



Spring/Summer **2017**

Schedule of Activities

Sign up begins:
Spring Session - March 6
Summer Camp - March 6
Summer Session - May 1

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	
	Teen Reformer Series (pg 11)														X
	Tennis (pg 20)				X	X	X	X	X	X	X	X	X	X	X
	Racquetball (pg 40)									X	X	X	X	X	X
	Swimming Lessons (pg 42)	X	X	X	X	X	X	X	X	X	X	X	X	X	X
	Dance Classes (pg 52)				X	X	X	X							
	Soccer Classes (pg 52)			X	X	X	X	X							
	Youth Basketball (pg 52)							X	X	X	X	X	X	X	
	Home School PE (pg 52)						X	X	X	X	X	X	X	X	X
	Romp and Roll (pg 53)		X	X											
	Hoppin' Tots (pg 53)			X	X	X									
	Kids in Action (pg 53)					X	X	X							
Events for Kids	Martial Arts for Health & Wellness (pg 54)							X	X	X	X	X	X	X	X
	Neighborhood Ice Cream Social (pg 49)						X	X	X	X	X	X	X	X	X
	Kids Pajama Parties (pg 49)				X	X	X	X	X	X					
	Easter Bunny Party (pg 49)			X	X	X	X	X	X						
	Mom and Me Night (pg 49)						X	X	X	X	X	X	X	X	X
	Father Fun Night (pg 49)						X	X	X	X	X	X	X	X	X
	Laser Tag Night (pg 49)						X	X	X	X	X	X	X	X	X
Summer Camps	Date Nights (pg 50)	X	X	X	X	X	X	X	X	X	X	X	X	X	X
	Cascade Meadow Explorers (pg 55)							X	X	X	X	X	X	X	X
	Gym, Swim, Ice and More Camp (pg 55)									X	X	X	X	X	X
	Just for Me Camp (pg 56)			X	X	X	X	X	X						
	Girls Forum Camp (pg 56)									X	X	X	X	X	
	RAC Basketball Camps (pg 56)						X	X	X	X	X	X	X	X	
	Rochester Honkers Baseball Camp (pg 56)							X	X	X	X	X	X	X	X
	Euro Football Club Soccer Camp (pg 56)				X	X	X	X	X	X	X	X	X	X	X
	Prairie Walls Climbing Camp (pg 57)							X	X	X	X	X	X	X	X
	RAC Week Camp (pg 57)						X	X	X	X	X	X	X	X	X
	Tennis Camps (pg 30, 31, 36)				X	X	X	X	X	X	X	X	X	X	X



Spring/Summer 2017 Schedule of Activities

Spring Session

Classes begin week of April 10*
Sign up begins March 6

Summer Camps

Camps begin week of June 12*
Sign up begins March 6

Offerings

Adult and Youth Activities.....	6
Group Fitness	7
Pilates.....	10
Adult Fitness	13
Healthy Lifestyles.....	16
Tennis.....	20

Summer Session

Classes begin week of June 12*
Sign up begins May 1

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

Other Racquet Sports	39
Swimming	42
Events for Kids	49
Kids Sports and Fitness	52
TaeKwonDo	54
Summer Camps	55

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



Club Information & Guidelines

Club Hours

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

Holiday Hours

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	7:00 am - 2:00 pm
Christmas Day	Closed
New Year's Eve	7:00 am - 7:00 pm
New Year's Day	10:00 am - 7:00 pm



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	10:30 am - 6:00 pm

Outdoor Pool Hours

(Memorial Day - Labor Day)

Monday - Sunday (weather permitting)	11:00 am - Dusk
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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 a Ranger 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. Cost is \$4 per stay per child.

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

Kids Club Hours

(September 6 - May 31)

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

(June 1 - September 3)

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

Kids Club Drop Off Service

Just drop children off and run errands, go to appointments, or out for coffee!

Monday - Thursday	8:30 am - 8:00 pm
Friday	8:30 am - 6:00 pm

- 2.5 hour maximum stay
- \$8/child - Members only

Questions please contact Jodi Hass at jhass@racmn.com or (507) 287-9302

Lost & Found

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



Adult and Youth Activities

Adult Pick-up Basketball

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

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

*Gyms 1 and 2 only

Pick-up Basketball Rules:

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

Pickleball

Adult Pickleball will be set up during the following times in the Neighborhood Gym. Request at the Activities Desk if you need pickleball equipment. It is a pick-up game format. There is no fee for this activity. Open to adults who are defined as senior high school graduates or persons age 19 and older.

Spring:	Monday - Friday	6:00 - 8:45 am*
Summer:	Monday - Friday	6:00 - 8:00 am**

*When the previous weekend is an inflatable weekend, there will be no Monday morning Pickleball. See the "Events for Kids" section of this booklet for a listing of the current inflatable weekends.

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

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

Adult Pick-up Soccer

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

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

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

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

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

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

Wallyball

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

Sports and Activities by the Outdoor Pool

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

Overnights and Field Trips

We have the facility, now you give us the group. The RAC will be happy to host your large event for an overnight. Club overnights are available to you and only you, and your group of employees, clients, club, church group, or whatever else. You can rent the club for a few hours, or till the sun comes up.

Contact Abby Olsen at (507) 405-1036 or nhasst@racmn.com with questions for using the club overnight or for field trips and day activities.



SPRING SESSION:

April 10 - June 11 (9 weeks)

No classes Monday, May 29 due to Memorial Day

SUMMER SESSION:

June 12 - August 13 (8 weeks)

No classes the week of July 3 - July 9

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

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

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

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

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

Group Fitness Schedule Classes

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

Spring Group Fitness Schedule begins Monday, April 10 and ends on Sunday, June 11 (9 weeks). There will be a special schedule, Memorial Day Monday, May 29.

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

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

Recent class additions to the Group Fitness Schedule include:

Ballet FIT: A ballet-based class designed to improve strength, flexibility, agility, posture, and confidence. Barre work and strength exercises are choreographed for a great fat burning experience.

PiYo: Cranked up yoga and Pilates based choreography that delivers a fat-burning, low-impact workout defining all the muscles.

Pound: A class fusing cardio, Pilates movement, plyometrics and isometric poses while constantly drumming. It is not a workout, but rather a rockout!

Group Fitness Schedule

You can view or download the Group Fitness Schedule on our website 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 Group Fitness class schedule in the palm of your hand. It is available through our website at www.racmn.com, under the "Fitness, Training & Nutrition" column select "Group Fitness". There are both iPhone and Android device options.

Group Fitness Special Offerings

Introduction to Studio Cycling

Have you ever wanted to give Studio Cycling a try, but were intimidated by the process? Well, this FREE class is for you! Our friendly instructor will take you through proper bike set up and teach you safe riding techniques as well as efficient form.

- Location: Cycle 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

Yoga Workshop: Yoga for Back Pain

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

- Instructor: Richard Woo
- Location: Mind Body Studio



Group Fitness

Class	Fee	Day/Time
Intro to Cycle	Free	Spring: Sunday, April 23 10:00 - 10:45 am
Yoga for Kids (Ages 7-12)	Free	Spring: April 18 - May 2 (3 weeks) Tuesday 4:30 - 5:15 pm Summer: June 13 - June 27 (3 weeks) Tuesday 4:30 - 5:15 pm
Yoga Workshop: Yoga for Back Pain	Members: \$20 Non-members: \$32	Spring: Sunday, May 7 10:00 am - 12:00 pm

Aerial Yoga Programming

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

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

Intro to Aerial Yoga

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

- Location: Mind Body Studio

Continuing Aerial Yoga

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

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

Drop-In to Aerial Yoga

Curious about Aerial yoga? Want to experience yoga poses without putting pressure on your joints? Are you looking to enhance your yoga poses with better balance and more flexibility... or maybe you just need to relax? Aerial Yoga utilizes a fabric hammock as a tool for balance and suspension - allowing you to explore a variety of yoga poses safely and with greater ease and depth. Come "drop-in" to see if you like it!

No experience necessary.

- Location: Mind Body Studio
- Sign up required



Date Nite Aerial Yoga

Bring your soul mate, soul sister or brother for a fun night of Aerial Yoga. Aerial Yoga utilizes a fabric hammock as a tool for balance and suspension - allowing you to explore a variety of yoga poses safely, with greater ease and depth. No yoga experience necessary and all levels are welcome!

- Location: Mind Body Studio
- Sign up required

Aerial Yoga Special Event

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

- Minimum age of 13
- Location: Mind Body Studio



Class	Occurrence	Fee	Day/Time
Intro to Aerial Yoga	4 week series	Members: \$60 Non-members: \$108	Spring: Options TBA Summer: Options TBA
Continuing Aerial Yoga	Multiple week session TBA	Members: \$15/week Non-members: \$27/week	Contact Leana Medina-Beltz at LMedina-Beltz@racmn.com or (507) 287-9335 ext 392 to set up or learn more about continuing Aerial Yoga offerings
Drop-In to Aerial Yoga	One Day Class	Members: \$15 Non-members: \$27	Spring: Saturday, June 3 1:30 - 2:30 pm Summer: Options TBA
Date Nite Aerial Yoga	One Day Class	Members: \$15 Non-members: \$27	Spring: Friday, May 19 7:00 - 8:00 pm
Aerial Yoga Special Event	One Day Class	Members: \$84 Non-members: \$96	Contact Leana Medina-Beltz at LMedina-Beltz@racmn.com or (507) 287-9335 ext 392 to set up or learn more about private Aerial Yoga offerings

Yoga Private Instruction

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

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

Yoga Private Instruction

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



Pilates

SPRING SESSION:

April 10 - June 11 (9 weeks)

No classes Monday, May 29 due to Memorial Day

SUMMER SESSION:

June 12 - August 13 (8 weeks)

No classes the week of July 3 - July 9

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

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

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

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

Pilates Programming

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

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

Pilates Workshops

Upcoming Pilates Workshop offerings for the Spring and Summer sessions will be advertised in the club.



Pilates Mat Core

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

- See current Group Fitness Schedule for times and locations.

Pilates Core Power

This FREE Pilates mat class uses a variety of props, with an emphasis on the foam roller, to add challenge and variety to classical Pilates mat exercises.

- See current Group Fitness Schedule for times and locations.

Pilates Barre

This FREE class does not require registration. Pilates Barre is a high energy workout that incorporates the best of aerobic exercise with Pilates and ballet barre work. Small isometric movements target and tone the entire body to attain better posture, poise, strength and flexibility while creating a longer, leaner physique.

- See current Group Fitness Schedule for times and locations.

Sweat-a-lates

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

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

Class	Fee	Day/Time/Location
Pilates Workshops	Prices vary by workshop	Individual Workshops, dates, times and prices will be advertised in the club
Pilates Mat Core	FREE for members and those on guest passes	See current Group Fitness Schedule (No sign up necessary)
Pilates Core Power	FREE for members and those on guest passes	See current Group Fitness Schedule (No sign up necessary)
Pilates Barre	FREE for members and those on guest passes	See current Group Fitness Schedule (No sign up necessary)
Sweat-a-lates	FREE for members and those on guest passes	See current Group Fitness Schedule (No sign up necessary)

Pilates Apparatus (Reformer and Tower)

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

NEW! Teen Reformer Series

An apparatus class specifically designed for participants between the ages of 13-18. With a class size of 5 or less, participants will receive one on one

attention as they perform exercises that improve strength as well as flexibility and alignment. This series is a great option for dancers or athletes.

- Location: Pilates Studio
- Instructor: Hope Carroll-Rizzo

Reformer Intro Series

Want to sample an apparatus class before you commit to a full 8 or 9 week session? Consider a 3 week reformer class for Beginners!

