



Winter I Sign-Up
Begins December 3

Winter II Sign-Up
Begins February 4

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

Winter 2008 Schedule of Activities



AT A GLANCE

Winter Youth Activities (Listed by page#)

AGE	Kids Fitness										Racquetball			Swimming			
	Tennis	Kids Fitness										Junior Lessons	Junior League	Swimming Lessons			
	PeeWee Stars	Tiny Stars	Young Stars	Junior Stars	Ace Program	Romp & Roll	Romp & Roll II	Toddler Gymnastics	Kids in Action	Go Healthy Challenge	Girls Club	Boys Club	TaekwonDo	Home School PE	Junior Lessons	Junior League	Swimming Lessons
0																	24
1						32											24
2						32	32										24
3								33									25
4	19							33	33								25
5	19								33	30			38				25
6		19								30	30	30	38	32			26
7		19								30	30	30	38	32			26
8			19							30	30	30	38	32	23	24	26
9			19							30	30	30	38	32	23	24	26
10			19							30			38	32	24	26	
11			19							30				32	23	24	26
12			19							30				32	23	24	26
13 & up				19	20									32			26

Winter Youth Activities (Listed by page#)

AGE	Events For Kids										Competitive Edge Training					Kids Sports			
	Break-fast with Santa	Valentine Dance	Pirate/Lepra-chaun Party	Date/Shopping Night	Intro to Dance	Character Dance	Ballet	Hip Hop, Funk and Jazz	Tap	Rebel Xtreme Program	Dance & Tumbling Class	Tumbling Kids	Sports Specific Strength and Conditioning	Speed Agility and Quickness	Sprint Training	Soccer	Youth Basketball	Baseball	Hockey
0				28															
1				28															
2	28	28	30	28												31			
3	28	28	30	28	34						35					31			32
4	28	28	30	28		34	34	35	36	35	35	35				31			32
5	28	28	30	28		34	34	35	36	35	35	35				31		31	32
6	28	28	30	28		34	34	35	36	35	35	35				31		31	32
7		28	30	28		34	34		36		35	35					31	31	
8		28	30	28		34	34		36								31	31	
9		28	30	28					36								31	31	
10		28	30	28					36								31	31	
11				28					36								31	31	
12				28					36								31	31	
13 & up									36				33				31		

WINTER 2008 SCHEDULE OF ACTIVITIES

Session:	Classes Begin the Week of:	Sign-up Begins:
Winter I (6 weeks)	January 7	December 3
Winter II (6 weeks)	February 18	February 4

**All registrations are taken at the Activities Desk in person or by phone. This is done on a first come, first serve basis.*

PROGRAM SIGN-UP & CANCELLATION

In order to provide the best service possible, we have created the following guidelines for signing up for an activity. At the time of registration, please have the following information at hand:

1. Member Number with dash of the member you wish to enroll.
2. The name of the activity for which you wish to enroll.

Cancellation Policy:

1. If you are registered for an activity and fail to cancel, you will be billed in full for that activity.
2. You may cancel participation in a class within 48 hours after the first class. In this case, no charges will be applied to your account.
3. One-time events may be cancelled up to 48 hours prior to the event with no charge.

IF RAC CANCELS A CLASS...

If a class does not reach its minimum enrollment requirement, the Rochester Athletic Club will cancel that class 2 days prior to the first class. Members will be contacted by phone. Every effort will be made to help place that member in an acceptable alternative. **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.**

This Schedule of Activities is divided into the following categories of interest:

Adult Activities	6	Racquetball	21	Kids Sports and Fitness	30
Group Exercise	6	Squash	23	Competitive Youth Activities	33
Pilates	11	Swimming	24	Kids Dance and Tumbling	34
Fitness/Healthy Lifestyles	13	Taekwondo	27		
Tennis	17	Events for Kids	28		

DIRECT TELEPHONE NUMBERS

Front Desk	282-6000
Activities Desk	287-9300
Club Cafe and Deli	287-9333
Fitness Floor	287-9320
Kids Club	287-9324
The Neighborhood Desk	287-9321
Top RAC Sport Shop	287-9330
General Manager – Greg Lappin	287-9305
Assistant General Manager – Matt Remick	287-9310
Activities Director - Whitney Benedetti	287-9314
Business Office	287-9315 or 287-9316
Fitness Director – Wes Emmert	287-9312
Group Exercise Director – Jane Hein	287-9318
Tennis Director – Scott Boyer	287-9323

CLUB INFORMATION & GUIDELINES

CLUB HOURS

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

HOLIDAY HOURS

Thanksgiving Day	7:00 am - 2:00 pm
Christmas Eve	5:00 am - 2:00 pm
Christmas Day	Closed
New Year's Eve	5:00 am - 4:00 pm
New Year's Day	10:00 am - 7:00 pm
Easter	Closed
Memorial Day	7:00 am - 7:00 pm
Fourth of July	7:00 am - 7:00 pm
Labor Day	7:00 am - 7:00 pm

GUIDELINES FOR THE POOL

1. All persons should take a cleansing shower before entering the swimming pools.
2. Any person having an infectious or communicable disease shall be excluded from use of the pool.
3. No running or rough play shall be permitted.
4. All infants and toddlers must be in a swim diaper **and** a reusable swim diaper.
5. All children under the age of 13 must be in direct supervision of a guardian or lifeguard.

LIFEGUARD HOURS

Monday, Wednesday, Friday	6:30 - 8:30 pm
Saturday - Sunday	1:30 - 4:30 pm

FITNESS FLOOR POLICIES

1. Members must be **13** years of age or older to be on the fitness floor.
2. Members must have shoes on at all times, socks only or sandals are not permitted.
3. Return free weights and dumbbells to the appropriate rack when finished.
4. Clean all machines from perspiration after use.
5. There is a 30-minute limit on treadmills, Precors, and Body Treks when all pieces are in use.
6. There is a sign-up procedure for the treadmills, ellipticals and Espresso Fitness Bikes. Please write your start and finish times.
7. Strollers are not allowed on the track.
8. Infants are allowed on the fitness floor:

Mon-Friday	8:00 am - 4:00 pm
Saturday	3:30 pm - close
Sunday	7:00 am - 12 Noon and 3:30 pm - close

 - * They must be in a stroller or basinet.
 - * They are not allowed in the free weight area.
 - * Infants and their parent are always welcomed to use the CV equipment located in front of the elevator.
9. Family track time is Saturday and Sunday 3:30 p.m. to close.
10. During family track time, children under the age of 13 may use the track under the **DIRECT SUPERVISION** of their parents. They must remain in lanes 1 and 2 at all times.
11. 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.
12. **All beverages must be contained in a sport bottle with a spill proof top.**
13. New cardiovascular area is for members age 18 and older.

CLUB INFORMATION & GUIDELINES

THE NEIGHBORHOOD GUIDELINES

1. Children ages 7-12 can stay for a maximum time limit of 2.5 hours free of charge as long as parent/guardian remains in the Club. A \$3.50/child fee will be charged to your account if you go over the 2.5 hour time limit.
2. If the parent/guardian leaves the Club, a \$3.50/child fee will be charged to your account.
3. You have the ultimate responsibility to tell your child(ren) to stay in The Neighborhood.
4. For the safety of your children, we require parents/guardians to sign children in and out.
5. 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!

The Neighborhood Hours (September - May)

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

* In the case of a Rochester Public School no school day, we will have staff available during the day. Please call the Activities Desk to confirm hours.

(June-August)

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

KIDS CLUB GUIDELINES

1. Supervised child care for ages 6 weeks through 6 years.
 - We recommend a reservation for ages 6 weeks through 6 months.
 - 1.5 hour maximum stay for children 6 weeks through 6 months.
 - Available hours for children 6 weeks through 6 months; Monday-Friday, 12:00 Noon-4:00 pm.
2. Reservations are not required for children 6 months through 6 years.
 - 2.5 hour maximum stay for children 6 months through 6 years.
3. \$3.50 charge per stay per child.

Kids Club Hours (September-May)

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

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 ACTIVITIES

NOONTIME OPEN BASKETBALL

Noontime open basketball is available Monday through Friday, 11:00 am to 1:00 pm. Just show up ready to play. It is a pick-up game format. There is no fee for this activity.

SATURDAY MORNING OPEN BASKETBALL

Saturday morning open basketball is available on Saturdays 7:00 am to 12:00 Noon. Just show up ready to play. It is a pick-up game format. There is no fee for this activity.

MEN'S 50 AND OVER BASKETBALL

Tuesday evenings at 8:00 pm. It is a pick-up game format. There is no fee for this activity.

WOMEN'S OPEN BASKETBALL

Thursday evenings at 8:00 pm. It is a pick-up game format. There is no fee for this activity.

PICK-UP SOCCER

Pick-up Soccer is available Monday through Thursday 12:00 Noon - 1:00 pm, and Fridays 11:30 am - 12:30

pm. Dates and times are subject to change. Contact the Activities Desk @ 287-9300 for more information.

BADMINTON

Fee: FREE

- Located in Gym 3
- Open to adults

Tuesday 8:30 - 10:20 pm

Thursday 8:30 - 10:20 pm

**Sunday 10:30 am - 12:45 pm
6:00 - 8:50 pm**

OVERNIGHTS

We have the facility, now you give us the group. The RAC will be happy to host your large event for an overnight. The club will be 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 Anna Stroud at 287-9307 with questions for using the Club overnight. Contact Whitney Benedetti at 287-9314 with questions concerning field trips and day activities in the Club.

GROUP EXERCISE

GROUP EXERCISE

Group Exercise Class

Class schedules change seasonally. Schedules can be picked up at the Activities Desk. The Winter Group Exercise Schedule begins January 7 & extends through April 6. We offer a wide variety of classes including: Step aerobics, Low-High, Cycling, Sculpting, Water Aerobics, Yoga & Power. Pick up a copy of the Group Exercise schedule at the Activities Desk. Some specialty Group Exercise Offerings are listed below:

Power

POWER is the barbell class taught by incredible instructors using motivating music. No steps, no dancing, JUST PURE STRENGTH TRAINING, FAT BURNING FUN. POWER promises real results - really fast. But be warned ... It will change the shape of your body! NO FEE! Check the Group Exercise

schedule for class times. If you've never tried POWER, check out **POWER Techniques**. This class provides a thorough introduction to the equipment used during a POWER class. In addition, the instructor will preview correct technique & form to assure safety & effectiveness. Following class, participants are encouraged to stay & utilize their new skills at the 4:30 pm Sunday POWER class! The schedule & details of **POWER Techniques** are listed here:

- 55 minute intro
- Winter Dates are: Jan. 13, Feb. 10, Mar. 9
- **Sunday 3:30 - 4:25 pm**
- Studio 2
- No minimum, no pre-registration required

Xtreme!

This 80-minute class alternates between strength tracks similar to what you'd find in a POWER class separated by 3-minute aerobic segments. These seg-

GROUP EXERCISE

ments are a mix of floor, step and kickboxing to get your heart rate up with simple choreography! Come experience this high energy class! This class is on Tuesdays 5:35 pm and will also be offered on the following Sundays on the winter schedule (replaces the 60 min. Power class) on these dates:

January 6 4:30 pm February 17 11:00 am
January 20 11:00 am March 2 4:30 pm
February 3 4:30 pm March 16 11:00 am

Water Aerobics

Did you know we offer group water exercise classes Monday through Saturday? Water aerobics is such a wonderful workout with very little impact on your joints. A typical class includes a warm-up, a cardiovascular section including movement through the water and strengthening work including resistance equipment. Please look to the Group Exercise schedule for class times. **NO FEE OR SIGN-UP REQUIRED.**

Arthritis Foundation Aquatic Program (AFAP)

These water classes are specifically designed for participants who are seniors, have arthritis or are deconditioned. The classes are sponsored and coordinated by The Arthritis Foundation and instructors are certified through this organization. Please check the Group Exercise class schedule for current times.

Fee: Mbrs: FREE Non-mbrs: \$10/class **AQUA**
Non-members must sign a waiver form their first class of participation. This form must be brought to the instructor along with a receipt of payment for each class they participate in.

NEW! AFEXOL (ARTHRITIS FOUNDATION EXERCISE ON LAND)

With this class, anyone can get the physical activity they need to boost energy and relieve pain, without straining joints. Improved flexibility and muscle strength are key components in this fun & safe workout put to enjoyable music. Most of the moves will be done seated or standing near a chair. These exercises are based on the Arthritis Foundation Exercise Program, a proven method for getting in better shape no matter what shape you're in now. **TAKE CONTROL with EXERCISE! WE CAN HELP!**

CLASS DETAILS:

- Taught by trained Minnesota Arthritis Foundation Instructors
- Offered: **Tues. & Thurs. 11:00 am - 12:00 Noon**

- Studio 1
- No sign-up required
- Fee: Mbrs: FREE Non-mbrs: \$10/class
Non-members must sign a waiver form prior to their first class of participation. This form must be brought to the instructor along with a receipt of payment for each class they participate in.

NEW! ARTHRITIS PAIN MANAGEMENT PROGRAM

Take Control & Move Forward on the road to Good Health!

The Arthritis Self-Help Program encourages you to take positive steps in managing your arthritis, fibromyalgia, lupus or any other related diseases. Those with chronic pain syndromes or undiagnosed joint or muscle pain would benefit as well. This is a six-week evidence based program proven on average to help reduce pain by 20% and doctor's visits by 43%. People who have taken this course report less pain, an improvement in daily activities, and are more confident in managing their overall health and quality of life. Get the information & skills you need to succeed!

