

*"Together we can build a better community."*

# Summer 2022 Program Guide



[WWW.REDWOODAREACOMMUNITYCENTER.COM](http://WWW.REDWOODAREACOMMUNITYCENTER.COM)  
(507) 616-7444

# Hours of Operation

## May Hours

Monday-Thursday 8:00 a.m. - 8:00 p.m.  
 Friday 8:00 a.m. - 4:30 p.m.  
 Saturday Closed - Rentals Available  
 Sunday Closed - Rentals Available

\*FH 24/7 Hours for Saturday & Sunday 5:00 a.m. - 10:00 a.m.

## June - August Hours

Monday-Thursday 8:00 a.m. - 6:00 p.m.  
 Friday 8:00 a.m. - 4:30 p.m.  
 Saturday Closed - Rentals Available  
 Sunday Closed - Rentals Available

\*FH 24/7 Hours for Saturday & Sunday 5:00 a.m. - 10:00 a.m.

## September Hours

Monday-Thursday 8:00 a.m. - 8:00 p.m.  
 Friday 8:00 a.m. - 4:30 p.m.  
 Saturday Closed - Rentals Available  
 Sunday Closed - Rentals Available

\*FH 24/7 Hours for Saturday & Sunday 5:00 a.m. - 10:00 a.m.

## October - April Hours

Monday-Friday 8:00 a.m. - 10:00 p.m.  
 Saturday 8:00 a.m. - 8:00 p.m.  
 Sunday 12:00 p.m. - 8:00 p.m.

\*FH 24/7 Hours for Saturday & Sunday 5:00 a.m. - 10:00 a.m.

### HOLIDAY HOURS

GOOD FRIDAY: CLOSE AT 6PM ● EASTER SATURDAY CLOSE AT 12PM ● EASTER SUNDAY: CLOSED  
 MEMORIAL DAY: CLOSED ● INDEPENDENCE DAY: CLOSED ● LABOR DAY: CLOSED ● THANKSGIVING  
 DAY: CLOSED ● FRIDAY AFTER THANKSGIVING: OPEN AT 10AM ● CHRISTMAS EVE: CLOSE AT 12PM  
 ● CHRISTMAS DAY: CLOSED ● NEW YEARS EVE: CLOSE AT 2PM ● NEWS YEARS DAY: 12-5PM

# Membership Rates

PACKAGE	6 MONTH FULL PAYMENT	6 MONTH ACH MONTHLY PAYMENT*	12 MONTH FULL PAYMENT	12 MONTH ACH MONTHLY PAYMENT*
SENIOR CITIZEN INDIVIDUAL	\$151.80 + TAX	\$26.30 + TAX	\$233.45 + TAX	\$20.45 + TAX
SENIOR CITIZEN COUPLE	\$202.40 +TAX	\$34.73 + TAX	\$310.50 + TAX	\$26.88 + TAX
STUDENT/COLLEGE STUDENT	\$92.00 + TAX	\$16.33 + TAX	\$141.45 + TAX	\$12.79 + TAX
INDIVIDUAL	\$247.25 + TAX	\$42.21 + TAX	\$381.80 + TAX	\$32.82 + TAX
COUPLE	\$305.90 + TAX	\$51.98 +TAX	\$448.50 +TAX	\$38.38 +TAX
FAMILY	\$348.45 + TAX	\$59.08 + TAX	\$537.05 + TAX	\$45.75 + TAX
1-MONTH MEMBERSHIP (ONE PERSON)				\$50.00 +TAX

\* DIRECT WITHDRAWAL FROM CHECKING/SAVINGS ACCOUNT



## 24/7 Access Cards - \$10

RACC Fitness Center is available 24/7. The access card will also allow access into the Fieldhouse 7 days a week from 5:00 a.m. - 10:00 a.m. (or 8:00 a.m. on days we're open) Please inquire at the RACC Customer Service Desk for more information.

# Membership Details

Corporate memberships  
are available, call 616-7444  
for more information!



Membership  
Special!

**April-May**

Buy a punch pass and  
receive **5** free punches!



## Locker Rental Rate:

**6 MONTH**

Large: \$45 + Tax Medium: \$25 + Tax

**12 MONTH**

Large: \$90 + Tax Medium: \$50 + Tax

## DAILY ADMISSIONS

*(Sales Tax Included)*

SENIOR CITIZEN	\$5.00
STUDENT	\$5.00
ADULT	\$6.00
FAMILY	\$20.00

## PUNCH PASS

*(Sales Tax Included)*

ADULT \$70.00  
STUDENT/SENIOR \$55.00

*(15 DAYS OF USE)*

*1 year/expiration*

**SENIOR:** Ages 60 & Up

**INDIVIDUAL:** Ages 19-59

**STUDENT:** Ages 6-18 or College  
Student Ages 18-22 with valid College ID

**COUPLE:** Ages 19-59 includes spouse  
or domestic partner or a parent and child  
under the age of 18 (2 people both with  
the same address)

**FAMILY:** Includes spouse or domestic  
partner and dependent children in school  
up to age 18, ALL with the same address.  
PCA's (personal care attendants) will be  
treated like family members for  
memberships.

**FEE FOR LOST MEMBERSHIP CARD  
OR 24/7 CARD = \$10**

## Membership Includes:

Walking and running track, open  
gym, open ice skating and fitness  
center. The membership rates will  
reflect the collaborative spirit for  
which the center was built. The  
Redwood Valley HS/MS student and  
many other user groups will use the  
building. There will be times that  
portions of the center will be  
unavailable for use due to community  
events, tournaments or a rental.

## RACC HEALTH PROGRAMS

- MEDICA
- SILVER & FIT
- SILVER SNEAKERS
- PREFERRED ONE
- HEALTH PARTNERS
- ACTIVE & FIT
- UCARE
- RENEW ACTIVE



# Rental Rates

ROOM	Category B	Category C
Small Room	\$18/hour • \$60/day	\$23/hour • \$86/day
1 Medium Room	\$36/hour • \$120/day	\$46/hour • \$172/day
2 Medium Rooms	\$72/hour • \$240/day	\$92/hour • \$344/day
Full Room	\$102/hour • \$345/day	\$126/hour • \$495/day
Senior Center	\$24/hour • \$92/day	\$34/hour • \$144/day
Board Room	\$12/hour • \$46/day	\$17/hour • \$72/day
Fieldhouse Non-Prime (April-Sept.)	\$14/hour • \$80/hour \$515/Day #1 • \$415/Day #2	\$100/hour \$600/Day #1 • \$500/Day #2
Fieldhouse Prime (Oct. - March)	\$120/hour \$625/Day #1 • \$315/Day #2	\$150/hour \$1000/Day #1 • \$900/Day #2
Fieldhouse: <i>One Court</i>	\$20/hour	\$25/hour
Track	\$250/4 hr. block	\$300/4 hr. block
Arena* (Non-Ice Season)	\$70/hour • \$415/day #1 • \$315/Day #2	\$90/hour • \$500/day #1 • \$400/Day #2
Arena* (Ice Season)	\$95/hour • \$625/day #1 • \$525/Day #2	\$125/hour • \$900/day #1 • \$800/Day #2
Children's Room	\$15/hour • \$50/day	\$15/hour • \$50/day
Linens*	Small Round: \$5.50/table • Large Round: \$6.50/table • Rectangular: \$6.50/table Napkins: 75 cents • Rectangular Skirting: \$10/table • Round Skirting: \$7/table	
Coffee*	\$15/air pot	\$15/air pot
Extra Staffing/Clean Up Person	\$25/hour (if needed)	\$25/hour (if needed)

