



# *Spring/Summer* **2019**

## Schedule of Activities

Sign up begins:  
Spring Session - March 4  
Summer Camp - March 4  
Summer Session - April 22

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



# At a Glance - Youth Activities

		AGE													
		0	1	2	3	4	5	6	7	8	9	10	11	12	13 & up
Kids Sports & Fitness	Yoga for Kids (pg 7)								X	X	X	X	X	X	
	KidFit (pg 13)									X	X	X	X	X	X
	Tennis (pg 19)				X	X	X	X	X	X	X	X	X	X	X
	Racquetball (pg 36)									X	X	X	X	X	X
	Swimming Lessons (pg 38)	X	X	X	X	X	X	X	X	X	X	X	X	X	X
	Soccer Classes (pg 48)			X	X	X	X	X							
	Youth Basketball (pg 48)							X	X	X	X	X	X	X	
	Youth Baseball (pg 48)						X	X	X	X	X	X	X	X	
	Home School PE (pg 48)						X	X	X	X	X	X	X	X	X
	Romp and Roll (pg 48)		X	X											
	Martial Arts for Health & Wellness (pg 51)							X	X	X	X	X	X	X	X
Events for Kids	Cookies and Canvas (pg 45)						X	X	X	X	X	X	X	X	X
	Kids Pajama Parties (pg 45)				X	X	X	X	X	X					
	Laser Tag Night (pg 45)						X	X	X	X	X	X	X	X	X
	Mondays w/Med City Mayhem (pg 45)		X	X	X	X	X	X	X	X	X	X	X	X	X
	Date Nights (pg 46)	X	X	X	X	X	X	X	X	X	X	X	X	X	X
Summer Camps	RAC Explorers Camp (pg 52)						X	X	X						
	RAC Adventure Camp (pg 52)									X	X	X	X	X	X
	Just for Me Camp (pg 53)			X	X	X	X	X	X	X					
	Girls Forum Camp (pg 54)									X	X	X	X	X	
	Euro Football Club Soccer Camp (pg 54)				X	X	X	X	X	X	X	X	X	X	X
	RAC Basketball Camps (pg 54)						X	X	X	X	X	X	X	X	
	Rochester Honkers Baseball Camp (pg 55)							X	X	X	X	X	X	X	X
	RAC Sport and Fitness Half-Day (pg 55)					X	X	X	X	X	X	X	X		
	Rec. Center Ice Skating Camp (pg 55)						X	X	X	X	X	X	X	X	X
	Mystery Camp (pg 55)						X	X	X	X	X	X	X	X	X
	Tennis Camps (pg 28, 29, 33)				X	X	X	X	X	X	X	X	X	X	X



# Spring/Summer 2019 Schedule of Activities

## Spring Session

Classes begin week of April 1\*  
Sign up begins March 4

## Summer Camps

Camps begin week of June 3\*  
Sign up begins March 4

## Offerings

Adult and Youth Activities.....	6
Group Fitness .....	7
Pilates.....	10
Adult Fitness .....	13
Healthy Lifestyles.....	15
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## Summer Session

Classes begin week of June 3\*  
Sign up begins April 22

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

Other Racquet Sports .....	35
Swimming .....	38
Events for Kids .....	45
Kids Sports and Fitness .....	48
TaeKwonDo .....	51
Summer Camps .....	52

## Program Sign Up & Cancellation Policies

### Sign Up

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

### Cancellation by the Club

If a class does not reach its minimum enrollment requirement, we will cancel the class **two days** prior to the first class. Members will be contacted by phone. The Club reserves the right to alter the number of class sessions and/or change the length of the class time due to less than the minimum number allowed per class.

### Cancellation by a Member or Guest

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

- For a class, you may cancel participation within **48 hours** after the first class. In this case, no charges will be applied to your account.
- For a one-time event, you must cancel **48 hours** in advance or you will be billed in full.
- For a Summer Camp, if you cancel less than 8 days prior to the week of camp, a 20% administrative fee will be charged. If you are cancelling within the 8 days, you must call the camp director to cancel out of camp, not the Activities Desk. There will be no refund once camp begins.

## Important Telephone Numbers

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

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



# Club Information & Guidelines

## Club Hours

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

## Holiday Hours

Easter Sunday	Closed
Memorial Day	7:00 am - 7:00 pm
Independence Day	7:00 am - 7:00 pm
Labor Day	7:00 am - 7:00 pm
Thanksgiving Day	7:00 am - 2:00 pm
Christmas Eve	5:00 am - 2:00 pm
Christmas Day	Closed
New Year's Eve	5:00 am - 7:00 pm
New Year's Day	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 and track.
2. The **Adult Only** room is reserved for members and guests 18 years of age and older.
3. Shoes are to be worn at all times. Bare feet, sandals and flip flops are **NOT** allowed.
4. Wipe down all machines after use.
5. **CELL PHONES:** Please limit cell phone conversations to under a minute while on the Fitness Floor. If you are going to make or answer a phone call, please take it to the lounge area by the Activities Desk or upstairs to the sitting area overlooking the Fitness Floor. **Cell phone use is not recommended in the locker rooms.**
6. Return free weights, dumbbells, medicine balls, exercise balls, and other movable equipment back to their appropriate racks when finished.
7. **All beverages must be contained in a spill proof container.** A spill-proof container is defined as something that is resistant to being spilled. Aluminum cans, milk jugs, and plastic cups are not allowed on the Fitness Floor.
8. Infants are allowed on the Fitness Floor.

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

AND 3:30 pm - 9:00 pm

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

# Club Information & Guidelines



## The Neighborhood Guidelines

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

## Neighborhood Staffed Hours

### (September - May)

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

### (June - August)

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

## Rochester Public No School Days

Neighborhood Staffed Hours:

Monday - Friday 9:00 am - 8:30 pm  
Neighborhood staff are not on duty for early releases or late starts. Normal staffed hours only on those days.

## Rochester Public School Snow Days:

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

## Kids Club Guidelines

We provide supervised child care for ages 6 weeks through 6 years.

### For ages 6 weeks through 6 months:

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

### For ages 6 months through 6 years:

- Reservations are not required
- 2.5 hour maximum stay

### Rates:

**In Club:** \$4 per child

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

## Kids Club Hours

### (September 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 1)

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

## Lost & Found

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



# Adult and Youth Activities

## Adult Pick-up Basketball

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

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

\*Gyms 1 and 2 only

### Pick-up Basketball Rules:

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

## Pickleball

**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.

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

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

Players interested in learning more about badminton or to join the e-mail list for badminton players at the RAC should contact 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.



## **SPRING SESSION:**

**April 1 - June 2 (9 weeks)**

## **SUMMER SESSION:**

**June 3 - August 11 (9 weeks)**

**No specialty or series classes the week of July 1-7.**

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

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

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

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

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

## **Group Fitness Schedule Classes**

We offer RAC members dynamic, varied workouts tailored for the beginner to the advanced participant. Group Fitness Classes do not require sign up unless indicated specifically on the schedule.

**Spring 2019 Mind Body and Group Fitness Live Class Schedule will begin on Monday, April 1.**

**Summer 2019 Mind Body and Group Fitness Live Class Schedule will begin on Monday, June 3.**

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

## **Group Fitness Studios and Fitness on Demand**

Another option for directed fitness instruction is virtual Fitness on Demand offerings in the Upper, Lower, and Cycle Studios. Fitness on Demand is a subscription to prerecorded classes. The screens in those studios will display 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 Schedule**

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

## **Group Fitness on the RAC App**

Another option is to download our free RAC app and have our live Group Fitness class schedule in the palm of your hand. To learn more about the RAC app go to our website at [www.racmn.com](http://www.racmn.com). Under the "Membership" heading select "App Guide". There are both iPhone and Android device options.

## **Group Fitness Special Offerings**

### **Prenatal Yoga**

This workshop creates an experience that bonds mother and baby through a practice of breath and movement. We will learn ways that a mother's body changes throughout pregnancy along with ways to accommodate a yoga practice in each trimester. This workshop is for pregnant women and others looking to learn more about prenatal yoga. It is a practice filled with learning, moving and meditation.

- Instructor: Beth Sutterer
- Ages 13 and over
- Location: Mind Body Studio

### **Intro to Yoga**

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

- Instructor: Beth Sutterer
- Ages 13 and over
- Location: Mind Body Studio

### **Yoga for Kids**

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

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



# Group Fitness

Class	Fee	Day/Time
Prenatal Yoga	Free	Winter 2: Saturday, March 16 12:45 - 2:15 pm Summer: TBA
Intro to Yoga	Free	Spring: Saturday, April 13 12:30 - 1:30 pm Summer: TBA
Yoga for Kids (Ages 7-12)	Free	Spring: Tuesday April 16 & 23 (2 week series) 4:00 - 4:45 pm Summer: Tuesday June 4 & 11 (2 week series) 4:00 - 4:45 pm

## Aerial Yoga Programming

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

- Instructor for all Aerial Yoga classes:  
Catherine McBride, Certified Aerial Yoga Instructor

## Aerial Yoga Series

Are you curious about Aerial Yoga? Come learn the FUNDamentals in this 3 week introductory session! 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. No yoga experience necessary. All levels are welcome!

- Location: Mind Body Studio
- Sign up required

## Intro to Aerial Yoga

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

- Location: Mind Body Studio
- Sign up required

## Aerial Yoga Special Event

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

- Minimum age of 13
- Location: Mind Body Studio





Class	Occurrence	Fee	Day/Time
<b>Aerial Yoga Series</b>	Three Class Series	Members: \$45 Non-members: \$81	<b>Spring: TBA</b>
<b>Intro to Aerial Yoga</b>	One Day Class	Members: \$15 Non-members: \$27	<b>Spring: TBA Summer: TBA</b>
<b>Aerial Yoga Special Event</b>	One Day Class	Members: \$84 Non-members: \$96	<b>Contact Catherine McBride at <a href="mailto:cmcbride@racmn.com">cmcbride@racmn.com</a> or (507) 287-9335 ext. 393 to set up or learn more about private Aerial Yoga offerings</b>

## Yoga Private Instruction

Yoga has become a mainstay in fitness programs across the nation. It is a great way to improve overall flexibility, balance, strength, as well as promote stress reduction and relaxation. Whether you wish to begin a basic Hatha Yoga practice, take your experienced Power Yoga practice to the next level, or receive private Aerial Yoga instruction we can accommodate your individual goals! Arranging for a Private Instructor or one of the Yoga Private Instruction packages is easy - contact the RAC Yoga Lead Hope Carroll-Rizzo at [hcarroll-rizzo@racmn.com](mailto:hcarroll-rizzo@racmn.com) or (507) 287-9335 ext. 392.

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

## Yoga Private Instruction

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



# Pilates

## SPRING SESSION:

**April 1 - June 2 (9 weeks)**

## SUMMER SESSION:

**June 3 - August 11 (9 weeks)**

**No series classes the week of July 1-7.**

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

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

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

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

## Pilates Programming

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

Getting started in Pilates is easy. Besides the classes above, you can take a free “Pilates Mat Core” class, or explore more deeply some of the Pilates equipment in a three week “Reformer Intro Series” or “Intro to Pilates Chair” class. Moreover, there is opportunity to learn and advance in your Pilates practice with our multilevel Pilates Apparatus program and our ongoing Pilates Chair classes. For those who are looking for more guidance and individual attention, we also offer Pilates Private Instruction for individuals or small groups. If you would like assistance in getting started in any of these areas, please contact the **Activities Desk at (507) 287-9300 or Jean DeWitz, Certified Pilates Lead at [jdewitz@racmn.com](mailto:jdewitz@racmn.com) or (507) 287-9335 ext. 303.**

## Pilates Mat Core

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

- See current Group Fitness Schedule for times and locations.

