



Fall **2019** Schedule of Activities

Fall sign up begins August 5

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



At a Glance - Fall Youth Activities

		AGE													
		0	1	2	3	4	5	6	7	8	9	10	11	12	13 & up
Kids Sports & Fitness	Yoga for Kids (pg 7)								X	X	X	X	X	X	
	KidFit (pg 13)									X	X	X	X	X	X
	R*O*G*Y* Tennis (pg 21)				X	X	X	X	X	X	X	X	X	X	X
	ACE Program (pg 26)									X	X	X	X	X	X
	Racquetball (pg 32)									X	X	X	X	X	X
	Swimming Lessons (pg 35)	X	X	X	X	X	X	X	X	X	X	X	X	X	X
	Soccer Classes (pg 44)			X	X	X	X	X							
	Basketball (pg 44)							X	X	X	X	X	X	X	
	Youth Baseball (pg 44)						X	X	X	X	X	X	X	X	
	Romp and Roll (pg 44)		X	X											
	Hoppin' Tots (pg 44)			X	X	X									
	Martial Arts for Health & Wellness (pg 47)							X	X	X	X	X	X	X	X

Events for Kids	Kids Pajama Parties (pg 40)				X	X	X	X	X	X					
	MEA Break Day Camps (pg 40)						X	X	X	X	X	X	X	X	X
	Laser Tag Night (pg 41)						X	X	X	X	X	X	X	X	X
	Neighborhood Ice Cream Social (pg 41)						X	X	X	X	X	X	X	X	X
	Cookies and Canvas (pg 41)						X	X	X	X	X	X	X	X	X
	Breakfast With Santa (pg 41)	X	X	X	X	X	X	X	X	X	X	X	X	X	X
	Winter Break Day Camps (pg 41)						X	X	X	X	X	X	X	X	X
	Date Nights (pg 43)	X	X	X	X	X	X	X	X	X	X	X	X	X	X



Fall 2019 Schedule of Activities

Fall Session

Sign up begins August 5

Classes begin week of September 3 (Tuesday)*

**See individual sections for specific session length.*

Offerings

Adult and Youth Activities.....	6	Other Racquet Sports	31
Group Fitness	7	Swimming	35
Pilates.....	9	Events for Kids	40
Adult Fitness	12	Kids Sports and Fitness	44
Healthy Lifestyles.....	14	TaeKwonDo	47
Tennis.....	18		

Program Sign Up & Cancellation Policies

Sign Up

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

Cancellation by the Club

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

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

Cancellation by a Member or Guest

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

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

Important Telephone Numbers

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



Club Information & Guidelines

Club Hours

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

Holiday Hours

Labor Day	7:00 am - 7:00 pm
Thanksgiving Day	7:00 am - 2:00 pm
Christmas Eve	5:00 am - 2:00 pm
Christmas Day	Closed
New Year's Eve	5:00 am - 7:00 pm
New Year's Day	7:00 am - 7:00 pm
Easter Sunday	Closed
Memorial Day	7:00 am - 7:00 pm
Independence Day	7:00 am - 7:00 pm



Guidelines for the Pool

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

Lifeguard Hours

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

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

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

Fitness Floor Policies

1. Members and Guests must be **13** years of age or older to be on the Fitness Floor. Children that are 13 and older who do not wish to be asked their age by an associate should sign in on the clipboard located at the Fitness Desk.
2. The **Adult Only** room is reserved for members and guests 18 years of age and older. Cell phone conversations and taking photos or videos are prohibited in this room.
3. **Infants** must be in a stroller or basinet. Infants are not allowed in the free weight area.
4. Shoes are to be worn at all times. Bare feet, sandals, and flip flops are not allowed.
5. Wipe down all machines after use.
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. **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.

Track Guidelines

1. Members and Guests must be **13** years of age or older to be on the track unless during family track time. **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.
2. 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
3. Strollers are not allowed on the track.
4. Lap counters are available at the Fitness Desk and Activities Desk.

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 3 - 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 6)

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

Lost & Found

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



Adult and Youth Activities

Adult Pick-up Basketball

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

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

*Gyms 1 and 2 only

Pick-up Basketball Rules:

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

Pickleball

Indoor: Any of our four indoor pickleball courts can be reserved for \$10/hour through the Activities Desk at (507) 287-9300. Pickleball courts are located on Tennis Courts 4 and 5. The court fee can be divided between the two (singles) or four (doubles) players.

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

Beginning paddles may be borrowed at the Activities Desk; Intermediate/Advanced paddles can be rented for \$2 at Thrive. To learn about Club Night and other additional offerings, please check out the "Other Racquet Sports" section. For additional information about pickleball, please contact Sabine Tetzloff at (507) 287-9308 or stetzloff@racmn.com.

Adult Pick-up Soccer

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

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

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

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

Players interested in learning more about badminton or to join the e-mail list for badminton players at the RAC should contact Ben Maes at (507) 287-9323 or bmaes@racmn.com.

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

Wallyball

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

Sports and Activities by the Outdoor Pool

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

Field Trips

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

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



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

Group Fitness Schedules

Group Fitness Live Class Schedule

We offer RAC members dynamic, varied workouts tailored for the beginner to the advanced participant. Group Fitness Live Class Schedule classes do not require sign up.

- Group Fitness Schedule Classes are for ages 13 and older.
- The club reserves the right to cancel or shorten classes if there is insufficient participation.

The Fall 2019 Group Fitness Live Class Schedule runs September 3 - January 5.

- You can view or download the current Group Fitness Live Class Schedule on our website racmn.com by clicking on the "Group Fitness Schedule" heading.
- You can also view current classes and instructors through the RAC app. On the website under "Member Resources" heading. Select "App Guide" to learn more about how to get started with the RAC app.

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

Fitness on Demand Virtual Class Schedules

The Cycle, Lower and Upper Studios have been equipped with virtual class capabilities. The screens in those studios will display member selected as well as member requested virtual group fitness experiences. Check the iPads outside each studio, the RAC app or the RAC website for a detailed Fitness on Demand schedule.

Group Fitness Special Offerings

In addition to our regular Group Fitness Live Class Schedule, we also provide some special offering classes which require sign up.

- Unless otherwise specified, these special offerings are for ages 13 and older.
- Special Offerings sign up at the Activities Desk (507) 287-9300. Specific times and any fees are listed in the table.
- The club reserves the right to cancel or shorten offerings if there is insufficient enrollment.

Yoga for Kids

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

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

Intro to Yoga

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

- Instructor: TBD
- Ages 13 and over
- Location: Mind Body Studio

Prenatal Yoga

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

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

Aerial Yoga Programming

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. Aerial Yoga programming offerings and prices will be advertised in the club during the Fall.

- Instructor for all Aerial Yoga classes: Catherine McBride, Certified Aerial Yoga Instructor
- Location: Mind Body Studio



Group Fitness

Class	Fee	Day/Time
Yoga for Kids (Ages 7-12)	Free	Tuesday 4:00 - 4:45 PM Sept. 24 and Oct. 1 (2 week series) Or November 5 and 12 (2 week series)
Intro to Yoga	Free	TBA (Advertised in the club)
Prenatal Yoga	Free	Sunday, October 12 1:00 - 2:30 pm
Aerial Yoga Programming	TBA	TBA (Advertised in the club)

Yoga Private Instruction

Yoga has become a mainstay in fitness programs across the nation. It is a great way to improve overall flexibility, balance, strength, as well as promote stress reduction and relaxation. Whether you wish to begin a basic Hatha Yoga practice or take your experienced Power Yoga practice to the next level, we can accommodate your individual goals! Arranging for a Private Instructor or one of the New Yoga Private Instruction packages is easy - contact the RAC Yoga Lead, Hope Carroll-Rizzo at hcarroll-rizzo@racmn.com.

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

Yoga Private Instruction

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

FALL - PILATES

Fall Session	September 3 - December 15
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- No classes Monday, September 2 due to Labor Day.
- No classes the week of November 25-December 1 due to the Thanksgiving holiday.

Specific offerings and fees are listed in the tables. In addition:

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

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

Inclement Weather Policy: If the Rochester Public Schools close for inclement weather Pilates Mat, Pilates Barre and Sweat-a-lates classes will be held only if the instructor is able to make it to the club. All other Pilates offerings and Pilates Private instruction will not be held.

Pilates Programming

The RAC Pilates Program continues to help our participants develop aligned, strong and vibrant bodies. Our free “Pilates Mat Core” 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 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 is a drop-in experience and requires no fee or preregistration.

- See current Group Fitness Schedule for times and locations.

Sweat-a-lates

Sweat-a-lates is a FREE introductory 30 minute Pilates interval-style class. It combines intervals of heart rate boosting exercises with Pilates exercises. This approach provides all the toning benefits of Pilates and the high caloric expenditure of a cardiovascular routine. No prior Pilates experience required! Come experience the Pilates difference. Maximum in each class is 10 participants.

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

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



Pilates Apparatus (Reformer and Tower)

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

- Classes are ongoing and are billed monthly
- Limit: 5 per class
- Location: Pilates Studio



RAC members who have experience but are unable to commit to an entire series may be able to “drop in” to an individual class if there is a space. Contact Jean DeWitz @ jdewitz@racmn.com for available classes.

When not committed to a specific class series, the fee for each “drop in” class is \$18.

Monthly Billing:

The 4 week base cost for a class is listed in the chart below. **Classes are billed monthly based on the actual number of classes held per month.** Depending on the month, there may be fewer classes held (due to holidays, weather cancellations, etc.) or additional classes held (due to the calendar).

