

City of
Redwood Falls
Parks & Recreation

Summer 2024 PROGRAM GUIDE

*Together we can build
a better community!*

GENERAL INFORMATION



(507) 616-7444



www.redwoodareacommunitycenter.com



901 Cook Street, Redwood Falls, MN 56283



Weather Announcements: (507) 616-7443



Listen to KLGR 1490 every Tuesday at 11:50am for updates!

HOURS OF OPERATION

MAY

Monday - Thursday 8:00am - 8:00pm
Friday 8:00am - 4:30pm
Saturday Closed - Rentals Avail.
Sunday Closed - Rentals Avail.

JUNE - AUGUST

Monday - Thursday 8:00am - 6:00pm
Friday 8:00am - 4:30pm
Saturday Closed - Rentals Avail.
Sunday Closed - Rentals Avail.

SEPTEMBER

Monday - Thursday 8:00am - 8:00pm
Friday 8:00am - 4:30pm
Saturday Closed - Rentals Avail.
Sunday Closed - Rentals Avail.

OCTOBER - APRIL

Monday - Friday 8:00am - 10:00pm
Saturday 8:00am - 8:00pm
Sunday 12:00 - 8:00pm

The Fieldhouse track is accessible for 24/7 cardholders Saturday & Sunday morning 5:00am - 10:00am

HOLIDAY HOURS

MEMORIAL DAY: CLOSED INDEPENDENCE DAY: CLOSED LABOR DAY: CLOSED
THANKSGIVING DAY: CLOSED FRIDAY AFTER THANKSGIVING: OPEN AT 10:00AM
CHRISTMAS EVE: CLOSE AT 12:00PM CHRISTMAS: CLOSED

NEW YEARS EVE: CLOSE AT 2:00PM NEW YEARS DAY: OPEN 12:00-5:00PM
GOOD FRIDAY: CLOSE AT 6:00PM EASTER SATURDAY: CLOSE AT 12:00PM EASTER SUNDAY: CLOSED

The Mission

Our mission 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 & Cannabis 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.

-Effective October 12, 2023, Redwood Falls City Code of Ordinances § 10.20 prohibits the use of all cannabis products, including cannabis flower, lower-potency hemp edibles, and/or hemp-derived consumer products in all public places including but not limited to City buildings, the Redwood Falls Aquatic Center, the Redwood Area Community Center and at City parks. Violation is a petty misdemeanor as defined by Minnesota law.

Refunds & 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.

MEMBERSHIPS

RATES

PACKAGE TYPE	6 MONTH FULL PAYMENT	6 MONTH ACH MONTHLY PAYMENT*	12 MONTH FULL PAYMENT	12 MONTH ACH MONTHLY PAYMENT*
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
STUDENT	\$99.00 + TAX	\$17.50 + TAX	\$150.00 + TAX	\$13.50 + TAX
SENIOR INDIVIDUAL	\$162.00 + TAX	\$28.00 + TAX	\$246.00 + TAX	\$21.50 + TAX
SENIOR COUPLE	\$213.00 + TAX	\$36.50 + TAX	\$327.00 + TAX	\$28.25 + TAX

1- MONTH MEMBERSHIP (ONE PERSON) \$50.00 + TAX

**DIRECT WITHDRAWAL FROM CHECKING/SAVINGS ACCOUNT.*

DAILY ADMISSION

(SALES TAX INCLUDED)

ADULT \$6.00

STUDENT/SENIOR \$5.00

FAMILY \$20.00

PUNCH PASSES

(SALES TAX INCLUDED)

(1 YEAR EXPIRATION)

ADULT \$75.00
FOR 15 PUNCHES

STUDENT/SENIOR \$60.00
FOR 15 PUNCHES

MEMBERSHIP SPECIAL

APRIL - MAY

Buy a RACC punch pass and receive
5 free punches!

MEMBERSHIPS

MEMBERSHIP DETAILS

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.

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.

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 Front Desk for more info.



***FEE FOR LOST MEMBERSHIP CARD
OR 24/7 CARD - \$10.00**



LOCKER RENTALS

6 MONTH

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



12 MONTH

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



HEALTH INSURANCE PROGRAMS

Silver Sneakers

Silver & Fit

Renew Active, One Pass & Aaptiv

Active & Fit

Stop by the front desk to check your eligibility!

MEMBERSHIP SPECIAL

APRIL - MAY

Buy a RACC punch pass
and receive
5 free punches!



RENTAL RATES

USER GROUP DESCRIPTIONS

CATEGORY B: Civic, charitable, service clubs & other governmental organizations.
CATEGORY C: Private individuals, organizations or businesses.