## 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
<b>Pilates Mat Core</b>	FREE for members and those on guest passes	<b>See current Group Fitness Schedule</b> (No sign up necessary)
<b>Sweat-a-lates</b>	FREE for members and those on guest passes	<b>See current Group Fitness Schedule</b> (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 9 week session? Consider a 3 week reformer class for beginners!

- Limit: 5 per class
- Location: Pilates Studio



### Pilates Apparatus Classes

The RAC offers extensive apparatus class options from Introductory to Experienced levels. Contact Jean DeWitz to find appropriate level offerings.

- Location: Pilates Studio

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

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

*Additional class cost: \$126/9 week session*

Class	Fee	Day/Time
<b>Reformer Intro Series</b> (3 Week Series)	Members: \$45 Non-members: \$81	<b>Dates and times will be advertised in the club</b>
<b>Pilates Apparatus Classes</b> (Introductory through Experienced levels)	<b>Spring:</b> (9 weeks) Members: \$135 Non-members: \$243  <b>Summer:</b> (9 weeks) Members: \$135 Non-members: \$243	<b>Contact Jean DeWitz at <a href="mailto:jdewitz@racmn.com">jdewitz@racmn.com</a> or (507) 287-9335 ext. 303 to determine appropriate level and for available times</b>



## Pilates Chair

Despite the small size of the Pilates Chair, it is a total body experience that demands precision and strength.

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

### Intro to Pilates Chair

If you are new to Pilates Chair, consider signing up for an Intro to Pilates Chair class.

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

### Continuing Pilates Chair

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

- Location: Mind Body Studio

Class	Fee	Day/Time
<b>Intro to Pilates Chair</b>	Members: \$15 Non-members: \$27	Contact Jean DeWitz at jdewitz@racmn.com or (507) 287-9335 ext. 303
<b>Continuing Pilates Chair</b>	<b>Spring:</b> (9 weeks) Members: \$135 Non-members: \$243  <b>Summer:</b> (9 weeks) Members: \$135 Non-members: \$243	Contact Jean DeWitz at jdewitz@racmn.com or (507) 287-9335 ext. 303 to determine appropriate level and for available times

## Pilates Private Instruction

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

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

## Pilates Private Instruction

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



## ADULT FITNESS CLASS CHANGES AND UPDATES:

**Class prices are based on a four week schedule. Classes are non-refundable with exceptions handled on a case by case basis by the Fitness Director.**

Specific times and fees are listed in the tables. 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.
- Non-member pricing available. Contact Fitness Director Steve Boring at (507) 287-9312 or sboring@racmn.com.

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

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

## Adult Fitness Programming

Adult Fitness classes are a great way to help you to gain the focus and motivation needed to reach your fitness goals. Our trainers are happy to provide the structure, guidance and fun to help take you to your next level of fitness. Try one of our specialty classes or get some friends together and set up your own Blast 30 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 \*NEW\*

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

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

## Triple Threat

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

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



# Adult Fitness

Class	Fee	Day/Time
<b>Blast 30 Boot Camp</b>	4 week cost: 2x week: \$80 3x week: \$120	<b>Days vary based on group selection</b> Sign up through Chris Zink at czink@racmn.com
<b>MET-CON *NEW*</b>	4 week cost: \$45	<b>Saturday 8:00 - 8:45 am</b> <b>Saturday 9:00 - 9:45 am</b> Contact jjones@racmn.com for more options
<b>KidFit *NEW* (Ages 8-13)</b>	4 week 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. <b>Monday 4:15 - 5:00 pm</b> <b>Tuesday 4:15 - 5:00 pm</b> <b>Wednesday 4:15 - 5:00 pm</b> <b>Thursday 4:15 - 5:00 pm</b> <b>Friday 5:30 - 6:15 pm</b> <b>Saturday 11:00 - 11:45 am</b> Sign up through Joe Jones at jjones@racmn.com
<b>Young Athlete Development Training</b>	Prices vary based on number of sessions selected	<b>Days vary based on group selection</b> Sign up through Steve Boring at sboring@racmn.com
<b>Force Fit</b>	4 week cost: \$45	<b>Monday 4:30 - 5:15 pm</b> <b>Custom classes are available upon request.</b> Contact Josh Lewis at: jlewis@racmn.com
<b>Kettle Advantage</b>	4 week cost: \$90 Drop in cost: \$13 per class	<b>Tuesday and Thursday 5:30 - 6:15 am</b> <b>Tuesday and Thursday 7:00 - 7:45 am</b>
<b>Total Body Transformation 2x Week</b>	4 week cost: \$108 Drop in cost: \$15 per class	<b>Monday and Wednesday 5:30 - 6:30 am</b> <b>Monday and Wednesday 10:00 - 11:00 am</b>  <b>Monday 9:00 - 10:00 am</b> <b>and Thursday 10:15 - 11:15 am</b>  <b>Monday and Thursday 4:30 - 5:30 pm</b>
<b>Total Body Transformation 3x Week</b>	4 week cost: \$162 Drop in cost: \$15 per class	<b>Monday, Wednesday, Friday 5:30 - 6:30 am</b>  <b>Monday and Wednesday 10:00 - 11:00 am</b> <b>and Friday 9:00 - 10:00 am</b>  <b>Monday and Friday 9:00 - 10:00 am</b> <b>and Thursday 10:15 - 11:15 am</b>
<b>Triple Threat</b>	4 week cost: \$90 Drop in cost: \$13 per class	<b>Tuesday and Thursday 9:30 - 10:15 am</b>



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	
<b>Individual Session</b>	Members: \$20
<b>Bronze Package</b> 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

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

### Personal Nutrition Counseling

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

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

### Fuel Up

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

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



# Healthy Lifestyles

## 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

<b>Private Nutrition Counseling</b>	One Hour: \$68
<b>Fuel Up</b> (6 Week Program)	Members: \$330 Non-members: \$680
<b>Health and Wellness Coaching Consultation</b>	One Hour: \$70

### Twelve Week Training/Diet Programs

#### Twelve Weeks to Race Weight

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

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

#### Gold

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

#### Silver

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

#### Basic (Diet only)

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

### Twelve Weeks to Race Weight

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





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

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

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

### **Gold Package**

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

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

### **Silver Package**

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

- Initial nutrition consultation, which includes: food diary, grocery list and 7-day meal plan, and before/after pictures
- Initial personal training consultation with before/after measurements
- Three 1 hour Health and Wellness Coaching sessions
- Garmin Activity Tracker
- 1 hour personal training session every other week (or weekly 30 minute sessions)
- Weekly weigh-in, food diary checks and recipes with the dietitian

- Extra 12% discount in the Deli on healthy food purchases during the 12 week program
- Extra 25% discount off heart rate monitors at Thrive
- \$120 RAC services gift certificate for obtaining program goals
- Share the trainer incentive: \$90 RAC services gift certificate for obtaining program goals

### **Basic (Diet Only)**

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

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

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

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

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

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

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

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



## Twelve Weeks to A New You

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

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

## Massage

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

## Massage

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





## SPRING and SUMMER SESSIONS:

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

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

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

## Tennis Programming

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

## 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.

## Tennis Communication

Sign up for the ROGY, 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](http://www.racmn.com). Under the "Membership" heading select "App Guide". There are both iPhone and Android device options.

## 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](mailto: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 (ROGY) tennis session
- One FREE drop-in tennis class
- 50% Off an adult or junior social tennis event

## 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](mailto:bmaes@racmn.com) for questions or information.

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

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

## Adult Tennis

### SPRING - Adult SESSION (8 Weeks)

April 1 - May 26

### SUMMER - Adult SESSIONS

**Session 1 (6 weeks)**     **June 3 - July 21**  
(No classes July 1-7)

**Session 2 (5 weeks)**     **July 22 - August 25**

### Adult Group Lesson Offerings

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

Spring Session (8 weeks):

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

Summer Session (5 or 6 weeks):

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

## SPRING - Adult Group Lessons

Class	Description	Fee	Days/Times
<b>Adult Beginner</b>	Covers the basic tennis strokes: ground strokes, volleys, serves, returns and some point play. Stage 3 Green-dot ball is used.	<b>Spring: \$104</b>	<b>Tuesday</b> 9:30 - 10:30 am <b>Thursday</b> 7:00 - 8:00 pm <b>Saturday</b> 9:00 - 10:00 am
<b>Adult Beginner / Intermediate PLUS</b>	A 90-minute class covering basic strokes and strategies for beginning match play (singles and doubles). <i>Appropriate for players with an NTRP rating of 2.5 and below.</i>	<b>Spring: \$140</b>	<b>Wednesday</b> 10:30 am - 12:00 pm
<b>Adult Intermediate</b>	All tennis strokes will be refined while introducing strategy for singles and doubles. Basic footwork patterns will help players during point play.	<b>Spring: \$104</b>	<b>Tuesday</b> 10:30 - 11:30 am <b>Tuesday</b> 7:00 - 8:00 pm <b>Thursday</b> 6:00 - 7:00 pm <b>Saturday</b> 10:00 - 11:00 am
<b>Adult Advanced (Strokes &amp; Strategies)</b>	This class is intended for players at the USTA 3.0/3.5 level who want to improve their strokes and learn the important strategies of the game.	<b>Spring: \$104</b>	<b>Wednesday</b> 9:30 - 10:30 am

## SUMMER - Adult Group Lessons

Class	Description	Fee	Days/Times
<b>Adult Beginner</b>	Covers the basic tennis strokes: serve, service return, ground strokes, volleys. Stage 3 Green-dot ball is used for four weeks.	<b>Session 1: \$78</b> (no class on July 3)  <b>Session 2: \$65</b>	<b>Wednesday</b> 7:00 - 8:00 pm
<b>Adult Intermediate</b>	All tennis strokes will be refined while introducing strategy for singles and doubles. Basic footwork patterns will help players during point play.	<b>Session 1: \$78</b> (no class on July 2 and 4)  <b>Session 2: \$65</b>	<b>Tuesday</b> 7:00 - 8:00 pm <b>Thursday</b> 7:00 - 8:00 pm

## Adult Leagues and Drills

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

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

SPRING - Adult Leagues and Drills				
League/Drill	Description	Fee	Days/Levels/Times	
<b>Drills &amp; Games Galore</b>	90 minutes of non-stop drills and games like Treasure, Flurry, GVS and Beat the Baseline. A fast paced class for the competitive player.	<b>\$17.50 / day</b> <i>Sign up daily at the Activities Desk (507) 287-9300</i>	<b>Monday (3.0+)</b> <b>Tuesday (3.0+)</b> <b>Thursday (3.0+)</b>	<b>6:30 - 8:00 pm</b> <b>9:30 - 11:00 am</b> <b>9:30 - 11:00 am</b>
<b>Advanced Adult Challenge Court</b>	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>	<b>\$17.50 / day</b> <i>Sign up daily at the Activities Desk (507) 287-9300</i>	<b>Monday (4.0+)</b>	<b>7:00 - 8:30 pm</b>
<b>AM Live Ball</b>	Enjoy a “smashing” start to your day! An early morning workout for our 3.0+ players, consisting of fun drills and competitive point play.	<b>\$13 / day</b> <i>Sign up daily at the Activities Desk (507) 287-9300</i>	<b>Thursday (3.0+)</b>	<b>6:00 - 7:00 am</b>
<b>50+ Drill &amp; Play</b>	90 minutes of tennis divided into drills and match play while socializing with your friends. Improve your tennis skills in a fun and relaxed atmosphere.	<b>\$17.50 / day</b> <i>Sign up daily at the Activities Desk (507) 287-9300</i>	<b>Wednesday</b>	<b>9:30 - 11:00 am</b>
<b>Advanced Doubles Drill &amp; Play</b>	90 minutes of tennis divided into drills and critiqued match play. A great way to improve a specific skill and apply it immediately in a match situation.	<b>\$17.50 / day</b> <i>Sign up daily at the Activities Desk (507) 287-9300</i>	<b>Thursday (4.0+)</b>	<b>9:30 - 11:00 am</b>
<b>Singles Drill &amp; Play</b>	This class is geared towards competitive USTA players who would like to learn how to use their strengths and improve upon their weaknesses in a match situation.	<b>\$17.50 / day</b> <i>Sign up daily at the Activities Desk (507) 287-9300</i>	<b>Thursday (3.5+M/4.0+W)</b>	<b>7:00 - 8:30 pm</b>
<b>1000 Ball Power Hour</b>	60-minute fast paced tennis workout, including both dead ball feeding and live ball rallying to prepare you for your next league match or tournament.	<b>\$13 / day</b> <i>Sign up daily at the Activities Desk (507) 287-9300</i>	<b>Saturday (3.0+)</b>	<b>8:00 - 9:00 am</b>
<b>Saturday Doubles Drill &amp; Play</b>	A great way to meet people while playing competitive matches. Players rotate doubles partners.	<b>\$ 17.50 / day</b> <i>Sign up daily at the Activities Desk (507) 287-9300</i>	<b>Saturday (3.0+)</b>	<b>9:00 - 11:00 am</b>
<b>SUMMER USTA League</b>	See next table to learn more about Summer USTA Leagues which start late May			



