

LCWM Community Education

607 Knights Lane

PO Box 160

Lake Crystal, MN 56055

Phone: (507) 726-2673

Fax: (507) 726-2334

isd2071.k12.mn.us

Table Of Contents:

About Community Ed 3-4

Special Events 5

ECFE 6-7

Youth Arts 8

Youth Dance 9

Youth Sports 10-12

Basketball 11

Football/Volleyball 12

Teen Activities 13

Adult Activities 14

Lake Crystal Area Recreation Center (LCARC)

621 West Nathan Street

Lake Crystal, MN 56055

Phone: (507) 726-6730

Fax: (507) 726-6876

lcarc.com

Table Of Contents:

About LCARC 15-16

Membership 17-18

Swimming Lessons 19

Water Aerobics 20

Aquatics & Open Swim 21

Fit Kids 22

Rentals 23

Adult Programs 24

Health & Wellness 25-26

Halloween Events 27-28

Christmas in Lake Crystal 29





Community Ed. Staff:

Logan Manska

Director of Community Education lmanska@isd2071.k12.mn.us

Alisha Prange

Early Childhood Coordinator aprangeeisd2071.k12.mn.us

Jenny Bierma

Community Education/ECFE Assistant, Registrations & Facilities jbiermaeisd2071.k12.mn.us

Trina Driscoll Gail Graupman Marcie Larson Jill Antony Trent Hollerich Melissa Dudgeon Avery Voges-Student Rep

Ella Voges- Student Rep

Board Members:

To Register: Registration for all classes and activities is required unless otherwise noted. Class sizes are limited and enrollment is accepted on a first-come, first-served basis. Payment is needed to reserve your spot. Pay by cash (exact change), check, Visa or MasterCard. Early Bird Rates apply only to those that register prior to the deadline.

Publicity Policy: LCWM Community Education reserves the right to use photos and videos for publicity purposes. Those who wish their likeness to not be used can call the Community Ed. Office.

Cancellations: Classes and activities will be cancelled if there is insufficient enrollment. Refunds will be issued.

Registration Cancellations: There are no refunds after the class has started. If the entire class class is cancelled because of bad weather or for other reasons beyond our control, and classes cannot be made up, a credit voucher will be issued upon request.

Emergency School Closing & Bad Weather: In the event that LCWM Schools are closed due to weather or emergency situations, Community Ed. classes, games and practices are automatically cancelled. Tuition refunds are not given in this situation.

COVID Policy:

If you are not able to attend a class, or a session is cancelled due to COVID-19, refunds will not be given. If you have tested positive, have been in close contact with someone who has tested positive or are in quarantine, you may not attend the Community Ed class unless it is offered virtually. All current Minnesota Department of Health and Minnesota Department of Education policies must be followed.

Questions? Call the Community Education Office at (507) 726-2673



Our Facilities:

LCWM Community Education is a part of the LCWM School District. The Community Education office is located at LCWM Secondary School. Community Education courses and programs are primarily hosted at LCWM school facilities, but also occur at other community facilities. Be sure to check the location of your program before arriving.

Facilities Rental:

LCWM district facilities are available to rent. Community members and organizations are invited to apply for the use of district facilities. For more information, contact the Facilities Department.

Phone: (507) 726-2673

Email: facilities@isd2071.k12.mn.us



Registration Support:

Our Registration Specialist can help walk you through the process to register online or register you over the phone. Office hours are generally 8:00-3:00 on school days.

UCARE Discount:

If your child has UCARE as their insurance company, they can get up to a \$15 discount on most Community Ed. classes. If the class is less than \$15, it's free. To get your discount, please register your ID number by calling us at (507) 726-2673

Youth Scholarships:

The Greater Mankato Area United Way believes all children should have the opportunity to be a part of youth development activities. We understand that, at times, it may be difficult for some families to find the resources to enroll their children in these activities. The Connecting Kids Initiative can help these individuals. For more information, the Community Ed. office at (507) 726-2673.



MONDAY, DECEMBER 6
6:00-7:30 P.M.
LCWM ELEMENTARY CAFETERIA
\$3 PER CHILD
OR \$5 PER FAMILY
PRE-REGISTER ONLINE OR PAY AT THE DOOR

LCWM COMMUNITY ED & PRAIRIE FIRE CHILDREN'S THEATRE PROUDLY PRESENT:



Auditions will be held on Monday, November 8, from 3:15-5:15 p.m. at the LCWM Secondary School Cafetorium.

All participants are required to be in attendance during this time. All cast members will be required to stay following the audition for a rehearsal session.

It's suggested that parents send a snack, sack lunch or money to purchase food during rehearsals. Rehearsals will be after school every day from November 8th through November 12th. There is no fee to participate.

Performances are November 12 & 13, at 7:00 p.m. LCWM Secondary School Cafetorium Adult tickets are \$6, Student tickets are \$4. Unfortunately, activity passes are not accepted.

The mission of Early Childhood Family Education (ECFE) is to "Grow healthy families through the education and support of all families in providing the best possible environment for the healthy growth and development of their children."

