



# *Winter* **2018**

## Schedule of Activities

Sign up begins:  
Winter 1 Session - November 27  
Winter 2 Session - January 22  
Sign up for classes by calling  
(507) 287-9300 or stopping by  
the Activities Desk



# At a Glance - Winter Youth Activities

|                       |  | AGE |   |   |   |   |   |   |   |   |   |    |    |    |         |
|-----------------------|--|-----|---|---|---|---|---|---|---|---|---|----|----|----|---------|
|                       |  | 0   | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 | 11 | 12 | 13 & up |
| Kids Sports & Fitness | Yoga for Kids (pg 7)                       |     |   |   |   |   |   |   | X | X | X | X  | X  | X  |         |
|                       | R*O*G*Y Tennis (pg 22)                     |     |   |   | X | X | X | X | X | X | X | X  | X  | X  | X       |
|                       | ACE Tennis Program (pg 27)                 |     |   |   |   |   |   |   |   | X | X | X  | X  | X  | X       |
|                       | Racquetball Junior Lessons (pg 31)         |     |   |   |   |   |   |   |   | X | X | X  | X  | X  |         |
|                       | Swimming Lessons (pg 33)                   | X   | X | X | X | X | X | X | X | X | X | X  | X  | X  | X       |
|                       | Get Kickin' It (pg 43)                     |     |   | X | X |   |   |   |   |   |   |    |    |    |         |
|                       | Tiny Soccer (pg 43)                        |     |   |   | X | X |   |   |   |   |   |    |    |    |         |
|                       | Soccer 1 (pg 43)                           |     |   |   |   | X | X | X |   |   |   |    |    |    |         |
|                       | Basketball 1 and 2 (pg 43)                 |     |   |   |   |   |   | X | X | X | X | X  | X  | X  |         |
|                       | Tiny Hitters (pg 43)                       |     |   |   |   |   | X | X |   |   |   |    |    |    |         |
|                       | Young Hitters 1 and 2 (pg 43)              |     |   |   |   |   |   |   | X | X | X | X  | X  | X  |         |
|                       | Young Pitchers (pg 43)                     |     |   |   |   |   |   |   |   | X | X | X  | X  | X  |         |
|                       | Home School PE (pg 43)                     |     |   |   |   |   |   | X | X | X | X | X  | X  | X  |         |
|                       | Romp and Roll (pg 43)                      |     | X | X |   |   |   |   |   |   |   |    |    |    |         |
|                       | Marital Arts for Health & Wellness (pg 46) |     |   |   |   |   |   | X | X | X | X | X  | X  | X  | X       |
| Events for Kids       | Breakfast With Santa (pg 38)               | X   | X | X | X | X | X | X | X | X | X | X  | X  | X  | X       |
|                       | Let's Do It All Week Camp (pg 38)          |     |   |   |   |   | X | X | X | X | X | X  | X  | X  | X       |
|                       | Kids Pajama Parties (pg 39)                |     |   |   | X | X | X | X | X | X |   |    |    |    |         |
|                       | Gnarly January Night Out (pg 39)           |     |   |   |   |   | X | X | X | X | X | X  | X  | X  | X       |
|                       | Father/Daughter Valentine Dance (pg 39)    | X   | X | X | X | X | X | X | X | X | X | X  | X  | X  | X       |
|                       | Neighborhood Ice Cream Social (pg 39)      |     |   |   |   |   | X | X | X | X | X | X  | X  | X  | X       |
|                       | Laser Tag Night (pg 39)                    |     |   |   |   |   | X | X | X | X | X | X  | X  | X  | X       |
|                       | Date Nights (pg 41)                        | X   | X | X | X | X | X | X | X | X | X | X  | X  | X  | X       |



# Winter 2018 Schedule of Activities

## Winter 1 Session

Classes begin week of January 3 (Wednesday)\*

**Sign up begins November 27**

## Winter 2 Session

Classes begin week of February 19\*

**Sign up begins January 22**

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

## Offerings

|                                 |    |
|---------------------------------|----|
| Adult and Youth Activities..... | 6  |
| Group Fitness .....             | 7  |
| Pilates.....                    | 10 |
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| Healthy Lifestyles.....         | 15 |
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| Other Racquet Sports .....    | 30 |
| Swimming .....                | 33 |
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## Program Sign Up & Cancellation Policies

### Sign Up

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

### Cancellation by the Club

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

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

### Cancellation by a Member or Guest

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

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

## Important Telephone Numbers

|  |                |
|--|----------------|
| Front Desk .....                               | (507) 282-6000 |
| Activities Desk.....                           | (507) 287-9300 |
| Club Café and Deli .....                       | (507) 287-9333 |
| Fitness Floor.....                             | (507) 287-9320 |
| Kids Club.....                                 | (507) 287-9324 |
| The Neighborhood Desk .....                    | (507) 287-9321 |
| Thrive .....                                   | (507) 287-9330 |
| Business Office.....                           | (507) 287-9315 |
| General Manager<br>Brent Frueh .....           | (507) 287-9305 |
| Assistant General Manager<br>Sarah Stille..... | (507) 287-9311 |
| President<br>Matt Remick.....                  | (507) 287-9310 |

|   |                |
|---|----------------|
| Operations Director<br>Nikki Lehnertz .....     | (507) 287-9332 |
| Aquatics Director<br>Whitney Benedetti.....     | (507) 287-9314 |
| Fitness Director<br>Steve Boring.....           | (507) 287-9312 |
| Group Fitness Director<br>Sarah Cima.....       | (507) 287-9318 |
| Tennis Director<br>Ben Maes .....               | (507) 287-9323 |
| Kids Club Director<br>Jodi Hass .....           | (507) 287-9302 |
| Neighborhood Director<br>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

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



## Guidelines for the Pool

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

## Lifeguard Hours

|                           |                   |
|---------------------------|-------------------|
| Monday, Wednesday, Friday | 5:30 pm - 8:30 pm |
| Saturday - Sunday         | 9:30 am - 6:00 pm |

## Outdoor Pool Hours

### (Memorial Day - Labor Day)

|   |                 |
|---|-----------------|
| Monday - Sunday<br>(weather permitting) | 11:00 am - Dusk |
|---|-----------------|

## 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.

|                       |   |
|-----------------------|---|
| <b>Mon, Weds, Fri</b> | <b>5:00 am - 7:00 am and<br/>11:00 am - 1:00 pm</b> |
| <b>Tuesday</b>        | <b>7:00 pm - 9:00 pm*</b>                           |
| <b>Saturday</b>       | <b>9:00 am - 12:00 pm</b>                           |

\*Gyms 1 and 2 only

### Pick-up Basketball Rules:

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

## Pickleball

**Adult Pickleball** will be set up during the following times in the Neighborhood Gym:

|                        |                        |
|------------------------|------------------------|
| <b>Monday - Friday</b> | <b>6:00 - 8:45 am*</b> |
| <b>Sunday Mixer</b>    | <b>7:00 - 9:00 pm*</b> |

**\*When it is a weekend when the inflatables are up in the Neighborhood, there will be no Sunday Mixer or Monday morning pickleball. See "Events for Kids" section for the current inflatables schedule.**

**Morning pickleball** is played in a pick-up game format and is open to adults (senior high school graduates or persons age 19 and older). The **Sunday Mixer** time is for all levels and will be in a mixer format (not for pre-formed groups). Children may play along with their parents. Beginning instruction is available. Request pickleball equipment at the Activities Desk. There is no fee for these activities.

**All ages notes:** 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. During the outdoor court season, pickleball may be played on the 2 Outdoor Hard Courts. Reserve a court through the Activities Desk at (507) 287-9300.

## Adult Pick-up Soccer

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

|                        |                           |
|------------------------|---------------------------|
| <b>Monday - Friday</b> | <b>12:00 pm - 1:00 pm</b> |
|------------------------|---------------------------|

## Badminton

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

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

Players interested in learning more about badminton or to join the e-mail list for badminton players at the RAC should contact Sam Prabhakar, Badminton Coordinator, at [sprabhakar@racmn.com](mailto: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](mailto:nhasst@racmn.com) with questions for using the club for field trips and day activities.



## WINTER 1 SESSION:

**January 3 - February 18 (7 weeks)**

Note this session begins on Wednesday, January 3. Monday and Tuesday classes will be prorated due to New Year's weekend and will run 6 weeks.

## WINTER 2 SESSION:

**February 19 - April 1 (6 weeks)**

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

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

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

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

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

## Group Fitness Schedule Classes

We offer RAC members 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. **The Winter 2018 Mind Body and Group Fitness Schedule will begin on Monday, January 8, 2018.**

The most updated Group Fitness Schedule can be found on the website as well as on the RAC app. Postings within the club are also made to highlight changes, additional classes and introductory options.

## Group Fitness Studios and Fitness on Demand

Another option for directed fitness instruction is virtual Fitness on Demand offerings in the Upper, Lower, and Cycle Studios. Fitness on Demand is a subscription to prerecorded classes. The screens in those studios will display preselected virtual group fitness experiences. Check the iPads outside each studio or the RAC website for a detailed Fitness on Demand schedule.

## Group Fitness Schedule

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

## Group Fitness on the RAC App

Another option is to download our free Rochester Athletic Club app and have our live Group Fitness class schedule in the palm of your hand. It is available through our website at [www.racmn.com](http://www.racmn.com), under the "Fitness, Training & Nutrition" column select "Group Fitness". There are both iPhone and Android device options.

## Group Fitness Special Offerings

### Blindfold Yoga

Have you ever wondered how much your vision affects how you feel? This class is ideal for anyone who has yoga experience and is game to try a new challenge. Participants experience a more focused Vinyasa flow practice based on the other senses rather than sight. By flowing with eyes closed, focus will be on listening as the instructor cues poses and provides the opportunity for exploration of how the inner gaze is affected without physical eyesight. Blindfolds will be provided and are optional.

- Instructor: Richard Woo
- Ages 13 and over
- Location: Mind Body Studio

### Intro to Yoga

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

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

### 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



# Group Fitness

| Class                        | Fee  | Day/Time  |
|------------------------------|------|---|
| Blindfold Yoga               | Free | Winter 1: Sunday, January 21<br>10:00 - 11:00 am<br>Wednesday, January 24<br>6:45 - 7:45 pm |
| Intro to Yoga                | Free | Winter 2: Tuesday, February 27<br>6:30 - 7:30 pm  |
| Yoga for Kids<br>(Ages 7-12) | Free | Winter 2: Wednesday 4:15 - 5:00 pm<br>February 28 - March 14<br>(3 week series)             |

## Yoga Workshops

### Restorative Yoga Workshop

This workshop will provide the opportunity for stress reduction in the body and mind. Props will be used to create comfort for the body, to reduce muscle tension and to allow the body and mind the opportunity to release. Leave feeling refreshed and renewed. No yoga experience necessary and all levels are welcome!

