



Winter 2012 Schedule of Activities

**Winter Session I Sign-Up
Begins December 5**

**Winter Session II Sign-Up
Begins January 23**

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

AT A GLANCE

Winter Youth Activities (Listed by page#)

Racquet Sports

AGE	Junior Tennis	Junior Tennis	Ace Program	Racquetball	Romp & Roll	Toddler Gymnastics	Kids in Action	Boys Club	TaeKwonDo	Swimming Lessons	Home School PE	Youth Baseball	Youth Basketball	Youth Soccer	Competitive Edge Training
0										25					
1					33					25					
2					33					25				31	
3						34				25				31	
4	20					34	34			25				31	
5	20						34		38	25		32		32	
6	20						34	31	38	26	32	32		32	
7	20							31	38	26	32	32	32		
8		20						31	38	26	32	32	32		
9		20						31	38	27	32	32	32		35
10		20	22	24					38	27	32	32	32		35
11		20	22	24					38	27	32	32			35
12		20	22	24					38	27	32	32			35
13 & up		20-21	22						38	28	32				34-35

Kids Sports & Fitness

Winter Youth Activities Cont. (Listed by page#)

Events For Kids

AGE	Neighborhood Shopping Night	Kids Club Shopping Night	Neighborhood Date Night	Kids Club Date Night	Breakfast With Santa	Father Daughter Valentine Dance	Kids Pajama Party	Ice Cream Social	Intro to Dance	Character Dance	Ballet	Hip Hop, Funk and Jazz	Zumba	Dance & Tumbling Class	Tumbling Kids	Easter Bunny Party
0		29		29	29	30										
1		29		29	29	30										
2		29		29	29	30										
3		29		29	29	30	30		36						37	30
4		29		29	29	30	30		36	36	36	36		36	37	30
5		29		29	29	30	30	30	36	36	36	36		36	37	30
6		29		29	29	30	30	30		36	36	36		36	37	30
7	29		30		29	30	30	30								
8	29		30		29	30		30					37			
9	29		30		29	30		30					37			
10	29		30		29	30		30					37			
11	29		30		29	30		30					37			
12	29		30		29	30		30					37			
13 & up					29	30										

Dance & Tumbling

WINTER 2012 SCHEDULE OF ACTIVITIES

Session:	Classes Begin the Week of:	Sign-up Begins:
Winter I (6 weeks)	January 3	December 5
• Classes will begin Tuesday, January 3, Monday classes will run 5 weeks and will be pro-rated.		
Winter II (7 weeks)	February 13	January 23
*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 the appropriate dash of the member you wish to enroll.
2. The name, date and time 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. If you are registered for a one-time event, you must cancel 48 hours in advance or you will be billed in full.

Inclement Weather Policy

The Rochester Athletic Club will follow the lead of the Rochester Public School District when determining the cancellation of club activities. When school is canceled or closes early due to inclement weather, the RAC will not hold any fee based classes. Group exercise classes will be left up to the discretion of the instructor. If you have any questions, please call the Activities Desk at (507) 287-9300.

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	23	Events for Kids	29
Group Exercise	6	Squash	24	Kids Sports & Fitness	31
Pilates	9	Swimming	25	Competitive Youth Activities	34
Fitness/Healthy Lifestyles	11	Taekwondo	38	Kids Dance and Tumbling	36
Tennis	16				

DIRECT TELEPHONE NUMBERS

Front Desk	(507) 282-6000
Activities Desk	(507) 287-9300
Club Cafe and Deli	(507) 287-9333
Fitness Floor	(507) 287-9320
Kids Club	(507) 287-9324
The Neighborhood Desk	(507) 287-9321
Top RAC Sport Shop	(507) 287-9330
General Manager – Greg Lappin	(507) 287-9305
President – Matt Remick	(507) 287-9310
Activities Director – Whitney Benedetti	(507) 287-9314
Business Office	(507) 287-9315 or (507) 287-9316
Fitness Director – Wes Emmert	(507) 287-9312
Group Exercise Director – Jane Hein	(507) 287-9318
Tennis Director – Scott Boyer	(507) 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	5:00am - 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 under the *direct supervision* within arms reach 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, ellipticals and Expresso fitness bikes. Please write your start and finish times.
6. Strollers are not allowed on the track
7. 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 bassinet.
 - * 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.
8. Family track time is Saturday and Sunday 3:30 pm to close.
9. Children under the age of 13 may use the track during family track time under the **DIRECT SUPERVISION** of their parents. They must remain in lanes 1 and 2 at all times.
10. 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.
11. *All beverages must be contained in a sport bottle with a spill-proof top.*
12. New cardiovascular area is for members age 18 and older.
13. Cell phone use prohibited in the adult only CV area.

CLUB INFORMATION & GUIDELINES

THE NEIGHBORHOOD GUIDELINES

1. Children ages 7-12 may stay for a maximum time limit of 2.5 hours. 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 he/she may come into The Neighborhood. Once the child arrives into The Neighborhood, the child must alert a Ranger that he/she has arrived!

Neighborhood Staffed Hours (September - May)

The Neighborhood is open during Club hours. However, it is only staffed during these hours:

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

(Starting the weekend after Labor Day)

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

New Kids Club Drop off Service

Monday - Friday mornings

Hours of 8:30 am - 1:00 pm available (ending at 1:00 pm) \$6/child-Members only 2 1/2 hour stay

No sign up needed-Just drop them off and run errands, Go to appointment, or out for coffee!

Any questions please contact Jodi Hass at jhass@racmn.com or (507) 287-9335, ext. 377.

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 - 1:00 pm. Just show up ready to play. It is a pick-up game format. There is no fee for this activity. Open to high school graduates and older.

SATURDAY MORNING OPEN BASKETBALL

Saturday morning open basketball is available on Saturdays 8:00 am - 12:00 Noon. Just show up ready to play. It is a pick-up game format. There is no fee for this activity. Open to high school graduates and older.

MEN'S 45 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 at (507)-287-9300 for more information.

ADULT BADMINTON

Badminton Times

Gym court time is reserved for badminton during the following times.

Sunday 11:00 am - 1:00 pm

Sunday 7:00 - 9:00 pm

Tuesday 8:30 - 10:15 pm

Thursday 8:30 - 10:15 pm

More Information

Players interested in learning more about badminton or to join the e-mail list for badminton players at the RAC should contact Greg Leibfried, Badminton Coordinator, at (507) 287-9335, ext. 323.

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 (507) 287-9307 or astroud@racmn.com with questions for using the Club overnight. Contact Whitney Benedetti at (507) 287-9314 or wbenedetti@racmn.com with questions concerning field trips and day activities in the Club.

GROUP EXERCISE

GROUP EXERCISE CLASSES

Class schedules change seasonally. The Winter Group Exercise Schedule begins January 2, 2012. We offer a wide variety of classes including: Zumba, (including: Zumba Gold, Zumba Toning and Aqua Zumba), Step and High-Low Aerobics (Cardio Jam), Studio Cycling, Sculpting Classes (Bodysculpt and Cardiosculpt), Water Aerobics, Core Classes, Interval classes (Bring It Interval), Kickboxing (Kickin' It), and Yoga. Download a copy of the Group Exercise schedule on the RAC website: www.racmn.com, then click on "Activities/Classes" and then click on "Group Exercise". Some specialty Group Exercise Offerings are listed below.

NEW! PILATES BALLET FUSION CLASS

In this innovative Pilates Ballet Fusion workout, you'll build long, lean muscles and develop the strength, power, balance and graceful flexibility of a dancer. Longtime ballet instructor and Pilates student, Ellen

Huston, will guide you through a complete, motivating workout including:

Ballet Warmup and stretching

Core Strength to target the torso "powerhouse"

Upper body sculpting to tone and reshape arms, back and shoulders.

The goal of this class is to improve your posture, strength and body alignment while moving to beautiful music as you exercise and dance. (No prior dance experience necessary).

Winter 1 (6 week session) begins January 3, Winter 2 (7 week session) begins February 14

Tuesday 4:30 - 5:30 pm

PBFC

Studio 1

Fee: Winter 1: Members: \$72 Non-members: \$87

Winter 2: Members: \$84 Non-members: \$99

Sign up is required, call Activities Desk: (507) 287-9300

GROUP EXERCISE

T'AI CHI CHIH

T'ai Chi Chih is a moving meditation which is easy to learn and has many benefits: reduced stress levels, improved flexibility, balance and energy levels. The intent is to focus on developing a person's inner Chi (or energy). *As the internal energy circulates and comes into balance, health improves and there is an overall sense of well-being and joy in life.* Judy Trousdell is an accredited instructor of T'ai Chi Chih Joy Thru Movement. She began studying T'ai Chi Chih in January 2004 and received her accreditation in Albuquerque New Mexico in November 2009. Class details:

A progressive T'ai Chi Chih Beginner series will be offered on the winter schedule (9 weeks).

Thursday, 7:00 - 8:00 pm, begins January 5 or Friday 12:00 Noon - 1:00 pm, begins January 6
Fee: Members: \$63 Non-members: \$84

Class location: Studio 1

Sign up at the Activities Desk – (507) 287-9300 **TCC**

New! Drop in T'ai Chi Chih (for those who have previously taken the beginning series)

- Friday 10:45 – 11:45 am, Studio 1
- Free, sign up is not required for Drop in T'ai Chi Chih

CARDIOJAM

This 60 minute low-high aerobics class offers a great workout taught to high energy music & fun choreography! Class is FREE & offered Mondays & Wednesdays 8:30 - 9:30 am, Studio 1, Instructor: Traci Hussong. No sign-up, Join us and come CardioJam!!

ZUMBA!

ZUMBA is a cardio-based workout using unique Latin inspired international music and easy to follow dance steps to create a dynamic, exciting and FUN new Group exercise class! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body.

Anyone can participate in a Zumba class - all exercisers from beginner to advanced will enjoy the benefits! Zumba is great for the Mind, Body and Soul!

Check out the Group Exercise schedule online for the class times/days. If you haven't tried Zumba yet, Zumba Basics is for you! This intro class will break down the dances and basic movements. Following class, participants are encouraged to stay & attend the

9:05 am Saturday Zumba class and practice their new skills! The schedule and details of Zumba Basics are listed here:

- **Winter Dates are: January 14, February 11, March 10**
- **Saturday, 8:00 – 9:00 am, Studio 1**
- Instructor: Rita Hawkins **ZB**
- Class is FREE, but sign up is required, call Activities Desk: (507) 287-9300

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.**

Water Xtreme is a Water class that offers variable intensities to challenge all levels – especially those wanting a high intensity workout in the water! This format is offered on Monday 5:35 pm and Wednesday 8:30 am.