ROOM	CATEGORY B	CATEGORY C
SMALL ROOM ROOM 3A or 3B	\$18/hour - \$60/day	\$23/hour - \$86/day
1 MEDIUM ROOM Room 1, 2 or 3A + 3B	\$36/hour - \$120/day	\$46/hour - \$172/day
2 MEDIUM ROOMS COMBINATION OF 2 MEDIUM ROOMS	\$72/hour - \$240/day	\$92/hour - \$344/day
FULL ROOM ROOMS 1, 2, 3A & 3B	\$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
CHILDREN'S ROOM	\$15/hour - \$50/day	\$15/hour - \$50/day
FIELDHOUSE NON-PRIME (APRIL - SEPT.)	\$95/hour \$615/day #1 \$515/day #2	\$115/hour \$700/day #1 \$600/day #2
FIELDHOUSE PRIME (OCT. - MARCH)	\$135/hour \$725/day #1 \$625/day #2	\$165/hour \$1,100/day #1 \$1,000/day #2
FIELDHOUSE ONE COURT	\$25/hour	\$30/hour
TRACK	\$250/4 hour block	\$300/4 hour block
ARENA (NON-ICE SEASON)	\$80/hour \$515/day #1 \$415/day #2	\$100/hour \$600/day #1 \$500/day #2
ARENA (ICE SEASON)	\$120/hour \$725/day #1 \$625/day #2	\$150/hour \$1,000/day #1 \$900/day #2
COFFEE* \$15/airpot		EXTRA STAFF/CLEAN UP \$35/HOUR

LINENS*

Small Round: \$6.00/table Large Round: \$8.00/table Rectangular: \$8.00/table
Round Skirting: \$7.00/table Rectangular Skirting: \$10.00/table Napkins: \$1.00

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.*

PACKAGES

WEDDING PACKAGE - \$2,500

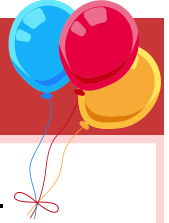


FULL ROOM FOR 2 DAYS + CATERING KITCHEN USE
SEATING FROM 10-400

- ACCESS THE DAY BEFORE (SET-UP OR REHEARSAL DINNER)
- WEDDING RECEPTIONS
- BANQUET FACILITIES
- LINENS (TABLECLOTHES, SKIRTING & NAPKINS)
- ROOM FOR UP TO 400 GUESTS
- ROOM SET-UP & TAKE DOWN AT NO EXTRA CHARGE
- ROUND & RECTANGLE TABLES AVAILABLE
- ALCOHOL CONTRACTED WITH AMERICAN LEGION
- STAGE & DANCE FLOOR
- BEAUTIFUL OUTDOOR PATIO
- AUDIO & VISUAL EQUIPMENT



BIRTHDAY PACKAGES



EXTREME

\$105 + TAX 9 KIDS

(\$7 FOR EACH ADDITIONAL PARTICIPANT)

CHILDREN'S 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)

SUPREME

\$125 + TAX 9 KIDS

(\$7 FOR EACH ADDITIONAL PARTICIPANT)

CHILDREN'S 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 PARKS & REC DEPT.
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 – CAMPGROUND



