \$28

1 Hour Private \$50

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

Steve Varney Swimming Private Lessons

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

1/2 Hour Private \$40

1 Hour Private \$80

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



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

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

March 9 and 23

Saturdays 11:00 am - 7:00 pm

March 10 and 24

Sundays 12:00 pm - 7:00 pm

March 11 and 25

Summer Camps for 2018!

Check out the Summer Camps section to see the new youth summer camps for all interests and ages! Themes each week and new activities.

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
- **Must sign up by 12:00 pm on Thursday, February 22**

*Drop off and pick up in the Neighborhood.

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, eat snacks and play in the bounce house. 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.

Laser Tag Nights

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
- **Must sign up by 12:00 pm on Thursday, March 15 and July 19**

*Drop off and pick up in the Neighborhood.

Prairie Walls

Come ready to hang out at Prairie Walls rock climbing gym. This fun filled night will include bouldering and climbing the rock walls on auto belay or on rope belay. The kids will eat pizza and then climb the rest of the night. Wear comfy clothes and tennis shoes.

- Ages 5-13
- Contact Whitney Benedetti
- Maximum of 25 participants
- **Must sign up by 12:00 pm on Thursday, April 12**

Fill out online waiver in advance at:
prairiewallscimbing.com

*Drop off and pick up at Prairie Walls,
4420 19th St NW, Rochester.



Events for Kids

Class	Ages	Fee	Day/Time
Inflatables	All ages	Free	See description for dates/times
Neighborhood Ice Cream Social	5-13	Members: \$15 Non-members: \$27	Winter 2: Saturday, February 24 5:30 - 8:30 pm
Kids Pajama Parties	3-8	Members: \$13 Non-members: \$21	Winter 2: Saturday, March 3 5:30 - 8:30 pm Spring: Saturday, April 28 5:30 - 8:30 pm Saturday, May 19 5:30 - 8:30 pm
Laser Tag Nights	5-13	Members: \$22 Non-Members: \$34	Winter 2: Saturday, March 17 5:30 - 8:30 pm Summer: Saturday, July 21 5:30 - 8:30 pm
Prairie Walls	5-13	Members: \$25 Non-members: \$37	Spring: Saturday, April 14 5:30 - 8:30 pm Drop off and pick up at Prairie Walls gym

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, 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:

Neighborhood Date Nights (March 9, May 11 and July 13)

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 craft may choose to play organized games in the Neighborhood.

*Drop off and pick up in The Neighborhood.



Class	Ages/Fee	Days/Times
Kids Club Date Night	6 months-6 years Members: \$12 Non-members: \$20	Winter 2: Friday, February 23 6:30 - 9:30 pm Friday, March 9 6:30 - 9:30 pm Friday, March 23 6:30 - 9:30 pm Spring: Friday, April 20 6:30 - 9:30 pm Friday, May 11 6:30 - 9:30 pm Summer: Friday, June 15 6:30 - 9:30 pm Friday, July 13 6:30 - 9:30 pm Friday, August 10 6:30 - 9:30 pm
Neighborhood Date Night	5-13 Members: \$12 Non-members: \$20	Winter 2: Friday, February 23 6:30 - 9:30 pm Friday, March 9 6:30 - 9:30 pm (Swimming) Friday, March 23 6:30 - 9:30 pm Spring: Friday, April 20 6:30 - 9:30 pm Friday, May 11 6:30 - 9:30 pm (Swimming) Summer: Friday, June 15 6:30 - 9:30 pm Friday, July 13 6:30 - 9:30 pm (Swimming) Friday, August 10 6:30 - 9:30 pm

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
 for a Date Night or Special Event, you will be charged \$5/child.**

Birthday Parties

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





Kids Sports & Fitness

SPRING SESSION:

April 9 - June 3 (8 week session)

No classes Monday, May 28 due to Memorial Day.
Monday classes will be prorated.

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

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.

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. Spring runs 8 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.**

Spring dates: April 13, 20, 27
May 4, 11, 18, 25
June 1

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.



