

Summer 2025 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.

<u>SEPTEMBER</u>

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

GOOD FRIDAY: CLOSE AT 6:00PM EASTER SATURDAY: CLOSE AT 12:00PM EASTER SUNDAY: CLOSED 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

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 & Cannabís Gree 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 MEMBERHIP (ONE PERSON) \$50.00 + TAX

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!

^{*}DIRECT WITHDRAWAL FROM CHECKING/SAVINGS ACCOUNT.

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!



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 - \$3,250 9

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

\$120 + 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



(\$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



2025 CAMPING & SHELTER RESERVATIONS OPEN APRIL 25TH - OCTOBER 19TH

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

CAMPSITE \$30 + TAX

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

TENT AREA \$18 + TAX

DROPBOX PAYMENT AT RAMSEY 1ST COME, 1ST SERVE

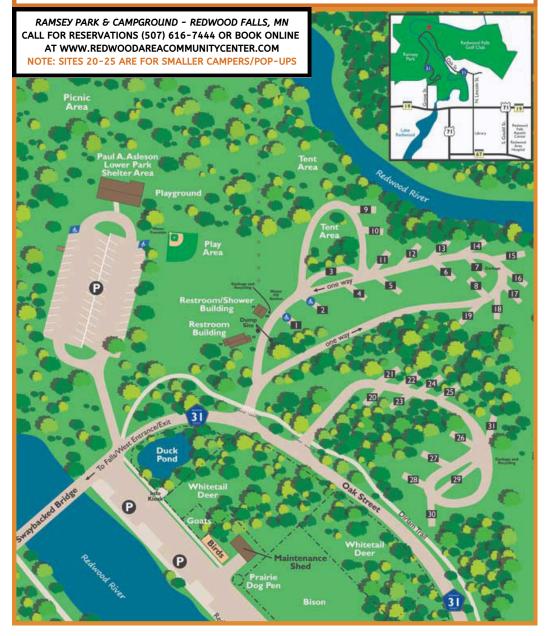
THE CAMPGROUND HAS A LIMIT OF 5 NIGHT STAY.

DUMP STATION FEE FOR NON CAMPERS IS \$5.00.





CHECK-IN TIME: 2:00 PM CHECK-OUT TIME: 1:00 PM



SHELTERS

Reservations can be made at the RACC, by calling 616-7444 or going to www.redwoodareacommunitycenter.com. All shelters reservations include electricity & a specified amount of reservable tables.

RESERVATION FEES \$55 + TAX FULL DAY RENTAL

(ALL PICNIC TABLES MUST BE MOVED BY P&R STAFF)

LOWER PARK SHELTER RAMSEY PARK



FALLS SHELTER RAMSEY PARK



ZEB GRAY SHELTER RAMSEY PARK



LEGION PARK SHELTER



PERKS PARK



PRYOR PAVILION (MEMORIAL PARK)



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

DINING: Monday - Friday 11:30am

Please make your reservation the day before you want to eat! **MEALS AND WHEELS**: Provided by Lutheran Social Services. Please make your reservation by 12:00pm the day before. **ACTIVITIES**: Activities start at 12:15pm Monday - Friday (based on participation) CARDS (Schnozzle) DICE (6-5-4)

Monthly Birthday Party

SILVER SNEAKERS CLASSES SilverSnea

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/

TO VIEW OUR MONTHLY FITNESS CALENDAR.



TABATA XPRESS 🔨



TABATA XPRESS: It's 30 minutes of high-intensity training, alternating between 30 seconds of max training followed by a 10-second rest. These workouts are fastpaced and fun and burn tons of calories. Offered Mondays, Tuesdays and Fridays at 12:15pm. FIRST CLASS IS FREE!

SEE FITNESS STUDIO CALENDAR FOR CURRENT OFFERINGS.



CYCLE SCULPT: Get it all done in ONE class! Cycling, weights and stretch. EMAIL SSCHEFFLER@CI.REDWOOD-FALLS.MN.US TO RESERVE A BIKE FOR CLASS!

TABATA XPRESS & CYCLE SCULPT ARE FREE FOR RACC MEMBERS!

RACC PUNCH PASS MEMBERSHIPS MUST USE 1 PUNCH TO ATTEND CLASS.