- Daytime or evening option available
- Limit: 5 per class
- Location: Pilates Studio

Pilates Apparatus Classes

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

- Location: Pilates Studio

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

*Additional class cost: \$126/9 week session
\$112/8 week session*

Class	Fee	Day/Time
Teen Reformer Series (Ages 13-18)	Members: \$45 Non-members: \$81	Summer: June 13 - June 27 (3 weeks) Tuesday 11:00 - 11:55 am
Reformer Intro Series (3 Week Series)	Members: \$45 Non-members: \$81	Dates and times will be advertised in club
Pilates Apparatus Classes (Introductory through Experienced levels)	Spring: (9 weeks) Members: \$135 Non-Members: \$243 Summer: (8 weeks) Members: \$120 Non-members: \$216	Contact Jean DeWitz to determine appropriate level and available times at jdewitz@racmn.com (507) 287-9335 extension 303



Pilates Chair

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

Intro to Pilates Chair

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

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

Continuing Pilates Chair

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

- Ages 7-12
- Location: Mind Body Studio

Class	Fee	Day/Time
Intro to Pilates Chair (3 Week Series)	Members: \$45 Non-members: \$81	Dates and times will be advertised in club
Continuing Pilates Chair	Spring: (9 weeks) Members: \$135 Non-Members: \$243 Summer: (8 weeks) Member: \$120 Non-member: \$216	Contact Jean DeWitz for available times at jdewitz@racmn.com or (507) 287-9335 extension 303

Pilates Private Instruction

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

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

Pilates Private Instruction

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



SPRING SESSION:

April 10 - June 4 (8 weeks)

SUMMER SESSION:

June 12 - August 13 (8 weeks)

No classes the week of July 3 - July 9

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

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

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

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

Adult Fitness Programming

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

Kettle Advantage

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

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

Total Body Transformation

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

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

Triple Threat

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

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

BLAST 30

Are you and your friends looking to get a great workout and socialize all at the same time? B.L.A.S.T. stands for Back, Legs, Abs and Shoulder Training. Members can sign up individually or form your own groups. Members exercise for 30 seconds, rest for 30 seconds, and then perform another exercise for 30 seconds, until 30 minutes is up! This is a great way to maximize your time, change up your routine and have fun! Group sessions meet 2 or 3 times weekly, at the same time for 4 weeks.

- **Contact czink@racmn.com to set up your group or for more information.**
- Limit: 3-5 participants per group

TRX by Josh

Are you looking to add a fun and creative new twist to your workouts? TRX by Josh will get you working that core and stimulating muscles that you haven't felt in a long time. TRX is a form of suspension training that uses body weight exercises to develop strength, balance, flexibility and core stability. TRX can be used by anyone and everyone, no matter the fitness level or limitation. This class will meet for 30 minutes per session, 2 or 3 sessions a week, for 4 weeks.

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

WOD - Workout of the Day

Functional fitness inspired and anything goes! This class is designed to be a combination of cardiovascular, full body strength training, and plyometrics. Workout of the Day is 45 minutes long and will meet twice per week.

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



Adult Fitness

Tighten and Tone

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

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

Foundation Builder

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

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

Team FIT Mom

This class is designed for all the moms out there! We know how hard it is to get your workout in when the kids are little. We want to provide you with a chance to get your sweat on and connect with other moms. A lot of work will be packed into a short period of time to get you the results you want. A variety of equipment and training methods will be used to target your trouble spots. Meets twice per week, 45 minutes per session.

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

Weekend Warriors

If time is the leading factor preventing you from working out, consider this solution. This class incorporates one upper body day, one lower body day, and core training compactly put into the convenience of the weekend. Take some of the stress out of your week and sign up today! Weekend Warriors meets on Saturday and Sunday, 45 minutes per session.

- **Contact hchurch@racmn.com for more details, sign up options and availability.**
- Limit: 6/class



Class	Fee	Day/Time
Kettle Advantage	Spring: Members: \$140 Summer: Members: \$140	Tuesday and Thursday 5:45 - 6:30 am Tuesday and Thursday 7:00 - 7:45 am
Total Body Transformation 2x Week	Spring: Members: \$170 Summer: Members: \$180	Monday and Wednesday 5:30 - 6:30 am Monday and Wednesday 10:00 - 11:00 am Monday and Thursday 9:00 - 10:00 am 10:15 - 11:15 am Monday and Thursday 4:30 - 5:30 pm
Total Body Transformation 3x Week	Spring: Members: \$260 Summer: Members: \$270	Monday, Wednesday, Friday 5:30 - 6:30 am Monday and Wednesday and Friday 10:00 - 11:00 am 9:00 - 10:00 am Monday and Friday and Thursday 9:00 - 10:00 am 10:15 - 11:15 am
Triple Threat	Spring: Members: \$140 Summer: Members: \$140	Tuesday and Thursday 9:30 - 10:15 am
BLAST 30	Monthly Fee Members: 2x week: \$80 3x week: \$115	Days vary based on group selection Sign up through Chris Zink at czink@racmn.com
TRX by Josh	Monthly Fee Members: 1x week: \$45* 3x week: \$125* *Prices vary due to holidays and dates held during month	Days vary based on group selection Sign up through Josh Karow at jkarow@racmn.com
Workout of the Day	Spring: Members: \$140 Summer: Members: \$140	Days vary based on group selection Sign up through Sarah Nguyen at snguyen@racmn.com
Tighten and Tone	Spring: Members: \$140 Summer: Members: \$140	Days vary based on group selection Sign up through Chris Meyer at cmeyer@racmn.com
Foundation Builder	Spring: Members: \$140 Summer: Members: \$140	Days vary based on group selection Sign up through Chris Meyer at cmeyer@racmn.com
Team FIT Mom	Spring: Members: \$140 Summer: Members: \$140	Days vary based on group selection Sign up through Sarah Nguyen at snguyen@racmn.com
Weekend Warriors	Spring: Members: \$140 Summer: Members: \$140	Saturday and Sunday 9:30 - 10:15 am



Healthy Lifestyles



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

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

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

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

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

Personal Training

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

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

Personal Training	
Individual Session	One Hour: \$66 45-minute: \$56 30-minute: \$46
Silver Package Buy six at reduced rate!	One Hour: \$360 45-minute: \$305 30-minute: \$250
Gold Package Buy twelve at a reduced rate!	One Hour: \$680 45-minute: \$580 30-minute: \$480

Personal Nutrition Counseling

The RAC has several 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 Katie Plath at (507) 287-9335 ext. 355 or kplath@racmn.com

Fuel Up

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

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



Health Coaching Consultation

Health coaching helps clients reach optimal well-being, whatever that looks like for the client. This includes areas such as; physical activity, nutrition, weight, sleep, or energy. Health coaching will also help with creating a positive mind set, stress management and coping, life purpose and satisfaction, nourishing relationships, and resilience. Coaching is based upon the evidence based science of behavior change and positive psychology. Health coaches assist clients with taking charge of their lives by engaging in influential conversation that will arouse, engage, energize, and challenge them. The coaching process assesses where the client is, defines and develops a clear picture of where they want to go, and creates a plan to get there.

- Contact Sarah Nguyen at snguyen@racmn.com
- Complimentary 30 minute consultation provided prior to initial training session.

Nutrition and Health Coaching Services

Private Nutrition Consultation	One Hour: \$66
Fuel Up (6 Week Program)	Members: \$320 Non-members: \$680
Health Coaching Consultation	One Hour: \$70

Twelve Week Training/Diet Programs

Twelve Weeks to Race Weight

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

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

Gold

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

Silver

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

Basic (Diet only)

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

Twelve Weeks to Race Weight

Gold	Members: \$1015 Non-members: \$1300
Silver	Members: \$695 Non-members: \$1040
Basic (Diet Only) <i>Members Only</i>	Members: \$325



Healthy Lifestyles

Twelve Weeks to a New You - Phase 1

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

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

Gold Package

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

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

- Initial personal training consultation with before/after measurements
- Three 1 hour Health 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 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 & food journal, set goals and learn about incentive, set up weigh-in time and diet consult time, take before/after pictures & measurements, fill out registration form
- Diet Consult
- 12 weigh-ins
- Calorie Counter Book
- Incentive - \$50 toward RAC goods and 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 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
- Right to purchase additional health coaching sessions at reduced rate. \$60 per hour, \$48 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
- Right to purchase additional health coaching sessions at reduced rate. \$60 per hour, \$48 per 30 minutes.
- Incentive \$50 towards RAC services or \$30 each if joined as a couple



Twelve Weeks to A New You

Phase 1 - Gold	Members: \$1295 Non-members: \$1565 <i>Couple/Share Trainer Rate:</i> Members: \$970 each Non-members: \$1250 each
Phase 1 - Silver	Members: \$980 Non-members: \$1240 <i>Couple/Share Trainer Rate:</i> Members: \$825 each Non-members: \$1105 each
Phase 1 - Basic (Diet Only) <i>Members Only</i>	Members: \$325 <i>Couple/Share Trainer Rate not offered for Basic</i>
Phase 2 <i>Members Only</i>	Members: \$600 <i>Couple/Share Trainer Rate:</i> Members: \$420 each
Phase 3 <i>Members Only</i>	Members: \$360 <i>Couple/Share Trainer Rate:</i> Members: \$250 each

Massage

HydroMassage

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

HydroMassage

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

Massage

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

Massage

Individual Sessions	
15 minute chair massage:	\$20
15 minute table massage:	\$25
30 minute massage:	\$45
45 minute massage:	\$55
60 minute massage:	\$67
75 minute massage:	\$80
90 minute massage:	\$92
Hot Stone Massage	
90 minute massage:	\$107
30 Minute Packages	
5 Sessions (15% off):	\$191.25
10 Sessions (20% off):	\$360
60 Minute Packages	
5 Sessions (15% off):	\$284.75
10 Sessions (20% off):	\$536
90 Minute Packages*	
5 Sessions (15% off):	\$391
10 Sessions (20% off):	\$736
*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.

Tennis Programming

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

If you are new to our programs and are unsure of where to start, please contact Sabine Tetzloff at stetzloff@racmn.com or (507) 287-9308.

Tennis E-mail / Contact List

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

Tennis Private and Group Lessons

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

Tennis Private Lessons (TPL)

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

Tennis Group Lessons (GPL)

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

Adult Tennis

SPRING - Adult SESSION (8 Weeks)

April 10 - June 4

(No classes Memorial Day Monday, May 29)

SUMMER - Adult SESSIONS (5 Week):

Session 1	June 12 - July 23 (No classes July 3-9)
Session 2	July 24 - August 27

Adult Group Lesson Offerings

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

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

SPRING - Adult Group Lessons

Class	Description	Fee	Days/Times	
Adult Beginner	Covers the basic tennis strokes: serve, service return, ground strokes, volleys. Stage 3 Green-dot ball is used for several weeks.	Spring: \$80	Tuesday Tuesday Thursday Saturday	11:00 am - 12:00 pm 8:00 - 9:00 pm 7:00 - 8:00 pm 9:00 - 10:00 am
Adult Intermediate	The basic strokes will be refined, and strategy will be introduced for singles and doubles. The focus will be on understanding the rhythm of the point and patterns of play.	Spring: \$96	Tuesday Tuesday Wednesday Thursday Saturday	10:30 - 11:30 am 7:00 - 8:00 pm 10:30 - 11:30 am 6:00 - 7:00 pm 10:00 - 11:00 am
Adult Adv. Beginner / Intermediate PLUS	A 90-minute class covering the basics strokes and strategies for beginning and intermediate match-play. Appropriate for players with an NTRP rating 2.5 and below.	Spring: \$120 (Monday classes will be prorated)	Monday Wednesday	10:30 am - 12:00 pm 10:30 am - 12:00 pm
Adult Beginner / Intermediate GAME DAY	Join us on Friday to use all of the skills you have worked on during the week in class. Games, fitness, and fun will be the focus.	\$15 / day ((\$5 for those who have attended 2 additional classes during the same week!)) <i>Sign up daily at Activities Desk (507) 287-9300</i>	Friday	10:30 am - 12:00 pm
Adult Advanced (Strokes & Strategies)	This class is intended for players at the USTA 3.0/3.5 level (or by the recommendation by a tennis pro) who want to improve their strokes and learn the important strategies of the game.	Spring: \$96 (Monday classes will be prorated)	Monday Wednesday Saturday	9:30 - 10:30 am 9:30 - 10:30 am 11:00 am - 12:00 pm



SUMMER - Adult Group Lessons

Class	Description	Fee	Days/Times
Adult Beginner	Covers the basic tennis strokes: serve, service return, ground strokes, volleys. Stage 3 Green-dot ball is used for four weeks.	Session 1: \$50 Session 2: \$50	Wednesday 7:00 - 8:00 pm
Adult Intermediate	The basic strokes will be refined, and strategy will be introduced for singles and doubles. The focus will be on understanding the rhythm of the point and patterns of play.	Session 1: \$60 Session 2: \$60	Tuesday 7:00 - 8:00 pm Thursday 7:00 - 8:00 pm
Adult Beginner / Intermediate PLUS	A 90-minute class covering the basics strokes and strategies for beginning and intermediate match-play. Appropriate for players with an NTRP rating 2.5 and below.	Session 1: \$75 Session 2: \$75	Tuesday 10:30 am - 12:00 pm Thursday 10:30 am - 12:00 pm
Adult Advanced (Strokes & Strategies)	This class is intended for players at the USTA 3.0/3.5 level (or by the recommendation of a tennis pro) who want to improve their strokes and learn important game strategies.	Session 1: \$60 Session 2: \$60	Wednesday 10:30 - 11:30 am

Adult Leagues and Drills

Ratio and Length of Class Policy for Adult Leagues and Drills: The minimum number of participants for a class to run the entire time allotted is 4. With one participant classes run for 30 minutes; with 2 participants, 45 minutes; with 3 participants classes are 60 minutes.