Example: If a Monday class is listed as \$60 for 4 weeks, but for a particular month the class actually meets 5 times because there are 5 Mondays, the charge a member would see on their bill the following month would be \$75 (4 weeks at \$60 and one additional class at \$15).

Class	Fee	Day/Time
Reformer Intro Series (3 Week Series)	Members: \$45 Non-members: \$81	Dates and times will be advertised in club
Pilates Apparatus Classes (Introductory through Experienced levels)	4 week base cost: Members: \$60 Non-members: \$108 <i>See Monthly Billing above for details.</i>	Contact Jean DeWitz to determine appropriate level and available times at jdewitz@racmn.com (507) 287-9335 ext. 303

Pilates Chair

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

Intro to Pilates Chair

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

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

Continuing Pilates Chair Class Series

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

- Classes are ongoing and are billed monthly
- Limit: 4 per class
- Location: Mind Body Studio

Monthly Billing:

The 4 week base cost for a class is listed in the chart below. **Classes are billed monthly based on the actual number of classes held per month.** Depending on the month, there may be fewer classes held (due to holidays, weather cancellations, etc.) or additional classes held (due to the calendar).

Example: If a Monday class is listed as \$60 for 4 weeks, but for a particular month the class actually meets 5 times because there are 5 Mondays, the charge a member would see on their bill the following month would be \$75 (4 weeks at \$60 and one additional class at \$15).

Class	Fee	Day/Time
Intro to Pilates Chair (3 Week Series)	Members: \$45 Non-members: \$81	Dates and times will be advertised in club
Continuing Pilates Chair	4 week base cost: Members: \$60 Non-members: \$108 <i>See Monthly Billing above for details.</i>	Contact Jean DeWitz for available times at jdewitz@racmn.com or (507) 287-9335 ext. 303

Pilates Private Instruction

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

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

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



Adult Fitness

Monthly Billing:

A 4 week base cost for each class is listed in the table. **Classes are billed monthly based on the actual number of classes held per month.** Depending on the month, there may be fewer classes held (due to holidays, weather cancellations, etc.) or additional classes held (due to the calendar).

Example: If a once a week class on a Monday is listed as \$40 for 4 weeks, but for a particular month actually meets 5 times because there are 5 Mondays in the month, the charge you would see on your bill would be \$50 (4 weeks at \$40 and one additional class at \$10).

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

- Adult Fitness classes are for ages 18 and up unless otherwise specified.
- All classes meet in front of the Activities Desk unless otherwise specified.
- Sign up at the Activities Desk (507) 287-9300 unless otherwise specified.
- If you wish to start a class, you do not have to wait until the beginning of the month. Just contact the instructor.
- Non-member pricing available. Contact Fitness Director Steve Boring at (507) 287-9312 or sboring@racmn.com.
- Classes are non-refundable with exceptions handled on a case by case basis by the Fitness Director.

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 Boot Camp 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!

Blast 30 Boot Camp

Are you and your friends looking to get a great workout and socialize all at the same time? Blast 30 Boot Camp is an intense, fun, and sociable 30 minute workout. Join an existing group or form your

own group with friends! This class 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.

MET-CON

MET-CON stands for Metabolic Conditioning. This is a 4 week "HIIT" Style Class, and the purpose of MET-CON is to provide challenging workouts every week that push you to work harder for greater results. So grab a friend and come do our weekly workout.

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

KidFit (Ages 8-13)

KidFit is an introductory class for children to learn the fundamentals of strength training. This class offers a safe instructional environment for young people to learn proper performance and mechanics of resistance training. Benefits could include increased strength, confidence, athletic performance, and reduced risk of injury. This class is for young people aged 8-13.

- Contact jjones@racmn.com for more details, sign up options and availability.
- Minimum of 4 needed to create class.

Young Athlete Development Training

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

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

Force Fit

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

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

Kettle Advantage

Kettle Advantage continues to rock! Participants will learn the basic fundamentals of kettlebell training. Proper technique and core exercises will be taught during this fun-filled class. Meets 2 times per week.

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



Total Body Transformation

Want to take your training to another level? 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 minutes. 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

Class	Fee	Day/Time
Please see Monthly Billing note at beginning of section		
Blast 30 Boot Camp	4 week base cost: 2x week: \$80 3x week: \$120	Days vary based on group selection Sign up through Chris Zink at czink@racmn.com
MET-CON	4 week base cost: \$45	Saturday 8:00 - 8:45 am Saturday 9:00 - 9:45 am Sign up through Joe Jones at jjones@racmn.com
KidFit (Ages 8-13)	4 week base cost: 2x week: \$90 3x week: \$135 Drop in cost: \$13 per class	Pick from times listed below. Availability of individual times is dependent on sufficient quantity of participants. Monday 4:15 - 5:00 pm Tuesday 4:15 - 5:00 pm Wednesday 4:15 - 5:00 pm Thursday 4:15 - 5:00 pm Friday 5:30 - 6:15 pm Saturday 11:00 - 11:45 am Sign up through Joe Jones at jjones@racmn.com
Young Athlete Development Training	Prices vary based on number of sessions selected	Days vary based on group selection Sign up through Steve Boring at sboring@racmn.com
Force Fit	4 week base cost: \$45	Monday 4:30 - 5:15 pm Custom classes are available upon request. Sign up through Josh Lewis at jlewis@racmn.com
Kettle Advantage	4 week base cost: \$90 Drop in cost: \$13 per class	Tuesday and Thursday 5:30 - 6:15 am Tuesday and Thursday 7:00 - 7:45 am Sign up through Chris Zink at czink@racmn.com
Total Body Transformation 2x Week	4 week base cost: \$108 Drop in cost: \$15 per class	Monday and Wednesday 5:30 - 6:30 am Monday and Wednesday 10:00 - 11:00 am Monday 9:00 - 10:00 am and Thursday 10:15 - 11:15 am Monday and Thursday 4:30 - 5:30 pm Sign up through Chris Zink at czink@racmn.com
Total Body Transformation 3x Week	4 week base cost: \$162 Drop in cost: \$15 per class	Monday, Wednesday, Friday 5:30 - 6:30 am Monday and Wednesday 10:00 - 11:00 am and Friday 9:00 - 10:00 am Monday and Friday 9:00 - 10:00 am and Thursday 10:15 - 11:15 am Sign up through Chris Zink at czink@racmn.com
Triple Threat	4 week base cost: \$90 Drop in cost: \$13 per class	Tuesday and Thursday 9:30 - 10:15 am Sign up through Chris Zink at czink@racmn.com



Healthy Lifestyles



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

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

Training, Nutrition and Coaching Services

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

Total Body Analysis

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

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

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

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

Total Body Analysis	
Individual Session	Members: \$20
Bronze Package Buy four, get fifth free!	Members: \$80

Personal Training

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

- Arranging for a Personal Trainer is easy - contact Steve Boring at (507) 287-9312 or sboring@racmn.com.
- Put 2-3 in a group and share the cost of a personal trainer.

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

Personal Nutrition Counseling

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

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

Health and Wellness Coaching

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



accountability as you journey toward healthy lifestyle change.

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

Nutrition Services

Private Nutrition Counseling	One Hour: \$68
Health and Wellness Coaching Consultation	One Hour: \$70

Twelve Week Training/Diet Programs

Twelve Weeks to Race Weight

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

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

Gold

- 1 hour sign up consultation & 1 hour personalized nutrition consultation with a Registered Dietitian
- Weekly 1 hour (or two 30 minute) personal training sessions
- Weekly meeting with the dietitian to weigh-in, receive recipes and fueling tips
- 2 free InBody Analysis tests (beginning and end)
- Extra 12% discount in the Deli on healthy food purchases during the 12 week program
- Receive a personal foam roller or handheld water bottle
- \$200 RAC services gift certificate for obtaining program goals

Silver

- 1 hour sign up consultation & 1 hour personalized nutrition consultation with a Registered Dietitian
- 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
- 2 free InBody Analysis tests (beginning and end)
- Extra 12% discount in the Deli on healthy food purchases during the 12 week program

- Receive a personal foam roller or handheld water bottle
- \$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
- Extra 12% discount in the Deli on healthy food purchases during the 12 week program
- \$50 RAC services gift certificate for obtaining program goals

Twelve Weeks to Race Weight

Gold	Members: \$1,110 Non-members: \$1385
Silver	Members: \$790 Non-members: \$1065
Basic (Diet Only) <i>Members Only</i>	Members: \$410

Twelve Weeks to a New You - Phase 1

This is the RAC's award winning weight management program offered exclusively through the RAC. Twelve Weeks to a New You is a structured weight management program that will keep participants focused and on task to reach their fitness and body weight goals. This unique program is comprehensive and involves all aspects of a healthy lifestyle. Pick from one of the two packages and get started now on a new you. Both programs run for 12 weeks and ensure that you will see positive results. The programs have specific tasks to accomplish through the 12 weeks to keep you on schedule and committed. The programs also offer an incentive once you achieve your agreed upon goals. The goals are created by the participant with input from the staff dietitian and personal trainer.

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

Gold Package

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

- 1 hour sign up consultation & 1 hour personalized nutrition consultation with a Registered Dietitian
- Initial personal training consultation with before/after measurements
- Weekly (12) 1 hour personal training session
- Weekly weigh-in, food diary checks and recipes with the dietitian



Healthy Lifestyles

- 2 free InBody Analysis tests (beginning and end)
- Extra 12% discount in the Deli on healthy food purchases during the 12 week program
- \$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.