ARTHRITIS FOUNDATION AQUATIC PROGRAM (AFAP)

Come and join the fun doing non-impact exercises in a warm water pool. You will improve your range of motion, increase your strength, and challenge your endurance with some low level cardio conditioning. Optional equipment like noodles and balls will be used. Certified Arthritis Foundation instructors teach this class which is offered Monday through Friday at 9:35 - 10:35 am in the indoor pool.

Fee: Member: FREE Non-member: \$12/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.

STUDIO CYCLING

A safe non-impact group cycling class, which uses aerobic and anaerobic drills to challenge class participants. Participants have individual control over the intensity and resistance used so all fitness levels can participate in the same class! The Studio Cycling schedule is comprised of a variety of strength, interval and endurance rides throughout the week and there

GROUP EXERCISE

are typically theme rides offered each month. You can download a Studio Cycling monthly calendar on the RAC website: www.racmn.com click on "Activities/Classes", then click on "Studio Cycling".

NEW! INTRO TO CYCLE

Cycling is a great aerobic activity & is kind to your joints as it is non-impact – ANYONE can participate in Studio Cycling! Intro to Cycle is a FREE 4-week class that will instruct you in the basics of riding the RACs indoor LeMond bicycles. We will discuss the format of our cycle program highlighting the various target heart rate zones and the benefits you receive working in each zone. You will be taught how to use a heart rate monitor to monitor your work effort and control your workout to maximize the benefits of your aerobic conditioning program. Come prepared to workout. Each week we will lengthen the "ride" starting initially with 20 minutes – working towards a 40 minute ride by the end of the 4 weeks. You will be ready to move into a regular Cycle class at the end of this introductory experience! Class details:

- Winter 1, 4 week series:
 - **Saturday 10:45 am, January 7 - 28**
(Martha Kelly instructor)
 - **Thursday 6:00 pm, January 5 - 26**
(Brian Stanczyk instructor)
- FREE, but requires sign up, call Activities Desk (507) 287-9300

CYCLE

NEW! T2: BIKE-TO-RUN

This FREE class provides the multisport (triathlon/duathlon) athlete, beginner to experienced, a chance to not only adapt to the bike-run aspect of the sport as the season approaches, but will also allow you to become more efficient at transitioning off your bike and into the run section (typically referred to as Transition 2, or T2, in a multisport event). A bike-run combination workout is referred to as a "brick" workout. The class will consist of a 30-45 minute ride, followed by a 10-30 minute run. Cycling will take place in the Cycle Studio—participants will transition to a run on either the RAC indoor track, or an available treadmill. No triathlon/duathlon experience necessary for participation. Class details:

- **Winter 2, Saturday, 11:00 am - 12:00 pm**
- **FREE 6 week session: February 18 - March 24**

- Cycle Studio
- Instructor Mario Minelli
- Register at Activities Desk (507)287-9300

T2

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. The Yoga Schedule can be found on the RAC website: www.racmn.com click on "Activities/Classes" and then click on "Yoga". We offer a variety of Yoga options, they are: Hatha, Power Yoga, Gentle Yoga, and Yoga-lates.

- **Hatha Yoga** is designed so that the exertion on limbs is balanced by an equal degree of rest and relaxation. Its focus will be on flexibility, balance, strength and relaxation.
- **Power Yoga** challenges the intermediate-advanced Yoga participant in a more vigorous, athletic way using a consistent vinyasa. Transitions are quicker and promote greater strength and flexibility while generating heat.
- **Yoga-lates** is a hybrid mix of basic Hatha Yoga and Basic Pilates exercises and principles. It's a great combination that will promote both improved flexibility and core strength.
- **Gentle Yoga** is a wonderful way to de-stress! This class incorporates gentle Hatha poses with deep breathing, gentle rhythmic movements and self-massage to cleanse the body of stress and muscular tightness.

SPECIALTY YOGA OFFERINGS ON FALL SCHEDULE:

New! Yoga for Runners

Come find out how you can improve your running technique by practicing some simple yoga poses. Practicing Yoga can help to improve your flexibility, increase your range of motion, help correct muscular imbalances and increase your breath capacity. Yoga can also help runners overcome mental obstacles common to long distance running. Join us for this 6 week progressive series which will include posture practice, core and balancing practices, and breathing techniques. Overall, this class will decrease recovery

GROUP EXERCISE

time, decrease injuries, strengthen the body and core, and improve your balance. We will also have an opportunity to put it all together in actual running practice. Details:

- **Offered on Winter 2 session:**
Tuesday 12:00 Noon - 1:00 pm
(begins February 14) OR
Tuesday 7:00 - 8:00 pm (begins February 14)
- Mind Body Studio
- Instructors: Shelley Sperling and Leana Medina-Beltz
- Fee: Members: \$105 Non-members: \$130 **YFR**

YOGA PERSONAL TRAINING

Yoga has become a mainstay in Fitness programs across the nation. It is a great way to improve overall flexibility, balance, strength, and promote stress reduction & relaxation. Yoga Personal training is a great opportunity to have an individualized program set up to meet your own goals. Call Jane Hein at (507) 287-9318 to set-up a time.

Fee: \$55/hour

Group Yoga personal training sessions are also available. Put 2-3 people in a group and share the cost of the personal trainer.

PILATES

PILATES

Pilates is a comprehensive movement system that is designed to strengthen the body through a precise focus on the body's core (trunk) and its stabilizing muscles while simultaneously promoting enhanced dynamic movement and flexibility to promote longer, leaner muscles!

By utilizing hundreds of precise mind-body movements along with breath control, this tried and true workout will encourage a strong, aligned and stress reduced body. **What distinguishes the RACs**

Pilates Program is the steadfast commitment to deliver the authentic classical method, modeled after the original teachings of Joseph Pilates himself. The RACs program is supervised by a Registered Physical Therapist and Certified Pilates Instructor, Jane Hein as well as certified Pilates Instructor, Jean Poland. The RAC Pilates staff have all participated in a rigorous and extensive training program.

Classical Pilates utilizes both mat based calisthenics along with apparatus (Pilates equipment and Props: Reformer, Tower, Fitness Circle, Small Balls, Flex Bands, and Foam Rollers).

WANT TO "SAMPLE" PILATES BEFORE YOU COMMIT TO A 6 WEEK SESSION?

CONSIDER ONE OF THESE OPTIONS:

Sign up to try a FREE Pilates Apparatus Demo on these dates this Winter (location: Pilates Studio)

Saturday, January 14, 8:15 - 9:15 am AMD
Monday, January 16, 7:00 - 8:00 pm
Tuesday, February 7, 1:15 - 2:15 pm
Thursday, February 9, 4:30 - 5:30 pm
Registration Required! Call the Activities Desk (507) 287-9300 to register, space is limited so register early!

Pilates Apparatus/Mat Appetizer

(3 week series) for Beginners are offered monthly. Registration is required, contact the Activities Desk (507) 287-9300 to register.

January Apparatus/Mat Appetizer

(3 week series) – begins week of January 23

Evening Option: Monday (apparatus) and Thursday (mat) 7:00 - 8:00 pm

Daytime Option: Wednesday (mat) and Saturday (apparatus) 8:15 - 9:15 am

Fee: Members: \$45 Non-members: \$80 **IPC**

Call the Activities Desk (507)287-9300 to register

February Apparatus/Mat Appetizer

(3 week series) – begins week of Feb 20

Evening Option: Monday (mat) and Thursday (apparatus) 4:30 - 5:30 pm

Daytime Option: Tuesday (mat) and Thursday (apparatus) 1:15 - 2:15 pm

Fee: Members: \$45 Non-members: \$80 **IPC**

Call the Activities Desk (507) 287-9300 to register

PILATES

NEW! THE RAC IS NOW OFFERING FREE PILATES MAT CLASSES!

Want to “dive in” and reap the benefits of a weekly pilates mat practice?

Pilates Mat Workouts (6 week session) – FREE!

The Pilates mat workout is a GREAT way to strengthen the core while reinforcing classical pilates principles of length (decompression of joints, emphasis on space), breath, & utilization of props: fitness circles, small balls, flex bands and foam rollers. Class sizes are limited - Registration is required for Introductory, Intermediate and Experienced Mat classes. Call the Activities Desk (507) 287-9300.

All Mat Classes are held in the Mind Body Studio and are 50 minutes in length

***Note: Winter 1 begins the week of January 2, Winter 2 begins the week of February 20**

Introductory Mat: MI

- Winter 1 offerings:
Wednesday 9:30 am
Wednesday 5:30 pm

- Winter 2 offerings:
Monday 4:30 pm
Tuesday 1:15 pm

Intermediate Mat: MI

- Winter 1 and Winter 2:
Monday 5:45 pm
Wednesday 10:30 am

Experienced Mat: MA

- Winter 1 and Winter 2:
Monday 10:35 am
Tuesday 10:40 am
Thursday 5:35 pm

Drop-In Pilates Mat, Saturday, 9:30 - 10:30 am, Mind Body Studio

Drop in Pilates is a weekly offering open to anyone that wishes to “drop in” and try a pilates mat class free of charge, No sign-up required! This multi-level mat class is user friendly for the beginner to the experienced mat participant! All activities are performed at the participant’s discretion.

Pilates Apparatus (Reformer and Tower) – 6 week sessions

To compliment the mat experience, *Pilates Apparatus* provides both resistance and support to enhance one’s ability to achieve deep core connections and improve flexibility. The RAC offers extensive Apparatus Class options (Introductory to Experienced levels). The winter program offers 2 - 6 week sessions (Winter 1 begins the week of January 2, Winter 2 begins the week of February 20). It is recommended that beginners start with the RACs 3 week Pilates Apparatus/Mat Appetizer! (See January & February options noted above).