## SUMMER - Adult Leagues and Drills

League/Drill	Description	Fee	Days/Levels/Times
<b>Drills &amp; Games Galore</b>	90 minutes of non-stop drills and games like Treasure, Flurry, GVS and Beat the Baseline. A fast paced class for the competitive player.	<b>\$17.50 / day</b> <i>Sign up daily at the Activities Desk (507) 287-9300</i>	<b>Monday (3.0+) 6:30 - 8:00 pm</b> <b>Tuesday (3.0+) 9:00 - 10:30 am</b> <b>Thursday 9:00 - 10:30 am</b>
<b>Advanced Adult Challenge Court</b> (Outdoor Courts)	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>	<b>\$17.50 / day</b> <i>Sign up daily at the Activities Desk (507) 287-9300</i>	<b>Monday (4.0+) 6:00 - 7:30 pm</b>
<b>AM Live Ball</b>	Enjoy a "smashing" start to your day! An early morning workout for our 3.0+ players, consisting of fun drills and competitive point play.	<b>\$13 / day</b> <i>Sign up daily at the Activities Desk (507) 287-9300</i>	<b>Thursday (3.0+) 6:00 - 7:00 am</b>
<b>50+ Drill &amp; Play</b>	90 minutes of tennis divided into drills and match play while socializing with your friends. Improve your tennis skills in a fun and relaxed atmosphere.	<b>\$17.50 / day</b> <i>Sign up daily at the Activities Desk (507) 287-9300</i>	<b>Thursday 9:00 - 10:30 am</b>
<b>Doubles Drill &amp; Play</b>	90 minutes of tennis divided into drills and critiqued match play. A great way to improve a specific skill and apply it immediately in a match situation.	<b>\$17.50 / day</b> <i>Sign up daily at the Activities Desk (507) 287-9300</i>	<b>Wednesday (4.0+) 9:00 - 10:30 am</b> <b>Wednesday (2.5/3.0) 10:30 - 12:00 pm</b>
<b>Saturday Doubles Drill &amp; Play</b> (Outdoor courts)	A great way to meet people while playing competitive matches. Players rotate doubles partners.	<b>\$ 15 / day</b> <i>Sign up daily at the Activities Desk (507) 287-9300</i>	<b>Saturday (3.0+) 9:00 - 11:00 am</b>
<b>SUMMER USTA League</b>	Join over 300,000 players nationwide in the country's largest recreational tennis league. Play is based on the NTRP ranking system, so you will play with and against players of similar ability. Direct questions to Ben Maes at (507) 287-9323 or bmaes@racmn.com.	<b>Cost per match varies by the competition venue.</b>  <i>Matches: Late May - August, 2019</i>	<b>Tentative Levels and Match Days:</b>  <b>Monday:</b> 2.5 Women, 3.0 Men, 7.0 55 & Over Women, 8.0 55 & Over Men <b>Tuesday:</b> 3.0 Women, 4.5 Men <b>Wednesday:</b> 3.5 Women, 4.0 Men <b>Thursday:</b> 4.0 Women, 3.5 Men, 7.0 55 & Over Men

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

## Junior Tennis

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

April 1 - May 26

### SUMMER R\*O\*G\*Y CLASSES:

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

Week 1	June 3 - 7
Week 2	June 10 - 14
Week 3	June 17 - 21
Week 4	June 24 - 28
Week 5 NO CLASSES	July 1 - 5
Week 6	July 8 - 12
Week 7	July 15 - 19
Week 8	July 22 - 26
Week 9	July 29 - August 2
Week 10	August 5 - 9
Week 11	August 12 - 16
Week 12	August 19 - 23
Week 13	August 26 - 30

#### Session AFTERNOON/EVENING Classes

Session 1 (6 weeks)	June 3 - July 21 (No classes July 1-7)
Session 2 (5 weeks)	July 22 - August 25

### R\*O\*G\*Y HALF-DAY SUMMER CAMPS

Week 1	June 3 - 7
Week 2** NO ROGY CAMP	June 10 - 14
Week 3	June 17 - 21
Week 4	June 24 - 28
Week 5	July 1 - 2 (2 day camp)
Week 6** NO ROGY CAMP	July 8 - 12
Week 7	July 15 - 19
Week 8	July 22 - 26
Week 9 NO ROGY CAMP	July 29 - August 2
Week 10	August 5 - 9
Week 11	August 12 - 16
Week 12** NO ROGY CAMP	August 19 - 23
Week 13	August 26 - 30

**\*\*Additional tennis opportunities during weeks 2, 6, and 12 are available in our RAC Sports & Fitness Camps. See Summer Camps section to learn more.**

### USTA Net Generation Curriculum

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

### Group Lessons - General Information

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

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



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

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

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

### **MINI RACQUETS PARENT/CHILD TENNIS**

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

### **RED BALL TENNIS**

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

### **ORANGE BALL TENNIS**

As the children grow they are moved to a larger 60-foot tennis court and a Stage 2 Orange tennis ball. Lessons for our 8-10 year olds will consist of a combination of instruction, games, and non-

competitive match play. The emphasis is still fun and learning through positive feedback. Orange Ball Tennis is divided into **Orange Beginner, Orange Intermediate, and Orange Advanced**. *Competitive level orange ball players will be integrated into our ACE 3 program by tennis professional's recommendation and tryout.* Players are eligible for 60-foot court match play in the **Orange Ball Match Play** at the Orange Ball Intermediate and Advanced level. Players wishing to eventually move into the ACE program should participate in the Match Play in order to learn the skills necessary to compete at the higher ACE level.

### **GREEN BALL TENNIS**

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

### **TEEN TENNIS**

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



## SPRING - R\*O\*G\*Y Classes

Class	Age	Ball	Court	Ratio	Fee	Days/Times
<b>Mini RACquets Parent/Child Tennis</b> Preschool Athletic Development and Tennis	3-4 years	FOAM	36'	5 : 1	Spring: \$72	<b>Monday</b> 6:00 - 6:30 pm <b>Tuesday</b> 9:30 - 10:00 am <b>Saturday</b> 9:30 - 10:00 am *Additional times may be arranged for groups of 4 kids. Contact: Sabine Tetzloff at (507) 287-9308 or stetzloff@racmn.com
<b>RED Ball Beginner</b>	4-7 years	RED	36'	5 : 1	Spring: \$80	<b>Monday</b> 6:00 - 6:45 pm <b>Tuesday</b> 10:00 - 10:45 am <b>Tuesday</b> 4:00 - 4:45 pm <b>Tuesday</b> 5:30 - 6:15 pm <b>Thursday</b> 6:00 - 6:45 pm <b>Friday</b> 4:00 - 4:45 pm <b>Saturday</b> 9:00 - 9:45 am
<b>RED Ball Intermediate</b>	4-8 years <i>*encouraged to also register for Red Ball Drill &amp; Play</i>	RED	36'	5 : 1	Spring: \$104	<b>Tuesday</b> 10:45 - 11:45 am <b>Tuesday</b> 4:30 - 5:30 pm <b>Tuesday</b> 6:00 - 7:00 pm <b>Thursday</b> 4:00 - 5:00 pm <b>Friday</b> 4:00 - 5:00 pm <b>Friday</b> 6:00 - 7:00 pm <b>Saturday</b> 10:00 - 11:00 am
<b>RED Ball Advanced</b>	5-8 years <i>*encouraged to also register for Red Ball Drill &amp; Play</i>	RED	36'	6 : 1	Spring: \$104	<b>Wednesday</b> 6:00 - 7:00 pm <b>Friday</b> 5:00 - 6:00 pm <b>Saturday</b> 11:00 am - 12:00 pm
<b>RED BARONS Competitive Red Ball Training</b>	5-8 years <i>*encouraged to also register for Red Ball Drill &amp; Play</i>	RED	36'	6 : 1	Spring: \$104	<b>Friday</b> 5:00 - 6:00 pm <b>Saturday</b> 11:00 am - 12:00 pm  <b>BY RECOMMENDATION ONLY</b>
<b>RED Ball Drill &amp; Play</b>	Currently in <b>Red Ball Intermediate, Advanced</b> or in <b>RED BARONS</b>	RED	36'	8 : 1	Spring: \$104	<b>Saturday</b> 12:00 - 1:00 pm
<b>ORANGE Ball Beginner</b>	8-10 years	ORANGE	60'	6 : 1	Spring: \$104	<b>Monday</b> 5:00 - 6:00 pm <b>Wednesday</b> 6:00 - 7:00 pm <b>Friday</b> 5:00 - 6:00 pm <b>Saturday</b> 11:00 am - 12:00 pm
<b>ORANGE Ball Intermediate</b>	8-10 years <i>*encouraged to also register for Orange Ball Match Play</i>	ORANGE	60'	6 : 1	Spring: \$104	<b>Monday</b> 5:00 - 6:00 pm <b>Wednesday</b> 5:00 - 6:00 pm <b>Friday</b> 6:00 - 7:00 pm <b>Saturday</b> 12:00 - 1:00 pm
<b>ORANGE Ball Advanced</b>	8-10 years <i>*encouraged to also register for Orange Ball Match Play</i>	ORANGE	60'	6 : 1	Spring: \$104	<b>Wednesday</b> 6:00 - 7:00 pm <b>Friday</b> 7:00 - 8:00 pm <b>Saturday</b> 12:00 - 1:00 pm

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## SPRING - R\*O\*G\*Y Classes (cont.)