You will learn to TAKE CONTROL by:

- Understanding causes of pain
- Becoming a problem solver of your own health
- Making action plans and monitoring your goals
- Learning about exercise and relaxation techniques
- Developing healthy eating habits
- Staying positive and keeping a "can do" attitude
- Brainstorming health resources and health tips
- Considering energy conservation, medications, and supplements
- Creating strategies for effective communication with your health care providers

All of these learned strategies are important to **break the Pain cycle & provide lasting changes!**

Class Details:

- Instructor: Melanie Boegel, Trained Arthritis Foundation Leader, B.A. (Health & Physical Education)
- 6 week session, Begins week of Jan. 7th, Winter 2 begins week of Feb. 18
- Offered: Tues. 12:30 - 1:30 pm or Thurs. 6:00 - 7:00 pm
- Class size limited to 12
- Meets in Conference Room
- Fee: Winter 1 & 2 (6 weeks):
Mbrs. \$30 Non-mbrs: \$45

GROUP EXERCISE

- Pre-registration required through the Activities Desk 287-9300
- Questions, contact Jane Hein, Group Exercise Director 287-9318 or jhein@rochesterathleticclub.com

STUDIO CYCLING

A safe non-impact 50 min. group cycling class, which uses aerobic & anaerobic drills to challenge class participants. Participants have individual control over the intensity & resistance used so all fitness levels can participate in the same class! The Studio Cycling schedule can be picked up at the Cycle Studio. Some specialty Cycle offerings are noted below & other Cycle theme rides will be listed on the Cycle schedule.

Easy Rider

Sunday, 4:30 pm. This is a 40 min. low intensity ride that's great for newcomers to cycling & for those looking for a recovery ride.

SuperRide (90 min. ride)

This 90 min. endurance Cycle ride will challenge all fitness levels. Class is offered every Saturday at 9:00 am.

NEW! INTRODUCTION TO MULTI-SPORT (DUATHLON/TRIATHLON)

Ever wanted to "do a du" or "try a tri"? Well, this is the course you want to take to make that happen! This course is designed to help those new to the world of multi-sport training in order to learn what it takes to participate/compete in your first event. The focus will primarily be on duathlons (run-bike-run), as they are often seen as a step toward a triathlon. This course will cover and include: periodization training in cycling and running, cycling and running gear demo's, transition efficiency work (going from the swim/run-to-bike and from bike-to-run), local multi-sport athlete guest speakers, and also will provide a training plan that will prepare you for a Spring time event.

Mario Minelli, a RAC instructor, USCF and JGSI licensed coach, will instruct this course. Mario has over 10 years of bike racing experience in road, mountain, criterium, duathlon/triathlon, and cyclocross as well as 5 & 10k running races. He currently races category 3 on the road and often finishes at the top of his age-group in multisport events.

Here are the details on the Class:

- Previous experience in Cycle classes a must
- Heart rate monitor is required for participation
- Two pairs of athletic shoes (needed for transition training/practice even if you use the same shoes for cycling and running/jogging)
- Classes will be held on Saturday at 11:00 am
 - 12 week session, January 12 – March 29
 - duration will range from 1-1.5 hours **IMS** (depending on type of training and/or guest speakers, demo's, etc)
- Classes will take place, or at least start in, the Cycle Studio (running/jogging will occur on the clubs indoor track)
- Class size limited to 20 participants
- Registration fee: Mbrs: \$75, Non-mbrs: \$110
- To register call the Activities Desk 287-9300
- Questions contact Jane Hein, Group Exercise Director, 287-9318

Special note: register in December for the Oakdale Spring Classic Duathlon* at www.vacationsports.com and receive a deep discount on the entry fee–this is a great first timers event and you will be ready!

**event not affiliated with the RAC or the above course*

NEW! "FULL BODY RUNNING"

This innovative class will utilize the Feldenkrais approach to teach you how to run with awareness of your whole body. Lecture will include how we can access the core muscles for running to prevent over-use and injury to smaller muscles and joints of the limbs. You will take home running specific movement exercises to help retrain your running habits. This class is intended for long-distance runners, as well as weekend joggers.

Class details:

- Instructor: Lisa Walker, Guild Certified Feldenkrais Practitioner
- DATE: Sat 1/26 (Winter 1)
- TIME: **8:00 am - 12:00 Noon** **FBR**
- FEE: Mbrs: \$45 Non-mbrs: \$75
- Register through the Activities Desk, 287-9300

NEW! LYRIC/JAZZ DANCE

This 45 minute class will offer greater flexibility and movement through fun and energizing routines in jazz style or in the graceful elegance of lyric movement. Emphasis in this class will be on fun through

GROUP EXERCISE

movement. All fitness and dance levels are welcome. Classes will run in two six-week sessions. Winter 1 begins January 7 and Winter 2 begins February 18.

- Class size limited to 15 participants
- Classes meet in the Font Studio

Fee: \$70 Non-mbrs: \$90 **JAZZ**
Tuesday 8:00 - 8:45 pm

NEW! MOTION MADNESS

This 60 min. class is a low-impact class designed to meet both your workout and your dance needs. Sweat to simple funk choreography that will change slightly each week as it changes your body. Combinations will be broken down and taught each class, so no prior experience is needed. The goal is to have a different variation in your workout and to have fun.

Class details:

- Instructor: Monica Farnsworth
- Class size limited to 12 participants
- Winter 1 & 2: Sunday 3:25 - 4:25 pm
- Front Studio
- No Fee!!
- Pre-registration required through Activities Desk, 287-9300
- Questions, contact Jane Hein, Group Exercise Director, 287-9318, jhein@rochesterathleticclub.com

YOGA

Yoga is a system of gentle exercises, breathing and relaxation techniques. For centuries people throughout the world have used it to develop a healthy mind and body. Regular Yoga practice will release daily tension and stress and help you in becoming a calmer and healthier individual. No FEES, no pre-registration required. **We offer a variety of Yoga options, they are: Hatha, Power Yoga, Gentle Yoga, Yoga-lates & Chair Yoga.**

- **Hatha Yoga** is designed so that the exertion on limbs is balanced by an equal degree of rest & relaxation. Its focus will be on flexibility balance, strength & relaxation.
- **Power Yoga** challenges the intermediate-advanced Yoga participant in a more vigorous, athletic way using a consistent vinyasa. Transitions are quicker & promote greater strength & flexibility while generating heat.
- **Gentle Yoga** is a wonderful way to de-stress! This

candlelight class incorporates gentle Hatha poses with deep breathing, gentle rhythmic movements, & self-massage to cleanse the body of stress & muscular tightness.

- **Yoga-lates** is a hybrid mix of basic Hatha Yoga & Basic Pilates exercises & principles. It's a great combination that will promote both improved flexibility & core strength.

- **Chair Yoga** is a gentle form of yoga that uses a chair as needed to modify the poses for students with limited flexibility or range of motion.

Please refer to the Winter Group Exercise Schedule for all Yoga class day/times.

NEW! YOGA WORKSHOP:

INVERSION & ARM BALANCE

Have you ever wanted to learn how to get into that arm balance that looks almost impossible? How about standing on your head? Have you ever wished you had more time in your yoga class to figure them out? Bakasana anyone? Core strength is very important to find the balance for these positions. This workshop will incorporate some core strengthening techniques and then demonstrate how this awareness is integral to achieve these dynamic yoga asanas. In addition, there will be a breakdown of the fundamentals of arm balances and inversions. Come with an open heart and an open mind and find balance...anything is possible! (Some yoga experience needed)

Workshop details: **YW**

- **Sunday January 6 1:00 - 3:30 pm**
- Mind Body Studio
- Instructors: Debbie Price & Mary Weenig
- Fee: Mbrs: \$30 Non-mbrs: \$60
- Register through the Activities Desk, 287-9300

NEW! EARLY AM HATHA YOGA

This early morning class will gently guide you through various asanas (poses) from floor to standing for a final centering. What a great way to start your day! No prior yoga experience necessary, although there will be progressions & modifications that will appeal to beginner – intermediate skill levels.

- **Tuesday 6:00 - 7:00 am, Jan. 8 - Feb. 12**
- Instructor: Deb Ganrude
- No fee! **EHY**
- Register through the Activities Desk, 287-9300

GROUP EXERCISE

NEW! YOGA FOR MEN

Strength training and cardiovascular activities are only part of a healthy workout regime. Developing flexibility can benefit anyone from athletes to executives behind a desk. Discover what a structured yoga practice can do for your body and mind. The class is formatted towards male members who have limited knowledge of Yoga asanas (poses). Each week new asanas will be introduced, built on previous classes to allow the member to gain confidence, agility, improved muscle tone & flexibility. This six week course is FREE but a sign-up commitment is required. If you have ever thought about trying yoga this is a great opportunity!

Class Details:

- 6 week session offered Winter 1 (starts Jan. 8) & Winter 2 (starts Feb. 19)
- **Tuesday 7:00 - 8:15 pm**, Mind Body Studio
- No Fee! **YFM**
- Class size limited to 16
- Instructor: Christopher Mullen
- Register through the Activities Desk, 287-9300

YOGA WORKSHOP WEEKEND, FEBRUARY 2-3

The Mind Body program is proud to bring Mona Cenicerros to the RAC to offer these exciting workshop opportunities! Mona owns Sun Moon Yoga in Mankato and is director of the state's longest established 200-hour yoga teacher training program. A former fitness instructor and personal trainer; she currently teaches in the Health Science Dept. of Minnesota State University Mankato where she completed her Master's degree. She has studied many styles of yoga, embraced them all, and shares what she knows from the heart.

Friday February 2, 6:30 - 8:30 pm **YWW**

• **Yoga for Every Body!** (class)

Mona encourages a friendly, fun and positive approach to addressing the impact of the modern lifestyle on our minds, bodies and spirits. This is a non-flowing practice, with modifications to make it easier, or more challenging. Helpful to anyone getting older daily, it is geared both towards those who love yoga and those who are going to. Light-to-moderate physical activity.

Saturday February 3

"The Art & Science of Dynamic Flow Yoga"

Dynamic Flow is a style of vinyasa that uses intelligent sequencing of yoga poses to create powerful synergistic effects.

• "Dynamic Flow: Growing & Becoming", 9 am - 12:00 Noon **YWW**

Asanas and yoga techniques for growing stronger and becoming supple, flexible. Includes weight-bearing activity for bone density and repetition of movements to build muscular endurance. Moderate to intense physical activity. (1 lecture, 2 asana practice)

• "Dynamic Flow: Letting Go & Releasing", 1:30 - 4:00 pm **YWW**

Asanas and breathwork to encourage letting go of anxious mindsets and physical tension in the body. Includes twists, yin yoga, deeper stretching. Moderate physical activity

Registration details:

Members:

- Friday evening Class: \$25
- Saturday workshops:
 - \$40 for 1 workshop
 - \$75 for 2 workshops
 - \$90 for workshops & class

Non-members:

- Friday evening class: \$35
- Saturday workshops
 - \$50 for 1 workshop
 - \$90 for 2 workshops
 - \$110 for workshops & class
- Register through the Activities Desk, 287-9300
- Questions, contact Jane Hein, 287-9318 or jhein@rochesterathleticclub.com

NEW! PRE-NATAL YOGA

Prenatal yoga promotes a healthy pregnancy. Special yoga poses will be taught with the focus on developing muscles needed for supporting the mother-to-be's changing body and also to prepare for labor and delivery. Each week, participants will receive prenatal information and handouts of the yoga poses learned in class. Socializing with other expectant moms in the group will also be encouraged. The class format will include: simple centering and breathing practices, warm-up movements, modified sun salutations followed by standing and balancing poses.