- Standard Introductory-Introductory 2 Pilates Apparatus Class rates are:
Members: \$18/class Non-members: \$25
*6 week session cost is
Members: \$108 Non-members: \$150
- Intermediate Experienced apparatus Pilates class rates are:
Members: \$15 Non-members: \$25
*6 week session cost is
Members: \$90 Non-members: \$150

Want to join an existing Introductory, Intermediate or Experienced Apparatus Class? Check out the RAC Pilates webpage for the most current class options – registration for apparatus classes is required – contact Jane Hein, RAC Group Exercise/Pilates Director to register at: (507) 287-9318 or jhein@racmn.com

PILATES PERSONAL TRAINING

Personal Training allows for individual programming based on the goals of the client and their structural (postural) needs. (Group Pilates personal training sessions are available. Put 2-3 people in a group & share the cost of the session) To set up a private session, contact Jane Hein, Group Exercise Director, jhein@racmn.com, (507) 287-9318
Fee: \$55/hour

Please feel free to contact Jane Hein, Group Exercise Director, jhein@racmn.com (507) 287-9318 for more information regarding any of the GREAT Pilates options at the RAC!

FITNESS/HEALTHY LIFESTYLES

New this winter: The RAC has designed a new personal training studio scheduled to open February 2012 with unique equipment. This will allow the fitness staff to work with members one on one or in creative new fitness classes.

NEW THIS WINTER: 30 MINUTE RAC BLITZ

This class is designed for the member who does not have a lot of time and wants to get in, get it done, and get out. The RAC BLITZ will be 30 minutes of high intensity interval training incorporating cardiovascular and resistance training. The class will work out of the newly designed personal training studio located next to the third basketball gym. All levels of fitness are welcome. Give it a try and challenge yourself, it's only 30 minutes.

Begins: Winter Session I, January 3 - (6 weeks)

Winter Session II, February 13 - (7 weeks)

Ages 18 and above

Limit: 10/class

BLZ

Fee: \$40 Winter Session I, 6 weeks

\$50 Winter Session II, 7 weeks

Monday & Wednesday 7:00 - 7:30 am OR

Tuesday & Thursday 10:30 - 11:30 am

Meet in front of the Activities Desk.

ALSO, NEW THIS WINTER: HIT IT! CONDITIONING FOR BOXING

Hit IT! is a high intensity class in which participants can expect to learn noncontact boxing fundamentals along with resistance and cardiovascular interval. This group fitness class will feature training using heavy bags, hand pads, and other unique training equipment. Non-athletes and athletes alike will experience a beneficial CV response to boxing as well as increased strength and power. Members of all fitness levels are welcome. The instructor, Ken Baerg, HFS is a former amateur boxer and RAC personal trainer.

Begins: Winter Session I, January 3 - (6 weeks)

Winter Session II, February 13 - (7 weeks)

Ages 18 and above

Limit: 10/class

HI

Fee: \$75 Winter Session I, 6 weeks

\$85 Winter Session II, 7 weeks

Tuesday and Thursday 6:30 - 7:30 am OR

Tuesday and Thursday 5:30 - 6:30 pm

Meet in front of the Activities Desk.

WOMEN ON WEIGHTS

This group resistance class just for women is an introduction to strength training with an emphasis on developing tailor-made programs in a non-threatening environment. Participants will begin in our newly designed personal training studio and progress to equipment on the fitness floor.

Begins: Winter Session I, January 3 - (6 weeks)

Winter Session II, February 13 - (7 weeks)

Ages 18 and above

Limit: 8/class

Fee: \$75 Winter Session I, 6 weeks

WOW

\$85 Winter Session II, 7 weeks

**Monday & Wednesday 10:30 - 11:30 am OR
6:00 - 7:00 pm**

Meet in front of the Activities Desk.

Please note that should the Women on Weights training class not get a minimum of four participants, the seven week session will be shortened according to the number enrolled.

1 enrolled will meet once per week (one hour) for two weeks

2 enrolled will meet twice per week (one hour) for three weeks

3 enrolled will meet twice per week (one hour) for four weeks

LEAN MEAN FIGHTING MACHINE TRAINING

Want to take your training to another level? Tired of the same old routine? Then Lean Mean Fighting Machine Training is just the program for you. This class incorporates "boot camp" style training with body weight calisthenics, running, core work, and resistance training all rolled into a fast paced 60 minute workout. Classes are limited to 12 individuals per class.

Begins: **Winter Session I, January 3 - (6 weeks)**

Winter Session II, February 13 - (7 weeks)

Limit: 12/class

Ages 18 and older

LMFM

Fee: \$75 Winter Session I, 6 weeks

\$85 Winter Session II, 7 weeks

**Monday & Wednesday 5:30 - 6:30 am OR
9:00 - 10:00 am OR
10:00 - 11:00 am**

**Tuesday and Thursday 9:00 - 10:00 am OR
10:00 - 11:00 am**

Meet in front of the Activities Desk

FITNESS/HEALTHY LIFESTYLES

SATURDAY MORNING WAKEUP CALL

The Saturday Morning Wakeup Call incorporates "boot camp" style training with body weight calisthenics, running, core work, and resistance training all rolled into a fast paced 60 minute workout. Classes are limited to 12 individuals per class. Must be 18 or older.

SAMWC

Begins: **Winter Session I, January 3 - (6 weeks)**

Winter Session II, February 13 - (7 weeks)

Fee: Winter Session I, 6 weeks \$40

Winter Session II, 7 weeks \$50

Saturday 8:00 - 9:00 am

Meet in front of the Activities Desk.

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, January 3 - (6 weeks)**

Winter Session II, February 13 - (7 weeks)

Ages 18 and above

Limit: 8/class

Fee: \$75 Winter Session I, 6 weeks

\$85 Winter Session II, 7 weeks

GB

Monday & Wednesday 9:30 - 10:30 am OR

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 four participants, the six week session will be shortened according to the number enrolled.

1 enrolled will meet once per week (one hour) for two weeks

2 enrolled will meet twice per week (one hour) for three weeks

3 enrolled will meet twice per week (one hour) for four weeks

BUILD YOUR OWN CLASS

Are you having a challenge finding a class that fits your needs or schedule? How about building your own class to fit your schedule and needs? We have the professionals that will work with you to put your customized class together. Get a minimum of four of

your friends together and we can make a class. For help putting your class together contact Wes Emmert, Fitness Director at (507) 287-9312 or email; wemmert@racmn.com. Fee \$75 per participant based on a minimum of four enrolled for six weeks (\$85 per participant for seven weeks).

BALL BLAST

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

BB

Begins: **Winter Session I, January 3 - (6 weeks)**

Winter Session II, February 13 - (7 weeks)

Ages 18 and above

Limit: 8/class

Tuesday and Thursday 9:30 - 10:30 am

Fee: \$75 Winter Session I, 6 weeks

\$85 Winter Session II, 7 weeks

PERSONAL TRAINING

Personal training is an excellent investment in your health and wellness!! It's one-on-one attention that includes a tailor-made aerobic and strength program as well as basic information regarding anatomy, physiology and nutrition. Personal training is a fantastic way to get started with a fitness program or to gain direction and motivation. Arranging for a personal trainer is easy—just call Suzi Needham, Head Personal Trainer at (507) 287-9335 ext. 345 or email; sneedham@racmn.com

One hour session: \$61 for a personal trainer

45-minute session: \$51 for a personal trainer

Half hour session: \$41 for a 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 can be customized to your group's schedule.

RAC REHABILITATION WELLNESS PROGRAM

The 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

FITNESS/HEALTHY LIFESTYLES

taking into consideration recent medical intervention (surgery, recent injury) and also adhere to the recommendations of the referring medical source.

Following the 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).

Fees: RAC Members

\$61 – 1 hour

\$51 – 45 minutes

\$41 – 30 minutes

To schedule a session: contact Thomas Holtackers, Email; tholtackers@racmn.com or voicemail at (507) 287-9335, ext. 364

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. The lectures are every other Thursday evening at 7:00 pm, please check the Fitness Desk for a list of lecture topics or feel free to call Wes Emmert, Fitness Director if you have any questions (507) 287-9312. 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 completed her undergraduate 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: \$61 per one hour session

PNC

To contact Branda Anderson call; (507) 287-9335 ext. 344 or email; banderson@racmn.com

TWELVE WEEKS TO A NEW YOU

This is the RAC's award winning weight management program offered exclusively 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 including the option of using a health coach. Pick from one of the two packages and get started now on a new you. Both programs run for 12 weeks and ensures 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 (507) 287-9335, ext. 344 or email; banderson@racmn.com **TWNY**

Gold Package

Fee: Members: \$1150 Non member: \$1405

Couple rate/share the trainer;

Members: \$850 each Non members: \$1105 each

- Resting and Exercise Metabolic Tests – 12 week heart rate zone training program (optional)
- Three coaching sessions with our staff health coach (optional)
- 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
- Share the trainer rate; \$140 RAC services gift certificate for obtaining program goals

Silver Package

Fee: Members: \$850 Non members: \$1105

Couple rate/share the trainer;

Members: \$700 each Non members: \$955 each

- Exercise Metabolic Test – 12 week heart rate zone training program (optional)
- Three coaching sessions with our staff health coach (optional)
- Initial nutrition consultation
- Initial personal training consultation with before

FITNESS/HEALTHY LIFESTYLES

and after pictures and measurements

- 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
- Share the trainer rate; \$90 RAC services gift certificate for obtaining program goals

Note: Contact Branda Anderson (507) 287-9335, ext. 344 or email; banderson@racmn.com to clarify the optional (met testing or health coaching) components of the program. The programs have the flexibility built into them to design a program to best fit your needs.

OPTIONS FOR THE RAC MEMBERS THAT HAVE COMPLETED THE GOLD OR SILVER TWELVE WEEKS TO A NEW YOU PROGRAM

TWNY PHASE 2

**Must have completed TWNY gold or silver package to join. Phase 2 is another 12 week program.*

- 6 hours of personal training over 12 weeks or 12-30 min sessions
- 12 weeks of Weekly Weigh-ins with Dietitian
- Repeat Exercise Metabolic Test and new 12 week cardiovascular program
- New checklist of diet and exercise challenges to keep you on track and focused
- After picture and after measurements at end of 12 weeks
- Opportunity to purchase additional training sessions at reduced rates. \$51 per hour, \$44 per 45 mins, \$36 per 30 min.
- \$75 incentive if goal is achieved or \$50 each if joined as a couple
- Cost- \$545 or \$775 couple rate (\$387.50 each)
- Not available to non-members

TWNY PHASE 3

**Must have completed TWNY gold or silver package. Do not have to have completed TWNY phase 2 program.*

- Once a Month check-ins with the dietitian for 30 mins 4.5 hours of personal training over 12 weeks (9- 30 mins sessions OR 6- 45 min sessions)
- Opportunity to purchase additional training sessions

at reduced rates. \$51 per hour, \$44 per 45 mins, \$36 per 30 min.