2024 CAMPING & SHELTER SEASON
APRIL 26TH – OCTOBER 20TH

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

CAMPSITE \$28 + TAX

SITES HAVE ELECTRICAL
HOOK-UP & YOUR FEE
INCLUDES DUMP STATION

TENT AREA \$15+ TAX

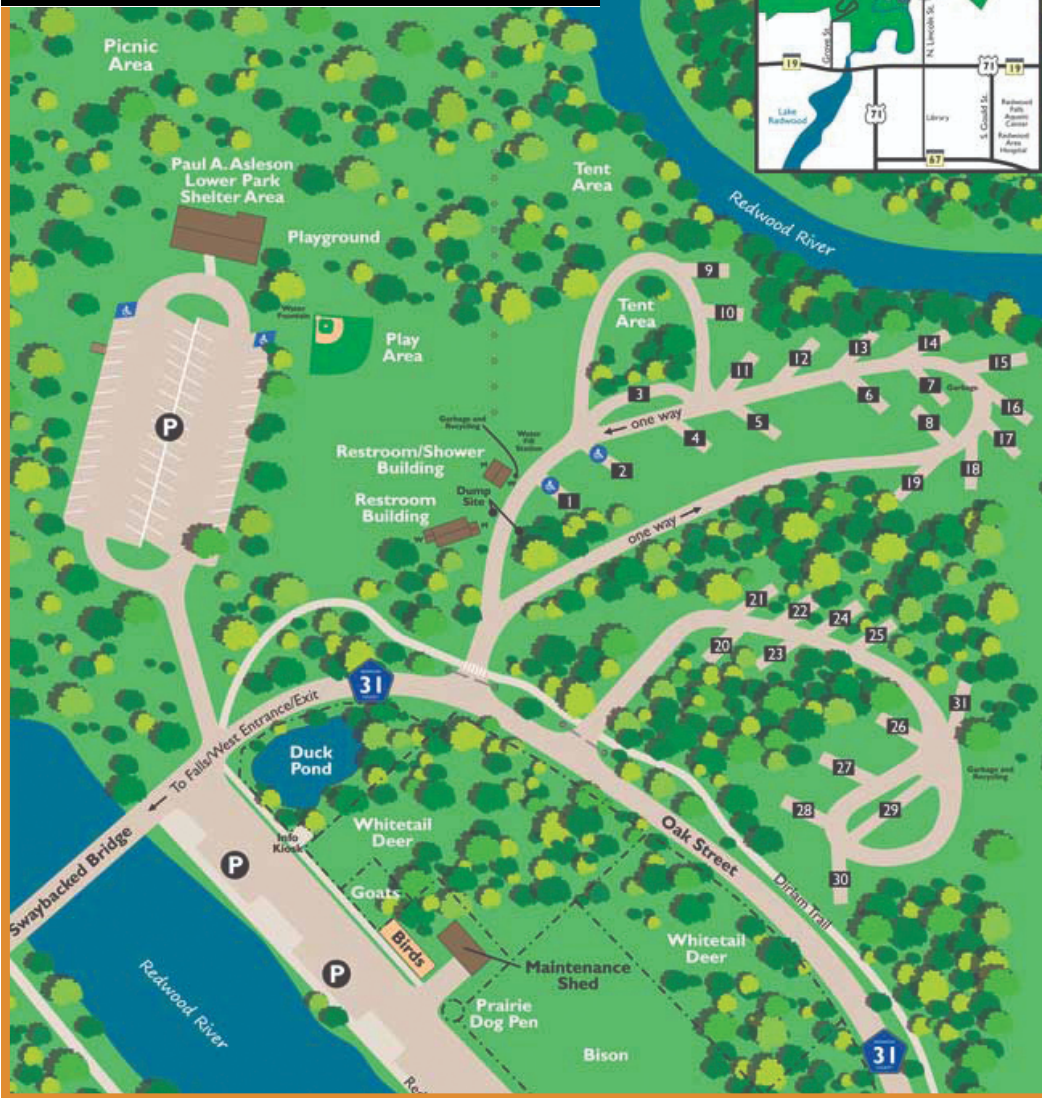
DROPBOX PAYMENT AT RAMSEY
1ST COME, 1ST SERVE

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

RAMSEY PARK & CAMPGROUND - REDWOOD FALLS, MN
CALL FOR RESERVATIONS (507) 616-7444 OR BOOK ONLINE
AT WWW.REDWOODAREACOMMUNITYCENTER.COM
NOTE: SITES 20-25 ARE FOR SMALLER CAMPERS/POP-UPS



SHELTERS

Reservations can be made at the RACC, by calling 616-7444 or going to www.redwoodareacommunitycenter.com. All shelter reservations include electricity.

RESERVATION FEES \$55 + TAX FULL DAY RENTAL
(ALL PICNIC TABLES MUST BE MOVED BY P&R STAFF)

LOWER PARK SHELTER RAMSEY PARK

6 PICNIC TABLES



FALLS SHELTER RAMSEY PARK

6 PICNIC TABLES



ZEB GRAY SHELTER RAMSEY PARK

6 PICNIC TABLES



LEGION PARK SHELTER

6 PICNIC TABLES



PERKS PARK

4 PICNIC TABLES



PRYOR PAVILION

6 PICNIC TABLES



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.

IMPORTANT REFUND INFORMATION: IN ORDER TO RECEIVE A REFUND OF \$5 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.

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)

SENIOR PROGRAMS

REDWOOD SENIOR CENTER

 (507) 644-6464  Memberships are \$15 a year

DINING: Monday - Friday 11:30am

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

MEALS AND WHEELS: Provided by Lutheran Social Services.

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

ACTIVITIES: Activities start at 12:30pm Monday - Friday

(based on participation) CARDS (Schnozzle) DICE (6-5-4)

Monthly Birthday Party

SILVER SNEAKERS CLASSES

Silver Sneaker classes are open to all! Call 616-7444 for the schedule.

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

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

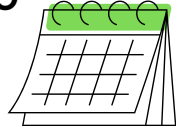
BONE BUILDERS - TUESDAYS & THURSDAYS 10:00AM - FREE - RACC

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 FITNESS

**FOR THE CURRENT CLASS TIMES & DATES PLEASE GO TO
[HTTPS://REDWOODAREACOMMUNITYCENTER.COM/
YOUTH-ADULT-RECREATION/ADULT-FITNESS/](https://redwoodareacommunitycenter.com/youth-adult-recreation/adult-fitness/)
TO VIEW OUR MONTHLY FITNESS CALENDAR.**



TABATA XPRESS

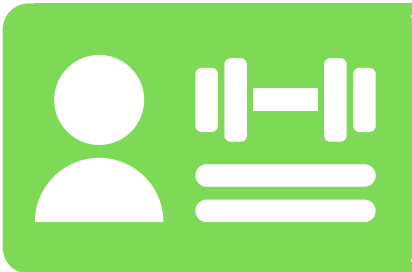
TABATA XPRESS: It's 30 minutes of high-intensity training, alternating between 20 seconds of max training followed by a 10-second rest. These workouts are fast-paced and fun and burn tons of calories. Offered Tuesdays and Fridays at 12:15pm.
*FITNESS PUNCH PASS ONLY CLASS - 1 PUNCH PER CLASS FIRST CLASS IS FREE!
SEE FITNESS STUDIO CALENDAR FOR CURRENT OFFERINGS.