- 1 hour sign up consultation & 1 hour personalized nutrition consultation with a Registered Dietitian
- Initial personal training consultation with before/after measurements
- 1 hour personal training session every other week (or weekly 30 minute sessions)
- Weekly weigh-in, food diary checks and recipes with the dietitian
- 2 free InBody Analysis tests (beginning and end)
- Extra 12% discount in the Deli on healthy food purchases during the 12 week program
- \$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)

- 1 hour sign up consultation & 1 hour personalized nutrition consultation with a Registered Dietitian
- Diet Consult
- 12 weigh-ins
- 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 within the past 6 month 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 within the past 6 months to join. Do not have to have completed TWNY Phase 2 program.

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

Twelve Weeks to A New You

Phase 1 - Gold	Members: \$1110 Non-members: \$1385 <i>Couple/Share Trainer Rate:</i> Members: \$780 each Non-members: \$1055 each
Phase 1 - Silver	Members: \$790 Non-members: \$1065 <i>Couple/Share Trainer Rate:</i> Members: \$630 each Non-members: \$905 each
Phase 1 - Basic (Diet Only) <i>Members Only</i>	Members: \$410 Non-members: \$685 <i>Couple/Share Trainer Rate not offered for Basic</i>
Phase 2 <i>Members Only</i>	Members: \$540 <i>Couple/Share Trainer Rate:</i> Members: \$395 each
Phase 3 <i>Members Only</i>	Members: \$370 <i>Couple/Share Trainer Rate:</i> Members: \$255 each



Massage

HydroMassage

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

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



Massage

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

Massage	
Individual Sessions	
15 minute chair massage:	\$20
15 minute table massage:	\$25
30 minute massage:	\$49
45 minute massage:	\$59
60 minute massage:	\$73
75 minute massage:	\$86
90 minute massage:	\$99
Hot Stone Massage	
90 minute massage:	\$115
30 Minute Packages	
5 Sessions (15% off):	\$208
10 Sessions (20% off):	\$392
60 Minute Packages	
5 Sessions (15% off):	\$310
10 Sessions (20% off):	\$584
90 Minute Packages*	
5 Sessions (15% off):	\$421
10 Sessions (20% off):	\$792
*Cannot be used for Hot Stone	

FALL SESSION(S):

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.

Cancellation Policy

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

Private Tennis Lessons:

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

New Member Orientation

All new RAC members showing an interest in tennis will be contacted by a RAC tennis professional within 7 days of joining to set up a FREE tennis New Member Orientation. **For more information please contact Ben Maes at bmaes@racmn.com or call (507) 287-9323.**

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

After the orientation, new members will receive:

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

Tennis Communication

Sign up for the R*O*G*Y, Junior, and/or Adult Tennis Groups on the new RAC App for up-to-date information about classes, drills, and special events. This will be our primary means of communicating to members. To learn more about the RAC app go to our website at www.racmn.com. Under the "Member Resources" heading select "App Guide". There are both iPhone and Android device options.

Tennis Private and Group Lessons

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

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

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

FALL - ADULT TENNIS

Session 1 (7 weeks)	September 3 - October 20 Monday classes will be prorated due to Labor Day and will run 6 weeks.
Session 2 (8 weeks)	October 21 - December 22 No classes week of Nov. 25-Dec. 1 due to Thanksgiving.

Adult Group Lesson Offerings

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

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



Adult Group Lessons

Class	Description	Fee	Days/Times	
Adult Beginner	Covers the basic tennis strokes: ground strokes, volleys, serves, returns and some point play. Stage 3 Green-dot ball is used.	Session 1: \$91 Session 2: \$104 <i>No classes</i> <i>November 25-December 1</i>	Tuesday Thursday Saturday	9:30 - 10:30 am 7:00 - 8:00 pm 9:00 - 10:00 am
Adult Beginner / Intermediate PLUS	A 90-minute class covering basic strokes and strategies for beginning match play. <i>Appropriate for players with an NTRP rating of 2.5 and below.</i>	Session 1: \$122.50 Session 2: \$140 <i>No classes</i> <i>November 25-December 1</i>	Wednesday	10:30 am - 12:00 pm
Adult Intermediate	All tennis strokes will be refined while introducing strategy for singles and doubles. Basic footwork patterns will help players during point play.	Session 1: \$91 Session 2: \$104 <i>No classes</i> <i>November 25-December 1</i>	Tuesday Tuesday Thursday Saturday	10:30 - 11:30 am 7:00 - 8:00 pm 6:00 - 7:00 pm 10:00 - 11:00 am



Tennis

Adult Leagues and Drills

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

Ratio and Length of Class Policy for Adult Leagues

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

Adult Leagues and Drills

League/Drill	Description	Fee	Days/Levels/Times
Drills & Games Galore	90 minutes of non-stop drills and games like Treasure, Flurry, GVS and Beat the Baseline. A fast paced class for the competitive player.	\$17.50 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Monday (3.0+) 6:30 - 8:00 pm (No class on Labor Day) Tuesday (3.0+) 9:30 - 11:00 am Thursday (3.0+) 9:30 - 11:00 am
Advanced Adult Challenge Court	90 minutes of fast paced doubles drills and match play. <i>This class is for men and women with a 4.0+ NTRP rating.</i>	\$17.50 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Monday (4.0+) 7:00 - 8:30 pm (No class on Labor Day)
AM Live Ball	Enjoy a "smashing" start to your day! An early morning workout for our 3.0+ players, consisting of fun drills and competitive point play.	\$13 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Thursday (3.0+) 6:00 - 7:00 am
50+ Drill & Play	90 minutes of tennis divided into drills and match play while socializing with your friends. Improve your tennis skills in a fun and relaxed atmosphere.	\$17.50 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Wednesday 9:30 - 11:00 am
Advanced Doubles Drill & Play	90 minutes of tennis divided into drills and critiqued match play. A great way to improve a specific skill and apply it immediately in a match situation.	\$17.50 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Thursday (4.0+) 9:30 - 11:00 am
1000 Ball Power Hour	60-minute fast paced tennis workout, including both dead ball feeding and live ball rallying to prepare you for your next league match or tournament. Repetition is the name of the game.	\$13 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Saturday (3.0+) 8:00 - 9:00 am
Saturday Doubles Drill & Play	A great way to meet people while playing competitive matches. Players rotate doubles partners.	\$ 17.50 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Saturday (3.0+) 9:00 - 11:00 am

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 Group Lessons

FALL - R*O*G*Y TENNIS	
FULL Fall Session (for our 60 minute classes)	September 3 - December 22 Players may add into these classes at any time
Session 1 (7 weeks) (For our 45 minute classes only)	September 3 - October 20 Monday classes will be prorated due to Labor Day and will run 6 weeks.
Session 2 (8 weeks) (For our 45 minute classes only)	October 21 - December 22 No classes week of Nov. 25-Dec. 1 due to Thanksgiving.

New this year we are offering one Fall Session for our 60 minute classes, providing more time to develop the skills necessary for advancement through the levels. Classes using the same ball will be offered at the same times, allowing us to easily move kids based on progress during the session. Our Mini RACquets and RED Pre-Rally Classes (45 minute classes) will continue to be run in two sessions.

Kids registering for the FULL Fall Session, will receive a RAC R*O*G*Y Tennis T-shirt on the second day of class. Others may register anytime during the session and may purchase the shirts for \$12.

R*O*G*Y Tennis Program

R*O*G*Y Tennis highlights 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 Curriculum

Beginning this Fall we are creating a new R*O*G*Y Tennis Curriculum, combining the best of the USTA Net Generation Curriculum with our own RAC R*O*G*Y Curriculum. Our program will focus on the development of athletic skills such as movement, balance, sending and receiving, along with behavioral skills including teamwork, respect, and sportsmanship. Children will 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.

- Players can enroll at any time after the session begins by contacting Sabine Tetzloff at (507) 287-9308 or stetzloff@racmn.com. The fee will be prorated based on the start date.
- 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 class. Most classes are on courts 1 and 2.
- On the second-to-last day of the session, players will be evaluated by the R*O*G*Y Tennis Coordinator. Based on this evaluation, your child will receive a form with individualized progress notes along with a special prize on the last day of class. 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.
- 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.
- **Non-Member Tennis Group Lessons:** The RAC is excited to open our Sunday lessons to non-members at a non-member price. Check out the descriptions and non-member table below to determine the best placement for your child or contact Sabine Tetzloff at (507) 287-9308 or stetzloff@racmn.com with questions. Non-members must pay at the time of enrollment. See descriptions for new curriculum



Tennis

PRESCHOOL TENNIS (Ages 3-4)

- **Mini RACquets Parent/Child Tennis**
3-4 year olds 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 Pre-Rally 4s**
(Appropriate for 4 year olds who were in Red Ball Beginner). A separate group for a unique group of kids. Our 4 year olds will be taught with a creative and active approach to movement and tennis. Balance, coordination, and sending/receiving skills will be introduced.

SCHOOL AGED TENNIS (Ages 5-8)

Children ages 5-8 learn the basic tennis strokes on a 36-foot court with a Stage 1 Red ball, which bounces 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 Pre-Rally 5+**
(Appropriate for 5-7 year-olds who are new to tennis or were in Red Ball Beginner). Our older beginners are grouped together to learn basic athletic and tennis skills in a group format. The focus will be on movement, sending/receiving skills, and tennis etiquette
- **RED Rally**
(Appropriate for 5-8 year-olds who have basic rally skills or were in Red Ball Intermediate, Advanced, Red Barons, or have advanced through RED Pre-Rally). Players will be divided between several courts based on age, social and athletic development, and rally skills. Individuals may be moved between groups during a given class time upon mastering specific skills.
- **RED Ball Drills & Games Galore**
At Red Rally level kids are encouraged to join us for a fun game-based drill session, where all of their skills can be put together during this weekly GAME DAY opportunity. *25% discount for this class if players are also enrolled in a weekly Red Rally Class.*

SCHOOL AGED TENNIS (Ages 8-10)

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-elimination competitive play. The emphasis is still fun and learning through positive feedback.