## USER GROUP DESCRIPTIONS

**CATEGORY B:** Civic, charitable, service clubs and other governmental organizations.

**CATEGORY C:** Private individuals, organizations or businesses.

*Rental rates are for regularly posted business hours. Minimum Rental: 3 hours. Facilities can be rented beyond the regular hours for an additional per hour charge. Rentals will be available during weekends in May-September even though facility is closed. Rental rates include audio/visual equipment. \*Sales tax not included.*



# Wedding Package - \$2,000.00



*Full Room for 2 Days + Catering Kitchen Use  
Seating from 10-400*

- REHEARSAL DINNERS
- WEDDING RECEPTIONS
- BRIDAL SHOWERS
- BANQUET FACILITIES
- LINENS
- ROOM FOR UP TO 400 GUESTS
- ROOM SET-UP & TAKE DOWN AT NO EXTRA CHARGE
- ROUND TABLES AVAILABLE
- ALCOHOL CONTRACTED WITH AMERICAN LEGION
- STAGE & DANCE FLOOR
- BEAUTIFUL OUTDOOR PATIO

# Birthday Party Packages



**Party at the RACC! Call 616-7444**

Let our staff help plan your child's party; everything from pizza to cake to fun activities!

Please note: Cost of these packages are for groups with up to 9 participants.

## **Birthday Extreme Rental** **\$95.00 + Tax**

**(\$7 for each additional participant)**

Children's Programming Room (2 hours)  
Soda (2-2 Liter Bottles)  
Party Accessories  
Birthday Ice Cream Cake  
Free use of one RACC activity  
Indoor Playground  
(ages 7 & under)

## **Birthday Supreme Rental** **\$115.00 + Tax**

**(\$7 for each additional participant)**

Children's Programming Room (2 hours)  
Soda (2-2 Liter Bottles)  
Pizza (2-Large Pizzas)  
Party Accessories  
Birthday Ice Cream Cake  
Free use of one RACC activity  
Indoor Playground (ages 7 & under)

# Indoor Playground

The indoor playground is a joint collaboration between the Redwood Falls Parks and Recreation Department and the Redwood Area Early Childhood Coalition.

**Ages 5 & Under - FREE**

**Ages 6-7 - FREE with Membership or Student Daily Rate of \$5.00**



# Ramsey Park

**2022 CAMPING SEASON  
APRIL 29 - OCTOBER 16**

## Camping

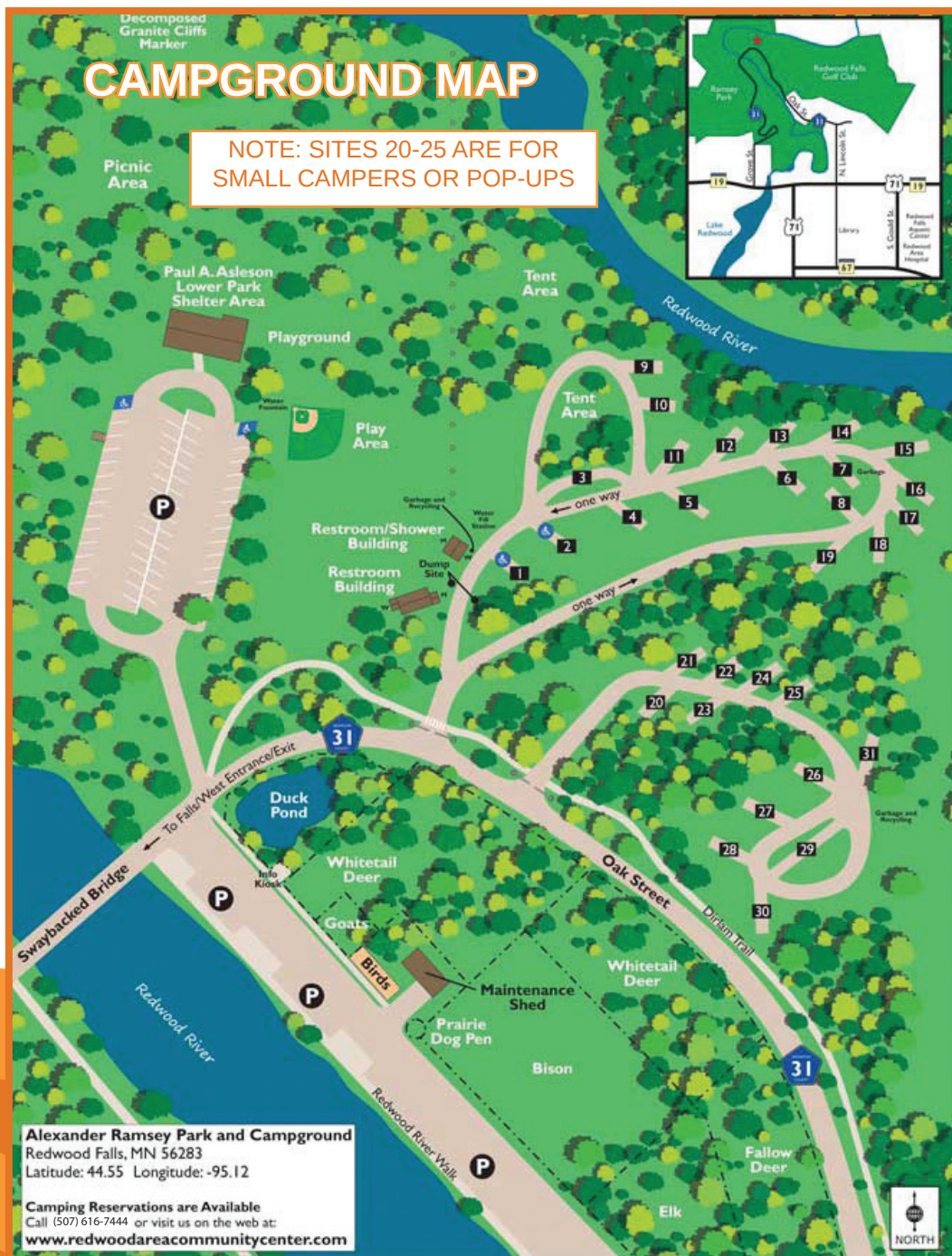
The city campground has 31 individual sites with 30 & 50 amp. electrical hookups. There are restroom facilities that include showers near the restroom facility is city water and a sanitary disposal station.