CYCLING

CYCLE SCULPT: Get it all done in ONE class! Cycling, weights and stretch.
EMAIL [SSCHEFFLER@CI.REDWOOD-FALLS.MN.US](mailto:sscheffler@ci.redwood-falls.mn.us) TO RESERVE A BIKE FOR CLASS!

**TABATA XPRESS & CYCLING ARE
FREE FOR RACC MEMBERS!**

*VALID FOR THOSE WITH 1 MONTH, 6 MONTH OR 12 MONTH MEMBERSHIPS.
RACC PUNCH PASS MEMBERSHIPS MUST USE 1 PUNCH TO ATTEND CLASS.



**FITNESS PUNCH PASSES
10 PUNCHES FOR \$55**

**NOTE: THE PUNCH CARD EXPIRES
12 MONTHS AFTER PURCHASE.**

WELLNESS TRAINING

Khyle Radke (BS, LATC)

is a Wellness Consultant and 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 LEAGUES

ACTIVITY	REGISTRATION	DATES	FEE
CHURCH LEAGUE SOFTBALL	ONLINE REGISTRATION DUE: MAY 3	MONDAYS STARTS MAY 20	\$450 PER TEAM FOR TAX EXEMPT STATUS \$419.10 PER TEAM
MEN'S LEAGUE SOFTBALL	ONLINE REGISTRATION DUE: MAY 3	TUESDAYS STARTS MAY 21	\$450 PER TEAM
CO-REC SAND VOLLEYBALL *6 VS. 6 PLAYERS MUST BE 15 YEARS OLD OR GOING INTO 9TH GRADE.	ONLINE REGISTRATION DUE: APRIL 19	THURSDAYS STARTS MAY 9	\$130 PER TEAM
CO-REC FALL KICKBALL	ONLINE REGISTRATION DUE: AUGUST 9	THURSDAYS STARTS AUG. 22	\$75 PER TEAM
CO-REC FALL "FOURS" SAND VOLLEYBALL *4 VS. 4 PLAYERS MUST BE 16 YEARS OLD OR IN 10TH GRADE.	ONLINE REGISTRATION DUE: AUGUST 9	WEDNESDAYS STARTS AUG. 21	\$65 PER TEAM

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.



OPEN PICKLEBALL

Fun sport 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 or join our Facebook group for updates!
WINTER MONTHS ONLY: Saturdays 8:00am-8:00pm & Sundays 12:00-8:00pm
**based on court availability.*

REDWOOD FALLS AQUATIC CENTER

 (507) 616-7455

RFAC SUMMER PASS FEES



POOL PASSES WILL BE AVAILABLE TO PURCHASE AT THE RACC FRONT DESK STARTING APRIL 1ST (NOT AVAILABLE AT THE AQUATIC CENTER)

FAMILY: \$170 + 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: \$50.00 + tax

20 Punches: \$90.00 + tax

40 Punches: \$160.00 + tax

INDIVIDUAL DAILY RATE FEES - PER DAY

3 Years Old and Older: \$6.00

Lap Swim: \$5.00 per day

★ 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)

FEATURES



WATER SLIDES

*MUST BE 48 INCHES TALL TO USE.



LILY PADS & ROCK WALL



DIVING BOARDS

*MUST HAVE PASSED LEVEL 2 OF LESSONS TO USE.



SWIMMING & LAP SWIM

*MUST HAVE PASSED LEVEL 2 OF LESSONS TO USE.



ZERO DEPTH ENTRY PLAY



RFAC HOURS & ACTIVITIES

TENATIVE OPENING DATE:
THURSDAY, JUNE 6

LISTEN TO KLGR OR LIKE US ON FACEBOOK FOR SPECIAL ANNOUNCEMENTS REGARDING OUR POOL SCHEDULE. THE CLOSURE DATE WILL DEPEND ON STAFFING AVAILABILITY.

MONDAY THROUGH THURSDAY

6:15 - 7:00 AM	Lap Swim - Tuesdays & Thursdays
8:00 AM - 12:00 PM	Scheduled Swimming Lessons
12:00 - 12:30 PM (12:00-1:00 PM ON NON-LESSON WEEKS)	Lap Swim (Begins June 10)
12:30 - 1:20 pm	Scheduled Swimming Lessons
1:30 - 4:30 PM	OPEN SWIMMING
4:30 - 6:00 PM	Swimming Lessons / Pool Activities
5:15 - 6:00 PM	Aqua Fitness - Tuesdays & Thursdays
6:30 - 8:00 PM	OPEN SWIMMING
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	OPEN SWIMMING (FRIDAY)
1:30 - 7:00 pm	OPEN SWIMMING (SAT. & SUN.)
7:30 - 9:00 pm	Available for Pool Parties (Sat.& Sun.)
8:30 - 10:00 pm	Available for Pool Parties (Friday)

LAP SWIM

BEGINS JUNE 10 *SEE SCHEDULE ABOVE.