- Incentive \$50 towards RAC services or \$30 each if joined as a couple
- Cost- \$315 or \$390 couple rate (\$195 each)
- Not available to non-members

TWNY BASIC (DIET ONLY)

Initial Consult with RD- official weigh-in, explain binder & food journal, set goals and learn about incentive, set up weigh-in time and diet consult time, take before/after pictures & measurements, fill out registration form

- Diet Consult
- 12 weigh-ins
- Calorie Counter Book
- Total Cost = \$275
- Incentive- \$50 toward RAC goods and services
- Metabolic Testing – Option- \$170 for both RMR & EXMR; \$105 RMR only; \$120 EXMR only

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.
- **RAC Tip:** *Once you have completed a resting metabolic test, invest in a private diet consult. Branda Anderson, RAC staff dietitian will be able to fully interpret the results for you. She can then better counsel you on healthier eating habits.*

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

FITNESS/HEALTHY LIFESTYLES

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 cardiovascular 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 or call 287-9320.

Resting metabolic rate test	RMR	\$105
Exercise metabolic rate test	EXMR	\$120
Resting and exercise metabolic rate test	RMREXMR	\$170
Resting metabolic rate retest	RMRRT	\$65
Exercise metabolic rate retest	EXMRRT	\$80
Resting and exercise metabolic rate retest	RMREXMRRT	\$130

RAC Tip: *Once you have invested in an exercise metabolic test and are ready to start heart rate zone training, use a personal trainer to educate you as well as keep you engaged in your program. The personal trainer can help devise or adjust your training to meet your goals. They can show you “aerobic circuits”, steady state training, and interval training. Standard personal training rates apply. Contact Suzi Needham at (507) 287-9335 ext. 345 or email; sneedham@racmn.com*

WELLNESS COACHING AT THE RAC

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

ates a plan to get there. Choose from two health and wellness coaching professionals.

Sonja Hallworth is a certified wellness coach as well as a certified Health Fitness Specialist (American College of Sports Medicine). Contact Sonja Hallworth at; shallworth@racmn.com or (507) 287-9335, ext. 362

Single session is \$50 per hour

Christy Olson, RN, BS, MS is a nationally known health educator and health coach with 30 years of experience as a health care professional. Her health-care experience and training in integrative therapies and healing practices also equip her to help guide those individuals with health conditions as they learn to manage a health challenge. Contact Christy at; colson@racmn.com or (507) 287-9335, ext. 354

Single session is \$70 per hour

Contact either Sonja or Christy for a complimentary 30 minutes consultation to see if health and wellness coaching would benefit you.

Success packages;

Reach for Success – four hours of coaching
Wellness/Fitness Coach \$200 Health Coach \$280

Path to Success – eight hours of coaching
Wellness/Fitness Coach \$400 Health Coach \$560

Committed to Success
Wellness/Fitness Coach \$600 Health Coach \$840

MESSAGE

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

Massage Prices:

15 minute massage: \$20

30 minute massage: \$41

45 minute massage: \$51

60 minute massage: \$63

90 minute massage: \$88

Stone Massage:

60 minute massage: \$73

TENNIS

PRIVATE INSTRUCTION

Private/Semi-Private Lessons

Private instruction is arranged individually with each tennis professional. All lessons are based on \$33 per half hour. This fee covers both the court and pro's fee. If you are interested in videotaping your lesson, please let your tennis professional know in advance. There is no extra charge for videotaping. Contact Scott Boyer at (507) 287-9323 for additional information

ADULTS

Adult Group Lesson Offerings:

SESSION I - January 3 – February 12 (6 weeks)

- Due to the New Year's holiday, Monday classes will be pro-rated.

SESSION II - February 13 – April 1 (7 weeks)

- Class size affects the number of weeks a class will run for RAC group lessons.
 - 3 players, class will run entire session.
 - 2 players, class will run 4 weeks.
 - 1 player, class will run 2 weeks.

Class	Description	Cost	Day/Times
RAC Adult Beginner	Covers the basic tennis strokes: serve, service return, ground strokes, volleys. Stage 3 Green ball is used for four weeks. Ratio 5:1	Session 1: \$66 Session 2: \$77 RACB	Monday 9:30 - 10:30 am Tuesday 9:30 - 10:30 am Tuesday 7:00 - 8:00 pm Wednesday 9:30 - 10:30 am Thursday 1:00 - 2:00 pm Thursday 7:00 - 8:00 pm Friday 9:30 - 10:30 am Saturday 11:00 am - 12:00 Noon
RAC Adult Intermediate	The basic strokes will be refined, and strategy will be introduced for singles and doubles. Understanding the rhythm of the point and patterns of play are stressed. Handouts discussing proper grips and stroke production are included. Ratio 5:1	Session 1: \$66 Session 2: \$77 RACI	Monday 10:30 - 11:30 am Tuesday 8:00 - 9:00 pm Wednesday 10:30 - 11:30 am Thursday 6:00 - 7:00 pm Friday 10:30 - 11:30 am Saturday 11:00 am - 12:00 Noon
RAC Adult Advanced (Strokes & Strategies)	Class is intended for players at the USTA 3.0 and 3.5 level who want to improve their strokes and learn the important strategies of the game. Half of the class time will be spent on improving stroke production and the other half on singles and doubles strategies. Ratio 4:1	Session 1: \$84 Session 2: \$98 RACA	Monday 8:00 - 9:00 pm Thursday 9:30 - 10:30 am Saturday 11:00 am - 12:00 Noon

TENNIS

ADULT LEAGUES AND DRILLS

The RAC Tennis Department offers a variety of adult leagues and drills for players of all levels.

League/Drill	Description	Cost	Days/Levels/Times
Instructional Doubles League	Structured after the original leagues at the Rochester Athletic Club. Players alternate weeks of drilling and critiqued match play. Players may sign up individually or with a friend.	\$14/day Sign up at the Activities Desk (507) 287-9300 IDLG	Monday (2.5 & up) 9:30 - 11:00 am Tuesday (3.0 & up) 9:30 - 11:00 am Wednesday 3.5 & up) 9:30 - 11:00 am Thursday (4.0 & up) 9:30 - 11:00 am
Instructional Singles League	Structured after the original leagues at the Rochester Athletic Club. Players drill one week and play a critiqued match the following week. Must be an NTRP 3.0 or 3.5 level player to participate.	\$15/day Sign up at the Activities Desk (507) 287-9300 ISL	Thursday (3.0 or 3.5) 1:00 - 2:30 pm
Drill & Play	90 minutes of tennis that includes 45 minutes of drills and 45 minutes of critiqued match play. This is a great way to improve a specific skill and apply that new skill in match situations.	\$14/day Sign up at the Activities Desk (507) 287-9300 DP	Monday (3.5 & 4.0 women) 7:00 - 8:30 pm Tuesday (3.0 & up men) 7:00 - 8:30 pm Wednesday (2.5 & 3.0) 7:00 - 8:30 pm Thursday (3.0 & up) 9:30 - 11:00 am Friday (2.5) 9:30 - 11:00 am
HIT Drill (High Intensity Tennis)	A fun, fast-paced workout set to music. This is a great way to work on all of your tennis strokes while improving your fitness. The player is required to move to the ball and control the shot toward a target. HIT Drill incorporates both dead ball and live ball drills. Ratio 5:1	\$12/day Sign up daily at the Activities Desk (507) 287-9300 HIT	Monday 9:30 - 10:30 am Tuesday 12:00 Noon - 1:00 pm Thursday 12:00 Noon - 1:00 pm Friday 12:00 Noon - 1:00 pm

TENNIS

ADULT MIXERS

Players must be rated by a RAC tennis professional to participate in all mixers. Adults ages 19 and up. All juniors that would like to participate in adult activities need to be approved by the Racquet Sports Director. Call Scott Boyer, Racquet Sports Director, at (507) 287-9323 to be rated or for approval.

Mixer	Description	Cost	Days/Levels/Times
Evening Singles Mixer	90 minutes of critiqued match play. A different tennis match will be arranged for each week.	\$14/day Sign up weekly at the Activities Desk (507) 287-9300 SM	Thursday 8:00 - 9:30 pm Men: 3.5 & up Women: 4.0 & up
Saturday Doubles Mixer	A great way to meet other players and play competitive doubles! Players rotate doubles partners in the mixer. Runs every Saturday morning.	\$12/day Sign up weekly at the Activities Desk (507) 287-9300 DM	Saturday 9:00 - 11:00 am Men: 3.0 & up Women: 3.5 & up
Friday Daytime Doubles Mixer	A great way to end your week and head into the weekend! This mixer begins with games as a warm-up. Then players are divided by their USTA levels for the first round. After the first rotation, players will mix between levels via the rotation designed for that day. Tennis professionals will play in and provide verbal critiques.	\$13/day Sign up weekly at the Activities Desk (507) 287-9300 DM	Friday 9:30 - 11:00 am Men & Women 3.0, 3.5, 4.0 & 4.5
55 & Over Daytime Doubles Mixer	A social doubles mixer catered to the 55 and older player. This can be combined with lunch if preferred (choose from the RAC Deli weekly lunch, salad, or sandwich specials)	\$9/day Sign up weekly at the Activities Desk (507) 287-9300 DM	Thursday 9:30 - 11:00 am
Top 25	This is a tennis mixer designed for the top men and women tennis players at the RAC. Some of the top players in our Top Gun program will also play. Minimum ratings: 4.0 men and 4.5 women. Call Scott Boyer, Racquet Sports Director, if you do not have a rating (507) 287-9323.	\$14/day Sign up weekly at the Activities Desk (507) 287-9300 TOP25	Monday 7:00 - 9:00 pm Men 4.0 & up Women 4.5 & up

TENNIS

JUNIOR TENNIS

Group Lessons – General Information

SESSION I - January 3 – February 12 (6 weeks)

- Due to the New Year's holiday, Monday classes will be pro-rated.

SESSION II - February 13 – April 1 (7 weeks)

- Class size affects the number of weeks a class will run for RAC group lessons.
 - With 3 players, class will run entire session.
 - With 2 players, class will run 4 weeks.
 - With only 1 player, class will run 2 weeks.

