

# Fall 2022 Program Guide

The logo for the City of Redwood Falls Parks & Recreation, featuring a stylized red wave or ribbon shape to the left of the text.

*City of*  
**Redwood Falls**  
Parks & Recreation

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

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

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## EMPLOYMENT OPPORTUNITIES

Join the RACC Seasonal Staff! Apply online at [www.redwoodareacommunitycenter.com](http://www.redwoodareacommunitycenter.com) or stop by the RACC Front Desk to fill out an application. Listed below are the following openings for this season:

**SOCCER INSTRUCTORS**  
**FLAG FOOTBALL COACHES**  
**RINK ATTENDANTS**  
**LEAD GYMNASTICS INSTRUCTORS**

Pay scale ranges from \$11.50 - \$14.00 per hour depending on experience and position.

**Must be 16 years old to apply.**

Soccer, Gymnastics & Football instructors apply by August 5th.

Rink Attendants apply by September 16th.

**BASKETBALL SCORE KEEPERS**

Pay scale ranges from \$11.50 - \$13.50 per hour depending on experience and position.

**WINTER SPORTS OFFICIALS**

Basketball and Volleyball \$27.00-\$28.00 per game.



(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! Sign up to receive information about upcoming events, weather announcements and recreation activities.   
Sign up online at [www.redwoodareacommunitycenter.com](http://www.redwoodareacommunitycenter.com)

#### **Text Messages**

Instantly receive weather updates via text message.   
Sign up online at [www.redwoodareacommunitycenter.com](http://www.redwoodareacommunitycenter.com)

#### **Listen to KLGR**

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

# Hours of Operation

## 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.

## 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.

### HOLIDAY HOURS

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 ● GOOD FRIDAY: CLOSE AT 6PM ● EASTER SATURDAY CLOSE AT 12PM ●  
 EASTER SUNDAY: CLOSED ● MEMORIAL DAY: CLOSED ● INDEPENDENCE DAY: CLOSED

# 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

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!**



## Lockers:

*are available to suit the needs of everyone.*

### 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

*(Sale Tax Included)*

ADULT	\$70.00
STUDENT	\$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. Families with more than 6 members will be charged \$15 per each additional family member. 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



# 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  
OPEN THROUGH OCTOBER 16**

## Camping

The city campground has 31 individual sites with 30 & 50 amp. electrical hookups. There are restroom facilities with services and showers near the restroom facility is city water and a sanitary disposal station. Camping reservations are available online at [www.redwoodareacommunitycenter.com](http://www.redwoodareacommunitycenter.com) or call (507) 616-7444.



### CAMP SITE

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

### TENT AREA

**\$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.

Park shelters may be reserved in advance:

**Lower Park Shelter (Ramsey), Falls Shelter (Ramsey), Zeb Gray Shelter (Ramsey, Legion Park Shelter, Westside Band Shelter.**

**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 our Facebook group!**

**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

## **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.

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

**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

The RACC is pleased to announce Kyle Radke (BS, LATC) as a Wellness Consultant. Kyle is a State licensed and Nationally Certified Athletic Trainer with over 20 years of experience working with people of all shapes, sizes, and abilities to help them improve their physical wellness.

Whether you're looking to get stronger, faster, healthier, or just want to learn more about becoming physically active, Kyle can help you attain your goals. Stop in or contact the RACC at 616-7444 today to set-up your fitness assessment or training with Kyle and get on your way to attaining your fitness goals!