\$60.00 - SEASON PASS \$5.00 - DAILY PASS

AQUA FITNESS CLASS

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

BEGINS JUNE 11 TUESDAYS & THURSDAYS

5:15 - 6:00PM \$80.00 - SEASON PASS



SWIMMING LESSONS

ONLINE REGISTRATION OPENS APRIL 1ST AT 5:00AM



TOTS: 0-2 Years Old June 10 - 13 5:00-5:30 pm (Make-Up Day - Friday)

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



SESSION 1 JUNE 17 - 27

9:00-9:50 am Levels 6, 5, 4

10:00-10:50 am Levels 4, 3, 2

11:00-11:50 am Levels 4, 3, 2

11:00-11:30 am Level 1A

11:30-12:00 pm Level 1B

12:30-1:00 pm Level 1C

12:30-1:20 pm Levels 3, 3, 2, 2

4:45-5:15 pm Tiny Tots (1 1/2 years - 4 1/2 years)

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

5:15-5:45 pm Tiny Tots (1 1/2 years - 4 1/2 years)

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

5:00-5:50 pm Level 2

5:50-6:20 pm Level 1D

IF CLASS IS POSTPONED
due to weather makeup
dates will be held on
June 21 & June 28 at the
same time as the regularly
scheduled classes.



SESSION 2 JULY 8 - 18

9:00-9:50 am Levels 6, 5, 4

10:00-10:50 am Levels 5, 4, 3, 2

11:00-11:50 am Levels 4, 3, 2

11:30-12:00 pm Level 1A

12:30-1:00 pm Level 1B

12:30-1:20 pm Levels 4, 3, 2, 2

5:00 - 5:30 pm Tiny Tots (1 1/2 years - 4 1/2 years)

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

5:00-5:50 pm Level 2, 3

5:50-6:20 pm Level 1C

IF CLASS IS POSTPONED
due to weather makeup
dates will be held on
July 12 & July 19 at the
same time as the regularly
scheduled classes.



SESSION 3 July 22 - August 1

10:00-10:50 am Levels 5, 4, 3, 2

11:00-11:50 am Levels 6, 4, 3, 2

11:30-12:00 pm Level 1A

12:30-1:00 pm Level 1B

12:30-1:20 pm Levels 3, 2, 2

5:00 - 5:30 pm Tiny Tots (1 1/2 years - 4 1/2 years)

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

5:00-5:50 pm Level 2, 3

5:50-6:20 pm Level 1C

IF CLASS IS POSTPONED
due to weather makeup
dates will be held on
July 26 & Aug. 2 at the
same time as the regularly
scheduled classes.



JUNIOR LIFEGUARD CLASS

This is an opportunity for boys & girls who have passed Level 6,
but are not old enough to enter lifeguard training.

Activities in this program will include lifeguard skill building
and personal swimming skill enhancement.

Participants may choose to job shadow throughout the summer.

July 15- August 2 9:00-9:50am

Monday, Wednesday, Friday \$55.00

LESSONS, TRAININGS & POOL PARTIES

LESSON FEES

Level 1 (4 years old): \$45.00 – 30 min **Levels 2-6:** \$50.00 – 50 min.
Tiny Tots (1.5-4.5 years old): \$45.00 – 30 min. **Tots (0-2 years old):** \$25.00

OTHER NOTES

- 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 w/ CPR & First Aid training.
- Anyone interested in knowing what level to register for, please call the RACC.



PRIVATE LESSONS

Fee: **\$30.00** for each 30 min. session

Swimmers are encourage to participate in regularly scheduled group lessons. Private lessons are available at the pool if you meet one of the following criteria:

- 1) certified instructor's recommendation
- 2) special adaptations which need to be documented

Final decisions regarding this will be made at the discretion of the pool manager.

Available June 10 -14 and August 5 - 9

Based on pool schedule and staff availability.



LIFEGUARD TRAINING

\$250.00

June 8 - 9

Tentative Schedule:
All Days 8:00 am - 5:00 pm
MUST BE 15 YEARS OLD.

WSI TRAINING (WATER SAFETY INSTRUCTOR)

\$250.00

June 12 - 13

Tentative Schedule:
All Days 8:00 am - 5:00 pm
MUST BE 16 YEARS OLD.

RFAC EMPLOYEES WILL RECEIVE THIS COURSE AT A DISCOUNTED RATE OF \$150.

To register please follow the link
www.darninggroup.com/courses
Make sure to select "Redwood Full Course" to receive a \$100 discount.