Snow Day Cancellation Policy:

- Class cancellations follow the Rochester Public School system.
- If school is delayed in the morning for 2 hours no morning classes will run.
- If school has an early release, there will be no evening classes.
- If school is cancelled, no classes will be held that day. Private lessons are optional and should be communicated with your teaching professional.
- Please keep in mind that a student does not always advance a level each session. Many factors such as attendance, coordination, growth, development (physical, mental, emotional & behavioral) and maturity level affect the student's progression through levels. Remaining at the same level should not be interpreted as not improving or not achieving success. As your child moves up levels in the tennis program the next level is designed to take longer and be more challenging. If you believe that your child is not improving at the rate of others, please see your instructor for advice.
- Tennis pros are not responsible for registering juniors for the next session!
- An adult should walk children to the first day of class. Classes are on courts 1 & 2.
- At the end of the second-to-last day of class, each player will receive a class recommendation form with progress notes specific to the child. On this form, you will also find the class level for the next session.
- During the second week of class, you will receive a list of times which you may makeup missed classes. Please contact the instructor of the class you wish to makeup in order to guarantee space for your child. No make-ups are permitted during the first week of class.
- To sign up for the proper skill level and not by a player's age, please call Scott Boyer (507) 287-9323 to set up a rating.
- Tennis racquets will be provided if you forget your racquet or do not have one.

USTA CERTIFIED QUICK START PROGRAM

Quick Start Tennis was originally developed in Europe and was recently incorporated into the developmental model used by the United States Tennis Association (USTA). This format was used in teaching players such as Roger Federer, Novak Djokovic, Justin Henin & Kim Clijsters. QuickStart Tennis acknowledges that children can have more success in tennis when using the proper sized courts, racquets, and balls for their ages. This format is a key component in the progressive development of a tennis player. Coaches who work with young players at the start of their careers recognize the importance of starting them off in a setting where they can quickly find success while having fun.

The QuickStart format is divided into three stages:

Stage 1: (QuickStart 1, 2, 3, 4, 5) Basic tennis strokes are learned on a small 36-foot court with a Stage #1 Red ball. This ball is designed to bounce lower, allowing smaller kids to make proper contact with the ball. The goal of these classes is to let children explore the fun of movement, while developing their motor skills and learning the early stroke mechanics of volleys, ground strokes, and serves. At QuickStart 4 and 5, beginning match play is introduced, and children are eligible to participate in Red Ball Team Tennis Matches.

Stage 2: (QuickStart 6 and 7) As the children grow and advance with their tennis skills, they are moved to a larger 60-foot tennis court and a Stage #2 Orange tennis ball. Lessons will consist of a combination of instruction, fun games, and non-competitive match play. The emphasis is still fun and learning through positive feedback. Players are eligible for 60-foot court match play in the Orange Ball Team Tennis Matches.

TENNIS

Stage 3: (QuickStart 8 and 9) Classes are catered for the older beginner/intermediate tennis player or for younger players who are ready to advance to full court play with a Stage #3 Green ball. Development of ground strokes, mechanics, court positioning, and strategy will be stressed. Full court beginning match play is offered through Green Ball Team Tennis Matches.

QUICKSTART CLASS OFFERINGS:

CLASS NAME	AGE	BALL	COURT SIZE	RATIO	COST	DAYS/TIMES (select)
USTA QuickStart 1	4-5 years or proper skill level	RED	36'	5:1	Session 1: \$56 Session 2: \$65 PWS	Tuesday 9:30-10:00 am Tuesday 6:15-6:45 pm Tuesday 9:30-10:00am Tuesday 6:15-6:45pm Wednesday 9:30-10:00am Thursday 1:00-1:30pm Thursday 6:15-6:45pm Saturday 9:30-10:00am
USTA QuickStart 2	6-7 years or proper skill level	RED	36'	5:1	Session 1: \$60 Session 2: \$70 TSB	Tuesday 10:00-10:45 am Tuesday 4:00-4:45 pm Tuesday 5:30-6:15pm Wednesday 10:00-10:45am Thursday 1:30-2:15pm Thursday 4:45-5:30pm Saturday 10:00-10:45am
USTA QuickStart 3	6-7 years or proper skill level	RED	36'	5:1	Session 1: \$60 Session 2: \$70 TSI	Tuesday 10:00-10:45 am Tuesday 4:45-5:30 pm Wednesday 10:00-10:45am Thursday 1:30-2:15pm Thursday 4:00-4:45pm Thursday 5:30-6:15pm Saturday 10:00-10:45am
USTA QuickStart 4	8-12 years or proper skill level *encouraged to also register for Red Ball JTT Match Play	RED	36'	6:1	Session 1: \$66 Session 2: \$77 YSB	Monday 4:00-5:00pm Monday 6:00-7:00pm Wednesday 4:00-5:00pm Wednesday 6:00-7:00pm Friday 4:00-5:00pm Friday 6:00-7:00pm Saturday 11:00-12:00pm
USTA QuickStart 5	8-12 years or proper skill level *encouraged to also register for Red Ball JTT Match Play	RED	36'	6:1	Session 1: \$66 Session 2: \$77 YSAB	Monday 4:00-5:00pm Monday 6:00-7:00pm Wednesday 4:00-5:00pm Wednesday 6:00-7:00pm Friday 4:00-5:00pm Saturday 11:00-12:00pm
Red Ball Junior Team Tennis Match Play	Currently at the Quickstart 4 or 5 level	RED	36'	8:1	Session 1: \$66 Session 2: \$77 PD	Saturday 12:00-1:00pm
USTA QuickStart 6	8-12 years or proper skill level *encouraged to also register for Orange Ball JTT Match Play	ORANGE	60'	6:1	Session 1: \$66 Session 2: \$77 YSI	Monday 5:00-6:00pm Wednesday 5:00-6:00pm Friday 5:00-6:00pm Saturday 12:00-1:00pm
USTA QuickStart 7	8-12 years or proper skill level *encouraged to also register for Orange Ball JTT Match Play	ORANGE	60'	6:1	Session 1: \$66 Session 2: \$77 YSA	Monday 5:00-6:00pm Wednesday 5:00-6:00pm Friday 5:00-6:00pm Saturday 12:00-1:00pm
Orange Ball Junior Team Tennis Match Play	Currently at the Quickstart 6 or 7 level	ORANGE	60'	8:1	Session 1: \$66 Session 2: \$77 PD	Saturday 1:00-2:00pm

TENNIS

QUICKSTART CLASS OFFERINGS:

CLASS NAME	AGE	BALL	COURT SIZE	RATIO	COST	DAYS/TIMES (select)
USTA QuickStart 8	Beginning Juniors ready for Full Court Play *encouraged to also register for Green Ball JTT Match Play	GREEN	78'	6:1	Session 1: \$66 Session 2: \$77 JSB	Tuesday 4:00-5:00pm
USTA QuickStart 9	Intermediate Juniors ready for Full Court play *encouraged to also register for Green Ball JTT Match Play	GREEN	78'	6:1	Session 1: \$66 Session 2: \$77 JSI	Tuesday 5:00-6:00pm
Green Ball Junior Team Tennis Match Play	Currently at the Quickstart 8 or 9 level	GREEN	78'	8:1	Session 1: \$66 Session 2: \$77 PD	Saturday 2:00-3:00pm

ACE PROGRAM

SESSION I - January 3 – February 12 (6 weeks)

Due to New Year's Day, Monday classes will be pro-rated.

SESSION II - February 13 – April 1 (7 weeks)

The RAC ACE (Advantage Competitive Edge) Tennis Program offers competitive training for serious junior tennis players. Participation includes two practices and one match per week. Strokes, strategy, conditioning, and mental toughness will be stressed throughout the classes via specific lesson plans. ACE Matches will be critiqued by a pro either in a written or oral format! Goal setting is incorporated with weekly handouts. Twice a year there is an opportunity for parent & tennis professional conferences which are useful for evaluation of your player and planning for future improvement. Please contact Scott Boyer (Tennis Director) at (507) 287-9323 to determine appropriate level for players.

- Although our program is year-round, players or parent are responsible for registering for each session in which they will participate. Tennis professionals are not responsible for this.
- ACE billing goes from the 26th to the 25th of the next month. Example: November's bill will include charges from September 26th - October 25th.
- ACE players will receive an ACE binder that they must bring to class every day. Binders must also be brought to ACE Matches. Replacement binders cost \$25.
- Specific criteria for moving up through the levels in ACE are given to each player in their ACE Binders. Descriptions found in the Activities Schedules are merely general guidelines.
- A tennis committee meets once a week while in session to evaluate who has met the criteria necessary to challenge up to the next level.
- Participants interested in receiving credit for excused absences must have the request in writing at least 24 hours before the absence takes place. The note must include the reason for the absence, dates to be missed, and the date submitted. Please submit your note to the Racquet Sports Director, bring to class, or email bfrueh@racmn.com or sboyer@racmn.com.
- 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. Participants may reserve free court time 24 hours in advance.
- A list of free court time participants is located at the Activities Desk for each session. The participant must identify him/herself as an ACE player to receive credit for their court time.
- All juniors (12 - 18) must have permission from the Racquet Sports Director to participate in adult activities and programming.

The RAC ACE Program is divided into Four Groups:

Ace III – In ACE III there is a transition from new player to “tennis player.” Stroke mechanics are emphasized as players focus on proper technique and consistency. Beginning conditioning is incorporated into daily class sessions. This group generally includes competitive junior high players. Must be willing to begin tournament play. No prior tournament experience required. Please contact Scott Boyer (507) 287-9323 for appropriate levels for players. Players will need to rotate their match time on Friday.

Ace II – Ace II participants are beginning to develop a good understanding of tennis. These players should possess a desire to compete in USTA tournament play. Players in ACE II have fitness through SAQ (Speed, Agility & Quickness). Class

TENNIS

times will be handed out at the second day of class. These players are often high school junior varsity level players. Please contact Scott Boyer at (507) 287-9323 for appropriate levels for players.

Ace I – Players in Ace I have developed a sound understanding of singles and doubles principles. Match level is that of a High School Varsity player and/or USTA Level 5 or better player. Players in ACE I have fitness training through SAQ (Speed, Agility & Quickness). The times for SAQ will be handed out at the second day of class. Please contact Scott Boyer at (507) 287-9323 for the appropriate level for players.

Top Gun - This class consists of Rochester's and the surrounding areas' top junior players. These players are generally ranked very high in the USTA/Northern Section Rankings. Most players participate in National level tournaments. Top Gun focuses on competition, high intensity drills, conditioning, and footwork. Tournament play is an expectation of all players. Top Gun is by invitation only! Please contact Scott Boyer at (507) 287-9323 for more information.

