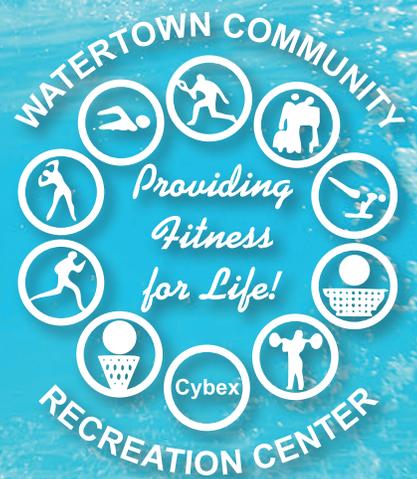


# Activities Program



Fall & Winter

2016-2017

**WATERTOWN COMMUNITY RECREATION CENTER**

200 NINTH STREET NE | WATERTOWN, SD 57201 | 605.882.6250 | [WWW.WATERTOWNREC.COM](http://WWW.WATERTOWNREC.COM)

## Greetings

I am writing this letter to our members with mixed emotions. This is the last brochure for our current facility. This February, we will be moving into our new facility. We will be leaving behind a pool that has served the community for 43 years, and a fitness center that has benefited our members for 31 years. The building will be taken over by the Boys and Girls Club and the Watertown School District.

The Rec Center will make the move to a brand new, 104,000 square foot facility, which will be one of the finest in the four state region. Just to make a few comparisons between the new and the old, our current walking track is 16 laps for a mile. The new one will be 8 laps for a mile with lots of windows to see outside, to view the pool, to view the gymnasium, and to overlook the lower level cardio areas and the front desk. Our current free weight area is 800 square feet and the new one will be 3,000 square feet. Our cross training area is 700 square feet and the new one boasts 2,100 square feet. The group fitness room will increase by 300 square feet and will have a large storage room for our equipment to be stored in instead of having it stacked around the outside of the room. We will also have an additional 1,100 square foot room for additional classes. We will be moving our yoga studio from downtown to the new facility and we'll be introducing hot yoga and barre classes. Our cardio machines will grow from 35 to over 50. The Cybex weight machines will increase from 15 pieces to 23 pieces. Our child watch room will increase from 600 square feet to over 1,100 square feet.

In addition to all these upgrades, we will have three racquetball courts, a massage room, men's and women's locker rooms with a sauna and steam room in each and access to a large whirlpool right off the main pool. We will also be offering family locker rooms with 8 individual dressing rooms. Our aquatics area will have an 8 lane competitive pool as well as a leisure pool with 3 lanes for lap swimming, zero-depth entry, a play area, and a water slide. Next to the leisure pool will be a community room for meetings and birthday parties. The facility will have 5 basketball courts, 4 in one area that will be operated by the Park and Rec Department and one that will exclusively for Rec Center members. Our sitting area will have two gas fireplaces for your enjoyment. We are very fortunate for our city to have a facility like this for you, your children, grandchildren, and great grandchildren to enjoy! But, we still have six months in our current building and we have great plans for our members this fall and early winter! Boot camps, pickleball, aquacise classes, racquetball leagues, the Halloween Hustle, Red Cross swimming lessons and a wide range of group fitness classes! So come in and enjoy the last few months at the current facility. They will go fast!

**John Small**  
Executive Director

## Rec Center Hours

**Beginning September 6, 2016**

Monday - Thursday	5:00am to 10:00pm
Friday	5:00am to 9:00pm
Saturday	8:00am to 6:00pm
Sunday	12:00 noon to 6:00pm

## Volunteers Needed

If you would like to volunteer your time and talent to become involved in one of the Rec Center Programs, stop in or give us a call.

## Calendar of Special Events

September 5	Labor Day / Closed
September 6	Fall / Winter Hours Begin
September 28	Coed Volleyball Begins
October 4	Pickleball League Begins
October 17	Fall Racquetball League Begins
October 29	7th Annual Halloween Hustle (5K - 10K Run)
November 4-5	Optimist Youth Volleyball Tournament
November 4-6	Scuba Class
November 24	Thanksgiving / Closed
December 24	Christmas Eve / Close at 1:00pm
December 25	Christmas Day / Closed
December 27	Biggest Loser Weight Loss Incentive Program
December 31	New Years Eve / Closed at 6:00pm
January 1	New Years Day / Closed
January 17	Winter Dodgeball League Begins*
January 16	Winter Racquetball League Begins*
March 24-25	Spring Fling Racquetball Tournament
April 9-10	Junior Olympic Volleyball Tournament
April 16	Easter Sunday / Closed

\* Dates may be subject to change due to the opening of new facility.

## Have a Question? E-mail Us!

**John Small, Executive Director**  
jsmall@watertownsd.us

**Dave Greenman, Fitness/Program Director**  
dgreenman@watertownsd.us

**Jodi Hemiller, Aquatic/Program Director**  
jhemiller@watertownsd.us

**Jackie Bentzen, Office Manager**  
jbentzen@watertownsd.us

**Anne Rylance, Group Fitness Coordinator**  
rylanceanne@yahoo.com

## Index

Page 1 .....	Calendar of Special Events
Page 2 .....	Membership Info
Page 3 - 4.....	General Information
Page 5 - 6.....	Recreation Programs
Page 7 .....	Weight Training & Track
Page 8 - 10.....	Fitness & Wellness
Page 11 .....	Racquetball & Senior Programs
Page 12 - 14.....	Aquatics



# MEMBERSHIP INFORMATION

## Special Membership

College - 2 weeks* .....	\$ 35.00 + \$ 2.63 tax = \$ 37.63
College - 1 month* .....	\$ 45.00 + \$ 3.38 tax = \$ 48.38
College - 3 months* .....	\$ 90.00 + \$ 6.75 tax = \$ 96.75
Family - 1 month .....	\$ 82.00 + \$ 6.15 tax = \$ 88.15
Family - 3 months .....	\$223.00 + \$16.73 tax = \$239.73
Family - 6 months .....	\$338.00 + \$25.35 tax = \$363.35
Adult - 1 month.....	\$ 65.00 + \$ 4.88 tax = \$ 69.88
Adult - 3 months .....	\$190.00 + \$14.25 tax = \$204.25
Adult - 6 months .....	\$275.00 + \$20.63 tax = \$295.63
55+ Adult - 1 month.....	\$ 55.00 + \$ 4.13 tax = \$ 59.13
55+ Adult - 3 months .....	\$148.00 + \$11.10 tax = \$159.10
55+ Adult - 6 months .....	\$210.00 + \$15.75 tax = \$225.75
55+ Couple - 1 month .....	\$ 85.00 + \$ 6.38 tax = \$ 91.38
55+ Couple - 3 months .....	\$173.00 + \$12.98 tax = \$185.98
55+ Couple - 6 months .....	\$260.00 + \$19.50 tax = \$279.50

\*Must show a current college I.D. All other memberships run year to date. Membership Refund Policy: memberships are not transferable, or refundable. Your membership is regarded as continuous until the time you decide to terminate your membership. To terminate a bank draft membership, you must give a 30 day written notice.

## Membership Description

**Family** – Husband, Wife, and all dependents living at home.  
**Adult** – Individuals 18 to 55 years old.  
**55 Plus** – Individuals 55 years or older.  
**55 Plus Couple** – Husband and wife, both must be over 55 years old.

All members are entitled to the use the entire facility within the guidelines of operating policies and procedures.