POOL PARTIES

Pool parties may be scheduled 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.*



YOUTH ACTIVITIES

ONLINE REGISTRATION OPENS APRIL 1ST AT 5:00AM
NOTE: REGISTER FOR THE GRADE YOUR CHILD WILL BE IN FOR THE 2024-2025 SCHOOL YEAR!



PEANUTS LEAGUE (T-BALL)

Grade requirements are based on grade child is going into the 2024-25 school year. Practices & games will be held Mon-Thurs. Teams will meet 2 times per week. **Sign-up deadline will be Friday, May 17.** 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 for your child's team will be posted at the RACC, emailed & posted online by Friday, May 24 by 5:00pm.** 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. Min: 20

LOCATION/DATE	TIME	AGE	FEE
JUNE 10 - JULY 17 RV SOFTBALL FIELDS	9:00 - 10:00 AM	KINDERGARTEN, 1ST GRADE & 2ND GRADE (GIRLS)	\$50

FEE INCLUDES T-SHIRT!



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. Inter-squad games will be played towards the end of the season. Min: 20 **Sign-up deadline will be Friday, May 17.** **Rosters & schedules will be at the RACC, emailed & posted online by May 24 by 5:00 pm.**

LOCATION/DATE	TIME	AGE	FEE
JUNE 10 - JULY 17 MONDAYS & WEDNESDAYS RV SOFTBALL FIELDS	10:15 - 11:30 AM	2ND - 4TH GRADE	\$55

FEE INCLUDES T-SHIRT!



CARDINAL BASEBALL CAMP (FREE)

Join the varsity baseball team and coaches for a one-day free baseball skills camp! PLEASE pre-register to participate! Bring a glove and tennis shoes.
Tentative Rain Dates: K-3rd Gr: May 22 4th -6th Gr: May 17
CURRENT SCHOOL YEAR GRADE!

LOCATION/DATE	TIME	AGE	FEE
TUESDAY, MAY 14 MEMORIAL FIELD	3:30 -4:30 PM	KINDERGARTEN - 3RD GR.	FREE

+ A FREE T-SHIRT

Sam Scheffler will walk Reede Gray K- 3rd graders over from Reede Gray to Memorial Field after school for camp. Students from other schools can just meet at Memorial Field at 3:30pm.

LOCATION/DATE	TIME	AGE	FEE
FRIDAY, MAY 10 MEMORIAL FIELD	FOLLOWING THE VARSITY BASEBALL GAME 6:30 - 8:00 PM	4TH - 6TH GR.	FREE

+ A FREE T-SHIRT

YOUTH ACTIVITIES

ONLINE REGISTRATION OPENS APRIL 1ST AT 5:00AM

NOTE: REGISTER FOR THE GRADE YOUR CHILD WILL BE IN FOR THE 2024-2025 SCHOOL YEAR!



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 18, 25 & 27) as well as RVHS driving range (June 11) (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.

Max: 25 participants/session

LOCATION	DATES	SESSION 1	SESSION 2	FEE
JUNE 11 RV DRIVING RANGE JUNE 18, 25, 27 RWF GOLF COURSE	Tues, June 11 Tues, June 18 Tues, June 25 Thurs, June 27	8:00 - 9:30 am	10:00 - 11:30 am	\$50



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. Min: 4

SESSION 1 - JUNE 10 - 26 FEE: \$30 MONDAYS & WEDNESDAYS		
BEGINNER	INTERMEDIATE	ADVANCED
1ST-3RD GR. 10:10 - 11:10 AM	2ND - 4TH GR. 9:00 - 10:00 AM	5TH - 8TH GR. 11:15 - 12:15 PM

SESSION 2 - JULY 8 - 24 FEE: \$30 MONDAYS & WEDNESDAYS		
BEGINNER	INTERMEDIATE	ADVANCED
1ST-3RD GR. 10:10 - 11:10 AM	2ND - 4TH GR. 9:00 - 10:00 AM	5TH - 8TH GR. 11:15 - 12:15 PM



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	AGE	FEE
MONDAYS & THURSDAYS JULY 8 - JULY 25 RACC CONF. ROOMS	6:00 - 7:00 PM	7 YEARS OLD & UP	\$30

YOUTH ACTIVITIES

ONLINE REGISTRATION OPENS APRIL 1ST AT 5:00AM

NOTE: REGISTER FOR THE GRADE YOUR CHILD WILL BE IN FOR THE 2024-2025 SCHOOL YEAR!



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. All experience levels are encouraged to sign up. Instructors: RVHS Coaching Staff

LOCATION/DATE	PREK - 2ND GR.	3RD - 6TH GR.	FEE
JUNE 17 - 19 RVHS WRESTLING ROOM	1:00 - 2:00 PM	2:15 - 3:15 PM	\$15



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 GR.	3RD - 6TH GR.	FEE
JUNE 3 & 4	10:00-11:00 AM	8:30 - 9:45 AM	\$20



DISTANCE RUNNING CAMP

Let's "Head to the Trails" for our 24th 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/TIME	FEE	DATE	AGE
MEET AT RACC LEAVE AT 10:00 AM ON JULY 9 AND RETURN AROUND 6PM ON JULY 11	\$75 INCLUDES FOOD, CAMPSITES& T-SHIRT	JULY 9 - 11 OVERNIGHT CAMP	7TH - 12TH GR.