Class details:

- 6 week session offered Winter 2 (Feb. 19 - Mar. 25)
- **Tuesday 12:00 Noon - 1:00 pm** **PNYC**

GROUP EXERCISE

Mind Body Studio

- Class size limited to 12
- Instructor: Ariel Albin
- Register through the Activities Desk, 287-9300

TOTAL BODY GOLF

This innovative class will combine a Feldenkrais & Pilates approach to promote improved overall range of motion & core stabilization to enhance the dynamic mechanics & power of the golf swing. This class will be co-taught by Lisa Walker, certified Feldenkrais practitioner & Jane Hein, P.T. & certified Pilates instructor. Class will begin with a 45 minute Feldenkrais movement lesson & be followed by a 45 minute Pilates mat class. Class details below:

- **Thursday 7:15 pm** (7:15 - 8:00 pm Feldenkrais, 8:05 - 8:50 pm Pilates)
- Studio 1
- Class size limited to 15
- Winter 1 (Jan. 10 - Feb. 14) & Winter 2 (Feb. 21 - Mar. 27) both 6 weeks
- Fee: Mbrs: \$120 Non-mbrs: \$200
- To register call the Activities Desk 287-9300 **TBG**
- Questions contact Jane Hein, Group Exercise Director, 287-9318

POST REHABILITATION WELLNESS PROGRAM

The Post-Rehabilitation Wellness Program is a means

for patients coming from physical therapy & outpatient/inpatient medical services to have a direct referral pathway into a Fitness program here at the RAC. Referrals can come directly from medical professionals or be initiated by the patient independently. A RAC Physical Therapist will assess the client & determine a safe & effective fitness program while taking into consideration recent medical intervention (surgery, recent injury) and also adhere to the recommendations of the referring medical source. Following the Post Rehabilitation intervention, the client will have the option of further referral to other RAC programming as deemed appropriate (personal trainers, nutritional counseling, group exercise, pilates, yoga, water exercise programs, and massage therapy). This program is open to both members & non-members. See information below for fees & scheduling:

- Fees:
 - RAC Members:
 - \$60 – 1 hour
 - \$52 – 45 minutes
 - \$40 – 30 minutes
 - Non-Members:
 - \$75 – 1 hour
 - \$65 – 45 minutes
 - \$52 – 30 minutes
- **To schedule a session:** contact Thomas Holtackers, 287-9335, ext. 364 or tholtackers@rochesterathleticclub.com

PILATES

PILATES

The Pilates method is designed to strengthen the body through an intense focus on the body's core (trunk) and its stabilizing muscles while simultaneously promoting enhanced flexibility – longer, leaner muscles! By utilizing hundreds of mind-body movements and breath control, this tried and true workout will encourage a strong, aligned and stress reduced body. The Pilates method is for individuals who wish to improve their body's postural alignment, improve their mind-body connection, recover from an injury, implement and utilize better breathing techniques, break away from conventional fitness classes or bring themselves out of a fitness

plateau to the next level. **Traditional Pilates services are offered as one on one personal training sessions.** This interaction allows for individual programming based on the goals of the client and their structural (postural) needs. We're excited to offer a **new "Intro to Pilates Package"** (see below) which is a great way to get started in the program! **Classes** are also offered on the **mat & apparatus (Reformer, props, Tower).**

Pilates program details & registration:

- Contact Jane Hein (287-9318) to schedule an **Intro to Pilates Package or a personal training session**
- **Classes are set up as a progression,** (Beginners

PILATES

start at Intro 1 & then would progress to Intro 2) & progress as they're able to do so with the guidance & recommendation of their instructor.

- **Class sizes are limited** to assure individual attention for all participants.
- **There are 2 - 6 week class sessions** on the Winter schedule
 - Winter 1 begins January 7
 - Winter 2 begins February 18
- All Participants signed up for a session can take the Drop-in Pilates (see description below) on Saturday at 9:30 am for Free during the session!
- If you have any questions regarding the Pilates program, please contact Jane Hein (287-9318, jhein@rochesterathleticclub.com)

NEW! INTRO TO PILATES PACKAGE

This great way to get started in the Pilates program includes:

- 2 private lessons (includes postural analysis & review of Pilates fundamentals)
- 2 group reformer sessions (Saturday 8:30 am)
- 4 group mat sessions (Saturday 8:00 am)
- All for \$160!
- Share this package with a friend & you each pay \$140 (a value of \$40!)
- Limit 1 purchase per client
- To schedule, contact Jane Hein, 287-9318 or jhein@rochesterathleticclub.com

PILATES PERSONAL TRAINING

This is a great opportunity to work one-on-one with a Pilates instructor who can tailor a program specific to your individual needs and meet with you at your convenience. Both mat based exercises & apparatus can be incorporated into a program. Call Jane Hein at 287-9318 to schedule.

Fee: \$55/hour for a Pilates Personal trainer
\$60/hour: Senior Pilates Personal Trainer
(Jane Hein, P.T.)

Jane Hein is a registered Physical Therapist (1989) & certified Pilates instructor (2002). She combines traditional therapeutic exercise with Pilates techniques & can tailor a program to meet your needs whether you're looking to enhance overall athletic performance or rehabilitate from an injury. **Group Pilates personal training sessions are available. Put 2-3 people in a group & share the cost of the session!**

PILATES CLASSES

Mat program:

All classes are 1 hour & located in the Mind Body Studio unless otherwise noted

Introductory I Mat (8 participants)

Mbrs: \$60 Non-mbrs: \$110 **MI1**
Winter 1: **Monday 5:40 pm**
Tuesday 9:30 am (Studio 1)
Winter 2: **Monday 9:30 am**
Tuesday 7:00 pm (Studio 1)

Introductory II Mat (Completion of Intro 1 required - 8 participants)

Mbrs: \$60 Non-mbrs: \$110 **MI2**
Winter 1: **Wednesday 10:35 am**
Thursday 12:00 Noon
Sunday 2:20 pm
Winter 2: **Monday 5:40 pm**
Tuesday 9:30 am (Studio 1)

Pilates for Seniors (8 Participants)

This class is for Seniors that need a gentler approach to the traditional Pilates mat method. Exercise modifications will be demonstrated for those with osteoporosis & arthritis.

Mbrs: \$60 Non-mbrs: \$110 **PSENIOR**
Winter 1 & 2: Friday 8:25 am

Intermediate Mat (Completion of Intro II required - 15 participants)

Mbrs: \$60 Non-mbrs: \$110 **MI**
Winter 1 & 2: Monday 6:45 pm
Wednesday 9:30 am

Advanced Mat

Exercises are done in their full form at a rate that is significantly more challenging than the Introductory/Intermediate levels - 20 participants.

Mbrs: \$36 Non-mbrs: \$110 **MA**
Winter 1 & 2: Monday 10:35 am
Wednesday 6:15 pm
Thursday 10:35 am

Advanced Challenge (Pre-requisite Intermediate Mat - 15 participants)

This class will use a variety of props (fitness circle, foam roller, BOSU, ball, flexband) to increase the challenge of mat based exercises & in others actually offer assistance. This class is in Studio 2.

Mbrs: \$48 Non-mbrs: \$110 **ADVCH**
Winter 1 & 2: Tuesday 10:35 am

PILATES

Drop-In Pilates Mat

Open to the public with no limit to class size. It is an opportunity to learn/review Introductory to Advanced level mat techniques. All activities are performed at the participant's discretion. *This class is free to members signed up for a Mat or Reformer session*

Mbrs: \$10/class Non-mbrs: \$15/class **PIL**
Saturday 9:30 am

PILATES APPARATUS PROGRAM

(Reformer, Tower & props)

All classes are 1 hour & located in the Pilates Studio

This workout will incorporate Reformer, Tower & props (ie. Fitness circle, small balls, etc). Pilates apparatus allows for a much broader repertoire of exercises.

Equipment can provide the assistance a newcomer needs to gain core control & improve flexibility.

Springs & adjustment of equipment can also provide an increased challenge to strength, flexibility, balance & coordination.

Prerequisite to register for apparatus classes is completion of Progressive Mat Intro I or the Intro to Pilates package. Intro classes are limited to 4 participants & Intermediate & Advanced classes allow 5.

***Members signed up for a apparatus class can also sign up to take 1 Mat Class at half price!*

Apparatus Intro I

Mbrs: \$90 Non-mbrs: \$150 **RI1**

**Winter 1: Monday 5:30 pm
Thursday 12:00 Noon**

**Winter 2: Tuesday 6:00 pm
Sunday 3:25 pm**

Apparatus Intro 2 (Completion of Intro I apparatus required)

Mbrs: \$90 Non-mbrs: \$150 **RI2**

**Winter 1 & 2: Wednesday 4:00 pm
Friday 9:30 am
Friday 12:00 Noon
Sunday 2:20 pm
Sunday 4:30 pm**

***Additional Winter 2 classes:
Monday 5:30 pm
Thursday Noon**

**note: due to the progression of previous sessions, there may be other class times available, contact the Activities desk and inquire about all Intro II class times.*

Apparatus Intermediate (Completion of Intro 2 apparatus required)

Mbrs: \$90 Non-mbrs: \$150 **RI**

**Winter 1 & 2: Tuesday 9:30 am
Tuesday 10:35 am**

**note: due to the progression of previous sessions, there may be other class times available, contact the Activities desk and inquire about all Intermediate class times.*

Advanced Apparatus Program

This challenging workout will incorporate all equipment options (Reformer, Tower and props). Class prices are discounted at this level as noted below. Advanced participants are registered through Jane Hein, 287-9318. Class size is limited to 5 participants. Frequently, participants register for more than 1 class per week. Fees noted below outline the costs for the entire session dependent upon how many classes participants are registered for.

Fees:	Mbrs:	Non-mbrs:
6 weeks	1 class/week: \$84	1 class/week: \$150
	2 classes/week: \$162	2 classes/week: \$300
	3 classes/week: \$234	3 classes/week: \$450

FITNESS/HEALTHY LIFESTYLES

FUNCTIONAL RESISTANCE TRAINING

This group resistance class is specifically designed to train individuals through multiple movement planes. It is an introduction to strength training with an emphasis on developing tailor-made programs in a non threatening environment. Participants will work with the Free Motion resistance towers, exercise balls, dumbbells, and med balls.

Begins: Winter Session I, January 7 six weeks

Winter Session II, February 18 six weeks

• Ages 18 and above

• Limit: 10/class

Fee: \$80

Tuesday/Thursday 6:40 - 7:40 pm

OR

Monday/Wednesday 6:40 - 7:40 pm

Meet in personal training studio behind the front desk.

FITNESS/HEALTHY LIFESTYLES

Please note that should the Functional Resistance Training classes not get a minimum of three participants, the seven week session will be shortened accordingly to the number enrolled.

1 enrolled will meet once per week for four weeks

2 enrolled will meet twice per week for four weeks

BACK AND POSTURE ASSESSMENT

This service is provided to evaluate and train proper posture. Maintaining good posture can prevent low back, upper back, neck, and shoulder issues. Clients will be given a formal posture assessment to identify existing and/or potential problems. The RAC professional will review proper posture and then design a program using dynamic exercises to train muscles that support the posture. To schedule a session, call the Fitness Desk at 287-9320 or Suzi Needham at 287-9335 ext. 345.

Fee: \$50 per one hour session

BACK AND POSTURE TRAINING

This class is geared to teach and train proper posture. Maintaining good posture can prevent low back, upper back, neck, and shoulder issues. Participants will be given a formal posture assessment on the first day to identify potential problems. Throughout the six week session, the instructor will review proper posture and then move to dynamic exercises designed to train muscles that support the posture.

Begins: Winter Session I, January 7 six weeks

Winter Session II, February 18 six weeks

Ages 18 and above

• Limit: 12/class

Fee: \$55

BPT

Tuesday/Thursday 7:10 - 7:55 pm

Meet in personal training studio behind the front desk.

Please note that should the Back and Posture Training class not get a minimum of three participants, the six week sessions will be shortened accordingly to the number enrolled.

1 enrolled will meet once per week for four weeks

2 enrolled will meet twice per week for four weeks

GUTTS AND BUTTS

The ultimate in shaping, toning, defining the gluteus and abdominal muscle groups. The class will incorporate the use of intervals, resist-a-balls, bands, and more. This fun and effective class will help participants focus on those hard to reach problem areas.

This class will provide participants with the motivation to attain their goals while learning to target specific areas of their bottoms and abdominals.

Begins: Winter Session I, September 4 – (7 weeks)

Fall Session II, October 22 – (7 weeks)

• Ages 18 and above

• Limit: 12/class

Fee: \$80

GB

Tuesday/Thursday 6:00 - 7:00 pm

Meet in personal training studio behind the front desk.

Please note that should the Gutts and Butts class not get a minimum of three participants, the six week sessions will be shortened accordingly to the number enrolled.

1 enrolled will meet once per week for four weeks

2 enrolled will meet twice per week for four weeks

ADULT AGILITY CIRCUIT

This fun and innovative class for adults is designed to train multiplane movements, muscular power, and reaction time. The format will be a fast paced circuit using a variety of equipment and resources in the Club. Instructor, Mike Colwell, C.S.C.S. brings his experience working with young athletes to this unique training program.

Begins: Winter I Session, January 7 six weeks

Winter II Session February 18 six weeks

• Ages 18 and above

• Limit: 10/class

Fee: \$80

AAC

Tuesday/Thursday 6:00 - 7:00 pm

OR **Monday/Wednesday 9:30 - 10:30 am**

Instructor: Mike Colwell, C.S.C.S.

Meet in front of the Activities Desk

PERSONAL TRAINING

Personal training is an excellent investment in your health and wellness!! It's one-on-one attention which 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—just call the Fitness Desk at 287-9320 or Suzi Needham at 287-9335 ext. 345.

one hour session:

\$53 for a personal trainer

\$55 for a senior personal trainer

FITNESS/HEALTHY LIFESTYLES

45 minute session:

\$43 for a personal trainer

\$45 for a senior personal trainer

half hour session:

\$33 for a personal trainer

\$35 for a senior personal trainer

Group personal training sessions are available. Put two to four people in a group and share the cost of the personal trainer. A great way to get the attention you need and will be customized to your group's schedule.

CORRECTIVE EXERCISE ASSESSMENT

This service is designed to assess and identify muscular imbalances. Muscular imbalances are a result of "overactive" and "underactive" muscles. Once these muscle groups are identified a personal rehabilitation program is devised to correct the issue(s). The assessment is conducted by a Corrective Exercise Specialist (CES) which is a certification administered by the National Academy of Sports Medicine (NASM). The CES is responsible for understanding human movement and the effects that imbalance muscle groups can have on proper joint movements. This service would benefit athletes and nonathletes alike that are experiencing chronic joint pain and/or have a history of strained muscles. For more information or to schedule a one hour assessment, contact Suzi Needham at 287-9335, ext 345.