SPRING - Adult Leagues and Drills			
League/Drill	Description	Fee	Days/Levels/Times
Drills & Games Galore	Enjoy a full hour and a half playing your favorite games like Treasure, Flurry, and Beat the Baseline. Match play may be incorporated if numbers dictate.	\$15 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Monday 6:30 - 8:00 pm Tuesday 9:30 - 11:00 am Thursday 9:30 - 11:00 am
50 & Over Adult Drill & Play	90 minutes of tennis divided into drills and match play. Enjoy the company of your friends while improving your tennis game.	\$15 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Wednesday 9:30 - 11:00 am
Doubles Drill & Play	90 minutes of tennis divided into drills and critiqued match play. This is a great way to improve a specific skill and immediately apply it in a match situation.	\$15 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Thursday (4.0+) 9:30 - 11:00 am
Cardio Tennis	Cardio Tennis is a FUN high energy fitness class that combines the best features of tennis with cardiovascular exercise, while delivering the ultimate, full body, calorie-burning aerobic workout.	\$12 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Thursday 7:00 - 8:00 pm Friday 12:00 - 1:00 pm
AM Live Ball	Join us for an early morning workout for our NTRP 3.0+ players! AM Live Ball will consist of a mixture of drills and point play.	\$12 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Thursday 6:00 - 7:00 am
Summer USTA Leagues	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 Mike Lipinski at (507) 287-9335 ext. 300 or mlipinski@racmn.com .	Cost per match varies by the competition venue. <i>Team Registration Deadline: April 24</i> <i>Matches: Late May - August, 2017</i>	Tentative Levels and Match Days: Monday: 2.5 Women, 3.0 Men, 7.0 55 & Over Women, 8.0 55 & Over Men Tuesday: 3.0 Women, 3.5 Men, Wednesday: 3.5 Women, 4.0 Men Thursday: 4.0 Women, 4.5 Men, 7.0 55 & Over Men

24 Hour Cancellation Policy for Mixers and Drills: If no member has registered for a particular Mixer or 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.



SUMMER - Adult Leagues and Drills

League/Drill	Description	Fee	Days/Levels/Times
Drills & Games Galore	Enjoy a full hour and a half playing your favorite games like Treasure, Flurry, and Beat the Baseline. Match play may be incorporated if numbers dictate.	\$15 / day <i>Sign up daily at the Activities Desk</i> <i>(507) 287-9300</i>	Monday 6:30 - 8:00 pm Tuesday 9:00 - 10:30 am Thursday 9:00 - 10:30 am
Doubles Drill & Play	90 minutes of tennis divided into drills and critiqued match play. This is a great way to improve a specific skill and immediately apply it in a match situation.	\$15 / day <i>Sign up daily at the Activities Desk</i> <i>(507) 287-9300</i>	Wednesday (4.0+) 9:00 - 10:30 am
Summer USTA Leagues	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 Mike Lipinski at (507) 287-9335 ext. 300 or mlipinski@racmn.com .	Cost per match varies by the competition venue. <i>Team Registration Deadline: April 24</i> <i>Matches: Late May - August, 2017</i>	Tentative Levels and Match Days: Monday: 2.5 Women, 3.0 Men, 7.0 55 & Over Women, 8.0 55 & Over Men Tuesday: 3.0 Women, 3.5 Men, Wednesday: 3.5 Women, 4.0 Men Thursday: 4.0 Women, 4.5 Men, 7.0 55 & Over Men

24 Hour Cancellation Policy for Mixers and Drills: If no member has registered for a particular Mixer or 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.

Adult Mixers

Players should be rated by a RAC tennis professional or have a USTA NTRP rating in order to participate in all mixers. Mixers are available 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.

SPRING - Adult Mixers			
Mixer	Description	Fee	Days/Levels/Times
Top 25	A tennis mixer designed for the top RAC tennis players. Contact Ben Maes at (507) 287-9323 or bmaes@racmn.com if you do not have a rating.	\$15 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Monday 7:00 - 9:00 pm <i>(NTRP: Men 4.0+ / Women 4.5+) Players from the TopGun program may also participate</i>
Saturday Doubles Mixer	A great way to meet other players and play competitive matches! Players rotate doubles partners in the mixer. Singles opportunities available! Runs every Saturday morning	\$ 15 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Saturday 9:00 - 11:00 am <i>(NTRP: 3.0+)</i>

SUMMER - Adult Mixers			
Mixer	Description	Fee	Days/Levels/Times
Top 25	A tennis mixer designed for the top RAC tennis players. Play outside on the HarTru Clay courts, weather permitting. Contact Ben Maes at (507) 287-9323 or bmaes@racmn.com if you do not have a rating.	\$15 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Monday 6:00 - 8:00 pm <i>(NTRP: Men 4.0+ / Women 4.5+) Players from the TopGun program may also participate</i>
Saturday Doubles Mixer	A great way to meet other players and play competitive doubles! Players rotate doubles partners in the mixer. Play outside on the HarTru Clay courts, weather permitting.	\$ 15 / day <i>Sign up daily at the Activities Desk (507) 287-9300</i>	Saturday 9:00 - 11:00 am <i>(NTRP: 3.0+)</i>

24 Hour Cancellation Policy for Mixers and Drills: If no member has registered for a particular Mixer or 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.

Adult Tennis Half-Day SUMMER CAMP				
Theme	Age	Ball	Fee	Date
Adult Firecracker Tennis Camp <i>This camp runs concurrent with our R*O*G*Y Firecracker Half-Day Tennis Camp</i>	19+	Yellow Ball	\$36 per day \$90 for <u>3</u> days Non-members: \$48 per day Registration Deadline: Thursday, June 29	Wednesday - Friday July 5 - 7 9:00 am - 12:00 pm



Junior Tennis

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

April 10 - June 4
(No classes Memorial Day Monday, May 29)

SUMMER - R*O*G*Y SESSIONS:

Week-Long HALF DAY CAMPS & Classes

Week 1***	June 12 - 16
Week 2***	June 19 - 23
Week 3***	June 26 - 30
Week 4	July 5 - 7 (3 Day Camp)
Week 5 ***	July 10 - 14
Week 6***	July 17 - 21
Week 7***	July 24 - 28
Week 8***	July 31 - August 4
Week 9***	August 7 - 11
Week 10***	August 14 - 18
Week 11***	August 21 - 25
Week 12***	August 28 - September 1

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

5 Week Sessions (Afternoon/Evening)

Session 1	June 12 - July 23 (No classes July 3 - 9)
Session 2	July 24 - August 27

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 & 2.

- On the second-to-last day of a multiweek class or the last day of class for a week-long session, each player will receive a class recommendation form with progress notes specific to the child. On this form, you will also find the class level for the next session.
- Makeups are offered if space in class allows. Please contact the instructor of the class you wish to make up in order to guarantee space for your child. No make ups are permitted during the first week of class.
- To sign up for the proper skill level and not by a player's age, please contact Sabine Tetzloff at (507) 287-9308 or stetzloff@racmn.com.
- Tennis racquets will be provided if you forget your racquet or do not have one.

R*O*G*Y Tennis Program

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

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

TENNIS WHIZZ PRECHOOL TENNIS

Children ages 3-5 learn the game of tennis in this new innovative curriculum. Tennis Whizz allows our youngest players to develop fundamental motor skills in an environment focusing on learning through play and imagination. Parents are encouraged but not required to participate. Lessons are centered around imaginative adventures such as landing on the moon, going to the beach, and sailing on a pirate ship. Each lesson also focuses on the kindergarten readiness skills including colors, letters, numbers, and rhyming. Join us in this adventure of tennis and early learning. For more information on Tennis Whizz, visit: www.tenniswhizz.com

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). Once 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** and **Green Intermediate**. *Competitive level green-dot ball players will be integrated into our ACE 3 program by tennis professional's recommendation and tryout.* Full court beginning match play is offered through **Green Ball Match Play**. Players wishing to eventually move into the ACE program should participate in the Match Play in order to learn the skills necessary to compete at the higher ACE level.

GREEN/YELLOW BALL - TEEN TENNIS

RAC Tennis is introducing an instructional program designed specifically 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
NEW Tennis Whizz Parent - Child Class Tennis and Kindergarten Readiness Program	3-5 years; Parent/ Guardian participation encouraged but NOT required	RED	36'	4:1	Spring: \$64 <i>(Monday classes will be prorated for Memorial Day)</i>	Monday 5:30 - 6:00 pm Monday 6:00 - 6:30 pm Thursday 9:30 - 10:00 am Saturday 9:00 - 9:30 am Saturday 9:30 - 10:00 am *Additional times may be arranged for groups of 4 kids. Contact: Sabine Tetzloff at (507) 287-9308 or stetzloff@racmn.com
RED Ball Beginner	4-7 years	RED	36'	5 : 1	Spring: \$72 <i>(Monday classes will be prorated for Memorial Day)</i>	Monday 6:00 - 6:45 pm Tuesday 9:30 - 10:15 am Tuesday 4:00 - 4:45 pm Tuesday 5:30 - 6:15 pm Thursday 6:00 - 6:45 pm Friday 4:00 - 4:45 pm Saturday 9:00 - 9:45 am
RED Ball Intermediate	4-8 years <i>*encouraged to also register for Red Ball Drill & Play</i>	RED	36'	5 : 1	Spring: \$96	Tuesday 10:15 - 11:15 am Tuesday 4:30 - 5:30 pm Tuesday 6:00 - 7:00 pm Thursday 4:00 - 5:00 pm Friday 4:00 - 5:00 pm Saturday 10:00 - 11:00 am
RED Ball Advanced	5-8 years <i>*encouraged to also register for Red Ball Drill & Play</i>	RED	36'	6 : 1	Spring: \$96	Wednesday 6:00 - 7:00 pm Friday 5:00 - 6:00 pm Saturday 11:00 am - 12:00 pm >>

