



PRAIRIE LAKES
Wellness Center

August 2020

Front Desk Coordinator: Sharie Bekaert (sbekaert@watertownsd.us)

Secretary/Receptionist: Jenny Elbert (jelbert@watertownsd.us)

Recreations Programs Manager: Jeremy Herrboldt (jherrboldt@watertownsd.us)

Notes:

- ❖ **We ask that you clean your machine before and after each use**, be courteous to other members. We are working hard to keep you safe and keeping the PLWC clean and sanitized. We ask that you please use good hand washing techniques and or hand sanitizer while in the facility. We greatly appreciate your help keeping us clean and healthy! 😊

- ❖ **Severe Weather Procedure:**
 - If severe weather should strike and the sirens go off while you are at the Wellness Center, please follow the procedure below. The front desk attendant will come to your area to warn you.
 - Please report immediately to the following areas based on your location:
 - If you are in the Active Heating Sports Zone, please report to the restrooms in the North hallway.
 - If you are in the pool or anywhere else in the building, please report to the Men's, Women's, or Family Locker Rooms.
 - You will not be permitted to continue working out. You must seek shelter as directed or leave the Wellness Center premises. When there is potential for dangerous weather situations, our objective is your safety. Please follow all instructions from staff!

Adult/Senior Program Updates:

Andrew Magedanz, Recreation Programs Specialist (amagedanz@watertownsd.us)

❖ **Adult Leagues & Events**

❖ **Watertown Senior Activities Center**

The Watertown Senior Activities Center is currently open between the hours of 9:00AM – 4:00PM, Monday - Friday. Line dancing will resume on Mondays, in August from 3:30PM – 4:30PM. The Billiards Room is open throughout the day. Crafts is at 1:00PM on Tuesdays. Pinochle is currently being held on Tuesdays & Thursdays at 1:00PM. Limited space available, so call 886-7063 to reserve your spot. There will be no Wednesday night dances until further notice. Bingo is on Fridays at 6:45PM.

- The Watertown Senior Activities Center & Watertown Parks and Recreation are taking precautions before, during, & after all events. Temperatures will be checked at the door & members are asked to wear masks. Sanitizing stations will be set up at the entry of the Senior Activities Center & members are encouraged to bring their own sanitizer.

❖ **Adult Leagues**

- Our Horseshoes and Coed Sand Volleyball Leagues are just about wrapped up. The upcoming leagues that we have planned for the fall include; 6 on 6 Flag Football, Mixed Pickleball league, Kickball league, Wiffleball league, & more!

❖ **Outdoor Walking Club**

- The summer hit is back for another season of walking fun. The group will walk for up to an hour each Friday throughout the summer. This is free for all ages who enjoy walking and the social aspect of getting outside with friends along with getting some exercise. We walk at a slow pace to accommodate everyone and take multiple breaks. Through the course of the summer, we will walk all over the city of Watertown. Meet by 9:00AM each week to walk with the group at various locations listed below. No commitment, just show up to walk when you can. The walks are free and we encourage everyone to attend.
- August 7: Bramble Park Zoo (by the picnic shelter)

- August 14: Eastwoods Park (by the playground)

For more information, please give Andrew Magedanz a call at 882-6260 or email amagedanz@watertownsd.us if you have any questions!

Youth Program Updates:

Josh Maag: Recreation Program Coordinator (jmaag@watertownsd.us)

- ❖ Josh oversees the scheduling of the Active Heating Sports Zone and the City Auditorium. He also coordinates, conducts and supervises the Youth Recreation Programs, Lessons, Leagues, Camps and Tournaments for the Division.

❖ **YOUTH TRACK & FIELD CAMP**

This camp is designed for boys and girls ages 5-12 who are interested in the sport. This camp will help athletes experience all aspects of track & field through stations and drills consisting of running, jumping and throwing. Competitions and relays will also be held.

- **Fee:** \$25.00 Includes T-Shirt
- **Location:** Allen Mitchell Field (Track by Middle School)
- **Dates:** August 4, 5 & 6
- **Time:** 4:30-5:30 p.m.
- **Registration:** Online

❖ **PRINCE & PRINCESS BALL**

This special event is for that little Prince or Princess in your life. Ages 1-10 are welcome to attend this fun evening of games, prizes, crafts, music, dancing and snacks. The participants can come dressed up in their favorite attire for a great time. Make it a night to remember!

- **Date:** Friday, August 7
- **Time:** 6:00 – 7:30 P.M.
- **Fee:** \$10.00
- **Location:** Fieldhouse, 1900 W Kemp
- **Registration:** Online

❖ **PEE WEE FLAG FOOTBALL ACADEMY**

Pee Wee Flag Football Academy is for Boys entering Grades 1 & 2. In this format, youth will learn basic techniques, fundamentals, positioning and concepts of flag football. Emphasis will be on individual and team improvements, promoting safety and learning in all areas of the game. Each meeting time will consist of warm-up, stations, drills, contests and scrimmages. Sign up today for this fun and innovative program. Parent or volunteer coaches needed!

- **Dates: Tuesday's September 1 – September 29**
- **Times: Session 1: 4:45 p.m. – 5:30 p.m.**
- **Session 2: 5:45 p.m. – 6:30 p.m.**
- **Location: Fieldhouse, 1900 W Kemp**
- **Fee: \$40.00 Includes T-Shirt**
- **Register: Online**

❖ **ROOKIE FLAG FOOTBALL CLINIC**

Boys Age 4 – Entering Grade K can now sign up for this one day Flag Football Clinic. Participants will be out and running on the turf of the Fieldhouse. We will start with a warm-up and work into basic techniques through stations and drills.