Class	Age	Ball	Court	Ratio	Fee	Days/Times
<b>ORANGE Ball Match Play</b>	Currently at Orange Ball Intermediate or Advanced level	ORANGE	60'	8 : 1	Spring: \$104	<b>Saturday 1:00 - 2:00 pm</b>
<b>GREEN Ball Beginner</b>	11-13 years	GREEN	78'	6 : 1	Spring: \$104	<b>Tuesday 4:00 - 5:00 pm</b> <b>Thursday 6:00 - 7:00 pm</b>
<b>GREEN Ball Intermediate/Advanced</b>	11-13 years <i>*encouraged to also register for Green Ball Match Play</i>	GREEN	78'	6 : 1	Spring: \$104	<b>Tuesday 5:00 - 6:00 pm</b> <b>Thursday 5:00 - 6:00 pm</b>
<b>TEEN Tennis</b>	13-18 years <i>*encouraged to also register for Green Ball Match Play</i>	GREEN YELLOW	78'	6 : 1	Spring: \$104	<b>Thursday 7:00 - 8:00 pm</b> <b>***NEW TIME***</b>
<b>GREEN Ball Match Play</b>	Currently at Green Ball or Teen level	GREEN	78'	8 : 1	Spring: \$104	<b>Saturday 1:00 - 2:00 pm</b>

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

Class	Age	Ball	Court	Ratio	Fee / Week	Days/Times
<b>RED Ball Beginner</b>	4-7 years	RED	36'	5 : 1	\$65	<b>Monday through Friday 9:00 - 10:00 am</b>
<b>RED Ball Intermediate</b>	4-7 years	RED	36'	5 : 1	\$65	<b>Monday through Friday 9:00 - 10:00 am</b>
<b>RED Ball Advanced</b>	5-8 years	RED	36'	6 : 1	\$65	<b>Monday through Friday 9:00 - 10:00 am</b>
<b>ORANGE Ball Beginner</b>	8-10 years	ORANGE	60'	6 : 1	\$65	<b>Monday through Friday 10:00 - 11:00 am</b>
<b>ORANGE Ball Intermediate</b>	8-10 years	ORANGE	60'	6 : 1	\$65	<b>Monday through Friday 10:00 - 11:00 am</b>
<b>ORANGE Ball Advanced</b>	8-10 years	ORANGE	60'	6 : 1	\$65	<b>Monday through Friday 10:00 - 11:00 am</b>
<b>GREEN Ball / TEEN</b>	11-13 years	GREEN	78'	6 : 1	\$65	<b>Monday through Friday 1:00 - 2:00 pm</b>  <b>NO Classes:</b> Week 4: June 24 - 28 Week 5: July 1 - 5 Week 6: July 8 - 10 Week 9: July 29 - Aug 2 Week 12: August 27 - 31

## SUMMER - R\*O\*G\*Y Session AFTERNOON / EVENING Classes

Class	Age	Ball	Court	Ratio	Fee / Week	Days/Times	
<b>Mini RACquets Parent/Child Class</b>	3-5 years	RED	36'	4 : 1	<b>Session 1: \$54</b> (no classes on July 1-5) <b>Session 2: \$45</b>	<b>Tuesday</b> <b>Tuesday</b>	<b>5:30 - 6:00 pm</b> <b>6:00 - 6:30 pm</b>
<b>RED Ball Beginner</b>	4-7 years	RED	36'	5 : 1	<b>Session 1: \$60</b> (no classes on July 1-5) <b>Session 2: \$50</b>	<b>Tuesday</b> <b>Wednesday</b>	<b>4:00 - 4:45 pm</b> <b>5:00 - 5:45 pm</b>
<b>RED Ball Intermediate</b>	4-8 years	RED	36'	5 : 1	<b>Session 1: \$78</b> (no classes on July 1-5) <b>Session 2: \$65</b>	<b>Tuesday</b> <b>Wednesday</b>	<b>5:00 - 6:00 pm</b> <b>4:00 - 5:00 pm</b>
<b>RED Ball Advanced / RED BARONS</b>	5-8 years	RED	36'	6 : 1	<b>Session 1: \$78</b> (no classes on July 1-5) <b>Session 2: \$65</b>	<b>Tuesday</b>	<b>6:00 - 7:00 pm</b>
<b>ORANGE Ball Beginner</b>	8-10 years	ORANGE	60'	6 : 1	<b>Session 1: \$78</b> (no classes on July 1-5) <b>Session 2: \$65</b>	<b>Monday</b> <b>Thursday</b>	<b>4:30 - 5:30 pm</b> <b>5:00 - 6:00 pm</b>
<b>ORANGE Ball Intermediate</b>	8-10 years	ORANGE	60'	6 : 1	<b>Session 1: \$78</b> (no classes on July 1-5) <b>Session 2: \$65</b>	<b>Wednesday</b> <b>Thursday</b>	<b>6:00 - 7:00 pm</b> <b>4:00 - 5:00 pm</b>
<b>ORANGE Ball Advanced</b>	8-10 years	ORANGE	60'	6 : 1	<b>Session 1: \$78</b> (no classes on July 1-5) <b>Session 2: \$65</b>	<b>Monday</b>	<b>5:30 - 6:30 pm</b>
<b>ORANGE Ball Match Play</b>	Currently at the Orange Ball Intermediate/ Advanced level	ORANGE	60'	8 : 1	<b>Session 1: \$78</b> (no classes on July 1-5) <b>Session 2: \$65</b>	<b>Wednesday</b>	<b>1:00 - 2:00 pm</b>
<b>GREEN Ball &amp; TEEN Beg/Int</b>	11+ years Beginning / Intermediate full court tennis	GREEN	78'	6 : 1	<b>Session 1: \$78</b> (no classes on July 1-5) <b>Session 2: \$65</b>	<b>Thursday</b>	<b>6:00 - 7:00 pm</b>



## SPRING - R\*O\*G\*Y Special Events

Event	Age	Ball/Court	Fee /Details	Event
<b>R*O*G*Y Spring Break Half Day Tennis Camp</b>	4-10	Red Ball Orange Ball	<b>Members: \$50 per day</b> <b>\$212.50 for full week</b> <b>Non-members: \$64 per day</b> <b>\$295 for full week</b>  <b>Registration Deadline:</b> <b>Thursday, March 21</b>	<b>Monday through Friday</b> <b>March 25 - 29</b>  <b>8:00 am - 12:00 pm</b> (7:30 am drop off available)
<b>RED Ball Parent / Child Doubles Tournament</b>	6-8	Red Ball	<b>Fee: \$20 per parent/child team</b> (maximum of 8 teams)  <i>Children should be able to rally over the net (late Red Ball Intermediate or Red Ball Advanced).</i>  Parents do <u>NOT</u> need tennis experience!	<b>Saturday, April 6</b> <b>1:00 - 3:00 pm</b>
<b>ORANGE Ball Parent / Child Doubles Tournament</b>	7-10	Orange Ball	<b>Fee: \$25 per parent/child team</b> (maximum of 8 teams)  <i>Children should be able to rally over the net (late Orange Ball Intermediate or Advanced).</i>  Parents do <u>NOT</u> need tennis experience!	<b>Saturday, May 18</b> <b>2:00 - 5:00 pm</b>

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

Theme	Age	Ball	Fee	Date
<b>Week 2 R*O*G*Y My First Tennis Camp (4 days)</b>	3-5	Foam Ball Red Ball	<b>Members: \$12 per day</b> <b>\$40 for 4 days</b> <b>Non-members:</b> <b>\$17 per day</b> <b>\$60 for 4 days</b>	<b>Monday through Thursday</b> <b>June 10 - 13</b> <b>11:00 - 11:45 am</b> Registration Deadline: Thursday, June 6
<b>Week 7 R*O*G*Y My First Tennis Camp (4 days)</b>	3-5	Foam Ball Red Ball	<b>Members: \$12 per day</b> <b>\$40 for 4 days</b> <b>Non-members:</b> <b>\$17 per day</b> <b>\$60 for 4 days</b>	<b>Monday through Thursday</b> <b>July 15 - 18</b> <b>11:00 - 11:45 am</b> Registration Deadline: Thursday, July 11
<b>Week 11 R*O*G*Y My First Tennis Camp (4 days)</b>	3-5	Foam Ball Red Ball	<b>Members: \$12 per day</b> <b>\$40 for 4 days</b> <b>Non-members:</b> <b>\$17 per day</b> <b>\$60 for 4 days</b>	<b>Monday through Thursday</b> <b>August 12 - 15</b> <b>11:00 - 11:45 am</b> Registration Deadline: Thursday, August 8

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

Join us for a week of tennis fun! Our half-day camps include age and ability appropriate fitness activities, tennis instruction, crafts, and snacks. No tennis experience is necessary. Attend one morning or for the whole week. Different fitness activities are offered each day. Ages 4-11

- Direct questions to Sabine Tetzloff at (507) 287-9308 or stetzloff@racmn.com
- A snack will be included each day
- Racquets available for those who need them
- **Required Summer Camp Form must be filled out. These are available at the Activities Desk or at [www.racmn.com](http://www.racmn.com). Look under the "Membership" column and then select "Forms and Documents".**
- **Fridays will be swimming days:** Have child come with swimsuit underneath tennis clothes. Please bring a towel and sunscreen.

### **Early drop off:**

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

### **Late pick up:**

Kids can be checked into the Neighborhood for 2.5 hours (\$4) or Kids Club for 2.5 hours (\$8). Parents must make arrangements with the Neighborhood/Kids Club staff in advance.

\*Drop off and pick up at Tennis Court 1.

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

**Additional RAC Sport & Fitness Camps will be offered throughout the summer. These camps will include one hour of tennis instruction each day. Please see the CAMPS section of this booklet for additional information.**

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

Theme	Age	Ball	Fee	Date
<b>R*O*G*Y Half Day Summer Tennis Camps</b>	4-11	Red Ball Orange Ball	<b>\$50 per day</b> <b>\$212.50 per week</b>  <b>Non-members:</b> <b>\$64 per day</b> <b>\$295 per week</b>	<b>Monday through Friday</b> <b>8:00 am - 12:00 pm</b> <b>Week 1:</b> June 3 - 7 <b>Week 3:</b> June 17 - 21 <b>Week 4:</b> June 24 - 28 <b>Week 5:</b> July 1 - 2 (2 day camp) <b>Week 7:</b> July 15 - 19 <b>Week 8:</b> July 22 - 26 <b>Week 10:</b> August 5 - 9 <b>Week 11:</b> August 12 - 16 <b>Week 13:</b> August 26 - 30 Registration Deadline: Thursday prior to camp
<b>RAC Sport &amp; Fitness Camps</b>	4-11	<b>Additional camps will be offered weeks 2, 6, and 12. These camps will include a variety of youth sports and fitness activities along with one hour of daily tennis instruction. See Summer Camps section for additional information.</b>		

## **R\*O\*G\*Y GREEN Ball / TEEN Afternoon SUMMER CAMPS**

Theme	Age	Ball	Fee	Date
<b>Week 4</b> <b>GREEN Ball / TEEN</b> <b>June JV Prep Camp</b>	11-17	Green Dot Ball Yellow Ball	<b>\$37.50 per day</b> <b>\$150 for the week</b>  <b>Non-members:</b> <b>\$48 per day</b> <b>\$215 for the week</b>	<b>Monday through Friday</b> <b>June 24 - 28</b> <b>1:00 - 4:00 pm</b> Registration Deadline: Thursday, June 20
<b>Week 9</b> <b>GREEN Ball / TEEN</b> <b>July JV Prep Camp</b>	11-17	Green Dot Ball Yellow Ball	<b>\$37.50 per day</b> <b>\$150 for the week</b>  <b>Non-members:</b> <b>\$48 per day</b> <b>\$215 for the week</b>	<b>Monday through Friday</b> <b>July 29 - August 2</b> <b>1:00 - 4:00 pm</b> Registration Deadline: Thursday, July 25



## ACE/TopGun

### SPRING - ACE/TopGun SESSION (8 Weeks)

April 1 - May 26

### SUMMER - ACE/TopGun Mini-Camps:

Weekly and Drop in options are available

Week 1	June 3 - 7
Week 2	June 10 - 14
Week 3	June 17 - 21
Week 4	June 24 - 28
Week 5 NO CAMP	July 1 - 5
Week 6	July 8 - 12
Week 7	July 15 - 19
Week 8	July 22 - 26
Week 9	July 29 - August 1
Week 10	August 5 - 9
Week 11	August 12 - 16
Week 12	August 19 - 23
Week 13	August 26 - 30

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](mailto:stacl@racmn.com) to determine appropriate level for players.**

- Although our program is year-round, players are responsible for registering for each session in which they will participate.