FITNESS LECTURES

This is an excellent opportunity for any member to learn more about a variety of health and wellness issues. Lectures are presented by RAC Fitness Associates as well as featured speakers from the community. The lectures are held twice per month on a Thursday evening at 7:00 pm. Please check the Fitness Desk for a list of lecture topics or feel free to call if you have any questions (287-9320). All lectures are free and open to the public.

NUTRITION EDUCATION SERVICES

RAC staff Dietitian, Branda Anderson, R.D., L.D. is available for private dietary consultations. 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. Branda did her undergrad-

uate education at Concordia College in Moorhead, MN and earned a dual degree in food, nutrition, and dietetics as well as exercise science. She is also a certified personal trainer with the RAC and licensed as a dietitian under the Minnesota Board of Dietetic Practices. Branda has experience with clinical dietary issues such as hypertension and diabetes. If you have special nutritional needs, see Branda for a professional consultation.

Fee: \$50 per one hour session

PNC

To contact Branda Anderson call; 287-9335 extension 344.

TWELVE WEEKS TO A NEW YOU

This is the new weight management program offered through the RAC. **Twelve Weeks to a New You** is a structured 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 RAC staff dietitian and personal trainer. For detailed information or to sign up, contact Branda Anderson 287-9335, extension 344.

TWNY

Gold Package: \$1035

- Resting and Exercise Metabolic Tests – 12 week heart rate zone training cardiovascular program
- Initial nutrition consultation
- Initial personal training consultation with before and after pictures and measurements
- Food diary
- Weekly (12) 1 hour personal training session
- Weekly weigh-in, food diary checks with the dietitian
- Recipe and diet tips from dietitian
- \$200 RAC services gift certificate for obtaining program goals

Silver Package: \$685

- Initial nutrition consultation
- Initial personal training consultation with before and after pictures and measurements
- Exercise Metabolic Test– 12 week heart rate zone training cardiovascular program

FITNESS/HEALTHY LIFESTYLES

- Food diary
- 1 hour personal training session every other week (or weekly 30 minute sessions)
- Weekly weigh-in, food diary checks with the dietitian
- Recipe and diet tips from dietitian
- \$120 RAC services gift certificate for obtaining program goals

Maintenance Program (Monthly) - \$90 per month

- 1 hour personal training session (or two half hour sessions) each month
- Weekly weigh-ins, journal checks with staff dietitian
- Recipe and nutrition tips

METABOLIC TESTING

Resting Metabolic Test (RMR)

- Measures the amount of energy (calories burned) used at rest.
- The RMR is then adjusted by an activity factor to produce the amount of calories you burn in a typical day.
- Knowing the number of calories you burn per day answers the question; "***How many calories can I eat and not gain weight?***"
- The test determines what the body is using for fuel at rest, fat or carbohydrates.
- Once a RMR profile is determined, the dietitian can now create a meal plan specific to you to manage your weight.
- A resting metabolic rate test takes the "guessing" out of the equation and gives the dietitian a real number to determine your meal plan.

Exercise Metabolic Test (EXMR)

- Conducted on a treadmill, bike, or elliptical.
- Analyzes the gases in the exhaled air during a graduated exercise test (intensity is increased every minute during the test).
- Data such as heart rate, oxygen consumed (VO₂ Max), carbon dioxide produced, and anaerobic threshold (AT) are determined to produce a "metabolic profile".
- The data collected also determines your cardiovascular fitness level.
- Heart rate where you are most efficient for burning stored fat is highlighted in the metabolic profile.
- The metabolic profile also is used to produce training heart rate zones for efficient and effective car-

diovascular training.

Both tests take the guess work out of prescribing a weight loss or training program for you.

Members can sign up for the tests at the fitness desk, ext. 120 or 287-9320.

Resting metabolic rate test	RMR	\$100
Exercise metabolic rate test	EXMR	\$115
Resting and exercise metabolic rate test	RMREXMR	\$165
Resting metabolic rate retest	RMRRT	\$60
Exercise metabolic rate retest	EXMRRT	\$75
Resting and exercise metabolic rate retest	RMREXMRRT	\$125

RAC R.E.S.U.L.Ts. CONSULTATION

A **FREE** process administered by a specially trained fitness professional to determine the ideal path to optimal health using RAC programs and services. It is the ideal consultation for new members or current members who need a little "push" to renew their physical activity program.

The RAC R.E.S.U.L.Ts. consultation is:

- **Reasons Everyone Should Understand Lifestyle Tendencies**
- **Free** for all new members and existing members who would like to improve their overall health
- The fitness professional uses scientific tools to determine your path to optimal health.
- Develop strategies that include RAC programs and services to ensure success
- A one hour one on one consult with a RAC fitness professional
- Guaranteed health improvement with adherence to designed strategies
- Determination of an ideal starting point
- The consultation is based on a series of tools that identify your current state of physical health and the ideal starting programs to improve overall health. The consultation addresses exercise, nutrition, stress management, and sleep management.
- The consultation will help new members acclimate to the Club much quicker.
- It will help direct you to the proper programs to achieve results, using effective and efficient workouts.

TENNIS

ADULT TENNIS

Adults are ages 19 and up. All juniors that would like to participate in adult activities need to be approved by the Racquet Sports Director, Scott Boyer @ 287-9323.

ADULT GROUP LESSONS

SESSION I January 7 - February 17 (6 weeks)

SESSION II February 18 - March 30 (6 weeks)

RAC Beginner Tennis Lessons

Group lessons presented in a fun way. Covers the basic strokes - serve, service return, groundstrokes and volley. Proper footwork and ball judgment skills will be taught. Ratio is 5:1. Begins the week of January 7 & February 18.

Fee: \$66 session

RACB

Monday 9:30 - 10:30 am

Tuesday 7:00 - 8:00 pm

Tuesday 1:00 - 2:00 pm

Wednesday 9:30 - 10:30 am

Thursday 7:00 - 8:00 pm

Friday 9:30 - 10:30 am

Saturday 11:00 am - 12:00 Noon

RAC Intermediate Tennis Lessons

The basic strokes will be refined. Ball reading skills and balance will be enhanced. Basic strategy will be introduced. Ratio is 5:1. Begins the week of January 7 & February 18.

Fee: \$66 Session

RACI

Monday 10:30 - 11:30 am

Tuesday 8:00 - 9:00 pm

Wednesday 10:30 - 11:30 am

Thursday 1:00 - 2:00 pm

Thursday 6:00 - 7:00 pm

Friday 10:30 - 11:30 am

Saturday 10:00 - 11:00 am

PRIVATE INSTRUCTION

Private/Semi-Private Lessons - Private instruction is arranged individually with each tennis professional. All lessons are based on \$29 per half hour. This fee covers both the court and pro's fee. Contact Scott Boyer at 287-9323 to set up a lesson. If you are interested in video taping your lesson, please let your tennis professional know ahead of time.

LEAGUES

2007 - 2008 RAC World Wide Tennis

(WWT) League

• Session I **January 7 - May 18**

Sign up at the Activities Desk individually, or with a group of friends. Players will be mixed up with different players weekly. Players on teams will be at different levels. Tennis professionals will play in every other week. Matches are every week. Tennis Professionals will put teams together.

Fee: \$13 per day

Tuesday - Players must be USTA 2.5 & 3.0.

Thursday - Players must be USTA rated 3.0, 3.5, 4.0 or higher. If you do not have a rating, call Scott Boyer at 287-9323.

Sign up at the Activities Desk 287-9300.

9:30 - 11:00 am

WWT

Classic Instructional Doubles League

Structured after the first leagues at the Rochester Athletic Club. Designed as an instructional league. Players have a drill one week while the next week will be critique match play. Players may sign up individually or with a group.

Runs from January 7 - May 18.

Sign up at the Activities Desk 287-9300.

Fee: \$13 per day

WDLG

Monday 3.0 and up 9:30 - 11:00 am

Wednesday 3.5 and up 9:30 - 11:00 am

Friday 4.0 and up 9:30 - 11:00 am

WEEKLY DRILLS

HIT Drill

(High Intensity Tennis) is a fun, fast-paced workout. Dead ball and live ball drills. A great way to work on all of your tennis strokes and improve your fitness. Player is required to move to the ball and control the shot toward a target. A great total body conditioner for those preparing for summer USTA Leagues. Ratio 5 to 1. Weekly sign-up.

Fee: \$11

HIT

Monday 9:30 - 10:30 am

Tuesday 6:30 - 7:30 am

Tuesday 11:00 am - 12:00 Noon

Wednesday 9:30 - 10:30 am

Wednesday 7:00 - 8:00 pm

Thursday 6:30 - 7:30 am

TENNIS

Thursday 11:00 am - 12:00 Noon
Friday 11:00 am - 12:00 Noon
Saturday 10:00 - 11:00 am

Women's Drill and Play

An hour and a half of tennis that offers 45 minutes of drills and 45 minutes of critiqued play. A great way to improve a specific shot and apply the shot in a play situation. Sign up each week at the Activities Desk (287-9300) to reserve a spot in the drill & play.

Fee: \$13 per drill **WDP**

Monday 9:30 - 11:00 am (2.5 & 3.0)
Monday 7:00 - 8:30 pm (2.5 & 3.0)
Monday 7:00 - 8:30 pm (3.5 & 4.0)
Wednesday 9:30 - 11:00 am (3.0 & up)
Friday 9:30 - 11:00 am (2.5 & 3.0)
Friday 9:30 - 11:00 am (3.5 & 4.0)

Men's Drill and Play

An hour and a half of tennis that offers 45 minutes of drills and 45 minutes of critiqued play. A great way to improve a specific shot and apply the shot in a play situation. Sign up each week at the Activities Desk (287-9300) to reserve a spot in the drill & play.

Fee: \$13 per drill **MDP**

Tuesday 7:00 - 8:30 pm 3.0 & above

MIXERS

Must be rated by a RAC tennis professional to participate in all mixers. Call Scott Boyer, Racquet Sports Director, at 287-9323 to be rated.

Adults are ages 19 and up. All juniors that would like to participate in adult activities need to be approved by the Racquet Sports Director, Scott Boyer @ 287-9323.

Men's Evening Singles Mixer

An hour and a half of tennis that offers 90 minutes of critiqued play. A different tennis match arranged every week. Sign up each week at the Activities Desk to reserve a spot in the mixer. Activities Desk 287-9300.

Fee: Singles \$14/week **MSM**

Thursday 8:00 - 9:30 pm 3.5 & above

Doubles Mixers

A great way to meet other players and play competitive doubles! Men that have a USTA 3.0 rating and higher & Women players that have a USTA 3.5 rating

or higher up are invited to play. Players play with and against other players in the mixer. Sign up each week at the Activities Desk to reserve a spot in the mixer.

Runs every Saturday morning!

Fee: \$12 per mixer **DM**

Saturday 9:00 - 11:00 am

Men 3.0 & above/Women 3.5 & above

Top 25

A tennis mixer designed for the top men and women tennis players at the RAC. Players will play against some of the top players in the RAC Top Gun program. Run by a RAC pro! Players must have a USTA 4.5 rating or higher to participate. If you do not have a rating please call Scott at 287-9323 to be rated.

Fee: \$12 per mixer **TOP25**

Monday 7:00 - 9:00 pm

JUNIOR TENNIS

Group Lessons

SESSION I – January 7 - February 17 (6 weeks)

SESSION II – February 18 - March 30 (6 weeks)

Please keep in mind that a student does not always advance a level each session. Many factors such as attendance, coordination, growth, development (physical, behavioral & mental) 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 to be more challenging. If you believe your child is not improving at the rate of others, please see your instructor for advice.

- Tennis pros are not responsible for pre-signing juniors for the next session!
- Players will receive a class recommendation form during class on the second to last day of the session.
- The RAC provides racquets if needed.
- No prorating of Pee Wee, Tiny Stars, Young Stars or Junior Stars Classes. After the first week your instructor will hand out a class make up sheet.
- To sign up for the proper skill level and not by a player's age, please call Scott Boyer 287-9323 to be rated.
- Class size effects the weeks a class will run.
 - 3 players class runs entire session.
 - 2 players class will run 6 weeks.
 - 1 player class will run 3 weeks.

TENNIS

PEEWEE STARS

For children ages 4-5 or the proper skill level. Ratio 5:1. The Wilson "pee-wee" tennis program along with our own creativity will introduce children to the "FUN" of tennis. The RAC uses softer, colored tennis balls that make learning easier. The goal is to let children explore the fun of movement while they play. The kids have more success, which means more FUN! Begins the weeks of January 7 & February 18.

Fee: \$51 (6 weeks)

PWS

Monday	3:30 - 4:00 pm
Tuesday	9:30 - 10:00 am
Tuesday	3:30 - 4:00 pm
Thursday	1:00 - 1:30 pm
Saturday	11:30 am - 12:00 Noon

TINY STARS

For children ages 6-7 or the proper skill level. Ratio 6:1. The goal is to continue to develop ball judgment skills, help the child improve their motor skills and enjoy learning the early stroke mechanics of the forehand, backhand, volley, and serves. The RAC uses softer, colored tennis balls that make learning easier. Fun is still the focus! Begins the weeks of January 7 & February 18.