SPRING

Class	Ages	Fee	Day/Time/Location
Get Kickin' It	2-3	Spring: Members: \$71 Non-members: \$135	Monday 9:00 - 9:30 am Wednesday 10:00 - 10:30 am NH Hockey Area
Tiny Soccer	3-4	Spring: Members: \$71 Non-members: \$135	Monday 9:30 - 10:00 am Wednesday 10:30 - 11:00 am NH Hockey Area
Soccer 1	4-6	Spring: Members: \$71 Non-members: \$135	Monday 10:05 - 10:35 am Wednesday 11:05 - 11:35 am NH Hockey Area
Basketball 1	6-9	Spring: Members: \$75 Non-members: \$171	Tuesday 5:30 - 6:15 pm NH Gym
Basketball 2	9-12	Spring: Members: \$75 Non-members: \$171	Tuesday 6:15 - 7:00 pm NH Gym
Home School PE	K-Grade 3 Grade 3-5 Grade 5-7	Spring: Members: \$77/child Non-members: \$87/child	See description for days and times NH Gym
Romp and Roll	1-2	Spring: Members: \$75 Non-members: \$135	Tuesday 9:30 - 10:15 am Wednesday 10:20 - 11:05 am NH Small Gym

Sport Private Instruction

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

*Cancellation Policy: No-shows & cancellations will be charged for 1/2 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: \$34

1 Hour Private: \$68

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: \$27 1/2 Hour Semi: \$32

1 Hour Private: \$55 1 Hour Semi: \$58



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.

Class	Ages	Fee	Day/Time/Location
Martial Arts for Health & Wellness	6-Adult	<p>Monthly Fee Members: \$65 Non-Members: \$75</p> <p>Each additional family member enrolled will result in a discount of \$5 for each family member.</p>	<p>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</p> <p>To enroll contact Kirby Strissel at kstrissel@racmn.com Civic View Room</p>



We are excited to begin a new summer with another great lineup of camps! Lots of great ideas and places to go!

This year we will be holding a Summer Camp Open House in the Neighborhood on March 3 from 11:30 am - 1:00 pm. This gives your child and you an opportunity to learn more about our camps.

Questions pertaining to a certain camp? Contact the Director indicated in the camp 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
Sabine Tetzloff Racquet Sports Coordinator
stetzloff@racmn.com or (507) 287-9308

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 participants.

Required Summer Camp Form

Starting March 5, our "Youth Camp Enrollment Form" and "Things to Bring and Know List" will be available to print on our website racmn.com. Look under the "Membership" column and then select "Forms and Documents".

1. Members and Non-members need to fill out a "Youth Camp Enrollment Form" and return it to the Activities Desk or send to the Club in care of the appropriate camp director. Payment must be received at the time of sign up for non-members. One form per child, per month is needed. Please do not put multiple children on one sheet. A child may not participate in a camp if a form has not been received for that camp.

2. Read the "Things to Bring and Know List" prior to the camp. This will ensure your child arrives prepared.

Camp Cancellation Policy

Cancellation by a Member or Guest:

If you cancel less than 8 days prior to the week of camp, the RAC will keep 20% in administrative fees. If you are cancelling within the 8 days, you must call the appropriate camp director to cancel out of camp, not the Activities Desk. No refund once camp begins.

Cancellation by the Club:

All camps must meet a minimum number of participants to run. If the minimum is not met, the camp will be cancelled and you will be contacted. If a camp needs to be cancelled due to low enrollment, these are the days this will be determined:

Camp Start Day:

Monday
Tuesday
Wednesday
Thursday
Friday

Camp Determination Made:

Friday
Monday
Monday
Tuesday
Wednesday

RAC Explorers Camp & RAC Adventure Camps

Our most popular camp is now even better with two age group options! These two 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 and outdoor play, off-site field trips, and swimming. All weeks will be themed. Not all activities will be done each week. Look for flyers with each week's theme and activities at our **March 3 Summer Camp Open House** or posted throughout the club.

RAC Explorers Camp (for ages 5-7)

Off-site activities will include:

- Going to Prairie Walls climbing gym
- Going to Bounce World
- Visiting Cascade Meadow
- Going to a movie at Cinemagic: G or PG rated movie
- Ice skating at the Recreation Center
- Bowling at Colonial Lanes: Kids will bowl in socks. If your child wants to rent shoes, he/she should bring an extra \$2.50
- There will be at least one bused off-site visit each week.

Other Activities during specific weeks include:

Tae Kwon Do lessons	Cooking demos
Sylvan Learning	Service projects
Cardboard yacht club	Science projects



Summer Camps

RAC Adventure Camp (for ages 8-13)

Off-site activities will include:

- Going to Prairie Walls climbing gym
- Going to Bowlocity
- Visiting Cascade Meadow
- Ice skating at the Recreation Center
- Going to a movie at Wehrenberg: G or PG rated movie
- There will be one full day off-site bused adventure each week

Other Activities during specific weeks may include:

Cooking demos	Service projects
Sylvan Learning	Science projects
Cardboard yacht club	

Both camps:

Themes include:

Summer Fun Week	Science Week
Healthy Lifestyles Week	Shark Week
Service Week	Harry Potter Week
Regatta Week	

Additional Information:

- Contact Whitney Benedetti
- Registration fee includes a donation to Cascade Meadow and all entrance fees
- Minimum of 8 kids enrolled per week in order for camp to occur
- Required Summer Camp Form must be filled out, see beginning of Summer Camps section

* Drop off and pick up locations in the Neighborhood.