**All non-members, guests, and family from out of town must purchase a day pass. Children under 2 are free.**

### Day Pass Rates

Youth*	\$3.00
8th-12th Grade*	\$5.00
Adult	\$9.00
Family	\$15.00
5 Day Punch Card	\$45.00
10 Day Punch Card	\$90.00

\*Includes use of the Boys & Girls Club.

## Facility Description

Double-wide gymnasium, 3 lane walking/running track, adult and youth locker rooms, saunas, steam room, whirlpool, handball/racquetball courts, swimming pool, fully equipped weight room, Cybex machines, aerobic studio, exercise bikes, Lifecycles, rowing machines, Stairmasters, treadmills, Versa Climber, Cross Trainers, and babysitting services.

## Fitness Membership Rates

Type of Membership	Dues	Initiation Fee	Tax	Paid In Full
Family	\$471.03	+\$50.00	+\$39.08	=\$560.11
Adults	\$342.06	+\$50.00	+\$29.40	=\$421.46
55+ Adult	\$257.94	+\$50.00	+\$23.10	=\$331.04
55+ Couples	\$342.06	+\$50.00	+\$29.40	=\$421.46
Grades 1 - 7*	Boys & Girls Club \$6.00 + \$0.45 = \$6.45			
Grades 8 - 12*	Boys & Girls Club \$20.00 + \$1.50 = \$21.50			

**Down Payment On Bank Draft Plan Includes 1 Month Down, Initiation Fee and \$3.50 Set-up Charge and tax**

\$39.25 + \$50.00 + \$3.50 + \$6.96=\$99.71	Monthly Automatic Withdrawals
\$28.50 + \$50.00 + \$3.50 + \$6.15=\$88.15	\$42.00
\$21.49 + \$50.00 + \$3.50 + \$5.62=\$80.61	\$30.50
\$28.50 + \$50.00 + \$3.50 + \$6.15=\$88.15	\$23.00
Full Facility / \$52.34 + \$3.93 = \$56.27	\$30.50
Full Facility / \$115.89 + \$8.69 = \$124.58	

All memberships run year to date. \*Full Facility memberships entitle usage of the Boys & Girls Club and the Rec Center. Membership Refund policy - memberships are not transferable or refundable.

## Fitness Plus Membership Rates

Type of Membership	Dues	Initiation Fee	Tax	Paid In Full
Family	\$628.04	+\$50.00	+\$50.85	=\$728.89
Adults	\$510.28	+\$50.00	+\$42.02	=\$602.30
55+ Adult	\$426.17	+\$50.00	+\$35.71	=\$511.88
55+ Couples	\$510.28	+\$50.00	+\$42.02	=\$602.30

**Down Payment On Bank Draft Plan Includes 1 Month Down, Initiation Fee and \$3.50 Set-up Charge and tax**

\$52.34 + \$50.00 + \$3.50 + \$7.94=\$113.78	Monthly Automatic Withdrawals
\$42.53 + \$50.00 + \$3.50 + \$7.20=\$103.22	\$56.00
\$35.52 + \$50.00 + \$3.50 + \$6.68=\$95.69	\$45.50
\$42.53 + \$50.00 + \$3.50 + \$7.20=\$103.22	\$38.00
	\$45.50

All memberships run year to date. \*Full Facility memberships entitle usage of the Boys & Girls Club and the Rec Center. Membership Refund policy - memberships are not transferable or refundable.

Memberships include towel services, unlimited land aerobics, unlimited Racquetball (Leagues & Tournaments not included), unlimited Super Circuit Classes, Yoga & Pilates Studio downtown, and everything from Fitness Membership.



**Watertown Community Recreation Center**

**• MISSION STATEMENT •**

**Providing Fitness for Life**



**Board of Directors**

Carrie Dylla <i>President</i>	Brian Richter
Gary Grewing <i>Vice President</i>	Darrell Stacy
Mike Peterson	Dr. Jon McAreavey
Scott Johnston	Ash Griffin
Mike Danforth	Tom Franken

**Staff**

**Executive Director:** John Small

**Office Manager:** Jackie Bentzen

**Aquatics/Program Director:** Jodi Hemiller

**Fitness/Program Director:** Dave Greenman

**Group Fitness Coordinator:** Anne Rylance, ACE

**Personal Trainers:** Joan Larson, ACE and Dave Greenman, ACE

**Court Sports Coordinator:** Dave Greenman

**Director of Babysitting Services:** Lisa Schwinger

**Babysitters:** Lisa Schwinger, Autumn Kurkowski, Katelyn Endres and Carol Ford

**Receptionists:** Robin Evans, Sharie Bekaert, Carol Ford, Kathy Konradi, Joan Larson, Tammy Pederson, Brenda Uses Arrow, and Julie Geerdes

**Group Fitness Instructors:** Anne Rylance, Angie Czech, Jodi Hemiller, Monica Jurgens, Dave Greenman, Patti Jackson, Megan Wight, Carol Veach, Abby Thomas, Lindsay Krause, Michelle Wadsworth, Jami Grangaard, Joan Larson, Jennifer Koistenen, Alex Rieffenberger, Tina Mancell, Kristi McIntosh, Carrie Dylla, Lorrie Redlin and Jamie Conroy

**Yoga/Pilates Instructors:** Anne Rylance, Angie Czech, Mary Redlin, Carol Veach, Jodi Peterson, Monica Jurgens, Michelle Wadsworth, Christina Brownell, Megan Wight, Lindsay Krause, Abby Thomas, Mary Daily and Michelle Reichling

**Aquacise Instructors:** Jodi Hemiller, AFPA, Cami Gottsleben, Betty Waterman Patty Veeder, Carol Veach and Stacy Thury

**Lifeguards:** Jodi Hemiller, Trevor Sorensen, Mike Jennings, Jon Bargmann, Connor Antoine, Isaac Holzwarth, Derek Schutte, Mikayla Kludt, Kerigan Pieper, Anne Knipping, Grant Britt, Maycie Olson, Taylor Corey, Riley Budden, Tyann Hamlin and Christine Woodard

**WSI Instructors:** Jodi Hemiller, Isaac Holzwarth, Kerigan Pieper, Anne Knipping, Mikayla Kludt, Makenna Boss, Kathy Antoine and Kristina Anderson

**Gym Supervisor:** Benne Sullivan

**Building Maintenance:** Jim Sumner

**Building Custodians:** Randy Sadergaski, Veirn Pederson, Bill Kennedy, Bre Hemiller, Jim Pischke, Gloria Donat, Bob Jutting, Tara Walhe, Brandy Heathcote, Brandon Saeger, and Jeff Theisen.

**Birthday Party Supervisor:** Lisa Schwinger

**Holiday Closings**

Labor Day	Thanksgiving	Christmas Eve
Christmas Day	New Years Day	Easter
Memorial Day		

**Contributions**

**Make a Commitment to the Future. . .**  
**CONTRIBUTE TO YOUR RECREATION CENTER**  
**We are a tax-deductible organization.**

To help us continue to provide high quality programs, facilities and service to our fine community, we need your help. We have had members contribute to the Rec Center in forms of life insurance policies, memorial gifts, and outright cash contributions. If you are interested in helping to provide financial security for the Recreation Center's future, please call 882-6250.