ECFE recognizes that families provide children their first and most important learning environment and that parents are the children's first and most significant teachers. Classes hosted by ECFE will meet in Fall and Spring. You are welcome to join us for any number of terms, and registration will occur prior to the start of each term. Classes with low enrollment will be cancelled. No refunds will be given unless the class you registered for is cancelled. Scholarships are available. Register online, over the phone, (507) 726-2673 or in person Monday-Friday, 8 a.m. – 4 p.m.

Early Childhood Screening:

Screening is a free and simple check of how your child is doing at age 3-4 years. During the screening, well-qualified staff will check your child's vision, hearing, growth, immunization status, skills in thinking, communication and language, large and small motor skills and social/emotional development. The screening is FREE OF CHARGE. Children are required to have had an early childhood screening done prior to entering kindergarten.

Monday, September 13 from 8:00 a.m. to 3 p.m.

Monday, September 20 from 8:00 a.m. to 3 p.m.

Location: LCWM Elementary School Early Childhood Rooms

Parents of children who are eligible for screening will receive a letter inviting them to screen, however, if your child is over 4 1/2 please call us to schedule. All children who have turned 3 years old before June 1, 2021 are eligible for screening. If your child has not been screened or you do not receive information about screening, please contact the ECFE Coordinator at (507) 726-2320.





2021-2022 Little Knights Preschool

The Little Knights Preschool program develops the unique capabilities of every learner and prepares them in a supportive, nurturing environment, to enter kindergarten with the necessary skills to succeed and flourish. Registrations now will be placed in the afternoon classes.

Afternoon class runs from 12:00 p.m. to 2:45 p.m.

You have a choice of 3 days (Tuesday-Thursday) or 4 days (Tuesday-Friday) a week.

Scholarships are available. Call us at (507) 726-2320 with questions.

Early Childhood Family Education Classes

Explore And More:

Join us each week with a focus on a different book. In this class each week we will explore art, science, math, music, and much more based on the book adventure of the week! The focus for this class will be to expose your child to our school environment and meet new friends. This class will separate to include parent education topics.

Dates: Mondays, October 4, 11, 18, 25, November 1 & 8.

Time: 5:45-7:15 p.m.

Location: LCWM Elementary Early Childhood Rooms

Cost: \$35.00 for the first child and half price

for every additional child. Please register every child

that will be attending.
Who: Multi-Aged Class



PLAYGROUND RIBBON CUTTING & FALL FESTIVAL



Cheery Panda:

This little friend is sure to brighten your room! Paint your own colorful balloons and panda with acrylic on canvas.

Date: Tuesday, September 14

Cost: \$18 before deadline, \$23 after Registration deadline: September 3

'Owl' Your Drawings:

Put "owl" your cute drawings in your own, one of a kind, hardcover sketchbook you paint yourself with acrylic paint.

Date: Wednesday, October 13

Cost: \$12 before deadline, \$17 after Registration deadline: October 4

Watercolor Pokemon Adventures:

Each week we will improve your drawing skills and watch the magic of pencil turning into watercolor. Create four of your favorite Pokemon characters, which we will frame, turn into a card or transform

into something amazing!

Dates: Thursdays, October 28,

November 4, 11 & 18

Cost: \$35 before deadline, \$40 after Registration deadline: October 18

Cool Snowman:

Use paint, wood and fabric to make some cool snowman ornaments. Perfect for your tree!

Date: Thursday, December 2

Cost: \$12 before deadline, \$17 after Registration deadline: November 11



Cats In The Moonlight:

This is the purrfect acrylic painting to decorate your room. Use your creativity to make the cats

whatever color you wish!

Date: Wednesday, September 29 Cost: \$18 before deadline, \$23 after Registration deadline: September 20

Paint A Night Light:

Use acrylic paint to decorate a critter, night light made of wood. Battery operated light included.

Limited to 15 students.

Date: Monday, October 25

Cost: \$12 before deadline, \$17 after

Registration deadline: October 14

Monster Mania:

Have a roaring good time creating four monstrous works of art. We will use paint, glue and watercolors to make a pencil bag, paperweights, a watercolor painting, and a yarn monster friend.

Dates: Mondays, November

29, December 6, 13 & 20

Cost: \$35 before deadline, \$40 after Registration deadline:

November 18



All art classes are open to Grades K-5. Classes are held in the Art Room at the Elementary School from 3:00-4:00 p.m.

Band Instruments
Sheldon Meyer
(507) 327-0060
Guitar Teacher:
Lance Lang
(507) 714-3327

MUSIC LESSONS

Piano Teachers: Holly Havemeier (507) 202-2873 Sheldon Meyer

(507) 327-0060

PLEASE CONTACT INSTRUCTORS DIRECTLY FOR AVAILABILITY AND PRICE

2021-2022 Dance

Classes Start: September 21st

Winter Break: December 14-January 4

Picture Day: January 29

Winter Showcase: January 30

Last Day of Classes: April 26

Spring Recital: May 1

3:00-3:30 - 1st/2nd Grade 4:30-5:00 - 6th/7th Grade

3:30-4:00 - 3rd Grade 5:00-5:30 - PreK/Kindergarten

4:00-4:30 - 4th/5th Grade 5:30-6:10 - 8th-12th Grade

If there is a class with low enrollment, some grades may end up combining. Notice will be sent out before class starts.