- BILLING PROCESS:** ACE participants can choose to be billed in one of two ways:

- Pay by the Session (Spring):** 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 (Spring) or week (Summer) may opt to pay by the day (ACE 3/ACE3JC/ACEHSP/ACE 2/ACE2JC: \$23/day; ACE 1/TopGun: \$25/day). *Drop-in players should attempt to notify the tennis department by Sunday of a given week if they plan to attend class during any days that week. Notifications should be emailed to [stetzloff@racmn.com](mailto:stetzloff@racmn.com).*

**There will be no cancellations or make-ups for either plan.**

- Only players who register for the entire Spring session will receive free court time during non-prime time hours.** Prime time hours are Monday thru Friday 4:00 - 8:00 pm and Saturday 9:00 am - 12:00 pm. Players that do not attend the entire session will **not** receive free court time. Participants may reserve free court time 24 hours in advance. A list of free court time participants is located at the Activities Desk for each session. **The participant must identify him/herself as an ACE player to receive credit for their court time.**
- There is no indoor ACE free court time during the summer.**
- Descriptions of levels found herein are general guidelines. A tennis committee meets once a week while in session to evaluate who has met the criteria necessary to challenge up to the next level.
- All juniors (18 and under) must have permission from the Racquet Sports Director to participate in adult activities and programming.

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

- **ACE 3** - In ACE 3 there is a transition from new player to “tennis player.” Players will use either the orange or green-dot ball to aid in proper stroke development. Stroke mechanics are emphasized as players focus on proper technique and consistency. Beginning conditioning is incorporated into daily class sessions. No prior tournament experience required. Players may need to rotate their match time on Fridays.
- **ACE 3 Junior Competition (ACE3JC) - by invitation only.** Designed for the emerging competitive Junior tennis player participating in intermediate level USTA tournaments (Levels 7, and 6). ACE3JC is open to players who are 12 years old and younger. This group will play predominantly with the green-dot ball. Match times will be on Friday afternoons from 4:00-5:30 pm. Please contact Steve Tacl at (507) 287-9335 ext. 312 or [stacl@racmn.com](mailto:stacl@racmn.com) for more information.
- **ACE High School Prep (ACEHSP)** - The newest ACE class is designed for developing tennis players ages 12-17 who are working towards Junior Varsity or Varsity high school tennis. The class will be taught with a yellow ball. Proper stroke mechanics and footwork are developed along with fundamental singles and doubles strategies/positioning. Conditioning is incorporated into daily sessions. Match times will be 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](mailto:stacl@racmn.com) for more information.
- **ACE 1** - Players in ACE 1 have developed a sound understanding of singles and doubles principles. Match level is that of a High School Varsity player and/or USTA Level 5 or better player. Players will need to rotate their match times on Sundays.
- **TopGun - by invitation only.** This class consists of Rochester and the surrounding areas’ top junior players. These players are generally ranked very high in the USTA/Northern Section Rankings. Tournament play is expected of all players. Please contact Steve Tacl at (507) 287-9335 ext. 312 or [stacl@racmn.com](mailto:stacl@racmn.com) for more information. Players will need to rotate their match times on Sundays.



## SPRING - ACE/TopGun

ACE Group	Fee	Frequency	Days/Times
<b>ACE 3</b> Orange or Green-dot ball will be used depending on age of player	<b>Spring: \$432</b> <b>Drop in: \$23/day</b>	<u>3</u> days/week	<b>Monday and Wednesday</b> 4:00 - 5:30 pm <b>Friday Matches</b> 4:00 - 5:30 pm
<b>ACE 3 Junior Competition (ACE3JC)*</b> *For eligibility, contact Steve Tacl stacl@racmn.com	<b>Spring: \$432</b> <b>Drop in: \$23/day</b>	<u>3</u> days/week	<b>Monday and Wednesday</b> 4:00 - 5:30 pm <b>Friday Matches</b> 4:00 - 5:30 pm
<b>ACE High School Prep (ACEHSP)</b> Yellow ball	<b>Spring: \$432</b> <b>Drop in: \$23/day</b>	<u>3</u> days/week	<b>Monday and Wednesday</b> 4:00 - 5:30 pm <b>Friday Matches (NEW DAY)</b> 5:30 - 7:00 pm
<b>ACE 2</b>	<b>Spring: \$396</b> <b>Drop in: \$23/day</b> <i>(No class or match on Easter and Memorial Day Weekend)</i>	<u>3</u> days/week <i>Must be able to rotate match time weekly</i>	<b>Monday, Wednesday</b> 5:30 - 7:00 pm <b>OR Thursday (pick 2/week; no makeups)</b> <b>Sunday Matches</b> 12:00 - 2:00 pm OR 2:00 - 4:00 pm
<b>ACE 2 Junior Competition (ACE2JC)*</b> *For eligibility, contact Steve Tacl stacl@racmn.com	<b>Spring: \$540</b> <b>Drop in: \$23/day</b> <i>(No class or match on Easter and Memorial Day Weekend)</i>	<u>3</u> days/week <i>Must be able to rotate match time weekly</i>	<b>Monday and Wednesday</b> 5:30 - 7:00 pm <b>AND Thursday</b> 6:00 - 7:30 pm <b>Sunday Matches</b> 12:00 - 2:00 pm OR 2:00 - 4:00 pm
<b>ACE 1</b>	<b>Spring: \$630</b> <b>Drop in: \$25/day</b> <i>(No class or match on Easter and Memorial Day Weekend)</i>	<u>4</u> days/week <i>Must be able to rotate match time weekly</i>	<b>Tuesday and Thursday</b> 4:00 - 6:00 pm <b>AND Wednesday</b> 7:00 - 9:00 pm <b>Sunday Matches</b> 12:00 - 2:00 pm OR 2:00 - 4:00 pm
<b>TopGun*</b> *For eligibility, contact Steve Tacl stacl@racmn.com	<b>Spring: \$630</b> <b>Drop in: \$25/day</b> <i>(No class or match on Easter and Memorial Day Weekend)</i>	<u>4</u> days/week <i>Must be able to rotate match time weekly</i>	<b>Tuesday /Thursday</b> 6:00 - 8:00 pm <b>AND Wednesday</b> 7:00 - 9:00 pm <b>Sunday Matches</b> 12:00 - 2:00 pm OR 2:00 - 4:00 pm

### ACE / TopGun Fitness

Strength and conditioning are critical components in the development of a competitive tennis player. Our ACE program is now offering tennis-specific fitness training led by a RAC Trainer. Please contact Steve Tacl at (507) 287-9335 ext. 312 or stacl@racmn.com for more information.



## ACE/TopGun Fitness

ACE Group	Fee	Frequency	Days/Times
<b>ACE 3/ACE3JC/ ACEHSP Fitness</b>	<b>Spring: \$104</b>	<b><u>2</u> days/week</b>	<b>Monday and Wednesday</b> <b>5:30 - 6:00 pm</b> (After ACE Class)
<b>ACE 2/ACE2JC Fitness</b>	<b>Spring: \$104</b>	<b><u>2</u> days/week</b>	<b>Monday and Wednesday</b> <b>5:00 - 5:30 pm</b> (Before ACE Class)
<b>ACE 1/TopGun Fitness</b>	<b>Spring: \$150</b>	<b><u>2</u> days/week</b>	<b>Monday</b> <b>4:15 - 5:00 pm</b> <b>AND Wednesday</b> <b>6:00 - 6:45 pm</b>

### ACE/TopGun SPRING Half-Day Camp

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](mailto:stacl@racmn.com).

## ACE/TopGun SPRING Half-Day Camp

Camp	Level	Time	Fee	Date
<b>ACE/TopGun Spring Break <u>Half-</u> <u>Day</u> Camp</b>  Camp Registration Deadline: Monday, March 25	<b>ACE 3 ACE3JC HS Prep ACE 2 ACE2JC ACE 1 TopGun</b>	1:00 - 5:00 pm	<b>Members: \$60 / day \$150 / 3 days</b>  <b>Non-Members: \$80 / day \$210 / 3 days</b>	<b>Tuesday through Thursday March 26 - 28</b>

### ACE/TopGun SUMMER Mini-Camps

This year the RAC Tennis Department will offer three hour mini-camps for all levels of ACE/TopGun. These mini-camps are the perfect way to improve your skills for the upcoming tournament or high school season. Each day has a different skill focus to include: swing path, footwork, transition game, singles and doubles strategy, shot selection, and Davis Cup team competitions. Different fitness activities each day may include yoga, Pilates, and speed, agility and quickness. Direct questions to Steve Tacl at (507) 287-9335, ext. 312 or [stacl@racmn.com](mailto:stacl@racmn.com).

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

## ACE/TopGun SUMMER Mini-Camps

Camp	Level	Time	Fee	Dates
<b>ACE/TopGun Summer Tennis Mini-Camps</b>  Camp Registration Deadline: Thursday, before camp begins	<b>ACE 3 ACE3JC HS Prep</b>	Monday through Friday 9:00 am - 12:00 pm	<b>Members: \$45 / day \$200 / week Non-Members: \$60 / day \$250 / week</b>	<b>Week 1:</b> June 3 - 7 <b>Week 2:</b> June 10 - 14 <b>Week 3:</b> June 17 - 21 <b>Week 4:</b> June 24 - 28 <b>Week 5:</b> NO CAMPS <b>Week 6:</b> July 8 - 12
	<b>ACE 2 ACE2JC ACE 1 TopGun</b>	Monday through Thursday 1:00 - 4:00 pm Fridays 9:00 am - 12:00 pm	<b>Members: \$45 / day \$200 / week Non-Members: \$60 / day \$250 / week</b>	<b>Week 7:</b> July 15 - 19 <b>Week 8:</b> July 22 - 26 <b>Week 9:</b> July 29 - Aug 2 <b>Week 10:</b> August 5 - 9 <b>Week 11:</b> August 12 - 16 <b>Week 12:</b> August 19 - 23 <b>Week 13:</b> August 26 - 30

## RAC USTA Summer Junior Tournaments

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

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

SUMMER - RAC USTA Junior Tournaments				
Tournament Name	Tournament ID	Level and Eligibility	Dates	Events
RAC "Dirt" Clay Court One Day Tournament	550004919	Level 6 All USTA players are eligible	<b>June 22</b>  Online registration deadline: June 16 9:59 pm	<b>Boys and Girls - singles only</b> <b>12 and under (green-dot ball)</b> <b>14 and under</b> <b>16 and under</b> <b>18 and under</b>
RAC Stars & Trophies 10U Orange and Green Ball Tournament	550005019  (2 USTA Virtual Stars awarded for participation)	10U All players ages 7-10 are eligible.	<b>June 22</b>  Online registration deadline: June 16 9:59 pm	<b>Boys and Girls - singles only</b> <b>10 and under</b>  USTA Registration (free) is recommended
RAC Summer Clay Classic Tournament	550005219	Level 5 All USTA players are eligible	<b>August 2 - 4</b>  Online registration deadline: July 28 9:59 pm	<b>Boys and Girls - singles and doubles</b> <b>12 and under (green-dot ball)</b> <b>14 and under</b> <b>16 and under</b> <b>18 and under</b>
RAC Stars & Trophies 10U Orange and Green Ball Tournament	550005319  (2 USTA Virtual Stars awarded for participation)	10U All players ages 7-10 are eligible.	<b>August 24</b>  Online registration deadline: August 18 9:59 pm	<b>Boys and Girls - singles only</b> <b>10 and under</b>  USTA Registration (free) is recommended



## SPRING SESSION (8 Weeks)

April 1 - May 26

## SUMMER SESSION (10 Weeks)

June 10 - August 23  
(No league matches July 1 - 5)

Specific times and fees are listed in the table.