### CAMP SITE TENT AREA

**\$26 + tax  
for electrical  
hookup (includes  
dump station)**

**\$15 + tax  
dropbox payment  
at Ramsey Park  
(1st come, 1st serve)**

The campground has a limit of 5 night stay.  
Dump station fee for non campers is \$5.00  
Check-in Time: 2:00 pm Check-out Time: 1:00 pm  
(Time Restrictions for Friday & Saturday only)



**PLEASE NOTE:** In order to keep our park areas clean and safe ABSOLUTELY NO GLASS BEVERAGE CONTAINERS OF ANY TYPE ARE ALLOWED IN THE PARKS. Pet owners must be considerate of others. All pets must be on a leash at all times and pets must be cleaned up after in all parks and on all city streets (City Code, Section 1 0.13- misdemeanor)

## Park Shelters

Reservations can be made at the RACC, by calling 616-7444 or going online. All shelter reservations include 6 tables and electricity (excluding Perks Park which has 4 tables).

### Lower Park Shelter Ramsey Park

6 picnic tables



### Falls Shelter Ramsey Park

6 picnic tables



### Zeb Gray Shelter Ramsey Park

6 picnic tables

Note: Table removal \$150  
from Zeb Gray Shelter



### Legion Park Shelter

6 picnic tables



### Perks Park

4 picnic tables



### Reservation Fees

Half Day \$30 + tax

Full Day \$45 + tax

Extra Picnic Tables - see rates  
(All picnic tables moved by P&R staff)

If there is no reservation, shelters are available on a first-come, first-serve basis without charge. All users of the shelters must abide by the rules and regulations of the City Code relating to parks. Violators will be asked to leave. No glass beverage containers are allowed in the parks.

### **IMPORTANT REFUND INFORMATION**

In order to receive a refund of \$5 per site/night less paid amount + sales tax or reschedule your reservation, notification must be made 7 full days before your schedule date of arrival. No full refunds will be given.

# Redwood Senior Center

644-6464 Memberships are \$15 a year

**DINING:** Monday - Friday 11:30 am

Please make your reservation the day before you want to join!

**MEALS AND WHEELS:** Provided by Lutheran Social Services.

Please make your reservation by 12:00 pm the day before.

[www.lssmn.org](http://www.lssmn.org)

**ACTIVITIES:** Activities start at 12:30 pm Monday - Friday (based on participation)

Cards (Schnozzle)

Dice (6-5-4)

Monthly Birthday Party

## Silver Sneakers Programs



**Silver Sneaker classes are open to all!**

**Silver Sneaker Members = FREE**

**Non-Silver Sneaker Members = \$2/class**

Call 616-7444 for times & classes.

**Silver Sneakers BOOM:** Do you like fast-paced challenging workouts that are done in 30 minutes? BOOM was developed by leading fitness experts to improve strength, flexibility and endurance in convenient 30-minute workouts. These classes will challenge you, but don't worry: One-handed pushups aren't required.

**Silver Sneakers EnerChi:** EnerChi is comprised of easy-to-learn, modified tai chi forms aimed at improving well-being. Low-impact movements are practiced in a slow, flowing sequence to progress strength, balance and focus. Chair support is offered to facilitate standing stability and seated exercise options.

**Silver Sneakers Yoga®:** Get ready to move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level.

## Bone Builders

**Bone Builders - Tuesdays & Thursdays 10:00 am - FREE - RACC:**

RSVP Bone Builders Osteoporosis Prevention & Reversal Program is an effective combination of balance, weight training and stretching exercises, with nutritional information and support for all stages of osteoporosis. This healthy combination helps protect against fractures by increasing both muscular strength and bone density. Trained RSVP volunteers lead bi-weekly classes open to the public. Classes include standing and sitting exercises, using hand weights and ankle weights for resistance training. Medical clearance is required. Participants are asked to wear loose fitting slacks and shirts with appropriate shoes and to bring a water bottle and towel.



## Adult Pickleball

Fun sports combining elements of tennis, badminton & ping-pong played on a badminton sized court with a slightly modified tennis net. Solid paddles are used to hit a polymer ball over the net!

Call 616-7444 for times or join the Facebook group connect to our page!



**FOR AN UP-TO-DATE SCHEDULE SEE OUR FITNESS STUDIO CALENDAR AT THE RACC OR ONLINE AT [WWW.REDWOODAREACOMMUNITYCENTER.COM](http://WWW.REDWOODAREACOMMUNITYCENTER.COM).**

**\*CLASSES ARE SUBJECT TO CANCELLATION DUE TO LACK OF PARTICIPANTS.**



**YOGA LEVEL 2:** This class will explore flowing movements and sequencing. Over the 6 week session we will work together to incorporate deeper hip opening, twists, and forward folds. This will be a vigorous and energizing practice focusing on building strength, serenity, flexibility and balance. 3 months of yoga experience or a strong base fitness level. Fee: \$50.00

**YOGA ALL LEVELS:** Students of all levels are invited to join this class. This will be a highly instructional based class that will include variations to increase or modify the intensity of poses. New students will develop body awareness, posture alignment and core strength in basic poses. Experienced students are encouraged to explore advanced variations in familiar postures. Everyone works to his or her own ability and comfort level. Fee: \$50.00

## **H STRENGTH & H.I.I.T. - FITNESS PUNCH PASS ONLY H**

**TOTAL BODY CONDITIONING:** A 40 minute strength class that targets muscle groups using bars, hand weights, medicine balls, and more!

**TOTAL BODY CONDITIONING BEGINNER:** A 35 minute strength training workout focusing on beginner moves and intervals – low impacts – may add resistance or just use body weight.

**BANDS & BELLS:** Workouts will be split between resistance band training to improve your endurance & help build strength & kettlebell training to developing strength and muscular endurance with compound exercises guaranteed to make you sweat!

**TABATA XPRESS:** It's 30 minutes of high-intensity training, alternating between 20 seconds of max training followed by a 10-second rest. These workouts are fast-paced and fun and burn tons of calories.

**BOOTCAMP:** Bootcamp promises 40 minutes of heart-pumping cardio, agility and strength moves. This class is structured around short segments of all our effort, followed by brief rest periods. H.I.I.T. classes can improve your fat burning and aerobic capacity.