- Instructor: Leana Medina-Beltz
- Location: Mind Body Studio

### Yoga for Back Pain

Experiencing back troubles? Most Americans will suffer from back pain at some point. Learn the causes of back pain and the different conditions that may result. Explore a variety of stretches, modifications, alignments and how being mindful can help bring relief. This workshop will take you through several yoga postures in yin and restorative yoga that can help. Participants will be given handouts of the essential poses at the conclusion of the workshop.

- Instructor: Richard Woo
- Location: Mind Body Studio

| Yoga Workshops            | Fee                                | Day/Time  |
|---------------------------|------------------------------------|---|
| Restorative Yoga Workshop | Members: \$20<br>Non-members: \$32 | Winter 1: Saturday, January 27<br>2:00 pm - 4:00 pm |
| Yoga For Back Pain        | Members: \$20<br>Non-members: \$32 | Winter 1: Sunday, February 4<br>10:00 am - 12:00 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 RYT, Viniyoga Certified Aerial Yoga instructor, Restorative Yoga Training with Judith Hanson Lasater, Ph.D., P.T.

### Intro to Aerial Yoga

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

- Location: Mind Body Studio

### 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

### Date Nite Aerial Yoga

Bring your soul mate, soul sister or brother for a fun night of Aerial Yoga. Aerial Yoga utilizes a fabric hammock as a tool for balance and suspension - allowing you to explore a variety of yoga poses safely, with greater ease and depth. No yoga experience necessary and 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 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<br>Non-members: \$108                    | Winter 1: January 4 - January 25<br>Thursday 8:00 - 9:00 am  |
| Aerial Yoga: Recess and Nap Time | One Day Class             | Members: \$15<br>Non-members: \$27                     | Winter 1: Sunday, January 14<br>2:00 - 3:00 pm   |
| Date Nite Aerial Yoga            | One Day Class             | Members: \$15<br>Non-members: \$27                     | Winter 1: Friday, February 16<br>5:00 - 6:00 pm<br>Saturday, February 17<br>4:00 - 5:00 pm   |
| Continuing Aerial Yoga           | Multiple week session TBA | Members: \$15 per class<br>Non-members: \$27 per class | Contact Leana Medina-Beltz at Lmedina-Beltz@racmn.com or (507) 287-9335 ext. 392 to find out more about current Continuing Aerial Yoga offerings |
| Drop-In to Aerial Yoga           | One Day Class             | Members: \$15<br>Non-members: \$27                     | Winter 2: TBA  |
| Aerial Yoga Special Event        | One Day Class             | Members: \$84<br>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 New 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<br>45-minute: \$54<br>30-minute: \$44    |
| Yoga 6 Pack<br>Buy six at reduced rate!  | One Hour: \$350<br>45-minute: \$295<br>30-minute: \$240 |
| Yoga 12 Pack<br>Buy twelve, receive an even greater discount!                                      | One Hour: \$660<br>45-minute: \$560<br>30-minute: \$455 |
| Monthly Yoga Private Instruction   | \$560<br>(\$100 savings!)                               |
| One 60 minute session per month at the rate of a 45 minute session. (One year commitment required) |   |



# Pilates

## WINTER 1 SESSION:

**January 3 - February 18 (7 weeks)**

Note this session begins on Wednesday, January 3. Monday and Tuesday classes will be prorated due to New Year's weekend and will run 6 weeks.

## WINTER 2 SESSION:

**February 19 - April 1 (6 weeks)**

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" class, or explore more deeply some of the Pilates equipment in a three week "Reformer Intro Series" or "Intro to Pilates Chair" class. Moreover, there is opportunity

to learn and advance in your Pilates practice with our multilevel Pilates Apparatus program and our ongoing Pilates Chair classes. For those who are looking for more guidance and individual attention, we also offer Pilates Private Instruction for individuals or small groups. If you would like assistance in getting started in any of these areas, please contact the Activities Desk at (507) 287-9300 or Jean DeWitz, Certified Pilates Lead at [jdewitz@racmn.com](mailto:jdewitz@racmn.com) or (507) 287-9335 ext. 303.

## Pilates Mat Core

A FREE multilevel Pilates mat class for the beginner to experienced participant. 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<br>(No sign up necessary) |
| Pilates Barre    | FREE for members and those on guest passes | See current Group Fitness Schedule<br>(No sign up necessary) |
| Sweat-a-lates    | FREE for members and those on guest passes | See current Group Fitness Schedule<br>(No sign up necessary) |

## Pilates Apparatus (Reformer and Tower)

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

### Reformer Intro Series

Want to sample an apparatus class before you commit to a full 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: \$98/7 week session

\$84/6 week session



| Class   | Fee   | Day/Time  |
|---|---|---|
| <b>Reformer Intro Series</b><br>(3 Week Series)                               | Members: \$45<br>Non-members: \$81  | <b>Winter 1: January 19 - February 2</b><br><b>Friday 12:00 - 12:55 pm</b>  |
| <b>Pilates Apparatus Classes</b><br>(Introductory through Experienced levels) | <b>Winter 1: (7 weeks)</b><br>Members: \$105<br>Non-members: \$189<br><br><b>Winter 2: (6 weeks)</b><br>Member: \$90<br>Non-member: \$162 | Contact Jean DeWitz at<br><a href="mailto:jdewitz@racmn.com">jdewitz@racmn.com</a><br>or (507) 287-9335 ext. 303<br>to determine appropriate level<br>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.

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

### Continuing Pilates Chair

If you are an experienced Pilates participant in other apparatus and wish to join an ongoing Pilates Chair class, please contact Jean DeWitz.

- Location: Mind Body Studio

| Class                    | Fee   | Day/Time  |
|--------------------------|---|---|
| Intro to Pilates Chair   | Members: \$15<br>Non-members: \$27  | Dates and times will be advertised in club  |
| Continuing Pilates Chair | <b>Winter 1: (7 weeks)</b><br>Members: \$105<br>Non-members: \$189<br><br><b>Winter 2: (6 weeks)</b><br>Member: \$90<br>Non-member: \$162 | Contact Jean DeWitz at<br><a href="mailto:jdewitz@racmn.com">jdewitz@racmn.com</a><br>or (507) 287-9335 ext. 303<br>to determine appropriate level<br>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](mailto:jdewitz@racmn.com) or (507) 287-9335 ext. 303.

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

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



## **WINTER 1 SESSION:**

**January 3 - February 18 (7 weeks)**

No classes Monday and Tuesday, January 1-2.

## **WINTER 2 SESSION:**

**February 19 - April 1 (6 weeks)**

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

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

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

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

## **Adult Fitness Programming**

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

## **Young Athlete Development Training - NEW!!**

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 - NEW!!**

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

## **Foundation Builder**

Channel your NEW goals and excitement with NEW motivation, exercises and structure to lead you to achieve your long term goals! Learn about form, mobility, flexibility and how they affect how you feel each day. Each month Chris Meyer will offer insight and new exercises to target specific aspects of the body. Meets twice per week, 45 minutes per session.

- Contact cmeyer@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

## Tighten and Tone

This class is designed by Chris Meyer to meet each member's ability level. Each session will include new exercises along with group favorites and will include a variety of functional and cross training options. The main goal is to improve cardiovascular health while maximizing your time strength training. Let's get started today! Meets twice per week, 45 minutes per session.

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

| Class                                       | Fee  | Day/Time   |   |
|---|--|--|---|
| <b>Young Athlete Development Training</b>   | Prices vary based on number of sessions selected   | <b>Days vary based on group selection</b><br>Sign up through Steve Boring at sboring@racmn.com |   |
| <b>Force Fit</b>                            | Prices vary based on number of sessions selected   | <b>Days vary based on group selection</b><br>Sign up through Josh Lewis at jlewis@racmn.com    |   |
| <b>Foundation Builder</b>                   | Winter 1: Members: \$145<br>Winter 2: Members: \$135   | <b>Days vary based on group selection</b><br>Sign up through Chris Meyer at cmeyer@racmn.com   |   |
| <b>Kettle Advantage</b>                     | Winter 1: Members: \$145<br>Winter 2: Members: \$135   | <b>Tuesday and Thursday</b>  | <b>5:45 - 6:30 am</b>                             |
|   |  | <b>Tuesday and Thursday</b>  | <b>7:00 - 7:45 am</b>                             |
| <b>Total Body Transformation</b><br>2x Week | Winter 1: Members: \$175<br>Winter 2: Members: \$165   | <b>Monday and Wednesday</b>  | <b>5:30 - 6:30 am</b>                             |
|   |  | <b>Monday and Wednesday</b>  | <b>10:00 - 11:00 am</b>                           |
|   |  | <b>Monday and Thursday</b>   | <b>9:00 - 10:00 am</b><br><b>10:15 - 11:15 am</b> |
|   |  | <b>Monday and Thursday</b>   | <b>4:30 - 5:30 pm</b>                             |
| <b>Total Body Transformation</b><br>3x Week | Winter 1: Members: \$265<br>Winter 2: Members: \$255   | <b>Monday, Wednesday, Friday</b> <b>5:30 - 6:30 am</b>   |   |
|   |  | <b>Monday and Wednesday and Friday</b>   | <b>10:00 - 11:00 am</b><br><b>9:00 - 10:00 am</b> |
|   |  | <b>Monday and Friday and Thursday</b>  | <b>9:00 - 10:00 am</b><br><b>10:15 - 11:15 am</b> |
| <b>Triple Threat</b>                        | Winter 1: Members: \$145<br>Winter 2: Members: \$135   | <b>Tuesday and Thursday</b>  | <b>9:30 - 10:15 am</b>                            |
| <b>BLAST 30</b>                             | <b>Monthly Fee</b><br>Members: 2x week: \$85<br>3x week: \$120   | <b>Days vary based on group selection</b><br>Sign up through Chris Zink at czink@racmn.com     |   |
| <b>TRX by Josh</b>                          | <b>Monthly Fee</b><br>Members: 1x week: \$50*<br>3x week: \$130*<br>*Prices vary due to holidays and dates held during month | <b>Days vary based on group selection</b><br>Sign up through Josh Karow at jkarow@racmn.com    |   |
| <b>Tighten and Tone</b>                     | Winter 1: Members: \$145<br>Winter 2: Members: \$135   | <b>Days vary based on group selection</b><br>Sign up through Chris Meyer at cmeyer@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<br>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<br>45-minute: \$58<br>30-minute: \$48    |
| Silver Package<br>Buy six at reduced rate!    | One Hour: \$370<br>45-minute: \$315<br>30-minute: \$260 |
| Gold Package<br>Buy twelve at a reduced rate! | One Hour: \$695<br>45-minute: \$595<br>30-minute: \$495 |