Full Year Tuition: \$160 if before deadline, \$165 if after.

Half Year Tuition: Two payments of \$90, if before deadline, \$95 if after

Archery:

Grades 4th-8th

This program will teach the basics of using a compound bow as the class utilizes the NASP curriculum and equipment. Classes are taught by a certified NASP instructor and provides a safe and fun introduction to the sport of archery. Commands, signals, techniques and shooting challenges are all part of the program. All equipment is provided.

Dates: October 30, November 6, 13, & 20.

4th-5th Grades:

Time: 9:00 a.m. to 10:00 a.m.

6th-8th Grades:

Time: 10:15 a.m. to 11:15 a.m.

Location: LCWM Secondary School Gym

Cost: \$35 if registered by deadline, \$40 if after.

Registration deadline: October 22

Each class is limited to the first 10 participants!

Register Early!

Wrestling:

Grades Preschool-6th

Learn wrestling skills and compete in surrounding tournaments. This is a great opportunity to work with the Knights wrestling coaches! Practices will be Monday and Thursday nights for all ages.

Practices Begin: November 29

Preschool-2nd Grade: 6:30-7:30 p.m.

3rd-6th Grade: 6:30-8:00 p.m.

Location: LCWM Secondary Wrestling Room Cost: \$30 if registered by deadline, \$35 if after

Registration deadline: November 19

Parent Information Night:

There will be an Information Night on November 11th at 6:00 p.m. to go over details of Youth Wrestling including schedules, singlet handout, and other information from the coaches. Registration online is required before the Information Night. Please bring 2 additional checks for volunteer and singlet deposits.

Location: LCWM Secondary School Cafetorium

Cross Country Running:

Grades 2nd-6th

Love to run? With the help of experienced coaches, students will gain confidence and self esteem through a running program designed to build them up, while learning proper form and technique for running cross country.

There will not be transportation offered for 6th grade to get to the Elementary School.

Date: September 20, 27, October 4, 11, & 18.

Time: 3:15 p.m. to 4:15 p.m.

Location: LCWM Elementary School

Cost: \$30 if registered by deadline, \$35 after

Registration deadline: September 10

Fall Soccer:

Grades 4th-6th, Boys and Girls
Fall Soccer is a great opportunity to become confident in your soccer skills through a combination of practices and games against other communities. Practices will start in August and will then be run based on coaches availability.
Games will start in September and will go until the middle of October. Games may be played Monday through Friday evenings or Saturdays. Schedule will be sent out once finalized.

Practices start the week of August 23 Location: LCWM Secondary and surrounding

communities.

Cost: \$65 before deadline, \$70 after. Registration deadline: August 13



K-1 Youth Basketball:

Girls & Boys

Run by qualified coaches and the LCWM High School basketball players, this Saturday morning fun will leave you loving the game and learning all the skills to get you started!

Dates: Saturdays, January 8, 15, 22, 29 &

February 5

Time: 9:00 a.m. to 10:00 a.m.

Location: LCWM Elementary School Cost: \$20 before deadline, \$25 after Registration deadline: January 5

2-3 Youth Basketball:

Girls & Boys

Run by qualified coaches and the LCWM High School basketball players, this Saturday morning fun will have you learning form, strategy and skills. Begin understanding 3 on 3 ball, and have fun with your teammates.

Dates: Saturdays, January 8, 15, 22, 29 &

February 5

Time: 10:00 a.m. to 11:00 a.m.

Location: LCWM Elementary School Cost: \$20 before deadline, \$25 after

Registration deadline: January 5

Basketball League:

Girls & Boys, 4th -6th Grade

4-6th graders at LCWM participate in the South Central Youth Basketball League. Players gain experience on the court and learn to play competitive ball, while building confidence and learning how to be a team player.

Games on 6 Saturdays, beginning in December.

Practices will be twice a week beginning at the end of October. Times will be based on volunteer coach and facility availability. Practices are usually held at LCWM Elementary School.

Cost: \$70 before deadline, \$75 after Registration deadline: October 14

Basketball League Parent Meeting:

If you have signed up your child to play basketball in the South Central Basketball League, please plan on attending our parent/player meeting. This will include a jersey fitting. This is not a registration night. Your player will need to be registered before this meeting to be able to get a jersey.

Date: Thursday, October 14 Time: 6:30 p.m. to 7:00 p.m.

Location: LCWM Elementary School Cafeteria

Community Ed. Night

Come show your support for our Varsity Basketball teams. Free admission to the boys game on Monday, January 31st and the girls game on Tuesday, February 1st for all players.



VOLLEYBALL

Volleyball Skills:

Grades 3-4

For players who want to learn fundamentals, sportsmanship and have fun learning the game of volleyball.

Dates: Thursdays, September 16, 23, 30 &

October 7

Time: 3:15 p.m. to 4:15 p.m.