NON-MEMBER FEE FOR TABATA XPRESS & CYCLING CLASSES IS OUR DAY PASS RATE: STUDENTS/SENIORS \$5 ADULT \$6

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 setup 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 9	MONDAYS STARTS MAY 19	\$450 PER TEAM FOR TAX EXEMPT STATUS \$419.10 PER TEAM
MEN'S LEAGUE SOFTBALL	ONLINE REGISTRATION DUE: MAY 9	TUESDAYS STARTS MAY 20	\$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 18	THURSDAYS STARTS MAY 8	\$130 PER TEAM
CO-REC FALL KICKBALL	ONLINE REGISTRATION DUE: AUGUST 8	THURSDAYS STARTS AUG. 21	\$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 8	WEDNESDAYS STARTS AUG. 20	\$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



RFAC SUMMER PASS FEES



POOL PASSES WILL BE AVAILABLE TO PURCHASE AT THE <u>RACC</u> 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.

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



RFAC HOURS & ACTIVITIES

TENTATIVE OPENING DATE:

MONDAY, JUNE 2

LIKE US ON FACEBOOK FOR SPECIAL ANNOUNCEMENTS REGARDING OUR POOL SCHEDULE. THE SEASON CLOSING 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 2 *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 3 TUESDAYS & THURSDAYS 5:15 - 6:00PM \$80.00 - SEASON PASS

SWIMMING LESSONS

ONLINE REGISTRATION OPENS APRIL 1St AT 5:00AM IN-HOUSE REGISTRATION OPENS APRIL 1St AT 3:00AM



TOTS: 0-2 Years Old June 9 - 12 5:00-5:30 pm (Make-Up Day - Friday)
*An adult must accompany the child in the water.



SESSION 1 JUNE 16 - 26

9:00-9:50 am 10:00-10:50 am 11:00-11:50 am 11:00-11:30 am 11:30-12:00 pm	Levels 6, 5, 4, 2 Levels 4, 3, 2 Levels 4, 3, 2 Level 1A Level 1B	IF CLASS IS POSTPONED due to weather makeup dates will be held on June 20 & June 27 at the same time as the regularly scheduled classes.
12:30-1:00 pm 12:30-1:20 pm	Level 1B Level 1C Levels 3, 3, 2, 2	
4:45-5:15 pm	Tiny Tots (1 1/2 years - 4 *An adult must accompany th	ne child in the water.
5:15-5:45 pm	Tiny Tots (1 1/2 years - 4 *An adult must accompany th	
5:00-5:50 pm	Level 2	
5:50-6:20 pm	Level 1D	



SESSION 2 JULY 7 - 17



SESSION 3 July 21 - July 31

10:00-10:50 am	Levels 5, 4, 3, 2	IF CLASS IS POSTPONED
11:00-11:50 am	Levels 6, 4, 3, 2	due to weather makeup
		dates will be held on
11:30-12:00 pm	Level 1A	July 25 & Aug. 1 at the
12:30-1:00 pm	Level 1B	same time as the regularly
12:30-1:20 pm	Levels 3, 2, 2	scheduled classes.
•		·
5:00 -5:30 pm	Tiny Tots (1 1/2 years	- 4 1/2 years)
•	*An adult must accompan	
5:00-5:50 pm	Level 2, 3	
•	-	
5:50-6:20 pm	Level 1C	



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 14 - August 1 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 9 - 13 and August 4 - 8 Based on pool schedule and staff availability.



LIFEGUARD TRAINING \$250.00

June 11 - 12

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

WSI TRAINING (WATER SAFETY INSTRUCTOR) \$250.00

June 11 - 12

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

To register please follow the link www.darninggroup.com/courses RFAC Employees will receive a course discount, make sure to select "Redwood Full Course" to receive a \$125 off your registration fee.



POOL PARTIES

Pool parties may be scheduled Monday-Sunday in 1 1/2 hr increments (availability depends on date, time & staff). The fee is \$250.00 or \$125.00 for the zero-depth only, 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.



ONLINE REGISTRATION OPENS APRIL 1St AT 5:00AM
IN-HOUSE REGISTRATION OPENS APRIL 1St AT 8:00AM

NOTE: REGISTER FOR THE GRADE YOUR CHILD WILL BE IN FOR THE 2025-2026 SCHOOL YEAR!



🐧 PEANUTS LEAGUE (T-BALL)

Grade requirements are based on grade child is going into the 2025-26 school year. Practices & games will be held Mon-Thurs. Teams will meet 2 times per week. Sign-up deadline will be Friday, May 16. 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 23 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 9 - JULY 16 RV SOFTBALL FIELDS	9:00 - 10:00 AM	KINDERGARTEN, 1ST GRADE & 2ND GRADE (GIRLS)	\$ 5 0



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 16.