### Personal Nutrition Counseling

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

- Contact Branda Anderson at (507) 287-9335 ext. 344 or banderson@racmn.com
- Contact Chelsey Kruger at (507) 287-9335 ext. 355 or ckruger@racmn.com

### Fuel Up

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

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



# Healthy Lifestyles

## Nutrition Services

|                                     |                                      |
|-------------------------------------|--------------------------------------|
| <b>Private Nutrition Counseling</b> | One Hour: \$68                       |
| <b>Fuel Up</b><br>(6 Week Program)  | Members: \$330<br>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](mailto:banderson@racmn.com)

#### Gold

- Initial nutrition and personal training consultation with before and after pictures and measurements
- Weekly 1 hour (or two 30 minute) personal training sessions
- Weekly meeting with the dietitian to weigh-in, receive recipes and fueling tips
- Extra 12% discount in the Deli on healthy food purchases during the 12 week program
- Extra 25% discount off heart rate monitors at Thrive
- Receive a personal foam roller
- \$200 RAC services gift certificate for obtaining program goals

#### Silver

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

#### Basic (Diet only)

- Initial Consult with Registered Dietitian - official weigh-in, set goals and learn about incentive, set up weigh-in time and diet consult time, take before/after pictures 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

|   |  |
|---|--|
| <b>Gold</b>                                     | Members: \$1035<br>Non-members: \$1325 |
| <b>Silver</b>                                   | Members: \$710<br>Non-members: \$1060  |
| <b>Basic (Diet Only)</b><br><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](mailto:banderson@racmn.com)

#### Gold Package

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

- Initial nutrition consultation, which includes: Food diary, grocery list and 7-day meal plan, and before/after pictures
- Initial personal training consultation with before/after measurements
- 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

|   |  |
|---|--|
| <b>Phase 1 - Gold</b>                                     | Members: \$1220<br>Non-members: \$1495<br><br><i>Couple/Share Trainer Rate:</i><br>Members: \$890 each<br>Non-members: \$1175 each |
| <b>Phase 1 - Silver</b>                                   | Members: \$900<br>Non-members: \$1165<br><br><i>Couple/Share Trainer Rate:</i><br>Members: \$740 each<br>Non-members: \$1025 each  |
| <b>Phase 1 - Basic (Diet Only)</b><br><i>Members Only</i> | Members: \$410<br><br><i>Couple/Share Trainer Rate not offered for Basic</i>   |
| <b>Phase 2</b><br><i>Members Only</i>                     | Members: \$540<br><br><i>Couple/Share Trainer Rate:</i><br>Members: \$395 each   |
| <b>Phase 3</b><br><i>Members Only</i>                     | Members: \$370<br><br><i>Couple/Share Trainer Rate:</i><br>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

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

|                               |       |
|-------------------------------|-------|
| <b>Individual Sessions</b>    |       |
| 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  |
| <b>Hot Stone Massage</b>      |       |
| 90 minute massage:            | \$111 |
| <b>30 Minute Packages</b>     |       |
| 5 Sessions (15% off):         | \$200 |
| 10 Sessions (20% off):        | \$376 |
| <b>60 Minute Packages</b>     |       |
| 5 Sessions (15% off):         | \$298 |
| 10 Sessions (20% off):        | \$560 |
| <b>90 Minute Packages*</b>    |       |
| 5 Sessions (15% off):         | \$408 |
| 10 Sessions (20% off):        | \$768 |
| *Cannot be used for Hot Stone |       |

## WINTER 1 and WINTER 2 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 Sabine Tetzloff at stetzloff@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 information.

| Tennis Private Lessons (TPL)  |   |
|---|---|
| <b>Individual Lesson</b>  | 30 min: \$37<br>60 min: \$72<br>90 min: \$108 |
| <b>30 Minute Lesson Package</b><br>Buy SIX lessons and get a 10% discount | \$200   |
| <b>60 Minute Lesson Package</b><br>Buy TEN lessons and get a 15% discount | \$612   |

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

## Adult Tennis

### WINTER 1: January 3 - February 18 (7 weeks)

No classes on January 1-2. Monday and Tuesday classes will be prorated accordingly.

### WINTER 2: February 19 - April 1 (6 weeks)



# Tennis

## Adult Group Lesson Offerings

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

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

### Adult Group Tennis Lessons

| Class  | Description  | Fee   | Days/Times   |
|--|--|---|--|
| <b>Monthly Adult New Member Meet &amp; Greet</b> | Meet other new members who are interested in tennis in this informal monthly social filled with drills, games, and snacks!   | <b>FREE</b>   | <b>Saturday</b> 4:00 - 5:30 pm<br><b>Winter 1:</b> January 6<br>February 3<br><b>Winter 2:</b> March 3                                 |
| <b>Adult Intro to Tennis</b>                     | 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. | <b>Winter 1: \$60</b><br><b>Winter 2: \$60</b>  | <b>Tuesday</b> 4:45 - 5:30 pm  |
| <b>Adult Beginner</b>                            | Covers the basic tennis strokes: ground strokes, volleys, serves, returns and some point play. Stage 3 Green-dot ball is used.   | <b>Winter 1: \$91</b><br><i>(Tuesday classes will be prorated)</i><br><b>Winter 2: \$78</b> | <b>Tuesday</b> 9:30 - 10:30 am<br><b>Tuesday</b> 8:00 - 9:00 pm<br><b>Thursday</b> 7:00 - 8:00 pm<br><b>Saturday</b> 9:00 - 10:00 am   |
| <b>Adult Beginner PLUS</b>                       | A 90-minute class covering basic strokes and strategies for beginning match play (singles and doubles).<br><i>Appropriate for players with an NTRP rating of 2.5 and below.</i>  | <b>\$17.50 / day</b><br><i>Sign up daily at the Activities Desk (507) 287-9300</i>          | <b>Monday</b> 10:30 am - 12:00 pm<br><b>Wednesday</b> 10:30 am - 12:00 pm  |
| <b>Adult Intermediate</b>                        | All tennis strokes will be refined while introducing strategy for singles and doubles. Basic footwork patterns will help players during point play.  | <b>Winter 1: \$91</b><br><i>(Tuesday classes will be prorated)</i><br><b>Winter 2: \$78</b> | <b>Tuesday</b> 10:30 - 11:30 am<br><b>Tuesday</b> 7:00 - 8:00 pm<br><b>Thursday</b> 6:00 - 7:00 pm<br><b>Saturday</b> 10:00 - 11:00 am |
| <b>Adult Intermediate PLUS</b>                   | A 90-minute class covering all strokes and more advanced strategies for match play (singles and doubles).<br><i>Appropriate for players with an NTRP rating of 2.5.</i>  | <b>\$17.50 / day</b><br><i>Sign up daily at the Activities Desk (507) 287-9300</i>          | <b>Monday</b> 10:30 am - 12:00 pm<br><b>Wednesday</b> 10:30 am - 12:00 pm  |
| <b>Adult Advanced (Strokes &amp; Strategies)</b> | 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.   | <b>Winter 1: \$91</b><br><b>Winter 2: \$78</b>  | <b>Wednesday</b> 9:30 - 10:30 am   |

## Adult Drills and Leagues

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.

## Adult Drills and Leagues

| League/Drill   | Description   | Fee  | Days/Levels/Times  |
|--|---|--|--|
| <b>**NEW**<br/>Power Tennis<br/>Drills</b>             | Come and try our newest adult program - a combination of fast-paced drills and rally games provide a great workout in a fun atmosphere.   | <b>\$13 / day</b><br><i>Sign up daily at the Activities Desk (507) 287-9300</i>    | <b>Monday (3.5+) 9:30 - 10:30 am</b>   |
| <b>Drills &amp; Games<br/>Galore</b>                   | 90 minutes of non-stop drills and games like Treasure, Flurry, GVS and Beat the Baseline. A fast paced class for the competitive player.  | <b>\$17.50 / day</b><br><i>Sign up daily at the Activities Desk (507) 287-9300</i> | <b>Monday (3.0+) 6:30 - 8:00 pm</b><br><b>Thursday (2.5/3.0) 9:30 - 11:00 am</b><br><b>Thursday (3.5+) 9:30 - 11:00 am</b>                     |
| <b>**NEW**<br/>Advanced Adult<br/>Challenge Court</b>  | 90 minutes of fast paced doubles drills followed by match play.<br><i>This class is for men and women with a 4.0+ NTRP rating.</i>  | <b>\$17.50 / day</b><br><i>Sign up daily at the Activities Desk (507) 287-9300</i> | <b>Monday (4.0+) 7:00 - 8:30 pm</b>  |
| <b>AM Live Ball</b>                                    | Enjoy a "smashing" start to your day! An early morning workout for our 3.0+ players, consisting of fun drills and competitive point play.   | <b>\$13 / day</b><br><i>Sign up daily at the Activities Desk (507) 287-9300</i>    | <b>Tuesday (3.0+) 6:00 - 7:00 am</b><br><b>Thursday (3.0+) 6:00 - 7:00 am</b>  |
| <b>**NEW**<br/>Mimosa Morning<br/>Drill &amp; Play</b> | Enjoy a full hour of drills and games followed by an hour of match play (singles and doubles), topped off with a tasty Mimosa!  | <b>\$20 / day</b><br><i>Sign up daily at the Activities Desk (507) 287-9300</i>    | <b>Tuesday (3.5+) 9:30 - 11:30 am</b><br><b>Friday (2.5/3.0) 9:30 - 11:30 am</b>   |
| <b>50+ Drill &amp; Play</b>                            | 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.                                  | <b>\$17.50 / day</b><br><i>Sign up daily at the Activities Desk (507) 287-9300</i> | <b>Wednesday 9:30 - 11:00 am</b>   |
| <b>Advanced<br/>Doubles<br/>Drill &amp; Play</b>       | 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.                                 | <b>\$17.50 / day</b><br><i>Sign up daily at the Activities Desk (507) 287-9300</i> | <b>Thursday (4.0+) 9:30 - 11:00 am</b>   |
| <b>**NEW**<br/>Singles<br/>Drill &amp; Play</b>        | 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.                          | <b>\$17.50 / day</b><br><i>Sign up daily at the Activities Desk (507) 287-9300</i> | <b>Thursday (3.5+M/4.0+W) 7:30 - 9:00 pm</b>   |
| <b>**NEW**<br/>1000 Ball Power<br/>Hour</b>            | 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. | <b>\$13 / day</b><br><i>Sign up daily at the Activities Desk (507) 287-9300</i>    | <b>Saturday (3.0+M) 8:00 - 9:00 am</b><br><b>Saturday (3.0+W) 8:00 - 9:00 am</b><br><br><i>Classes may be combined<br/>if numbers warrant.</i> |

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## Adult Drills and Leagues (cont.)

| League/Drill                             | Description  | Fee  | Days/Levels/Times   |
|--|--|--|---|
| <b>Saturday Doubles Drill &amp; Play</b> | A great way to meet people while playing competitive matches. Players rotate doubles partners. Each month there will be one "Special Theme" event with giveaways!  | <b>\$ 15 / day</b><br><i>Sign up daily at the Activities Desk (507) 287-9300</i> | <b>Saturday (3.0+) 9:00 - 11:00 am</b>  |
| <b>WINTER USTA Mixed Doubles League</b>  | 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 | <b>Cost per match varies by the competition venue.</b>                           | <b>Sunday afternoon / evening (times to be determined)</b><br><br><i>Team Registration Deadline: December 24</i><br><i>Matches: January - April 2018</i><br><br><i>Sectional Championships: Date TBD, August 2018</i> |

**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

### **WINTER 1: January 3 - February 18 (7 weeks)**

No classes on January 1-2. Monday and Tuesday classes will be prorated accordingly.