## **🚴 INDOOR CYCLING - FITNESS PUNCH PASS ONLY 🚴**

**CYCLE SCULPT:** Get it all done in ONE class! Cycling, weights and stretch.



## **Fitness Punch Pass 10 Punches for \$55**

(Punch card may be used for any fitness classes) NOTE: Punch card is only guaranteed if the minimum number of participants has been met for the session. The punch card expires 12 months after purchase.

## **MEMBER ONLY DISCOUNT!**

Members with a family, individual, student, senior or couple 6 month or 12 month membership can get  
**15% OFF a Fitness Punch Pass or Fitness Class.**

This offer is for members only. Members must have a current 6 month or 12 month family, individual, student or couple membership at the time of purchase. The RACC Fitness Punch Pass purchased at the discounted rate may only be used by the member who purchased the punch pass. Fitness Punch Passes may be used for any of our fitness studio classes. Please note some classes are a "2 punch class".

# SMALL GROUP TRAINING

Small Group Training provides a fun, challenging and motivating environment where you and your group will enjoy the benefits of group fitness in a comfortable setting. Enjoy the accountability that comes with working out with your friends and our group fitness instructor. Small group training sessions are available for groups of 2-4 participants and feature fun, safe and effective movements to help you achieve your fitness goals. We can work with you whether your goals are to increase your energy levels, run your first 5k, lose 10 pounds or feel stronger! We will communicate with your group to decide the best workout routine for your goals and make a schedule that works for you and the instructor!

- Personalized Group Fitness Class Format
- Train privately with your group in our Fitness Studio
- Group Sizes minimum 2 – 4 people
- Schedule anywhere from 1 to 2 sessions per week
- Session Lengths: 45-minute
- Cost: \$20.00 per person for the first 2 sessions  
 - \$7.00 per session per person after initial fee  
 \*Must pay PRIOR to beginning each session.

## **HOW TO SIGN UP:**

1. Register at the RACC for your first 2 session or go to our website and register under Rec. Activities Registration > Adult Activities > Small Group Training (regardless of age!)

2. *Online registration:* Follow the link in the activity description when you registered to the small group training form and complete!

*In-Person registration:* Complete the hard-copy small group training form you received when signing up and turn it in to the RACC.

**\*Only one form is needed per group of participants! \*All must submit payment.**

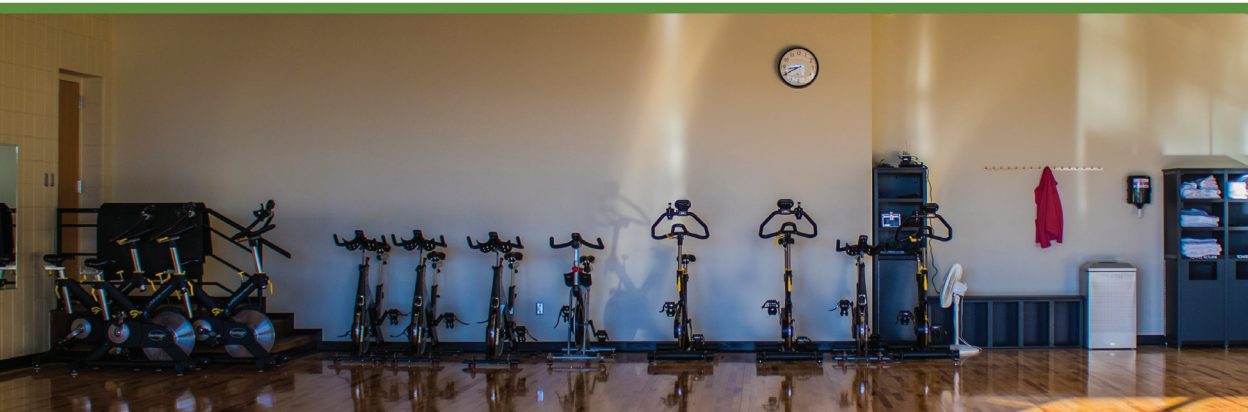
3. Our instructor will then contact you to get details on what type of plan you are looking for and will set up a schedule with you start!

4. Show up and work hard!

# PERSONAL TRAINING

Interested in being a personal trainer at the RACC?

**Contact Ross at 616-7444 or email  
 rnachreiner@ci.redwood-falls.mn.us**



# Adult Recreation Leagues

SPORT	DETAILS	REGISTRATION	DATE/TIME	FEE
<b>CHURCH LEAGUE SOFTBALL</b>	Fields: Westside & Johnson Park	ONLINE REGISTRATION DUE: May 6	Starts May 16 or May 23 MONDAYS 7PM, 8PM & 9PM	LEAGUE FEE: \$435 \$415.77 (CHURCHES SHOWING TAX EXEMPT STATUS)
<b>MEN'S LEAGUE SOFTBALL</b>	Field: Johnson Park	ONLINE REGISTRATION DUE: May 3	Starts May 17 or May 24 TUESDAYS 6:30PM	LEAGUE FEE: \$435
<b>CO-REC SAND VOLLEYBALL</b>	6 vs. 6 Players must be 15 years old or going into 9th grade. ROSTER LIMIT: 12	ONLINE REGISTRATION DUE: April 22	Starts May 12 THURSDAYS	\$120 PER TEAM
<b>CO-REC FALL KICKBALL</b>	Friendly, self-officated league. Teams typically play a double header each night.	ONLINE REGISTRATION DUE: August 6	Starts Aug. 25 THURSDAYS 6:30PM	\$70 PER TEAM
<b>CO-REC FALL "FOURS" SAND VOLLEYBALL</b>	4 vs. 4 Players must be 16 years old or in 10th grade. Packets	ONLINE REGISTRATION DUE: August 5	Starts Aug. 24 WEDNESDAYS 6:30PM	\$60 PER TEAM
<b>CO-REC FALL SOFTBALL</b>	WOODEN BAT LEAGUE: Teams typically play a double header each night. Players must be in 9th grade or older.	ONLINE REGISTRATION DUE: August 12	Starts Aug 22 MONDAYS	\$225 PER TEAM

Registration online at [www.redwoodareacommunitycenter.com](http://www.redwoodareacommunitycenter.com). Choose to "Pay Later" at check-out if you are dropping off a check or cash at the RACC.



## RFAC SUMMER PASS FEES

**POOL PASSES WILL BE AVAILABLE TO PURCHASE AT THE RACC FRONT DESK STARTING APRIL 4TH! (NOT AVAILABLE AT THE AQUATIC CENTER)**

### Season Pass Fees

**FAMILY:** \$160 + tax

Includes spouse or domestic partner & dependent children up to age of 18 - **ALL** with same address. Grandparents are **NOT** allowed under a family pass. Families with more than 5 members will be charged \$15/per additional person. PCA (Personal Care Attendants) will be treated like family for membership. Ages 3 and older must be included in the membership.