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

### Racquet Sports at the RAC

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

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

### Racquet Sports Private Lessons

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

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

### Other Racquet Sports Private Lessons

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

### Other Racquet Sports Communication

Sign up for the Racquetball, Pickleball, Squash, and Badminton 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](http://www.racmn.com). Under the "Membership" heading select "App Guide". There are both iPhone and Android device options.

## Adult Raquetball

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

### Adult Group Lessons (Spring Only)

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

- Equipment provided
- Ratio 4:1

### Challenge Ladder

**NOTE: Only maintained during Spring Session.**

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

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

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

### Racquetball Leagues

**Spring Leagues (8 weeks):** Begin April 1 with registration from March 4-22.

**Summer Leagues (10 weeks):** Begin June 10 with sign up from April 22-June 5. *No matches will be scheduled during the week of July 1-5 (Independence Day).*

Leagues are a popular way to meet new people and experience competitive play at all levels. They are setup for specific days and times, and courts are reserved on your behalf for league play. If you are unable to play your match, please cancel the courts as soon as possible (preferably at least 3 hours in advance). Please note that "NO SHOWS" will be



# Other Racquet Sports

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 Raquetball

### Junior Beginner Lessons (Spring Only)

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

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

## Squash

### Introduction to Squash FREE!!

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

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

### Squash Mixer/Challenge Court

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

**Advanced/Intermediate players:**

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

**All players:**

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

## 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 email list for badminton players at the RAC should contact Sam Prabhakar, Badminton Coordinator, at sprabhakar@racmn.com.

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

## Pickleball

**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.

### 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.

### 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.

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

# Other Racquet Sports



## RACQUETBALL

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

## SQUASH

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

## BADMINTON

Adult Badminton Open Play (All levels)	Free (No Sign up needed)	<b>Tuesday 7:30 - 10:15 pm</b> <b>Thursday 7:30 - 10:15 pm</b> <b>Sunday 5:00 - 7:00 pm</b>
Badminton Private Lessons	\$25 per half hour	Contact: <b>Ben Maes</b> at <a href="mailto:bmaes@racmn.com">bmaes@racmn.com</a>

## PICKLEBALL

Pickleball: Zero, Zero, What? Beginning class	Spring: \$104	<b>Monday 7:15 - 8:15 pm</b> <b>Wednesday 9:30 - 10:30 am</b>
Pickleball Quickstart For those with other racquet sports experience	\$15 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	<b>Saturday, April 6 3:30 - 5:00 pm</b> <b>Saturday, May 18 12:00 - 1:30 pm</b>
Pickleball Sunday Club Night (All levels)	\$5 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	<b>Sunday 6:15 - 8:00 pm</b>
Pickleball Private Lessons (IPTPA Certified: Level 3.5 & below)	\$25 per half hour	Schedule with: <b>Sabine Tetzloff</b> at (507) 287-9308 or <a href="mailto:stetzloff@racmn.com">stetzloff@racmn.com</a>



# Swimming

## Swimming

### SPRING SESSION (8 Weeks)

**April 1 - May 26**

(No classes May 25-26 due to Memorial Day weekend. Those classes will be prorated.)

### SUMMER SESSIONS:

Classes are held in either  
**2 Week Daytime or 4 Week Evening sessions**  
from June 3 - August 29.

(No classes the week of July 1-4)  
See Summer tables for date ranges

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

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

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

### Swimming Programming

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

If you would like assistance in finding the appropriate class, you can contact **Whitney Benedetti at (507) 287-9314 or email at [wbenedetti@racmn.com](mailto: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

#### New Curriculum!!!

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

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

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

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

- Building trust and comfort in the water
- Safe water entry and exit
- Safe holding positions of 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



## 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

## SPRING - Preschool

Class	Age	Fee	Day/Time	
Parent/Child	6 months-3 years	Spring: \$76	Tuesday Thursday Saturday Saturday	5:50 - 6:20 pm 11:20 - 11:50 am 9:40 - 10:10 am 10:15 - 10:45 am
Floating Fish	3 years	Spring: \$76	Tuesday Tuesday Wednesday Wednesday Wednesday Thursday Thursday Saturday Saturday	10:45 - 11:15 am 5:50 - 6:20 pm 11:20 - 11:50 am 4:15 - 4:45 pm 4:50 - 5:20 pm 10:45 - 11:15 am 5:50 - 6:20 pm 10:15 - 10:45 am 10:50 - 11:20 am
Gliding Guppies	4-5 years	Spring: \$76	Tuesday Wednesday Wednesday Thursday Saturday Saturday	6:25 - 6:55 pm 10:45 - 11:15 am 4:50 - 5:20 pm 5:15 - 5:45 pm 10:15 - 10:45 am 10:50 - 11:20 am
Mighty Minnows	4-5 years	Spring: \$76	Tuesday Tuesday Wednesday Wednesday Thursday Saturday	11:20 - 11:50 am 6:25 - 6:55 pm 11:55 - 12:25 pm 4:15 - 4:45 pm 5:15 - 5:45 pm 10:50 - 11:20 am

## SUMMER - Preschool DAYTIME\*

SESSIONS: Class	Fee	A 6/3 - 6/13	B 6/17 - 6/27	C 7/8 - 7/18	D 7/22 - 8/1	E 8/5 - 8/15	F 8/19 - 8/29
<b>Parent/Child</b> (6 months-3 years)	\$76	9:45 am		9:45 am		9:45 am	
<b>Floating Fish</b> (3 years)	\$76	11:10 am 2:55 pm	11:10 am 2:55 pm	11:10 am 2:55 pm	11:10 am	11:10 am	11:10 am
<b>Gliding Guppies</b> (4-5 years)	\$76	11:10 am 2:45 pm	11:10 am 2:45 pm	11:10 am 2:45 pm	11:10 am	11:10 am	11:30 am
<b>Mighty Minnows</b> (4-5 years)	\$76	10:20 am 2:10 pm	10:20 am 2:10 pm	10:20 am 2:10 pm	10:20 am	10:20 am	10:20 am

\*Daytime Classes meet Monday - Thursday for 2 weeks

## SUMMER - Preschool EVENING\*\*

SESSIONS: Class	Fee	G 6/4 - 6/27	H 7/9 - 8/1	I 8/6 - 8/29
<b>Parent/Child</b> (6 months-3 years)	\$76	5:50 pm	5:50 pm	5:50 pm
<b>Floating Fish</b> (3 years)	\$76	5:50 pm	5:50 pm	5:50 pm
<b>Gliding Guppies</b> (4-5 years)	\$76	5:15 pm	5:15 pm	5:15 pm
<b>Mighty Minnows</b> (4-5 years)	\$76	5:15 pm	5:15 pm	5:15 pm

\*\*Evening Classes meet Tuesday AND Thursday for 4 weeks

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

#### New Curriculum!!!

We are excited to offer a new swim lesson curriculum designed to help your child gain greater confidence and safety in, on, and around the water. These courses are geared for the 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 meter/85 feet length
- Swim breaststroke 9 meters/30 feet
- Perform front crawl 15 meters/50 feet
- Perform back crawl 15 meters/50 feet
- Swim sidestroke 25 meters/yards
- Swim elementary backstroke 25 meter/yards

## **LEVEL 5 - Endurance**

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

- Swim 50 meters/yards front crawl
- Swim 50 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](mailto:wbenedetti@racmn.com).

## **Lifeguard Training Class**

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

Prerequisites include:

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

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

- Class on Sunday, April 28 will occur at the Recreation Center for deep water certification.

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

## **Home School Swimming Lessons**

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

Spring Session runs from April 1 - May 26 (8 weeks) When Rochester Public Schools are closed, there will be no Home School classes.

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

### **Tuesday:**

<b>Level 1</b>	<b>11:55 am - 12:25 pm</b>
<b>Level 2</b>	<b>12:30 - 1:00 pm</b>
<b>Level 5</b>	<b>1:05 - 1:50 pm</b>

### **Thursday:**

<b>Level 3</b>	<b>11:55 am - 12:40 pm</b>
<b>Level 4</b>	<b>12:45 - 1:30 pm</b>





# Swimming

## Non-Member Swim Lessons

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

**Spring Session runs from April 1 - May 18**

**(7 weeks / 6 classes)**

- **No class Sunday, April 21**

**Spring:** Members: \$57 Non-members: \$117

**Parent/Child:** Sunday 11:00 - 11:30 am

Sunday 11:35 - 12:05 pm

**Floating Fish:** Sunday 11:00 - 11:30 am

Sunday 11:35 - 12:05 pm

**Gliding Guppies:** Sunday 11:00 - 11:30 am

Sunday 12:10 - 12:40 pm

**Mighty Minnows:** Sunday 11:35 - 12:05 pm

Sunday 12:10 - 12:40 pm

**Level 1:** Sunday 12:45 - 1:15 pm

**Level 2:** Sunday 12:10 - 12:40 pm

Sunday 1:20 - 1:50 pm

**Spring:** Members: \$62 Non-members: \$146

**Level 3:** Sunday 12:45 - 1:30 pm

**Level 4:** Sunday 12:45 - 1:30 pm

**Level 5:** Sunday 1:35 - 2:20 pm

## SPRING - Youth

Class	Age	Fee	Day/Time
<b>Level 1</b>	Ages 6 and up	Spring: \$76	Tuesday 5:15 - 5:45 pm Wednesday 4:50 - 5:20 pm Thursday 6:25 - 6:55 pm Saturday 9:40 - 10:10 am Saturday 11:25 - 11:55 am
<b>Level 2</b>	Ages 6 and up	Spring: \$76	Tuesday 5:15 - 5:45 pm Wednesday 4:15 - 4:45 pm Thursday 6:25 - 6:55 pm Saturday 9:40 - 10:10 am
<b>Level 3</b>	Ages 6 and up	Spring: \$78	Tuesday 7:00 - 7:45 pm Thursday 7:00 - 7:45 pm Saturday 11:25 - 12:10 pm
<b>Level 4</b>	Ages 6 and up	Spring: \$78	Tuesday 7:00 - 7:45 pm Thursday 7:00 - 7:45 pm Saturday 11:25 - 12:10 pm Saturday 12:00 - 12:45 pm
<b>Level 5</b>	Ages 6 and up	Spring: \$78	Tuesday 7:50 - 8:35 pm Saturday 12:15 - 1:00 pm
<b>Lifeguard Training Class</b>	Ages 16 and up	Spring: Members: \$220 Non-members: \$270	<b>April 25-28 (Various times)</b> Thursday, April 25 5:30 - 9:30 pm Friday, April 26 5:30 - 9:30 pm Saturday, April 27 8:30 - 3:30 pm *Sunday, April 28 10:00 - 3:30 pm *Class meets at the Recreation Center
<b>Home School Swimming Lessons</b>	Level 1 Level 2 Level 3 Level 4 Level 5	Spring: Members: \$80/child Non-members: \$90/child	See description for days and times
<b>Non-Member Swim Lessons</b>	Preschool-Level 5	See description for prices	See description for days and times