- **ORANGE Pre-Rally**
(Appropriate for 8-10 year-olds who are new to tennis or were in Orange Ball Beginner). Our beginning mid-elementary aged kids are taught in a team setting working together to achieve specific goals. More complex motor skills are introduced at this age. Basic tennis strokes and rules are introduced.
- **ORANGE Rally**
(Appropriate for 8-10 year-olds who have basic rally skills or were in Orange Ball Intermediate or Advanced or have advanced through ORANGE Pre-Rally). Basic rally skills are incorporated along with serves and beginning strategies. Kids will be divided into groups based on their experience. Competitive level orange ball players will be integrated into our ACE 3 program by tennis professional's recommendation and tryout.
- **ORANGE Ball Drills & Games Galore**
Orange Rally level kids are encouraged to join us for a fun game-based drill session, where all of their skills can be put together during this weekly GAME DAY opportunity. *25% discount for this class if players are also enrolled in a weekly Orange Rally Class.*

PRE-TEEN/TEEN TENNIS Ages (11-17)

- **GREEN Ball/ TEEN Pre-Rally**
(Appropriate for 11-17 year-olds who are new to tennis or were in Green Ball Beginner). Classes are catered to beginners who are now ready for full court play with a Stage 3 Green-dot ball. Basic strokes and rules will be introduced in a fun game-based format.
- **GREEN Ball/TEEN Rally**
(Appropriate for 11-17 year-olds who are new to tennis or were in Green Ball/TEEN Beginner). In this next level, development of ground strokes, mechanics, court positioning, and strategy will be stressed. Lessons will be taught utilizing both the green-dot and yellow ball. Competitive level green-dot/yellow ball players will be integrated into our ACE 3 program by tennis professional's recommendation and tryout.
- **GREEN Ball/TEEN Drills & Games Galore**
GREEN Ball/TEEN Rally players are encouraged to join us for a fun game-based drill session, where all of their skills can be put together during this weekly GAME DAY opportunity. Session will include point and match play. *25% discount for this class if players are also enrolled in a weekly GREEN Ball/TEEN Rally Class.*

R*O*G*Y Classes

Class	Age	Ball	Court	Fee	Days/Times
Mini RACquets Parent/Child Tennis Preschool Athletic Development and Tennis	3-4 years	FOAM	36'	Session 1: \$70 <i>(Monday classes will be prorated)</i> Session 2: \$80 <i>No classes Nov. 25-Dec. 1</i>	Monday 6:00 - 6:45 pm Saturday 9:15 - 10:00 am <i>*Additional times may be arranged for groups of 4 kids. Contact: Sabine Tetzloff at (507) 287-9308 or stetzloff@racmn.com</i>
RED Pre-Rally 4s	4 years	RED	36'	Session 1: \$70 <i>(Monday classes will be prorated)</i> Session 2: \$80 <i>No classes Nov. 25-Dec. 1</i>	Monday 6:00 - 6:45 pm Tuesday 9:30 - 10:15 am Tuesday 4:15 - 5:00 pm Thursday 4:15 - 5:00 pm Friday 4:30 - 5:15 pm Saturday 9:15 - 10:00 am Sunday 11:15 am - 12:00 pm
RED Pre-Rally 5+	5-7 years	RED	36'	Session 1: \$70 <i>(Monday classes will be prorated)</i> Session 2: \$80 <i>No classes Nov. 25-Dec. 1</i>	Monday 6:00 - 6:45 pm Tuesday 9:30 - 10:15 am Tuesday 4:15 - 5:00 pm Thursday 6:00 - 6:45 pm Friday 4:30 - 5:15 pm Saturday 9:15 - 10:00 am Sunday 11:15 am - 12:00 pm
RED Rally	5-8 years <i>*encouraged to also register for RED Ball Drills & Games Galore</i>	RED	36'	Full Session: \$195 (15 weeks) May add to class at any time	Tuesday 10:30 - 11:30 am Tuesday 5:00 - 6:00 pm Wednesday 4:00 - 5:00 pm Thursday 5:00 - 6:00 pm Friday 5:30 - 6:30 pm Saturday 10:00 - 11:00 am <i>No classes Thanksgiving week</i>
RED Ball Drills & Games Galore	5-8 years 25% discount if also registered for RED Rally	RED	36'	Full Session: \$195 (15 weeks) May add to class at any time	Tuesday 6:00 - 7:00 pm Saturday 11:00 am - 12:00 pm Sunday 12:00 - 1:00 pm <i>No classes Thanksgiving week</i>
ORANGE Pre-Rally	8-10 years	ORANGE	60'	Full Session: \$195 (15 weeks) <i>(Monday classes will be prorated)</i> May add to class at any time	Monday 5:00 - 6:00 pm Wednesday 6:00 - 7:00 pm Friday 5:30 - 6:30 pm Saturday 11:00 am - 12:00 pm Sunday 1:00 - 2:00 pm <i>No classes Thanksgiving week</i>
ORANGE Rally	8-10 years <i>*encouraged to also register for ORANGE Ball Drills & Games Galore</i>	ORANGE	60'	Full Session: \$195 (15 weeks) <i>(Monday classes will be prorated)</i> May add to class at any time	Monday 5:00 - 6:00 pm Tuesday 6:00 - 7:00 pm Wednesday 6:00 - 7:00 pm Friday 6:30 - 7:30 pm Saturday 12:00 - 1:00 pm <i>No classes Thanksgiving week</i>

R*O*G*Y Classes (continued)

Class	Age	Ball	Court	Fee	Days/Times
ORANGE Ball Drills & Games Galore	8-10 Orange Rally Level 25% discount if also registered for ORANGE Rally	ORANGE	60'	Full Session: \$195 (15 weeks) May add to class at any time	Tuesday 7:00 - 8:00 pm Wednesday 7:00 - 8:00 pm Saturday 1:00 - 2:00 pm Sunday 2:00 - 3:00 pm <i>No classes Thanksgiving week</i>
GREEN Ball / TEEN Pre-Rally	11-17 years	GREEN	78'	Full Session: \$195 (15 weeks) <i>(Monday classes will be prorated)</i> May add to class at any time	Monday 7:00 - 8:00 pm Thursday 7:00 - 8:00 pm <i>No classes Thanksgiving week</i>
GREEN Ball / TEEN Rally	11-17 years <i>*encouraged to also register for GREEN Ball Drills & Games Galore</i>	GREEN YELLOW	78'	Full Session: \$195 (15 weeks) <i>(Monday classes will be prorated)</i> May add to class at any time	Monday 7:00 - 8:00 pm Thursday 7:00 - 8:00 pm <i>No classes Thanksgiving week</i>
GREEN Ball / TEEN Drills & Games Galore	11-17 Green Ball or Teen Rally level 25% discount if also registered for GREEN Ball/ TEEN Rally	GREEN YELLOW	78'	Full Session: \$195 (15 weeks) May add to class at any time	Saturday 1:00 - 2:00 pm <i>No classes Thanksgiving week</i>

Non-Member R*O*G*Y Options

Class	Age	Ball	Court	Fee	Days/Times
RED Pre-Rally	4-7 years	RED	36'	Session 1: \$140 Session 2: \$160 <i>No classes Nov. 25-Dec. 1</i>	Sunday 11:15 am - 12:00 pm No makeups <i>No classes Thanksgiving week</i>
RED Ball Drills & Games Galore	5-8 years Must be at Red Rally Level	RED	36'	Full Session: \$345 (15 weeks) May add to class at any time	Sunday 12:00 - 1:00 pm No makeups <i>No classes Thanksgiving week</i>
ORANGE Pre-Rally	8-10 years	ORANGE	60'	Full Session: \$345 (15 weeks) May add to class at any time	Sunday 1:00 - 2:00 pm No makeups <i>No classes Thanksgiving week</i>
ORANGE Ball Drills & Games Galore	8-10 Must be at Orange Rally Level	ORANGE	60'	Full Session: \$345 (15 weeks) May add to class at any time	Sunday 2:00 - 3:00 pm No makeups <i>No classes Thanksgiving week</i>

Junior Special Events

RAC Team Challenge

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

Red Ball and Orange Ball Parent / Child Doubles Tournaments

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

Event	Age/Level	Ball/Court	Fee/Details
RAC Team Challenge Register as an individual! We will create the teams.	R*O*G*Y Red Ball R*O*G*Y Orange Ball Come and compete in a fun team format! Non-elimination and NO pressure! Fun and Prizes!	Red ball / 36 foot court Orange ball / 60 foot court Open to players who can maintain a modified rally <i>For information, contact Sabine Tetzloff at (507) 287-9308 or stetzloff@racmn.com</i>	October 5 Red Ball: 1:00 - 2:00 pm Orange Ball: 2:00 - 3:30 pm Member Fee: Red Ball \$15 Orange Ball \$20 Non-member Fee: Red Ball \$25 Orange Ball \$34 <i>Sign up at the Activities Desk (507) 287-9300</i>
RED Ball Parent / Child Doubles Tournaments	Ages 5-8 Non-elimination format Children should be at RED Rally level. Parents do <u>NOT</u> need tennis experience!	Red ball / 36 foot court <i>For information, contact Sabine Tetzloff at (507) 287-9308 or stetzloff@racmn.com</i>	September 21 1:00 - 3:00 pm November 9 1:00 - 3:00 pm Fee: \$20 per parent/child team for each event (maximum of 8 teams) <i>Sign up at the Activities Desk (507) 287-9300</i>
ORANGE Ball Parent / Child Doubles Tournaments	Ages 8-10 Non-elimination format Children should be at ORANGE Rally level. Parents do <u>NOT</u> need tennis experience!	Orange ball / 60 foot court <i>For information, contact Sabine Tetzloff at (507) 287-9308 or stetzloff@racmn.com</i>	November 2 2:00 - 5:00 pm December 7 2:00 - 5:00 pm Fee: \$25 per parent/child team for each event (maximum of 8 teams) <i>Sign up at the Activities Desk (507) 287-9300</i>