Location: LCWM Elementary School Cost: \$35 if before deadline, \$40 after Registration deadline: September 10

Fall Volleyball:

Grades 5-6

LCWM Volleyball is part of the South Central Youth Volleyball League. This is a fundamental program to work on skills. Practices will be determined based on coach and facility availability.

Practices Start: August 16

Game days: September 11, 18, 25, October 2 & 9

Tournament date: October 16

Cost: \$65 if before deadline, \$70 after

Registration deadline: August 9

Community Ed. Night: Come show your support for our Varsity Volleyball team! Free admission to the game on Thursday, September 30 for all players.

FOOTBALL

Football Skills:

Grades 2-3

We're excited to offer football skills with the varsity players this year! Learn fundamental football skills, sportsmanship, and have fun with the game of football with the LCWM Varsity Team and Coaches.

Dates: September 16, 23, 30, October 7, & 14

Time: 4:45 p.m. to 5:45 p.m.

Location: LCWM Secondary Football Fields Cost: \$35 if before deadline, \$40 after Registration deadline: September 10

Tackle Football:

Grades 4-6

LCWM Football is part of the South Central Youth Football League. Practices will be held at the Secondary School fields on Tuesdays, Wednesdays, and Thursdays until school starts. Practices will be based on coaches availability.

Practices Start: August 10

Location: LCWM Secondary School

Cost: \$100 if before deadline, \$105 after.

Registration deadline: August 1

Separate fees for jerseys and volunteering required.

Parent Meeting: August 1, 6:00 pm. Required.

Community Ed. Night: Come show your support for our Varsity Football team! Free admission to the game on Saturday, October 2 for all players.

Community Service Letter:

Grades 9-12

Earn a letter for performing 100 hours of community service.

Goals for the Community Service Program:

- -Students will learn about themselves and their community through active service to others.
- -Students will understand LCWM's Core Values.
- -Students will learn problem solving skills.
- -Students will learn to evaluate their own work.

Students may use community service completed through school or students may arrange individual service opportunities with community agencies of their choice. Questions regarding whether or not something qualifies as service may be directed to the LCWM Community Education office.

Student Requirements:

- -100 hours of community service per year. Half of those hours (50) must be with the same entity/organization.
- -Two recommendations from agencies or individuals served that describe the volunteer work completed and the student's attitude and competence.
- -A digital photo of them doing service or a photo that represents their service experience.
- -Refection paper this is an opportunity for students to reflect on their service and share their service experience with others.
- -Chemical Free students will be chemical-free and verify that to be true on the application.

The application can be found at: https://www.isd2071.k12.mn.us/Page/355

Applications are due into the Community Ed. office no later than November 26, 2021.





High School Driver's Ed:

This course is designed to prepare the first-time driving student with the information and knowledge required to pass the Minnesota Driver's permit test and the Minnesota Class D Driver's License test. This class requires the student to complete 30 hours of classroom instruction and 6 hours of behind the wheel instruction. These hours are mandated by law if a student under the age of 18 is to acquire a Driver's Permit or License.

Location: LCWM Secondary School, Rm 205

Dates/Times:

October 30, 9:00–12:00 p.m. November 1, 2, 4 & 5, 3:30–6:30 p.m. November 6, 9:00–12:00 p.m. November 8, 9, 11 & 12, 3:30–6:30 p.m.

Parent Meeting:

Friday, November 12, 5:30-7:00 p.m. Behind the Wheel schedule will be chosen after the parent meeting.

Fee: \$350 (\$150 is due at pre-registration) The balance is due at the completion of the classroom instruction.

Registration Deadline: October 22

MUST BE 15 years old by March 1, 2022

Students need to bring a pen or pencil and a notebook to class. If online, it will be mandatory that the students are present the entire class period unless arranged differently with the instructor.

This will be the only class offered this school year. The next class will be in June, 2022

Teen 13



HOLIDAY COOKIES BAKE & TAKE

In this adults only, hands-on class you will be working in pairs.
You'll be provided with ingredients, the recipe for the dough and
everything you need to form, trim, and decorate the cookies. Bring
your own apron if you like. And most important, don't forget to
bring containers to carry home your six dozen treats.
We are sorry, we cannot accommodate peanut allergies in this class.

TWO DATE OPTIONS:
DECEMBER 7 OR DECEMBER 9
6:00 PM
LCWM SECONDARY SCHOOL
\$25
REGISTRATION IS REQUIRED
LIMITED TO 12 PEOPLE PER DATE

Introduction To Welding:

Adults, 18+



Dates: September 20, 21, 22 & 23

Time: 5:00 p.m. to 8:00 p.m.

Location: LCWM Secondary School

Cost: \$200

Registration deadline: September 8

Please note: Total class time is 12 hours. Each session meets for 3 hours during a 4 day period.

Pre-registration is required.

Adult Co-Ed Volleyball:

Co-Ed Volleyball is a weekly recreational program. Teams are formed informally as participants arrive. This is designed for those who want to play without committing to scheduled leagues.

Dates: Wednesdays, October 6-December 15

Time: 7:00 p.m. to 9:00 p.m.