Ace Matches - Designed for those who wish to play matches once a week. A RAC Tennis Professional will contact you with your start times. Due to limited court space, players may have rotated match times. Competitive matches are critiqued by a RAC Tennis Professional. Players must sign up for the entire session. The cost will be prorated if a player cannot make a week and he/she turns in a note to the lead instructor stating the reason for the absence.

ACE CLASS OFFERINGS:

ACE Group	Cost	Frequency	Days/Times
Ace III Green Stage 3 and standard yellow ball will be used.	\$16/day ACE3	3 days/week must be able to rotate match time weekly	Monday & Wednesday 4:00 - 5:30 pm Monday & Wednesday 5:30 - 7:00 pm Friday Matches (both groups) 4:00 - 5:30 pm 5:30 - 7:00 pm 7:00 - 8:30 pm
Ace III Matches Only	\$16/day ACEM	1 day/week, must be able to rotate match time weekly	Friday 4:00 - 5:30 pm 5:30 - 7:00 pm 7:00 - 8:30 pm
Ace II	\$19/day ACE2	3 days/week, must be able to rotate match time weekly	Monday/Wednesday 4:00 - 5:00 pm Tuesday/Thursday 5:30 - 7:00 pm Sunday Matches (both groups) 12:00 Noon - 1:30 pm or 1:30 - 3:00 pm <i>Additional Speed/Agility/Quickness sessions included (times passed out on second day of class)</i>
Ace II Matches Only	\$19/day ACEM	1 day/week must be able to rotate match time weekly	Sunday 12:00 Noon-1:30 pm or 1:30 - 3:00 pm
Ace I	\$19/day ACE1	3 days/week must be able to rotate match time weekly	Tuesday/Thursday 4:00 - 5:30 pm Sunday Matches 3:00 - 4:30 pm or 4:30 - 6:00 pm <i>Additional Speed/Agility/Quickness sessions included (times passed out on second day of class)</i>
Ace I Matches Only	\$19/day ACEM	1 day/week must be able to rotate match time weekly	Sunday 3:00 - 4:30 pm or 4:30 - 6:00 pm
Top Gun	\$23/day (class) \$20/day (matches) TG	4 days/week	Tuesday/Wednesday/Thursday 7:00 - 9:00 pm Sunday Matches 3:00 - 4:30 pm
Top Gun Matches Only	\$20/day ACEM	1 day/week	Sunday 3:00 - 4:30 pm

RACQUETBALL

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 (507) 287-9308 or email wmiller@racmn.com.

TOURNAMENTS AND SPECIAL EVENTS

Rochester RAC 'n' Rollout

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 at the racquetball bulletin board or contact Wendy Miller (507) 287-9308 for an entry form.

January 6-8, 2012

Southern Minnesota Singles Championships

Put your skills to the test against others players from Southern Minnesota in singles. Entries available at the racquetball bulletin board or contact Wendy Miller (507) 287-9308 for an entry form.

February 4, 2012

Rochester Hall of Fame

Local doubles event where partners are drawn from a hat. Register in person the day of the event. Hall of Fame banquet and induction ceremony after play is completed.

February 18, 2012

All Racquetball information will be posted on the racquetball bulletin board

JUNIOR RACQUETBALL

Session I - January 3 - February 12 (6 weeks)

Session II - February 13 - April 1 (7 weeks)

JUNIOR RACQUETBALL

Beginner Group Lessons

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

Lessons for 8-12 year olds

Equipment provided.

Ratio 4:1

Tuesday 5:00 - 6:00 pm

Fee: \$30 - 6 weeks \$35 - 7 weeks

RJBEG

SQUASH

SQUASH MIXER/CHALLENGE NIGHT

Meet and play other members on these nights:

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

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

INTRO TO SQUASH

Have you ever wondered how to play squash but didn't know who to ask or how to get started? You can receive a free introduction to the game of squash; all you need to know to get started playing squash in 30 minutes! Please contact Greg Leibfried (507) 287-9335, ext 323

Squash Rules are located by the courts or at the Activities Desk.

ADULT NOVICE/BEGINNER LEAGUE

A great way to get started enjoying the game of squash! This beginner league is offered on Thursday, 5:30 - 6:30 pm. Fee: \$10 **SL**

Winter I League: begin January 3, 2011, with sign up from December 6 - December 17.

Winter II League: begin February 14, 2011 with sign up from January 24 - February 4.

A gift certificate will be presented to the league champion! For additional information, please contact Greg Leibfried at (507) 287-9335, ext. 323.

SQUASH

CHALLENGE LADDER

Participation in the Challenge Ladder is an excellent way to meet other players and improve your skills! Free! Format: 3 of 5 games to 11, PAR scoring. More information is available at the Activities Desk. For additional information or to request to be added to the Challenge Ladder, please contact Greg Leibfried at (507) 287-9335, ext. 323.

SQUASH EMAIL/CONTACT LIST

Players interested in being added to the squash e-mail distribution list should call and leave a message with their email address with Greg Leibfried at (507) 287-9335 ext. 323.

SWIMMING

PRESCHOOL SWIMMING

All swimming classes will begin January 3rd for Winter I and February 20 for Winter II (No classes the week of April 2). Monday, January 2 classes will be prorated and run 6 weeks. Classes are for seven weeks. Private Lessons are available on request. The Activities Director reserves the right to cancel or shorten the class if insufficient numbers enroll. If Rochester Public Schools close for inclement weather, there will be no classes.

Parent/Child (0-2 Years of Age)

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

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

Fee: Winter 1 \$58 Winter 2 \$58 **SWPC**

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

Floating Fish (3-5 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: Winter 1 \$58 Winter 2 \$58

FF

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

Gliding Guppies (3-5 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, supported by equipment and include:

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

Fee: Winter 1 \$58 Winter 2 \$58

GG

Monday 11:20 - 11:50 am
Tuesday 6:40 - 7:10 pm
Wednesday 10:40 - 11:10 am
Thursday 5:30 - 6:00 pm
Saturday 10:30 - 11:00 am

Mighty Minnows (4-5 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

SWIMMING

• Underwater Swimming

Fee: Winter 1 \$58 Winter 2 \$58 MM

Tuesday 10:40 - 11:10 am

Tuesday 6:05 - 6:35 pm

Wednesday 11:50 am - 12:20 pm

Thursday 11:20 am - 11:50 am

Thursday 5:30 - 6:00 pm

Saturday 11:05 - 11:35 am

SWIMMING LESSONS (AGES 6 AND UP)

We are excited to offer quality swim lessons to our members. All swim instructors are certified Water Safety Instructors with the American Red Cross. 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.

***If Rochester Public schools close for inclement weather, there will be no classes.**

** Classes begin the week of January 2 and February 20 and run seven weeks in length.*

**Monday classes will be prorated and run 6 weeks.*

** No Classes the week of April 2.*

** 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.*

LEVEL 1

Introduction to Water Skills

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

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

for 3 body lengths.

Fee: Winter 1 \$62 Winter 2 \$62 SWL1

Tuesday 6:40 - 7:25 pm

Saturday 9:40 - 10:25 am

LEVEL 2 – Fundamental Aquatic Skills

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

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

Fee: Winter 1 \$62 Winter 2 \$62 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 meters w/ rhythmic breathing pattern, tread for 1 minute, and swim elementary backstroke for 5 meters.
- Swim back crawl 15 meters, survival float for 1 minute, swim breaststroke 5 meters.

Fee: Winter 1 \$62 Winter 2 \$62 SWL3

Tuesday 5:15 - 6:00 pm

Thursday 6:40 - 7:25 pm

Saturday 11:40 am - 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:

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

SWIMMING

Fee: Winter 1 \$62 Winter 2 \$62 **SWL4**
Tuesday 7:15 - 8:00 pm
Thursday 7:30 - 8:15 pm
Saturday 11:40 am - 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, flip turn, swim breast-stroke 25 meters, open turn, swim elementary back-stroke 25 meters.
- Swim back crawl 50 meters, flip turn, swim side-stroke 25 meters, open turn, swim butterfly 15 meters.

Fee: Winter 1 \$62 Winter 2 \$62 **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 any sequence of the following stroke distances: 100 meters front crawl, 100 meters back crawl, 50 meters breaststroke, 50 meters elementary backstroke, 50 meters sidestroke, 25 meters butterfly, and 125 meters of any stroke.

Fee: Winter 1 \$62 Winter 2 \$62 **SWL6**
Thursday 7:30 - 8:15 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: Winter 1 \$72 Winter 2 \$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: FREE **WSIA**
Call Activities Director for more information (507) 287-9314

HOME SCHOOL SWIMMING LESSONS

The RAC is excited to offer home school swimming lessons in addition to the home school PE program found in the Kid's Sports and Fitness section. Lessons are for students 5 and older and will run in 45 minute intervals. See above descriptions or call (507) 287-9314 for more information. No lessons the week of April 2.

- When Rochester Public Schools are closed for weather, there will be no home school classes.
- Register at the Activities desk, (507)287-9300.
- Monday classes have been prorated and will run 6 weeks.
- There will be class Monday, January 16 and February 20 unless inclement weather.

Fee: Winter 1
Members: \$53/child Non-members: \$60/child
Winter 2

Members \$62/child Non-members: \$70/child
Monday Level 1/2 11:55 am - 12:40 pm HSWL1

Monday Level 3 12:45 - 1:30 pm HSWL3

Fee: Winter 1
Members: \$62/child Non-members: \$70/child
Winter 2

Members: \$62/child Non-members: \$70/child

Thursday Level 4 11:55 am - 12:40 pm HSWL4

Thursday Level 5/6 12:45 - 1:30 pm HSWL5

SWIMMING

JAN LARSON PRIVATE SWIMMING LESSONS

No Winter Lessons

Lessons begin in Spring

First come, First Serve Basis

Call (507) 287-9335 ext. 390 for reservations

Registration for Spring begins March 5 at 5:30 am.

½ Hour Private \$24

½ Hour Semi-Private \$30

Cancellation Policy: No-shows & cancellations will be charged for ½ the price of the lesson

BILLY HOWARD PRIVATE SWIMMING LESSONS

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

Call (507) 287-9335 ext. 322 for reservations

½ Hour Private \$28

1 Hour Private \$50

Cancellation Policy: No-shows & cancellations will be charged for ½ the price of the lesson

If Rochester Public schools close for inclement weather, there will be no classes.