Rosters & schedules will be at the RACC, emailed & posted online by May 23 by 5:00 pm.

LOCATION/DATE	TIME	AGE	FEE
JUNE 9 - JULY 16 MONDAYS & WEDNESDAYS RV SOFTBALL FIELDS	10:15 - 11:30 AM	2ND - 4TH GRADE	\$ 5 5



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 for K-3rd Gr: May 21 CURRENT SCHOOL YEAR GRADE!

LOCATION/DATE	TIME	AGE	FEE
WEDNESDAY, 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 16 MEMORIAL FIELD	ARRIVE AT 4:30 PM PLAYERS GET TO BE IN THE RV DUGOUT DURING THE GAME & AFTER THE GAME THERE WILL BE ACTIVITIES FOR THE PLAYERS	4TH - 6TH GR.	FREE + A FREE T-SHIRT

ONUNE REGISTRATION OPENS APRIL 1st AT 5:00AM IN-HOUSE REGISTRATION OPENS APRIL 1st AT 5:00AM

NOTE: REGISTER FOR THE GRADE YOUR CHILD WILL BE IN FOR THE 2025-2026 SCHOOL YEAR!



JUNIOR GOLF CAMP

Jr. Golf Camp is an introductory program to the sport of golf. Camp will include learning the basic & advanced skills of chipping, putting, driving, as well as course etiquette (including cleaning your golf balls & clubs). Camp will be held at both the RV Driving Range and Redwood Falls Golf Club. Participants are reminded to bring clubs or they can check out a set at the RACC through the Sticks for Kids Program. Instructors: Redwood Falls Jr Golf Association & RWF Golf Club. Max: 25 participants/session

June 9th - RV Driving Range June 10th & 12th - RWF Golf Club

DATE	SESSION 1	SESSION 2	FEE
MON, TUES & THURS JUNE 9, 10 & 12	8:00 - 9:30 AM	10:00 - 11:30 AM	\$40



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: 5 Max: 10 >>> LIMITED SPOTS AVAILABLE! Lessons will be at the City tennis courts by the Redwood Falls Aquatic Center.

SESSION 1 - JUNE 10 -	JUNE 19 FEE: \$25 TUES	DAYS & THURSDAYS
BEGINNER	INTERMEDIATE	ADVANCED
1ST - 3RD GR. 10:30 - 11:30 AM	2ND - 4TH GR. 11:35 - 12:35 PM	5TH - 8TH GR. 12:40 - 1:40 PM

SESSION 2 - JULY 8	3 - 17 FEE: \$25 TUESDAYS	& THURSDAYS
BEGINNER	INTERMEDIATE	ADVANCED
1ST - 3RD GR. 10:30 - 11:30 AM	2ND - 4TH GR. 11:35 - 12:35 PM	5TH - 8TH GR. 12:40 - 1:40 PM

Lessons will be at the tennis courts by the Redwood Falls Aquatic Center due to the repaving at the RV tennis courts. With only 2 courts available, we are limiting the number of participants and lesson days. We hope to go back to our normal schedule and max participants in 2026.



8TH - 12TH GRADE CARDINAL CHEER

RVHS Cheer is hosting a Summer Cheer Camp for Fall Cheerleaders! Grades 8-12 are welcome! We will learn school dance, cheers, and jumps for the upcoming Football season. Registration will include t-shirt and bow! Instructor: Sam De Wit Min: 10

DATE	TIME	AGES	FEE
MONDAY & TUESDAY JULY 7 & 8	JULY 7: 9AM - 3PM (LUNCH BREAK AT 12PM) JULY 8: 9AM - 12PM	GR. 8 - 12	\$ 2 5
_			& BOW!

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!Instructors: City Rec Staff Min: 8

LOCATION/DATE	SESSION 1	SESSION 2	AGE	FEE
JUNE 16 - JULY 16 RACC Children's Room	MONDAYS 10:30 - 11:15 AM	WEDNESDAYS 10:30 - 11:15 AM	5 - 7 YEARS OLD	\$25

ONUNE REGISTRATION OPENS APRIL 1ST AT 5:00AM
IN-HOUSE REGISTRATION OPENS APRIL 1ST AT 8:00AM

NOTE: REGISTER FOR THE GRADE YOUR CHILD WILL BE IN FOR THE 2025-2026 SCHOOL YEAR!