Location: LCWM Secondary School Gym

Cost: \$10 for fall session

Please note, there will not be Volleyball on

November 24 due to the holiday.

- facebook.com/lcwmce
- instagram.com/lcwmcommunityeducation
- twitter.com/lcwmcommunityed
- youtube.com/channel/LCWMStreaming

LCARC Staff:

Renee Dahm - Marketing Christine Hodges - Membership/ Health & Wellness

Lora Honstad - Housekeeping

Ralph Huls- Maintenance

Marcie Larson - Family Programs

Katie Murphy - Aquatics / Rentals

Ryan Yunkers - Executive Director

LCARC Board:

Dennis McCoy - President
Pat Gengler - VP/Secretary
Jennifer Wiens - Treasurer

- Brenda Rogers
- Meghan Peterson
- Rachel Jones
- Marissa Johansen
- Dewey Escher



Registration Policy:

Registrations can be made:

- · In Person
- · By Mail
- · Over the Phone (507) 726-6730



All programs require pre-registration unless otherwise specified. Payment must accompany all registrations.

No refunds will be processed after program has started. If program is cancelled because of bad weather or other reasons beyond LCARC control, and program cannot be made up, a credit voucher will be issued upon request.

Registration deadlines apply for some programs. Register early to avoid late fees and program cancellations. You are not registered until fee has been paid.

Missions & Vision:

To provide the Lake Crystal and surrounding areas with a family-oriented recreational facility that will encourage people in all age groups to improve health and physical fitness through the use and enjoyment of a variety of recreational activities.



The Facility:

- · Zero-depth entry, 6-lane lap pool with 102' waterslide, kid's play pool with slide, and hot tub
- · Gymnasium with 2 courts
- · Indoor Walking and Running Track
- · Weight Room with Free Weights, Fitness Machines, and Cardiovascular Equipment
- · Aerobics Room with spin bikes, TRX equiptment, kettle bells and more!

Business Hours:

Monday-Friday: 5:30 a.m. - 9 p.m.

Saturday: 7 a.m. - 6 p.m. Sunday: Noon - 5 p.m.

Holiday Hours:

Labor Day: 9/5 & 9/6-Closed Thanksgiving: 11/25 8am-11am

Christmas Eve: 12/24 5:30am-3pm

Christmas Day: 12/25 Closed

New Year's Eve: 12/31 5:30am-3pm New Year's Day: 1/1 OPEN 7am-6pm *Always open for 24/7 Members!

24/7 ACCESS REACH YOUR FITNESS GOALS ANYTIME

ADD 24/7 TO YOUR MEMBERSHIP FOR JUST \$48 - 1ST YEAR/ \$36 AFTER

Daily Admissions:

Non-Member Admission	Adult	Senior/Youth*	Family*
Daily Pass	\$7.00	\$5.00	\$24.00
5 Punch Punch Card	\$33.00	\$23.00	
10 Punch Punch Card	\$64.00	\$46.00	
20 Punch Punch Card	\$120.00	\$90.00	
Daily Waterslide Pass	\$2.00	\$2.00	\$7.00
Spectator Fee	\$1.00	\$1.00	

*Family waterslide rate is only valid when purchased with family day pass

*Family - Up to 2 adults, 4 children of the same family

*Senior - Age 65+

*Youth - Age 18 and Under (Under 12 Months is free)

Why purchase a Membership?

If you use the facility on a regular basis, having a membership at the LCARC is the most popular, cost-effective option. The membership includes daily access to the entire facility.

With several different types of memberships, we are sure to have something that works best for you and your family!



Senior Memberships:

If your insurance provides Silver Sneakers or Silver & Fit you may be eligible for membership at a low co-pay or completely FREE. Check with your insurance provider!





Check with your health insurance!

Did you know that your health insurance may reimburse you for regular use of LCARC? You can call your provider to learn if you quality for these benefits!

If your insurance provides Silver Sneakers, Tivity Prime, Silver & Fit or Active & Fit you may be eligible for membership at a low co-pay or completely FREE. Check with your insurance provider!

Corporate partnership discounts:

Be sure to tell us where you work! We have numerous agreements with area businesses to provide discounted memberships to their employees. For exact rates, please call LCARC.

LCARC Corporate Members Receive a discount if you work at
City of Lake Crystal, Crystal Valley
Coop, TBEI, Crysteel Truck, Farm
Business Info., GM Contracting,
MinnStar Bank, Rescom Realty,
Blue Earth County, IFS or MCHC.

Annual Membership Rates:

	New		Renewal	
Membership Type	Annual	Monthly	Annual	Monthly
Family	\$675	\$65	\$638	\$61
Couple	\$593	\$57	\$559	\$53
Individual	\$430	\$41	\$403	\$39
Student	\$225	\$21	\$210	\$20
Senior	\$345	\$33	\$325	\$32
Senior Couple	\$465	\$45	\$439	\$41

Family: Limited to spouse or domestic partner and dependent children in school (age 1 to 24) residing at the same residence. Includes up to 8 family members. \$10 per each additional member.

Couple: Includes married or domestic partners residing at the same residence.