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 (507) 287-9314.

Cancellation Policy: No-shows & cancellations will be charged ½ the price of the lesson.

If Rochester Public schools close for inclement weather, there will be no classes.

ADULT SWIMMING

TRIATHLON SWIMMING CLASS

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

own workout agenda, information on swim gear, registering for triathlons, and effective transitions. Classes run for seven weeks, no classes the week of April 2, Spring Break.

Fee: Winter 1 \$64 Winter 2 \$75 TSC

Max of 6 participants

Monday 7:00 - 8:30 pm

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 group or private 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 7 - 45 minute classes. Begins the weeks of January 2 and February 20.

Fee: Winter 1 \$62 Winter 2 \$62 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 within arm's reach of 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 ten-minute, one-on-one testing session.

Free

Call Whitney Benedetti at (507)287-9314

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.

INFLATABLES

Come play on The Neighborhood's giant bouncy house and our 22' high slide. Located in Neighborhood gym. Children must wear socks. No shoes allowed. Free.

No sign up required.

Our inflatables will be up during the following times:

Fridays 4:00 - 7:00 pm

November 18, December 9 and 16, January 6 and 20, February 10 and 24, March 9 and 16

Saturdays 11:00 - 7:00 pm

November 19, December 10 and 17, January 7 and 21, February 11 and 25, March 10 and 17

Sundays 12:00 - 7:00 pm

November 20, December 11 and 18, January 8 and 22, February 12 and 26, March 11 and 18

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!! Please sign up at the Activities Desk. Any questions please call Jodi Hass at (507) 287-9335, ext. 377 or jhass@racmn.com. You must sign up for each night individually.

Ages 6 months - 6 years old Cell number needed.

Fee: Members: \$10/child/night

Non-members: \$12/child/night

Friday:

December 9 6:30 - 9:30 pm KCS

December 16 6:30 - 9:30 pm

*Drop off and pick up at Kids Club.

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 swimming, special crafts, snacks, and lots of fun! Any questions, please contact Anna Stroud at (507) 287-9307 or astroud@racmn.com. Sign up is for each night individually. Inflatable house and slide will be up for each Shopping Night.

Ages 7-12

Fee: Members: \$9/child/night

Non-members: \$12/child/night

Friday:

December 9 6:30 - 9:30 pm NSN

December 16 6:30 - 9:30 pm

Dec. 9 and 16, children will be swimming. Kids should arrive with suits on underneath clothes.

*Drop off and pick up in Neighborhood.

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. To guarantee special seating arrangements please contact Jodi Hass by December 12!! Any questions, please call Jodi Hass at (507) 287-9335, ext. 377 or jhass@racmn.com.

Saturday, December 17

SANTA

Fee: \$10/Adult

\$10/Child (activities included)

Three seatings:

9:00 am - 10:30 am

9:45 am - 11:15 am

10:15 am - 11:45 am

Start in RAC Café & Deli for buffet then go to Multipurpose room for Santa & Activities.

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 (507) 287-9335, ext. 377 or jhass@racmn.com.

Ages 6 months-6 years old

Cell number needed

Fee: Members: \$10/child/night

Non-Members: \$12/child/night

Friday: 6:30 pm - 9:30 pm KCD

Winter I Session: January 6

January 20

February 10

Winter II Session: February 24

March 9

March 16

*Drop off and Pick up at Kids Club

EVENTS FOR KIDS

NEIGHBORHOOD DATE NIGHT

Need some time to get things done? Want to go out to dinner without the kids? Then sign the children up for the Neighborhood Date Night. The kids will participate in organized games according to the theme. Snack provided. Any questions, please contact Anna Stroud at (507) 287-9307 or astroud@racmn.com. Sign up is for each night individually. Inflatable house and slide will be up for each Date Night.

Ages 7-12 only

Fee: Members: \$9/child/night

Non-Members: \$12/child/night

Friday: 6:30 - 9:30 pm NDN

Winter I Session:

January 6: Movie and popcorn.

January 20: Swim time. Come with your suits on underneath clothes.

February 10: Valentine theme. Come dressed in red or pink.

Winter II Session:

February 24: Swim time. Come with your suits on underneath clothes.

March 9: Leprechauns and Gold. Come dressed in green and/or gold.

March 16: Art. Mish mash of art supplies, create your own project.

*Drop off and pick up in The Neighborhood.

FATHER/DAUGHTER VALENTINE DANCE

Would you like a special night out with your little girl? We have a Valentine Dance for you! The evening will be full of fun dancing, light refreshments, and a Father/Daughter picture to treasure together. Semi-formal attire (coat and tie for dads and dresses for daughters) is recommended. The Father/Daughter Dance is open to all RAC fathers (and father figures) and daughters of all ages. Sign up at the Activities Desk. Any questions, please contact Jodi Hass at (507) 287-9335, ext. 377 or jhass@racmn.com.

Fee: \$10/person

FDDANCE

Saturday, February 11 7:00 - 9:00 pm

*Photos will start at 6:30 pm

Held in Multipurpose Room.

NEIGHBORHOOD ICE CREAM SOCIAL

Sweet treats and fun games! Life can't get any better. We will have organized activities, craft, but most importantly....make your own sundaes. Kids will play first, eat last. Sundae ingredients will include ice cream, cherries, syrups, bananas, etc. Questions, contact Anna Stroud at (507) 287-9307 or astroud@racmn.com. Sign up at Activities Desk.

Ages 5 - 10

Saturday, March 3 5:30 - 8:00 pm NICS

Fee: Members: \$9/child Non-Members: \$12/child

*Drop off and pick up in Neighborhood.

KIDS PAJAMA PARTY

Kids-need a night just for you? Come to our Kids Pajama Party! We will play games, make a cool craft, watch a movie, and have a snack. Wear your pajamas and bring a sleeping bag for the movie. Sign up at the Activities Desk! Any questions please contact Jodi Hass at (507) 287-9335, ext. 377 or jhass@racmn.com. Ages 3-7 years old

Friday, February 17 6:00 - 8:30 pm KNOUT

Fee: Member: \$10/child Non-members \$12/child

*Drop off & Pick up in the Multipurpose room.

EASTER BUNNY PARTY

Easter is just around the corner! Hop on over for some cool bunny crafts, fun treats, and an Easter Egg Hunt. Snack provided. Any questions please contact Jodi Hass at (507) 287-9335, ext. 377 or jhass@racmn.com. Ages 2½ - 6 years old.

Saturday, March 24 10:00 - 11:30 am EBP

Fee: \$12/child

*Drop off & Pick up in the Multipurpose room.

NEW EXTENDED KIDS CLUB DROP OFF SERVICE

Monday - Friday mornings

Hours of 8:30 am - 1:00 pm (ending at 1:00 pm) available

• \$6/child-Members only

• 2½ hour stay

• No sign up needed-Just drop them off and run errands, Go to appointments, or out for coffee!

Any questions please contact Jodi Hass (507) 287-9335, ext. 377 or jhass@racmn.com.

EVENTS FOR KIDS

BIRTHDAY PARTIES

Ask about our themed parties (princess, pirate, sports, or Hawaiian)! Let us do the entertaining for your child's next birthday party. Sit back and relax while the children run, jump, swim, or play a sport. Choose from a Neighborhood, pool, or tennis party. Indoor pool parties feature "Spot", a huge inflatable water toy that attaches to the sides of the pool. The activity offered may last 45 minutes to 1 hour followed by time on The Neighborhood picnic tables for dinner, cake, and opening presents. Birthday child receives a RAC logo t-shirt. Birthday child must be a member. Contact our Birthday Coordinator for reservations at (507) 287-9335 ext. 378 or astroud@racmn.com. Pick up information at the Neighborhood, Front, Activities, or Kids Club desk today! You can also view all birthday information on our website www.racmn.com.

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 (507) 287-9307 or astroud@racmn.com with questions for using the Club overnight. Contact Whitney Benedetti at (507) 287-9314 or wbenedetti@racmn.com with questions concerning field trips and day activities in the Club.

KIDS SPORTS AND FITNESS

KIDS SPORTS AND FITNESS CLASSES

Winter I is a 6-week session beginning January 2

Winter II is a 7-week session beginning February 13

*The Activities Director reserves the right to shorten or cancel classes if insufficient numbers enroll.

*Monday classes will be prorated

**If Rochester Public Schools are cancelled for inclement weather, there will be no classes.*

BOYS CLUB

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

- Tag
- Kickball
- Basketball
- Dodgeball
- Walleyball
- Meet in the Neighborhood

Fee: \$10

BC

Maximum: 20 boys/class

Friday 5:30 - 6:15 pm

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: Winter 1 \$30/parent and child Winter 2

\$49/parent and child

Monday 9:30 - 10:00 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

KIDS SPORTS AND FITNESS

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: Winter 1 \$42 Winter 2 \$49 **TS**

Monday 10:00 - 10:30 am

Wednesday 1:45 - 2:15 pm

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: Winter 1 \$45 Winter 2 \$52 **SO**

Wednesday 1:00 - 1:45 pm

YOUTH BASKETBALL

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

- Basketball Instruction
- Skill Drills
- Sportsmanship
- Games
- FUN!
- Class Limit: 15
- Meet in Gym 2

Fee: Winter 1 \$45 Winter 2 \$52 **BBY**

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

TINY HITTERS

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

Fee: Winter 1 \$42 Winter 2 \$49 **TH**

Thursday 5:00 - 5:30 pm

YOUNG HITTERS I AND II

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

Fee: Winter 1 \$42 Winter 2 \$49

Ages 7-9 Thursday 5:30 - 6:00 pm YH1

Ages 10-12 Thursday 6:00 - 6:30 pm YH2

YOUNG PITCHERS

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

Class limit: 4

- Ages 8-11
- Meet in Batting Cages

Fee: Winter 1 \$42 Winter 2 \$49

Thursday 6:30 - 7:00 pm YP

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. Winter 1 runs 6 weeks and Winter 2 runs 7. Classes are 55 minutes on Tuesdays/Fridays. Please stop by or call the Activities Desk at (507) 287-9300 to register. *Notice that there is some overlap with the 3rd graders - please place your child*

KIDS SPORTS AND FITNESS

based on size and ability level. We reserve the right to move your child if their motor skills fit better with a different group.