Tennis

R*O*G*Y Tennis Camps

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

- Direct questions to Sabine Tetzloff at (507) 287-9308 or stetzloff@racmn.com
- A snack will be included each day
- Racquets will be provided for those who need them

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

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

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

Theme	Age	Ball	Fee	Date
R*O*G*Y MEA School's Out Half-Day Camp	4-10	Red Ball Orange Ball	Members: \$50 per day Non-members: \$64 per day	Thursday and/or Friday, October 17-18 8:00 am - 12:00 pm Registration Deadline: Tuesday, October 15
R*O*G*Y End of Quarter Half Day Camp	4-10	Red Ball Orange Ball	Members: \$50 Non-members: \$64	Friday, November 8. 8:00 am - 12:00 pm Registration Deadline: Tuesday, November 5
R*O*G*Y Winter Break Half Day Camp	4-10	Red Ball Orange Ball	Members: \$50 per day Non-members: \$64 per day	Thursday and/or Friday, December 26-27 8:00 am - 12:00 pm Registration Deadline: Sunday, December 22
R*O*G*Y Happy New Year Camps	4-10	Red Ball Orange Ball	Members: \$50 per day Non-members: \$64 per day	Monday, December 30, Thursday, January 2, and/or Friday January 3 8:00 am - 12:00 pm Registration Deadline: Thursday, December 26

FALL - ACE / TOPGUN TENNIS

Session 1 (7 weeks)	September 3 - October 20 Monday classes will be prorated due to Labor Day and will run 6 weeks.
Session 2 (8 weeks)	October 21 - December 22 No classes Nov. 27-Dec. 1 due to Thanksgiving.

The RAC ACE (Advantage Competitive Edge) Tennis Program offers competitive training for serious junior tennis players. Participation includes two practices and one match per week. Strokes, strategy, conditioning, and mental toughness will be stressed throughout the classes. ACE Matches will be critiqued by a pro either in written or oral format!

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

ACE/TopGun - General Information

- Although our program is year-round, players are responsible for registering for each session in which they will participate.
- BILLING PROCESS:** ACE participants can choose to be billed in one of two ways:
 - Pay by the Session:** Payment is in one lump sum with no cancellations or makeups (ACE 3/ACE3JC/ACEHSP/ACE 2/ACE2JC: \$18/day; ACE 1/TopGun: \$21/day). Prices vary depending on total hours in class/matches.
 - Drop In:** Players who anticipate that they may need to miss class several days during the session may opt to pay by the day (ACE 3/ACE3JC/ACEHSP/ACE 2/ACE2JC: \$23/day; ACE 1/TopGun: \$25/day).

There will be no cancellations or makeups for either plan.

- Only players who register for the entire session will receive free court time during non-prime time hours.** Prime time hours are Monday thru Friday 4:00 - 8:00 pm and Saturday 9:00 am - 12:00 pm. Participants may reserve free court time 24 hours in advance. A list of free court time participants is located at the Activities Desk for each session. The participant must identify him/herself as an ACE player to receive credit for their court time.
- Descriptions of levels found herein are general guidelines. A tennis committee meets once a week while in session to evaluate who has met the criteria necessary to challenge up to the next level.
- All juniors (18 and under) must have permission from the Racquet Sports Director to participate in adult activities and programming.
- Non-Member ACE Match Play:** The RAC is excited to open our Sunday Ace 2, ACE 1, and TopGun matches to players who are non-members. Contact Steve Tacl at (507) 287-9335 ext. 312 or stacl@racmn.com for placement.

The RAC ACE Program is divided into seven groups (Please contact Steve Tacl at (507) 287-9335 ext. 312 or stacl@racmn.com to determine the appropriate level):

- ACE 3** - In ACE 3 there is a transition from new player to "tennis player." Players will use either the orange or green-dot ball to aid in proper stroke development. Stroke mechanics are emphasized as players focus on proper technique and consistency. Beginning conditioning is incorporated into daily class sessions. No prior tournament experience required. Players may need to rotate their match time on Fridays.

- ACE 3 Junior Competition (ACE3JC) - by invitation only.** Designed for the emerging competitive junior tennis player participating in intermediate level USTA tournaments (Levels 7, and 6). ACE3JC is open to players who are 12 years old and younger. This group will play predominantly with the green-dot ball. Match times will be on Friday afternoons from 5:30-7:00 pm. Please contact Steve Tacl at (507) 287-9335 ext. 312 or stacl@racmn.com for more information.
- ACE High School Prep (ACEHSP)** - The newest ACE class is designed for developing tennis players ages 12-17 who are working towards Junior Varsity or Varsity high school tennis. The class will be taught with a yellow ball. Proper stroke mechanics and footwork are developed along with fundamental singles and doubles strategies/positioning. Match times will be Friday evenings from 5:30-7:00 pm.
- ACE 2** - ACE 2 is designed for tennis players who are 14 years old and over. The majority of the drills will be taught using a yellow ball, preparing players for high school tennis. Players may receive a tryout if they are 13 years old or younger if they have met our traditional criteria (technical and tactical ability, physical maturity, effort and behavior) and are not in the Junior Competition group. Players will need to rotate their match times on Sundays.
- ACE 2 Junior Competition (ACE2JC) - by invitation only.** ACE2JC continues where ACE3JC ends. This group is designed for players 14 and under who are competitive in higher level USTA tournaments (Levels 6, 5, 4, and 3). A better understanding of technical competencies is taught, and more advanced strategies from all areas of the court are developed through high intensity practices. Players may need to rotate their match time on Sundays. Please contact Steve Tacl at (507) 287-9335 ext. 312 or stacl@racmn.com for more information.
- ACE 1** - Players in ACE 1 have developed a sound understanding of singles and doubles principles. Match level is that of a High School Varsity player and/or USTA Level 5 or better player. Players will need to rotate their match times on Sundays.
- TopGun - by invitation only.** This class consists of Rochester and the surrounding areas' top junior players. These players are generally ranked very high in the USTA/Northern Section Rankings. Tournament play is expected of all players. Please contact Steve Tacl at (507) 287-9335 ext. 312 or stacl@racmn.com for more information. Players will need to rotate their match times on Sundays.



ACE/TopGun

ACE Group	Fee	Frequency	Days/Times
ACE 3 Orange or Green-dot ball will be used depending on age of player	Session 1: \$360 <i>(No class on Labor Day)</i> Session 2: \$450 <i>(No class November 27 and 29)</i> Drop in: \$23/day	<u>3</u> days/week	Monday and Wednesday 4:00 - 5:30 pm Friday Matches: 4:00 - 5:30 pm
ACE 3 Junior Competition (ACE3JC)* <i>*For eligibility, contact Steve Tacl stacl@racmn.com</i>	Session 1: \$360 <i>(No class on Labor Day)</i> Session 2: \$450 <i>(No class November 27 and 29)</i> Drop in: \$23/day	<u>3</u> days/week	Monday and Wednesday 4:00 - 5:30 pm Friday Matches: 5:30 - 7:00 pm
ACE High School Prep (ACEHSP) Yellow ball	Session 1: \$360 <i>(No class on Labor Day)</i> Session 2: \$450 <i>(No class November 27 and 29)</i> Drop in: \$23/day	<u>3</u> days/week	Monday and Wednesday 4:00 - 5:30 pm Friday Matches: 5:30 - 7:00 pm
ACE 2	Session 1: \$360 <i>(No class on Labor Day)</i> Session 2: \$432 <i>(No class November 28 and December 1)</i> Drop in: \$23/day	<u>3</u> days/week <i>Must be able to rotate match time weekly</i>	Monday, Wednesday OR Thursday 5:30 - 7:00 pm Sunday Matches: 12:00 - 2:00 pm OR 2:00 - 4:00 pm Session fee includes any <u>3</u> of the 4 days offered. Fourth day will be charged in addition to the session fee.
ACE 2 Junior Competition (ACE2JC)* <i>*For eligibility, contact Steve Tacl stacl@racmn.com</i>	Session 1: \$360 <i>(No class on Labor Day)</i> Session 2: \$432 <i>(No class November 28 and December 1)</i> Drop in: \$23/day	<u>3</u> days/week <i>Must be able to rotate match time weekly</i>	Monday and Wednesday OR Thursday 5:30 - 7:00 pm Sunday Matches: 12:00 - 2:00 pm OR 2:00 - 4:00 pm Session fee includes any <u>3</u> of the 4 days offered. Fourth day will be charged in addition to the session fee.
ACE 1	Session 1: \$588 Session 2: \$693 <i>(No class November 28 and December 1)</i> Drop in: \$25/day	<u>4</u> days/week <i>Must be able to rotate match time weekly</i>	Tuesday and Thursday AND Wednesday 4:00 - 6:00 pm 7:00 - 9:00 pm Sunday Matches: 12:00 - 2:00 pm OR 2:00 - 4:00 pm
TopGun* <i>*For eligibility, contact Steve Tacl stacl@racmn.com</i>	Session 1: \$588 Session 2: \$693 <i>(No class November 28 and December 1)</i> Drop in: \$25/day	<u>4</u> days/week <i>Must be able to rotate match time weekly</i>	Tuesday/Thursday AND Wednesday 6:00 - 8:00 pm 7:00 - 9:00 pm Sunday Matches: 12:00 - 2:00 pm OR 2:00 - 4:00 pm
Non-Member ACE Match Play (ACE2, ACE1, TopGun Level)	\$39 / day	Contact Steve Tacl to register at (507) 287-9335 ext. 312 or stacl@racmn.com	Sunday Matches: 12:00 - 2:00 pm OR 2:00 - 4:00 pm