Student: Includes K-12 and college students. College students must show proof of enrollment.

Senior: Individuals age 65 and older.

Senior Couple: At least one person is over the age of 65 and couple is married or residing at the same residence.



Add a 24/7 pass or a waterslide pass to your membership!

Additional Membership Types

3 Month Memberships:		Walking Track Membership:	Cost:
Membership Type:	Cost:	Contract Length	
Family	\$255	1 Month	\$30
Couple	\$220	1 Year	\$190
Individual	\$160	3 Month Pool Membership	Cost:
Student	\$85	Membership Type	
Senior	\$130	Individual	\$55
Senior Couple	\$175	Family	\$110

^{*}Only annual memberships are eligible for health insurance reimbursement programs.



Saturday Lessons

Session 1: October 23rd - December 11th

9:00 - 9:30am Aqua Tots 9:35-10:05am Preschool Age 3-5 Levels 1 & 2 10:10 - 10:50am 10:55- 11:35am Levels 3 & 4 Levels 5 & 6 11:40 - 12:20pm

Member Fees: \$30 EarlyBird, \$35 after Oct 1st

Non-Mmbr Fees \$45 EarlyBird, \$50 after Oct 1st

Tuesday / Thursday Evening

Session 1: October 19 - November 11th

5:30 - 6:00pm Aqua Tots 6:05 - 6:35pm Preschool Age 3 &4 Levels 1 & 2 6:40 - 7:20pm Member Fees: \$30 EarlyBird, \$35 after Oct 1st LCARC offers Public and Private swimming lessons. Public lessons are held during the following dates and times. These lessons are for children only. Please register for classes early as any class with fewer than 4 participants signed up will be cancelled.



Private Swim Lessons:

Non-Mmbr Fees

To register for private lessons, please call the LCARC to discuss scheduling and availability. These lessons are for people of all ages. All lesson fees must be paid in full upon the first lesson.

1 student-- \$75.00 2 student (together)-- \$112.50 Members: Non-Members 2 Student (together)-- \$130.00 1 Student-- \$90.00

*Lesson bundles are 4 for 45 mins or 5 for 30 mins each.

\$45 EarlyBird, \$50 after Oct 1st

Water Aerobics:

Water Aerobics Class Schedule:

Mon	Tues	Wed	Thurs	Fri
Aqua Fit 8:30-9:30a				
Aqua HIIT 5:15pm		Aqua HIIT 5:15pm		

^{*}Most current schedule always available at www.lcarc.com or call 507-726-6730

Aqua HIIT: Are you looking for a low-impact, cross-training, full body workout? If so, try AQUA HIIT! The high intensity interval training will get your heart rate up, while the added resistance of the water surrounding your entire body creates an element of intensity!

Aqua Fit: A lower intensity class consists mainly of muscle toning and flexibility with some cardiovascular work.

*All skills can be modified/adjusted to meet the needs of each individual.

Session Dates -

Session 1: January 1 - April 30 Session 2: May 1 - August 31 Session 3: Sept 1 - Dec 31

Notes -

If there is bad weather, call the LCARC before arriving to be sure the instructor is able to make it to class.

Purchase a new punch card at the beginning of each session. The Unlimited Pass lasts the entire first session. Consider choosing the Monthly Payment Option to save money! Punches do not carry over to the next session. No refunds will be given on punches once the session has started.

Water Aerobics Punches:

Punches:	Members:	Non-Members:
Drop In	\$3.25	\$6.00
2-10 Punches	\$2.75	\$5.00
11-20 Punches	\$2.50	\$4.50
21+ Punches	\$2.25	\$4.00
Monthly Payment Option	\$26/month	\$36/month
Unlimited Session Pass	\$120.00	\$160.00

^{*}Land Aerobics punches are the same.

Swimming:

Lap Swimming is available daily. Swimmers during this time must be over the age of 18 as there are no lifeguards on duty. For exact dates and times, call the LCARC or check lcarc.com.



All Ages Open Swim:

Monday 6-8:30pm w/ Slide

Wednesday 6-8:30pm no slide

Friday 3:30-5pm no slide &6-

8:30pm W/Slide

Saturday 1-5pm w/slide

Sunday 1-4pm w/slide

*Starts Fall 2021

Extra Open Swim Dates:

October 21st 1-4pm

October 22nd 1-5pm

November 24th 1-4pm

December 23rd 1-4pm

December 27-30th 1-4pm

Waterslide:

The waterslide is only open on specific nights. Be sure that it is open if you plan use before arriving.

Everyone that goes down the slide must wear a wristband. Wristbands can be purchased at the front desk.

Daily Admission Wristband Cost: \$2 Annual Waterslide Cost: \$99 (In addition to membership)







Lock ins:

4 Hour Lock ins and Overnight Lock in options are available. For more information please call the LCARC at 507-726-6730 or email Katie at lcarcwellnessegmail.com



LCARC Fit Kids Program



A fun, openly structured recreation program for children ages 5-12 years. Weekly activities call attention to important social and intellectual skills to promote individual growth and respect for others. Children are given time to play, explore, and learn in a caring environment. All dates are consistent with LCWM Dist. 2071 no school, late start, and early out dates with the exception of major holidays. If school closes on an unscheduled date due to weather or other emergency, Fit Kids will close also.