### **WINTER 2: February 19 - April 1 (6 weeks)**

### **New 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**.



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

| Class   | Age  | Ball   | Court | Ratio | Fee  | Days/Times   |
|---|--|--------|-------|-------|--|--|
| <b>Mini RACquets Parent/Child Tennis</b><br>Preschool Athletic Development and Tennis | 3-4 years  | FOAM   | 36'   | 5 : 1 | <b>Winter 1: \$63</b><br><i>(Monday and Tuesday classes will be prorated)</i><br><br><b>Winter 2: \$54</b> | <b>Monday</b> 6:00 - 6:30 pm<br><b>Tuesday</b> 9:30 - 10:00 am<br><b>Saturday</b> 9:00 - 9:30 am<br><b>Saturday</b> 9:30 - 10:00 am<br>*Additional times may be arranged for groups of 4 kids. Contact: Sabine Tetzloff at (507) 287-9308 or stetzloff@racmn.com |
| <b>RED Ball Beginner</b>  | 4-7 years  | RED    | 36'   | 5 : 1 | <b>Winter 1: \$70</b><br><i>(Monday and Tuesday classes will be prorated)</i><br><br><b>Winter 2: \$60</b> | <b>Monday</b> 6:00 - 6:45 pm<br><b>Tuesday</b> 10:00 - 10:45 am<br><b>Tuesday</b> 4:00 - 4:45 pm<br><b>Tuesday</b> 5:30 - 6:15 pm<br><b>Thursday</b> 6:00 - 6:45 pm<br><b>Friday</b> 4:00 - 4:45 pm<br><b>Saturday</b> 9:00 - 9:45 am                            |
| <b>RED Ball Intermediate</b>  | 4-8 years<br><i>*encouraged to also register for Red Ball Drill &amp; Play</i> | RED    | 36'   | 5 : 1 | <b>Winter 1: \$91</b><br><i>(Tuesday classes will be prorated)</i><br><br><b>Winter 2: \$78</b>            | <b>Tuesday</b> 10:45 - 11:45 am<br><b>Tuesday</b> 4:30 - 5:30 pm<br><b>Tuesday</b> 6:00 - 7:00 pm<br><b>Thursday</b> 4:00 - 5:00 pm<br><b>Friday</b> 4:00 - 5:00 pm<br><b>Saturday</b> 10:00 - 11:00 am  |
| <b>RED Ball Advanced</b>  | 5-8 years<br><i>*encouraged to also register for Red Ball Drill &amp; Play</i> | RED    | 36'   | 6 : 1 | <b>Winter 1: \$91</b><br><b>Winter 2: \$78</b>   | <b>Wednesday</b> 6:00 - 7:00 pm<br><b>Friday</b> 5:00 - 6:00 pm<br><b>Saturday</b> 11:00 am - 12:00 pm   |
| <b>RED BARONS Competitive Red Ball Training</b>                                       | 5-8 years<br><i>*encouraged to also register for Red Ball Drill &amp; Play</i> | RED    | 36'   | 6 : 1 | <b>Winter 1: \$91</b><br><b>Winter 2: \$78</b>   | <b>Friday</b> 5:00 - 6:00 pm<br><b>Saturday</b> 11:00 am - 12:00 pm<br><br><b>BY RECOMMENDATION ONLY</b>   |
| <b>RED Ball Drill &amp; Play</b>  | Currently in Red Ball Intermediate, Advanced or in RED BARONS                  | RED    | 36'   | 8 : 1 | <b>Winter 1: \$91</b><br><b>Winter 2: \$78</b>   | <b>Saturday</b> 12:00 - 1:00 pm  |
| <b>ORANGE Ball Beginner</b>   | 8-10 years   | ORANGE | 60'   | 6 : 1 | <b>Winter 1: \$91</b><br><i>(Monday classes will be prorated)</i><br><br><b>Winter 2: \$78</b>             | <b>Monday</b> 5:00 - 6:00 pm<br><b>Wednesday</b> 6:00 - 7:00 pm<br><b>Friday</b> 5:00 - 6:00 pm<br><b>Saturday</b> 11:00 am - 12:00 pm   |
| <b>ORANGE Ball Intermediate</b>   | 8-10 years<br><i>*encouraged to also register for Orange Ball Match Play</i>   | ORANGE | 60'   | 6 : 1 | <b>Winter 1: \$91</b><br><i>(Monday classes will be prorated)</i><br><br><b>Winter 2: \$78</b>             | <b>Monday</b> 5:00 - 6:00 pm<br><b>Wednesday</b> 5:00 - 6:00 pm<br><b>Friday</b> 6:00 - 7:00 pm<br><b>Saturday</b> 12:00 - 1:00 pm<br>>>   |



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

| Class                          | Age  | Ball         | Court | Ratio | Fee  | Days/Times  |
|--------------------------------|--|--------------|-------|-------|--|---|
| <b>ORANGE Ball Advanced</b>    | 8-10 years<br><i>*encouraged to also register for Orange Ball Match Play</i> | ORANGE       | 60'   | 6 : 1 | Winter 1: \$91<br>Winter 2: \$78   | Wednesday 6:00 - 7:00 pm<br>Friday 7:00 - 8:00 pm<br>Saturday 12:00 - 1:00 pm |
| <b>ORANGE Ball Match Play</b>  | Currently at Orange Ball Intermediate or Advanced level                      | ORANGE       | 60'   | 8 : 1 | Winter 1: \$91<br>Winter 2: \$52<br>(No matches on March 10 and 17 due to USTA tournament) | Saturday 1:00 - 2:00 pm   |
| <b>GREEN Ball Beginner</b>     | 11-13 years  | GREEN        | 78'   | 6 : 1 | Winter 1: \$91<br>(Tuesday classes will be prorated)<br><br>Winter 2: \$78                 | Tuesday 4:00 - 5:00 pm<br>Thursday 6:00 - 7:00 pm                             |
| <b>GREEN Ball Intermediate</b> | 11-13 years<br><i>*encouraged to also register for Green Ball Match Play</i> | GREEN        | 78'   | 6 : 1 | Winter 1: \$91<br>(Tuesday classes will be prorated)<br><br>Winter 2: \$78                 | Tuesday 5:00 - 6:00 pm<br>Thursday 5:00 - 6:00 pm                             |
| <b>GREEN Ball Advanced</b>     | 11+ years<br><i>*encouraged to also register for Green Ball Match Play</i>   | GREEN        | 78'   | 6 : 1 | Winter 1: \$91<br>(Monday classes will be prorated)<br><br>Winter 2: \$78                  | Monday 6:00 - 7:00 pm   |
| <b>GREEN Ball Match Play</b>   | Currently at Green Ball or Teen level  | GREEN        | 78'   | 8 : 1 | Winter 1: \$91<br>Winter 2: \$52<br>(No matches on March 10 and 17 due to USTA tournament) | Saturday 1:00 - 2:00 pm   |
| <b>TEEN Tennis</b>             | 13-18 years<br><i>*encouraged to also register for Green Ball Match Play</i> | GREEN YELLOW | 78'   | 6 : 1 | Winter 1: \$91<br>Winter 2: \$78   | Thursday 6:00 - 7:00 pm   |

### Junior Special Events

#### Red Ball Parent / Child Doubles Tournaments

A fun afternoon of tennis and learning: Children will play alongside their parent or sibling in a fun non-elimination format. Pizza will be served to celebrate the event!

#### February Neighborhood and Kids Club Date Night PLUS Tennis

Drop your child off for date night and let us introduce them to tennis! Players with or without experience can join us for tennis drills and games. We will provide racquets for the kids to use! For more information, contact Sabine Tetzloff at (507) 287-9308 or stetzloff@racmn.com.

#### 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 must remain at this level of competition at least 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. Please contact Sabine Tetzloff at stetzloff@racmn.com or (507) 287-9308 for additional information.