N 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 7 - JULY 24 RACC CONF. ROOMS	6:00 - 7:00 PM	7 YEARS OLD & UP	\$30



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 - 5	10:45 - 11:45 AM	9:30 - 10:30 AM	\$25



DISTANCE RUNNING CAMP

Let's "Head to the Trails" for our 25th 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 8 AND RETURN AROUND 6PM ON JULY 10	\$80 INCLUDES FOOD, CAMPSITES& <mark>T-SHIRT</mark>	JULY 8 - 10 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: Taya Lindahl

LOCATION/DATE	K - 3RD GR.	4TH - 6TH GR.
JUNE 3 - 5	2:15 - 3:00 PM	12:30- 2:00 PM
RVHS GYMNASIUM	\$35	\$40

ONLINE REGISTRATION OPENS APRIL 1ST AT 5:00AM IN-HOUSE REGISTRATION OPENS APRIL 1ST AT 8:00AM

NOTE: REGISTER FOR THE GRADE YOUR CHILD WILL BE IN FOR THE 2025-2026 SCHOOL YEAR!



CARDINAL BASKETBALL CAMP

Cardinals Basketball Coach Pete Nez & Coach Brandon Zimmer 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.

To guarantee a t-shirt, please register by June 1st.

LOCATION/DATE	K - 2ND GR. BOYS & GIRLS	3RD - 6TH GR. GIRLS	3RD	- 6TH GR. BOYS
June 16 - 18	10:30 - 11:30 AM	11:45 AM - 1:00 PM	9:00	- 10:15 AM
RV Gym	\$35	\$40		\$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 21 - 23 RVHS Practice Fields	9:15 - 10:15 AM \$35	10:30 - 11:30 AM \$35 FEE INCLUDES T-SHIRT!	1:30 - 2:45 PM \$35



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 Wednesdays July 16, 23 & 30 + Aug 6 July 16, 23 & 30 + Aug 6 5:15-6:30 pm 6:40-7:55 pm \$30 \$30 For beginners & those who struggle For those who have shot before and are with managing/holding the bow; proficient with handling the bow, teaching proper form, grouping arrows, grouping arrows. Will teach form, proficient handling of equipment. technique and indoor 300 target shooting. Shooting range 7-10 yards. Shooting range 15-20 yards.



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 16 - 18 RVHS WRESTLING ROOM	1:00 - 2:00 PM	2:15 - 3:15 PM	\$15

ONLINE REGISTRATION OPENS APRIL 1St AT 5:00AM
IN-HOUSE REGISTRATION OPENS APRIL 1St AT 8:00AM

NOTE: REGISTER FOR THE GRADE YOUR CHILD WILL BE IN FOR THE 2025-2026 SCHOOL YEAR!

LITTLE MUSIC MAKERS NEW

This is a great opportunity for little ones to explore the joy of music through singing, movement and creativity! Each day will have a special theme and a variety of sing-along songs, dancing, instrument explorations and a simple craft project. Parents (or another adult 16+) are required to attend for ages 3-4. Parent/adult is optional for ages 4-5, depending on the child's comfort level. Make-up days (if needed) will be 7/28 for Session 1 and 7/29 for Session 2. Min: 6/Max: 12 Instructor: Laura Horejsi RACC Children's Room

SESSION 1	FEE	AGES 3 - 4	AGES 4 - 5
MONDAYS JUNE 16, 23, 30 & JULY 7, 14, 21	\$50	9:45-10:30 AM (PARENT & CHILD)	11:00-11:45 AM (PARENT OPTIONAL)
SESSION 2	FEE	AGES 3 - 4	AGES 4 - 5

MINI DANCE CAMP NEW

Join instructors from Kelly's School of Dance and try out dance at their 2-day camp. This camp is the perfect chance for your child to explore different types of dance and creative movement. Dancers will learn and dance to popular music from the movie Lion King. All abilities are welcome! Instructor: Kelly's School Dance Min: 10 / Max: 20

DATE & LOCATION	TIME	AGES	FEE
MONDAY & TUESDAY MAY 19 & 20 RACC FITNESS STUDIO (behind the front desk)	5:15 - 6:00 PM	AGES 4 - 6	\$25

SUNSHINE CAMP

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

LOCATION	AGE	FEE	SESSION 1	SESSION 2
RACC Children's Room	3 - 5 Years Old	\$25	June 9 - 13 9:00 - 10:00 am	June 9 - 13 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.

