



PRAIRIE LAKES
Wellness Center

FEBRUARY 2021

Front Desk Coordinator: Sharie Bekaert

Secretary/Receptionist: Jenny Elbert

Recreations Programs Manager: Jeremy Herrboldt

- ❖ **Have you moved? Please don't forget to give us a call or send us an email with your new address.**
- ❖ **Make sure you are locking up any valuables in a locker. We are not responsible for any lost or stolen items.**
- ❖ **We ask that you clean your machine after use, be courteous to other members. Nobody wants to get on a sweaty and dirty machine. It also helps control the germs that float around this time of the year. If the weather is wet or muddy, please bring your shoes along and change so we keep the machines clean. We greatly appreciate your help keeping us clean! 😊**
- ❖ **With winter weather approaching, we want to remind you that if we are closing early or opening late we will post it on our Facebook page, our plwc.life website and on the local radio stations!**

Fitness Department Updates:

Dave Greenman: Fitness/Program Coordinator

- ❖ Starting March 1st: Indoor Doubles Cornhole League! * NEW LOCATION, SAME GREAT TIME!
 - Please see the flyer below or contact Dave @ 882.6250 for more info
- ❖ You may notice a couple new faces around the Wellness Center for the next few months. Sam Hulscher and Steve Fischer are Senior Exercise Science students at SDSU and will be completing their Internship before they graduate in May. Please feel free to stop and say hi if you see Sam or Steve!



Name: Sam Hulscher
Hometown: Watertown, SD

Plans after you receive your Bachelors in Exercise Science? I am looking forward to the opportunities this internship will provide and feel it will bring insight to my career path upon graduation this spring.

Most exciting thing you have done so far during your internship? I think the most exciting thing done so far is working with the kids in Athletic Edge and Dryland training. I am also excited for the release of the incentive program that is soon to be released.



Name: Steve Fischer
Hometown: Sturgis, SD

Plans after you receive your Bachelors in Exercise Science? Apply to physical therapy school, find an exercise science related job for the summer and fall.

Most exciting thing you have done so far during your internship? Working with athletes and having the ability to apply my exercise knowledge in an environment other than at school.

- ❖ Climb Mt. Everest! Our interns Sam and Steve developed a new incentive program, let's check it out.
 - See flyer below for more information and get signed up today.

- ❖ Acceleration Room
 - Please remember that if the door is closed, there is most likely a class, or acceleration training going on and the room is not available to members. If the door is open, come on in! Sometimes we are training athletes, but we are not using most of the equipment..... in those cases, we will open the door to allow members in.

- ❖ Reminder! Please be courteous and do not slam or drop your weights in the weight rooms. Not only does it disturb other members, it is also very hard on our equipment. There is a difference between having to set weights down forcefully and dropping the weights for show. Also, keep in mind, if you are using headphones or ear buds, you may not notice how loud you are with the weights. Just be aware of and courteous to those around you. Thank you!

- ❖ Parents: Children under 8th grade are only allowed on the 2nd floor if they are walking the track within arm's reach of Adult. Children are not permitted in the free weights area, acceleration room, group fitness rooms, or the Cybex area under any circumstances.
 - Please review our Youth Guidelines or ask a staff member if you have questions
 - Our primary concern is safety
 - Our Child Watch room is open 8am-1:30pm Monday-Friday, 4-8pm Monday-Friday, for your convenience (\$3/hour per child)

- ❖ For any questions on the fitness department or our programs, contact Dave Greenman @ 882.6250

Aquatics Department Updates:

Jodi Hemiller: Aquatics/Program Coordinator

❖ Aqua Barre Class Is Sat Feb 6th 9am-10am.

❖ Hosting the Qualifying Swim Meet on February 12, 13 and 14

- February 12- Pool will be closed to the public from 3pm to 7pm. There will be Open Swim in the Leisure Pool from 7pm to 9pm.
 - Saturday, Feb. 13th - There will be no Open Swim or Adult Lap Swim. There will be SAOR for anyone 18 years and older from 8:30am to 10:00am
 - Sunday, February 14th – Pool will be CLOSED all day.
- Sorry for the inconvenience!