# Tennis

| Event   | Age   | Ball/Court   | Fee /Details   |
|---|---|--|--|
| <b>RED Ball<br/>Parent / Child Doubles<br/>Tournaments</b>                    | Ages 6-8<br><br>Non-elimination format<br><i>Children should be able<br/>to rally over the net<br/>(late Red Ball<br/>Intermediate or<br/>Red Ball Advanced).</i><br><br>Parents do <u>NOT</u> need<br>tennis experience! | Red ball / 36 foot court<br><br><i>For information, contact<br/>Sabine Tetzloff at<br/>stetzloff@racmn.com</i>   | <b>Winter 1:</b><br>January 20 1:00 - 3:00 pm<br><b>Winter 2:</b><br>March 24 1:00 - 3:00 pm<br><br>Fee: \$20 per parent/child<br>team for each event<br>(maximum of 8 teams)<br><br><i>Sign up at the Activities Desk<br/>(507) 287-9300</i>                            |
| <b>February<br/>Neighborhood and<br/>Kids Club Date Night<br/>PLUS Tennis</b> | Ages 4-12   | Red Ball<br>Orange Ball<br>(optional 45 minute<br>tennis rotation)   | <b>Winter 1:</b><br>February 9 6:30 - 9:30 pm<br>(Tennis 7:00 - 7:45 pm)<br><br><i>See Neighborhood and Kids Club<br/>Date Night descriptions under<br/>Events for Kids</i><br><br><b>An additional \$10 for<br/>the Tennis option</b>                                   |
| <b>RAC Stars &amp; Trophies<br/>Play Day</b>                                  | Ages 7-13<br><br>USTA Registration (free)<br>is recommended<br><br>One USTA Northern<br>virtual Star will be<br>earned by participating<br>in this event.   | Orange ball / 60 foot court<br>Green ball / 72 foot court<br><br>Open to ACE 3 and<br>ROGY players<br><br><i>For information, contact<br/>Sabine Tetzloff at<br/>stetzloff@racmn.com</i> | <b>Winter 1:</b><br>February 17 1:00 - 3:00 pm<br>(Round robin format; matches will<br>begin promptly at 1:00 pm)<br><br>Fee: \$20/event<br>(Players enrolled in Orange Ball<br>Match Play play for \$7)<br><br><i>Sign up at the Activities Desk<br/>(507) 287-9300</i> |

## R\*O\*G\*Y Tennis Half-Day Camps

Join us for tennis fun when there is no school! Our half-day camps include age and ability appropriate fitness activities, tennis instruction, crafts, and snacks. No tennis experience is necessary. Attend one morning or for several days. Different fitness activities are offered each day. Ages 4-12.

- 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

| Theme  | Age  | Ball                                      | Fee  | Date   |
|--|------|---|--|--|
| <b>R*O*G*Y School's Out Half-<br/>Day Tennis Camps</b><br><br><i>Martin Luther King Day,<br/>End of Semester,<br/>District Development Day</i> | 4-12 | Red Ball<br>Orange Ball<br>Green-Dot Ball | <b>Members: \$50 per day<br/>Non-members: \$64 per day</b><br><br><b>Registration Deadlines:</b><br>Thursday, January 11<br>Tuesday, January 23<br>Monday, January 29    | <b>Winter 1:</b><br>Monday, January 15<br>Friday, January 26<br>Thursday, February 1<br><br>8:00 am - 12:00 pm<br>(7:30 am drop off available) |
| <b>R*O*G*Y Spring Break<br/>Half Day Tennis Camp</b>   | 4-12 | Red Ball<br>Orange Ball<br>Green Dot Ball | <b>Members: \$50 per day<br/>\$212.50 for full week<br/>Non-members: \$64 per day<br/>\$295 for full week</b><br><br><b>Registration Deadline:</b><br>Thursday, March 29 | <b>Winter 2 (Spring Break):</b><br>Monday through Friday<br>April 2 - 6<br><br>8:00 am - 12:00 pm<br>(7:30 am drop off available)              |

## ACE/TopGun

### WINTER 1: January 3 - February 18 (7 weeks)

No classes on January 1-2. Monday and Tuesday classes will be prorated accordingly.

### WINTER 2: February 19 - April 1 (6 weeks)

The RAC ACE (Advantage Competitive Edge) Tennis Program offers training for competitive junior tennis players. Participation includes two or three 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](mailto:stacl@racmn.com) to determine appropriate level for players.**

- Although our program is year-round, players are responsible for registering for each session in which they will participate.
- **BILLING PROCESS:** ACE participants can choose to be billed in one of two ways:
  1. **Pay by the Session:** Payment is in one lump sum with no cancellations or make-ups (ACE 3/ ACE3JC/ACEHSP/ACE 2/ACE2JC: \$18/day; ACE 1/TopGun: \$21/day). Prices vary depending on total hours in class/matches.
  2. **Drop In:** Players who anticipate that they may need to miss class several days during the session may opt to pay by the day (ACE 3/ ACE3JC/ACEHSP/ACE 2/ACE2JC: \$23/day; ACE 1/TopGun: \$25/day). Drop-in players should attempt to notify the tennis department by Sunday of a given week if they plan to attend class during any days that week. **Notifications should be emailed to [stetzloff@racmn.com](mailto:stetzloff@racmn.com).**
- There will be no cancellations or make-ups for either plan.**
- **Only players who register for the entire Winter session will receive free court time during non-prime time hours.** Prime time hours are Monday thru Friday 4:00 - 8:00 pm and Saturday 9:00 am - 12:00 pm. Players that do not attend the entire session will not receive free court time. Participants may reserve free court time 24 hours in advance. A list of free court time participants is located at the Activities Desk for each session. **The participant must identify him/herself as an ACE player to receive credit for their court time.**
- Descriptions of levels found herein are general guidelines. A tennis committee meets once a week while in session to evaluate who has met the criteria 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](mailto: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 to aid in proper stroke development. Stroke mechanics are emphasized as players focus on proper technique and consistency. Beginning conditioning is incorporated into daily class sessions. No prior tournament experience required. Players may need to rotate their match time on Fridays.
- **ACE 3 Junior Competition (ACE3JC) - by invitation only.** Designed for the emerging competitive Junior tennis player participating in intermediate level USTA tournaments (Levels 7, and 6). ACE3JC is open to players who are 12 years old and younger. This group will play predominantly with the green-dot ball. Match times will be on Friday afternoons from 4:00-5:30 pm. Please contact Steve Tacl at (507) 287-9335 ext. 312 or [stacl@racmn.com](mailto:stacl@racmn.com) for more information.
- **ACE High School Prep (ACEHSP)** - The newest ACE class is designed for developing tennis players ages 12-17 who are working towards Junior Varsity or Varsity high school tennis. The class will be taught with a yellow ball. Proper stroke mechanics and footwork are developed along with fundamental singles and doubles strategies/positioning. Conditioning is incorporated into daily sessions. Match times will be Saturday afternoons from 2:00-4:00 pm.
- **ACE 2** - ACE 2 is designed for tennis players who are 14 years old and over. The majority of the drills will be taught using a yellow ball, preparing players for high school tennis. Players may receive a tryout if they are 13 years old or younger if they have met our traditional criteria (technical and tactical ability, physical maturity, effort and behavior) and are not in the Junior Competition group. Players will need to rotate their match times on Sundays.
- **ACE 2 Junior Competition (ACE2JC) - by invitation only.** ACE2JC continues where ACE3JC ends. This group is designed for players 14 and under who are competitive in higher level USTA tournaments (Levels 6, 5, 4, and 3). A better understanding of technical competencies is taught, and more advanced strategies from all areas of the court are developed through high intensity practices. Players may need to rotate their match time on Sundays. Please contact Steve Tacl at (507) 287-9335 ext. 312 or [stacl@racmn.com](mailto:stacl@racmn.com) for more information.



# Tennis

- **ACE 1** - Players in Ace 1 have developed a sound understanding of singles and doubles principles. Match level is that of a High School Varsity player and/or USTA Level 5 or better player. Players will need to rotate their match times on Sundays.
- **TopGun - by invitation only.** This class consists of Rochester and the surrounding areas' top junior

players. These players are generally ranked very high in the USTA/Northern Section Rankings. Tournament play is expected of all players. Please contact Steve Tacl at (507) 287-9335 ext. 312 or [stacl@racmn.com](mailto:stacl@racmn.com) for more information. Players will need to rotate their match times on Sundays.

| ACE Group  | Fee  | Frequency   | Days/Times   |
|--|--|---|--|
| <b>ACE 3</b><br>Orange or Green-dot ball will be used depending on age of player   | <b>Winter 1: \$360</b><br><b>Winter 2: \$288</b><br><i>No matches on March 9 and 16 due to USTA Tournaments</i><br><b>Drop in: \$23/day</b>  | <u>3</u> days/week  | <b>Monday and Wednesday 4:00 - 5:30 pm</b><br><br><b>Friday Matches:</b> <ul style="list-style-type: none"> <li>• Orange ball: 4:00 - 5:30 pm</li> <li>• Green-dot ball: 5:30 - 7:00 pm</li> </ul>                                     |
| <b>ACE 3 Junior Competition (ACE3JC)*</b><br>*For eligibility, contact Steve Tacl <a href="mailto:stacl@racmn.com">stacl@racmn.com</a> | <b>Winter 1: \$360</b><br><b>Winter 2: \$288</b><br><i>No matches on March 9 and 16 due to USTA Tournaments</i><br><b>Drop in: \$23/day</b>  | <u>3-4</u> days/week  | <b>Monday and Wednesday 4:00 - 5:30 pm</b><br><b>Thursday (optional) 6:00 - 7:30 pm</b><br><i>Thursday is NOT included in the session price and will be billed separately for ACE3JC.</i><br><br><b>Friday Matches: 4:00 - 5:30 pm</b> |
| <b>ACE High School Prep (ACEHSP)</b><br>Yellow ball  | <b>Winter 1: \$360</b><br><b>Winter 2: \$288</b><br><i>No matches on March 10 and 17 due to USTA Tournaments</i><br><b>Drop in: \$23/day</b> | <u>3</u> days/week  | <b>Monday and Wednesday 4:00 - 5:30 pm</b><br><br><b>Saturday Matches: 2:00 - 4:00 pm</b>  |
| <b>ACE 2</b>   | <b>Winter 1: \$360</b><br><b>Winter 2: \$288</b><br><i>No matches on March 11 and 18 due to USTA Tournaments</i><br><b>Drop in: \$23/day</b> | <u>3</u> days/week<br><i>Must be able to rotate match time weekly</i> | <b>Monday and Wednesday 5:30 - 7:00 pm</b><br><br><b>Sunday Matches: 12:00 - 2:00 pm OR 2:00 - 4:00 pm</b>   |
| <b>ACE 2 Junior Competition (ACE2JC)*</b><br>*For eligibility, contact Steve Tacl <a href="mailto:stacl@racmn.com">stacl@racmn.com</a> | <b>Winter 1: \$486</b><br><b>Winter 2: \$396</b><br><i>No matches on March 11 and 18 due to USTA Tournaments</i><br><b>Drop in: \$23/day</b> | <u>4</u> days/week<br><i>Must be able to rotate match time weekly</i> | <b>Monday and Wednesday 5:30 - 7:00 pm</b><br><b>AND Thursday 6:00 - 7:30 pm</b><br><br><b>Sunday Matches: 12:00 - 2:00 pm OR 2:00 - 4:00 pm</b>   |
| <b>ACE 1</b>   | <b>Winter 1: \$567</b><br><b>Winter 2: \$462</b><br><i>No matches on March 11 and 18 due to USTA Tournaments</i><br><b>Drop in: \$25/day</b> | <u>4</u> days/week<br><i>Must be able to rotate match time weekly</i> | <b>Tuesday and Thursday 4:00 - 6:00 pm</b><br><b>AND Wednesday 7:00 - 9:00 pm</b><br><br><b>Sunday Matches: 12:00 - 2:00 pm OR 2:00 - 4:00 pm</b>  |
| <b>TopGun*</b><br>*For eligibility, contact Steve Tacl <a href="mailto:stacl@racmn.com">stacl@racmn.com</a>                            | <b>Winter 1: \$567</b><br><b>Winter 2: \$462</b><br><i>No matches on March 11 and 18 due to USTA Tournaments</i><br><b>Drop in: \$25/day</b> | <u>4</u> days/week<br><i>Must be able to rotate match time weekly</i> | <b>Tuesday /Thursday 6:00 - 8:00 pm</b><br><b>AND Wednesday 7:00 - 9:00 pm</b><br><br><b>Sunday Matches: 12:00 - 2:00 pm OR 2:00 - 4:00 pm</b>   |