CARDINAL VOLLEYBALL CAMP

RVHS Volleyball Coaches 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. Instructor RV Coaches

LOCATION/DATE	K - 3RD GR.	4TH - 6TH GR.
JUNE 4 - 6 RVHS GYMNASIUM	9:00 - 9:45 AM \$35	10:00 - 11:30 AM \$40

YOUTH ACTIVITIES

ONLINE REGISTRATION OPENS APRIL 1ST AT 5:00AM

NOTE: REGISTER FOR THE GRADE YOUR CHILD WILL BE IN FOR THE 2024-2025 SCHOOL YEAR!



CARDINAL BASKETBALL CAMP

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.

LOCATION/DATE	K - 2ND GR. BOYS & GIRLS	3RD - 6TH GR. GIRLS	3RD - 6TH GR. BOYS
June 4 - 6 RV Gym	2:00 - 3:00 PM \$35	3:15 - 5:00 PM \$40	12:00 - 1:45 PM \$40



CARDINAL FOOTBALL CAMP

Head RVHS Football Coach Matt Lundeen is offering a skill enhancement camp for boys & girls entering K-8th 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! Instructor: Matt Lundeen

LOCATION/DATE	K - 2ND GR.	3RD - 5TH GR.	6TH - 8TH GR.
July 22 - 24 RVHS Practice Fields	9:15 - 10:15 AM \$35	10:30 - 11:30 AM \$35	1:30 - 2:45 PM \$35

FEE INCLUDES T-SHIRT!



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	INTERMEDIATE ARCHERY
Wednesdays July 17, 24 & 31 + Aug 7 5:15-6:30 pm \$30 For beginners & those who struggle with managing/holding the bow; teaching proper form, grouping arrows, proficient handling of equipment. Shooting range 7-10 yards.	Wednesdays July 17, 24 & 31 + Aug 7 6:40-7:55 pm \$30 For those who have shot before and are proficient with handling the bow, grouping arrows. Will teach form, technique and indoor 300 target shooting. Shooting range 15-20 yards.



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 class July 2 & 4.**
Instructors: City Rec Staff Min: 8 Max: 16

LOCATION/DATE	SESSION 1	SESSION 2	AGE	FEE
JUNE 18 - JULY 18 RACC Children's Room	TUESDAYS 10:30 - 11:30 AM	THURSDAYS 10:30 - 11:30 AM	5 - 7 YEARS OLD	\$20

YOUTH ACTIVITIES

ONLINE REGISTRATION OPENS APRIL 1ST AT 5:00AM

NOTE: REGISTER FOR THE GRADE YOUR CHILD WILL BE IN FOR THE 2024-2025 SCHOOL YEAR!



K - 6TH CARDINAL CHEER

GOT SPIRIT, let's hear it! At the cheer lessons, girls will go over the basics of cheerleading, the youth camp includes a shirt, pom-poms and game day performances. Camp held in the RACC Fieldhouse. Instructor: Tianna Pendleton

DATE	TIME	AGES	FEE
WEDNESDAYS JULY 10 - AUGUST 21	12:30 - 1:00 PM	GRADES K - 6	\$40

FEE INCLUDES SHIRT
& POM-POMS!



7TH-12TH CARDINAL CHEER

At the cheer lessons, girls will learn more advanced skills and cheers. Camp includes a shirt and possibly a game day performance. Camp held in the RACC Fieldhouse. Instructor: Tianna Pendleton

DATE	TIME	AGES	FEE
JUNE 25, 26, 27 & JULY 30, JULY 31, AUG. 1, AUG. 19 & AUG. 20	10:00 AM - 12:00 PM	GRADES 7 - 12	\$60

FEE INCLUDES
T-SHIRT!



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

LOCATION	AGE	FEE	SESSION 1	SESSION 2
RACC Children's Room	3 - 5 Years Old	\$25	June 10 - 14 9:00 - 10:00 am	June 10 - 14 10:15 - 11:15 am



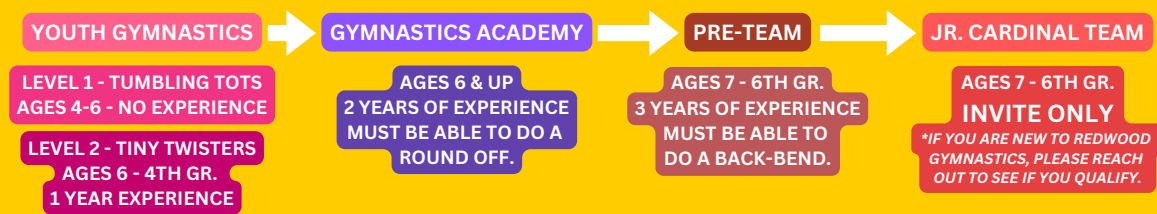
PARENT & CHILD GYMNASTICS

It's never too young to start tumbling around! Join 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 6 months to 4 years old. Min: 5 Max: 18 **RACC FIELDHOUSE COURT #4**