**Thank You!**

**Benefits of becoming a Rec Center Member**

1. Use of Cybex machines.
2. Use of all cardiovascular and strength training equipment.
3. Wholesome family entertainment - family programs, family swims, and open swims.
4. Racquetball court reservation privileges.
5. Substantial reduction in program fees.
6. Use of sauna, whirlpool and steam room.
7. Fitness evaluation.
8. Great way to feel good about yourself!
9. Use of double-wide gymnasium.
10. Use of walking/running track.

**Find us on Facebook!**  
*Watertown Rec Center*

**CHECK US OUT ONLINE AT**  
[\*www.watertownrec.com\*](http://www.watertownrec.com)

# GENERAL INFORMATION

## Credit Policy

When requested by a customer 7 days before first class, full credit. Six days before class, \$2.00 charge. Completion of the first class, 50% credit. After second class is held, no credit. Exception: For medical reasons, physician's statement must accompany request.

## Parents!

Youth in 7th grade and under are not allowed in the weight room or in the cardiovascular area. This is for their protection.

## Lockers

Lockers are available on a daily basis at no charge. Locks must be removed after workout.

OR

Lockers may be rented on a yearly basis for \$45.28 plus tax. Locks are not provided by the Rec Center. **PLEASE DO NOT LEAVE ANY VALUABLES UNLOCKED!**

**HIGH SCHOOL STUDENTS ARE NOT ALLOWED IN THE ADULT LOCKER ROOM. STUDENTS NEED TO USE THE YOUTH LOCKER ROOMS LOCATED AT THE NORTH END OF THE POOL. DURING FAMILY AND OPEN SWIM, PARENTS MAY BRING THEIR CHILDREN OF THE SAME SEX UP TO AND INCLUDING AGE 8 IN THE ADULT LOCKER ROOMS.**



## On-Site Babysitting

Do you need somewhere to drop the children off while you drop off pounds? Drop in babysitting services while parents are using the facility are available.

**Monday - Thursday: 8:00am - 1:00pm and 4:00 - 8:00pm**  
**Friday: 8:00am - Noon, Saturday: 8:00 - 11:00am**

**\*\* Starting September 30, babysitting will be available Monday - Friday 8:00am - 1:30pm. The extended hours beginning September 30 will continue based on the needs of members using it. \*\***

**In the evening, sitter leaves at 7:30pm Monday - Thursday if no one is using the service.** Games and toys will be provided. We offer many activities to keep your child entertained while you work out.

**FEES: \$2.00/ hour for the first and second child**  
**\$0.75/ hour for the third child, etc...**  
*(Punch cards are available.)*

## In Case of Inclement Weather

Please listen to the radio beginning at 4:00pm for closing information: KSDR/KS93, KWAT/KIXX & KXLG. We will also notify you by e-mail.

## GYM SCHEDULE - BEGINNING SEPTEMBER 6, 2016

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
Family** Open Gym		6-8pm WC		6-8pm EC	7:30-9pm EC	12-6pm EC	1-3pm WC/EC
Adult* Open Gym		8-10pm WC		8-10pm EC	7:30-9pm WC	12-6pm WC	3-6pm EC & WC
Noon Basketball	11:30am-1:30pm	11:30am-1:30pm	11:30am-1:30pm	11:30am-1:30pm	11:30am-1:30pm		
Adults Leagues		6-10pm EC	6-10pm WC/EC				

E.C. = East Court

W.C. = West Court

Schedule subject to change.

\*Adult Open Gym is open to all members of the recreation center in 8th grade or above.

\*\*Family Open Gym is open to families. Kids must be supervised by an adult.

New Gym Schedule will come out in March.



## Lake Area Pediatric Dentistry

*Dr. Thane E. Crump*

600 4th Street NE, Suite 208  
 Watertown, SD 57201

**phone: (605) 753.5437**

**email: lapd@iw.net**



Lake Area  
 Pediatric  
 Dentistry

# SPECIAL EVENTS

## Coed Volleyball League

A Coed Non-refereed Competitive and Recreational Volleyball League will be offered at the Watertown Community Rec Center. Competitive A League will consist of 4 players (2 men & 2 women) and Recreational B League will consist of 6 players (3 men / 3 women). **League will run for 8 weeks with a single elimination tournament to follow.**

For more information, call Jodi at 605-882-6250.

**FEE:** Members: \$30.00 • Non-Members: \$40.00

**DATE:** Starts Wednesday, September 28

**TIME:** 6:00 - 10:00pm

## Open Volleyball League

Any mix of players can form a team. There are no "guy-girl" rules that apply. **League will run for 6 weeks with a single elimination tournament to follow.** Competitive A League will consist of 4 players and Recreational B League will consist of 6 players. *Winter league will be played in the new Rec Center.*

**FEE:** TBD

**DATE:** TBD

**TIME:** TBD

## Women's Volleyball League

Hey gals, it's ladies night out. The Rec Center will be offering women's 4-person competitive and 6-person recreational volleyball league on **Wednesday nights.**

**League will run for 6 weeks with a single elimination tournament to follow.** High school/Jr. High teams are welcome too! *Spring league will be played in the new Rec Center.*

**FEE:** TBD

**DATE:** TBD

**TIME:** TBD



## Pickleball League

Come experience one of the fastest growing court sports around! Pickleball is great for young and old, beginners and the pickleball vets! It is an easy game to learn and great exercise, so grab a partner (doubles only at this time) and join this new Rec Center league!

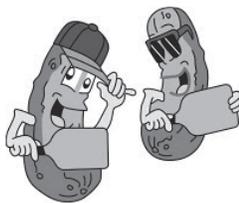
For more information, contact

Dave Greenman, 605-882-6250.

**FEE:** Members: \$30.00 / team • Non-members: \$50.00 / team

**DATE:** Tuesdays, October 4 - November 22

**TIME:** 6:00 - 8:00pm



## Dodgeball League

It's not just for kids anymore! Re-live your youth by joining our adult dodge ball league. Teams will be made up of six people and will play on Tuesday nights. Official National Dodgeball League Rules will apply, so get signed up to have some great fun and get some great exercise. *For more information, contact Dave Greenman, 605-882-6250.*

**FEE:** 6 person team is \$60.00

**DATE:** Starts Tuesday, January 17

**TIME:** 6:00 - 10:00pm (You may have more than 6 on a team).



## Shotokan Karate

Karate is a set of attainments associated with intense mental discipline. It involves poise and skilled movements. These, in turn, reflect a frame of mind, a philosophy of life, a mode of communication. At its best, when its dashing and daring movements are executed with bravura and elegance, precision and clinical dispassion, intelligent anticipation and resourceful dialogue, it represents one of the highest expressions of the skills used of the human body. The Watertown Karate Club is registered with the International Shotokan Karate Federation.

**FEE:** Members: \$25.00 (plus tax)

Non-members: \$30.00 (per month) (plus tax)

**DATES:** Tuesdays 8:00 - 9:30pm and Thursdays 8:00 - 9:30pm

## 7th Annual Halloween Hustle

5K Ghoulish Gallop - 2 Mile Monster Walk

Get your best Halloween costume dusted off (or leave the dust on) and come join the Rec. Center for the 7th Annual Halloween Hustle. Run 3.1 miles with other ghosts, goblins, pirates, clowns, and super heroes! Prizes will be given out for race winners and best costume (many different categories). Every participant will receive a free entry to the Watertown Lions Haunted House! Feel good about eating all that Halloween candy this year, by getting a little exercise first!