## Junior Special Events:

### **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. Please contact Ben Maes at [bmaes@racmn.com](mailto:bmaes@racmn.com) or (507) 287-9323 for additional information.

| Event  | Age   | Ball/Court   | Fee /Details   |
|--|---|--|--|
| <b>RAC Stars &amp; Trophies<br/>10 U Tournament</b><br><br>Tournament ID:<br>550013517 | <b>Ages 7-10</b><br><br>USTA Registration (free)<br>is required<br><br>Two USTA Northern<br>virtual Stars will be<br>earned by participating<br>in this event.<br><br>Additional virtual<br>Trophies can be earned<br>by placement. | Orange ball / 60 foot court<br>Green ball / 72 foot court<br><br>Open to ACE 3,<br>ROGY players and<br>additional players from the<br>USTA Northern Section<br><br>For information, contact<br>Ben Maes at<br><a href="mailto:bmaes@racmn.com">bmaes@racmn.com</a> | <b>Winter 1:</b><br><b>February 3 2:00 - 6:00 pm</b><br><br>(Round robin format; matches will<br>begin promptly at 2:00 pm)<br><br><b>Fee: \$33</b><br><br><i>Register at <a href="https://tennislink.usta.com">TennisLink.usta.com</a></i><br><br><b>Registration Deadline:</b><br>Monday, January 29 9:59 pm |



# Other Racquet Sports

## WINTER 1: January 3 - February 18 (7 weeks)

No classes on January 1-2. Monday and Tuesday classes will be prorated accordingly.

## WINTER 2: February 19 - April 1 (6 weeks)

Specific classes, 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 a full menu of racquet sports here at the RAC. Whether it is just an enjoyable match with a friend or intense tournament play, racquet sports can make exercise fun and engaging. RAC offers 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

|   |                              |
|---|------------------------------|
| <b>Individual Lesson</b>  | 30 min: \$25<br>60 min: \$50 |
| <b>30 Minute Lesson Package</b><br>Buy SIX lessons and get a 10% discount | \$135                        |
| <b>60 Minute Lesson Package</b><br>Buy TEN lessons and get a 15% discount | \$425                        |

## Racquet Sports Email / 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 email/contact lists can email Sabine Tetzloff at stetzloff@racmn.com. Please specify which list you are interested in.

## Adult Racquetball

### Introduction to Racquetball

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

- Greg Leibfried (507) 287-9335 ext. 323 or gleibfried@racmn.com
- Wendy Miller (507) 287-9335 ext. 321 or wmillerr@racmn.com

### Adult Group Lessons

Adult group lessons are designed for individuals who have little to no racquetball playing experience. The focus is on basic fundamentals of racquetball - strokes, rules, court positioning and shot selection. Lessons will meet in racquetball Court 1 the first evening of class.

- Equipment provided
- Ratio 4:1

### Racquetball Mixers

FREE! Come out for an evening of great exercise and social interaction with other players. This is a great way to meet other players and improve your game. No sign up is necessary; just drop in and play. Suitable for players of all levels. This mixer is player directed. No RAC professional will be present. Meet on Racquetball Courts 1-2.

**Offered through March 24, 2018.**

### Challenge Ladder

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

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

If playing a non-league match, you can only challenge players that are within 7 rungs of you on the ladder. See the Racquet Sports bulletin board for the latest Challenge Ladder listing and additional information. Players who wish to be added or removed from the Challenge Ladder should contact Sabine Tetzloff at (507) 287-9308 or email stetzloff@racmn.com.



## Racquetball Leagues

**Winter 1 Leagues (7 weeks):** Begin January 3 with registration from November 27 - December 28. Matches scheduled for Monday and Tuesday, January 1-2 are informal and may be played at your convenience.

**Winter 2 Leagues (6 weeks):** Begin February 19 with sign up from January 22 - February 15.

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 Racquetball

### Junior Beginner Lessons

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

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

## Squash

### Introduction to Squash FREE!!

Have you ever wanted to learn to play squash but didn't know who to ask or how to get started? You can receive a FREE introduction to the game - all you need to know to get started playing squash in 30 minutes! Please contact Greg Leibfried (507) 287-9335 ext. 323 or gleibfried@racmn.com to arrange your FREE 30 minute session.

**\*Squash Rules are available at the Activities Desk.**

### Squash Mixer/Challenge Court

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

**Advanced/Intermediate players:**

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

**All players:**

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

## Adult Badminton

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

**Tuesday 7:30 - 10:15 pm**

**Thursday 7:30 - 10:15 pm**

**Sunday 5:00 - 7:00 pm**

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

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

## Adult Pickleball

Pickleball nets will be set up during the following times in the Neighborhood Gym:

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

**Sunday Mixer 7:00 - 9:00 pm\***

**\*When it is a weekend when the inflatables are up in the Neighborhood, there will be no Sunday Mixer or Monday morning pickleball. See "Events for Kids" section for the current inflatables schedule.**

**Morning pickleball** is played in a pick-up game format and is open to adults (senior high school graduates or persons age 19 and older). The **Sunday Mixer** time is for all levels and will be in a mixer format (not for pre-formed groups). Children may play along with their parents. Beginning instruction is available. Request pickleball equipment at the Activities Desk. There is no fee for these activities. (cont.)





# Other Racquet Sports

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

| RACQUETBALL                                |   |   |
|--|---|---|
| Class                                      | Fee   | Day/Time  |
| Introduction to Racquetball                | Free  | Schedule with: <b>Wendy Miller</b> at (507) 287-9335 ext. 321 or <a href="mailto:wmiller@racmn.com">wmiller@racmn.com</a> or <b>Greg Leibfried</b> at (507) 287-9335 ext. 323 or <a href="mailto:gleibfried@racmn.com">gleibfried@racmn.com</a> |
| Adult Group Lessons                        | Winter 1:\$70 (7 weeks)<br>Winter 2:\$60 (6 weeks)  | <b>Wednesday 6:00 - 7:00 pm</b>   |
| Racquetball Mixers                         | Free<br>(No Sign up needed)<br><br>Player directed. | Day of week mixer is held changes weekly<br><b>Thursday 5:30 - 7:00 pm</b><br>OR<br><b>Saturday 9:30 - 11:00 am</b><br><i>See Racquet Sports bulletin board for 2018 dates.</i>   |
| Challenge Ladder                           | Free  | <i>Ladder is based on league matches or participants setting up their own match times.</i>  |
| Racquetball Leagues                        | Winter 1:\$16 (7 weeks)<br>Winter 2:\$14 (6 weeks)  | Available leagues will be posted at Activities Desk and Racquet Sports bulletin board<br>Sign up at Activities Desk   |
| Junior Beginner Lessons<br>(Ages 8-12)     | Winter 1:\$70 (7 weeks)<br>Winter 2:\$60 (6 weeks)  | <b>Tuesday 5:30 - 6:30 pm</b>   |
| Racquetball Private Lessons                | \$25 per half hour                                  | Schedule with: <b>Wendy Miller</b> at (507) 287-9335 ext. 321 or <a href="mailto:wmiller@racmn.com">wmiller@racmn.com</a> or <b>Greg Leibfried</b> at (507) 287-9335 ext. 323 or <a href="mailto:gleibfried@racmn.com">gleibfried@racmn.com</a> |
| SQUASH                                     |   |   |
| Introduction to Squash                     | Free  | Schedule with: <b>Greg Leibfried</b> at (507) 287-9335 ext. 323 or <a href="mailto:gleibfried@racmn.com">gleibfried@racmn.com</a>   |
| Squash Mixer /<br>Challenge Court          | Free<br>(No Sign up needed)                         | Intermediate / Adv players:<br><b>Monday 7:00 - 9:00 pm</b> (Courts 1 and 2)<br>All Levels:<br><b>Wednesday 7:00 - 9:00 pm</b> (Court 1)  |
| Squash Private Lessons                     | \$25 per half hour                                  | Schedule with: <b>Greg Leibfried</b> at (507) 287-9335 ext. 323 or <a href="mailto:gleibfried@racmn.com">gleibfried@racmn.com</a>   |
| BADMINTON                                  |   |   |
| Adult Badminton Open Play<br>(All levels)  | Free<br>(No Sign up needed)                         | <b>Tuesday 7:30 - 10:15 pm</b><br><b>Thursday 7:30 - 10:15 pm</b><br><b>Sunday 5:00 - 7:00 pm</b>   |
| Badminton Private Lessons                  | \$25 per half hour                                  | Schedule with: <b>Sam Prabhakar</b> at <a href="mailto:sprabhakar@racmn.com">sprabhakar@racmn.com</a>   |
| PICKLEBALL                                 |   |   |
| Adult Pickleball Open Play<br>(All levels) | Free<br>(No Sign up needed)                         | <b>Monday - Friday 6:00 - 8:45 am</b><br><b>Sunday (Mixer) 7:00 - 9:00 pm</b><br>(No Monday AM or Sunday Mixer on Inflatable weekends)<br>Request equipment at the Activities Desk  |





## WINTER 1 SESSION:

**January 3 - February 18 (7 weeks)**

Note this session begins on Wednesday, January 3. Monday and Tuesday classes will be prorated and will run 6 weeks.