## SUMMER - Youth DAYTIME\*

SESSIONS: Class	Fee	A 6/3 - 6/13	B 6/17 - 6/27	C 7/8 - 7/18	D 7/22 - 8/1	E 8/5 - 8/15	F 8/19 - 8/29
<b>Level 1</b> (Ages 6 +)	\$76	9:45 am 12:45 pm	9:45 am 12:45 pm	9:45 am 12:45 pm	9:45 am	9:45 am	9:45 am
<b>Level 2</b> (Ages 6 +)	\$76	10:55 am 12:45 pm	10:55 am 12:45 pm	10:55 am 12:45 pm	10:55 am	10:55 am	10:55 am
<b>Level 3</b> (Ages 6 +)	\$78	10:20 am 1:20 pm	10:20 am 1:20 pm	10:20 am 1:20 pm	10:20 am	10:20 am	10:20 am
<b>Level 4</b> (Ages 6 +)	\$78	10:20 am 1:20 pm	10:20 am 1:20 pm	10:20 am 1:20 pm	10:20 am	10:20 am	
<b>Level 5</b> (Ages 6 +)	\$78	9:30 am 2:10 pm	9:30 am 2:10 pm	9:30 am 2:10 pm	9:30 am		

\*Daytime Classes meet Monday - Thursday for 2 weeks

## SUMMER - Youth EVENING\*\*

SESSIONS: Class	Fee	G 6/4 - 6/27	H 7/9 - 8/1	I 8/6 - 8/29
<b>Level 1</b> (Ages 6 +)	\$76	6:25 pm	6:25 pm	6:25 pm
<b>Level 2</b> (Ages 6 +)	\$76	6:25 pm	6:25 pm	6:25 pm
<b>Level 3</b> (Ages 6 +)	\$78	7:00 pm	7:00 pm	7:00 pm
<b>Level 4</b> (Ages 6 +)	\$78	7:00 pm	7:00 pm	7:00 pm
<b>Level 5</b> (Ages 6 +)	\$78	7:45 pm	7:45 pm	

\*\*Evening Classes meet Tuesday AND Thursday for 4 weeks



# Swimming

## Adult Swim Lessons

### Adult Beginner

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

### Adult Intermediate

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

workout plan. Intended for those 15 years of age and older.

### Triathlon Swimming Class

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

- Maximum of 6 participants

## SPRING (ONLY) - Adult

Class	Age	Fee	Day/Time
Adult Beginner	Ages 15 and up	Spring: \$78	Monday 8:00 - 8:45 pm
Adult Intermediate	Ages 15 and up	Spring: \$78	Monday 8:50 - 9:35 pm
Triathlon Swimming	Ages 15 and up	Spring: \$100	Sunday 7:15 - 8:30 pm

## Swimming Private Lessons

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

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

### Billy Howard Swimming Private Lessons

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

Call (507) 287-9314 for reservations.

1/2 Hour Private \$35

1 Hour Private \$50

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

### Steve Varney Swimming Private Lessons

Coach Steve Varney has been teaching, training and motivating swimmers of all ages and abilities for over 25 years. He is one of the premier age group coaches in the Upper Midwest. Private lessons are available for swimmers age 6 and up. Contact Coach Steve at [smvorca@gmail.com](mailto: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.**



**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 pm - 7:00 pm**  
March 8 and 15

**Saturdays**                      **11:00 am - 7:00 pm**  
March 9 and 16

**Sundays**                      **12:00 pm - 7:00 pm**  
March 10 and 17

## Summer Camps for 2019!

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

## 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. Kids will be able to select one of two options. Pizza will be served prior to beginning their paintings.

- Ages 5-13
- Contact Whitney Benedetti
- **Registration Deadline: Thursday, February 21 by 12:00 pm.**

\*Drop off and pick up in the Neighborhood.

## Kids Pajama Parties

Kids-need a night just for you? Come to our Kids Pajama Party! We will eat pizza, play games, make a cool craft, watch a movie, and eat 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.

## Laser Tag Night

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

- Ages 5-13
- Contact Whitney Benedetti
- **Must sign up by 12:00 pm on Thursday, July 18**

\*Drop off and pick up in the Neighborhood.

## Mondays with the Med City Mayhem

Come join your favorite Med City Mayhem players in the Neighborhood every Monday in June from 4:30-6:00 pm. Then go cheer them on at one of their games. No sign-up needed.

Med City FC plays soccer in the National Premier Soccer League, the fourth division of soccer in the U.S. Founded in 2017, the team will play its third competitive season in the summer of 2019. Made up of the best players from the Rochester area, along with players from across the country and around the world, the team has been competitive on the field its first two seasons, fighting for the conference title and a playoff spot down to the last game both years. The team has also volunteered more than 240 hours of time to the Rochester community each season. In 2019, Med City FC will continue to represent Rochester as its highest-level soccer team. For more information on the team and its upcoming season, please visit the team website at [www.medcityfc.com](http://www.medcityfc.com) or like them on Facebook at Med City FC.



# Events for Kids

Class	Ages	Fee	Day/Time
<b>Inflatables</b>	All ages	Free	See description for dates/times
<b>Cookies and Canvas</b>	5-13	Members: \$20 Non-members: \$32	<b>Winter 2:</b> <b>Saturday, Feb. 23 5:30 - 8:30 pm</b>
<b>Kids Pajama Parties</b>	3-8	Members: \$15 Non-members: \$23	<b>Winter 2:</b> <b>Saturday, March 2 5:30 - 8:30 pm</b> <b>Spring:</b> <b>Saturday, April 13 5:30 - 8:30 pm</b> <b>Saturday, May 4 5:30 - 8:30 pm</b>
<b>Laser Tag Night</b>	5-13	Members: \$22 Non-Members: \$34	<b>Summer:</b> <b>Saturday, July 20 5:30 - 8:30 pm</b>
<b>Mondays with the Med City Mayhem</b>	All ages	Free	<b>Every Monday in June from 4:30 - 6:00 pm</b> No sign up needed

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

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

## Date Nights

### Kids Club Date Night

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

- 6 months-6 years
- Contact Jodi Hass

\*Drop off and pick up at Kids Club.

### Neighborhood Date Night

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

- Ages 5-13
- Contact Whitney Benedetti

\*Drop off and pick up in The Neighborhood.

### **SWIMMING NOTE:**

#### **Neighborhood Date Nights**

**(March 8, May 10 and July 12)**

Ages 5-6 may sign up for swimming date nights.

We will have special games and activities in the Neighborhood for the children, who want to remain in the Neighborhood,

\*Drop off and pick up in The Neighborhood.



Class	Ages/Fee	Days/Times
<b>Kids Club Date Night</b>	6 months-6 years  Members: \$13 Non-members: \$21	<b>Fridays 6:30 - 9:30 pm</b> <b>Winter 2:</b> February 22 March 8 March 15 <b>Spring:</b> April 5 May 10 <b>Summer:</b> June 14 July 12 August 9
<b>Neighborhood Date Night</b>	5-13  Members: \$13 Non-members: \$21	<b>Fridays 6:30 - 9:30 pm</b> <b>Winter 2:</b> February 22 March 8 (Swimming) March 15 <b>Spring:</b> April 5 May 10 (Swimming) <b>Summer:</b> June 14 July 12 (Swimming) August 9

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

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

## **Birthday Parties**

Let us do the entertaining for your child's next birthday party. Sit back and relax while the children run, jump, swim, or play a sport. Choose from a Neighborhood or pool party. Parties are 1.5 hours in length; however, additional time may be purchased. Birthday staff will do all entertaining and serving. Birthday child receives a RAC logo t-shirt. Birthday child, parent, or a grandparent must be a member. Call our Birthday Coordinator for reservations at (507) 405-1036. Pick up information at the Neighborhood desk today! You can also view all birthday information on our website [www.racmn.com](http://www.racmn.com) under the "Youth & Family" heading.





# Kids Sports & Fitness

## SPRING SESSION:

**April 1 - May 26 (8 week session)**

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

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

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

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

## Kids Sports & Fitness Programming

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

## Soccer Classes

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

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

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

## Basketball 1 and 2

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

## Tiny Hitters

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

## Young Hitters 1 and 2

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

## Young Pitchers

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

## Home School Physical Education

This program meets guidelines for the physical education requirements of home school students. The classes are open to RAC members and non-members. Non-members must pay in advance. Spring runs 8 weeks.

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

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

**Spring dates:** April 5, 12, 19, 26  
May 3, 10, 17, 24

<b>GRADES:</b>	<b>TIME:</b>
<b>K-3</b>	<b>Friday 9:00 - 9:55 am</b>
<b>3-5</b>	<b>Friday 10:00 - 10:55 am</b>
<b>5-7</b>	<b>Friday 11:00 - 11:55 am</b>

## Romp and Roll

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





## SPRING

Class	Ages	Fee	Day/Time/Location
<b>Get Kickin' It</b>	2-3	<b>Spring:</b> Members: \$76 Non-members: \$140	<b>Monday 9:00 - 9:30 am</b> <b>Thursday 10:00 - 10:30 am</b> NH Hockey Area
<b>Tiny Soccer</b>	3-4	<b>Spring:</b> Members: \$76 Non-members: \$140	<b>Monday 9:30 - 10:00 am</b> <b>Thursday 10:30 - 11:00 am</b> NH Hockey Area
<b>Soccer 1</b>	4-6	<b>Spring:</b> Members: \$76 Non-members: \$140	<b>Monday 10:05 - 10:35 am</b> <b>Thursday 11:05 - 11:35 am</b> NH Hockey Area
<b>Basketball 1</b>	6-9	<b>Spring:</b> Members: \$78 Non-members: \$174	<b>Wednesday 6:15 - 7:00 pm</b> NH Gym
<b>Basketball 2</b>	9-12	<b>Spring:</b> Members: \$78 Non-members: \$174	<b>Thursday 6:15 - 7:00 pm</b> NH Gym
<b>Tiny Hitters</b>	5-6	<b>Spring:</b> Members: \$76 Non-members: \$140	<b>Tuesday 6:00 - 6:30 pm</b> Batting Cages
<b>Young Hitters 1</b>	7-9	<b>Spring:</b> Members: \$78 Non-members: \$174	<b>Tuesday 6:30 - 7:00 pm</b> Batting Cages
<b>Young Hitters 2</b>	10-12	<b>Spring:</b> Members: \$78 Non-members: \$174	<b>Tuesday 7:00 - 7:30 pm</b> Batting Cages
<b>Young Pitchers</b>	8-12	<b>Spring:</b> Members: \$78 Non-members: \$174	<b>Tuesday 7:30 - 8:00 pm</b> Batting Cages
<b>Home School PE</b>	K-Grade 3 Grade 3-5 Grade 5-7	<b>Spring:</b> Members: \$80/child Non-members: \$90/child	<b>See description for days and times</b>  NH Gym
<b>Romp and Roll</b>	1-2	<b>Spring:</b> Members: \$76 Non-members: \$140	<b>Tuesday 9:00 - 9:45 am</b> <b>Wednesday 12:00 - 12:45 pm</b> NH Small Gym
<b>KidFit</b>	8-13	<b>See the Adult Fitness section to learn more about this introductory class for learning the fundamentals of strength training.</b>	



# 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](mailto:wbenedetti@racmn.com).**

## **Jim Daly Basketball Private Lessons**

Jim graduated from the University of Saint Mary's in 1997 and went on to receive a Masters Degree in Education at the University of Minnesota in 2002. He has over a decade of experience as an elementary school teacher and coach. 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](mailto:wbenedetti@racmn.com).**

1/2 Hour Private: \$38

1 Hour Private: \$75

## **Soccer Private Lessons**

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

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

1/2 Hour Private: \$30

1/2 Hour Semi: \$40

1 Hour Private: \$60

1 Hour Semi: \$80

## **Young Athlete Development Training**

See the Adult Fitness section to learn more about small group training options for athletic development.