ACE/TopGun Half-Day Camps

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

Theme	Level	Time	Fee	Date
MEA School's Out Half-Day Camp	ACE 3 ACE3JC	8:00 am - 12:00 pm	Members: \$60 per day Non-members: \$74 per day	Thursday and Friday, October 17-18 Registration Deadline: Tuesday, October 15
	ACE2JC ACE 2 ACE 1 TopGun	12:00 - 4:00 pm		

RAC USTA Stars & Trophies Events

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

Tournament	Dates	Tournament ID	Events and Age
RAC Stars & Trophies 10U Orange and Green Ball Tournaments Two USTA Northern virtual Stars will be earned by participating in each event.	Saturday, October 12 Registration deadline: October 6 at 9:59 pm	550005419	Boys and girls ages 7-10. Groups may be combined if numbers warrant. Players must have passed out of the orange level (20 stars and trophies) before registering for green ball events. Singles only. USTA Registration (free) is recommended. TennisLink Online registration.
	Saturday, November 23 Registration deadline: November 17 at 9:59 pm	550005819	



RAC USTA Junior Tournaments

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

Tournament Name	Tournament ID	Level and Eligibility	Dates	Events
RAC One Day Tournament	550005519	Level 6 All USTA players are eligible	October 26 Online registration deadline: October 20 9:59 pm	Boys and Girls - singles only 12 and under (green-dot ball) 14 and under 16 and under 18 and under
RAC Thanksgiving Tournament	550005719	Level 6 All USTA players are eligible	November 30 - December 1 Online registration deadline: November 24 9:59 pm	Boys and Girls - singles and doubles 12 and under (green-dot ball) 14 and under 16 and under 18 and under
RAC Indoor Level 5 Championships	550024819	Level 5 All USTA players are eligible	December 27-29 Online registration deadline: December 22 9:59 pm	Boys and Girls - singles and doubles 12 and under (green-dot ball) 14 and under 16 and under 18 and under



FALL - OTHER RACQUET SPORTS

Session 1 (7 weeks)	September 3 - October 20 Monday classes will be prorated due to Labor Day and will run 6 weeks.
Session 2 (8 weeks)	October 21 - December 22 No classes week of Nov. 25-Dec. 1 due to Thanksgiving.

Specific times and fees are listed in the table.

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

Other Racquet Sports at the RAC

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

Racquetball and Squash: Courts can be reserved without a fee by stopping at the Activities Desk or by calling (507) 287-9300. Equipment can be checked out at the Activities Desk. Competition level racquets can be rented at Thrive for \$2.

Pickleball and Badminton: See court and equipment information under the corresponding headings below.

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

Racquet Sports Communication

Sign up for the Racquetball, Squash, Badminton, or Pickleball Groups on the new **RAC App** for up-to-date information about classes, drills, and special events.

This will be our primary means of communicating to members.

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 wmiller@racmn.com

Adult Group Lessons

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

- Equipment provided
- Ratio 4:1

Challenge Ladder

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

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

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

Racquetball Leagues

Session 1 Leagues (7 weeks): Begin September 3 with registration by August 28. Matches scheduled for Labor Day, Monday, September 2 are informal and may be played at your convenience.

Session 2 Leagues (8 weeks): Begin October 21 with registration by October 16. No matches will be scheduled during the week of November 25 - December 1 (Thanksgiving week).

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



Other Racquet Sports

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 2019 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 Ben Maes at bmaes@racmn.com or call (507) 287-9323.

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

Pickleball

Indoor: Any of our four indoor pickleball courts can be reserved for \$10/hour through the Activities Desk at (507) 287-9300. Pickleball courts are located on Tennis Courts 4 and 5. The court fee can be divided between the two (singles) or four (doubles) players.

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

Beginning paddles may be borrowed at the Activities Desk; Intermediate/Advanced paddles can be rented for \$2 at Thrive. For additional information about pickleball, please contact Sabine Tetzloff at (507) 287-9308 or stetzloff@racmn.com.

Pickleball: Zero, Zero, What?

Classes designed for individuals with no racquet sports experience. Material covered in class includes basic rally skills, serving, scoring, point and match play.

Other Racquet Sports



Pickleball Quickstart

A 90 minute introduction to pickleball for those who have experience with other racquet sports. Class covers rallying, dinking, serving, scoring, and strategies unique to pickleball. Each session will end with beginning match play.

Open AM Pickleball Mixer

Join us Monday and Thursday for an informal mixer. Players of all levels are welcome.

Pickleball Sunday Club Night

Club night is for all levels of players, and will be in a mixer format (not for preformed groups). New players are welcome and will receive instruction on rules and fundamentals.

RACQUETBALL

Class	Fee	Day/Time
Introduction to Racquetball	Free	Schedule with: Wendy Miller at (507) 287-9335 ext. 321 or wmiller@racmn.com or Greg Leibfried at (507) 287-9335 ext. 323 or gleibfried@racmn.com
Adult Group Lessons	Session 1: \$70 (7 weeks) Session 2: \$80 (8 weeks) <i>No class on Wednesday, November 27.</i>	Wednesday 6:00 - 7:00 pm
Challenge Ladder	Free	<i>Ladder is based on league matches or participants setting up their own match times.</i>
Racquetball Leagues	Session 1: \$17.50 (7 weeks) Session 2: \$20 (8 weeks) <i>No matches November 25-29.</i>	Available leagues will be posted at Activities Desk and Racquet Sports bulletin board Sign up at Activities Desk
Junior Beginner Lessons (Ages 8-12)	Session 1: \$70 (7 weeks) Session 2: \$80 (8 weeks) <i>No class on Tuesday, November 26.</i>	Tuesday 5:30 - 6:30 pm
Racquetball Private Lessons	\$25 per half hour	Schedule with: Wendy Miller at (507) 287-9335 ext. 321 or wmiller@racmn.com or Greg Leibfried at (507) 287-9335 ext. 323 or gleibfried@racmn.com

SQUASH

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

BADMINTON

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

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Other Racquet Sports

PICKLEBALL

Pickleball: Zero, Zero, What? Beginning class	Session 1: \$70 (7 weeks) Session 2: \$80 (8 weeks) <i>No classes on Wednesday, November 27.</i>	Monday Wednesday	7:15 - 8:15 pm 9:30 - 10:30 am
Pickleball Quickstart For those with other racquet sports experience	\$15 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Saturday, September 14 Saturday, October 12 Saturday, November 16	3:30 - 5:00 pm 12:00 - 1:30 pm 12:00 - 1:30 pm
Open AM Pickleball Mixer	\$3.75 (1.5 hours) or \$5 (2 hours)	Monday Thursday	9:00 - 10:30/11:00 am 9:00 - 10:30/11:00 am No preregistration required
Pickleball Sunday Club Night (All levels)	\$5 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Sunday	6:15 - 8:00 pm
Pickleball Private Lessons (IPTPA Certified: Level 3.5 & below)	\$25 per half hour	Schedule with: Sabine Tetzloff at (507) 287-9308 or stetzloff@racmn.com	



FALL SWIMMING

Session 1 (7 weeks)	September 3 - October 20 Note this session begins <u>Tuesday</u> , September 3. Monday classes will be prorated due to Labor Day and will run 6 weeks.
Session 2 (7 weeks)	October 21 - December 15 No classes week of Nov. 25-Dec. 1 due to Thanksgiving.

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

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

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

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

Swimming Programming

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

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

Pool Schedule

Guarded Swim Times:

Mondays	5:30 pm - 8:30 pm
Wednesdays	5:30 pm - 8:30 pm
Fridays	5:30 pm - 8:30 pm
Saturdays	9:00 am - 6:00 pm
Sundays	9:00 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

We are excited to offer a new swim lesson curriculum designed to help your child gain greater confidence and safety in, on, and around the water. These courses are geared for the pre-school aged child and other than the parent/child course have no in water parent involvement. Your child will be exposed to the joys of swimming by a certified Starfish Aquatic Institute Instructor or Red Cross equivalent. We will use the first day of class as an assessment day to make sure that all students in each class are in the appropriate level. Please keep in mind that a student does not always advance a level each session. Many factors such as attendance, coordination, growth spurts, development, and maturity level affect the students' progression through the levels. **Remaining at the same level should not be interpreted as not improving or not achieving success.**

**A portion of time during each class will be dedicated to safety issues and/or skills.*

Parent/Child (Ages 6 Months-3 Years)

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

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

Floating Fish (Age 3)

Our primary goal is to provide the child with a pleasant, fun-filled water experience. Your child should be comfortable without you, the parent, in the water. There is NO parent participation during the lesson. Skills will be supported by the instructor or flotation aid and include:

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



Swimming

Gliding Guppies (Ages 4-5)

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

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

Mighty Minnows (Ages 4-5)