## WINTER 2 SESSION:

**February 19 - April 1 (6 weeks)**

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

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

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

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

## Swimming Programming

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

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

## Pool Schedule

### Guarded Swim Times:

|            |                   |
|------------|-------------------|
| Mondays    | 5:30 pm - 8:30 pm |
| Wednesdays | 5:30 pm - 8:30 pm |
| Fridays    | 5:30 pm - 8:30 pm |
| Saturdays  | 9:30 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



# Swimming

## **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



| Class           | Age              | Fee                              | Day/Time  |  |
|-----------------|------------------|----------------------------------|---|--|
| Parent/Child    | 6 months-3 years | Winter 1: \$62<br>Winter 2: \$53 | Tuesday<br>Thursday<br>Thursday<br>Saturday                                   | 6:05 - 6:35 pm<br>11:20 - 11:50 am<br>5:50 - 6:20 pm<br>10:30 - 11:00 am   |
| Floating Fish   | 3-5 years        | Winter 1: \$62<br>Winter 2: \$53 | Monday<br>Tuesday<br>Tuesday<br>Wednesday<br>Thursday<br>Thursday<br>Saturday | 10:45 - 11:15 am<br>10:45 - 11:15 am<br>6:05 - 6:35 pm<br>11:20 - 11:50 am<br>10:45 - 11:15 am<br>5:50 - 6:20 pm<br>11:05 - 11:35 am |
| Gliding Guppies | 3-5 years        | Winter 1: \$62<br>Winter 2: \$53 | Monday<br>Tuesday<br>Wednesday<br>Thursday<br>Saturday                        | 11:20 - 11:50 am<br>6:40 - 7:10 pm<br>10:45 - 11:15 am<br>5:15 - 5:45 pm<br>10:30 - 11:00 am   |
| Mighty Minnows  | 3-5 years        | Winter 1: \$62<br>Winter 2: \$53 | Tuesday<br>Tuesday<br>Wednesday<br>Thursday<br>Saturday                       | 11:20 - 11:50 am<br>6:40 - 7:10 pm<br>11:55 - 12:25 pm<br>5:15 - 5:45 pm<br>11:05 - 11:35 am   |

## **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.

## **Youth Triathlon**

Purpose: To train for the swimming portion of a triathlon under the supervision and guidance of a swim instructor. This class is designed for those who can swim. Knowledge of front crawl, back crawl, and breaststroke is recommended. The instructor will offer drill work, stroke technique and refinement, training strategies, and information on swim gear, etc.

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

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

Skills include:

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

## **Water Safety Instructor Aid**

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

Fee: Free

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



# Swimming

## Home School Swimming Lessons

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

### Winter 1 runs January 3 - February 18 (7 weeks)

No class first week on Tuesday, January 2.

### Winter 2 runs February 19 - April 1 (6 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.

#### Tuesday:

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

#### Thursday:

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

## 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.

Winter 1: Members: \$62

Non-members: \$118

Winter 2: Members: \$53

Non-members: \$101

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

Winter 1: Members: \$65

Non-members: \$121

Winter 2: Members: \$56

Non-members: \$104

Level 1 Sunday

12:10 - 12:55 pm

Level 2 Sunday

12:10 - 12:55 pm

Level 3 Sunday

1:00 - 1:45 pm

Level 4 Sunday

1:00 - 1:45 pm

Level 5 Sunday

1:50 - 2:35 pm

| Class                   | Age   | Fee  | Day/Time                           |                  |
|-------------------------|---|--|------------------------------------|------------------|
| Level 1                 | Ages 6 and up   | Winter 1: \$65<br>Winter 2: \$56   | Tuesday                            | 5:15 - 6:00 pm   |
|                         |   |  | Thursday                           | 6:25 - 7:10 pm   |
|                         |   |  | Saturday                           | 9:40 - 10:25 am  |
| Level 2                 | Ages 6 and up   | Winter 1: \$65<br>Winter 2: \$56   | Tuesday                            | 5:15 - 6:00 pm   |
|                         |   |  | Thursday                           | 6:25 - 7:10 pm   |
|                         |   |  | Saturday                           | 9:40 - 10:25 am  |
| Level 3                 | Ages 6 and up   | Winter 1: \$65<br>Winter 2: \$56   | Tuesday                            | 7:15 - 8:00 pm   |
|                         |   |  | Thursday                           | 7:15 - 8:00 pm   |
|                         |   |  | Saturday                           | 11:40 - 12:25 pm |
| Level 4                 | Ages 6 and up   | Winter 1: \$65<br>Winter 2: \$56   | Tuesday                            | 7:15 - 8:00 pm   |
|                         |   |  | Thursday                           | 7:15 - 8:00 pm   |
|                         |   |  | Saturday                           | 11:40 - 12:25 pm |
| Level 5                 | Ages 6 and up   | Winter 1: \$65<br>Winter 2: \$56   | Tuesday                            | 8:05 - 8:50 pm   |
|                         |   |  | Saturday                           | 12:30 - 1:15 pm  |
| Level 6                 | Ages 6 and up   | Winter 1: \$65<br>Winter 2: \$56   | Thursday                           | 8:05 - 8:50 pm   |
| Youth Triathlon         | 6-14  | Winter 1: \$65<br>Winter 2: \$56   | Sunday                             | 6:30 - 7:15 pm   |
| Guard Start             | 11-14   | Winter 1: \$75<br>Winter 2: \$64   | Saturday                           | 12:30 - 1:15 pm  |
| Home School Swimming    | Level 1<br>Level 2<br>Level 3<br>Level 4<br>Level 5/6 | Winter 1: Members: \$65/child<br>Non-members: \$75/child<br>Winter 2: Members: \$56/child<br>Non-members: \$66/child | See description for days and times |                  |
| Non-Member Swim Lessons | Pre-school-<br>Level 5                                | See description for prices   | See description for days and times |                  |

## Adult Swim Lessons

### Adult Beginner

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

### Adult Intermediate

Looking to further develop your swimming and stroke skills? Want to learn to put together a swim routine you can follow and use for general fitness? Then Adult Intermediate is the class for you! This class will build on the basic propulsion skills learned in the beginner

class, as well as teach you how to develop your own workout plan. Intended for those 15 years of age and older.

### Triathlon Swimming

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

- Maximum of 6 participants

| Class              | Age            | Fee                              | Day/Time                |
|--------------------|----------------|----------------------------------|-------------------------|
| Adult Beginner     | Ages 15 and up | Winter 1: \$56<br>Winter 2: \$56 | Tuesday 8:05 - 8:50 pm  |
| Adult Intermediate | Ages 15 and up | Winter 1: \$65<br>Winter 2: \$56 | Thursday 8:05 - 8:50 pm |
| Triathlon Swimming | Ages 15 and up | Winter 1: \$75<br>Winter 2: \$65 | Sunday 7:15 - 8:30 pm   |

## Swimming Private Lessons

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

**\*Cancellation Policy: No-shows and 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 Winter 1 begins**  
**November 27 at 5:30 am**
- **Registration for Winter 2 begins**  
**January 22 at 5:30 am**

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

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

### Billy Howard Swimming Private Lessons

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

Call (507) 287-9314 for reservations.

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

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

### Steve Varney Swimming Private Lessons

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

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

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



# Events for Kids



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

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

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

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

## Events for Kids Programming

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

November 3 and 17, December 1 and 15, January 5 and 19, February 9 and 23, March 9 and 23

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

November 4 and 18, December 2 and 16, January 6 and 20, February 10 and 24, March 10 and 24

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

November 5 and 19, December 3 and 17, January 7 and 21, February 11 and 25, March 11 and 25

## Breakfast With Santa

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

- All Ages welcomed. Ages 2 and up will be charged.
- Contact Jodi Hass
- **To sign up for this event please contact Jodi Hass at (507) 287-9302 or jhass@racmn.com**

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

## Let's Do it All Week Camp

This camp is for kids who want to get out of the house and have some fun. It is perfect for parents that work during the day, too. Children will participate in games, activities, crafts, indoor play, and swimming.

- Ages 5-13
- Contact Whitney Benedetti
- **Registration Deadline: Thursday, December 21 by 12 pm.**
- Minimum of 8 kids must be enrolled for camp to occur.

\*Drop off and pick up in the Neighborhood.

### **Options:**

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**

- Both snacks and lunch included

### **AM half day 8:30 am - 12:30 pm**

- AM snack and lunch included

### **PM half day 12:30 pm - 5:00 pm**

- PM snack only included



## **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 Thursday **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 Thursday **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.

## **Kids Pajama Parties**

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

- Ages 3-8
- Contact Jodi Hass

\*Drop off and pick up in Kids Club.

## **Gnarly January Night Out**

Where to begin? This gnarly evening will have so much to do and experience. Neighborhood staff will be available to entertain!

Here is an overview:

**Atmosphere:** Music playing in Neighborhood on our surround sound speakers. Neighborhood lights turned down.

**What to wear:** Kids come dressed in black and/or neon colors. We will “glow” you out upon arrival.

**What to do:** Games and activities all night long. With glow paint, decorate a T-shirt to take home.

**What the child will receive:** Pizza and drink, tattoo, neon face paint, and colored hairspray to complete the look.

- Ages 5-13
- Contact Whitney Benedetti
- Minimum of 12 kids must be enrolled by Thursday, January 25, 12:00 pm in order for event to occur on Saturday.

\*Drop off and pick up in the Neighborhood.

## **Father/Daughter Valentine Dance**

Would you like a special night out with your little girl? We have a Valentine Dance for you! The evening will be full of fun dancing, light refreshments, and a Father/Daughter picture to treasure together. Semi-formal attire (coat and tie for dads and dresses for daughters) is recommended. Sign up at the Activities Desk.

- All Ages Welcomed
- Contact Jodi Hass
- Photos will start at 6:00 pm
- Held in Gym 3

\*Girls, bring Dad to the RAC before the dance for a special dinner in the Club Café & Deli. We are offering a special all you can eat pasta buffet and our regular menu is still available too. Please contact Mike Brekke at mbrekke@racmn.com or (507) 287-9325 to make a dinner reservation or for any questions.

**Seating is limited. Make your reservations early!**

## **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, 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.

## **Laser Tag Night**

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

- Ages 5-13
- Contact Whitney Benedetti
- Must sign up by 12:00 pm on Thursday, March 15

\*Drop off and pick up in the Neighborhood.