❖ We will be offering a Lifeguard Training and Water Safety course this spring! Dates will be posted on our Facebook page and Website mid-February

❖ When the Watertown School District has a scheduled early dismissal or a scheduled no school day, the PLWC will have an additional open swim from 1-3pm. **We don't have open swim days on the days, which school is cancelled due to weather.**

- Children 3rd grade and younger must be supervised by an adult, children in 4th grade and older may swim independently.
- Upcoming dates:
 - Feb 12
 - Feb 24

Watertown Family Aquatic Center and the Prairie Lakes Wellness Center will be looking to hire both Lifeguards, WSI Instructors, Attendants and Concession workers to fill summer positions!

**It's not too early
to think of
summer!**

Hiring for the 2021 season

Looking for:

- Lifeguards (must be 15 or older)
- Attendants (must be 16 or older)
- Concessions (must be 14 or older)

Applying is easy!
Go to
www.watertownparkandrec.com to
get an application
Or call Jodi Hemiller at 605-882-
6250 for more information

**WATERTOWN
FAMILY
AQUATIC
CENTER**

Group Fitness Department Updates:

Anne Rylance: Group Fitness Coordinator

❖ Class adjustments for February...

- February 4th and February 11th at 4:15pm, Hot 60 with Jamie will be in place of Hot Body Flow with Tahna
 - Hot Body Flow will resume on February 18th
- Come and learn the basics of **Zumba** for 2 Saturdays in February. Zumba is a total body workout combining all elements of fitness: Cardio, muscle conditioning, balance and flexibility, with the added bonus of boosted energy and FUN!!!
 - In these 2 classes you will learn foundational movements of Zumba to prepare you for our scheduled Zumba classes in March. This class is for everybody and Every Body!
 - **Zumba Basics with Liz will be held at 10:30am on February 20th and 27th for 45 minutes. Online sign up is required.**
- Be ready to sweat, dance and have some fitness fun!!



February Weekend Class Lineup:

Group Fitness A /Cycle Room

Saturday Group Fitness – All classes require online sign up*

- **Saturday classes in February-8:30am**
 - **Group Fitness A /B Room**

February 6th- Cycle/BodyPump X- Trainer with Jenn

February 13th- Turbo Kick with Codi

February 20th- Cycle/BodyPump X- Trainer with Jenn

February 27th- Cycle 45 with Alex

- **Saturday classes in Mind/Body**

February 6th- Barre Fusion Fire with Angie

February 13th- PiYo with Amy

February 20th-Warm Barre with Kristi

February 27th-Hot BodyFlow with Tahna

- **Sunday Cardio Strength Fusion 1:00pm**

February 7th- Cycle 45 with Mindy

February 14th- Cardio Strength Fusion with Jami

February 21st-GRIT 45 with Erika

February 28th- Cardio Strength Fusion with Carrie

- ❖ **Sundays in the Heat 1:00pm-Mind/Body Room**

February 7th-Hot 60 with Patti

February 14th- Hot 60 with Jamie

February 21st- Hot Yoga Sculpt with Traci

February 28th - Hot Yoga Sculpt with Traci

CORNHOLE LEAGUE



- **MONDAY NIGHTS**
- **MARCH 1 - APRIL 19**
- **7:30PM WEEKLY**
- **SIGN UP ONLINE**
- **WATERTOWNPARKANDREC.COM**
- **REGISTRATION FORMS**
- **@ PLWC or FIELDHOUSE**
- **REGISTRATION DEADLINE:**
- **WEDNESDAY, FEB 24**



- **PARK AND REC FIELDHOUSE**
- **1900 West Kemp Ave.**
- **\$40.00 per team**
- **DIVISIONS**
- **REC**
- **COMPETITIVE**



Climb Everest Challenge

Starts February 15th, Ends March 26th

During this 6 week program you will have the chance to exercise your way to the top of Mount Everest. At 29,035 feet in elevation, it's the tallest peak in the world. Using either a Treadmill, StairMaster, or the Jacobs Ladder, you will track your elevation climbed en route to the summit. If you reach the goal of 29,035 feet by the end of the 6 weeks, you will earn a shirt branded | "Climbed" Mt. Everest.

Tracking Rules Below

- Track your progress daily on the chart at the front desk
- Treadmill must be used at a minimum incline of 10% and will be tracked by miles
- Jacobs ladder will be tracked by feet
- StairMaster will be tracked by flights climbed

Entry Fee 10\$



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Sign up at the front desk today!