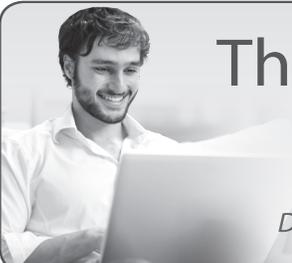
**FEE:** \$25 for adults, \$15 for kids,

\$40 for families (up to 6 family members)

**DATE:** Saturday, October 29

**TIME:** Registration at 9am, Walk starts at 10am and Run starts at 10:15.

Sign up deadline is Tuesday, October 25, so stop in or call the Rec. Center to get registered today!



There's only one you.  
Let's keep it that way.  
*Introducing Fraud-Defender,  
Dacotah Bank's new identity theft program.*

**DACOTAH BANK**  
*Here for you.*<sup>SM</sup>

BANKING • INSURANCE • MORTGAGE • TRUST

Call. Click. Come in.  
Watertown | 1310 Ninth Avenue SE  
(605) 886-0645

dacotahbank.com  Insurance and Trust  
not FDIC insured.

# SPECIAL EVENTS

## WCRC Calorie Club

Become a member of the Watertown Community Recreation Calorie Club by performing a variety of exercises (all cardiovascular machines calculate calories), or look up your exercise of choice, to see how many calories you burned. Burn 15,000 calories and receive a t-shirt, 20,000 calories and receive a long-sleeve t-shirt and burn 25,000 calories and receive a hooded or crew sweatshirt.

**FEE:** \$20.00 (plus tax)

**DATES:** September 19 - October 24

## Team Up For Exercise

You'll exercise towards physical and mental fitness by dividing up into different teams and keeping track of how many points each individual exercises through a point system. Each team will encourage and motivate their team members to exercise towards victory. Each individual can exercise through aerobics, aquatics, nautilus, cardiovascular machines, lap swimming, etc.

**FEE:** \$10.00 per person (plus tax)

**DATE:** TBD

## 2017 WCRC Biggest Loser Contest

**WHO:** You and your partner. Teams can be male, female, co-ed, husband/wife, co-workers...anyone who wants to improve their health by losing weight.

**WHAT:** 12 week weight loss competition. Win money, prizes and respect!

**WHEN:** First weigh-in will be between December 27 and December 30 and the final weigh-in will be Friday, March 24.

**WHERE:** All weigh-ins will be every Friday at the Rec Center.

**FEE:** Members \$40.00 per team

**WHY: WHY NOT?** If you are looking to lose a few pounds anyway, why not join the Biggest Loser Contest and have a chance to win prizes and cold hard cash!!



## Exercise Across ????????

Exercise your way across different and interesting places by performing a number of cardiovascular exercises. Past adventures have been South Dakota, the U.S., the world and the universe. Be on the lookout for where we are exercising next! Participants who reach their destination will receive a T-shirt.

**FEE:** \$20.00 per person (plus tax)

**DATE:** TBD

## Tri Fit Training: 6 Weeks to Your First Indoor Triathlon

The triathlon season is over, but your training is about to get started. Taking up a new discipline during the off-season can help any athlete stay motivated and help maintain fitness. Training indoors is a great time to focus on heart rate, power, strength and speed skills. Tri Fit Training will start with 30 minutes of Pacing, 30 minutes of Body Pump and finish with a 30 minutes of Swim Set. Athletes should have a training base in these areas and be able to swim 200 meters (4 laps) without stopping. Swimmers will be coached to improve technique and speed. Training will run for 5 weeks on Sunday afternoons. On the 6th week, participants will compete in an indoor triathlon that will consist of a ¼ Mile Swim (8 laps), 10 Mile Bike (stationary) and 1 Mile Run (indoor track). Maximum participation is 15 triathletes.

**FEE:** \$80.00 (includes entry to compete in the WCRC Indoor Triathlon)

**DATES:** Fall Session / Winter Session TBD

## Birthday Parties with a Splash!

Let the WCRC put the fun in your birthday party! We provide all you need to make your special day one to remember. For more information or to schedule call Jodi at 605-882-6250.

**POOL PARTY:** One hour of splish-splashing fun with your friends at the WCRC indoor pool. The last hour will be spent eating cake and opening gifts in our conference room. Limit of 10 guests.

**FEE:** \$70.00 (plus tax)

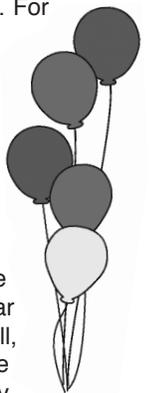
**COURT SPORT PARTY:** Whatever your game, have fun playing one hour of your favorite sport. Some popular options available are: basketball, kickball, dodge ball, soccer and hockey. The racquetball courts can also be used for wallyball. Afterwards, enjoy an hour of birthday party fun in our conference room. Limit of 10 guests.

**FEE:** \$70.00 (plus tax)

**DELUXE PARTY:** Take the stress out of planning with this worry-free party. The Rec Center staff will provide 3 hours of birthday party fun that includes swimming, games in the gym, a birthday cake, juice, ice cream, paper goods and extras. The only items for you to remember are the presents and camera. Limit of 10 guests.

**FEE:** \$110.00 (plus tax)

**All parties must be scheduled one week in advance to ensure time and availability.**



*We support physical fitness for life!*

[www.officepeeps.com](http://www.officepeeps.com)



# WEIGHT TRAINING

## Introduction to Cybex

This session will introduce you to the benefits of using Cybex equipment, proper lifting techniques and the proper way to set up your own exercise program. An excellent opportunity for the person who would like to get started on a weight training program or just wants a refresher course. Make an appointment with Joan or Dave if interested, 605-882-6250.



**FEE:** FREE · By appointment only.

## WOW

### Women on Weights

This class is designed to help women learn proper free weight technique. The class is eight, one-hour sessions. Class instructor is Joan Larson, ACE Certified Personal Trainer.

**FEE:** Members \$35.00 (plus tax) · Non-Members \$50.00 (plus tax)

**DATES** and **TIMES** are flexible, so call today for more information.



## Cybex Super Circuit

Super Circuit is a fast, complete, half hour workout that can give you the benefits of improved cardiovascular fitness, muscular endurance, and overall strength for males and females. Classes will include the use of bikes, step benches, row machine, and Cybex equipment\*. This is an outstanding workout if you are just beginning or if you are a seasoned athlete. No competition, you work at your own pace. Come try this exciting and challenging class!

**FEE:** Member: \$15.00 · Non-Member: \$30.00 (plus tax)  
(Free to Fitness Plus Members)

**DATES:** Monday, Wednesday & Friday: 9:00am

\* If you are unfamiliar with Cybex, please ask for an orientation prior to class.

## The Edge

The Edge is a great workout that lasts between 30 and 60 minutes. The harder you work out, the faster you get done! The class is a combination of Insanity, Cross Fit and P90X. A perfect workout for those who have limited time.

**DATE:** Classes start the week of September 12th

**TIME:** Monday, Wednesday, and Friday\*: 11:45am - 1:30pm

Tuesday and Thursday: 6:00 - 7:00pm

\* **NOTE:** Show up to class when you can and jump right into the workout!



## Corporate Memberships

Do you own your own business? Do you have a difficult time recruiting and retaining employees? Are you getting maximum production from your employees? Do you have a high absenteeism rate and high workmen's Comp claims? If you do, you should consider a corporate membership program for your company. It is proven that individuals who exercise regularly and are in shape will be more productive, miss less work and will less likely get injured. The Watertown Community Recreation Center has various corporate membership programs that you can participate in. Give John a call for more information 605-882-6250.