**INDIVIDUAL:** \$85.00 + tax

**SPECTATOR:** \$40.00 + tax

Spectators may not enter the water. Spectators must receive a wristband each time they enter.

### Punch Pass Fees

**10 PUNCHES:** \$45.00 + tax

**20 PUNCHES:** \$75.00 + tax

**40 PUNCHES:** \$125.00 + tax

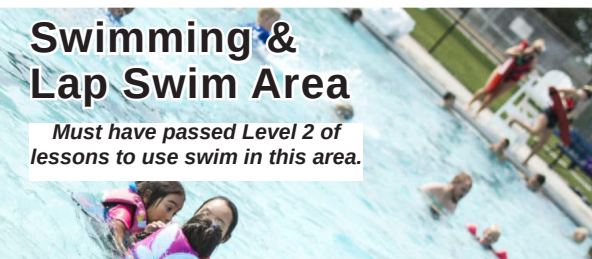
**RFAC PHONE NUMBER  
(507) 616-7455**

- Adults (18+) 4:1 (child to supervisor); ages (11-17) 3:1 (child to supervisor) when accompanied by an adult 18+ in the same group
- Ages (15-17) 2:1 (child to supervisor)

### Individual Daily Rate Fees - Per Day

**3 years old and older:** \$6.00

**Lap Swim:** \$4.00 per day



*Must have passed Level 2 of lessons to use swim in this area.*



*Must be 48 inches tall to ride the slide.*



*Must have passed Level 2 of lessons to use diving boards.*



## TENTATIVE OPENING DATE: THURSDAY, JUNE 9

Listen to KLGR or join us on Facebook for special announcements regarding the pool schedule. The closure date will depend on staff availability.



### MONDAY THROUGH FRIDAY

6:15 - 7:00 am	Lap Swim - Tuesdays & Thursdays
8:00 am - 12:00 pm	Scheduled Lessons
12:00 - 12:30 pm (12 -1 on non-lesson weeks)	Lap Swim
12:30 - 1:20 pm	Scheduled Lessons
1:30 - 4:30 pm	<b>OPEN SWIMMING</b>
4:30 - 6:00 pm	Lessons / Misc. Pool Activities
5:15 - 6:00 pm	Aqua Fitness - Tues. & Thurs
6:30 - 8:00 pm	<b>OPEN SWIMMING</b>
8:30 - 10:00 pm	Available for Pool Parties



### FRIDAY, SATURDAY & SUNDAY

11:30 am - 1:00 pm	Available for Pool Parties (Saturday)
1:30 - 8:00 pm	<b>OPEN SWIMMING (Friday)</b>
1:30 - 7:00 pm	<b>OPEN SWIMMING (Sat. &amp; Sun.)</b>
7:30 -9:00 pm	Available for Pool Parties (Sat. & Sun.)
8:30 -10:00 pm	Available for Pool Parties (Friday)



### Aqua Fitness Class & Lap Swim

All activities in the class are completed in the water. Your body joints do not suffer undue stress, yet every movement requires you to fight through the resistance of the water. You do not need to now how to swim to participate, but you should not be afraid of water. Min: 6

**Aqua Fitness:** June 14 - Aug. 11 5:15-6:00pm  
Tuesdays & Thursdays \$80.00

**Lap Swim:** Begins June 13 \$60.00  
(see schedule above)

### Pool Parties

Pool parties may be schedule Monday-Sunday in 1 1/2 hr increments (availability depends on date, time & staff). The fee is \$225.00, plus \$3.00 per person. Pool staff are not responsible for children outside of the Aquatic Center. We require a responsible adult to be present throughout the pool party to help monitor the participants and see that guest get home safely.

*\*Not guaranteed. Based on pool schedule and staff availability.*



TOTS: (0-2 years old)  
5:00-5:30 pm

June 13 - 16  
(Makeup Friday)



## SESSION ONE

### JUNE 20 - JUNE 30

9:00-9:50 am  
10:00-10:50 am  
11:00-11:50 am  
11:00-11:30 am  
11:30-12:00 pm  
12:30-1:00 pm  
12:30-1:20 pm  
5:00-5:30 pm

Levels 6, 5, 4  
Levels 4, 3, 2  
Levels 4, 3, 2  
Level 1A  
Level 1B  
Level 1C  
Levels 3, 3, 2, 2

Tiny Tots (1 1/2 years - 4 1/2 years)

\*An adult must accompany the child in the water.

5:00-5:50 pm  
5:30-6:00 pm

Level 2  
Level 1D

*IF CLASS IS POSTPONED:  
due to weather makeup dates  
will be held on June 24 & July 1  
at the same time as the  
regularly scheduled classes.*



## SESSION TWO

### JULY 11 - JULY 21

9:00-9:50 am  
10:00-10:50 am  
11:00-11:50 am  
11:30- 12:00 pm  
12:30-1:00 pm  
12:30-1:20 pm  
5:00-5:30 pm

Levels 6, 5, 4  
Levels 5, 4, 3, 2  
Levels 4, 3, 2  
Level 1A  
Level 1B  
Levels 4, 3, 2, 2

Tiny Tots (1 1/2 years - 4 1/2 years)

\*An adult must accompany the child in the water.

5:00-5:50 pm  
5:30-6:00 pm

Level 2, 3  
Level 1C

*IF CLASS IS POSTPONED:  
due to weather makeup dates  
will be held on July 15 & July 22  
at the same time as the  
regularly scheduled classes.*



## SESSION THREE

### JULY 25 - AUG. 4

10:00-10:50 am  
11:00-11:50 am  
11:30-12:00 pm  
12:30-1:00 pm  
12:30-1:20 pm  
5:00-5:30 pm

Levels 5, 4, 3, 2  
Levels 6, 4, 3, 2  
Level 1A  
Level 1B  
Levels 3, 2, 2

Tiny Tots (1 1/2 years - 4 1/2 years)

\*An adult must accompany the child in the water.

5:00-5:50 pm  
5:30-6:00 pm

Level 2  
Level 1C

*IF CLASS IS POSTPONED:  
due to weather makeup dates  
will be held on July 29 & Aug. 5  
at the same time as the  
regularly scheduled classes.*

## LESSON FEES

**Swim Lessons (Levels 2-6):** \$45.00 - 50 min.

**Private Lessons:** \$25.00 - 30 min.

\*There is no guarantee private lessons can be scheduled.

**Level 1 (4 years old):** \$40.00 - 30 min

**Tiny Tots (1-4.5 years old)** \$40.00 - 30 min.

**Tots 1 (0-2 years old):** \$20.00 - 1 week class


If we hold a class with less than 7 students, the manager reserves the option to reduce the total class hours, or combine classes together.