All activities are included in the camp fee (except bowling shoes). Children will walk or be bused to these locations with camp staff weather permitting. Kids should come properly dressed as they may be walking in rain or sun. If you do not want your child to participate in the above activities, please let the Youth Programming Director, Whitney Benedetti know by 12:00 pm on the Friday **before** the week of camp begins. Arrangements may be made to have the child stay in the Neighborhood during these activities.

Children ages 5-6 must be able to swim on his/her own. If your child cannot swim, please let the Youth Programming Director, Whitney Benedetti know by 12:00 pm on the Friday **before** the week of camp begins. Arrangements may be made to have the child stay in the Neighborhood during swimming.

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.

Full day 8:30 am - 5:00 pm

Options:

Daily Sign Up:

If your child cannot attend a full week, you may sign up for pre-arranged days. The child(ren) must be signed up with the Youth Programming Director, Whitney Benedetti by 12:00 pm on the Friday **before** the week of camp begins. No exceptions. Daily sign up may not occur through the Activities Desk. Keep in mind, a minimum of 8 kids must be signed up for the week in order for camp to occur.

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 pre-arranged the week before camp begins. For late pick up, children will be signed into the Neighborhood by camp staff.

Just For Me Camp

We have all new Themes this year and new ideas!

Need a camp for your 2.5-8 year olds? Check out our Just for Me camp! We will have games, crafts, snacks, outside play and a whole lot more. These are one day camps. Sign up for one or all nine! You must sign up at the Activities Desk.

- Ages 2.5-8 years old
- Contact Jodi Hass
- Required Summer Camp Form must be filled out, see beginning of Summer Camps section
- **Look for flyers with each week's theme (as listed below) at our March 3 Summer Camp Open House.**
- We will have visits with the Fire Station, Police Officer, The Bee Shed, Quarry Hill, Local Weather person, Med City Mahem Soccer and more.
- Longer camp time

*Drop off and pick up in Civic View Room.



Themes:

Quarry Hill - Come for a visit from one of our favorite Quarry Hill Naturalists.

The Bee Shed - The Bee Shed workers will come and teach us all about bees.

Sport Celebrities - Come play games with local sports people! We will have hula hoop fun, obstacle course, balloon toss and more. Everyone will go home with a medal.

Fire Station Fun - We are excited to have a visit with the Fire Station. Come learn about safety.

Fitness on Demand - Come take a kids Fitness on Demand class and make a fun healthy snack.

Cascade Meadow Adventures - We are going on a scavenger hunt to Cascade Meadows and have a picnic snack too.

Stars & Stripes - Let's make crafts for the 4th of July and celebrate with a special treat. We will have a visit with a Police Officer.

Shark Week - This is one of the of the RAC's favorite weeks! We will make Shark crafts, snacks and more. We will go on a shark hunt.

Ice Cream Camp - We are making homemade ice cream and eating it too. We will have to add some fun toppings!

Girls Forum Camp

Our Girls Forums in the past have been so much fun that we want to do it all again! Some different topics and sessions will spice up this summer's forum to bring you an extra fun time. Join us for Fitness, Fashion, Info, and FUN!

Topics may include:

Fitness - Soccer, softball, aerobics, swimming, volleyball, dance (hip hop/funk)

Fashion - Nail care, hairstyles, skin care

Informational - Friendships, crafts, nutrition, healthy lifestyle

- Ages 8-12
- Contact Whitney Benedetti
- A snack will be included both days
- Required Summer Camp Form must be filled out, see beginning of Summer Camps section

*Drop off and pick up in Conference Room.

Euro Football Club Soccer Camp

Euro Football is a youth soccer club providing professionally guided coaching to teach soccer in a consistent manner for true player development. Our mission is to provide the maximum benefit of professionally guided training through programs that emphasize fun, sportsmanship, individual development and team play.

The Euro approach gives players the chance to excel for the enjoyment of the game and the challenge of the competition.