School Year

Monday-Friday, 2:45-6 p.m. Grades K-5 September 9th-June 3rd

Price per child	Member	Non-Member
5 Days/Week	\$35/wk	\$45/wk
4 Days/Week	\$26/wk	\$35/wk
3 Days/Week	\$20/wk	\$26/wk
2 Days/Week	\$15/wk	\$18/wk
1 Day/Week	\$10/wk	\$13/wk

After School Fit Kids
At LCWM Elementary
Monday-Thursday & LCARC Fridays
Snack and busing provided.

Late Start Fit Kids

Member: \$10/child Non-Member: \$12/child

Dates: Late Start Fit Kids Dates: 9/13, 10/11, 11/8, 12/13, 01/10, 02/14, 03/14, 04/11, 05/09

Snack and busing provided.

All Day Fit Kids Member: \$30/child Non-Member: \$35/child

Dates: 10/21, 10/22, 11/24, 12/23, 12/27, 12/28, 12/29, 12/30, 12/31, 1/24, 02/21, 03/18, 4/14,

4/15, 4/18, 4/29

*On days when there is no school.

Summer Program

Monday-Friday, 7a.m. - 5:30 p.m. Grades K-5

Registration applications will be available at LCARC starting in April.
Registration applications will be considered in the order they are received. Families involved with Fit Kids will be eligible for early registration.

Price per child	Member	Non-Member
5 Days/Week	\$110/wk	\$125/wk
4 Days/Week	\$100/wk	\$115/wk
3 Days/Week	\$80/wk	\$95/wk
2 Days/Week	\$55/wk	\$65/wk
1 Day/Week	\$30/wk	\$35/wk

Summer Program Requires:

- · Water bottle
- · Gym shoes
- · Spray sunscreen to share
- · Swimming Suit
- Additional fees for field trips

Contact Family Programs Manager Marcie Larson for more information at lcarcfitkidsegmail.com

Room Rentals, Gym Rentals and Party Packages are available at the LCARC!

For Availability

Call 507-726-6730, or email
Katie at
lcarcwellness@gmail.com
for available dates. A \$10
non-refundable deposit is
required to schedule all
rentals.

Rates are effective as of January1, 2019 and are subject to change without notice

Standard Room Rentals			
Room	Members Corporate Members Non-Profit Org.	Non- Members Private Org. Individuals	
Derksen (Fit Kids Rm, w/ kitchenette)	\$20/hr \$95/day	\$25/hr \$120/day	
Meixell (Community Rm, w/ presentation capacity)	\$20/hr \$95/day	\$25/hr \$120/day	
Cecil H. Jones (1st Floor Rm w/ private restroom, games and toys	\$20/hr \$95/day	\$25/hr \$120/day	
Gym - Half	\$25/hr \$150/day	\$35/hr \$180/day	
Gym - Full	\$40/hr \$240/day	\$50/hr \$320/day	

Bounce House Party Package

Enjoy 2 hours in a party room, and 2 hours in a bounce house!

Bounce House Options:

Basic Bounce House: \$175.00 Slide Bounce House: \$200.00 Inflatable Obstacle Course: \$225.00

Swim Party Package

With the swim package you can enjoy 90 minutes in the party room, the swimming pool and slide during open swim (and the gym if available).

Bring in your own food and treats!
Includes 10 party participants and 2 chaperones.
Each additional person: \$2 member, \$5 non-,member, \$1 spectator.

Cost: \$75

Optional: Add a Bounce House for 1 hour! Slide Bounce House: add \$100

Big Fun House: add \$125

Inflatable Obstacle Course: add \$150



Physical Therapy:

Provided by Madelia Community Hospital & Clinic:

- Aquatic Therapy
- Sports Medicine
- General Orthopedics
- Graston Technique

Call 507-642-5211 to schedule an appointment

Senior Series Lunch & Learn:

These semi-monthly programs are geared toward adults 50+ and involves recreational, nutritional, educational and/or social components. Each Lunch & Learn has a different compelling topic specifically chosen for the interests and needs of our 50+ population.

A healthy lunch is provided (free-will offering) and the program

This program is partially supported by Mayo Clinic Health Systems, MinnStar Bank and a grant from the Consolidated Communication Community Fund.

Most sessions are Wednesdays over lunch; stop by the LCARC for the full calendar.



Pickleball:

Full gym reserved for this activity. 3 courts.

Date: Mondays, Wednesdays, Fridays

Time: 9 - 11 a.m. Where: LCARC Members: FREE

Non-Members: Daily Admission

No registration necessary

*Pick-up games whenever the gym is open. Daily admission applies.

SAIL-Stay Active & Independent For Life:

Designed for Seniors, this FREE class has been proven to increase bone density, strength, and flexibility. Energize and enhance your well being with this bi-weekly class. This osteoporosis prevention exercise program is open to men & women.

Brought to you by Common Good RSVP & the LCARC!