*All swimming instructors are Red Cross certified instructors & hold current certificates in CPR and First Aid.*

**NOTE:** Anyone interested in knowing what level to register for, please call the RACC.

**ONLINE REGISTRATION OPENS APRIL 4TH AT 5:00AM**



 (507) 616-7444

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

 901 Cook Street, Redwood Falls, MN 56283

**The Mission** of the Redwood Falls Parks and Recreation Department is to provide quality facilities and programs for all. Quality Parks and Recreation Programming enhances economic development, community crime prevention and adds to the quality of life for ALL residents and visitors of the community. We would like to achieve a “community climate” of personal wellness and mutual respect. Community facilities and parks are used by citizens of all ages participating in meaningful recreation activities. Facilities are well cared for due to a systematic plan for immediate care and crucial long-term maintenance. All citizens will be welcomed and encouraged to utilize the park system and participate in the City Recreation programs.


**Tobacco Free Policy** The City of Redwood Falls prohibits the use of tobacco products in all City buildings including the Redwood Falls Aquatic Center, the Redwood Area Community Center and at City parks during youth-oriented events.

**Refund & Cancellations** All refunds will be subject to a \$5.00 administrative fee. The registrant will be responsible to cover the cost of a t-shirt (only if a t-shirt has already been ordered for that activity) in addition to the administrative refund fee. After an activity has started, no refund will be issued. No credits will be issued for any activity. The Recreation Department reserves the right to cancel any program or activity due to insufficient enrollment or inclement weather. If a program is canceled due to low enrollment or inclement weather, a full refund check will be mailed to you.


## Weather Announcements

Hotline Phone #: 616-7443 and Listen to KLGR

## Email Updates

Stay Connected! When you create your account,  opt in to receive emails!

## Text Messages

Instantly receive weather updates via text message. Sign up online at [www.redwoodareacommunitycenter.com](http://www.redwoodareacommunitycenter.com)   
PLUS: When you create your account, enter your mobile carrier to receive specific activity updates.

## Listen to KLGR

Tune into KLGR 1490 for City Recreation and RACC updates every Tuesday at 11:50am



# Registration Opens Online

## MONDAY, APRIL 4TH AT 5:00AM

Register online at [www.redwoodareacomunitycenter.com](http://www.redwoodareacomunitycenter.com)  
or stop by the RACC Front Desk.

Grade requirements are based on grade child is going into the 2022-23 school year. Have an enjoyable time developing the fundamentals & skills of baseball and t-ball. Practices & games will be held Mon-Thurs. Teams will meet 2 times per week. The season runs approximately June 14 - July 22. **Sign-up deadline will be Wednesday, May 18th.** Registrants signed up after this date will be put on a waiting list and will be put on a team ONLY if there are openings, Rosters & schedules will be posted at the RACC & on-line by Friday, May 27th at 5:00 pm.



### Peanuts League

All players will hit off a tee this season. League will stress getting outs more than scoring runs. Introduction to the basics of the sport will be the key to success. Boys and girls will be on combined teams. T-shirt included in fees. Min: 20

FEE	TIME	AGE
\$50	9:00 am - 10:00 am	Kindergarten, 1st grade & 2nd grade (girls)



### Youth Baseball

Coaches will provide advanced practice on all the basics of the game. Advanced skills of fielding, making plays, and advancing runners will be refined. Players may start specializing in certain positions including the kids pitching. T-shirt included in fees. Inter-squad games will be played towards the end of the season. *No practice July 4th-6th.* Min: 10

FEE	TIME	DATES	AGE
\$55	10:15 - 11:30 am	A schedule will be released on May 27th. June 14 - July 20	2nd - 4th Grade



### Youth Softball

Players will focus each day on new skill sets, including fielding, hitting, the rules of the game and consistent pitching and catching skill work. This program will enhance the skills set of each player at a young age and prepare them for their future in the sport of fastpitch softball. Our goal is to get our players to compete in possibly 1 - 2 coach pitch games during the summer against neighboring towns! If we are not able to line this up, we will have inter-squad games. T-shirt included in fees. All practices at the high school softball fields. *No practice July 5th.* Min: 10

FEE	TIME	DATES	AGE
\$55	10:15 - 11:30 am	Tuesdays & Thursdays June 14 - July 21	3rd - 5th Grade



## FREE Cardinal Baseball Camp

Join the varsity baseball team and coaches for a one-day free baseball skills camp! T-shirt included. PLEASE pre-register to participate! Bring a glove and tennis shoes. Tentative Make-Up Date: May 20, 2022

LOCATION & DATE	TIME	AGE
Wednesday, May 11 Memorial Field	3:30 - 5:00 pm	Boys K - 3rd Grade

Sam Scheffler will walk K- 3rd graders over from Reede Gray to Memorial Field after school for camp.

LOCATION & DATE	TIME	AGE
Friday, May 13 Memorial Field	Following the Varsity Baseball Game 7:00 - 8:30 pm	Boys 4th - 6th Grade



## Junior Golf Lessons

In a joint collaboration between the Redwood Falls Jr Golf Association & Katy Woelfel, Jr Golf lessons are back for another season. Jr Golf Lessons are an introductory program to the sport of golf. Lessons will be available to kids ages 6-18 and will include learning the basic & advanced skills of chipping, putting, driving, as well as course etiquette (including cleaning your golf balls & clubs). Lessons will be held at both the Redwood Falls Golf Club (June 14, 21 & 28) as well as RVHS driving range (June 7) (located east of the Football Stadium/Track & Field). Participants are reminded to bring clubs or they can check out a set at the RACC through the Sticks for Kids Program. Instructor: Katy Woelfel & Volunteers from the Redwood Falls Jr Golf Association. Please select one session.  
Max: 20 participants/session

More about Katy: Golf Facilities Director at Community Christian School of Willmar, 7 years of teaching experience through Eagle Lake Golf Course, Tonto Verde Golf Club, & Olivia Golf Club

DATE	LOCATION	Session 1	Session 2
Tuesdays June 7, 14, 21 & 28	June 7 RVHS Driving Range June 14, 21, 28 RWF Golf Course	8:00 - 9:00 am \$30	9:15 - 10:15 am \$30



## Distance Running Camp

Let's "Head to the Trails" for our 22nd Annual Distance Running Camp. Participant's main focus at camp will be running, but could also include swimming, volleyball, and the camping experience. Hope to see you in stride at Sibley State Park! Min: 15 / Max 30

LOCATION	FEE	DATE	AGE
Meet at RACC (leave at 10am) (return around 6pm)	\$70 includes food, cabins & t-shirt	June 21st - June 23rd	7th - 12 grade (going into the above grades)



## Cardinal Youth Wrestling Camp

Wrestlers will learn the basics of the sport of wrestling through new techniques, drills & activities. The older groups will learn more advanced technique. On the last day, they will be doing various competitions. Instructors: RV HS Coaching Staff