# O<sup>WEN</sup> Chiropractic

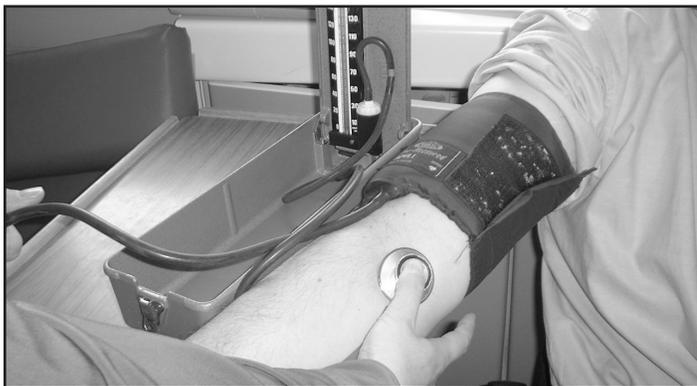
[www.DrOwen.com](http://www.DrOwen.com)

(605) 886-8118

# FITNESS AND WELLNESS

## FREE Fitness Evaluation (with New Membership)

FREE "FITNESS CHECK" FOR ALL NEW MEMBERS! The Rec Center is proud to offer a FREE Fitness Profile for all new members. The profile includes evaluations for flexibility, cardiovascular endurance, body composition, muscular endurance, and blood pressure. This is your chance to discover your current fitness level and discuss ways to accomplish future goals. An orientation on all the fitness equipment is included. Please call for an appointment with ACE certified personal trainers Dave Greenman or Joan Larson at 605-882-6250 or stop by the front desk to sign up.



## Fitness Re-Evaluation and/or Personalized Fitness Program

Do you want to know how you are doing with your fitness program? Members can have a fitness re-evaluation and personalized fitness program redone. This will let you know your current fitness profile and allow your personalized fitness program to be adjusted so you continue to achieve desired results. This will help you remain on the right track to obtaining your desired fitness goals and show your progression. Set up an appointment today with ACE certified personal trainers Dave Greenman or Joan Larson for your re-evaluation.

**FEE:** Member: \$25.00 (plus tax)  
Non-member: \$35.00 (plus tax)

## Body Composition Evaluations

Get your percentage of body fat evaluated through the "Bio-Electro Impedance" body composition machine. This accurate and quick technique gives you a print out telling you your percentage of body fat, lean body mass, basal metabolic rate and fat to muscle ratio. Make an appointment with Joan Larson or Dave Greenman to have yourself tested and see where you stand.

**FEE:** Member: \$10.00 (plus tax)  
Non-member: \$20.00 (plus tax)

## Personalized Fitness Training

Do you want to:

- Lose body fat?
- Improve cardiovascular fitness?
- Gain muscle and strength?
- Make the most of your workouts?
- Get the best results you can?

Certified Personal Trainers Joan Larson, ACE & Dave Greenman, ACE will personally train you to help you reach your goals!

Pkg. Fees	1 Person	2 Persons	3 Persons
1 Hour	\$26.00/hr.	\$23.00/hr.	\$21.00/hr.
3 Hours	\$23.00/hr.	\$20.00/hr.	\$18.00/hr.
6 Hours	\$20.00/hr.	\$17.00/hr.	\$15.00/hr.
10 Hours	\$17.00/hr.	\$14.00/hr.	\$12.00/hr.

All fees subject to 6.5% Sales Tax.

Take your body to its potential - call 605-882-6250!

- \* All personal training will be billed at 30 minute increments.
- \* If you can not make a scheduled appointment you must call at least 24 hrs. prior to appointment, or you will be charged for the appointment.
- \* Non-members must purchase a day pass.

## Free Blood Pressure Screening

The Watertown Community Recreation Center offers free blood pressure screenings for any member who wants to keep an eye on their pressure. Inquire at the front desk.

## Massage Therapy

Do you suffer from stress, headaches, sore muscles and other discomforts from the hectic everyday lives we all lead? Try a massage at **Serenity Massage, Inc.**, located right here at the Rec Center. Massage doesn't just feel good, it provides many physical and mental benefits. It helps relieve stress, pain from tense muscles, improves your circulation, helps rid your body of toxins, aids relaxation, and helps provide a general feeling of well being.



Eileen Meyer, owner of **Serenity Massage, Inc.** is licensed by the State of South Dakota, and a member of the ABMP. Eileen welcomes club members and non-members. For more information, or to make an appointment, call the Rec Center at 605-882-6250.

Full Body Massage: \$50.00 (includes tax)  
Partial Body Massage: \$30.00 (includes tax)

Bob Hemiller Sr. • JoAnn Hemiller  
Troy Hemiller • Tracy Lantgen  
Bob Hemiller Jr.



"Where Quality is as the Top  
& Prices are at the Bottom!"

127 E. Kemp Ave.  
Watertown, SD 57201  
(605)886-2896

127 E. Kemp Ave.  
Watertown, SD 57201  
(605)886-2896

# GROUP FITNESS / YOGA & PILATES

**Stay Strong and Healthy, Be Fit and most importantly have fun doing it!!**

The Watertown Rec Center Group Fitness program gives you a complete workout in a motivating and invigorating atmosphere. Our diverse format of programs meets the needs of a wide variety of individuals.

Whatever your fitness abilities are, we have a class for you!



*(offsite Yoga & Pilates Studio classes are included in Fit Plus Memberships)*

Check out our Fall Group Fitness class schedule at [www.watertownrec.com](http://www.watertownrec.com).



***Breathe deeply & appreciate the moment. Living in the moment can be the meaning of life!***

Begin your Yoga and Pilates Journey today at Watertown's Premiere Yoga and Pilates studio, "A New Day". Located in the heart of Uptown Watertown our studio is a place where members can escape their hectic lives and find a sense of peace and balance. We have a team of experienced instructors dedicated to helping each participant achieve an overall sense of well-being, while maintaining a focus on mind, body and spirit. We offer many classes throughout the week for those just beginning yoga and pilates to those who have invited yoga and pilates into their lives on a regular basis.

Please join us today at 17 E. Kemp. Please see our current schedule for specific class times and detailed descriptions at [www.watertownrec.com](http://www.watertownrec.com).

**Studio doors will open 15 minutes prior to class beginning and will close while class is in session.**

Amenities: Changing rooms available. If you forget your mat we have mats you may borrow. Yoga Props and blankets will be provided.

# 13 TIPS FOR MAINTAINING WEIGHT LOSS OVER THE LONG TERM

## 1. Stay consistent both with your activity levels and eating plan.

We often see people use the achievement of their weight-loss goal as a sign to stop what they're doing, celebrate and subsequently revert to their old habits. Whatever it took to help you lose the weight is the same plan that will help you keep it off—with some tweaks, of course. Remember, you no longer burn the same amount of calories that you did when you were heavier, so recalculate your calorie needs and make adjustments to your nutrition and/or exercise.

## 2. Build those muscles.

Having more muscle mass means your resting metabolic rate will be higher. Focusing on building muscle mass through strength or resistance training is the only way to create new, metabolically active muscle tissue. For weight maintenance, weight training becomes just as important as aerobic conditioning.