Date: Mondays & Wednesdays

Time: 9:30 a.m. Where: LCARC

No registration necessary

Adult Swimming Lessons:

Do you wish you had better technique? Did you never learn to swim? Private Swim Lessons could be what you need!

To register for private lessons, please call the LCARC to discuss scheduling and availability. These lessons are for people of all ages. All lesson fees must be paid in full upon the first lesson.

See page 19 for pricing.

Core 4 x 4 Challenge:

Teams of 4 compete to gain the most points for weekly prizes and an overall grand prize after the four weeks is over. Each person on the team must keep track of how many points they earn each day and send it to their team captain.

Points are gained by how many minutes you exercise! There are also classes at the LCARC you may attend weekly! Some classes are more points than other! You also get full access to the recreation center during the 4 weeks you are in the challenge. However, you must bring your challenge pass to be let in to the rec center for free. If you are not a member at the rec center, always sign in at the front desk as well!

Work site Wellness

If you want to make a positive difference in the health of your workplace, Worksite Wellness is for you! The LCARC will design incentive programs, fitness classes, "Lunch and Learns", and even comprehensive worksite wellness programs and evaluations. Healthier employees are happier, more productive employees!

Weight Room Orientation

Do you have a 13-15 year old interested in using the weight room?

Set up an appointment with the Fitness Coordinator to go through the orientation for free during his normal hours. The cost is \$10 for scheduling outside of normal hours.

Aerobics Class Punches:

Punches:	Members:	Non-Members:
Drop In	\$3.25	\$6.00
2-10 Punches	\$2.75	\$5.00
11-20 Punches	\$2.50	\$4.50
21+ Punches	\$2.25	\$4.00
Monthly Payment Option	\$26/month	\$36/month
Unlimited Session Pass	\$120	\$160

^{*}Water aerobics punches are the same.

Session Dates:

Session 1: January 1 – April 30 Session 2: May 1 – August 31 Session 3: Sept 1 – Dec 31

Class Cancellation Policy:

Classes will be cancelled when school and roads are closed or when instructors aren't able to make it. For late starts or early releases, call the Rec Center or check our Facebook page to find out.





Personal Training:

Are you finding trouble staying motivated in the fitness center? Are you looking for someone who will hold you accountable and push you to become the best version of yourself? Are you interested in receiving a personalized program that will help you reach your goals? Call the Rec Center or email us at lcarcwellness@gmail.com to set up a time to speak about your goals.

Personal Training Rates:

	Member:	Non-Member:	2 Members:	2 Non-Members:
1 Session	\$30	\$40	\$40	\$60
3 Sessions	\$85	\$115	\$114	\$144
5 Sessions	\$120	\$175	\$170	\$220
10 Sessions	\$225	\$300	\$320	\$420
20 Sessions	\$420	\$500	\$600	\$800

Group Fitness Classes:

Aqua Fit: This class is a mixture of cardio and toning, all low impact! Great for those who need a gentle workout.

Aqua HIIT: Are you looking for a low-impact, cross-training, full body workout? If so, try AQUA HIIT! The high intensity interval training will get your heart rate up, while the added resistance of the water surrounding your entire body creates an element of intensity!

Bar Pump: Bar Pump is barbell-based workout that uses light to moderate weights with high repetition. This barbell class will tone, sculpt, and strengthen your entire body! This class will challenge all major muscle groups while you squat, press, lift, and curl! All levels welcome!

Boot Camp: Come in and join us for a fun and energizing way to start your day! We will be doing a different workout each week to combine with exercise and fun, making the time fly! Come give it a try!

Generation Xercise: Want to keep exercising well into your youth, but not sure if you can or where to start. We have just the class for you! Resistance train, walk, get fit, and have fun doing it while keeping it low impact. (45mins)

Pilates: This popular mat workout developed by Joseph Pilates concentrates on core strength, body alignment, and muscular balance without adding bulk. If you are looking for that long, lean dancer body, this class is for you!

POUND®: A full body cardio-jam workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out!

ZUMBA: Zumba is a complete workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. You will find a mix of low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.





SAT DEC 4TH, 2021 FROM 10AM-2PM

Christmas in Lake Crystal

HOLIDAY CRAFT & GIFT FAIR

LAKE CRYSTAL AREA REC CENTER 621 W NATHAN ST LAKE CRYSTAL MN 56055 507-726-6730



SAVE THE DATE FOR CHRISTMAS IN LAKE CRYSTAL HOLIDAY GIFT & CRAFT FAIR

Dear LCARC Members and Guests,

The Lake Crystal Area Rec Center is performing some exciting and major facilities maintenance projects, most of which affect the pool/spa area.

The main pool HVAC will be replaced, the entire Rec Center roof, the pool slide supports, the pool deck, and the pool liner. As such, the pool/spa will be completely closed from Tuesday September 7 (the 4th will be the last day open because the whole facility is closed Sunday and Labor Day Monday) until approximately October 18, 5 weeks later. Pool-only memberships will be extended for the length of closure.

Thank you for your patience and understanding!

-LCARC Management and Staff





LCARC Notice for Members/Guests