# Adult Recreation Leagues

SPORT	DETAILS	REGISTRATION	DATE/TIME	FEE
<b>CO-REC KICKBALL</b>	Friendly Self-Officiated Typically 2 games per night	REGISTER ONLINE: August 12	Starts THURSDAYS August 25	\$70 PER TEAM
<b>CO-REC FALL FOURS SAND VOLLEYBALL</b>	4 vs. 4 Players must be 15 years old or in 9th grade.	REGISTER ONLINE: August 12	Starts WEDNESDAYS August 24	\$60 PER TEAM
<b>CO-REC FALL SOFTBALL</b>	Wooden bats for males. Teams typically play a double header each night. Players must be in 9th grade or older.	REGISTER ONLINE: August 12	Starts MONDAYS August 22	\$225 PER TEAM
<b>TENNIS LEAGUE &amp; OPEN TENNIS</b>	Doubles League No need to find a partner; rotating partners	REGISTER ONLINE: October 28	<u>LEAGUE:</u> WEDNESDAYS BEGINS NOV 9 <u>OPEN TENNIS:</u> SUNDAYS BEGINS NOV 13	\$60/PLAYER: LEAGUE & SUNDAY NIGHT OPEN TENNIS \$50/PLAYER: LEAGUE ONLY \$25/PLAYER: ONLY SUNDAY OPEN TENNIS
<b>MEN'S LEAGUE 5-ON-5 BASKETBALL</b>		REGISTER ONLINE: November 4	Starts November 20 SUNDAYS	\$475 PER TEAM
<b>WOMEN'S LEAGUE INDOOR VOLLEYBALL</b>		REGISTER ONLINE: November 4	Starts November 16 WEDNESDAYS	\$240 PER TEAM
<b>CO-REC LEAGUE INDOOR VOLLEYBALL</b>		REGISTER ONLINE: October 31	Starts November 14 MONDAYS	\$240 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.

## Drop-In Basketball (Noon Ball)

Offered to both RACC members and non-members. No obligation, just stop by the RACC and join the fun.

**12:00-1:00pm • Wednesdays**

Fee: Members are FREE Non-Members \$5/adult, \$4/student (Punch passes also available)





## 2nd-4th & 5th-6th Grade Flag Football

Participants will learn the skills of flag football, including passing, catching, punting, blocking and the rules of flag football. First few practices will be spent learning the game with inter-squad games coming later in camp.

LOCATION & DATE	FEEES	AGE & TIMES
Tues/Thurs Sept. 6 - Sept. 29 Memorial Field <i>No practice Sept. 27.</i> <i>Under the Lights on Sept. 26</i>	\$32	Boys & Girls Gr. 2nd - 4th 6:15 - 7:15pm Gr. 5th - 6th: 7:15 - 8:15pm



## Fall Recreation Soccer

This program will introduce kids to the basics of soccer and strengthen the skills they already know.  
Min: 10/Max: 15/20

LOCATION & DATE	FEEES	AGE & TIMES
Tues/Thurs Sept. 6 - Sept. 22 Reede Gray Elem.	\$25	Boys & Girls K - 1st at 3:05 - 4:05pm Grades 2nd - 4th at 4:10 - 5:10pm



## Girls Volleyball

This program will focus on learning the basic skills and fundamentals of volleyball. They will have the opportunity to scrimmage each other as their skill progress. Led by Kristina Case & Frankee Ahrens. Min: 6 Students may ride Bus #1 from Reede Gray to the RACC.

LOCATION & DATE	FEEES	AGE & TIMES
Tuesdays & Wednesdays Sept. 20 - Oct. 5 RACC Court #1	\$25	Grades 3rd - 6th 3:30 - 4:45 pm

## »»CC»» 5th & 6th Grade Cross Country Camp

The purpose of this running club is to introduce kids to the sport of cross country before they can join the school team in 7th grade. This program is in the month of September. Kids will join the Redwood Valley Cross Country team to do the warm-up, a run and fun team building games.  
Max: 12 Meet outside of the RVMS Office, coaches will then meet you there.

DATE	FEE	AGE & TEIMES
Wednesdays September 7- 28	\$15	Boys & Girls Grades 5th - 6th 3:15 -5:30 pm



## Youth Wrestling

Wrestlers learn basic wrestling techniques and skills, proper conditioning and will have the opportunity to compete against others of same size. Participants will have the opportunity to attend area tournaments. Singlets available for a deposit with RAWA. Wrestling shoes are recommended, but not required. Fee includes t-shirt & admission into home tournament.  
Coaches: Matt Tiffany & Dillon Thooft

LOCATION & DATE	FEES	AGE & TIMES
Mondays & Thursdays November 28th RVHS Wrestling Room	\$25	Boys & Girls PreK-2nd Grade: 6:00-6:45pm 3rd-6th Grade: 6:45-8:00pm

## Fall 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. All lessons are taught by varsity gymnasts and varsity level coaches. Min: 6 / Max: 24

**Level One:** 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/Three:** This class is for boys & girls ages 6+ with at least 1 yr gymnastics experience. Participants should have experience doing forward rolls, bridges, cartwheels and handstands.