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

Class	Age	Ball	Court	Ratio	Fee	Days/Times
RED BARONS Competitive Red Ball Training	5-8 years <i>*encouraged to also register for Red Ball Drill & Play</i>	RED	36'	6 : 1	Spring: \$96	Friday 5:00 - 6:00 pm Saturday 11:00 am - 12:00 pm BY RECOMMENDATION ONLY
RED Ball Drill & Play	Currently in Red Ball Intermediate, Advanced or in RED BARONS	RED	36'	8 : 1	Spring: \$96	Saturday 12:00 - 1:00 pm
ORANGE Ball Beginner	8-10 years	ORANGE	60'	6 : 1	Spring: \$96 <i>(Monday classes will be prorated for Memorial Day)</i>	Monday 5:00 - 6:00 pm Wednesday 6:00 - 7:00 pm Friday 5:00 - 6:00 pm Saturday 11:00 am - 12:00 pm
ORANGE Ball Intermediate	8-10 years <i>*encouraged to also register for Orange Ball Match Play</i>	ORANGE	60'	6 : 1	Spring: \$96	Monday 5:00 - 6:00 pm Wednesday 5:00 - 6:00 pm Friday 6:00 - 7:00 pm Saturday 12:00 - 1:00 pm
ORANGE Ball Advanced	8-10 years <i>*encouraged to also register for Orange Ball Match Play</i>	ORANGE	60'	6 : 1	Spring: \$96	Wednesday 6:00 - 7:00 pm Friday 6:00 - 7:00 pm Saturday 12:00 - 1:00 pm
ORANGE Ball Match Play	Currently at Orange Ball Intermediate or Advanced level	ORANGE	60'	8 : 1	Spring: \$96	Saturday 1:00 - 2:00 pm
GREEN Ball Beginner	11-13 years	GREEN	78'	6 : 1	Spring: \$96	Tuesday 4:00 - 5:00 pm Thursday 6:00 - 7:00 pm
GREEN Ball Intermediate	11-13 years <i>*encouraged to also register for Green Ball Match Play</i>	GREEN	78'	6 : 1	Spring: \$96	Tuesday 5:00 - 6:00 pm Thursday 5:00 - 6:00 pm
GREEN Ball Match Play	Currently at Green Ball or Teen Intermediate level	GREEN	78'	8 : 1	Spring: \$96	Saturday 1:00 - 2:00 pm
Teen Beginner / Intermediate Tennis	13-18 years <i>*encouraged to also register for Green Ball Match Play</i>	GREEN YELLOW	78'	6 : 1	Spring: \$96	Thursday 6:00 - 7:00 pm

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

Class	Age	Ball	Court	Ratio	Fee / Week	Days/Times
GREEN Ball Beginner	11+ years	GREEN	78'	6 : 1	\$60	Monday through Friday 1:00 - 2:00 pm (Offered all weeks except Week 4)
GREEN Ball Intermediate	11+ years	GREEN	78'	6 : 1	\$60	Monday through Friday 1:00 - 2:00 pm (Offered all weeks except Week 4)

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

Class	Age	Ball	Court	Ratio	Fee / Week	Days/Times	
NEW Tennis Whizz Parent - Child Class Tennis and Kindergarten Readiness Program	3-5 years; Parent/ Guardian participation encouraged	RED	36'	4:1	Session 1: \$40 (no classes on July 3-7) Session 2: \$40	Tuesday Tuesday	5:30 - 6:00 pm 6:00 - 6:30 pm
RED Ball Beginner	4-7 years	RED	36'	5 : 1	Session 1: \$55 (no classes on July 3-7) Session 2: \$55	Tuesday Wednesday	4:00 - 4:45 pm 5:00 - 5:45 pm
RED Ball Intermediate	4-8 years	RED	36'	5 : 1	Session 1: \$60 (no classes on July 3-7) Session 2: \$60	Tuesday Wednesday	5:00 - 6:00 pm 4:00 - 5:00 pm
RED Ball Advanced / RED BARONS	5-8 years	RED	36'	6 : 1	Session 1: \$60 (no classes on July 3-7) Session 2: \$60	Tuesday	6:00 - 7:00 pm
ORANGE Ball Beginner	8-10 years	ORANGE	60'	6 : 1	Session 1: \$60 (no classes on July 3-7) Session 2: \$60	Monday Thursday	4:30 - 5:30 pm 5:00 - 6:00 pm
ORANGE Ball Intermediate	8-10 years	ORANGE	60'	6 : 1	Session 1: \$60 (no classes on July 3-7) Session 2: \$60	Wednesday Thursday	6:00 - 7:00 pm 4:00 - 5:00 pm
ORANGE Ball Advanced	8-10 years	ORANGE	60'	6 : 1	Session 1: \$60 (no classes on July 3-7) Session 2: \$60	Monday	5:30 - 6:30 pm >>



SUMMER - R*O*G*Y 5 Week AFTERNOON / EVENING Classes (cont.)

Class	Age	Ball	Court	Ratio	Fee / Week	Days/Times
ORANGE Ball Match Play	Currently at the Orange Ball Intermediate/Advanced level	ORANGE	60'	8: 1	Session 1: \$60 (no classes on July 3-7) Session 2: \$60	Wednesday 1:00 - 2:00 pm
GREEN Ball & TEEN Beg/Int	11+ years Beginning / Intermediate full court tennis	GREEN	78'	6 : 1	Session 1: \$60 (no classes on July 3-7) Session 2: \$60	Thursday 6:00 - 7:00 pm

SPRING - R*O*G*Y Special Events

Event	Age	Ball/Court	Fee /Details
RAC Stars & Trophies Play Day	Ages 7-10 USTA Registration (free) is recommended One USTA Northern virtual Star will be earned by participating in this event.	Orange ball / 60 foot court <i>For information, contact Sabine Tetzloff at stetzloff@racmn.com</i>	April 29 1:00 - 3:00 pm (Round robin format; matches will begin promptly at 1:00 pm) Fee: \$12 (Players enrolled in Orange Ball Match Play play for free) <i>Sign up at the Activities Desk (507) 287-9300</i>
RED Ball Parent / Child Doubles Tournament	Ages 6-8 Non-elimination format <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!	Red ball / 36 foot court <i>For information, contact Sabine Tetzloff at stetzloff@racmn.com</i>	April 29 1:00 - 3:00 pm Fee: \$20 per parent/child team (maximum of 8 teams) <i>Sign up at the Activities Desk (507) 287-9300</i>

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

Theme	Age	Ball	Fee	Date
Week 3 R*O*G*Y My First Tennis Whizz Camp (4 days)	3-5	Foam Ball Red Ball	Members: \$12 per day \$40 for 4 days Non-members: \$17 per day \$60 for the week	Monday through Thursday June 26 - 29 9:45 am - 10:30 am Registration Deadline: Thursday, June 22
Week 7 R*O*G*Y My First Tennis Whizz Camp (4 days)	3-5	Foam Ball Red Ball	Members: \$12 per day \$40 for 4 days Non-members: \$17 per day \$60 for the week	Monday through Thursday July 24 - 27 9:45 am - 10:30 am Registration Deadline: Thursday, July 20

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 4-12

- Direct questions to Sabine Tetzloff at (507) 287-9308 or stetzloff@racmn.com
- A snack will be included each day
- Racquets will be provided for those who need them
- **Required Tennis Summer Camp Form must be filled out. These are available at the Activities Desk or at www.racmn.com. Look under the "Membership" column and then select "Forms and Documents".**

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

Early drop off:

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

Late pick up:

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

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

*Drop off and pick up at Tennis Court 1.

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

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

Theme	Age	Ball	Fee	Date
Week 1 R*O*G*Y School's Out Tennis Camp***	4-12	Red Ball Orange Ball Green Dot Ball	\$50 per day \$225 for the week Non-members: \$60 per day \$275 for the week	Monday through Friday June 12 - 16 8:00 am - 12:00 pm Registration Deadline: Thursday, June 8
Week 2 R*O*G*Y Tennis and Craft Camp*** (Includes extended arts and crafts time)	4-12	Red Ball Orange Ball Green Dot Ball	\$50 per day \$225 for the week Non-members: \$60 per day \$275 for the week	Monday through Friday June 19 - 23 8:00 am - 12:00 pm Registration Deadline: Thursday, June 15
Week 3 R*O*G*Y Tennis and Water Fun Camp*** (Wear swimsuits under clothes every day; bring towel and sunscreen)	4-12	Red Ball Orange Ball Green Dot Ball	\$50 per day \$225 for the week Non-members: \$60 per day \$275 for the week	Monday through Friday June 26 - 30 8:00 am - 12:00 pm Registration Deadline: Thursday, June 22
Week 4 R*O*G*Y Firecracker Tennis Camp (3 days only) (Runs concurrent with Adult Firecracker Half-Day Camp)	4-12	Red Ball Orange Ball Green Dot Ball	\$50 per day \$135 for 3 days Non-members: \$60 per day \$165 for 3 days	Wednesday through Friday July 5 - 7 8:00 am - 12:00 pm Registration Deadline: Thursday, June 29
Week 5 R*O*G*Y Tennis Olympics Camp*** (Olympic challenges and games)	4-12	Red Ball Orange Ball Green Dot Ball	\$50 per day \$225 for the week Non-members: \$60 per day \$275 for the week	Monday through Friday July 10 - 14 8:00 am - 12:00 pm Registration Deadline: Thursday, July 6 >>



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

Theme	Age	Ball	Fee	Date
Week 6 R*O*G*Y Orange/Green Ball Tennis Camp*** (Interested players may choose to compete in our U10 Stars and Trophies Tournament on Saturday, July 22)	7-12	Orange Ball Green Dot Ball No Red Ball Players	\$50 per day \$225 for the week Non-members: \$60 per day \$275 for the week	Monday through Friday July 17 - 21 8:00 am - 12:00 pm Registration Deadline: Thursday, July 13
Week 7 R*O*G*Y Sizzlin' Summer Tennis Camp***	4-12	Red Ball Orange Ball Green Dot Ball	\$50 per day \$225 for the week Non-members: \$60 per day \$275 for the week	Monday through Friday July 24 - 28 8:00 am - 12:00 pm Registration Deadline: Thursday, July 20
Week 8 R*O*G*Y Red Ball Roundup Tennis Camp*** (Age appropriate activities for our youngest players)	4-8	Red Ball Only No Orange or Green Dot Ball Players	\$50 per day \$225 for the week Non-members: \$60 per day \$275 for the week	Monday through Friday July 31 - August 4 8:00 am - 12:00 pm Registration Deadline: Thursday, July 27
Week 9 R*O*G*Y Tennis and Playground Games Camp*** (Includes extended group games and activities)	4-12	Red Ball Orange Ball Green Dot Ball	\$50 per day \$225 for the week Non-members: \$60 per day	Monday through Friday August 7 - 11 8:00 am - 12:00 pm Registration Deadline: Thursday, August 3
Week 10 R*O*G*Y U.S. Open Tennis Camp***	4-12	Red Ball Orange Ball	\$50 per day \$225 for the week Non-members: \$60 per day	Monday through Friday August 14 - 18 8:00 am - 12:00 pm Registration Deadline: Thursday, August 10
Week 11 R*O*G*Y Mixed-Up Tennis Camp*** (Includes a different fun activity each day)	4-12	Red Ball Orange Ball Green Dot Ball	\$50 per day \$225 for the week Non-members: \$60 per day	Monday through Friday August 21-25 8:00 am - 12:00 pm Registration Deadline: Thursday, August 17
Week 12 R*O*G*Y End of Summer Tennis Camp***	4-12	Red Ball Orange Ball Green Dot Ball	\$50 per day \$225 for the week Non-members: \$60 per day	Monday through Friday August 28 - September 1 8:00 am - 12:00 pm Registration Deadline: Thursday, August 24

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

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

SPRING - ACE/TopGun SESSION (8 Weeks)

April 10 - June 4

(No classes on Memorial Day Weekend, May 28 & 29)

SUMMER - ACE/TopGun SESSIONS:

(Weekly and Drop in Options are available)

Week 1	June 12 - 16
Week 2 - ACE/TopGun Summer Camp ONLY	June 19 - 23 June 24 - USTA Tournament (L6)
Week 3	June 26 - 30
Week 4 - ACE/TopGun Summer Camp ONLY	July 5 - 7 (only 3 days)
Week 5	July 10 - 14
Week 6 - ACE/TopGun Summer Camp ONLY	July 17 - 21
Week 7	July 24 - 28
Week 8 - ACE/TopGun Summer Camp ONLY	July 31 - August 3 (4 day camp) August 4 - 6 USTA Tournament (L5)
Week 9	August 7 - 11
Week 10 - ACE/TopGun Summer Camp ONLY	August 14 - 18
Week 11	August 21 - 25
Week 12 - ACE/TopGun Summer Camp ONLY	August 28 - September 1

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

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

- Although our program is year-round, players are responsible for registering for each session in which they will participate. BILLING PROCESS: ACE participants can choose to be billed in one of two ways:

- Pay by the Session:** (Spring) / Pay by the Week (Summer): Payment is in one lump sum with no cancellations or make-ups (ACE 3/ACE3JC/ACE 2/ACE2JC: \$17/day; ACE 1/TopGun: \$20/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/ACE 2/ACE2JC: \$21/day; ACE 1/TopGun: \$23/day). *Drop-in players should attempt to notify the tennis department by Sunday of a given week if they plan to attend class during any days that week. Notifications should be emailed to stetzloff@racmn.com.*

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

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

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

- ACE 3** - In ACE 3 there is a transition from new player to "tennis player." Players will use either the Orange, Green-Dot or Yellow 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.** Our newest ACE group will focus on the younger player who is committed to participating in USTA tournaments (Levels 8, 7, and 6). ACE3JC is open to players who are 13 years old and under and are committed to USTA Tournament play. This group will work predominantly with the Green-Dot ball. Players may need to rotate their match time on Fridays. Please contact Steve Tacl at (507) 287-9335 ext. 312 or stacl@racmn.com for more information.