Fee: \$66 (6 weeks)

BEGINNERS:

TSB

Tuesday	10:00 - 10:45 am
Tuesday	4:00 - 4:45 pm
Tuesday	5:30 - 6:15 pm
Thursday	1:30 - 2:15 pm
Thursday	4:45 - 5:30 pm
Saturday	12:15 - 1:00 pm

INTERMEDIATES:

TSI

Tuesday	10:00 - 10:45 am
Tuesday	4:45 - 5:30 pm
Thursday	1:30 - 2:15 pm
Thursday	4:00 - 4:45 pm
Thursday	5:30 - 6:15 pm
Saturday	12:15 - 1:00 pm

YOUNG STARS

For children ages 8-12 or the proper skill level. The emphasis is on fun and learning through positive feedback. The pros will work on developing a rapport with the student and building self-confidence through positive instruction. Lessons will consist of a combination of instruction, fun games and non-competitive

match play. Begins the weeks of January 7 & February 18. Ratio 6:1

Fee: \$70 (6 weeks)

BEGINNERS:

YSB

Monday	4:00 - 5:00 pm
Monday	6:00 - 7:00 pm
Wednesday	5:00 - 6:00 pm
Friday	4:00 - 5:00 pm
Saturday	1:00 - 2:00 pm

ADVANCED BEGINNERS:

YSAB

Monday	4:00 - 5:00 pm
Monday	6:00 - 7:00 pm
Wednesday	5:00 - 6:00 pm
Friday	4:00 - 5:00 pm
Saturday	1:00 - 2:00 pm

INTERMEDIATE:

YSI

Monday	5:00 - 6:00 pm
Wednesday	4:00 - 5:00 pm
Wednesday	6:00 - 7:00 pm
Friday	5:00 - 6:00 pm
Saturday	2:00 - 3:00 pm

ADVANCED:

YSA

Monday	5:00 - 6:00 pm
Wednesday	4:00 - 5:00 pm
Wednesday	6:00 - 7:00 pm
Friday	5:00 - 6:00 pm
Saturday	2:00 - 3:00 pm

YOUNG STARS PLAY DAY/JUNIOR STARS PLAY DAY

A great transition into the RAC's ACE Program. Kids will focus on playing matches in both singles and doubles. This class is for advanced and high intermediate level players. Begins the weeks of January 7 & February 18. Ratio 8:1

Fee: \$70 (6 weeks)

PD

Tuesday	6:00 - 7:00 pm
Thursday	5:00 - 6:00 pm
Friday	6:00 - 7:00 pm
Saturday	3:00 - 4:00 pm

JUNIOR STARS

For children, beginners through intermediate levels. Development through positive instruction will be stressed. Development of groundstrokes, mechanics, court positioning and strategy will be taught. For juniors age 13 and older or the proper skill level. Begins the weeks of January 7 & February 18. Ratio 6:1

TENNIS

Fee: \$70 (6 weeks)

BEGINNER/ADVANCED BEGINNER **JSB**

Tuesday 4:00 - 5:00 pm

INTERMEDIATE/ADVANCED **JSI**

Tuesday 5:00 - 6:00 pm

ACE PROGRAM

(ACE – Advantage Competitive Edge.)

Competitive training for the serious junior tennis players. Two practices and one match per week will be offered. Strokes, strategy, conditioning, and mental toughness will be stressed. Matches will be critiqued by a pro! Goal setting will be incorporated with weekly handouts. Parent & Tennis Professional conferences offered twice a year. Ratio: 8:1. Please contact Brent Frueh (Tennis Coordinator) at 287-9319 to determine appropriate level for players.

- Tennis Professionals are not responsible for signing players up for the next session of tennis.
- ACE billing goes from the 26th to the 25th of the next month.
- ACE players will receive an ACE binder that they must bring to class everyday. Replacement binders cost \$20.
- All juniors age (12 – 18) must have permission from the Racquet Sports Director to participate in adult activities and programming.
- Criteria for moving up levels in ACE are given to each player at the beginning of a session and is included in their ACE binder.
- A tennis committee meets once a week while in session to check who has met the criteria to challenge up to the next level. If you would like a copy of this mailed to you, please contact Brent Frueh at 287-9319
- No notes for excused absences will be taken over winter session because of class sizes. If you have questions about an absence please call the Racquet Sports Director at 287-9323.
- ACE & Top Gun participants that sign up for the entire session will receive free court time during non-prime time hours. Prime time hours are Monday thru Friday 4:00 - 8:00 pm and Saturday 9:00 am - 12:00 Noon. Players that do not attend the entire session will not receive free court time.
- A list of free court time participants is located at the Activities Desk for each session. Participants must identify him/herself as an ACE player to receive

credit for their court time.

- Players must turn in their behavior contract in order to receive ACE free court time.

SESSION I – January 7 - February 17 (6 weeks)

SESSION II – February 18 - March 30 (6 weeks).

- **No tennis the week of Spring Break March 31 - April 6**
- **No free ACE over spring break!**

Ace III

Competitive Junior High to Junior Varsity level players. Players in ACE 3 should be starting tournament play. No prior tournament experience required. Please contact Brent Frueh 287-9319 for appropriate levels for players. Players will need to rotate their match time on Friday.

Fee: \$15 a day, 3 days a week.

ACE3

Monday and Wednesday 4:00 - 5:30 pm

Tuesday and Thursday 5:30 - 7:00 pm

Friday match 4:00 - 5:30 pm or

5:30 - 7:00 pm or

7:00 - 8:30 pm

Ace II

USTA Challenger "Level 1" player and/or a high school junior varsity level player. These players should possess a desire to compete in USTA tournament play and ACE tournaments. Players in ACE II have the option to start fitness training through SAQ (Speed, Agility & Quickness) offered to ACE II players. Please contact Brent Frueh at 287-9319 for appropriate levels for players.

Fee: \$17 a day, 3 days a week.

ACE2

Monday and Wednesday 5:30 - 7:00 pm

Tuesday and Thursday 5:30 - 7:00 pm

Saturday Match 12:00 Noon - 1:30 pm

or 1:30 - 3:00 pm

or 3:00 - 4:30 pm

SAQ for those participating in ACE II & ACE I.

SAQ is offered for ACE II and ACE 1 players only. Players must be currently enrolled in the session of ACE to participate. This is in addition to the ACE program on court. Players enrolled in ACE do not need to sign up for SAQ. During the first week of the session a sheet with the times of the SAQ classes will be handed out. There is no credit for missing SAQ classes if you are doing it through ACE.

TENNIS

Ace I

USTA Championship level player to top high school varsity level player. Should have a very sound understanding of singles and doubles principles. Players at ACE I have fitness training through SAQ (Speed, Agility & Quickness). The times for SAQ will be handed out at the start of the session. Please contact Brent Frueh at 287-9319 for the appropriate level for players.

Fee: \$17 a day, 3 days a week.

ACE1

Tuesday and Thursday 4:00 - 5:30 pm

Sunday Match 1:30 - 3:00 pm or

3:00 - 4:30 pm

Top Gun

This is designed for junior tennis players that have proper technique, player competencies and are playing at a USTA Sectional level. 90 minutes of tennis followed by 45 minutes of off court conditioning with a certified trainer. By invitation only! Please contact Brent Frueh at 287-9319 for more information.

Fee: \$18 a day, 4 days a week.

TG

Tuesday - Thursday 7:00 - 9:15 pm

Sunday Match 12:00 Noon - 1:30 pm

ACE MATCHES

Designed for those who wish to play matches once a week? Competitive matches critiqued by a RAC Tennis Professional. Players will have an opportunity to play against other ACE players of their level. A RAC Tennis Professional will contact you with your start time. Players will have to play at the different times listed because of limited court space. Players must be able to rotate their match time. Must sign up for the entire session or have a note ahead of time stating the requested days off.

Fee: \$15 a day.

ACEM

ACE III Matches

**Friday 4:00 - 5:30 pm & 5:30 - 7:00 pm
& 7:00 - 8:30 pm**

ACE II Matches

**Saturday 12:00 Noon - 1:30 pm,
1:30 - 3:00 pm, 3:00 - 4:30 pm &
4:30 - 6:00 pm**

ACE I Matches

Sunday 1:30 - 3:00 pm & 3:00 - 4:30 pm

RACQUETBALL

PRIVATE LESSONS

Are you looking to elevate your racquetball game to the next level? Rochester Athletic Club's racquetball professionals can get you there. Private lessons are a great way to enhance your racquetball skills through proper swing technique, court positioning, shot selection, practice drills, etc. All lessons are based on \$25/hour. For more information, please contact Wendy Miller at 287-9308. To set up a private lesson with a specific professional, contact them directly at 287-9335 -

Ext 322 - Jeremy Horner

Ext 323 - Greg Leibfried

Ext 324 - George Selke

ADULT RACQUETBALL

Session I - January 7 - February 17 (6 weeks)

Session II - February 18 - March 30 (6 weeks)

GROUP LESSONS

Beginner - This player is just starting to play racquetball or has had limited racquetball playing experience. The player has had little or no instruction and knows little about the rules. Focus of the lessons 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.

Ratio 4:1. Runs for 6 weeks.

Fee: \$30

RBEG

Wednesday

6:30 - 7:30 pm

LEAGUES

Winter I Leagues: begin January 7, 2008, with sign up from December 3 to December 19.

Winter II Leagues: begin February 18, 2008, with sign up from February 4 to February 13.

All leagues run for 6 weeks and are a popular way to meet new people and experience competitive play at all levels. League players need to pick up their sched-

RACQUETBALL

ule at the Activities Desk or check which court you are scheduled on. The following leagues are offered, many at multiple times during the week: Fee: \$9

Men's: Open, A, B, C and D skill divisions
RBLGM

Women's: Open, A, B, C and D skill divisions
RBLGW

FYI: Gift certificates will be presented to all league champions during the 2008 season. Support your sport – join a league!

Detailed information on the racquetball leagues will be available at the Activities Desk and on the racquetball bulletin board. For additional information on leagues, please contact Wendy Miller 287-9308 or email wmiller@rochesterathleticclub.com

Pre-Scheduled (Formal) Leagues

They are setup for specific days and times, and courts are reserved on your behalf for league play. Please note that "NO SHOWS" will be monitored by the Activities Desk and that there will be a \$4 charge for "NO SHOWS". If you are unable to play your match, please make any court cancellations as soon as possible, but preferably at least 24 hours in advance.

Informal Leagues

They have an established schedule of who needs to play each week, but there are no specific days or time schedules. It is left up to the league participant to schedule their matches at mutually agreeable times.

Top RAC League

This league is designed for the RAC's top racquetball players and is by invitation only. Players will be re-invited each session and as with all leagues, it is expected that non-competitive players would drop down a level to make room for players moving up. There will be separate Top RAC League for Men. For more information players can contact:
Men - George Selke 287-9335 ext. 324

Introduction to Racquetball Clinic !!FREE!!

Have you ever wanted to play racquetball but were afraid to step on the court because you did not know the rules or the proper technique for swinging the racquet? If so, then this free one hour clinic is a great first step in learning how to play racquetball. In a group setting, the instructor will cover the basic rules and stroke techniques. All you need to know to get started playing racquetball in 60 minutes! Maximum

8: Minimum 1. Sign-up is required please register at the Activities Desk. Please meet the racquetball professional on racquetball Court #1. Equipment provided.

Thursday, January 3 5:30 - 6:30 pm

Thursday, February 14 5:30 - 6:30 pm
RBCLINIC

RACQUETBALL MIXER

FREE! Come out for an evening of great exercise and social interaction with other players. All levels of players are welcome. A great way to meet other players and improve your game. A racquetball pro will be present to facilitate play. Offered September-March. No sign-up necessary, just drop in and play for all or just a portion of the time. Please meet on racquetball courts #1 - #5.

Thursday 5:30 - 7:00 pm

CHALLENGE LADDER

Participation in the Challenge Ladder is an excellent way to judge the improvement in your racquetball skills. Format: 2 games to 15. Tiebreaker to 11. If lower rung player wins the match, they move to the rung above the other player. If higher rung player wins the match, no change to ladder. League matches will automatically be incorporated into the Challenge Ladder. If playing a non-league match, you can only challenge players that are within 7 rungs of you on the ladder. See the Racquetball 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 Wendy Miller 287-9308 or email wmiller@rochesterathleticclub.com.

TOURNAMENTS AND SPECIAL EVENTS

1-Day Singles Tournament

A tournament for all Rochester and surrounding area players. Entries available December 1 at the racquetball bulletin board or contact Wendy Miller 287-9308 for an entry.

January 5, 2008

Rochester RAC N Roll Out (previously Rochester Pro-Am)

Singles, doubles and junior events. This tournament attracts top players in the Midwest. Interested players should note that there are a LIMITED number of entries for this weekend. Come out and enjoy racquetball at its best. Entries available December 1, 2007

RACQUETBALL

at the racquetball bulletin board or contact Wendy Miller 287-9308 for an entry.

January 25-27, 2008

Fran Davis Racquetball Camp

Fran Davis will be holding her racquetball camp here at the Rochester Athletic Club. For information contact her at 206-522-3726 or camps@frandavisracquetball.com. No traveling or hotel fees! Right here in Rochester!

February 29-March 2, 2008

CITY CHAMPIONSHIPS

Put your skills to the test against others players from the Rochester area in both singles & doubles events. Entries available January 21, 2008 at the racquetball bulletin board or contact Wendy Miller 287-9308 for an entry.