# Events for Kids

| Class                                  | Ages                          | Fee  | Day/Time  |
|--|-------------------------------|--|---|
| <b>Inflatables</b>                     | All ages                      | Free   | See description for dates/times   |
| <b>Breakfast With Santa</b>            | Ages 2 and up will be charged | Members: \$15<br>Non-members: \$20<br><br><i>Activities are included in child price</i>  | Fall 2:<br><b>Saturday, December 16</b><br>Three seatings: 8:30 - 10:00 am<br>9:15 - 10:45 am<br>10:00 - 11:30 am<br>Sign up by contacting Jodi Hass at (507) 287-9302 or jhass@racmn.com   |
| <b>Let's Do it All Week Camp</b>       | 5-13                          | <b>Full Day:</b><br>Members: \$150/week<br>Non-members: \$200/week<br>Members: \$50/day<br>Non-Members: \$62/day<br><br><b>AM Half Day:</b><br>Members: \$75/week<br>Non-members: \$100/week<br>Members: \$30/day<br>Non-Members: \$42/day<br><br><b>PM Half Day:</b><br>Members: \$75/week<br>Non-members: \$100/week<br>Members: \$30/day<br>Non-Members: \$42/day | Fall 2:<br><b>December 26-29</b> 8:30 am - 5:00 pm<br><br>Full day 8:30 am - 5:00 pm<br>AM half day 8:30 am - 12:30 pm<br>PM half day 12:30 pm - 5:00 pm<br><br><ul style="list-style-type: none"> <li>• See description for all important details!</li> <li>• Early drop off, late pick up also available.</li> </ul><br>Daily sign up must occur through Youth Programming Director.<br><br>See description for Registration Deadline |
| <b>Kids Pajama Parties</b>             | 3-8                           | Members: \$13<br>Non-members: \$21   | <b>Saturdays</b> 5:30 - 8:30 pm<br>Fall 2:<br><b>December 9</b><br>Winter 1:<br><b>January 13</b><br>Winter 2:<br><b>February 17</b><br><b>March 3</b>  |
| <b>Gnarly January Night Out</b>        | 5-13                          | Members: \$20<br>Non-members: \$28   | Winter 1:<br><b>Saturday, January 27</b> 5:30 - 8:30 pm   |
| <b>Father/Daughter Valentine Dance</b> | All Ages Welcomed             | Members: \$15<br>Non-members: \$23   | Winter 1:<br><b>Saturday, February 10</b> 6:30 - 8:30 pm<br>Photos start at 6:00 pm   |
| <b>Neighborhood Ice Cream Social</b>   | 5-13                          | Members: \$15<br>Non-members: \$27   | Winter 2:<br><b>Saturday, February 24</b> 5:30 - 8:30 pm  |
| <b>Laser Tag Night</b>                 | 5-13                          | Members: \$22<br>Non-members: \$34   | Winter 1:<br><b>Saturday, March 17</b> 5:30 - 8:30 pm<br>See description for Registration Deadline  |

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

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





## Date Nights

### Kids Club Date Night

Need a night out? Drop your children off at Kids Club for a Date Night. We will have a special craft, latest movie, and snacks provided

**December 1 and February 9** will have a Date Night Plus option - Tennis. See tennis note before chart.

- 6 months-6 years
- Contact Jodi Hass

\*Drop off and pick up at Kids Club.

### Neighborhood Date Night

Need a night out? Then sign your children up for a Neighborhood Date Night! The kids will participate in organized games and/or swimming. Snack will be provided. Sign up is for each night individually.

**December 1 and February 9** will have a Date Night Plus option - Tennis. See tennis note before chart.

**January 19 and March 9** will have an option of Swimming. See swimming note before the chart.

- Ages 5-13
- Contact Whitney Benedetti

\*Drop off and pick up in the Neighborhood.

### SWIMMING NOTE:

**Neighborhood Date Night (January 19 and March 9)**

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

\*Drop off and pick up in the Neighborhood.

### TENNIS NOTE:

**For Kids Club and Neighborhood Date Night Plus (December 1 and February 9)**

Children ages 4-6 (Kids Club) and ages 5-13 (Neighborhood) have the option of playing tennis for 45 minutes as part of the Date Night for an additional \$10/child. Kids will work with our tennis pros on the tennis courts. No tennis experience required. Wear your tennis shoes. Tennis racquets will be provided. Please notify Activities Desk at the time of sign up if you would like to sign your child(ren) up for Date Night Plus.

| Class                   | Ages/Fee   | Days/Times  |
|-------------------------|--|---|
| Kids Club Date Night    | 6 months-6 years<br><br>Members: \$12<br>Non-members: \$20<br><br>Plus Tennis Option<br>add \$10 | Fridays 6:30 - 9:30 pm<br><br>Fall 2:<br>December 1 (Plus Tennis option)<br>December 15<br><br>Winter 1:<br>January 5<br>January 19<br>February 9 (Plus Tennis option)<br><br>Winter 2:<br>February 23<br>March 9<br>March 23                       |
| Neighborhood Date Night | 5-13<br><br>Members: \$12<br>Non-members: \$20<br><br>Plus Tennis Option<br>add \$10             | Fridays 6:30 - 9:30 pm<br><br>Fall 2:<br>December 1 (Plus Tennis option)<br>December 15<br><br>Winter 1:<br>January 5<br>January 19 (Swimming)<br>February 9 (Plus Tennis option)<br><br>Winter 2:<br>February 23<br>March 9 (Swimming)<br>March 23 |

**Cancellation policy for all one-time events listed above:**

**You must cancel at least 48 hours prior to the event or you will be billed in full.**

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



# Events for Kids

## **Birthday Parties**

Let us do the entertaining for your child's next birthday party. Sit back and relax while the children run, jump, swim, or play a sport. Choose from a Neighborhood, tennis, or pool party. Indoor pool parties feature "Lenny the Lobster", a huge inflatable water toy that attaches to the sides of the pool. Parties are 1.5 hours in length; however, additional

time may be purchased. Birthday staff will do all entertaining and serving. Birthday child receives a RAC logo t-shirt. Birthday child, parent, or a grandparent must be a member. Call our Birthday Coordinator for reservations at (507) 287-9335 ext. 378. Pick up information at the Neighborhood, Front, or Activities desk today! You can also view all birthday information on our website [www.racmn.com](http://www.racmn.com).



## WINTER 1 SESSION:

**January 3 - February 18 (7 weeks)**

Note this session begins on Wednesday, January 3. Monday and Tuesday classes will be prorated and will run 6 weeks.

## WINTER 2 SESSION:

**February 19 - April 1 (6 weeks)**

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

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

Taught by Euro Football Club coaches. Euro Football is a youth soccer club that has a goal to teach soccer in a consistent manner for true development from season to season. Euro's mission is to provide the maximum benefit of professional training through a program that emphasizes fun, sportsmanship, individual development and team play. The Euro approach allows players the chance to excel for the enjoyment of the game and the challenge of the competition. Euro Football Club has professional coaches from Brazil who bring their passion to play soccer. These classes help the beginning soccer player master basic skills: dribbling, trapping, shooting, and passing. Players will gain confidence and competence with the soccer ball and with their interactions with other players.

Contact **Whitney Benedetti** at (507) 287-9314 or email at **wbenedetti@racmn.com**.

## Basketball 1 and 2

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

**Class is taught by Malik Burton.**

## Tiny Hitters

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

## Young Hitters 1 and 2

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

## Young Pitchers

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

## Home School Physical Education

This program meets guidelines for the physical education requirements of home school students. The classes are open to RAC members and non-members. Non-members must pay in advance. Winter 1 runs 6 weeks. Winter 2 runs 5 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.**

**Winter 1 dates:** January 5, 12, 19

February 2, 9, 16

**NO CLASS Jan 26**

**Winter 2 dates:** February 23

March 2, 9, 16, 23

**NO CLASS March 30**

**GRADES:**

**K-3**

**3-5**

**5-7**

**TIME:**

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

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

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

## Romp and Roll

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



# Kids Sports & Fitness

| Class           | Ages                                | Fee  | Day/Time/Location   |
|-----------------|-------------------------------------|--|---|
| Get Kickin' It  | 2-3                                 | Winter 1: Members: \$62<br>Non-members: \$110<br>Winter 2: Members: \$53<br>Non-members: \$101                       | Monday 9:00 - 9:30 am<br>Wednesday 10:00 - 10:30 am<br>NH Hockey Area   |
| Tiny Soccer     | 3-4                                 | Winter 1: Members: \$62<br>Non-members: \$110<br>Winter 2: Members: \$53<br>Non-members: \$101                       | Monday 9:35 - 10:05 am<br>Wednesday 10:35 - 11:05 am<br>NH Hockey Area  |
| Soccer 1        | 4-6                                 | Winter 1: Members: \$62<br>Non-members: \$110<br>Winter 2: Members: \$53<br>Non-members: \$101                       | Monday 10:10 - 10:40 am<br>Wednesday 11:10 - 11:40 am<br>NH Hockey Area |
| Basketball 1    | 6-9                                 | Winter 1: Members: \$65<br>Non-members: \$121<br>Winter 2: Members: \$56<br>Non-members: \$104                       | Tuesday 5:30 - 6:15 pm<br>NH Gym  |
| Basketball 2    | 9-12                                | Winter 1: Members: \$65<br>Non-members: \$149<br>Winter 2: Members: \$56<br>Non-members: \$128                       | Tuesday 6:15 - 7:00 pm<br>NH Gym  |
| Tiny Hitters    | 5-6                                 | Winter 1: Members: \$62<br>Non-members: \$118<br>Winter 2: Members: \$53<br>Non-members: \$101                       | Monday 5:30 - 6:00 pm<br>Batting Cages                                  |
| Young Hitters 1 | 7-9                                 | Winter 1: Members: \$62<br>Non-members: \$146<br>Winter 2: Members: \$53<br>Non-members: \$125                       | Monday 6:00 - 6:30 pm<br>Batting Cages                                  |
| Young Hitters 2 | 10-12                               | Winter 1: Members: \$62<br>Non-members: \$146<br>Winter 2: Members: \$53<br>Non-members: \$125                       | Monday 6:30 - 7:00 pm<br>Batting Cages                                  |
| Young Pitchers  | 8-12                                | Winter 1: Members: \$62<br>Non-members: \$146<br>Winter 2: Members: \$53<br>Non-members: \$125                       | Monday 7:00 - 7:30 pm<br>Batting Cages                                  |
| Home school PE  | K-Grade 3<br>Grade 3-5<br>Grade 5-7 | Winter 1: Members: \$68/child<br>Non-members: \$78/child<br>Winter 2: Members: \$57/child<br>Non-members: \$67/child | See description for day and times<br>NH Gym                             |
| Romp N Roll     | 1-2                                 | Winter 1: Members: \$65<br>Non-members: \$121<br>Winter 2: Members: \$56<br>Non-members: \$104                       | Tuesday 9:30 - 10:15 am<br>Wednesday 10:20 - 11:05 am<br>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 and cancellations will be charged for half the price of the lesson

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

## **Jim Daly Basketball Private Lessons**

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

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

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

## **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](mailto: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](mailto:kstrissel@racmn.com) with any questions or to sign up.**
- Uniforms and equipment may be purchased through Kirby as needed.
- More information at [mafhaw.com](http://mafhaw.com).

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





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](http://www.racmn.com/activities-classes)



Be Fit. Be Family. Be Well.