LOCATION & DATE	PreK - 2nd Grade	Grades 3 - 6
June 27 - 29 RVHS Wrestling Room	(going into the above grades) 1:00 - 2:00 pm \$15	(going into the above grades) 2:15 - 3:45 pm \$15

## Youth Tennis Lessons

Excellent for kids who want to learn the basics of tennis. Entry level participants will have the opportunity to learn the technique of holding a racquet, serve and volley, as well as playing at the net and baseline. Going into the grades listed. Min: 4 / Max: 10 **COST: \$30**

Session 1: Beginner	Session 1: Intermediate	Session 1: Advanced
Gr. 1-3 10:10-11:10am MON/WED/FRI June 6 - June 24	Gr. 2-4: Must have 1 year of experience 9:00-10:00am MON/WED/FRI June 6 - June 24	Gr. 5-8: Must have 1 year of experience 11:15-12:15pm MON/WED/FRI June 6 - June 24
Session 2: Beginner	Session 2: Intermediate	Session 2: Advanced
Gr. 1-3 10:10-11:10am MON/WED/FRI July 11 - July 29	Gr. 2-4: Must have 1 year of experience 9:00-10:00am MON/WED/FRI July 11 - July 29	Gr. 5-8: Must have 1 year of experience 11:15-12:15pm MON/WED/FRI July 11 - July 29

## Cardinal Track & Field Camp

Head RVHS Boys & Girls Track and Field Coach Tessa Heiling is offering Track & Field camp. The primary objective of this camp is to introduce children to the sport of T&F and the enjoyment of that sport. Participants will learn basic running technique and strategy; standing broad jump, long jump, triple jump, softball throw, and relay exchanges will be taught as well. 3rd - 6th Gr. will take the training up a notch, teach specific skills more in-depth and have more opportunities to compete. Instructor: Tessa Heiling

LOCATION & DATE	K - 2nd Grade	3rd - 6th Grade
June 6 & 7 Track & Field Complex	\$20 12:30 - 1:30 pm	\$20 10:30 - 12:00 pm

## Cardinal Volleyball Camp

Head RVHS Volleyball Coach Taya Lindahl is offering a skills camp for girls entering Kindergarten-6th grade. All abilities & skill levels are encouraged to participate. Serving, passing, setting, attacking, & blocking techniques will be the primary focus. Fee includes camp t-shirt. Instructor: Taya Lindahl Min: 10 Register by 5/27/22 to ensure a shirt!

LOCATION & DATE	K - Grade 2	Grades 3 - 6
June 13 - 15 RVHS Gymnasium	(going into the above grades) 11:30 am- 12:15 pm \$30	(going into the above grades) 12:30 - 2:00 pm \$35

## Tae Kwon Do

This class is offered to boys & girls/men & women (ages 7 & up). Learn the basic skills of Tae Kwon Do. The class will include stretching exercises & learning the techniques for basic punches & kicks. Youth age 6 will be accepted upon approval of parents and instructor. 7th Degree Black Belt Instructor, Rich Seavert & 4th Degree Black Belt Instructor, Cindy Gunderson Min: 8 / Max: 22

LOCATION & DATE	TIME	FEE	AGE
Mondays & Thursdays July 11 - July 28 RACC Conf. Rooms	6:00 - 7:00 pm	\$25	7 years old & up

## Cardinal Basketball Camps

Cardinals Basketball Coach Brett Bergeson & Coach Aaron Lindahl would like to invite boys and girls who want to improve their ability to play organized basketball. Camp will include fundamental skill development as well as advanced game skills. Fee includes a camp t-shirt. Register by 5/23/22 to ensure a shirt. Min: 10 Grade going into for 2022-2023 school year.

### BOYS & GIRLS GRADES K - 2ND

June 6 - 9      10:30 - 11:30 am  
RV Gym      \$35

### GIRLS GRADES 3RD - 6TH

June 6 - 9      8:30 - 10:15 am  
RV Gym      \$40

### BOYS GRADES 3RD - 6TH

June 6 - 9      11:45 am - 1:30 pm  
RV Gym      \$40

## Cardinal Football Camp

Head RVHS Football Coach Matt Lundeen is offering a skill enhancement camp for boys & girls entering K-6th grade. Camps are geared to teach athletes the fundamentals of football & to develop a love for the sport. Each camp day will include 1/2 fundamental work with the other 1/2 being non-contact scrimmages. Pads are not worn during camp, therefore there is no tackling! Cost includes a camp football. Instructor: Matt Lundeen    Min: 10

LOCATION & DATE	K-1st Grade	Grades 2 - 4	Grades 5 - 6
August 8 - 10 RVHS Practice Fields	(going into the above grades) 9:15 - 10:15 am \$30	(going into the above grades) 10:30 - 11:30 am \$30	(going into the above grades) 1:30 - 2:45 pm \$30

# NEW!

## 7th & 8th Gr. Cardinal Football Camp

Head RVHS Football Coach Matt Lundeen is offering a skill enhancement camp for boys entering 7th & 8th grade. This weekly camp is geared toward prepping middle schoolers for the upcoming season and consistently enhancing their skills. Pads are not worn during camp, therefore there is no tackling! Cost includes a camp t-shirt. Instructor: Matt Lundeen    Min: 10

LOCATION & DATE	FEE	TIME	AGE
Wednesdays June 8 & 22 + July 20 & 27 RVHS Practice Fields	\$30	10:15 - 11:30 am	7th & 8th Grade

**NOTE:** Wednesday, July 27 may have a time change to 4:30-5:45pm for practice. Participants will be notified on July 20th.

## Summer Gymnastics

Lessons are available for those ages 4-4th grade. Basic gymnastics skills will be taught using the floor, bars, vault, & beam. All lessons are held in the RACC Fieldhouse. Coaches along with parents will have the right to move a participant to a different class based on ability.

**Level One - Tumbling Tots:** This class is for boys & girls ages 4-6 that are first time participants or those with limited gymnastics experience. No (or minimal) skills required to be in this class.

**Level Two - Tiny Twisters:** This class is for boys & girls ages 6+ with at least 1 yr gymnastics experience. Participants should have experience doing forward rolls, bridges, and handstands.

