

Fall 2023 Program Guide



City of
Redwood Falls
Parks & Recreation

"Together we can build a better community."

WWW.REDWOODAREACOMMUNITYCENTER.COM
(507) 616-7444

EMPLOYMENT OPPORTUNITIES

Join the RACC Seasonal Staff! Apply online at 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 BASKETBALL INSTRUCTORS FLAG FOOTBALL COACHES RINK ATTENDANTS

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

Must be 16 years old to apply.

Soccer Instructors and Flag Football Coaches please apply by August 5th.

Rink Attendants apply by September 15th.

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.

Open Ice Skating Starts Wednesday, Oct. 11th

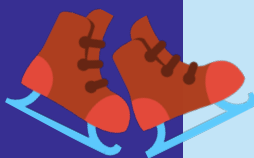
Open skating will be offered at RACC's Indoor Ice Rink. If you purchase a RACC membership, there will be no charge for open skate. Skate rental available at \$3/pair.

| | |
|--------------------------------|------------------------|
| Monday-Friday | 9:00am - 3:00pm |
| Wednesdays | 6:15 - 7:45pm |
| Fridays & Saturdays | TBD |
| Sundays | 5:00 - 7:45pm |

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 |
| \$3.00 | Skate Rental |





(507) 616-7444



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 encourage 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



Text Messages

Instantly receive weather updates via text message.

Sign up online at 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 | \$162.00 + TAX | \$28.00 + TAX | \$246.00 + TAX | \$21.50 + TAX |
| SENIOR CITIZEN COUPLE | \$213.00 + TAX | \$36.50 + TAX | \$327.00 + TAX | \$28.25 + TAX |
| STUDENT/COLLEGE STUDENT | \$99.00 + TAX | \$17.50 + TAX | \$150.00 + TAX | \$13.50 + TAX |
| INDIVIDUAL | \$258.00 + TAX | \$43.00 + TAX | \$402.00 + TAX | \$34.50 + TAX |
| COUPLE | \$324.00 + TAX | \$55.00 + TAX | \$471.00 + TAX | \$40.25 + TAX |
| FAMILY | \$366.00 + TAX | \$62.00 + TAX | \$564.00 + TAX | \$48.00 + 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 | \$75.00 |
| STUDENT | \$60.00 |

(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
- ACTIVE&FIT
- AAPTIV



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.) | \$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 • \$525/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* 2022 RATES: | 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 | |
| Linens* 2023 RATES: | Small Round: \$6.00/table • Large Round: \$7.00/table • Rectangular: \$7.00/table Napkins: \$1 • Rectangular Skirting: \$10/table • Round Skirting: \$7/table | |
| Coffee* | \$15/air pot | \$15/air pot |
| Extra Staffing/Clean Up Person | \$35/hour | \$35/hour |

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 - \$2,500.00



*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 **\$105.00 + 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 **\$125.00 + 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

**2023 CAMPING SEASON
OPEN THROUGH OCTOBER 15**

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 or call (507) 616-7444.



CAMPGROUND MAP

NOTE: SITES 20-25 ARE FOR
SMALL CAMPERS OR POP-UPS

CAMP SITE

**\$28 + 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 \$35 + tax

Full Day \$50 + 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

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.

Silver Sneakers Chair Yoga®: Can't get down on the floor, don't feel comfortable standing for long periods of time, or recovering from an injury that doesn't allow you to do your usual activities? Chair yoga may be your answer. These seated yoga moves are designed to increase flexibility, balance, and range of movement.

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.



FOR AN UP-TO-DATE SCHEDULE SEE OUR FITNESS STUDIO CALENDAR AT THE RACC OR ONLINE AT WWW.REDWOODAREACOMMUNITYCENTER.COM.

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

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

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.

DANCE FITNESS: Dance Fitness uses various types of popular hip hop music all the way to country music to create an aggressive but rewarding full body workout. Dance fitness begins with a full body warmup, arm and leg conditioning, and then utilizes simple choreography in a series of fast-paced aerobic dances to get your body going. Also included is challenging floor work for hips, thighs, buns and abs!