- Contact Whitney Benedetti
- Ages 3-14 (split into levels - see below)
- Please arrive 5 minutes before the class starting time. If your child is late, it affects other kids in the camp along with the coaches.
- In case of inclement weather: Practice will be held in the RAC Neighborhood. If inclement weather, that morning call the Activities Desk at (507) 287-9300 to verify location of camp. Decision will be made at 8:00 am. If camp is held in the Neighborhood, kids must bring tennis shoes as cleats are not allowed indoors!
- Required Summer Camp Form must be filled out, see beginning of Summer Camps section

*Drop off and pick up at RAC field (southwest corner of Club).

Levels:

First Kicks (Ages 3-5)

Players will learn the fundamental movement skills. Players will get a lot of touches on the ball.

Mini Kicks (Ages 6-8)

Movement skills and technical development remain top of the agenda. Small sided games and teamwork activities are introduced.

Euro Junior (Ages 9-11)

These sessions are designed to help your son or daughter fine tune their ball skills. This is a crucial time for developing advanced competency in basic techniques and this platform allows for the introduction of more advanced skills.

Euro Elite (Ages 12-14)

Consolidate the performance of fundamental and advanced individual skills. The focus for this group is to help players to develop technique into game situation skill with small-sided games.

RAC Basketball Camps

Learn new basketball skills or work on existing ones. If you are new to the sport and just want to try it out or have played it before - we incorporate all levels!

- Ages 5-12 divided into three age groups:

Ages 5-6	Tiny
Ages 7-9	Youth
Ages 10-12	Junior

- Contact Whitney Benedetti
- Required Summer Camp Form must be filled out, see beginning of Summer Camps section

*Drop off and pick up in Neighborhood. Neighborhood gym will be utilized.



Summer Camps

Rochester Honkers Baseball Camp

The Rochester Honkers baseball team of the Northwoods League and the RAC join together to host a youth baseball camp open to boys and girls. Join the Honkers for 3 days of FUN and learning!

- Ages 6-13
Note: Older children will be separated from younger children during necessary skills
- Contact Whitney Benedetti
- Required Summer Camp Form must be filled out, see beginning of Summer Camps section

*Practice will be held at Mayo Field all 3 days.

In case of inclement weather at Mayo Field: Practice will be held at the RAC Neighborhood. If inclement weather, that morning call the Activities Desk at (507) 287-9300 to verify location of camp. Decision will be made at 8:00 am. If camp is held at RAC, kids must bring tennis shoes as cleats are not allowed indoors!

All Campers will receive:

- Autographs from players & coaches
- Ticket to the Thursday, Friday, and Saturday Honkers' home games on the indicated dates. Ticket must be used on that given date.
- Quality instruction from coaches and players of the Honkers team
- Opportunity to practice & play on Mayo Field, home of the Rochester Honkers

RACSport Half-Day Camp

Join our tennis staff and additional coaches in a summer of all-around sports development! These multi-sport camps will be packed with instruction and friendly competition in a variety of sports disciplines. Each day will include age appropriate fitness activities, group games, and a variety of sports activities including a daily tennis lesson.

- Ages 4-11
- Contact Sabine Tetzloff
- Minimum of 6 kids enrolled in order for camp to occur
- Required Summer Camp Form must be filled out, see beginning of Summer Camps section

*Drop off and pick up at Indoor Tennis Court #1.

KidFit Half-Day Camp

Join us in a summer of athletic growth and fun! Each day will include age appropriate fitness activities, group games, and a variety of sports activities including a daily tennis lesson. KidFit Camps will focus on overall coordination and fitness for our youngest members. It is never too early to begin a healthy fitness lifestyle.

- Ages 4-11
- Contact Sabine Tetzloff
- Minimum of 6 kids enrolled in order for camp to occur
- Required Summer Camp Form must be filled out, see beginning of Summer Camps section

*Drop off and pick up at Indoor Tennis Court #1.

Prairie Walls Climbing Camp

Come join us for a fun filled week of climbing at Prairie Walls climbing gym. Classes will meet at the RAC and walk to Prairie Walls gym and learn the fundamentals of climbing, belaying, and bouldering. Then, they will return to the RAC for lunch and afternoon activities.

- Ages 5-13
- Contact Whitney Benedetti
- Registration fee includes 5 three hour climbing sessions at Prairie Walls
- Minimum of 7 kids enrolled in order for camp to occur
- No half day or single day options
- Required Summer Camp Form must be filled out, see beginning of Summer Camps section

*Camp drops off and picks up in the Neighborhood.

Kids will be walking back and forth to Prairie Walls.

Tennis Camps

See the Tennis section for details on tennis camps for beginner to advanced levels. No experience is necessary!