March 14 & 15, 2008

All Racquetball information will be posted on the racquetball bulletin board

JUNIOR RACQUETBALL

Session I – January 7 – February 17 (6 weeks)

Session II – February 18 – March 30 (6 weeks)

JUNIOR RACQUETBALL LESSONS & LEAGUES

Group Lessons

BEGINNER

This player is just starting to play racquetball or has had limited racquetball playing experience. Has also had 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
- Ratio 4:1
- Runs for 6 weeks.

Fee: \$30

RJBEG

Saturday 10:00 - 11:00 am

Tuesday 5:00 - 6:00 pm

LEAGUES

Junior Multi-bounce League

Multi-bounce league for junior players that is staffed by a Racquetball Professional. Play may progress from multi-bounce to single bounce during the league if skill levels warrant. Prerequisite: completion of Junior group lessons OR approval from Racquetball Professional based on an individual on-court assessment of participants knowledge of fundamentals and rules before signing up for league. Please meet on racquetball Court #1 for the league.

- 8-12 year olds
- Maximum: 6
- Minimum: 4

Fee: \$15

RBJRLG

Saturday 9:00 - 10:00 am

Junior Single-bounce League

A league for junior players who are ready to play regular racquetball. This is a supervised league where the Racquetball Professional will facilitate play, offer playing tips between games, and be available to answer questions. Please meet on racquetball Court #1 for the league.

- 8-12 year olds
- Maximum: 6
- Minimum: 4

Fee: \$15

RBJADVLG

Saturday 9:00 - 10:00 am

SQUASH

ADULT SQUASH

- Squash Rules are located at the Activities Desk.

SQUASH E-MAIL LIST

Player interested in being added to a squash e-mail list please stop by the activities desk and sign up or call 287-9300.

CHALLENGE COURT

Come and play other members in a softball mixer. A great way to meet new players and learn too! FREE

- **Monday A level players 7:00 - 9:00 pm**
- **Wednesday B level players 7:00 - 9:00 pm**

SWIMMING

JUNIOR SWIMMING

All swimming classes will begin January 7, Winter I and March 3, Winter II (No classes the week of March 31). Classes are for eight weeks. There will be no Spring group Swimming Lessons. Private lessons available on request. The Activities Director reserves the right to cancel or shorten the class if insufficient numbers enroll.

Parent/Child (0-2 Years of Age)

This 8-week 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

Fee: \$58

SWPC

Tuesday	12:00 Noon - 12:30 pm
Thursday	6:05 - 6:35 pm
Saturday	10:30 - 11:00 am

Floating Fish (3-4 Years of Age)

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

Fee: \$58

FF

Monday	11:40 am - 12:10 pm
Tuesday	10:50 - 11:20 am
Tuesday	6:05 - 6:35 pm
Wednesday	11:05 - 11:35 am
Saturday	11:05 - 11:35 am

Gliding Guppies (4-5 Years of Age)

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

Skills will be assisted by the instructor and include:

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

Fee: \$58

GG

Monday	11:05 - 11:35 am
Tuesday	11:25 - 11:55 am
Tuesday	6:40 - 7:10 pm
Wednesday	11:40 - 12:10 pm
Thursday	5:30 - 6:00 pm
Saturday	10:30 - 11:00 am

Mighty Minnows (3-5 Years of Age)

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

Fee: \$58

MM

Monday	10:30 - 11:00 am
Tuesday	10:15 - 10:45 am
Tuesday	6:05 - 6:35 pm
Wednesday	10:30 - 11:00 am
Thursday	5:30 - 6:00 pm
Saturday	11:05 - 11:35 am

SWIMMING LESSONS (AGES 6 AND UP)

We are excited to offer the Red Cross Learn - to - Swim Program. All swim instructors are certified Water Safety Instructors with the American Red Cross. Please read the descriptions carefully to ensure your child is placed in the correct level. 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.

- *All classes begin the week of January 7 and March 3 and run eight weeks in length.*
- *No Classes the week of March 31.*
- *No Spring Session swimming classes.*
- *A portion of time during this session will be dedicated to safety issues and skills.*
- *The following classes are 45 minutes in length*
- *The Activities Director reserves the right to cancel or shorten the class if insufficient numbers enroll.*

SWIMMING

Level 1 – Introduction to Water Skills

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

- Enter, unassisted, move 5 yards, bob 5 times to chin level, and safely exit the water
- Float on front with support for 3 seconds, roll to back, float on back with support for 3 seconds.

Fee: \$64

SWL1

Tuesday 6:40 - 7:25 pm

Wednesday 12:15 - 1:00 pm

Saturday 9:40 - 10:25 am

Level 2 – Fundamental Aquatic Skills

Purpose: To give the student success with fundamental skills. Plan on repeating this level 1-2 times before advancement. Exit skills include:

- Step from the side into chest-deep water, move into a front float for 5 seconds, roll over to a back float for 5 seconds, then return to a standing position.
- Push off and swim on the front using a combination of arm and leg actions for 5 yards; push and swim on back using a combination of arm and leg actions for 5 yards.

Fee: \$64

SWL2

Tuesday 5:15 - 6:00 pm

Thursday 6:40 - 7:25 pm

Saturday 9:40 - 10:25 am

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 yards with face in the water using a rhythmic breathing pattern, maintain a floating or treading position for 30 seconds, and swim back crawl for 15 yards.

Fee: \$64

SWL3

Tuesday 5:15 - 6:00 pm

Thursday 6:05 - 6:50 pm

Saturday 11:40 - 12:25 pm

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:

- Perform a feet-first entry into water, swim front crawl for 25 meters, maintain position on back for 1 minute, and swim back crawl for 25 meters.

Fee: \$64

SWL4

Tuesday 7:15 - 8:00 pm

Thursday 6:55 - 7:40 pm

Saturday 11:40 - 12:25 pm

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, maintain position on back for 2 minutes, and swim elementary backstroke for 25 yards.
- Swim breaststroke for 25 meters, tread water for 2 minutes, swim back crawl for 50 meters.

Fee: \$64

SWL5

Tuesday 7:30 - 8:15 pm

Saturday 12:30 - 1:15 pm

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 the strokes in the following order: front crawl 100 meters, back crawl 100 meters, breaststroke 50 meters, elementary backstroke 50 meters, sidestroke 50 meters, butterfly 50 meters, and choice of stroke(s) 100 meters.

Fee: \$64

SWL6

Thursday 7:45 - 8:30 pm

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)

Fee: \$72

BLG

Saturday 12:30 - 1:15 pm

WATER SAFETY INSTRUCTOR AID

Purpose: To offer 11-15 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. Pre-requisite: Completion of LEVEL 5 and at least 11 years old.

Fee: \$25 for participant's book

WSIA

Call Activities Director for more information – 287-9314

SWIMMING

JAN LARSON PRIVATE SWIMMING LESSONS

- No Winter Lessons
 - Lessons begin in Spring
 - First come, First Serve Basis
 - Call 287-9335 Ext. 390 for reservations
 - Registration for Spring begins March 10 at 5:30 am
- 1/2 Hour Private \$23
1/2 Hour Semi-Private \$29
- **Cancellation Policy: No-shows & cancellations will be charged for 1/2 the price of the lesson****

PRIVATE LESSONS

Private swimming instruction can be arranged with a certified Water Safety Instructor for both children and adults. All lessons are based on \$42/hour or \$21/half hour. Semi-private lessons are also available at a rate of \$25/half hour for 2 individuals. For more information call Whitney Benedetti at 287-9314.

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

ADULT SWIMMING

NEW!!! 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, 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.

- Classes run for eight weeks, no classes the week March 31st, Spring Break.
- Fins are recommended
- Enrollment in class includes drop-in triathlon on Saturdays at 6:00 pm for FREE

Fee: \$75 Max of 6 participants **TSC**

Monday 7:00 - 8:30 pm

Wednesday 7:00 - 8:30 pm

Saturday 6:00 - 8:00 pm

(drop-in. Only for participants in either class)

LAP SWIM

Adult lap swim is available at all times in the lap pool. A five lane, 25-meter indoor pool is available. 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 swimming lessons.**

ADULT SWIM LESSONS

Never mastered the basic strokes? Now is the opportunity to increase your swimming skills whether you are a beginner or advanced swimmer. The course will cater to your needs as a swimmer. Meets for 8 - 45 minute classes. Begins the weeks of January 7 and March 3.

Fee: \$64

SWAL

Tuesday 8:05 - 8:50 pm

POOL SCHEDULE

Family Swim Times

Mondays	6:30 - 8:30 pm
Wednesdays	6:30 - 8:30 pm
Fridays	6:30 - 8:30 pm
Saturdays	1:30 - 4:30 pm
Sundays	1:30 - 4:30 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 and older may be dropped off and checked-in at the pool area during these times. Children 6 years and younger have to remain with their parent at ALL times.

SWIM LEVEL TESTING

If you are new to the RAC or new to RAC Swimming Lessons, this would be an efficient way to determine the most appropriate level for your child. Please consider calling the Activities Director to set up a time for a FREE ten-minute, one-on-one testing session.

- Free
- Call Whitney Benedetti at 287-9314

TAEKWONDO

Adult Taekwondo

Become part of the world's largest centrally organized martial arts program and catch the excitement of Songahm Taekwondo. You'll push yourself to new limits learning kicking, striking, and blocking techniques. Gain power, quickness, endurance, self-defense, self-discipline, self-confidence, and a sound mind. Classes are supervised by Dr. Michael J. Ackerman, a 5th degree black belt and nationally certified instructor of the American Taekwondo Association. Mike was named the Regional Instructor of the Year for Minnesota, Iowa, North Dakota and South Dakota in 1987, 1988, and 1989. His club was named the ATA's National Club of the Year in 1990 and 1992, and was named the 2000 "International Club of the Year"!

Classes begin:

Winter Session 1 - Wednesday, January 9th, 2008

Testing Date - Wednesday, March 5, 2008

Winter Session 2 - Wednesday, March 19, 2008

Testing Date - Wednesday, May 21st, 2008

New beginners - age 11 and older.

Fee:

			ATKD
1st Family Mbr.	\$65	6:00 - 7:00 pm	Black belt (high rank)
2nd Family Mbr.	\$35	7:00 - 7:45 pm	New Beginners /White/Orange/Yellow
3rd Family Mbr.	\$20	7:45 - 8:30 pm	Camouflage/Green/Purple through New Black
4th plus Family Mbr.	\$15 each	8:30 - 9:15 pm	Trainee Instructors

NOTE: Sign up is for NEW BEGINNERS ONLY.
Current participants are automatically signed up for the next session.

Youth Taekwondo

Become part of the world's largest centrally organized martial arts program and catch the excitement of Songahm Taekwondo. You'll push yourself to new limits learning kicking, striking, and blocking techniques. Gain power, quickness, endurance, self-defense, self-discipline, self-confidence, and a sound mind. Classes are taught by Dr. Michael J. Ackerman, a 5th degree black belt and nationally certified instructor of the American Taekwondo Association. Mike has been named the Regional Instructor of the Year for Minnesota, Iowa, North Dakota, and South Dakota in 1987, 1988, and 1989. His club was named the ATA's National Club of the Year in 1990 and 1992, and the 2000 "International Club of the Year"!

TaeKwonDo - Class is open to new beginners age 5 to 10.

**Children 11 and older may join adult program

Winter Session 1 - Monday, January 7, 2008

Testing date - Monday, March 3, 2008

Winter Session 2 - Monday, March 17, 2008

Testing Date - Monday, May 19, 2008

Limit: 20

Fee:

RAC Member

YTKD

1st Family Member	\$65	5:30 - 6:15 pm	New Beginners /continuing White
2nd Family Member	\$35	6:15 - 7:00 pm	Orange/Yellow/Camouflage
3rd Family Member	\$20	7:00 - 7:45 pm	Green/Purple/Blue/Brown/Red
4th plus Family Member	\$15 each	7:45 - 8:30 pm	Recommended Black/Black

NOTE: Sign up is for NEW BEGINNERS ONLY.
Current participants are automatically signed up for the next session.

EVENTS FOR KIDS

EVENTS FOR KIDS

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

KIDS CLUB HOLIDAY SHOPPING NIGHT

Need to get some shopping done for the Holidays? Drop your children off at Kids Club for a Great Holiday shopping night! We will have special crafts, movie, snacks, and lots of fun!! **We will have three dates to choose from so you can sign up for one or all three nights.** Please sign up at the Activities Desk or call 287-9300. Any questions, please call Jodi Hass at 287-9335, ext. 377.

Ages 6 mo. - 6 years old Cell number needed.

Fee: \$9/child/night

Fridays

December 7 6:30 - 9:30 pm KCS

December 14

New-Saturday

December 15 5:30 - 8:30 pm KCS

NEIGHBORHOOD SHOPPING NIGHT

To correspond with Kids Club, we too, are offering to supervise your children ages 7-12 while you get last minute things done for the holidays. We will have special crafts, movie, snacks, and lots of fun! Meet in The Neighborhood. Any questions, please call Anna Stroud at 287-9307.

You must sign up for each night individually.