Tennis

- **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 participating in the Junior Competition group. Players will need to rotate their match times on Sundays (Spring).
- **ACE 2 Junior Competition (ACE2JC) - by invitation only.** ACE2JC continues where ACE3JC ends. This group is designed for the younger player who has moved to USTA advanced tournaments (Levels 5, 4, 3, and 2). Advanced strategies and competence from all areas of the court are developed through disciplined, high

energy practices. Players may need to rotate their match time on Sundays (Spring). Please contact Steve Tacl at (507) 287-9335 ext.312 or stacl@racmn.com for more information.

- **ACE 1** - Players in Ace 1 have developed a sound understanding of singles and doubles principles. Match level is that of a High School Varsity player and/or USTA Level 5 or better player. Players will need to rotate their match times on Sundays (Spring).
- **TopGun - by invitation only.** This class consists of Rochester and the surrounding areas' top junior players. These players are generally ranked very high in the USTA/Northern Section Rankings. Tournament play is expected of all players. Please contact Steve Tacl at (507) 287-9335 ext. 312 or stacl@racmn.com for more information.

SPRING - ACE/TopGun

ACE Group	Fee	Frequency	Days/Times
ACE 3 Orange, Green-dot or Yellow ball will be used depending on age of player	Spring: \$391 Drop in: \$21/day	<u>3</u> days/week	Monday and Wednesday 4:00 - 5:30 pm Friday Matches: • Orange ball: 4:00 - 6:00 pm • Green-dot ball: 6:00 - 8:00 pm <i>Match time expanded to 2 hours to allow singles and doubles play.</i>
ACE 3 Junior Competition (ACE3JC)* *For eligibility, contact Steve Tacl stacl@racmn.com	Spring: \$391 Drop in: \$21/day	<u>3</u> days/week	Monday and Wednesday 4:00 - 5:30 pm Friday Matches: 4:00 - 6:00 pm <i>Match time expanded to 2 hours to allow singles and doubles play.</i>
ACE 2	Spring: \$391 Drop in: \$21/day	<u>3</u> days/week <i>Must be able to rotate match time weekly</i>	Monday and Wednesday 5:30 - 7:00 pm Sunday Matches: 12:00 - 2:00 pm OR 2:00 - 4:00 pm
ACE 2 Junior Competition (ACE2JC)* *For eligibility, contact Steve Tacl stacl@racmn.com	Spring: \$510 Drop in: \$21/day	<u>4</u> days/week <i>Must be able to rotate match time weekly</i>	Monday and Wednesday 5:30 - 7:00 pm AND Thursday 6:00 - 7:30 pm Sunday Matches: 12:00 - 2:00 pm OR 2:00 - 4:00 pm
ACE 1	Spring: \$620 Drop in: \$23/day	<u>4</u> days/week <i>Must be able to rotate match time weekly</i>	Tuesday and Thursday 4:00 - 6:00 pm AND Wednesday 7:00 - 9:00 pm Sunday Matches: 12:00 - 2:00 pm OR 2:00 - 4:00 pm
TopGun* *For eligibility, contact Steve Tacl stacl@racmn.com	Spring: \$620 Drop in: \$23/day	<u>4</u> days/week	Tuesday /Thursday 6:00 - 8:00 pm AND Wednesday 7:00 - 9:00 pm Sunday Matches: 12:00 - 2:00 pm OR 2:00 - 4:00 pm

SUMMER - ACE/TopGun (Weeks 1, 3, 5, 7, 9, 11)

ACE Group	Fee	Frequency	Days/Times
ACE 3 Orange, Green-dot or Yellow ball will be used depending on age of player	Weekly: \$85 Drop in: \$21/day	5 days/week	Monday through Friday 9:00 - 10:30 am (NEW time) Match Day: Friday
ACE 3 Junior Competition (ACE3JC)* *For eligibility, contact Steve Tacl stacl@racmn.com	Weekly: \$85 Drop in: \$21/day	5 days/week	Monday through Friday 9:00 - 10:30 am (NEW time) Match Day: Friday
ACE 2	Weekly: \$85 Drop in: \$21/day	5 days/week	Monday through Friday 10:30 - 12:00 pm (NEW time) Match Day: Friday
ACE 2 Junior Competition (ACE2JC)* *For eligibility, contact Steve Tacl stacl@racmn.com	Weekly: \$85 Drop in: \$21/day	5 days/week	Monday through Friday 10:30 - 12:00 pm (NEW time) Match Day: Friday
ACE 1	Weekly: \$100 Drop in: \$23/day	5 days/week	Monday through Thursday 1:00 - 3:00 pm (NEW time) Match Day: Friday 12:00 - 2:00 pm
TopGun* *For eligibility, contact Steve Tacl stacl@racmn.com	Weekly: \$100 Drop in: \$23/day	5 days/week	Monday through Thursday 1:00 - 3:00 pm (NEW time) Match Day: Friday 12:00 - 2:00 pm

RAC USTA Stars & Trophies Events

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

SPRING - RAC USTA Stars & Trophies Events

Event Name	Tournament ID	Level and Eligibility	Dates	Events
RAC Stars & Trophies 10U Orange Tournament	550013518 Four USTA Northern virtual Stars will be earned by participating in this event.	All players ages 7-10 are eligible. USTA Registration (free) is recommended	April 15 Online registration deadline: April 10 9:59 pm	Boys and Girls - singles only 10 and under (orange ball) Register at: TennisLink.usta.com >>



SPRING - RAC USTA Stars & Trophies Events (cont.)

Event Name	Tournament ID	Level and Eligibility	Dates	Events
RAC Stars & Trophies Play Day	N/A One USTA Northern virtual Star will be earned by participating in this event,	RAC orange ball players ages 7-10. USTA Registration (free) is recommended	April 29 1:00 - 3:00 pm \$12 (Players enrolled in Orange Ball Match Play play for free)	Boys and Girls - singles only 10 and under (orange ball) Sign up at the Activities Desk (507) 287-9300

ACE/TopGun Half-Day Summer Camps

Join us for a week of half-day tennis and fitness training! These camps are the perfect way to improve your skills for the upcoming tournament or high school season. Each day has a different skill focus to include: swing path, footwork, transition game, singles and doubles strategy, shot selection, and Davis Cup team competitions. Different fitness activities each day may include yoga, Pilates, speed, agility and quickness, and swimming.

- Direct questions to Steve Tacl at (507) 287-9335, ext. 312 or stacl@racmn.com.
- Snacks will be included each day
- **Required Tennis Summer Camp Form must be filled out. These are available at the Activities Desk or at www.racmn.com. Look under the "Membership" column and then select "Forms and Documents".**

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

Players registering for the entire week AND the associated USTA Tournament will be credited \$25 after completing the tournament (does not include the U10 Stars and Trophies Tournaments). Individuals who attempt to register late may not be able to participate and will not be credited the \$25.

ACE/TopGun Half-Day SUMMER CAMPS (Weeks 2, 4, 6, 8, 10, 12)

Theme	Level	Time	Fee	Date
Week 2 ACE/TopGun Half-Day Summer Tennis Camps	ACE 3 ACE3JC	8:00 am - 12:00 pm	<i>Members: \$60 per day \$240 for the week</i> <i>Non-Members: \$72 per day \$288 for the week</i>	Monday through Friday June 19 - 23 RAC "Dirt" Clay Court One Day Tournament (Level 6) June 24 RAC 10U Orange Stars & Trophies Tournament June 24 Tournament Deadlines: June 19, 9:59 pm
	ACE2JC ACE 2 ACE 1 TopGun	12:00 - 4:00 pm	Camp Registration Deadline: Thursday, June 15	
Week 4 ACE/TopGun Half-Day Summer Tennis Camp (3 days)	ACE 3 ACE3JC ACE 2 ACE2JC ACE 1 TopGun	1:00 - 5:00 pm (R*O*G*Y and Adult Camps will be held in the morning. All ACE camps will meet in the afternoon)	<i>Members: \$60 per day \$144 for 3 days</i> <i>Non-Members: \$72 per day \$172 for 3 days</i> Camp Registration Deadline: Thursday, June 29	Weds. through Friday July 5 - 7 <div>>></div>

ACE/TopGun Half-Day SUMMER CAMPS (Weeks 2, 4, 6, 8, 10, 12)

Theme	Level	Time	Fee	Date
Week 6 ACE/TopGun Half-Day Summer Tennis Camps	ACE 3 ACE3JC	8:00 am - 12:00 pm	<i>Members: \$60 per day \$240 for the week</i>	Monday through Friday July 17 - 21 RAC Stars & Trophies 10U Orange Tournament July 22 Tournament Deadline: July 17, 9:59 pm
	ACE2JC ACE 2 ACE 1 TopGun	12:00 - 4:00 pm	<i>Non-Members: \$72 per day \$288 for the week</i> Camp Registration Deadline: Thursday, July 13	
Week 8 ACE/TopGun Half-Day Summer Tennis Camps (4 days)	ACE 3 ACE3JC	8:00 am - 12:00 pm	<i>Members: \$60 per day \$192 for the week</i>	Monday through Thursday July 31 - August 3 RAC Summer Clay Classic (Level 5) August 4 - 6 Tournament Deadline: July 30, 9:59 pm
	ACE2JC ACE 2 ACE 1 TopGun	12:00 - 4:00 pm	<i>Non-Members: \$72 per day \$230 for the week</i> Camp Registration Deadline: Thursday, July 27	
Week 10 ACE/TopGun Half-Day Summer Tennis Camps	ACE 3 ACE3JC	8:00 am - 12:00 pm	<i>Members: \$60 per day \$240 for the week</i>	Monday through Friday August 14 - August 18
	ACE2JC ACE 2 ACE 1 TopGun	12:00 - 4:00 pm	<i>Non-Members: \$72 per day \$288 for the week</i> Camp Registration Deadline: Thursday, August 10	
Week 12 ACE/TopGun Half-Day Summer Tennis Camps	ACE 3 ACE3JC	8:00 am - 12:00 pm	<i>Members: \$60 per day \$240 for the week</i>	Monday through Friday August 28 - September 1
	ACE2JC ACE 2 ACE 1 TopGun	12:00 - 4:00 pm	<i>Non-Members: \$72 per day \$288 for the week</i> Camp Registration Deadline: Thursday, August 24	

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

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

Players must be current USTA members in order to participate. All players must register at TennisLink.usta.com and draws will be posted on that website. Those registering for a USTA Level 6 or above tournament listed below (does NOT include the Stars and Trophies Tournaments) AND the entire week of the associated ACE/TopGun Half-Day Summer Camp will be credited \$25 after completing the tournament. Individuals who attempt to register late may not be able to participate. If allowed to play, there will be NO \$25 credit.