## 3. Continue to set goals.

Set both long-term and short-term goals and make sure that they are both realistic and achievable. Goals can be about exercise (trying something new), nutrition (cutting out sugar or sticking with a whole-food diet) or training for a race. Consider setting goals outside the diet and exercise realm as well, such as booking an adventure vacation. When you are having fun and are happy, you reduce your production of the stress hormone cortisol, making you more likely to be successful with maintaining your weight.

## 4. Practice mindful and intuitive eating.

Mindful eating means that you are present when you eat—no television, emails, Facebook or surfing the web. When you are focused on your meal, you can notice the taste, texture, temperature and aroma of it and really find enjoyment with what you are eating. You will be more likely to walk away from that meal feeling full and satisfied. Listen to your body's signals when it comes to being hungry and full. You eat when you are hungry (not waiting until you are ravenous), and stop when you are full (about 80 percent full), but not stuffed.

## 5. Have a plan.

You know the saying, "Failing to plan is planning to fail." Plan out your week—each day's workout, as well as what meals you will be preparing and eating. Having a plan means you will more likely stick to it and be successful.

## 6. Come up with a list of non-food coping strategies.

Emotional eating causes many people to turn to food when they are feeling sad, angry, frustrated, disappointed, bored, lonely or even happy. And the foods most people typically reach for are salty, crunchy, fatty foods and sweets. Come up with a list of non-food coping mechanisms that can make you feel better. Try taking a walk, calling a friend or our personal favorite, laughter therapy. Find some funny video clips to watch and once you start laughing, the stress hormones quickly recede and it becomes easier to feel better.

## 7. Find support.

Nothing feels more difficult than going through something alone. If your weight-loss journey was a solo trek, reaching out to others, especially people who are going through the same thing, can be both comforting and rewarding. You need to be able to open up and express your thoughts and feelings to like-minded people. You'll be amazed at the great ideas you'll come away with, as well as an increased sense of motivation.

## 8. Eat real, whole, clean food.

Once you achieve your goal weight, you might find yourself a little lax when it comes to your diet. A piece of chocolate cake, a slice of pizza and an extra glass of wine can really add up quickly. Remember what got you to your goal weight in the first place—a sound eating plan. Ditching the refined, processed food and replacing it with real, whole, clean foods, such as vegetables, fruits, lean proteins, healthy fats, clean complex carbs and plenty of water and green tea, can get you back on track for success.

## 9. Stay within 3 pounds of your maintenance weight.

While we don't believe in being slaves to the scale, a once-a-week weigh-in should be enough to make sure you are staying on track. If the scale indicates more than a 3-pound gain, it's time to check in with yourself and assess what you've been doing differently. Are you keeping food records? Do you get enough sleep? How's your stress level? All of these factors play a role in weight gain.

## 10. Setbacks happen.

You travel for business or pleasure, attend parties and have holiday gatherings—all of which typically mean an abundance of food is available. Again, have a plan for handling these food environments to your advantage. But if you do slip up and decide to overindulge at the buffet, that's O.K. Learn how to move past it and go right back to your consistent new lifestyle.

## 11. Stay hydrated.

Did you know that most of the time you think you're hungry, you're actually thirsty? Next time you find yourself with the munchies, go drink 12 ounces of water and wait 15 minutes. You might have just solved the problem. A general rule is to drink (in ounces) half of your body weight (in pounds). For example, if you weigh 150 pounds ( $150 \times 1/2 = 75$ ), you need to drink 75 ounces (approximately 10 cups of water).

## 12. Practice stress management.

Stress plays a big role in weight regain. The main stress hormone is cortisol and when it is high, due to stress, it causes your body to become more insulin resistant. Insulin is a fat-storage hormone, so the more you have floating around your bloodstream, the more fat you are likely to store, especially around your abdominal region. Stress-management techniques can be as simple as taking a few one-minute breaks during the day during which you close your eyes and practice deep breathing. If you have more time, try longer stretches of meditation or breathing exercises.

## 13. Sleep seven to nine hours each night.

There is ample scientific evidence about the role that sleep plays in weight. When you sleep fewer than seven hours per night, there is a disruption in the production of two main hormones that control hunger and fullness. Poor sleep causes your brain to produce more ghrelin, which makes you feel hungrier, and less leptin, which helps make you feel full. Proper sleep keeps these hormones at proper levels and hunger and fullness are back to normal.

		
<b>HILLYARD</b>		
Floor Care Supply		
800 E. 48th St. North Sioux Falls, SD 57104	<b>TIM PEDERSON</b> , District Representative "LET US TRAIN YOUR MAINTENANCE PERSONNEL"	OFF: (605) 335-2292 1-800-666-2744 CELL: (605) 690-1175

# RACQUETBALL

## Welcome Back...

to the 2016-2017 Racquetball Season. This will be the last fall of racquetball play on our current WCRC courts. We have had some great leagues and tournaments, not to mention hundreds of great players over the years and I hope to continue that trend at our new facility! The fall leagues will run the same, but the winter leagues may be pushed back depending on when we move to the new courts. So be a part of history by playing on our truly unique courts one last time, and being the first to play on the new "all glass back" courts!

*Dave Greenman*  
Racquetball Coordinator

## Racquetball League

Due to last years overwhelming response to the league format, I will again continue to run the designated nights and times for league play. NON-MEMBERS of the Rec Center are again welcome to participate in the league. To ensure that you will have the opportunity to play in league, get signed up early. League play will start October 17 and January 16, watch your mail for further information!

League	Day	Time
Womens .....	Monday	7:30 & 8:15pm
Men's Open .....	Monday	6:00 & 6:45pm
Mens A .....	Tuesday	7:30 & 8:15pm
Mens B .....	Tuesday	6:00 & 6:45pm
Good Ole Boys (45 +) .....	Wednesday	4:30 & 5:15pm
Mens B .....	Wednesday	6:00 & 6:45pm
Mens C .....	Wednesday	7:30 & 8:15pm
Mens C .....	Thursday	7:30 & 8:15pm
Mens D .....	Thursday	6:00 & 6:45pm
Multi-Bounce.....	Saturday	10:00 & 10:30am
Jrs A .....	Saturday	11:00 & 11:30am
Jrs B .....	Saturday	9:00 & 9:30am

FEE: Member: \$20 per league • Non-member: \$45 per league

# SENIOR ACTIVITIES

## Super Circuit for Seniors!

As we get older our bodies tend to lose muscular strength, muscular endurance, and flexibility. This Super Circuit Class is a perfect way to gain back your strength, plus it is a great way to work on your cardiovascular endurance.

**FEE:** Member: \$15.00 (plus tax)  
Non-Members: \$30.00 (plus tax)  
(Free to Fitness Plus members)

**DATES:** Monday, Wednesday & Friday: 9:00am

## SilverSneakers® I Muscular Strength & Range of Movement

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand held weights, elastic tubing with handles, and a ball are offered for resistance, and a chair is used for seated and/or standing support.

**DATES:** Tuesday and Thursday: 9:45am

## 2016 - 2017 Tournaments

- Pat Towle Memorial Doubles Tourney ..... February 4
- The Spring Fling..... March 24-25
- For more information contact Dave Greenman at 882-6250.



## Senior Splash

The perfect combination of gentle, yet effective exercises, muscle toning and strengthening, and posture improving exercises make this the perfect class for clients over 50. With easy suggestions from the instructor, this class can be a challenge. You do not need to know how to swim.