## Martial Arts for Health & Wellness

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

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

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

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



# Summer Camps



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

**This year we will be holding a Summer Camp Open House in the Front Lobby on Saturday, March 16 from 9:30 am - 12:00 pm. This will give your child and you an opportunity to learn more about our summer camp offerings.**

Questions pertaining to a certain camp? Contact the Director indicated in the camp description:

**Jodi Hass** Kids Club Director  
jhass@racmn.com or (507) 287-9302  
**Whitney Benedetti** Youth/Aquatics Director  
wbenedetti@racmn.com or (507) 287-9314  
**Sabine Tetzloff** Racquet Sports Coordinator  
stetzloff@racmn.com or (507) 287-9308

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

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

## Required Summer Camp Form

Starting March 4, our "Youth Camp Enrollment Form" and "Things to Bring and Know List" will be available to print on our website racmn.com. Look under the "Membership" column and then select "Forms and Documents".

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

## Camp Cancellation Policy

### **Cancellation by a Member or Guest:**

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

### **Cancellation by the Club:**

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

### **Camp Start Day:**

Monday  
Tuesday  
Wednesday  
Thursday  
Friday

### **Camp Determination Made:**

Friday  
Monday  
Monday  
Tuesday  
Wednesday

## RAC Explorers Camp & RAC Adventure Camp

Our most popular camp is now even better with two age group options! These two camps are for kids who want to get out of the house and have some fun. It is perfect for parents that work during the day, too. Children will participate in games, activities, crafts, indoor and outdoor play, off-site field trips, and swimming. All weeks will be themed. Not all activities will be done each week. Look for flyers with each week's theme and activities at our **March 16 Summer Camp Open House** or posted throughout the club.

### **RAC Explorers Camp (for ages 5-7)**

Off-site activities will include:

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

Other Activities during specific weeks include:

Quarry Hill visit	Cooking demos
Sylvan Learning	Service projects
Cardboard yacht club	Science projects
Med City Mayhem visit	



## RAC Adventure Camp (for ages 8-13)

Off-site activities will include:

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

Other Activities during specific weeks may include:

Cooking demos	Service projects
Sylvan Learning	Science projects
Cardboard yacht club	

### Both camps:

Themes include:

Under the Sea Week	Healthy Living Week
Service Week	Regatta Week
Carnival Week	Summer Fun Week
Science Week	Fall Festival Week
Harry Potter Week	

Additional Information:

- Contact Whitney Benedetti
- Registration fee includes a donation to Cascade Meadow and all entrance fees
- Minimum of 10 kids enrolled per week in order for camp to occur
- Required Summer Camp Form must be filled out, see beginning of Summer Camps section

\*Drop off and pick up locations in the Neighborhood.

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

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

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

**Full day 8:30 am - 5:00 pm**

### Options:

#### Daily Sign Up:

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

#### Early drop off: \$8/child/day

- 7:00 - 8:30 am

#### Late pick up: \$4/child/day

- 5:05 - 7:30 pm

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

### Just For Me Camp

#### We have all new themes this year and new ideas!

Need a camp for your 2.5-7 year olds? Check out our Just for Me camp! We will have games, crafts, snacks, outside play and a whole lot more. These are one day camps. Sign up for one or all ten! You must sign up at the Activities Desk.

- Ages 2.5-8 years old
- Contact Jodi Hass
- Required Summer Camp Form must be filled out, see beginning of Summer Camps section
- We will have visits with the Police Officers, The Bee Shed, Quarry Hill, Oxbow Park, Med City Mayhem and more.
- Longer camp time

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



# Summer Camps

## Here are a few of the Themes:

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

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

**Sport Celebrities** - Come play games with local sports people! We will have obstacle course, parachute game, and more. Everyone will go home with a medal.

**Movin' and Groovin'** - Come take a kids Fitness on Demand class and make a fun healthy snack.

**Blast off to the Stars** - Let's make crafts for the 4th of July and celebrate with a special treat.

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

## Girls Forum Camp

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

Topics may include:

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

**Fashion** - Nail care, hairstyles, skin care

**Informational** - Friendships, crafts, nutrition, healthy lifestyle

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

\*Drop off and pick up in Conference Room.

## Euro Football Club Soccer Camps

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

- Contact Whitney Benedetti
  - Ages 3-15 (split into levels - see below)
  - Please arrive 5 minutes before the class starting time. If your child is late, it affects other kids in the camp along with the coaches.
  - In case of inclement weather: Practice will be held in the RAC Neighborhood. If inclement weather, that morning call the Activities Desk at (507) 287-9300 to verify location of camp. Decision will be made at 8:00 am. If camp is held in the Neighborhood, kids must bring tennis shoes as cleats are not allowed indoors!
  - Required Summer Camp Form must be filled out, see beginning of Summer Camps section
- \*Drop off and pick up at RAC field (west side of Club).

## Levels:

### First Kicks (Ages 3-5)

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

### Mini Kicks (Ages 6-8)

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

### Euro Junior (Ages 9-11)

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

### Euro Elite (Ages 12-14)

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

## RAC Basketball Camps

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

- Ages 5-12 divided into three age groups:

<b>Ages 5-6</b>	<b>Tiny</b>
<b>Ages 7-9</b>	<b>Youth</b>
<b>Ages 10-12</b>	<b>Junior</b>

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

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



## **Rochester Honkers Baseball Camp**

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

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

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

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

### **All Campers will receive:**

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

## **RAC Sport and Fitness Half-Day Camp**

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

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

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

## **Recreation Center Ice Skating Camp**

Come join us for a fun filled week of ice skating at the Recreation Center. Then, campers will return to the RAC for lunch and afternoon activities.

- Ages 5-13
- Contact Whitney Benedetti
- Registration fee includes ice time and skates if needed
- Minimum of 8 kids enrolled in order for camp to occur
- No half day options
- Required Summer Camp Form must be filled out, see beginning of Summer Camps section

**Early drop off:** \$8/child/day

- 7:00 - 8:30 am

**Late pick up:** \$4/child/day

- 5:05 - 7:30 pm

\*Camp drops off and picks up in the Neighborhood. Kids will be bused to and from the Recreation Center.

## **Mystery Camp**

Come join us for a week of surprises. Each day will be a different encounter. Daily activities will vary from groups coming to the RAC to us going off-site. We can't wait for you to join us on this fun filled adventure.

- Ages 5-13
- Contact Whitney Benedetti Minimum of 8 kids enrolled in order for camp to occur
- No half day options
- Required Summer Camp Form must be filled out, see beginning of Summer Camps section

**Early drop off:** \$8/child/day

- 7:00 - 8:30 am

**Late pick up:** \$4/child/day

- 5:05 - 7:30 pm

\*Camp drops off and picks up in the Neighborhood.

## **Tennis Camps**

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

- Ages 3+
- Contact Sabine Tetzloff



# Summer Camps

Camp	Ages	Fee	Day/Time
Come to our Summer Camp Open House on Saturday, March 16 from 9:30 am - 12:00 pm in the Front Lobby			
RAC Explorers Camp	5-7	<b>Members: \$300/week</b> <b>Non-members: \$360/week</b> <b>Members: \$100/day</b> <b>Non-members: \$112/day</b>	Dates offered: <b>June 3-7</b> <b>June 10-14</b> <b>June 17-21</b> <b>June 24-28</b> <b>July 29-August 2</b> <b>August 5-9</b> <b>August 12-16</b> <b>August 19-23</b> <b>August 26-30</b>  <b>Full day      8:30 am - 5:00 pm</b>  <ul style="list-style-type: none"> <li>• See description for all important details!</li> <li>• Early drop off, late pick up also available.</li> <li>• Daily sign up must occur through Youth Programming Director.</li> </ul>
RAC Adventure Camp	8-13	<b>Members: \$325/week</b> <b>Non-members: \$385/week</b> <b>Members: \$110/day</b> <b>Non-members: \$122/day</b>	Dates offered: <b>June 3-7</b> <b>June 10-14</b> <b>June 17-21</b> <b>June 24-28</b> <b>July 29-August 2</b> <b>August 5-9</b> <b>August 12-16</b>  <b>Full day      8:30 am - 5:00 pm</b>  <ul style="list-style-type: none"> <li>• See description for all important details!</li> <li>• Early drop off, late pick up also available.</li> <li>• Daily sign up must occur through Youth Programming Director.</li> </ul>
The last two weeks of RAC Adventure Camp will feature more off site experiences and due to this a larger fee is charged.		<b>Members: \$360/week</b> <b>Non-members: \$420/week</b> <b>Members: \$120/day</b> <b>Non-members: \$132/day</b>	Dates offered: <b>August 19-23</b> <b>August 26-30</b>  <b>Full day      8:30 am - 5:00 pm</b>  <ul style="list-style-type: none"> <li>• See description for all important details!</li> <li>• Early drop off, late pick up also available.</li> <li>• Daily sign up must occur through Youth Programming Director.</li> </ul>

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# Summer Camps



Camp	Ages	Fee	Day/Time
Come to our Summer Camp Open House on Saturday, March 16 from 9:30 am - 12:00 pm in the Front Lobby			
Just For Me Camp	2.5-8	Members: \$20 Non-members: \$28	Dates offered: June 11 June 18 June 25 July 9 July 16 July 23 July 30 August 13 August 20 August 27  Tuesdays 9:00 am - 12:00 pm
Girls Forum Camp	8-12	Members: \$65 Non-members: \$77	June 13-14 9:00 am - 12:00 pm
Euro Football Club Soccer Camps	3-14 See age ranges	Ages 3-5: Members: \$55 Non-members: \$115  Ages 6-8: Members: \$60 Non-members: \$125  Ages 9-14: Members: \$70 Non-members: \$130	Dates offered: June 17-21 August 5-9 August 19-23  Ages 3-5 9:00 - 9:35 am (First Kicks) Ages 6-8 9:40 - 10:25 am (Mini Kicks) Ages 9-14 10:30 - 12:00 pm (Euro Jr & Euro Elite)
RAC Basketball Camps	5-12 See age ranges	Ages 5-6: Members: \$60 Non-members: \$100  Ages 7-9: Members: \$65 Non-members: \$125  Ages 10-12: Members: \$70 Non-members: \$130	August 12-16 Ages 5-6 11:00 - 11:45 am (Tiny) Ages 7-9 8:30 - 9:30 am (Youth) Ages 10-12 9:30 - 11:00 am (Junior)
Rochester Honkers Baseball Camp	6-13	Members: \$100 Non-members: \$130	July 31-August 2 10:00 - 12:30 pm (Wednesday - Friday)

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# Summer Camps

Camp	Ages	Fee	Day/Time
Come to our Summer Camp Open House on Saturday, March 16 from 9:30 am - 12:00 pm in the Front Lobby			
RAC Sport and Fitness Half-Day Camp	4-11	Members: \$175/week Non-members: \$235/week	Dates offered: <b>June 10-14</b> <b>July 8-12</b> <b>August 19-23</b>  <b>AM half day 8:00 am - 12:00 pm</b> <ul style="list-style-type: none"> <li>• See description for all important details!</li> <li>• Early drop off available.</li> <li>• Daily sign up must occur through Racquet Sports Coordinator.</li> </ul>
Recreation Center Ice Skating Camp	5-13	Members: \$300 Non-members: \$360	<b>July 8-12 8:30 - 5:00 pm</b> Late pick up available
Mystery Camp	5-13	Members: \$300 Non-members: \$360	<b>July 15-19 8:30 - 5:00 pm</b> <b>July 22-26 8:30 - 5:00 pm</b> <ul style="list-style-type: none"> <li>• See description for all important details!</li> <li>• Early drop off, late pick up also available.</li> <li>• Daily sign up must occur through Youth Programming Director.</li> </ul>
Tennis Camps	See the Tennis section to learn about Summer Camp offerings for tennis!!		



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

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

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



Be Fit. Be Family. Be Well.