SUMMER - RAC USTA Junior Tournaments				
Tournament Name	Tournament ID	Level and Eligibility	Dates	Events
RAC "Dirt" Clay Court One Day Tournament	550004717	Level 6 All USTA players are eligible	June 24 Online registration deadline: June 19 9:59 pm	Boys and Girls - singles only 12 and under (green dot ball) 14 and under 16 and under 18 and under
RAC Stars & Trophies 10U Orange Tournament	550013617 (4 USTA Virtual Stars awarded for participation)	10U All players ages 7-10 are eligible.	June 24 Online registration deadline: June 19 9:59 pm	Boys and Girls - singles only 10 and under (orange ball) USTA Registration (free) is recommended
RAC Stars & Trophies 10U Orange Tournament	550013618 (4 USTA Virtual Stars awarded for participation)	10U All players ages 7-10 are eligible.	July 22 Online registration deadline: July 17 9:59 pm	Boys and Girls - singles only 10 and under (orange ball) USTA Registration (free) is recommended
RAC Summer Clay Classic Tournament	555109217	Level 5 All USTA players are eligible	August 4 - 6 Online registration deadline: July 30 9:59 pm	Boys and Girls - singles and doubles 12 and under (green dot ball) 14 and under 16 and under 18 and under
RAC Stars & Trophies 10U Orange Tournament	550013717 (4 USTA Virtual Stars awarded for participation)	10U All players ages 7-10 are eligible.	August 26 Online registration deadline: August 21 9:59 pm	Boys and Girls - singles only 10 and under (orange ball) USTA Registration (free) is recommended
RAC Stars & Trophies 10U Green Tournament	550013917 (4 USTA Virtual Stars awarded for participation)	10U Players who have graduated to USTA Stars & Trophies Green Ball	August 26 Online registration deadline: August 21 9:59 pm	Boys and Girls - singles only 10 and under (green dot ball) USTA Registration (free) is recommended



SPRING: April 10 - June 2 (8 Weeks)

No classes Memorial Day Monday, May 29

SUMMER: June 12 - August 25 (10 Weeks)

No matches July 3 - 9

Specific times and fees are listed in the table.

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

Racquet Sports at the RAC

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

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

Racquet Sports Private Lessons

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

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

Racquetball, Squash or Badminton Private Lessons

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

Racquet Sports E-mail / Contact List

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

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

Adult Group Lessons

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

- Equipment provided
- Ratio 4:1

Challenge Ladder

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.
- Ratio 4:1

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

Racquetball Leagues

Spring Leagues (8 weeks): Begin April 10 with registration from March 6-30. Matches scheduled for Memorial Day, Monday, May 29 are informal and may be played at your convenience.

Summer Leagues (10 weeks): Begin June 12 with sign up from May 1-26. *No matches will be scheduled during the week of July 3-9 (Independence Day).*



Other Racquet Sports

Leagues are a popular way to meet new people and experience competitive play at all levels. They are setup for specific days and times, and courts are reserved on your behalf for league play. If you are unable to play your match, please cancel the courts as soon as possible (preferably at least 3 hours in advance). Please note that "NO SHOWS" will be charged a \$5 penalty fee. Schedules will be emailed to those who have provided us with an email address. Schedules can also be picked up at Activities Desk. The following levels of formal leagues are offered:

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

Women's: B

Detailed information on the racquetball leagues will be available at the Activities Desk and on the Racquet Sports bulletin board. For additional information on leagues, please contact Sabine Tetzloff at (507) 287-9308 or email stetzloff@racmn.com.

Gift certificates will be presented to all league champions during the 2017 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

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

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

Squash

Introduction to Squash FREE!!

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

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

Squash Mixer/Challenge Court

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

Advanced/Intermediate players:

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

All players:

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

NEW - Squash League

SPRING League (8 weeks): Begin April 15 with registration from March 6-30.

Join us on Saturday mornings for competition and fun! This new league is designed for Level 2.5+ players (Intermediate/Advanced). If you are unable to play your match, please cancel the courts as soon as possible (preferably at least 3 hours in advance). Please note that "NO SHOWS" will be charged a \$5 penalty fee. Schedules will be emailed to those who have provided us with an email address. Schedules can also be picked up at Activities Desk.

Adult Badminton

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

Tuesday 7:30 - 10:15 pm

Thursday 7:30 - 10:15 pm

Sunday 5:00 - 7:00 pm

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

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

Adult Pickleball

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

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

Summer: Monday - Friday 6:00 - 8:00 am**

*When the previous weekend is an inflatable weekend, there will be no Monday morning Pickleball.

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

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

Other Racquet Sports



RACQUETBALL		
Class	Fee	Day/Time
Introduction to Racquetball	Free	Schedule with: Wendy Miller at (507) 287-9335 Ext. 321 or wmiller@racmn.com or Greg Leibfried at (507) 287-9335 Ext. 323 or gleibfried@racmn.com
Adult Group Lessons	Spring: \$80 (8 weeks)	Wednesday 6:00 - 7:00 pm
Challenge Ladder	Free	Spring Session only <i>Ladder is based on league matches or participants setting up their own match times.</i>
Junior Beginner Lessons (Ages 8-12)	Spring: \$80 (8 weeks)	Tuesday 5:00 - 6:00 pm
Racquetball Leagues	Spring: \$18 (8 weeks) Summer: \$22 (10 weeks)	Available leagues will be posted at Activities Desk and Racquet Sports bulletin board Sign up at Activities Desk
Racquetball Private Lessons	\$25 per half hour	Schedule with: Wendy Miller at (507) 287-9335 Ext. 321 or wmiller@racmn.com or Greg Leibfried at (507) 287-9335 Ext. 323 or gleibfried@racmn.com
SQUASH		
Introduction to Squash	Free	Schedule with: Greg Leibfried at (507) 287-9335 Ext. 323 or gleibfried@racmn.com
Squash Mixer / Challenge Court	Free (No Sign up needed)	Intermediate / Adv players: Monday 7:00 - 9:00 pm (Courts 1 and 2) All Levels: Wednesday 7:00 - 9:00 pm (Court 1)
NEW! - Squash League (Intermediate/Adv Level 2.5+)	Spring: \$18 (8 weeks)	Saturday 9:00 - 11:00 am Sign up at Activities Desk
Squash Private Lessons	\$25 per half hour	Schedule with: Greg Leibfried at (507) 287-9335 Ext. 323 or gleibfried@racmn.com
BADMINTON		
Adult Badminton Open Play (All levels)	Free (No Sign up needed)	Tuesday 7:30 - 10:15 pm Thursday 7:30 - 10:15 pm Sunday 5:00 - 7:00 pm
Badminton Private Lessons	\$25 per half hour	Schedule with: Sam Prabhakar at sprabhakar@racmn.com
PICKLEBALL		
Adult Pickleball Open Play (All levels)	Free (No Sign up needed)	Spring: Monday - Friday 6:00 - 8:45 am Summer: Monday - Friday 6:00 - 8:00 am Request equipment at the Activities Desk



Swimming



SPRING SESSION (8 Weeks)

April 10 - June 4

(No classes May 27 - 29 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 12 - August 31.

(No night class Tuesday, July 4. Classes
will be prorated. Daytime classes will run)
See Summer tables for date ranges

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

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

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

Swimming Programming

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

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

Pool Schedule

Guarded Swim Times:

Mondays	5:30 - 8:30 pm
Wednesdays	5:30 - 8:30 pm
Fridays	5:30 - 8:30 pm
Saturdays	10:30 - 6:00 pm
Sundays	10:30 - 6:00 pm

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

Lap Swim

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

Preschool Swimming Lessons

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

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

Parent/Child (Ages 6 Months-3 Years)

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

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



Floating Fish (Ages 3-5)

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

Skills will be supported by the instructor and include:

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

Gliding Guppies (Ages 3-5)

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

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

Mighty Minnows (Ages 3-5)

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

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

SPRING - Preschool

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



SUMMER - Preschool DAYTIME*

SESSIONS: Class	Fee	A 6/12 - 6/22	B 6/26 - 7/6	C 7/10 - 7/20	D 7/24 - 8/3	E 8/7 - 8/17	F 8/21 - 8/31
Parent/Child (6 months-3 years)	\$70	11:45 am	11:45 am	11:45 am	11:45 am	11:45 am	
Floating Fish (3-5 years)	\$70	11:10 am 3:00 pm	11:10 am 3:00 pm	11:10 am 3:00 pm	11:10 am 3:20 pm	11:10 am	11:25 am
Gliding Guppies (3-5 years)	\$70	11:10 am 2:45 pm	11:10 am 2:45 pm	11:10 am 2:45 pm	11:10 am 2:45 pm	11:10 am	11:10 am
Mighty Minnows (3-5 years)	\$70	10:35 am 2:10 pm	10:35 am 2:10 pm	10:35 am 2:10 pm	10:35 am 2:10 pm	10:35 am	10:35 am

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

SUMMER - Preschool EVENING**

SESSIONS: Class	Fee	G 6/13 - 7/6	H 7/11 - 8/3	I 8/8 - 8/31
Parent/Child (6 months-3 years)	\$70	5:50 pm	5:50 pm	5:50 pm
Floating Fish (3-5 years)	\$70	5:50 pm	5:50 pm	5:50 pm
Gliding Guppies (3-5 years)	\$70	5:15 pm	5:15 pm	5:15 pm
Mighty Minnows (3-5 years)	\$70	5:15 pm	5:15 pm	5:15 pm

**Evening Classes meet Tuesday AND Thursday for 4 weeks
No night classes Tuesday, July 4



Youth Swimming Lessons (Ages 6 and up)

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

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

LEVEL 1 - Introduction to Water Skills

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

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

LEVEL 2 - Fundamental Aquatic Skills

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

Exit skills include:

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

LEVEL 3 - Stroke Development

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

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

LEVEL 4 - Stroke Improvement

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

Exit skills include:

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

LEVEL 5 - Stroke Refinement

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

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

LEVEL 6 - Swimming and Skill Proficiency

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

Exit skills include:

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

Guard Start - Beginning Lifeguard Training

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

Skills include:

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

Water Safety Instructor Aid

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

Fee: Free

Call Whitney Benedetti for more information

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



Swimming

Home School Swimming Lessons

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

Spring Session runs from April 10 - June 4 (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.