Ages 7-12

Fee: \$8/child/night Non-mbrs: \$11/child/night

Fridays

December 7 6:30 - 9:30 pm NSN

December 14

New-Saturday

December 15 5:30 - 8:30 pm NSN

BREAKFAST WITH SANTA

It is time for the Rochester Athletic Club's Annual Breakfast with Santa! Join us for a morning of fun with Santa. We will have a breakfast buffet, activities, and a special picture of your child with Santa Claus. Remember to bring Grandmas and Grandpas! This event is geared toward ages 2-6, but all ages are welcome. Ages 2 and up will be charged. This is a Parent/Child event. Sign up at the Activities Desk or call 287-9300. **To guarantee special seating arrangements please contact Jodi Hass by December 3!!**

Any questions, please call Jodi at 287-9335, ext. 377.

December 8

SANTA

Fee: \$8/Adult

\$8/Child (activities included)

Three seatings:

9:00 - 10:30 am

9:45 - 11:15 am

10:15 - 11:45 am

KIDS CLUB DATE NIGHT

Need a night out? Drop your children off at Kids Club for a Date Night. We will have crafts, movie, and snacks provided. Any questions please contact Jodi Hass at 287-9335, ext. 377.

Ages 6 months-6 years old.

Cell number needed

Fee: \$9/child/night

Fridays 6:30 - 9:30 pm

KCD

Winter I Session:

January 11

January 18

February 8

Winter II Session:

February 22

March 7

March 14

**Drop off and Pick up at Kids Club*

NEIGHBORHOOD DATE NIGHT

If the younger children are going to Kids Club Date Night, then bring the older children to The Neighborhood Date Night. The kids will participate in organized games. We will also have a craft, movie, and snacks provided. Any questions, please contact Anna Stroud at 287-9307. You must sign up for each night individually.

Ages 7-12 only.

Fee: \$8/child/night Non-mbrs: \$11/child/night

Fridays 6:30 - 9:30 pm

NDN

Winter I Session:

January 11: Swim Time. Come with your suits on.

January 18: Sports Theme. Wear your favorite jersey.

February 8: Valentines Theme. Wear red or pink

Winter II Session:

February 22: Swim Time. Come with your suits on.

March 7: Swim Time. Come with your suits on.

March 14: St. Patrick's Theme. Come dressed in green.

**Drop off and pick up in The Neighborhood.*

FATHER/DAUGHTER VALENTINE DANCE

Would you like a special night out with your little girl? We have a Valentine Dance for you! The evening will be full of fun dancing, light refreshments, and a

EVENTS FOR KIDS

Father/Daughter picture to treasure together. Semi-formal attire (coat and tie for dads and dresses for daughters) is recommended. The Father/Daughter Dance is open to all RAC fathers (and father figures) and daughters of all ages. Sign up at the Activities Desk or call 287-9300. Any questions, please contact Jodi Hass at 287-9335, ext. 377.

Professional Photographer coming to take photos!!
Fee: \$10/person **FDDANCE**
Saturday, February 9 7:00 - 9:00 pm

YOUTH PING PONG TOURNAMENT

Test your eye-hand coordination in The Neighborhood Ping Pong Tournament. This is a non-sanctioned tournament meant for a friendly game. Rules will be gone over at the start of the tournament. There will be a first place prize. First place will receive team picture hung in The Neighborhood. Second place will also receive a prize. Singles only, no doubles. It will not be a single elimination tournament. We will provide paddles, however they are not padded. You may bring your own.

Ages 7-13
Fee: \$8/child Non-mbrs: \$11/child **PPT**
Saturday, January 19 3:00 pm

End time dependant upon number of entries.
Please only sign up for one level appropriate to your skill level.

- I. Beginner Level
- II. Intermediate Level
- III. Advanced Level

****Registration Deadline: Wednesday, January 16 at 7:00 pm.**

Meets in Neighborhood.

YOUTH DODGEBALL TOURNAMENT

This popular game has taken over the Neighborhood gyms. Kids! Start practicing your throws for The Neighborhood Dodgeball Tournament. This is a non-sanctioned tournament meant for a friendly game. Rules will be gone over at the start of the tournament. There will be 2 referees per game. There will be a first place prize and trophy. First place will receive team picture hung in The Neighborhood. Second place will also receive a prize. You can form your own team or sign up individually. Get into the Dodgeball state of mind by making your own team names and T-shirts for the big day. Team names will be monitored. There are twelve players on a court (6 on each team). Your team may have up to 4 substitutes only. The amount of games played will be dependant upon the number of entries. It

will not be single elimination. Questions, call Anna Stroud at 287-9307. Pick up a registration form at the Activities Desk or call Anna and she can send/fax/email you a form.

Ages: 7-12 **DODGE**
Fee: Mbrs: \$50/team or \$8/person
Non-mbrs: \$70/team or \$12/person
Member/Non-member combination team: \$60/team
Saturday, February 2 3:00 pm

End time dependant upon number of entries.
****Registration Deadline: Wednesday, January 30 at 7:00 pm.**

Meets in Neighborhood.

YOUTH NIGHT

The RAC will be giving kids ages 7-12 an opportunity to have some fun without parents. We will hold a Youth Night at The Neighborhood with swimming, games, movie, and Neighborhood play. At 9:00 pm, pizza and soda will be served. A movie will be shown in The Neighborhood gym on our 120" diagonal screen with Dolby Surround Sound. Fun, organized games and activities will be played in the pool and The Neighborhood. If you have questions, contact Anna Stroud at 287-9307.

****Kids should come with suits on underneath clothes. They should also bring clothes to change into after swimming****

Saturday, February 23 7:00 - 10:30 pm YN
Fee: \$12/child Non-mbrs: \$16/child
Drop off and pick up in Neighborhood.

DANCE DANCE REVOLUTION BIG SCREEN TOURNAMENT

Do you have the skills and the moves? The time has come for you to take the skills and dance moves and...COMPETE. The Neighborhood will be hosting a DDR tournament with the championship on our 120" diagonal screen with Dolby Surround Sound. First and second place prize for each level. First place will receive picture hung in The Neighborhood. It will not be a single elimination tournament. For ages up to 17 years old. Scoring will be based on letter grade and the number of points. Please choose only one level that best suits your skill level.

Saturday, March 1 Starts at 3:00 pm.
End time dependant on number of entries.

EVENTS FOR KIDS

****Registration Deadline: Wednesday, February 29 at 7:00**

pm.

Fee: \$8/child

Non-mbrs: \$11/child

I. Light Level

DDRT

II. Standard Level

III. Heavy Level

*Meets in Neighborhood.

PIRATE PARTY

Calling all Pirates!! Come for a morning of treasure hunting and other fun Activities. Wear your Pirate outfit or special Pirate shirt. Snack provided. This is a Parent/Child event. Any questions, please contact Jodi Hass at 287-9335, ext. 377.

Saturday January 19

10:00-11:30am

\$9/child

PPAR

Meet in the Multipurpose Room

LITTLE LEPRECHAUN PARTY

Calling all Leprechauns! Come for a morning of crafts, activities, and fun! Maybe even hunt for a Leprechaun. Wear your best green shirt or dress in green head to toe! This is a Parent/Child event. Any questions, please contact Jodi Hass at 287-9335, ext. 377.

Saturday March 16

10:00-11:30am

\$9/child

LLP

Meet in the Multipurpose Room

BIRTHDAY PARTIES

Let us do the entertaining for your child's next birthday party. You can sit back and relax while the children run, jump, swim, dance, or play a sport. Choose from a Neighborhood, gym, pool, craft, or hip hop dance party with your child's favorite music. The activity offered may last 45 minutes to 1 hour followed by time on The Neighborhood picnic tables for dinner and/or cake and opening presents. Birthday child receives a RAC logo t-shirt. **Birthday child must be a member.** Check out our website www.rochesterathleticclub.com, or pick up information at the Neighborhood Desk, Front Desk, Activities Desk, or Kids Club today! Call Tasha McWilliams, 287-9335, ext. 378, for reservations or questions.

OVERNIGHTS

We have the facility, now you give us the group. The RAC will be happy to host your large event for an overnight. The club will be 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 Anna Stroud at 287-9307 with questions for using the Club overnight. Contact Whitney Benedetti at 287-9314 with questions concerning field trips and day activities in the Club.

KIDS SPORTS & FITNESS

KIDS SPORTS AND FITNESS CLASSES

Winter I is a 6-week session beginning January 7.

Winter II is a 6-week session beginning February 18.

GIRLS CLUB

Every girl age 6-9 should be a part of Girls Club. Each week a new sport or game is introduced/played. Girls Club also includes discussion time, which is a 15 minute session talking about topics relevant to girls this age. This is a great class to meet new friends and bond with girls your own age.

- Dodgeball
- Tennis
- Hockey
- Basketball
- Soccer
- Meet in the Neighborhood

Fee: FREE

GC

Maximum: 20 girls/class

Friday 4:30 - 5:15pm

BOYS CLUB

Every boy age 6 - 9 should be a part of Boys Club. Each week a new sport or game is introduced/played. This is also a great class to meet new friends!

- Dodgeball
- Tennis
- Basketball
- Hockey
- Soccer
- Meet in the Neighborhood

Fee: FREE

BC

Maximum: 20 boys/class

Friday 5:15 - 6:00pm

KIDS SPORTS & FITNESS

GET KICKIN IT

Have you always wanted to learn a few soccer skills but never seem to find the time? Now is your chance. You can spend quality time with your child and learn how to play soccer. This class is for the parent and child to participate together. This way you can practice at home together. Get Kickin It is a class for 2 and 3 year olds wishing to begin learning the basic skills required for soccer, the most popular sport in the world. General coordination and beginning teamwork skills will be stressed in a fun and safe setting with mom or dad. The focus will be on fun games taught in a non-competitive manner.

- Meet in Gym 2

Fee: \$30/parent and Child

Monday 10:00 - 10:30 am **GKI**

TINY SOCCER

This class is designed for independent development of soccer skills and is not a parent child class. This program emphasizes the basic soccer skills: dribbling, shooting, and passing. The goal is to have each player feel more comfortable and confident with the soccer ball while building coordination and balance. Sessions will consist of skill drills followed by plenty of game time. This allows the young soccer player to use their new skills in game situations.

- Ages: 3-4
- Skill drills
- Game time
- FUN!
- Class Limit 10
- Meet in Gym 2

Fee: \$35

Monday 10:30 - 11:00 am

Wednesday 1:45 - 2:15 pm

TS

SOCCER

This class helps the beginning soccer player master basic skills: dribbling, trapping, shooting, and passing. Each player will gain confidence and competence with the soccer ball and interaction with other players. Through play and cooperation valuable teamwork skills will be developed. Sessions will consist of drills followed by game time, allowing the young soccer player to utilize their new skills in a game situation.

- Ages: 5-6
- Skill drills
- Game time
- FUN!

- Class Limit 10
- Meet in Gym 2

Fee: \$40

Monday 9:15 - 10:00 am

Wednesday 1:00 - 1:45 pm

SO

YOUTH BASKETBALL

- Basketball Instruction
- Skill Drills
- Sportsmanship
- Games
- FUN!

- Class Limit: 15

- Meet in Gym 2

Fee: \$40

Ages 7-10 **Wednesday 5:30 - 6:15 pm**

BB

TINY HITTERS (SOFTBALL OR BASEBALL)

- Ages 5 - 6 years old
- Mechanics of hitting
- Cuts off ball tee/pitcher
- Skill drills
- FUN!
- Class Limit: 4
- Meet in Batting Cages

Fee: \$40

Wednesday 4:30 - 5:00 pm

Friday 4:00 - 4:30 pm

Tuesday 5:30 - 6:00 pm

Wednesday 5:00 - 5:30 pm

TH

YOUNG HITTERS 1, 2, AND 3 (SOFTBALL OR BASEBALL)

- Mechanics of hitting
- Cuts off ball machine/pitcher
- Skill drills
- FUN!
- Class Limit: 4
- Meet in Batting Cages

Fee: \$40

Ages 7-9

Wednesday 5:30 - 6:00 pm (Softball)

Friday 4:30 - 5:00 pm (Baseball)

Ages 10-12

Wednesday 6:00 - 6:30 pm (Softball)

Friday 5:00 - 5:30 pm (Baseball)

Ages 13 & up

Wednesday 6:30 - 7:00 pm (Softball)

Friday 5:30 - 6:00 pm (Baseball)

YH1

YH2

YH3

KIDS SPORTS & FITNESS

YOUNG PITCHERS 1 AND 2 (SOFTBALL OR BASEBALL)

This class will cover all of the fundamental skills of pitching. The course will begin with the basic instruction on fundamentally sound motion and will include everything from warm-ups to the key components of the delivery (balance, direction, and timing). The course is intended to not only educate 1st time pitchers, but also enhance the techniques of experienced pitchers.

- Class limit: 4
- Meet in Batting Cages

Fee: \$40

Ages 8-12

Wednesday 7:00 - 7:30 pm (Softball) YP1

Friday 6:00 - 6:30 pm

Friday 6:30 - 7:00 pm

Ages 13 & up

Wednesday 7:30 - 8:00 pm (Softball) YP2

HOCKEY

This class will cover the fundamental skills of puck and stick handling, shooting, passing, as well as teamwork.