SESSION 1 JULY 9 - 30	SESSION 2 JULY 10 - 31
TUESDAYS 12:00 - 12:30 PM \$20	WEDNESDAYS 12:00 - 12:30 PM \$20

YOUTH ACTIVITIES

WHAT GYMNASTICS CLASS SHOULD I SIGN UP FOR?



YOUTH GYMNASTICS

Lessons are available for those ages 4-4th grade. Max: 20

Basic gymnastics skills will be taught using the floor, bars, vault, & beam.

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, and handstands.

SESSION 1: JUNE 10 - 25 MONDAYS & TUESDAYS	SESSION 1: JULY 8 - 23 MONDAYS & TUESDAYS
Level 1: 3:30 - 4:10 pm \$32	Level 1: 3:30 - 4:10 pm \$32
Level 2: 4:15 - 5:00 pm \$32	Level 2: 4:15 - 5:00 pm \$32
Level 1: 5:05 - 5:45 pm \$37	Level 1: 5:05 - 5:45 pm \$37
Level 2: 5:50 - 6:35 pm \$37	Level 2: 5:50 - 6:35 pm \$37



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. Must have 2 years of experience and able to do a round off.

DATES & TIMES	TIMES	FEE
TUESDAYS & WEDNESDAYS JULY 9 - 31	11:00 AM - 12:00 PM	\$50



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.

DATES	DAYS & TIMES	FEE
JUNE 12 - AUGUST 8 (NO PRACTICE JULY 3 & 4)	WEDNESDAYS & THURSDAYS 4:30 - 5:30 PM	\$100



JR. CARDINALS GYMNASTICS (COMPETITION TEAM)

Ages 7 to 6th grade. **INVITE ONLY.** This session is a preparation periods for the upcoming competition season. 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.

This session is separate from our competition season - registration for our competition season will be in August.

DATES	DAYS & TIMES	FEE
JUNE 12 - AUGUST 8 (NO PRACTICE JULY 3 & 4)	WEDNESDAYS & THURSDAYS 5:30 - 8:00 PM	\$200

YOUTH ACTIVITIES

NEW! NEW! NEW! NEW! NEW!

New this summer, we will be offering an “open play” format for kids to come play the sports below on their designated day of the week. Equipment will be provided. All sessions will be supervised.

*Sports offered below are only available in the summer through a 3-day camp. This is a great opportunity to keep playing the sports you love throughout the summer season with court/field space dedicated to getting more playing time!

JUNE 10 - JULY 17
\$1 PER SESSION
BOYS & GIRLS GRADES 2ND - 6TH

NOTE: REGISTER FOR THE GRADE YOUR CHILD WILL BE IN FOR THE 2024-2025 SCHOOL YEAR!

VOLLEYBALL

Each week a net will be set up & volleyballs provided for you to practice passing, setting, serving, hitting and more! If enough players join, scrimmages can be organized.



LOCATION	DAY OF THE WEEK	TIME
RACC COURT #2	MONDAYS	1:00 - 2:00 PM

FOOTBALL

Get outside and work on your passing, receiving, kicking and more! Supervisors will be available to throw routes. If enough players join, flag football can be organized.



LOCATION	DAY OF THE WEEK	TIME
RV PRACTICE FIELDS (BEHIND THE SCHOOL)	TUESDAYS	1:00 - 2:00 PM

BASKETBALL

Come shoot around, play a pick up game or just work on your dribbling! This is a court dedicated to your getting better at basketball. The more reps the better!



LOCATION	DAY OF THE WEEK	TIME
RACC COURT #2 & #3	WEDNESDAYS	1:00 - 2:00 PM

ASSOCIATIONS

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 Petrea Miketey pmiketey@gmail.com with questions. For more information visit their website www.redwoodareajuniorsvolleyball.sportngin.com

RAHA Redwood Area Hockey Association is a youth hockey program for boy sand girls. For more information visit their website www.redwoodareahockey.com.

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 rabaredwood@gmail.com or visit www.redwoodareabasketball.com. Registration is done through the RACC website catalog.

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.

RAYBA Redwood Area Youth Baseball Association is a youth traveling baseball program for boys interested in competing in baseball during the spring and summer months. For more information go to www.redwoodfallsbaseball.com. Registration is done through the RACC website catalog.

REBELS SOFTBALL Redwood Rebels Fastpitch Association is a youth traveling fastpitch softball program for girls interested in competing in fastpitch softball during the spring and summer months. For more information go to the Redwood Rebels Facebook page. Registration is done through the RACC website catalog.

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