Level 1	Tuesday	11:55 - 12:40 pm
Level 2	Tuesday	12:45 - 1:30 pm
Level 3	Thursday	11:55 - 12:40 pm
Level 4	Thursday	12:45 - 1:30 pm
Level 5/6	Tuesday	1:35 - 2:20 pm

Non-Member Swim Lessons

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

Spring Session runs from April 23 - June 4 (7 weeks / 6 classes)

Spring: Members: \$53 Non-members: \$101

Parent/Child	Sunday	11:00 - 11:30 am
Floating Fish	Sunday	11:00 - 11:30 am
Gliding Guppies	Sunday	11:35 - 12:05 pm
Mighty Minnows	Sunday	11:35 - 12:05 pm

Spring: Members: \$56 Non-members: \$104

Level 1	Sunday	12:10 - 12:55 pm
Level 2	Sunday	12:10 - 12:55 pm
Level 3	Sunday	1:00 - 1:45 pm
Level 4	Sunday	1:00 - 1:45 pm

SPRING - Youth				
Class	Age	Fee	Day/Time	
Level 1	Ages 6 and up	Spring: \$74	Tuesday Thursday Saturday	5:15 - 6:00 pm 6:25 - 7:10 pm 9:40 - 10:25 am
Level 2	Ages 6 and up	Spring: \$74	Tuesday Thursday Saturday	5:15 - 6:00 pm 6:25 - 7:10 pm 9:40 - 10:25 am
Level 3	Ages 6 and up	Spring: \$74	Tuesday Thursday Saturday	7:15 - 8:00 pm 7:15 - 8:00 pm 11:40 - 12:25 pm
Level 4	Ages 6 and up	Spring: \$74	Tuesday Thursday Saturday	7:15 - 8:00 pm 7:15 - 8:00 pm 11:40 - 12:25 pm
Level 5	Ages 6 and up	Spring: \$74	Tuesday Saturday	8:05 - 8:50 pm 12:30 - 1:15 pm
Level 6	Ages 6 and up	Spring: \$74	Thursday	8:05 - 8:50 pm
Guard Start	11-14	Spring: \$84	Saturday	12:30 - 1:15 pm
Home School Swimming	Level 1 Level 2 Level 3 Level 4 Level 5/6	Spring: Members: \$74/child Non-members: \$84/child	See description for days and times	
Non-Member Swim Lessons	Preschool- Level 4	See description for prices	See description for days and times	



SUMMER – Youth DAYTIME*

SESSIONS: Class	Fee	A 6/12 - 6/22	B 6/26 - 7/6	C 7/10 - 7/20	D 7/24 - 8/3	E 8/7 - 8/17	F 8/21 - 8/31
Level 1 (Ages 6 +)	\$74	9:45 am 1:20 pm	9:45 am 1:20 pm	9:45 am 1:20 pm	9:45 am	9:45 am	9:45 am
Level 2 (Ages 6 +)	\$74	11:10 am 12:30 pm	11:10 am 12:30 pm	11:10 am 12:30 pm	11:10 am 12:30 pm	11:10 am	10:35 am
Level 3 (Ages 6 +)	\$74	10:20 am 12:30 pm	10:20 am 12:30 pm	10:20 am 12:30 pm	10:20 am 1:20 pm	10:20 am	9:45 am
Level 4 (Ages 6 +)	\$74	10:20 am 1:20 pm	10:20 am 1:20 pm	10:20 am 1:20 pm	10:20 am	10:20 am	
Level 5 (Ages 6 +)	\$74	9:30 am 2:10 pm	9:30 am 2:10 pm	9:30 am 2:10 pm	9:30 am		
Level 6 (Ages 6 +)	\$74		9:30 am		9:30 am		
Guard Start (Ages 11-14)	\$84	9:30 am		9:30 am		9:30 am	

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

SUMMER – Youth EVENING**

SESSIONS: Class	Fee	G 6/13 - 7/6	H 7/11 - 8/3	I 8/8 - 8/31
Level 1 (Ages 6 +)	\$74	6:25 pm	6:25 pm	6:25 pm
Level 2 (Ages 6 +)	\$74	6:25 pm	6:25 pm	6:25 pm
Level 3 (Ages 6 +)	\$74	7:15 pm	7:15 pm	7:15 pm
Level 4 (Ages 6 +)	\$74	7:15 pm	7:15 pm	7:15 pm
Level 5 (Ages 6 +)	\$74	8:05 pm	8:05 pm	

**Evening Classes meet Tuesday AND Thursday for 4 weeks
No night classes Tuesday, July 4



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: \$74	Tuesday 8:05 - 8:50 pm
Adult Intermediate	Ages 15 and up	Spring: \$74	Thursday 8:05 - 8:50 pm
Triathlon Swimming	Ages 15 and up	Spring: \$100	Monday 7:00 - 8:30 pm

Swimming Private Lessons

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

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

Jan Larson Swimming Private Lessons

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

- Registration for Spring begins March 6 at 5:30 am.
- Registration for Summer begins May 1 at 5:30 am.

1/2 Hour Private \$29

1/2 Hour Semi-Private \$37

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

Billy Howard Swimming Private Lessons

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

Call (507) 287-9314 for reservations

1/2 Hour Private \$28

1 Hour Private \$50

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

Steve Varney Swimming Private Lessons

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

1/2 Hour Private \$40

1 Hour Private \$65

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



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

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

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

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

Events for Kids Programming

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

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

Jodi Hass Kids Club Director

jhass@racmn.com or (507) 287-9302

Whitney Benedetti Youth/Aquatics Director

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

Inflatables

Come play on The Neighborhood's giant bouncy house, 22' high slide, and 64' long obstacle course. Located in Neighborhood gym. Children must wear socks. No shoes allowed. No bare feet.

- Free
- No sign up required
- Contact Whitney Benedetti

Our inflatables will be up during the following times:

Fridays 4:00 - 7:00 pm

March 10 and 24

Saturdays 11:00 am - 7:00 pm

March 11 and 25

Sundays 12:00 pm - 7:00 pm

March 12 and 26

Summer Camps for 2017!

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

Neighborhood Ice Cream Social

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

- Ages 5-13
- Contact Whitney Benedetti

*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 have snacks. Wear your pajamas and bring a sleeping bag for the movie.

- Ages 3-8
- Contact Jodi Hass

*Drop off and pick up in the Kids Club.

Easter Bunny Party

Easter is just around the corner so hop in for some Spring fun! Drop off your child for a morning of crafts, Easter egg hunt, stories, and more. While you have a break the kids will have fun! Snack provided.

- Ages 2.5-7 years old
- Contact Jodi Hass

*Drop off and pick up in the Civic View Room

Mom and Me Night

What a better time of the year then to have a mom and me night right before Mother's Day! Mothers and children will be able to spend quality time together making some lovely things to take home. During your evening you will enjoy a chocolate decadent dessert and participate in some relaxing games. Both mother and child must sign up with the Activities Desk.

- Ages 5-13
- Contact Whitney Benedetti

Registration Deadline: Friday, May 5 by 4:00 pm.

Minimum of 14 people must be enrolled for event to occur.

*Check with Front Desk for meeting place.

Father Fun Night

Try this new event just for dads and their kids. Enjoy a dad night with your child. Play games eat fun snacks and make a cool craft all while spending quality time with your child. Both father and child must sign up with the Activities Desk.

- Ages 5-13
- Contact Whitney Benedetti

Registration Deadline: Friday, June 16 by 4:00 pm.

Minimum of 14 people must be enrolled for event to occur.

*Check with Front Desk for meeting place.

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

*Drop off and pick up in the Neighborhood.



Events for Kids

Class	Ages	Fee	Day/Time
Inflatables	All ages	Free	See description for dates/times
Neighborhood Ice Cream Social	5-13	Members: \$13 Non-members: \$21	Winter 2: Saturday, March 18 5:30 - 8:30 pm
Kids Pajama Parties	3-8	Members: \$13 Non-members: \$21	Winter 2: Saturday, March 4 5:30 - 8:30 pm Spring: Saturday, April 29 5:30 - 8:30 pm Saturday, May 20 5:30 - 8:30 pm
Easter Bunny Party	2.5-7	Members: \$13 Non-Members: \$21	Spring: Saturday, April 15 10:00 - 11:30 am
Mom and Me Night	5-13	Members: \$19 Non-Members: \$26	Spring: Saturday, May 6 5:00 - 8:00 pm See description for Registration Deadline
Father Fun Night	5-13	Members: \$19 Non-Members: \$26	Summer: Saturday, June 17 5:00 - 8:00 pm See description for Registration Deadline
Laser Tag Night	5-13	Members: \$20 Non-Members: \$32	Spring: Saturday, April 8 5:30 - 8:30 pm Summer: Saturday, July 22 5:30 - 8:30 pm

Cancellation policy for all one-time events listed above:

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

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

Date Nights

Kids Club Date Night

Need a night out? Drop your children off at Kids Club for a Date Night. We will have a special craft, latest movie, and snacks provided. 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 10, April 28, May 19 and June 16)

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

*Drop off and pick up in The Neighborhood.



Class	Ages/Fee	Days/Times
Kids Club Date Night	6 months-6 years Members: \$12 Non-members: \$20	Winter 2: Friday, February 24 6:30 - 9:30 pm Friday, March 10 6:30 - 9:30 pm Friday, March 24 6:30 - 9:30 pm Spring: Friday, April 14 6:30 - 9:30 pm Friday, April 28 6:30 - 9:30 pm Friday, May 12 6:30 - 9:30 pm Friday, May 19 6:30 - 9:30 pm Summer: Friday, June 16 6:30 - 9:30 pm Friday, July 14 6:30 - 9:30 pm Friday, August 11 6:30 - 9:30 pm
Neighborhood Date Night	5-13 Members: \$12 Non-members: \$20	Winter 2: Friday, February 24 6:30 - 9:30 pm Friday, March 10 6:30 - 9:30 pm (Swimming) Friday, March 24 6:30 - 9:30 pm Spring: Friday, April 14 6:30 - 9:30 pm Friday, April 28 6:30 - 9:30 pm (Swimming) Friday, May 12 6:30 - 9:30 pm Friday, May 19 6:30 - 9:30 pm (Swimming) Summer: Friday, June 16 6:30 - 9:30 pm (Swimming) Friday, July 14 6:30 - 9:30 pm Friday, August 11 6:30 - 9:30 pm

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

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

Birthday Parties

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

Overnights and Field Trips

We have the facility, now you give us the group. The RAC will be happy to host your large event for an overnight. Club overnights are available to you and only you, and your group of employees, clients, club, church group, or whatever else. You can rent the club for a few hours, or till the sun comes up.

Contact Abby Olsen at (507) 405-1036 or nhasst@racmn.com with questions for using the club overnight or for field trips and day activities.



Kids Sports & Fitness

SPRING SESSION:

April 10 - June 4 (8 week session)

No classes Monday, May 29 due to Memorial Day.

Monday classes will be prorated.

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

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

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

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

Kids Sports & Fitness Programming

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

Intro to Dance

For the 3-6 year old, we have combined ballet and lyric dance styles into a single class. It is most appropriate to focus on the enthusiasm, skill development and attention span of our dancers, more so than on specific dance styles. Intro to Dance incorporates your child's love for music, movement, singing and imagination through the use of music and props. Class will include visual imagery and positive reinforcement as we cover warm up, posture, skills, routines and performing.

Dancing for Fitness

This class is a great way to work out the wiggles of your 3-6 year old through specific dance styles. We will focus on dance through play and exploration in basic techniques in jazz, hip hop, world dance influences, and creative movement with the use of fun props. Come experience the joy that dancing can bring. Our program promotes the attitude of fun and positive reinforcement during this introductory experience with dance.

Soccer Classes - taught by Lucas Camargo

Lucas is a Brazilian soccer coach at Euro Football Club. He was selected as one of the best 40 players in Brazil for a Nike Academy program called "The Chance", and was recognized as the best player for Brazilian tournaments. Lucas was also an honored NAIA All-Conference player. He has a soccer coaching National "E" License and NSCAA Level 1 Diploma.

Lucas will be teaching the following classes:

Get Kickin' It Parent and child ages 2-3

Tiny Soccer Ages 3-4

Soccer 1 Ages 4-6

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 interaction with other players. Sessions will consist of drills followed by game time, allowing the young soccer player to utilize their new skills in a game situation. **See club signage for details or contact Whitney Benedetti at (507) 287-9314 or email at wbenedetti@racmn.com.**

Basketball 1 and 2

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

Class is taught by John Smith. John has a degree in coaching from Winona State and over 10 years experience running camps and clinics in the US and Europe for players of all ages. John has played for the NBA-D league, Premier Basketball League, top leagues in Holland and Austria and was named MVP/Defensive MVP of the top league in Portugal.

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 14, 21, 28
May 5, 12, 19, 26
June 2

GRADES:	TIME:
K-3	Friday 9:00 - 9:55 am
3-5	Friday 10:00 - 10:55 am
5-7	Friday 11:00 - 11:55 am



Romp and Roll

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

Hoppin' Tots

This exciting class for ages 2.5-4 year olds will be held in the gym to accommodate gross motor skill

activities. Your child will be sure to burn off some extra energy along with learning fun fitness activities, songs, motor skill games, and obstacle course work. Parent must remain in the club.

Kids In Action

This exciting class is for little active boys AND girls ages 4-6 ready to burn off some energy! Activities will include sports: such as soccer, tennis, T-ball, football, basketball, and hockey; team building, sportsmanship, group play, and other high energy endeavors.

