

THE LCARC PRESENTS

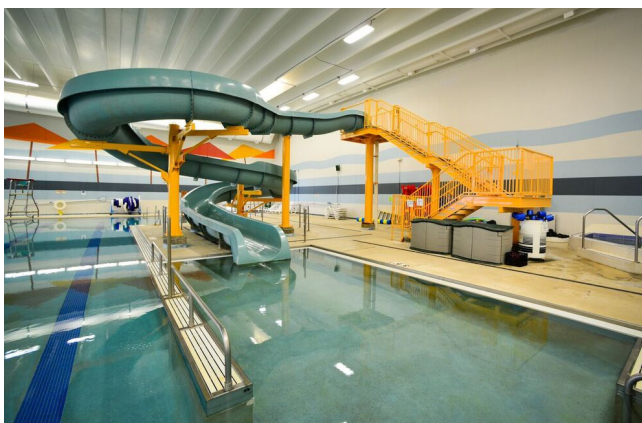
THE

FALL

2020

PROGRAM GUIDE





Lake Crystal Area Recreation Center (LCARC)

621 West Nathan Street

Lake Crystal, MN 56055

Phone: (507) 726-6730

Fax: (507) 726-6876

lcarc.com

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Lake
Crystal
Area
Rec
Center

LCARC Staff:

Renee Dahm - Membership/Reception

Lora Honstad - Housekeeping

Ralph Huls - Maintenance

Marcie Larson - Family Programs

Katie Murphy - Aquatics /
Rentals/Health & Fitness

Ryan Yunkers - Executive Director

LCARC Board:

Dennis McCoy - President

Pat Gengler - VP/Secretary

Jennifer Wiens - Treasurer

- **Brenda Rogers**
- **Kiley Harguth**
- **Rachel Jones**
- **Meghan Peterson**
- **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 equipment, kettle bells and more!

Business Hours:

Monday-Friday: 5:30 a.m. - 9 p.m.
Saturday: 7 a.m. - 6 p.m.
Sunday: Noon-5pm *Closed Sundays from Memorial day to Labor Day.

Holiday Hours:

Labor Day: Monday 9/6 & 9/7-Closed
Thanksgiving: 11/26 Closed
Christmas Eve: 12/24 5:30am-2pm
Christmas Day: 12/25 Closed
New Year's Eve: 12/31 5:30am-5pm
New Year's Day: 1/1 closed
*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 qualify 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 or IFS.

Annual Membership Rates:

Membership Type	New		Renewal	
	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:	
Membership Type:	Cost:
Family	\$255
Couple	\$220
Individual	\$160
Student	\$85
Senior	\$130
Senior Couple	\$175

Walking Track Membership:	Cost:
Contract Length	
1 Month	\$30
1 Year	\$190
3 Month Pool Membership	Cost:
Membership Type	
Individual	\$55
Family	\$110

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

Swimming Lessons:

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.

*Due to COVID-19 we have had to change our lessons in order to practice social distancing methods. Levels Aqua Tots through Level 2 will all be Parent/Child Lessons. Level 3 will require a parent if the child is struggling. That means that for every child signed up through level 3, a parent must also be available to get into the water to assist the child. Instructors will teach from outside the water. Levels 4 and up do not require parents to be in the water.

Private Swim Lessons :

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.

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

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

Saturday Lessons	
Session 1: September 26th – November 14th	
9:00 – 9:40am	Aqua Tots
9:45 – 10:25	Preschool Age 3-5
10:30 – 11:10	Levels 1 & 2
11:15 – 11:55am	Levels 3 & 4
12:00 – 12:40pm	Levels 5 & 6
Member Fees:	\$30 EarlyBird, \$35 after Sept 11th
Non-Mmbr Fees	\$45 EarlyBird, \$50 after Sept 11th

Tuesday / Thursday Evening	
Session 1: September 22nd – October 15th	
5:30 – 6:10pm	Aqua Tots
6:15 – 6:55pm	Preschool Age 3 & 4
7:00 – 7:40pm	Levels 1 & 2
Member Fees:	\$30 EarlyBird, \$35 after Sept 11th
Non-Mmbr Fees	\$45 EarlyBird, \$50 after Sept 11th

Tuesday / Thursday Evening	
Session 2: October 27th – November 19th	
5:30 – 6:10pm	Preschool Age 4 & 5
6:15 – 6:55pm	Levels 3 & 4
7:00 – 7:40pm	Levels 5 & 6
Member Fees:	\$30 EarlyBird, \$35 after Oct 16th
Non-Mmbr Fees	\$45 EarlyBird, \$50 after Oct 16th