Min: 6 Max: 20

### Session 1: June 13 - July 25 (no class July 4)

#### MONDAYS ONLY

Level 1: 10:00-10:30 am \$25

Level 2: 10:40-11:15 am \$30

### Session 1: June 13 - June 29

#### MONDAYS & WEDNESDAYS

Level 1: 4:00-4:30 pm \$25

Level 1: 4:35 - 5:05 pm \$25

Level 2: 5:10-5:45 pm \$30

### Session 2: July 11 - July 27

#### MONDAYS & WEDNESDAYS

Level 1: 4:00 4:30 pm \$25

Level 1: 4:35-5:05 pm \$25

Level 2: 5:10-5:45 pm \$30

## Redwood Area Gymnastics Academy

The Redwood Area Gymnastics Academy will be offered this summer to help those that want to further advance their gymnastics skills leading up to their season next winter. Kelsi Limoges along with other coaches are looking forward to working with girls that have prior gymnastic experience. Gymnasts entering the beginner classes must have 2 years of experience and must be able to do a roundoff, intermediate classes must be able to do a back walkover and advanced classes must be able to do a back-handspring. If you have any questions, please email Kelsi at [kelsimagers7@gmail.com](mailto:kelsimagers7@gmail.com) Max: 20

### Session 1: Advanced

June 14 - 29  
Tues & Wed  
8:30 - 10:00am  
\$55

### Session 1: Intermediate

June 14 - 29  
Tues & Wed  
10:00 - 11:00am  
\$35

### Session 1: Beginner

June 14 - 29  
Tues & Wed  
11:00 - 11:45am  
\$25

### Session 2: Advanced

July 12 - Aug. 3  
Tues & Wed  
8:30 - 10:00am  
\$70

### Session 2: Intermediate

July 12 - Aug. 3  
Tues & Wed  
10:00 - 11:00am  
\$50

### Session 2: Beginner

July 12 - Aug. 3  
Tues & Wed  
11:00 - 11:45am  
\$30

## Parents & Child Gymnastics

It's never too young to start tumbling around! Join RV Head Coach Kelsi Limoges for Parent and Child gymnastics class. This is a great opportunity for your younger ones to learn the basics of stretching and tumbling. Parents must participate with their child during class. Ages 1 - 3 years old. Min: 5 Max: 10

### SESSION 1: June 14 - 28

Tuesdays  
12:00 - 12:30 PM  
\$15

### SESSION 2: July 12 - August 2

Tuesdays  
12:00 - 12:30 PM  
\$20



## Archery

The Redwood Falls Archery Program is back. Class will include learning archery safety, proper technique, & shooting form. Shooting in the class will include target archery, and 3D archery. Equipment will be provided. Instructor: Paul Parsons • Min: 6 / Max: 16  
Must be 8 years old.

### BASICS OF ARCHERY - \$30

Wednesdays, July 20, 27, Aug 3, 10 • 5:15-6:30 pm  
For beginners & those who struggle with managing/holding the bow; teaching proper form, grouping arrows, proficient handling of equipment.  
Shooting range 7-10 yards.

### INTERMEDIATE ARCHERY - \$30

Wednesdays, July 20, 27, Aug 3, 10 • 6:40-7:55pm  
For those who have shot before and are proficient with handling the bow, grouping arrows.  
Will teach form, technique and indoor 300 target shooting 15-20 yards.



## Sunshine Camp

Would your child like a fun-filled hour of music, games, movement, stories, and outdoor play? Sunshine Camp provides that and more! Children will also have the opportunity to explore and learn about the Apple Gourd Garden. Min: 8 / Max: 16 Instructor: Kara Kuehn & Megan Hacker

LOCATION	AGE	FEE	SESSION 1	SESSION 2
RACC Children's Room	Boys & Girls 3-5 Years Old	\$25	June 6 - 10 9:00 - 10:00 am	June 6 - 10 10:15 - 11: 15 am



## Cardinal Cheer Camp

GOT SPIRIT, let's hear it! Redwood Valley cheerleaders, along with their coach, are offering a mini cheer team clinic for girls ages 3-10! You will go over the basics of cheerleading and work on a special performance that you will showcase before a RV football game. Performance date TBD. Camp held in the RACC Fieldhouse • Min: 10  
Instructors: Shannon Serbus & Redwood Valley Cheer Team.

DATE & LOCATION	FEE	TIME	AGE
July 25 - 28 RACC Fieldhouse	\$35 (includes pom-poms)	10:00 - 10:45 am	Girls 3-10 years old

# NEW!

## Cardinal Cheer Academy



Redwood Valley cheerleaders, along with their coach, are offering a cheer academy for girls grades 3rd - 5th. You will go over the basics of cheerleading and work on a special performance that you will showcase at an RV football games. Camp held in the RACC Fieldhouse Instructors: Shannon Serbus & Redwood Valley Cheer Team. Min: 10

DATE & LOCATION	FEE	TIME	AGE
Thursdays June 9 - August 25 (no practice 7/7/22)	\$60 (includes pom-poms)	9:00 - 10:00am	Girls Grades 3rd - 5th



## Jr. All Stars

Summer isn't over yet! Jr. All Stars is a sports sampler camp that will give you the chance to learn and compete in a different sport each day! Sports included but not limited to: soccer, golf, basketball, tennis, track & field and MORE! Min: 8 Max: 22

LOCATION & DATE	FEES	AGE & TIMES
Monday - Thursday August 1 - 4 Meet on RACC Ct. #2	\$23	(going into the following grade) 1st - 3rd Grade 10:30 am - 12:00 pm



## NEW!

### Mini All Stars

Mini All Stars is a sports sampler camp that will give you the chance to learn and have fun with different sport each day! Sports included but not limited to: soccer, t-ball, basketball, track & field and MORE! This will be a great opportunity for your preschooler & kindergartener to develop socially through interaction with other young participants. Min: 8 Max: 16

LOCATION & DATE	FEES	AGE & TIMES
Monday - Thursday August 1 - 4 RACC Children's Room	\$23	Ages 4 - 6 9:00 - 9:45 am
LOCATION & DATE	FEES	AGE & TIMES
Monday - Thursday August 1 - 4 RACC Children's Room	\$23	Ages 4 - 6 4:30 - 5:15 pm



## Sports of Sorts

Join us for an afternoon of fun and games! Activities will include dodgeball, whiffleball, bocce ball, kickball, bean bags, spikeball and more! Instructors: City Rec Staff Min: 10 No Sports of Sorts on July 5th.

LOCATION & DATE	FEES	AGE & TIMES
Tues/Thurs June 14 - July 14 Aquatic Center Lot	\$2/session or \$15 for the summer	12:30-1:15pm Boys and Girls Grades 4-7

## NEW!



### Lil' Sports of Sorts

Join us for an afternoon of fun and games! We will learn & play a new sport each week! Activities will include basketball, whiffleball, kickball, capture the flag, soccer and more. This is a great program to try out a bunch of new sports! No Sports of Sorts on July 6th. Instructors: City Rec Staff Min: 8 Max: 20

LOCATION & DATE	FEES	AGE & TIMES
Wednesdays June 15 - July 13 RACC Childrens Room	\$20	12:30 - 1:15 pm Boys and Girls Ages 5 - 7



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