SPRING

Class	Ages	Fee	Day/Time/Location
Intro to Dance	3-6	Spring: Members: \$71 Non-members: \$135	Thursday 10:30 - 11:00 am Studio 1
Dancing for Fitness	3-6	Spring: Members: \$71 Non-members: \$135	Thursday 11:05 - 11:35 am Studio 1
Get Kickin' It	2-3	Spring: Members: \$71 Non-members: \$135	Monday 9:00 - 9:30 am Wednesday 10:00 - 10:30 am NH Hockey Area
Tiny Soccer	3-4	Spring: Members: \$71 Non-members: \$135	Monday 9:30 - 10:00 am Wednesday 10:30 - 11:00 am NH Hockey Area
Soccer 1	4-6	Spring: Members: \$71 Non-members: \$135	Monday 10:05 - 10:35 am Wednesday 11:05 - 11:35 am NH Hockey Area
Basketball 1	6-9	Spring: Members: \$75 Non-members: \$171	Tuesday 5:30 - 6:15 pm NH Gym
Basketball 2	9-12	Spring: Members: \$75 Non-members: \$171	Tuesday 6:15 - 7:00 pm NH Gym
Home School PE	K-Grade 3 Grade 3-5 Grade 5-7	Spring: Members: \$77/child Non-members: \$87/child	See description for days and times NH Gym
Romp and Roll	1-2	Spring: Members: \$75 Non-members: \$135	Tuesday 9:30 - 10:15 am Wednesday 10:20 - 11:05 am NH small gym
Hoppin' Tots	2.5-4	Spring: Members: \$75 Non-members: \$135	Tuesday 10:20 - 11:05 am NH small gym
Kids In Action	4-6	Spring: Members: \$75 Non-members: \$135	Thursday 9:30 - 10:15 am Thursday 1:00 - 1:45 pm NH Gym



Kids Sports & Fitness

Sport Private Instruction

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

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

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

Lori Bjork Basketball Private Lessons

Lori played Division I basketball at the University of Illinois and Maryland. She was on the Big Ten All-Freshmen team, led the Big Ten in three-pointers made per game, and was named 2nd Team All-Big Ten. Lori played professionally and was named to the Romanian League All-Star team. She has experience coaching basketball at high school and college camps, and leading skill development sessions in central Iowa for players in grades 7-12. Lori regularly took part in offseason workouts with several NBA and WNBA players. Lori is available to coach individual, semi-private, or small group lessons.

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

1/2 Hour Private: \$27
1 Hour Private: \$55

Jim Daly Basketball Private Lessons

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

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

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



TaeKwonDo

Martial Arts for Health & Wellness

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

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

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

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



We are excited to begin a new summer with another great lineup of camps! All new ideas!

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

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 6, our “Summer Camp Important Information Form” and “Things to Bring and Know List” will be available to print on our website at www.racmn.com. Look under the “Membership” column and then select “Forms and Documents”.

1. Fill out the “Summer Camp Important Information Form” and return to the Activities Desk or send to the Club in care of the appropriate camp director. One form per child, per camp is needed. Please do not put multiple children or camps on one sheet. **A child may not participate in a camp if a form has not been received for that camp.**

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

3. Non-members must additionally fill out a “Summer Camp Non-Member Enrollment Form”. The form may be downloaded from www.racmn.com. Please drop off at the Activities Desk or send to the RAC in care of the appropriate camp director. **Payment must be received at the time of sign up for non-members.** Your child will not be signed up for the camp until the payment has been made.

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

Cascade Meadow Explorers

The Rochester Athletic Club and Cascade Meadow & Environmental Science Center team up to do a 2 day science exploring camp. We will explore a variety of science topics and experience the hands-on fun of Cascade Meadow. Then we will head over to the RAC for games and other activities in the Neighborhood. It is the best of both worlds!

Participants will meet in the Neighborhood at 9:00 am where RAC camp staff will meet and greet kids. They will then head over to Cascade Meadow, where the staff will take the children through the science journey and experiences. At approximately 11:30 am, RAC Camp Staff will walk children to the RAC where lunch will be served and organized games/activities will be played. All activities will take place indoors and outdoors.

- Ages 6-13
- Contact Whitney Benedetti
- Lunch provided
- Required Summer Camp Form must be filled out, see beginning of Summer Camps section

*Drop off and pick up in The Neighborhood.

Gym, Swim, Ice and More Camp

Join us at the Rochester Recreation Center for this fun filled 2 day camp. We will have ice time to skate and play games, utilize the gym space, swim, and much more. Lunch will be pizza both days - if your child does not want pizza, you may bring a sack lunch. Snacks will be provided in the morning and afternoon.

- Ages 8-13
- Contact Whitney Benedetti
- Lunch provided
- Swim test required for deep water - done on site
- Children can bring own lifejackets
- Fee includes ice time and skate rental - can bring own skates, **no hockey sticks**
- Lifeguards on duty during swim time
- No early drop-off or late pick-up available
- Required Summer Camp Form must be filled out, see beginning of Summer Camps section

*Drop off and pick up at the Rochester Recreation Center.



Summer Camps

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 2.5-7 years old
- Contact Jodi Hass
- Required Summer Camp Form must be filled out, see beginning of Summer Camps section
- **Look for flyers with each week's theme (as listed below) in April before registration begins.**

*Drop off and pick up in Civic View Room.

Themes:

Fun & Fit - Come make a fun healthy snack and we will have a special guest come and teach a class.

Stars & Stripes - Let's make crafts for the 4th of July and celebrate with a special treat.

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

Marshmallow Camp - Who doesn't love Marshmallows! We will make marshmallow shooters, pretend to roast them and paint with them.

Oopy Goopy Camp - Join the fun as we get messy with shaving cream, rainbow slime and more!

Community Helpers - Come learn about safety. We will have a visit from someone special, a Fire Fighter or Police Officer.

Pretzel Camp - Come make Pretzel fishing rods and pretzel goldfish snacks to take home.

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

Picnic Adventures - Let's go hiking outside of the RAC and find adventures and have a picnic snack too.

Field Day - Come for hula hoop fun, obstacle course, balloon toss and more. Everyone will go home with a medal.

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.

RAC Basketball Camps

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

- Ages 5-12 divided into three age groups:

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

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

*Check with Front Desk for drop off and pick up location. Gym 2, 3, or 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

- 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

Euro Football Club Soccer Camp

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



chance to excel for the enjoyment of the game and the challenge of the competition.

- Contact Whitney Benedetti
- Ages 3-15 (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 (SW corner of Club).

Levels:

First Kicks (Ages 3-5)

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

Mini Kicks (Ages 6-8)

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

Euro Junior (Ages 9-11)

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

Euro Elite (Ages 12-14)

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

Prairie Walls Climbing Camp

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

- Ages 6-13
- Contact Whitney Benedetti
- Registration fee includes 5 three hour climbing sessions at Prairie Walls
- Minimum of 7 kids enrolled in order for camp to occur
- No early drop off
- No half day or single day options
- Required Summer Camp Form must be filled out, see beginning of Summer Camps section

*Camp drops off at Prairie Walls and picks up at the RAC

RAC Week Camp

This camp is for kids who want to get out of the house and have some fun. It is perfect for parents that work during the day, too. Children will participate in games, activities, crafts, indoor and outdoor play, and swimming. All weeks will be themed. **Not all activities will be done each week. Children will be broken up by ages 5-8 and 8-13 for camp. Each group will function independently of the other and may not always do the same activities.** Look for flyers with each week's theme and activities in March before registration begins.

Off-site activities will include:

- Going to Prairie Walls climbing gym
- Going to Bounce World
- Visiting Cascade Meadow
- Going to a movie at Cinemagic: G or PG rated movie
- Bowling at Colonial Lanes: Kids will bowl in socks. If your child wants to rent shoes, he/she should bring an extra \$2.50

Other Activities during specific weeks include:

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

Themes include:

Summer Fun Week	Business Week
Science/Ecology	Healthy Lifestyles
Shark Week	Olympics
Service Week	Regatta Week

Additional Information:

- Ages 5-13
- **Children will be broken up by ages 5-8 and 8-13 for camp**
- Contact Whitney Benedetti
- Registration fee includes a donation to Cascade Meadow and all entrance fees
- Minimum of 8 kids enrolled per week in order for camp to occur
- Required Summer Camp Form must be filled out, see beginning of Summer Camps section

*The day of camp check with Front Desk for drop off and pick up locations in the RAC.

All activities are included in the camp fee (except bowling shoes). Children will walk 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.



Summer Camps

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

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

- Full day** **8:30 am - 5:00 pm**
- Both snacks and lunch included
- AM half day** **8:30 am - 12:30 pm**
- AM snack and lunch included
- PM half day** **12:30 pm - 5:00 pm**
- PM snack only included

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.

Tennis Camps

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

Camp	Ages	Fee	Day/Time
Cascade Meadow Explorers	6-13	Members: \$90 Non-members: \$114 Registration fee includes a donation to Cascade Meadow	June Camp: June 19-20 9:00 am - 5:00 pm August Camp: August 24-25 9:00 am - 5:00 pm Early drop off, late pick up also available
Gym, Swim, Ice and More Camp	8-13	Members: \$90 Non-members: \$114 Registration fee includes ice time and \$2 skate rental	June Camp: June 21-22 9:00 am - 5:00 pm August Camp: August 22-23 9:00 am - 5:00 pm No early drop off or late pick up
Just For Me Camp	2.5-7	Members: \$15 Non-members: \$23	Tuesdays: June 13 9:30 - 11:30 am June 20 9:30 - 11:30 am June 27 9:30 - 11:30 am July 11 9:30 - 11:30 am July 18 9:30 - 11:30 am July 25 9:30 - 11:30 am August 8 9:30 - 11:30 am August 15 9:30 - 11:30 am August 22 9:30 - 11:30 am >>

Summer Camps



Camp	Ages	Fee	Day/Time
Girls Forum Camp	8-12	Members: \$45 Non-members: \$69	June 15-16 9:00 am - 12:00 pm
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 7-11 Ages 5-6 11:30 - 12:15 pm (Tiny) Ages 7-9 10:30 - 11:30 am (Youth) Ages 10-12 9:00 - 10:30 am (Junior)
Rochester Honkers Baseball Camp	6-13	Members: \$85 Non-members: \$115	July 20, 21, 22 8:30 - 11:00 am (Thursday - Saturday)
Euro Football Club Soccer Camps	3-14 See age ranges	Ages 3-5: Members: \$60 Non-members: \$120 Ages 6-8: Members: \$70 Non-members: \$130 Ages 9-11: Members: \$70 Non-members: \$130 Ages 12-14: Members: \$100 Non-members: \$160	June 19-23 Ages 3-5 9:00 - 9:45 am (First Kicks) Ages 6-8 9:00 - 10:30 am (Mini Kicks) Ages 9-11 10:30 - 12:00 pm (Euro Jr) Ages 12-14 9:00 - 12:00 pm (Euro Elite)
Prairie Walls Climbing Camp	6-13	Members: \$275 Non-members: \$335	July 17-21 9:00 - 5:00 pm Late pick up also available.
RAC Week Camp	5-13	Full Day: Members: \$185/week Non-members: \$245/week Members: \$65/day Non-Members: \$77/day AM Half Day: Members: \$100/week Non-members: \$160/week Members: \$35/day Non-Members: \$47/day PM Half Day: Members: \$100/week Non-members: \$160/week Members: \$35/day Non-Members: \$47/day	Dates offered: June 12-16 June 19-23 June 26-30 July 31-August 4 August 7-11 August 14-18 August 21-25 August 28-September 1 Full day 8:30 am - 5:00 pm AM half day 8:30 am - 12:30 pm PM half day 12:30 pm - 5:00 pm <ul style="list-style-type: none"> • See description for all important details! • Early drop off, late pick up also available. • Daily sign up must occur through Youth Programming Director.
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