**DATE:** Monday, Wednesday and Friday

**TIME:** 7:00 - 8:00am

**Check page 13 for other water classes!**

## Pickleball Court Time

Starting Monday, September 12, The Rec Center Gym will be turned into Pickleball Central every weekday! Pickleball is a fun game that is played on a badminton court with the net lowered to 34 inches at the center. It is played with a whiffle ball and wood composite paddles. It is easy for beginners to learn, but can develop into a quick, fast paced, competitive game for experienced players. Great sport for the young and old! Call 882-6250 to schedule your pickleball court time!

**MONDAY & WEDNESDAY:** 9:00am, 10:30am or 1:30pm

**TUESDAY:** 9:00am, 10:30am, 12:00pm, 1:30pm, 6:00pm or 7:00pm

**THURSDAY:** 9:00am, 10:30am, 12:00pm or 1:30pm

**FRIDAY:** 9:00am, 10:30am, 1:30pm, 6:30pm or 7:45pm

# AQUATICS

## Open Swim

Open Swim is the perfect place for kids to burn off their energy. **Anyone under 8 years of age must be accompanied in the water by a responsible person 16 years or older.** Swimmers may use balls & Rings during this time. You may bring your own life jacket only if the person cannot touch in the 3 ft. area or is physically challenged. Please make sure it is clean and in good working order.

## Family Swim

This is a great time for your family to enjoy quality time together and meet other families. Basketballs, kickboards and fun noodles are available for use. **Please note a family does consist of husband/wife or parent(s) with their children. Parents must be in the water.**



## Adult Lap Swim

This is a special block of time reserved for lap swimmers who enjoy a quiet and peaceful atmosphere. Participants must be 16 years or older to use the pool during this time. There are three lanes open for lap swimming during Open and Family Swim times for use by **all ages.**



## Whirlpool & Saunas

Whirlpool and saunas are available to members and facility day pass users who are out of high school. Those not out of high school must be accompanied by their parents or a legal guardian of 18 years or older.

## Pool Party

Enjoy up to an hour and a half of splash-splashing fun with your friends at the WCRC Indoor Pool. The last hour will be spent eating cake and opening gifts in our conference room. Limit of 10 children.

**FEE:** \$70.00 (plus tax)

## ✚ Lifeguard Training Course

American Red Cross Lifeguard Training Class will be offered this fall. A LGT certificate will enable you to lifeguard at a pool (non-waterfront or water park). This is a great opportunity for summer or school year employment. Classes are held in the spring.

**PREREQUISITES:** 15 years of age and pass a precourse swim test

**DATE:** TBA

**FEE:** \$185.00 includes books and face mask (plus tax)  
\$50.00 (non-refundable deposit)

For more information, call Jodi at 882-6250.

## ✚ Water Safety Instructor Course

WSI certification allows you to teach American Red Cross swimming lessons and water safety courses. This is a great opportunity for summer & school year employment. Classes are held in the spring.

**PREREQUISITES:** 16 years of age; pass precourse water skills test.

**DATES:** TBA

**FEE:** \$185.00 includes books (plus tax)  
\$50.00 (non-refundable deposit)

For more information, call Jodi at 882-6250.

*\*Please Note: WCRC can pay for class for those committed to working at the Rec Center.*

## Scuba

Come and join us in the underwater world of excitement and adventure! Mick's SCUBA, from Moorehead, Minnesota, offers quality professional instructors. This course is complete with classroom and pool instruction and does lead to international P.A.D.I. certification upon completion of four open water dives. All necessary equipment is furnished during pool sessions. If interested in this class, you need to get a manual (\$38.70) to read and study prior to the class. Basic swimming skills are needed.

**DATES:** November 4 - 6

**FEE:** Member: \$175.00 (plus tax)

Non-member: \$200.00 (plus tax)

\*The manual fee and a \$50.00 deposit are required prior to the class.

For more information, call: 1-800-285-3483 or Jodi at 882-6250

email: [duane@micksscuba.com](mailto:duane@micksscuba.com)



 **State Farm**™

**Steve A Gales, Agent**

101 19th Street NE | Watertown, SD 57201

605-886-5969 | [steve@stevegales.com](mailto:steve@stevegales.com)

**OPEN  
ENROLLMENT**

**NOVEMBER 15  
THROUGH  
FEBRUARY 15**

+

# AQUATICS...WATER AEROBICS



## Prices On A Monthly Basis

<u>Members</u>		<u>55+ Members</u>	
2 x Per Week.....	\$15.00	2 x Per Week.....	\$13.00
3 x Per Week.....	\$20.00	3 x Per Week.....	\$17.00
<u>Non-members</u>		<u>55+ Non-members</u>	
2 x Per Week.....	\$37.00	2 x Per Week.....	\$29.00
3 x Per Week.....	\$42.00	3 x Per Week.....	\$33.00

You have the option to pay more than one month in advance. Automatic bank withdrawal is available upon request. Please note that you can sign up anytime during the month.

**All fees subject to 6.5% Sales Tax.**

### **Fitness Fact:**

*Aquatic Exercise is a great way to build cardio endurance, relieve impact to joints & muscles and reduce stress! Body will burn 300-400 calories in 30 minutes!*

## Senior Splash

The perfect combination of gentle, yet effective exercises, muscle toning and strengthening, and posture improving exercises make this the perfect class for clients over 50. With easy suggestions from the instructor, this class can be a challenge. You're never too old to exercise and you do not need to know how to swim.

**CLASSES: Monday, Wednesday & Friday from 7:00 - 8:00am**

## Deep Water Power

Early morning challenging workout that incorporates high intensity, non-impact exercises to improve cardio and strength conditioning. Push yourself to the edge, feeling energized and ready to meet your day.

**CLASSES: Tuesday & Thursday from 5:45 - 6:45am**

## Deep Water Workout

Go deep for a challenge and change. Class style includes variables of speed, force, and power mixed with changing surface areas. Our goal is to provide intensity variations so everyone can achieve an individual and personalized workout. This class is excellent for cross training.

**CLASSES: Monday, Wednesday & Friday from 8:00 - 9:00am  
Tuesday & Thursday from 5:30 - 6:30pm**

## Work the Wave

An invigorating, fun, and effective water aerobics workout. This fast moving workout includes choreography for strengthening muscles and improving endurance and flexibility. Experience the true power of the water's resistance. You do not need to know how to swim.

**CLASSES: Monday, Wednesday & Friday from 9:05 - 10:05am**

## Aqua Fusion

Fitness applied to water workouts. Simple choreography will challenge your cardiovascular conditioning and strengthen major muscle groups using noodles, dumbbells, paddles and weights. Class ends with abdominal exercises to strengthen and improve posture.

**CLASSES: Tuesday from 5:30 - 6:30pm**

## AQUATICS

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5:45am		Deep Water Power		Deep Water Power	
7:00am	Senior Splash		Senior Splash		Senior Splash
8:00am	Deep Water Workout		Deep Water Workout		Deep Water Workout
9:05am	Work the Wave		Work the Wave		Work the Wave
5:30pm		Deep Water Workout		Deep Water Workout	
5:30pm		Aqua Fusion			

# AQUATICS...CONTINUED

## Swim Instruction Descriptions

**PARENT AND CHILD AQUATICS (6 mo. - 3 yrs.):** - Children are introduced to basic skills that lay a foundation to help them learn to swim in the future. Parents are taught how to safely work with their child, including how to appropriately support and hold them in the water. A parent must accompany their child in the water.

\* Please call if interested.