Water Aerobics:

Water Aerobics Class Schedule:

Mon	Tues	Wed	Thurs	Fri
Aqua Fit 8:30-9:30am	Aqua Fit 8:30-9:30am	Aqua Fit 8:30-9:30am	Aqua Fit 8:30-9:30am	Aqua Fit 8:30-9:30am



Wet & Wild - A moderate to high Intensity class that focuses on 30-45 minutes of cardio, up to 15 minutes of strength/toning and up to 15 minutes of abdominal exercises.

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 - Sept 25
Session 3: Sept 28 - 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 \$16 a session.**

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	Call LCARC- Special Price due to COVID-19	Call LCARC- Special Price due to COVID-19

*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.

Do you wish you had better technique?

Did you never learn to swim?

Private Swim Lessons could be what you need!

For more information, visit page 7.

All Ages Open Swim:

Monday - Discount Night 6-8:30p

Tuesday - NO OPEN SWIM

Wednesday - 6-8:30p (NO SLIDE)

Thursday - NO OPEN SWIM

Friday - 3:30-5p (NO SLIDE)

& 6-8:30p w/ Slide

Saturday - 1 - 5 pm w/Slide

Sunday- 1 - 4 pm w/Slide

Discount Night:

Be sure to check us out on Monday nights during Discount Night! Daily Admission is HALF OFF for all who attend!

Waterslide:

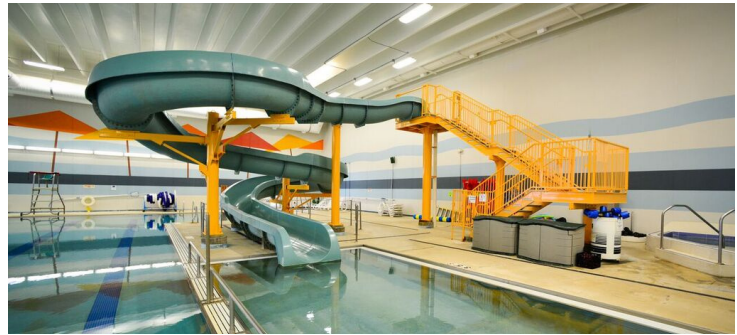
The waterslide is only open on specific nights. Be sure that it is open if you plan use before arriving.

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: \$125

(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 lcarcwellness@gmail.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 10th—June 1st

**currently only accepting full time participants due to COVID-19*

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

All Day FK Dates: 10/15, 10/16, 11/6, 11/25, 12/23, 12/28, 12/29, 12/30, 12/31

Contact Family Programs Manager Marcie Larson for more information at lcsrcfitkids@gmail.com

Summer Program

Monday-Friday, 7a.m. – 6 p.m.

Grades K-5

Begins June 1st, 2020

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

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	Non- Members
	Corporate Members Non-Profit Org.	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 is FREE.

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



LCARC'S HALLOWEEN HUSTLE 5K

WELCOME TO OUR FIRST EVER HALLOWEEN VIRTUAL 5K FUN RUN! RUN ON YOUR OWN OR WITH SOME FRIENDS! SEND US YOUR TIME AND YOUR ROUTE. YOU CAN TRACK YOUR RUN ON YOUR PHONE, FIT BIT, WATCH, OR HOWEVER YOU WOULD LIKE.

5K CAN BE COMPLETED ANY TIME BETWEEN OCTOBER 26TH AND NOVEMBER 1ST

COST IS 20.00 DOLLARS YOU GET A T-SHIRT! REGISTER AT THE LCARC OR VISIT WWW.LCARC.COM

SCAN HERE

Lake Crystal Area Rec Center



THE LAKE CRYSTAL REC CENTER PRESENTS

Christmas in Lake Crystal

Holiday Craft and Gift Fair

DECEMBER 5TH, 2020
10:00AM-2:00PM
621 W NATHAN ST LAKE CRYSTAL

Silent Auction, Door Prizes, and Bake Sale

Free Admission for Shoppers
Masks Required

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
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Monthly Payment Option	\$26/month	\$36/month
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*Water aerobics punches are the same.

Session Dates:

Session 1: Jan 1 - April 30

Session 2: May 1 - Sept 25

Session 3: Sept 28 - 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





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