- There will be no classes if Rochester Public Schools are off.
- Tuesday classes meet in Neighborhood Gym
- Friday classes meet in Gym 3.
- Check out our swimming section if you are interested in home school swimming lessons.
- Class objectives include: Group Play, Sportsmanship, Gross and Fine Motor patterns,
- Teamwork, and Fitness

TUESDAY CLASSES

Winter 1 dates: January 3, 10, 17, 24, 31,
February 7

Winter 2 dates: February 14, 21, 28,
March 6, 13, 20, 27

Fees: Winter 1 Members: \$51/child
Non-member: \$61/child **HSPE**
Winter 2 Members: \$60/child
Non-member: \$70/child

GRADES: TIME:
K-3 11:00 - 11:55 am

FRIDAY CLASSES

Winter 1 dates: January 6, 13, 20,
February 3, 10
NO CLASS JAN 27

Winter 2 dates: February 17, 24
March 2, 9, 16, 23
NO CLASS MARCH 30

Fees: Winter 1 Members: \$43/child
Non-member: \$53/child **HSPE**
Winter 2 Members: \$51/child
Non-member: \$61/child

GRADES: TIME:
K-3 11:00 - 11:55 am

PRIVATE SPORT INSTRUCTIONS

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

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

***If Rochester Public schools close for inclement weather, there will be no classes.**

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

JIM DALY PRIVATE BASKETBALL LESSONS

Jim graduated from the University of Saint Mary's in 1997 and went on to receive a Masters Degree in Education at the University of Minnesota in 2002. Jim has 13 years experience as an elementary school teacher and 13 years of coaching experience - 6 as the head varsity boys basketball coach at Lourdes High School (Current Position). Jim was a member of the Saint Mary's Mens' Basketball Team. Jim is available to teach individual, semi-private, or small group basketball lessons.

Call (507) 287-9335 Ext. 379 for reservations

1/2 Hour Private \$25
1 Hour Private \$50

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 Gym 3

Fee: Winter 1 Members: \$45
Non-members \$50 **RR**
Winter 2 Members \$45
Non-members \$50

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. A snack is included.

Age 2
Classes meet in Gym 3

KIDS SPORTS AND FITNESS

Fee: Winter 1 Members: \$45
Non-members: \$50 RR2
Winter 2 Members: \$45
Non-members: \$50
Tuesday 10:30 - 11:15 am
Wednesday 10:30 - 11:15 am

TODDLER GYMBERCE

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. Parent must remain in the club.

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

Fee: Winter 1 Members: \$45
Non-members \$50
Winter 2 Members: \$45
Non-members \$50 TGYM

Monday 5:15 - 6:00 pm
Tuesday 9:30 - 10:15 am
Wednesday 9:30 - 10:15 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, football, basketball, hockey, and much, much, MUCH MORE will be included in our exciting class.

- FUN!
- Ages 4-6
- Class meets in Gym 2

Fee: Winter 1 Members: \$45
Non-members: \$50
Winter 2 Members: \$45
Non-members \$50 KIA
Monday 6:00 - 6:45 pm
Tuesday 10:30 - 11:15 am
Wednesday 10:30 - 11:15 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).

Competitive Edge Training is available to non members. Non member policies;

- Non members will have full access to the RAC if they sign up for the full CET program (strength and SAQ).
- Non members that sign up for the strength only will have access to the RAC on Tuesday/Thursday only.

- Non members that sign up for the SAQ only will have access to the RAC on Monday/Wednesday/Friday only.

SPORT SPECIFIC STRENGTH TRAINING

This program is designed as an off season strength program to prepare male and female athletes not competing in a winter sport. Strength programs will be designed specific to their respective sport. This class teaches proper technique and programming. This is an ideal class for male and female athletes in preparation for the spring season. This class is also appropriate for all athletes looking to improve their strength levels.

Begins: Winter session I, January 3 - (6 weeks)
Winter session II, February 13 - (7 weeks)

Ages 13-18
Class Limit: 15

Fee: Winter session I Members: \$120
Non members: \$160 CETSSC
Winter session II Members: \$140
Non members: \$180

COMPETITIVE YOUTH ACTIVITIES

Tuesday/Thursday 4:00- 5:30 pm

Meet in front of the Activities Desk.

Note: Non members that sign up for the strength only will have access to the RAC on Tuesday/Thursday only.

SPEED, AGILITY, AND QUICKNESS TRAINING

This class is the perfect complement 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 male and female athletes in preparation for the spring season.

Begins: Winter session I, January 3 - (6 weeks)

Winter session II, February 13 - (7 weeks)

Ages: 12 - 18

Class Limit: 30

Fee: Winter session I Members: \$100

Non members: \$140

CETSAQ

Winter session II Members: \$120

Non members: \$160

Monday/Wednesday/Friday 4:00 - 5:00 pm

Meet in front of the Activities Desk.

Note: Non members that sign up for the SAQ only will have access to the RAC on Monday/Wednesday/Friday only.

Sign up for resistance training and the speed, agility, and quickness training and save. The complete program includes; Speed, agility, and quickness training on Monday, Wednesday, and Friday 4:00 - 5:00 pm

Resistance training on Tuesdays and Thursdays (minimum age is 13 years) 4:00 - 5:30 pm

Fee: Winter I session Members: \$180

Non members: \$215

Winter II session Members: \$210

Non members: \$250

Note: Non members will have access to the RAC seven days per week for the six and seven week programs respectively.

YOUTH SPEED, AGILITY, AND QUICKNESS TRAINING

This is a great program to introduce your young athlete to training for improved performance in a fun atmosphere. Participants will learn the basic fundamentals of running, change of direction, and foot movement. Youth SAQ is not available to non members.

Begins: Winter session I, January 3 - (6 weeks)

Winter session II, February 13 - (7 weeks)

Ages: 9 - 12 years

Mondays & Wednesdays 4:00 - 5:00 pm

Fee: Winter session I \$95 (6 weeks) **SAQY**

Winter session II \$110 (7 weeks)

Meet in front of the Activities Desk.

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 ideal 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 (507) 287-9312 or email; wemmert@racmn.com .

One hour session: \$61

45 minute session: \$51

30 minute session: \$41

KIDS DANCE AND TUMBLING

KIDS DANCE AND TUMBLING

The RAC Dance and Tumbling Staff is excited and proud of our program, and we 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. Classes begin January 3 and will run 12 weeks.

Monday classes will be prorated for January 2.

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.

Age 3-5

Classes meet in Studio 1

Recital – March 23 @ 6:00 pm

Fee: Members: \$96 Non-members: \$106 **ITD**

Tuesday 10:30 - 11:00 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!

• Ages 4-6

• Classes meet in Studio 1

• Recital – March 23 @ 6:00 pm

Fee: Members: \$96 Non-members: \$106 **CD**

Tuesday 11:40 am - 12:10 pm

Thursday 11:05 am - 11:35 am

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, and choreographed ballet routines. Our program promotes the attitude of fun and positive reinforcement during this introductory experience with ballet.

• Ages 4-6

• Classes meet in Studio 1

• Recital – March 23 @ 6:00 pm

Fee: Members: \$96 Non-members: \$106 **BALLET**

Tuesday 11:05 - 11:35 am

Thursday 11:40 am - 12:10 pm

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"!

• Ages 6-10

• Taught by Rita Hawkins

• Recital – March 23 @ 6:00 pm

• Classes meet in Studio 1

Fee: Members: \$96 Non-members: \$106 **HHJ2**

Monday 6:20 - 6:50 pm

• Ages 4-6

• Taught by Mindy Burman

• Recital – March 23 @ 6:00 pm

• Classes meet in Gym 3

Fee: Members: \$96 Non-members: \$106 **HHJ1**

Wednesday 5:00 - 5:30 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.

• Ages 4-6

• Classes meet in Gym 3

• Recital – March 23 @ 6:00 pm

Fee: Members: \$110 Non-members: \$120 **DAT**

Wednesday 6:15 - 7:00 pm

KIDS DANCE AND TUMBLING

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.

- Age 3

• Classes meet in Gym 3

• Recital – March 23 @ 6:00 pm

Fee: Members: \$96 Non-members: \$106 **TK3**

Tuesday 4:05 - 4:35 pm

Wednesday 5:40 - 6:10 pm

- Ages 4-5

• Classes meet in Gym 3

• Recital March 23 @ 6:00 pm

Fee: Members: \$96 Non-members: \$106 **TK45**

Tuesday 4:40 - 5:10 pm

MOVIN' Two's

This parent/child class is for those children wishing to learn the basic skills of tumbling, while developing strength, coordination, flexibility and balance. This class will focus on developing your child's gross motor skills. Your child will explore the balance beam, bar, spring board and floor activities.

18 months to 2 years of age

- Class meets in Gym 3

• Parent/Child Class

• No Recital

Fee: Members: \$96 Non-members: \$106 **MOVIN**

Tuesday 3:30 - 4:00 pm

ZUMBA FOR KIDS

Kids, want to experience the craze sweeping the RAC? Zumba is a cardio-based workout using Latin inspired music and easy to follow dance steps. The routines used in the adult classes will be taught and feature aerobic/fitness interval training with fast and slow rhythms. This class is geared specifically for ages 8-12.

- Ages 8-12

• Taught by Rita Hawkins

• Classes meet in Studio 1

• Recital – March 23 @ 6:00 pm

Fee: Member: \$80 Non-member: \$90

Monday 5:30 - 6:15 pm ZFK

TAEKWONDO

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.

Adult & Youth TaeKwonDo –class is open to new beginners age 5 to adult.

Winter Session 1- Monday, January 9, 2012

Winter Session 2 – Monday, March 12, 2012

Testing date - Monday, March 5, 2012

Testing Date – Monday, May 14, 2012

Fee:	RAC Member	Non Member	TKD
1st Family Member	\$65	\$85	
2nd Family Member	\$35	\$45	
3rd Family Member	\$20	\$30	
4th plus Family Member	\$15 each	\$25 each	
5:30 - 6:15 pm	New Beginners/continuing White		
6:15 - 7:00 pm	Orange/Yellow/Camouflage		
7:00 - 7:45 pm	Green/Purple/Blue/Brown/Red/Recommended Black		
7:45 - 8:30 pm	Black		

NOTE: Sign up is for NEW BEGINNERS ONLY.

Current participants are automatically signed up for the next session, but not automatically billed.

Registration confirmation and method of payment is verified on the first night of class.

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

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