Min: 5 / Max: 18 RACC FIELDHOUSE COURT #4

SESSION 1 JULY 8 - 29	SESSION 2 JULY 10 - 31
AGES 1 -3 \$20	AGES 1 -3 \$20
TUESDAYS 12:00 - 12:30 PM	THURSDAYS 12:00 - 12:30 PM
AGES 1 -3 \$20	AGES 4 & 5 \$20
TUESDAYS 12:35 - 1:05 PM	THURSDAYS 12:35 - 1:05 PM

RECREATIONAL



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.

<u>Level One:</u> 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.

<u>Level Two:</u> For boys & girls ages 6+ with at least 1 yr gymnastics experience. Participants should have experience doing forward rolls, bridges, and handstands.

<u>Level Three:</u> For boys and girls ages 7+ with at least 2 years of gymnastics experience and completed Levels 1 & 2. Participants should have experience doing forward rolls, bridges, handstands and a round off.

<u>Level Four:</u> For boys and girls ages 7+ with at least 3 years of gymnastics experience and completed Levels 1, 2 & 3. Participants should have experience doing forward rolls, bridges, handstands, round off and showing progression towards a back-bend.

LEVEL 1 & 2

SESSION 1: JUNE 9 - 26	SESSION 2: JULY 7 - 24
TUESDAYS & THURSDAYS	TUESDAYS & THURSDAYS
Level 1: 10:30 - 11:10 am \$35	Level 1: 10:30 - 11:10 am \$35
Level 2: 11:15 am - 12:15 pm \$40	Level 2: 11:15 am - 12:15 pm \$40
MONDAYS & WEDNEDAYS	MONDAYS & WEDNEDAYS
Level 1: 3:30 - 4:10 pm \$35	Level 1: 3:30 - 4:10 pm \$35
Level 2: 4:15 - 5:00 pm \$40	Level 2: 4:15 - 5:00 pm \$40

LEVEL 3 & 4

SESSION 1: JUNE 9 - JUNE 26	SESSION 2: JULY 7 - 24
MONDAYS & WEDNESDAYS	MONDAYS & WEDNESDAYS
Level 3: 1:00 - 2:00 pm \$45	Level 3: 1:00 - 2:00 pm \$45
Level 4: 2:15 - 3:15 pm \$45	Level 4: 2:15 - 3:15 pm \$45

COMPETITIVE



TRAINING TEAM GYMNASTICS

Ages 7 to 6th grade. *INVITE ONLY*. 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 the youth gymnastics program. Jr. Cardinals. **Gymnast should be willing to commit to practice times and be able to work independently on their skills**.

Following the season, coaches will recommend if gymnasts should move on to our Jr. Cardinals team or repeat.

DATES	DAYS & TIMES	FEE
JUNE 17 - AUGUST 7 (NO PRACTICE JULY 3)	TUESDAYS & THURSDAYS 5:00 - 6:00 PM	\$115



JR. CARDINALS GYMNASTICS (COMPETITION TEAM)

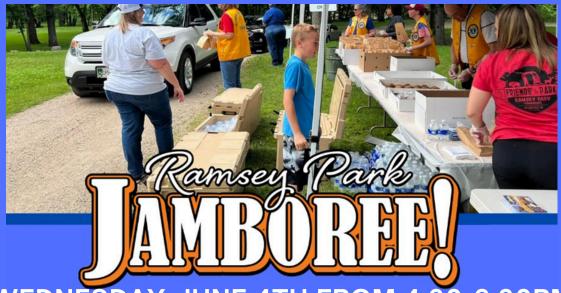
Ages 7 to 6th grade. *INVITE ONLY.* This session is a preparation periods for the upcoming competition season. Gymnasts will be establishing and practicing routines and advancing skills for the competition season. Gymnasts should be willing to commit to practice times and be able to work independently on their skills.

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

DATES	DAYS & TIMES	FEE
JUNE 16 - AUGUST 7 (NO PRACTICE JULY 3)	MONDAY, TUESDAY & THURSDAY 5:30-7:30 PM *GYMNASTS CAN EITHER CHOOSE 2 DAYS/WEEK OR 3 DAYS/WEEK.	\$230 OR \$345

UPCOMING EVENTS





WEDNESDAY, JUNE 4TH FROM 4:30-6:30PM

Drive thru the campground area to purchase your picnic meal. All proceeds benefit Ramsey Park!

FOLLOW THE FRIENDS OF THE PARK FACEBOOK PAGE FOR MORE INFORMATION ABOUT THE JAMBOREE AND FOR OTHER ACTIVITIES IN MAY AND JUNE INCLUDING A PHOTO CONTEST, MEDALLION HUNT, AND TRIVIA!

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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