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

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

Preschool Swimming Lessons

Class	Age	Fee	Day/Time	
Parent/Child	6 months-3 years	Session 1: \$67 Session 2: \$67	Tuesday Thursday Saturday	5:50 - 6:20 pm 5:50 - 6:20 pm 10:15 - 10:45 am
Floating Fish	3 years	Session 1: \$67 Session 2: \$67	Tuesday Tuesday Wednesday Wednesday Wednesday Thursday Saturday	10:45 - 11:15 am 5:50 - 6:20 pm 2:10 - 2:40 pm 4:15 - 4:45 pm 4:50 - 5:20 pm 5:50 - 6:20 pm 10:50 - 11:20 am
Gliding Guppies	4-5 years	Session 1: \$67 Session 2: \$67	Tuesday Tuesday Wednesday Wednesday Thursday Saturday	11:55 am - 12:25 pm 6:25 - 6:55 pm 1:35 - 2:05 pm 4:50 - 5:20 pm 5:15 - 5:45 pm 10:15 - 10:45 am
Mighty Minnows	4-5 years	Session 1: \$67 Session 2: \$67	Tuesday Tuesday Wednesday Wednesday Thursday Saturday	11:20 - 11:50 am 6:25 - 6:55 pm 1:00 - 1:30 pm 4:15 - 4:45 pm 5:15 - 5:45 pm 10:50 - 11:20 am



Youth Swimming Lessons (Ages 6 and up)

We are excited to offer a new swim lesson curriculum designed to help your child gain greater confidence and safety in, on, and around the water. These courses are geared for the school aged child. Your child will be exposed to the joys of swimming by certified Starfish Aquatic Institute Instructor or Red Cross equivalent. We will use the first day of class as an assessment day to make sure that all students in each class are in the appropriate level. Please keep in mind that a student does not always advance a level each session. Many factors such as attendance, coordination, growth spurts, development, and maturity level affect the students' progression through the levels. **Remaining at the same level should not be interpreted as not improving or not achieving success.**

** A portion of time during each class will be dedicated to safety issues and/or skills.*

LEVEL 1 - Swim School

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

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

LEVEL 2 - Swim School

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

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

LEVEL 3 - Stroke School

Recommended abilities include level 1 and 2 skills.

Skills for this level include:

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

LEVEL 4 - Stroke School

Recommended abilities include level 1, 2, and 3 skills.

Skills for this level include:

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

LEVEL 5 - Endurance

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

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

Water Safety Instructor Aid

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

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

Home School Swimming Lessons

The RAC is excited to offer Home School swimming lessons. Call (507) 287-9314 or email wbenedetti@racmn.com for more information.

Session 1: September 3 - October 20 (7 weeks)

Session 2: October 21 - December 15 (7 weeks)

No classes November 27.

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.

Session 1:	Members: \$67	Non-members: \$77
Session 2:	Members: \$67	Non-members: \$77
Level 1	Wednesday	10:35 - 11:05 am
Level 2	Wednesday	11:10 - 11:40 am

Session 1:	Members: \$69	Non-members: \$79
Session 2:	Members: \$69	Non-members: \$79
Level 3	Wednesday	11:45 am - 12:30 pm
Level 4	Wednesday	12:35 - 1:20 pm
Level 5	Wednesday	9:45 - 10:30 am



Swimming

Non-Member Swim Lessons

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

Session 1: September 3 - October 20 (7 weeks)

Session 2: October 21 - December 15 (7 weeks)

No classes December 1.

Session 1:	Members: \$67	Non-members: \$121
Session 2:	Members: \$67	Non-members: \$121
Parent/Child	Sunday	11:00 - 11:30 am
Floating Fish	Sunday	11:00 - 11:30 am
Gliding Guppies	Sunday	11:35 - 12:05 pm
Mighty Minnows	Sunday	11:35 - 12:05 pm
Level 1	Sunday	12:10 - 12:40 pm
Level 2	Sunday	12:10 - 12:40 pm

Session 1:	Members: \$69	Non-members: \$126
Session 2:	Members: \$69	Non-members: \$126
Level 3	Sunday	12:45 - 1:30 pm
Level 4	Sunday	12:45 - 1:30 pm
Level 5	Sunday	1:35 - 2:20 pm

Youth Swimming Lessons

Class	Age	Fee	Day/Time
Level 1	Ages 6 and up	Session 1: \$67 Session 2: \$67	Tuesday 5:15 - 5:45 pm Wednesday 4:50 - 5:20 pm Thursday 6:25 - 6:55 pm Saturday 9:40 - 10:10 am
Level 2	Ages 6 and up	Session 1: \$67 Session 2: \$67	Tuesday 5:15 - 5:45 pm Wednesday 4:15 - 4:45 pm Thursday 6:25 - 6:55 pm Saturday 9:40 - 10:10 am
Level 3	Ages 6 and up	Session 1: \$69 Session 2: \$69	Tuesday 7:00 - 7:45 pm Thursday 7:00 - 7:45 pm Saturday 11:25 - 12:10 pm
Level 4	Ages 6 and up	Session 1: \$69 Session 2: \$69	Tuesday 7:00 - 7:45 pm Thursday 7:00 - 7:45 pm Saturday 11:25 - 12:10 pm
Level 5	Ages 6 and up	Session 1: \$69 Session 2: \$69	Tuesday 7:50 - 8:35 pm Saturday 12:15 - 1:00 pm
Home School Swimming	Levels 1 - 5	See description for prices	See description for days and times
Non-Member Swim Lessons	Pre-school- Level 5	See description for prices	See description for days and times

Adult Swim Lessons

Adult Beginner

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

Adult Intermediate

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

Adult Swim Lessons

Class	Age	Fee	Day/Time
Adult Beginner	Ages 15 and up	Session 1: \$69 Session 2: \$69	Monday 8:00 - 8:45 pm
Adult Intermediate	Ages 15 and up	Session 1: \$69 Session 2: \$69	Monday 8:50 - 9:35 pm

Swimming Private Lessons

Private swimming instruction can be arranged with a certified Water Safety Instructor for both children and adults. All lessons are based on \$60/hour or \$30/half hour. Semi-private lessons are also available at a rate of \$40/half hour for 2 individuals. For more information contact Whitney Benedetti at (507) 287-9314 or email wbenedetti@racmn.com.

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

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. Private lessons are available for swimmers age 6 and up. Contact Coach Steve at smvorca@gmail.com for reservations.

1/2 Hour Private: \$40

1 Hour Private: \$80

***Cancellation Policy: No-shows 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 ext. 322 for reservations.

1/2 Hour Private: \$35

1 Hour Private: \$70

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





Events for Kids

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

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

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

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

Events for Kids Programming

Enjoy our popular parties and events for children. Please note the separate table and description area for the Date Night offerings!

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

Jodi Hass	Kids Club Director
jhass@racmn.com or (507) 287-9302	
Whitney Benedetti	Youth/Aquatics Director
wbenedetti@racmn.com or (507) 287-9314	

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 1 and 15, December 6 and 13

Saturdays 9:30 am - 5:30 pm

November 2 and 16, December 7 and 14

Sundays 12:00 pm - 5:30 pm

November 3 and 17, December 8 and 15

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 or pool party. Parties are 1.5 hours in length. Additional time may be purchased. Birthday staff will do all entertaining and serving. Birthday child, parent, or a grandparent must be a member. Call our Birthday Coordinator for reservations at (507) 405-1036. Pick up information at the Neighborhood, Front, or Activities desk today! You can also view all birthday information on our website www.racmn.com under the "Youth & Family" heading.

Kids Pajama Parties

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

- Ages 3-8
- Contact Jodi Hass

*Drop off and pick up in the Kids Club.

MEA Break Day Camps

The Neighborhood will be holding a "No School Day" camp. Kids will participate in swimming, organized games, activities, crafts, and lunch. This is a perfect opportunity for the parents that still need to work, but do not have childcare for their school-aged child(ren). Children should arrive with socks, backpack, swimming suit, and clothes to be active.

- Ages 5-13
- Contact Whitney Benedetti
- **Registration Deadline: Wednesday, October 16 by 12:00 pm.**
- Minimum of 8 kids must be enrolled for that day to occur.

*Drop off and pick up in the Neighborhood.

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

Early drop off: \$8/child/day

- 7:00 - 8:30 am

Late pick up: \$4/child/day

- 5:05 - 7:30 pm

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



Laser Tag Night

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

- Ages 5-13
- Contact Whitney Benedetti
- **Registration Deadline: Thursday, October 3 by 12:00 pm.**

*Drop off and pick up in the Neighborhood.

Neighborhood Ice Cream Social

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

- Ages 5-13
- Contact Whitney Benedetti
- **Registration Deadline: Thursday, November 14 by 12:00 pm.**

*Drop off and pick up in the Neighborhood.

Cookies and Canvas

Come for a fun filled night of cookies and art. Cookies and Canvas staff will be here to guide the kids through a kid friendly painting. Pizza will be served prior to beginning their paintings.

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

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

Breakfast With Santa

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

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

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

Winter Break Day Camps

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

- Ages 5-13
- Contact Whitney Benedetti
- **Registration Deadline: Thursday, December 19 by 12:00 pm.**
- Minimum of 8 kids must be enrolled for event to occur.

*Drop off and pick up in the Neighborhood.