UNDERDOG CROSSFIT: Whether you're brand new to fitness or a long-time gym-goer, CrossFit workouts are for you. Millions of people of all backgrounds, ages, and abilities swear by CrossFit, and for good reason — it works. The secret that makes CrossFit workouts so effective is a simple and irreplaceable combination of three ingredients: the results, the coach, and the community. Commit to 1 hour a day for yourself. Your health will improve along with other aspects of your life. No Sweat Foundation Session required before starting. Message underdogcrossfitwfb@gmail.com with any questions.

CLASSES MON-FRI 5:00AM & 6:00AM

MONTHLY PAYMENT OPTIONS OF 3 DAY PER WEEK (\$100) OR 5 DAYS PER WEEK (\$120).
NIGHT CLASS OPTION IS AVAILABLE - SEE ONLINE FOR MORE DETAILS!

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

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 Khyle Radke (BS, LATC) as a Wellness Consultant. Khyle 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, Khyle 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 Khyle and get on your way to attaining your fitness goals!



Adult Recreation Leagues

| SPORT | DETAILS | REGISTRATION | DATE/TIME | FEE |
|--|--|--|--|--|
| CO-REC FALL KICKBALL | 4 vs. 4 Players must be 15 years old or in 9th grade. | ONLINE REGISTRATION DUE: August 10 | Starts Aug. 24 THURSDAYS 6:30PM | \$70 PER TEAM |
| CO-REC FALL "FOURS" SAND VOLLEYBALL | 4 vs. 4 Players must be 15 years old or in 9th grade. Packets | ONLINE REGISTRATION DUE: August 7 | Starts Aug. 23 WEDNESDAYS 6:30PM | \$60 PER TEAM |
| TENNIS LEAGUE & OPEN TENNIS | Doubles League No need to find a partner; rotating partners | REGISTER ONLINE: November 3 | <u>LEAGUE:</u> WEDNESDAYS BEGINS NOV 15 <u>OPEN TENNIS:</u> SUNDAYS BEGINS NOV 19 | \$60/PLAYER: LEAGUE & SUNDAY NIGHT OPEN TENNIS \$50/PLAYER: LEAGUE ONLY \$25/PLAYER: ONLY SUNDAY OPEN TENNIS |
| MEN'S LEAGUE 5-ON-5 BASKETBALL | REGISTER ONLINE: November 3 (self-officiated) | | Starts November 19 SUNDAYS | \$300 PER TEAM |
| WOMEN'S LEAGUE INDOOR VOLLEYBALL | REGISTER ONLINE: November 3 | | Starts November 15 WEDNESDAYS | \$250 PER TEAM |
| CO-REC LEAGUE INDOOR VOLLEYBALL | REGISTER ONLINE: October 30 | | Starts November 13 MONDAYS | \$250 PER TEAM |
| FALL PICKLEBALL LEAGUE | REGISTER ONLINE: September 8 | | SEPT. 20 - NOV. 8 WEDNESDAYS | \$25 PER PERSON |
| CORNHOLE LEAGUE | REGISTER ONLINE: November 8 | | Starts Nov. 8 WEDNESDAYS | \$25 PER PERSON |

Registration online at www.redwoodareacommunitycenter.com. Choose to "Pay Later" at check-out if you are dropping off a check or cash at the RACC.





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 | FEES | AGE & TIMES |
|--|------|---|
| Tues/Thurs Sept. 7 - Oct. 3 Memorial Baseball Field <i>Under the Lights on Oct. 3</i> | \$32 | Boys & Girls Gr. 2nd - 4th 6:20 - 7:10pm Gr. 5th - 6th: 7:10 - 8:00pm |



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 | FEES | AGE & TIMES |
|---|------|---|
| Tues/Thurs Sept. 7 - Sept. 26 Reede Gray Elementary | \$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. Min: 6
Reede Gray students - Bus #1 from Reede Gray to the RACC.

| LOCATION & DATE | FEES | AGE & TIMES |
|---|------|-----------------------------------|
| Tuesdays & Thursdays Oct. 3 - Oct. 19 RACC Court #1 | \$25 | Grades 3rd - 6th 3:20 - 4:20pm |