TUESDAYS & THURSDAYS		SEPTEMBER 13 - OCTOBER 13	
Level 1: 4:30-5:00pm	\$30	Level 2/3: 5:30-6:10m	\$40
Level 1: 5:00-5:30pm	\$30	Level 2/3: 6:10-6:50pm	\$40

# Open Ice Skating Starts Wednesday, Oct. 12th

Open skating will be offered at RACC's Indoor Ice Rink. If you purchase a RACC membership, there will be no charge for open skate. **Skate Rental Available at \$3/pair**

<b>Monday-Friday</b>	<b>9:00am - 3:00pm</b>
<b>Wednesdays</b>	<b>6:15 - 7:45pm</b>
<b>Fridays &amp; Saturdays</b>	<b>TBD</b>
<b>Sundays</b>	<b>5:00 - 7:45pm</b>

Weekend Open Skate Schedule: The weekend open skate schedule will be posted on a monthly basis. The schedule may vary due to hockey games, ice rentals, etc.

### Open Skate Fees

\$6.00	Adults
\$5.00	Students
FREE	Students 5 & Under



**RAJO Redwood Area JO Volleyball** is a youth volleyball program for girls grades 5-12 (4th graders are allowed to attend assessments and will be put on a roster if space is available or if there are enough girls for a 10 & under team). Contact Jennifer Rose 507-276-2164 or sjrose05@gmail.com with questions. Late Feb. thru Mid May // 2x practice // 5 tournaments

**MANDATORY PARENT MEETING: SUN., OCTOBER 23RD 7:00PM RACC ROOM #2**  
**REGISTRATION/ASSESSMENTS: SUN., NOVEMBER 20TH (MANDATORY)**  
 \*TIMES WILL BE ANNOUNCED AT THE PARENT MEETING.

**RAWA Redwood Area Wrestling Association** is for boys and girls ages 4 years old through 6th grade. Wrestlers will learn basic wrestling techniques and skills and will have opportunity to compete against others of the same size. Participants will have the opportunity to attend area tournaments. Interested in helping? Contact Matt Tiffany at 507-828-3273 matt\_tiffany@hotmail.com. The future of Redwood Valley Wrestling starts here!

**RABA Redwood Area Basketball Association** provides a basketball program for boys and girls 4th-8th grade. Participants will utilize skills developed in practice to compete in weekend tournaments held in our area. Players, parents and interested coaches should attend informational meeting. For questions contact Kyle Hicks at 507-430-1711 or Jason Jacobsen 507-430-2933 or visit [www.redwoodareabasketball.com](http://www.redwoodareabasketball.com).

**INFORMATIONAL MEETING: SUNDAY, OCT. 2ND AT 7:00 PM RACC ROOM #2**  
**REGISTRATION IS OPEN OCTOBER 2ND 7:00PM THROUGH NOVEMBER 1ST 11:59PM.**  
 GO TO [REDWOODAREACOMMUNITYCENTER.COM](http://REDWOODAREACOMMUNITYCENTER.COM) > ACTIVITY REGISTRATION > ASSOCIATIONS > REDWOOD AREA BASKETBALL ASSOCIATION AND FIND YOUR GRADE LEVEL!

**RAHA Redwood Area Hockey Association** is a youth hockey program for boys and girls. For more information contact Siri Youngkrantz 320-212-0074.

**REGISTRATION OPENS: MONDAY, JULY 25th**  
**\$100 DISCOUNT IF REGISTERED BEFORE AUGUST 25th!**

MINI MITES	MITE	SQUIRT	PEEWEE	BANTAM
6U	8U	10U	12U	14U
BORN ON OR AFTER JUNE 1, 2015	BORN ON OR AFTER JUNE 1, 2013	BORN JUNE 1, 2011 TO MAY 31, 2013	BORN JUNE 1, 2009 TO MAY 31, 2011	BORN JUNE 1, 2007 TO MAY 31, 2009

Registration fee for any 1st year player is FREE.  
 Fundraising & volunteer hour requirements still apply.  
 Association does have equipment for rent.  
 Boys and girls are encouraged to play!  
**[WWW.REDWOODAREAHOCCY.COM](http://WWW.REDWOODAREAHOCCY.COM)**



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REDWOOD AREA  
COMMUNITY  
CENTER

**REDWOOD AREA COMMUNITY CENTER**

901 COOK STREET

REDWOOD FALLS, MN 56283

PHONE: 507-616-7444

FAX: 507-644-2199

[REDWOODAREACOMMUNITYCENTER.COM](http://REDWOODAREACOMMUNITYCENTER.COM)