- Class meets in Neighborhood in hockey area

Fee: \$35

Ages 3-4

Tuesday 11:30 - 12:00 Noon HOC34

Tuesday 5:00 - 5:30 pm

For beginners ages 5-8

Tuesday 5:30 - 6:00 pm HOC58 B

For intermediate players ages 5-8

Tuesday 6:00 - 6:30 pm HOC58 I

Now a class just for girls

Tuesday 6:30 - 7:00 pm HOC58 G

HOME SCHOOL PHYSICAL EDUCATION

The Rochester Athletic Club is offering physical education classes for home schoolers. The classes are open to RAC members and non-members. Non-members must pay in advance. All classes are taught by a RAC qualified instructor. Classes are 55 minutes on Fridays for 5 weeks for Winter 1 and 6 weeks for Winter 2. Please stop by or call the Activities Desk at 287-9300 to register. **There will be no classes if Rochester Public Schools are off. Class meets in Gym 3.

- Group Play **Winter 1 Dates:**
- Teamwork January 11, 18,

- Sportsmanship February 1, 8, 15
- Fitness **Winter 2 Dates:**
- Gross and February 22, 29,
- Fine Motor patterns March 7, 14, 21, 28

Fees: HSPE

Winter 1: Mbrs: \$30/child Non-mbrs: \$35/child

Winter 2: Mbrs: \$33/child Non-mbrs: \$40/child

GRADES:	TIME:
K-3	12:30-1:25 pm
4-6	1:30-2:25 pm
7-10	2:30-3:25 pm

PRIVATE SPORT INSTRUCTIONS

Private, 1:1 or group skill lessons are available. These sessions develop specific skills needed to compete successfully. Fee: \$25/1/2 hour.

For more information contact Whitney Benedetti at 287-9314.

ROMP AND ROLL

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. This class is designed for parent/child participation. A snack is included in this class.

- Getting into a Circle
- Balance
- Up and down, in and out
- Picking up
- Taking turns
- Classes meet in the Front Studio

Fee: \$41

RR

Tuesday 9:30 - 10:15 am

Wednesday 9:30 - 10:15 am

ROMP-N-ROLL II

Romp-N-Roll II is a class we offer for 2 year old participants only. Attendance in one Romp-N-Roll session prior to attending Romp-N-Roll II is recommended, but not required. This class will be similar to Romp-N-Roll, but the activities and the class structure will move more quickly. This class is designed for parent/child participation.

- Age 2
- Classes meet in Front Studio

Fee: \$40

RR2

KIDS SPORTS & FITNESS

Tuesday 10:30 - 11:15 am

Wednesday 10:30 - 11:15 am

TODDLER GYMBERCISE

This exciting class 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. Toddler GyMBERCISE is a gym class for ages 3-4. Snack included. Parent must remain in the club.

- Songs
- Ages 3-4
- Obstacle Courses
- Motor Skill Activities
- Snack included
- Class meets in Gym 2

Fee: \$40

TGYM

Tuesday 9:30 - 10:15 am

Wednesday 10:30 - 11:15 am

KIDS IN ACTION

This exciting class is for little active boys AND girls ready to burn off some energy! Sport activities such as soccer, tennis, T-ball, volleyball, racquetball, hockey, and much, much, MUCH MORE will be included in our exciting class. **A RAC team jersey T-shirt will be given to each child who is a "KID IN ACTION"**. Please wear your team jersey to every class as we participate in all different sports as a team. A snack is included in this class.

- Ages 4-6
- Snack included
- T-shirt included
- FUN!
- Class meets in Gym 2

Fee: \$45

KIA

Tuesday 10:30 - 11:15 am

Wednesday 9:30 - 10:15 am

Thursday 9:30 - 10:15 am

Thursday 1:00 - 1:45 pm

COMPETITIVE YOUTH ACTIVITIES

COMPETITIVE EDGE TRAINING (C.E.T.)

C.E.T. is serious training for serious athletes incorporating the latest in training techniques to bring about desired results. The program is directed by Wes Emmert, RAC Fitness Director, a graduate of Michigan State University who did his graduate work in exercise science at the University of Nebraska. Emmert was the head strength and conditioning coach for Boston College from 1981 to 1993. He is a certified strength and conditioning specialist (National Strength and Conditioning Association) and a certified athletic trainer (National Athletic Trainers Association).

SPORT SPECIFIC STRENGTH TRAINING

Take the first step in getting to the next level of your athletic career. Programs will be designed specific to your sport. To develop speed and reduce injuries, the athlete must have a strength foundation. This class teaches proper technique and programming. This is an ideal class for pre-season conditioning for spring sports.

Fee: \$95

CETSSSC

- Ages 13-18

- Class Limit: 15
- Winter I begins Jan. 8 six week session
- Winter II begins Feb. 19 six week session

Tuesday/Thursday 4:00 - 5:30pm

Meet in front of the Activities Desk

SPEED, AGILITY, AND QUICKNESS TRAINING

SAQ training is the perfect compliment to Sport Specific Strength Training. The class is designed to help athletes improve their sprint speed, lateral quickness, vertical jump, reaction, and change of direction. This is an ideal class for pre-season conditioning for spring sports.

Fee: \$80

CETSAQ

- Ages: 12 - 18

- Class Limit: 30

- Winter I begins Jan. 7 six week session

- Winter II begins Feb. 18 six week session

Monday/Wednesday 4:00 - 5:00 pm

Meet in front of the Activities Desk

SPRINT TRAINING

Sprint training will utilize the latest techniques to improve sprint speed in athletes. The training is

COMPETITIVE YOUTH ACTIVITIES

designed to concentrate solely on sprint technique and conditioning. This is a great class for those athletes competing in spring track in the middle distance and sprint events.

- Winter I begins Jan. 11 - six week session
- Winter II begins Feb. 22 - six week session
- Ages: 12 - 18
- Class Limit: 30

Fee: \$45

SPRINT

Friday 4:00 - 5:00 pm

Meet in front of the Activities Desk

Note: If an athlete is signed up for the SAQ class (Mon and Wed) they can participate on either a Monday OR Wednesday and Friday. There is no additional charge. Sign up for SAQ on Monday/Wednesday and Friday Sprint training and pay \$110 for three days of training (a \$15 savings).

SPORT SPECIFIC PERSONAL TRAINING

Athletes can choose from several certified strength and conditioning specialists available to train in a one on one setting. Athletes will get individualized coaching in the critical areas of strength, conditioning, and agility. Personal programs will be devised specific to the athletes' sport needs. This service is available to all members 13 years of age or older. This service is deal for young athletes just starting out or adult athletes that need that extra coaching to get them to the next level. For a free consultation, contact Wes Emmert, Fitness Director at 287-9312.

One hour session: \$53

45 minute session: \$43

30 minute session: \$33

KIDS DANCE AND TUMBLING

KIDS DANCE AND TUMBLING

The RAC Dance and Tumbling Staff is excited and proud of our growing program, and believe that we offer an excellent program to provide a very positive learning experience for your child(ren). Our goal is to introduce and develop early dance styles/skills and tumbling skills while maintaining a high level of fun and enthusiasm! The Activities Director reserves the right to cancel or shorten any classes due to low enrollment. **(Minimum age restrictions will be enforced for the safety of all students.)**

INTRO TO DANCE

For the 3-5 year old, we have combined the Ballet and Character Dance classes into a single class entitled Intro to Dance. 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. Classes begin the week of January 7 and run for sixteen weeks.

- Age 3-5
- Classes meet in the Front Studio

- Recital - April 26

Fee: \$90 Non-mbrs: \$100

ITD

Monday 9:45 - 10:15 am

Thursday 10:30 - 11:00 am

CHARACTER DANCE

Character Dance is a creative dance class based on different themes, novelties and props. Character routines in the past include "Splish Splash", "Peppermint Twist", "Martian Hop" and many selections from all the Disney favorites! Classes begin the week of January 7 and run for sixteen weeks.

- Ages 4-6
- Classes meet in the Front Studio
- Recital - April 26

Fee: \$90 Non-mbrs: \$100

CD

Wednesday 4:30 - 5:00 pm

Thursday 11:40 am - 12:10 pm

BALLET

Experience the grace and beauty of ballet through RAC's Ballet Dance Program. RAC's ballet classes will cover ballet positions, posture, technique, turns, leaps, barre work and choreographed ballet routines. Our program promotes the attitude of fun and positive reinforcement during this introductory experience with ballet. Classes begin the week of January 7

KIDS DANCE AND TUMBLING

and run for sixteen weeks.

- Ages 4-5
- Class meets in the Front Studio
- Recital – April 26

Fee: \$90 Non-mbrs: \$100
Monday 10:20 - 10:50 pm
Thursday 11:05 - 11:35 am

BALLET 1

- Ages 6-9
- Class meets in the Front Studio
- Recital – April 26

Fee: \$90 Non-mbrs: \$100
Thursday 7:10 - 7:40 pm

BALLET 2

HIP HOP/FUNK AND JAZZ

Dance continues to keep our young generation movin' and groovin' with moves that pop artists have made popular. Classes cover warm-ups, skills and choreographed routines performed with the hip-hop style and "attitude"! Classes begin the week of January 7 and run for sixteen weeks.

- Ages 6-10
- Class meets in the Front Studio
- Recital – April 26

Fee: \$90 Non-mbrs: \$100
Tuesday 7:30 - 8:00 pm

HHJ

- Same class just for boys!!!
- Ages 6-10
- Class meets in the Front Studio
- Recital – April 26

Fee: \$90 Non-mbrs: \$100
Tuesday 6:00 - 6:30 pm

BHH

TAP

We are excited to offer tap classes once again at the RAC. Whether you've danced in the past or never tried it, tap is a great way to learn basic combinations and burn off extra energy. Class will cover warm up, basic steps in combination and a choreographed routine. Classes begin the week of January 7 and run for sixteen weeks.

TAP 1 is for beginning students.

- Ages 4-5
- Classes meet in the Front Studio
- Recital – April 26

Fee: \$90 Non-mbrs: \$100
Monday 4:00 - 4:30 pm

TAP 1

Tuesday 4:00 - 4:30 pm

TAP 2 is for beginning students

- Ages 6-9
- Classes meet in the Front Studio
- Recital – April 26

Fee: \$90 Non-mbrs: \$100

TAP 2

Monday 4:30 - 5:00 pm

Tuesday 4:30 - 5:00 pm

DANCE & TUMBLING CLASS

The success and interest in our Dance & Tumbling classes continues to grow! This class accommodates those children who love BOTH dancing and tumbling. Class will include warm up, dance skills (utilizing a variety of dance styles), tumbling skills and a choreographed routine. Classes begin the week of January 7 and run for sixteen weeks.

- Ages 4-6
- Classes meet in Front Studio
- Recital – April 26

Fee: \$90 Non-mbrs: \$100

DAT

Tuesday 1:00 - 1:30 pm

1:35 - 2:20 pm

Wednesday 5:05 - 5:50 pm

TUMBLING KIDS

This is a great class to introduce your child to the fun and exciting sport of gymnastics. Your child will have fun using his/her energy to develop strength, coordination, and balance. Classes will focus on tumbling skills using the mats, springboards, beam, bar and other equipment. It will also focus on large muscle activities and movement, self-esteem building, music movement and a variety of gymnastic/tumbling skills. Classes begin the week of January 7 and run for sixteen weeks. Age 3

- Classes meet in the Front Studio
- Recital – April 26

Fee: \$90 Non-mbrs: \$100

TK3

Monday 10:55 - 11:25 am

Tuesday 1:35 - 2:05 pm

Wednesday 6:30 - 7:00 pm

Thursday 6:00 - 6:30 pm

Ages 4-5

- Classes meet in the Front Studio
- Recital – April 26

Fee: \$90 Non-mbrs: \$100

TK45

Tuesday 2:25 - 2:55 pm

Wednesday 5:55 - 6:25 pm

KIDS DANCE AND TUMBLING

Ages 6-8

- Class meets in the Front Studio
- Recital – April 26

Fee: \$96 Non-mbrs: \$100

TK68

Tuesday 3:00 - 3:30 pm

Thursday 6:35 - 7:05 pm

REBEL XTREME

The RAC is now the new home of Rebel Xtreme, INC. Rebel Xtreme is made up of the National Ranked Rebel All-Star cheer team, a competitive dance team (the Rebel Dance Force) and exhibition tumbling groups (Rebel High Flyers). Rebel Xtreme is run by the National Champion coach Shauna Wood Holm. Combined with coaching staff from division 1 schools Rebel Xtreme has 16 years National Choreography experience, coached the 2005 UCA National Champion team, has the 2006 UCA 4th Place Rebel Senior Team and UPA 4th Place Mini Rebel Team in their program, and staff is UCA and UPA affiliated.

Rebel Xtreme is accepting New Team Members Now!

There are NO TRYOUTS for any of our teams.

Please call or stop by for more information about becoming a part of the fastest growing and most stable All-Star Teams and competitive dance teams in Minnesota.

Girls and boys of all skill levels needed. Cheerleading, dance and tumbling experience is not required. Call now to join one of the following teams:

Rebel Training Force: 4 year old - 6 year old

Exhibition Squad

Rebel Ground Force: 4 year old - 4th Grade

Competitive Cheer

Rebel Strike Force: 5th - 9th Grade Competitive Cheer

Rebel AirBorne: 12th Grade and under Competitive Cheer

Rebel Dance Force: 12th Grade and under Competitive Dance Team

Rebel High Flyers: 12th Grade and under Exhibition Tumbling Team

To get more information about becoming a part of Rebel Xtreme please call 507-254-4636 or visit www.rebelall-stars.com.

Rochester Athletic Club
3100 19th Street NW
Rochester, MN 55901

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