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 6 - 27 | \$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 **Begins November 27th, 2023.**

| FULL SEASON WRESTLING | HALF SEASON WRESTLING |
|---|--|
| The full season is designed for the wrestlers that want to compete on the competitive team and the end-of-the year post-season wrestling. Mondays & Thursdays PreK – 2nd Grade: 6:00-6:45pm 3rd – 6th Grade: 6:45-8:00pm \$25 | The half season is great for newer wrestlers, has many competition opportunities, including some team tournaments but doesn't include the competitive post season options. Half season wrestlers can continue on for the whole season if they choose to. Mondays & Thursdays PreK – 2nd Grade: 6:00-6:45pm 3rd – 6th Grade: 6:45-8:00pm \$25 |

PreK Wrestlers – If there are enough numbers to split these grades off into their own group Pre-K will go 5:30-6:00pm, if not they will join the 1st – 2nd grade group.



Fall Youth 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: 20

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: 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 OCTOBER 24 - NOVEMBER 9 (NO PRACTICE OCT. 31)

| | |
|----------------------|------|
| Level 1: 4:30-5:00pm | \$25 |
| Level 1: 5:05-5:35pm | \$25 |
| Level 2: 5:40-6:20pm | \$35 |



Pre-Team Gymnastics

Ages 7 to 6th grade. Must have 3 years of experience and must be able to do a back-bend. This is a more advanced level of gymnastics, a step up from academy and a stepping stone to our traveling team, Jr. Cardinals. Gymnast should be willing to commit to practice times and be able to work independently on their skills. Max of 25. Following the season, coaches will recommend if gymnasts should move on to our Jr. Cardinals team or repeat Pre-Team. A calendar of practice times will be sent out prior to the first day.

Pre-Team Gymnastics

Sundays 2:30-4:00pm October 1 - January 28 (No Practice Dec. 24 & Dec. 31)
\$150



Traveling Gymnastics (Jr. Cardinals Team)

Ages 7 to 6th grade. Must have 3 years of experience, plus completed one year on the Pre-Team (unless you have already competed on our 2023 Jr. Cardinals Team or have been approved by Coach Hannah to join). Gymnasts must be able to do a back walkover and pullover. This is a traveling program. Gymnasts will compete in meets in different towns. Gymnasts will be establishing and practicing routines and advancing skills for the competition season. Gymnasts should be willing to commit to practice times and be able to work independently on their skills. Max of 20. A calendar of practice times will be sent out prior to the first day. Coach: Hannah Stevenson hstevenson0299@yahoo.com
4 Meets + Divisional Meet (if qualified). Meets will be set in October/November.

Traveling Gymnastics (Jr. Cardinals Team)

Sundays 4:00-6:30pm Mondays 6:00-7:30pm Fridays (starting in December) 6:00-7:30pm

September 10 - End of February or Early March
(no practice on the various holidays)

Payment Plan:

1st payment of \$250 due upon registration for September - November
2nd payment of \$300 due December 1st for December - February

*Competition leos, warm-up leos & any other gear is not included in the fee.

*If you decide to not continue after November, an additional \$50 MAGA registration fee will be collected.
Your decision must be made November 30th.

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).
Late Feb. thru Mid May // 2x practice // 5 tournaments

MANDATORY PARENT MEETING: SUN., OCTOBER 15 AT 7:00PM RACC ROOM #2
REGISTRATION/ASSESSMENTS: SUN., NOVEMBER 19 (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.

INFORMATIONAL MEETING: SUNDAY, SEPT. 24TH AT 7:00 PM RACC ROOM #2
REGISTRATION IS OPEN SEPTEMBER 24TH 7:00PM THROUGH OCT. 20TH 11:59PM.
GO TO 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 24TH
\$100 DISCOUNT IF REGISTERED BEFORE AUGUST 25TH!

| MINI MITES | MITES | SQUIRT | PEEWEE | BANTAM | GIRLS |
|---------------|-------|--------|--------|--------|-----------|
| 6U | 8U | 10U | 12U | 14U | 12U & 15U |

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.REDWOODAREAHOCKEY.COM



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REDWOOD AREA COMMUNITY CENTER

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REDWOOD FALLS, MN 56283

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