**PREP 1:** For children 3-4 years old who have little or no previous water experience. The objective is to help children feel comfortable in the water and to enjoy the water safely. Elementary aquatic and safety skills are taught. Parents may accompany their child in the water, but are not required to. There is a table in the water.

**Mon. Nights 5:30-6:20pm for 5 weeks: Sept. 12 - Oct. 10 / Jan. 9 - Feb. 6**

**LEVEL 1-Introduction to Water Skills:** The objectives of Level 1 are to learn basic personal water safety information and skills, to help participants feel comfortable in the water and to enjoy it safely. Participants learn elementary aquatic skills, which they will build on as they progress through the six Learn-to-Swim levels. There is a table in the water.

**Mon. Nights 5:30-6:20pm for 5 weeks: Oct. 17 - Nov. 14**

**No Class on Halloween, Make up Tues., Nov. 1.**

**Tues. Nights 6:30-7:20pm: Sept. 13 - Oct. 11**

**LEVEL 2-Fundamental Aquatic Skills:** The objective of Level 2 is to give participants success with fundamental skills. Participants learn to float without support and to recover to a vertical position. This level marks the beginning of true locomotion skills. Participants continue to explore simultaneous and alternating arm and leg actions on the front and back to lay the foundation for future strokes.

**Mon. / Thurs. 6:30-7:15pm: Sept. 12 - Oct. 6 / Nov. 21 - Dec. 19**

**TABLE 2:** This class is for those swimmers who have passed level 1 skills but are not tall enough to stand comfortably in 3 1/2 feet of water. There is a table in the water.

**Mon. Nights 5:30-6:20pm / for 5 weeks: Nov. 21 - Dec. 19**

**Tues. Nights 6:30-7:20pm: Oct. 25 - Nov. 22**

**LEVEL 3-Stroke Development:** The objectives of Level 3 are for participants to learn the survival float, the elementary back stroke and to coordinate the front crawl. They are introduced to the scissors kick and the dolphin kick and build on the fundamentals of treading water. Participants also learn rules for headfirst entries and begin to enter the water headfirst from the side.

**Mon. / Thurs. 6:30-7:15pm: Oct. 17 - Nov. 10**

**No Class on Halloween, Make up Tues., Nov. 1 at 6:30pm**

**LEVEL 4-Stroke Improvement:** The objectives of Level 4 are to develop confidence in the strokes learned thus far and to improve other aquatic skills. Participants improve their skills and increase their endurance by swimming familiar strokes (front crawl, elementary backstroke) for greater distances. Students also continue to build upon the scissors kick and dolphin kick by adding the arms for sidestroke and butterfly. The back crawl and the breaststroke are introduced, as well as the basics of turning at a wall.

**Mon. / Thurs. 6:30-7:15pm: Jan. 9 - Feb. 2**

**LEVEL 5-Stroke Refinement:** The objectives of Level 5 are to coordinate and refine strokes. Participants refine their performance of all the strokes and increase their distances. Flip turns on the front and back are also introduced.

**Mon. / Thurs. 6:30-7:15pm: Jan. 9 - Feb. 2**

## Adaptations

We have a permanent chair lift for those who need help entering the pool. We are proud to be a wheel chair accessible facility. Please enjoy.

## Private Lessons

Private Lessons are offered at the Rec Center. Contact Jodi at 882-6250 for more information. Each lesson will run 30 minutes. 1 lesson - \$20.00 per person / 2 people \$25 (plus tax).

## Swimming Lesson Fees

Class	Members	Non-Members
Parent/Child Aquatics .....	\$30.89.....	\$37.28
Prep 1 .....	\$30.89.....	\$37.28
Level 1 .....	\$30.89.....	\$37.28
Table 2 .....	\$30.89.....	\$37.28
Level 2-6.....	\$38.34.....	\$44.73

*All fees include 6.5% Sales Tax*

## Special Announcements

The Elementary School students will be using the pool this fall. During this time, lap swim and water aerobics will be altered. We will keep you posted in advance. Sorry for the inconvenience and thank you for your cooperation.

**DATES:** Elementary School: Sept. 26 - Oct. 5, Oct. 11 - 19

- \* Family swim: 2 years and under are free.
- \* Pool closes during a lightning storm.
- \* Through the school year we have open swim 1 - 3 pm on no school days and early dismissal days.
- \* **There are always 2-3 lanes open for lap swim during open & family swim times.**
- \* **Must be 16 years & older to swim during adult lap swim time**
- \* **All infants and toddlers must wear a swim diaper in the pool. Diapers can be purchased at the front desk for \$2.00.**

***All students through high school are not allowed in the adult locker room. Students need to use the youth locker rooms located at the north end of the pool. During family and open swim, parents may bring their children of the same sex up to and including age 8 in the adult locker rooms.***

## POOL SCHEDULE

PROGRAM	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
ADULT LAP SWIM 3-4 LANES AT 5:30PM TIME	5:30 - 7:00am 10:30am - 1:00pm 5:30pm	5:30 - 7:00am 11:00am - 1:00pm 6:30pm	5:30 - 7:00am 10:30am - 1:00pm 5:30pm	5:30 - 7:00am 11:00am - 1:00pm 6:30pm	5:30 - 7:00am 11:00am - 1:00pm 5:30pm	8:00 - 10:00am 12:00 - 1:00pm	12:00 - 1:00pm
OPEN SWIM	7:15 - 8:45pm		5:30 - 7:15pm		5:30 - 7:15pm	1:00 - 3:30pm	1:00 - 3:30pm
FAMILY SWIM		7:15 - 8:30pm	7:15 - 8:45pm	7:15 - 8:30pm	7:15 - 8:45pm	3:30 - 5:30pm	3:30 - 5:30pm
LATI SWIM		8:30 - 9:30pm		8:30 - 9:30pm			



**Watertown Community Recreation Center**  
 P.O. Box 910, Watertown, SD 57201

PRST STD  
 U.S. POSTAGE  
**PAID**  
 WATERTOWN, SD  
 Permit No. 550



*"Let us put the Exclamation Mark on your Special Event!"*

**City Displays ~ Backyard Displays**  
**Weddings ~ Reunions ~ Birthdays**

45788 US Hwy 212, PO Box 455 ~ Watertown, SD 57201 ~ (605) 882-1744 ~ www.lewsfireworks.com ~ Email: mail@lewsfireworks.com



## DOUGHERTY & COMPANY LLC

119 5th Street NE • 605.882.1200 • 877.709.449  
 www.doughertymarkets.com • Member SIPC/FINRA

Thomas Beadnell, Vice President • Nancy Linneman, Investment Executive AAMS  
 Jennifer Holt, Sales Assistant



**GLASS PRODUCTS INC.**

**"All Your Glass Needs"**  
 COMMERCIAL • RESIDENTIAL • AUTO

**Bob & Greg Solum, Owners**

**Print 'em Now**

Check us out online and on Facebook!



900 4th Avenue SW ~ Watertown, SD 57201  
 phone: 605-882-2111 ~ fax: 605-886-7393  
 e-mail: pensales@dailypost.com ~ web: www.printemnow.com



Digital & Offset Printing • Graphic Design  
 Full Color Printing • Commercial Printing • Quick Printing  
 Social Printing • Self-serve Copies • Black/White Copies  
 Full Color Copies • Large Format Copies  
 Laminating • Stationery • Business Forms  
 Full Color Posters • Vinyl Banners...and much more!