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

Early drop off: \$8/child/day

- 7:00 - 8:30 am

Late pick up: \$4/child/day

- 5:05 - 7:30 pm

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



Events for Kids

Class	Ages	Fee	Day/Time
Inflatables	All ages	Free	See description for dates/times
Kids Pajama Parties	3-8	Members: \$15 Non-members: \$23	Saturdays 5:30 - 8:30 pm September 21 October 26 November 9 December 7
MEA Break Day Camps	5-13	Members: \$80/day/child Non-members: \$92/day/child	Thursday, October 17 8:30 am - 5:00 pm Friday, October 18 8:30 am - 5:00 pm <ul style="list-style-type: none"> • See description for all important details! • Early drop off, late pick up also available. <p>See description for Registration Deadline</p>
Laser Tag Night	5-13	Members: \$30 Non-members: \$42	Saturday, October 5 5:30 - 8:30 pm See description for Registration Deadline
Neighborhood Ice Cream Social	5-13	Members: \$17 Non-members: \$29	Saturday, November 16 5:30 - 8:30 pm See description for Registration Deadline
Cookies and Canvas	5-13	Members: \$20 Non-members: \$32	Saturday, December 14 5:30 - 8:30 pm See description for Registration Deadline
Breakfast With Santa	Ages 2 and up will be charged	Members: \$15 Non-members: \$23 <i>Activities are included in child price</i>	Saturday, December 14 Three seatings: 8:00 - 9:30 am 8:45 - 10:15 am 9:30 - 11:00 am Sign up by contacting Jodi Hass at (507) 287-9302 or jhass@racmn.com
Winter Break Day Camps	5-13	Members: \$80/day/child Non-members: \$92/day/child	December 23 8:30 am - 5:00 pm December 26 8:30 am - 5:00 pm December 27 8:30 am - 5:00 pm December 30 8:30 am - 5:00 pm December 31 8:30 am - 5:00 pm January 2 8:30 am - 5:00 pm January 3 8:30 am - 5:00 pm <ul style="list-style-type: none"> • See description for all important details! • Early drop off, late pick up also available. <p>See description for Registration Deadline</p>

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

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



Date Nights

Kids Club Date Night

Need a night out? Drop your children off at Kids Club for a Date Night. We will have a special craft, latest movie, play in the play area and snacks provided. Since you may sign up kids ages 5-6 for either Kids Club or Neighborhood Date Night, you must make the decision at the time of sign up. The night of, your child may not switch Date Nights.

- 6 months-6 years
- Contact Jodi Hass

*Drop off and pick up at Kids Club.



Neighborhood Date Night

Need a night out? Then sign your children up for a Neighborhood Date Night! The kids will participate in organized games and/or swimming. Snack will be provided. Sign up is for each night individually. Since you may sign up kids ages 5-6 for either Neighborhood or Kids Club Date Night, you must make the decision at the time of sign up. **The night of, your child may not switch Date Nights.**

- Ages 5-13
- Contact Whitney Benedetti

*Drop off and pick up in the Neighborhood.

SWIMMING NOTE:

For Neighborhood Date Nights (September 13, November 15)

Ages 5-6 may sign up for swimming date nights. If children ages 5-13 want to remain in the Neighborhood, they may, too, as the other 7-13 year olds go swimming. And as always, children that do not want to participate in the craft may choose to play organized games.

*Drop off and pick up in the Neighborhood.

Class	Ages/Fee	Days/Times
Kids Club Date Night	6 months-6 years Members: \$13 Non-members: \$21	Fridays 6:30 - 9:30 pm September 13 October 11 October 25 (Wear Halloween costume!) November 1 November 15 December 6 December 13
Neighborhood Date Night	5-13 Members: \$13 Non-members: \$21	Fridays 6:30 - 9:30 pm September 13 (Swimming) October 11 October 25 (Wear Halloween costume!) November 1 November 15 (Swimming) December 6 December 13

Cancellation policy for all one-time events listed above:

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

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



Kids Sports & Fitness

FALL KIDS SPORTS & FITNESS

Session 1 (7 weeks)	September 3 - October 20 Note this session begins <u>Tuesday</u> , September 3. Monday classes will be prorated due to Labor Day and will run 6 weeks.
Session 2 (7 weeks)	October 21 - December 15 No classes week of Nov. 25-Dec. 1 due to Thanksgiving.

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

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

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

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

Kids Sports & Fitness Programming

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

Soccer Classes

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

Soccer classes are only offered Session 1 and end October 10. Monday classes are a 5 week session and will be prorated. Thursday classes are a 6 week session and have been prorated

Classes taught by MN Rush coaches. MN Rush is a youth soccer club that has a goal to teach soccer in a consistent manner for true development from season to season. MN Rush's mission is to provide the maximum benefit of professional training through a program that emphasizes fun, sportsmanship, individual development and team play. The MN Rush approach allows players the chance to excel for the enjoyment of the game and the challenge of the competition. MN Rush 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 Ali Abdi. Ali comes to us with a wealth of basketball experience. He is certified by the International Olympic Committee for basketball coaching. He was a part of several National teams in Somalia and Yemen. Ali has completed several certificate programs for international basketball coaching and has been a part of the Rochester youth basketball scene for several years. Ali is fluent in English, Somali and Arabic. He is looking forward to bringing his basketball knowledge to the RAC.

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.

Romp and Roll

This class is designed for ages 1-2.5 with parent/child participation. Come and play with your child during this fun filled class. During this class you and your child will focus on group interactions, gross motor skills, balance, and following directions. The class has some favorite songs and rhymes your child will enjoy. A snack is included in this class.

Hoppin' Tots

This exciting class will be held in the Neighborhood small gym area. Your child will be sure to burn off some extra energy along with learning fun fitness activities through gross motor skills. This class is for toddlers age 2.5-4 years of age. Parents must remain in the club.



Class	Ages	Fee	Day/Time/Location
Get Kickin' It	2-3	Session 1: Members: \$57 Non-members: \$113 <i>(Ends October 10)</i>	Monday 9:00 - 9:30 am Thursday 10:00 - 10:30 am NH Small Gym
Tiny Soccer	3-4	Session 1: Members: \$57 Non-members: \$113 <i>(Ends October 10)</i>	Monday 9:30 - 10:00 am Thursday 10:30 - 11:00 am NH Small Gym
Soccer 1	4-6	Session 1: Members: \$57 Non-members: \$113 <i>(Ends October 10)</i>	Monday 10:05 - 10:35 am Thursday 11:05 - 11:35 am NH Small Gym
Basketball 1	6-9	Session 1: Members: \$69 Non-members: \$125 Session 2: Members: \$69 Non-members: \$125	Wednesday 6:30 - 7:15 pm NH Gym
Basketball 2	9-12	Session 1: Members: \$69 Non-members: \$153 Session 2: Members: \$69 Non-members: \$153	Thursday 6:30 - 7:15 pm NH Gym
Tiny Hitters	5-6	Session 1: Members: \$67 Non-members: \$123 Session 2: Members: \$67 Non-members: \$123	Wednesday 6:00 - 6:30 pm Batting Cages
Young Hitters 1	7-9	Session 1: Members: \$67 Non-members: \$123 Session 2: Members: \$67 Non-members: \$123	Wednesday 6:30 - 7:00 pm Batting Cages
Young Hitters 2	10-12	Session 1: Members: \$67 Non-members: \$151 Session 2: Members: \$67 Non-members: \$151	Wednesday 7:00 - 7:30 pm Batting Cages
Young Pitchers	8-12	Session 1: Members: \$67 Non-members: \$151 Session 2: Members: \$67 Non-members: \$151	Wednesday 7:30 - 8:00 pm Batting Cages
Romp and Roll	1-2.5	Session 1: Members: \$69 Non-members: \$125 Session 2: Members: \$69 Non-members: \$125	Tuesday 9:15 - 10:00 am Wednesday 10:15 - 11:00 am NH Small Gym
Hoppin' Tots	2.5-4	Session 1: Members: \$69 Non-members: \$125 Session 2: Members: \$69 Non-members: \$125	Tuesday 10:15 - 11:00 am NH Small Gym



Kids Sports & Fitness

Sport Private Instruction

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

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

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

Jim Daly Basketball Private Lessons

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

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

1/2 Hour Private: \$38

1 Hour Private: \$75

Ali Abdi Basketball Private Lessons

Ali comes to us with a wealth of basketball experience.

He is certified by the International Olympic Committee for basketball coaching. He was a part of several National teams in Somalia and Yemen.

Ali has completed several certificate programs for international basketball coaching and has been a part of the Rochester youth basketball scene for several years. He is fluent in English, Somali and Arabic.

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

1/2 Hour Private: \$30 1/2 Hour Semi-Private: \$40

1 Hour Private: \$60 1 Hour Semi-Private: \$80

Soccer Private Lessons

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

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

1/2 Hour Private: \$30 1/2 Hour Semi-Private: \$40

1 Hour Private: \$60 1 Hour Semi-Private: \$80

Youth Training Options

See the Adult Fitness section to learn about the KidFit and Young Athlete Development Training options offered by our personal trainers. Personal Training is another option and information may be found in the Healthy Lifestyles section.

Martial Arts for Health & Wellness

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

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

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

Class	Ages	Fee	Day/Time/Location
Martial Arts for Health & Wellness	6-Adult	Monthly fee assuming two days per week: Members: \$80 Non-members: \$90 Each additional family member enrolled will result in a discount of \$5 for each family member.	Monday & Wednesday: Yellow belts 5:00 - 5:55 pm White belts (New) 6:00 - 6:55 pm Ages 13-Adult (All) and 7:00 - 7:55 pm Green, Blue, Red and Black belts Thursday: Ages 13-Adult (All) and 5:00 - 5:55 pm Green, Blue, Red, and Black belts Yellow belts 6:00 - 6:55 pm White belts (New) 7:00 - 7:55 pm To enroll contact Kirby Strissel at kstrissel@racmn.com Civic View Room

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