- **Date: Saturday, September 5**
- **Time: 10:00 a.m. – 11:00 a.m.**
- **Location: Fieldhouse**
- **Fee: \$15.00**

Fitness Department Updates:

Dave Greenman: Fitness/Program Coordinator (dgreenman@watertownsd.us)

- ❖ The Acceleration room is back open! Athletic Edge and Dry Land Training have wrapped up for the summer. Thank you very much for your patience!
- ❖ The next round of training in acceleration room will start after Labor Day, 4:00 to 6:00 PM. Please see schedule that is posted outside the acceleration room.

- ❖ Super Circuit training will begin again Monday September 14th. Mondays, Wednesdays and Fridays 9:00am to 9:30 am.
- ❖ The Edge Class with Dave Brown will be starting up again on Tuesday and Thursday evenings in October at 6:00 PM.

For any questions on the fitness department or our programs, contact Dave Greenman @ 882.6250 or dgreenman@watertownsd.us

Aquatics Department Updates:

Jodi Hemiller: Aquatics/Program Coordinator (jhemiller@watertownsd.us)

❖ Pool schedule changes

- Group lessons will end Fri, Aug 7th.
- SAOR will be 5:30am-1:00pm/2:15-6:30pm Mon-Fri starting Monday Aug 10th.
- Open swim will be 1-2:15pm through Wed Aug 26th, and 6:30-8:00pm through Friday Sept 4th.

❖ Fall Pool schedule takes effect on Tuesday Sept 8th.

- Must be 16 or older to swim laps during Adult Lap Swim.
- Must be 18 and older to Swim at Own Risk (SAOR)
- Must have signed a waiver at the front desk.

❖ Swim Lessons

- **Session 4: Aug 3rd-7th**
 - ◆ Still have openings in Levels 4, 5 and 6
 - ◆ Fall swim lessons schedule released Mon Aug 24th.
 - ◆ Registration opens Tues, Sept 8th on line at www.plwc.life/signup
 - ◆ For your child to receive the member rate you must have a family membership and they must be included on the membership in our system.
 - Please call 882-6250 to verify if you are unsure.
 - ◆ We also offer private swim lessons. The fee is \$25 for a 30 minute lesson or \$30 for 2 individuals in a 30 min lesson.

❖ **Lifeguard Training Course:**

PLWC will be hiring and training lifeguards in August for the up-coming school year. If, interested please call or email Jodi.

❖ **Birthday Parties**

- Got a birthday coming up? Host your party at the Prairie Lakes Wellness Center Pool. We are booking parties starting Aug 1st.
- Contact Jodi to book your party today! 882-6250

❖ For more details call Jodi at 605-882-6250 or email her at jhemiller@watertownsd.us

Group Fitness Department Updates:

Anne Rylance: Group Fitness Coordinator (rylanceanne@yahoo.com)

- ❖ Our GF class sizes and safety guidelines that have been in place since June will continue through the month of August. We will keep our members updated when any changes occur. Thank you for your patience and for taking our GF safety guidelines seriously during the past couple of months.
- ❖ Join us this fall for our 8 week Boot Camp! Class size limited! Don't miss out!
 - Online registration Saturday, August 15th at plwc.life
- ❖ CLASS CHANGES FOR AUGUST...
 - **Thursday 5:30pm Turbo Kick is cancelled for rest of summer. Will be back this fall.**
 - **Friday 12:10pm Friday Challenge is also cancelled for the rest of summer.**
 - **There will not be a Barre class at 4:15 on Monday August 3rd.**
- ❖ **Saturday classes in August- all classes require an online sign up and begin at 8:30am**
- ❖ **Group Fitness A /Cycle Room**

- Aug. 1st- Body Pump with Jenn
- Aug. 8th -Cycle 30/ Body Pump Express with Jenn
- Aug. 15th -Turbo Kick with Codi
- Aug. 22nd- Cycle Circuit X-Trainer with Jenn
- Aug. 29th Turbo Kick with Codi

❖ **All classes In Mind/Body room require an online sign up and begin at 8:30am.**

- Aug. 1st- Hot Yoga Sculpt with Traci
- Aug. 8th - Hot BodyFlow with Tahna
- Aug. 15th - Warm Feel Good Yoga Flow with Angie
- Aug. 22nd- Hot Yoga Sculpt with Traci
- Aug. 29th -Warm Barre with Kristi



PRAIRIE LAKES
Wellness Center

TRI-FIT FALL BOOT CAMP 2020

CELEBRATING 3 YEARS OF FITNESS AT
PRAIRIE LAKES WELLNESS CENTER

SEPTEMBER 1ST-OCTOBER 22ND



TUESDAYS & THURSDAYS 5:30AM

\$80 MEMBERS \$140 NON-MEMBERS

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**CHALLENGE
PRIZES**

**YEARS OF BOOT
CAMP AT PLWC**

**KEY ELEMENTS
OF FITNESS**



STRENGTH



CARDIO



FLEXIBILITY TRAINING

ONLINE REGISTRATION AT PLWC.LIFE/SIGNUP AUGUST 22ND AT 8:00AM