- Ages 3+
- Contact Sabine Tetzloff

Summer Camps



Camp	Ages	Fee	Day/Time
Come to our Summer Camp Open House on Saturday, March 3 from 11:30 am - 1:00 pm in the Neighborhood			
RAC Explorers Camp	5-7	Members: \$200/week Non-members: \$260/week Members: \$75/day Non-members: \$87/day	<p>Dates offered: June 11-15 June 18-22 June 25-29 July 30-August 3 August 6-10 August 13-17 August 20-24</p> <p>Full day 8:30 am - 5:00 pm</p> <ul style="list-style-type: none"> • See description for all important details! • Early drop off, late pick up also available. • Daily and half day sign up must occur through Youth Programming Director.
RAC Adventure Camp	8-13	Members: \$250/week Non-members: \$310/week Members: \$85/day Non-members: \$97/day	<p>Dates offered: June 11-15 June 18-22 June 25-29 July 30-August 3 August 6-10</p> <p>Full day 8:30 am - 5:00 pm</p> <ul style="list-style-type: none"> • See description for all important details! • Early drop off, late pick up also available. • Daily and half day sign up must occur through Youth Programming Director.
The last two weeks of RAC Adventure Camp will feature more off site experiences and due to this a larger fee is charged.		Members: \$300/week Non-members: \$360/week Members: \$100/day Non-members: \$112/day	<p>Dates offered: August 13-17 August 20-24</p> <p>Full day 8:30 am - 5:00 pm</p> <ul style="list-style-type: none"> • See description for all important details! • Early drop off, late pick up also available. • Daily and half day sign up must occur through Youth Programming Director. <p style="text-align: right;">>></p>



Summer Camps

Camp	Ages	Fee	Day/Time
Come to our Summer Camp Open House on Saturday, March 3 from 11:30 am - 1:00 pm in the Neighborhood			
Just For Me Camp	2.5-8	Members: \$20 Non-members: \$28	Dates offered: June 12 June 19 June 26 July 10 July 17 July 24 July 31 August 14 August 21 Tuesdays 9:00 am - 12:00 pm
Girls Forum Camp	8-12	Members: \$45 Non-members: \$69	June 14-15 9:00 am - 12:00 pm
Euro Football Club Soccer Camps	3-14 See age ranges	Ages 3-5: Members: \$60 Non-members: \$120 Ages 6-8: Members: \$70 Non-members: \$130 Ages 9-11: Members: \$70 Non-members: \$130 Ages 12-14: Members: \$100 Non-members: \$160	Dates offered: June 18-22 August 6-10 August 20-24 Ages 3-5 9:00 - 9:45 am (First Kicks) Ages 6-8 9:00 - 10:30 am (Mini Kicks) Ages 9-11 10:30 - 12:00 pm (Euro Jr) Ages 12-14 9:00 - 12:00 pm (Euro Elite)
RAC Basketball Camps	5-12 See age ranges	Ages 5-6: Members: \$60 Non-members: \$100 Ages 7-9: Members: \$65 Non-members: \$125 Ages 10-12: Members: \$70 Non-members: \$130	August 6-10 Ages 5-6 11:00 - 11:45 am (Tiny) Ages 7-9 8:30 - 9:30 am (Youth) Ages 10-12 9:30 - 11:00 am (Junior)
Rochester Honkers Baseball Camp	6-13	Members: \$85 Non-members: \$115	July 5-7 8:30 - 11:00 am (Thursday - Saturday)

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Summer Camps



Camp	Ages	Fee	Day/Time
Come to our Summer Camp Open House on Saturday, March 3 from 11:30 am - 1:00 pm in the Neighborhood			
RACSport Half-Day Camp	4-11	Members: \$150/week Non-members: \$210/week	Dates offered: June 18-22 July 9-13 August 6-10 AM half day 8:00 am - 12:00 pm <ul style="list-style-type: none"> • See description for all important details! • Early drop off, late pick up also available. • Daily sign up must occur through Racquet Sports Coordinator.
KidFit Half-Day Camp	4-11	Members: \$150/week Non-members: \$210/week	Dates offered: June 25-29 July 23-27 August 13-17 AM half day 8:00 am - 12:00 pm <ul style="list-style-type: none"> • See description for all important details! • Early drop off, late pick up also available. • Daily sign up must occur through Racquet Sports Coordinator.
Prairie Walls Climbing Camp	5-13	Members: \$275 Non-members: \$335	July 9-13 8:30 - 5:00 pm July 23-27 8:30 - 5:00 pm Early drop-off, late pick up also available.
Tennis Camps	See the Tennis section to learn about Summer Camp offerings for tennis!!		

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

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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



Be Fit. Be Family. Be Well.