

LCWM Community Education

607 Knights Lane

PO Box 160

Lake Crystal, MN 56055

Phone: (507) 726-2673

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isd2071.k12.mn.us

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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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Ball-Basics/T-Ball Combo: Boys & Girls, Entering Kindergarten or Knights Plus Fall 2023

The first three Tuesdays will be a series of stations where participants will learn the fundamentals of catching, throwing, hitting and base running. In order to learn the activities and be able to practice at home, parents will be active participants with their child. One adult (parent or guardian) must accompany the participant to the program these times. The students will then split into T-Ball teams for the remaining Tuesdays. On these days they will play parent coached T-Ball games. Volunteer coaches needed.

Dates: Tuesdays, May 23, 30, June 6, 13, 20 & 27

Time: 6:00 p.m. to 7:00 p.m.

Location: LCWM Elementary School Field Cost: \$30 before deadline, \$35 after Registration Deadline: April 28

Baseball:

Current Grades 2-6

Participants will play in a summer baseball league and play games against different community baseball teams. Practices are scheduled to begin the week of May 1 but are dependent on field and coach availability.

Cost:

Grade 2 & 3 – \$60 before deadline, \$65 after Grade 4, 5 & 6 – \$70 before deadline, \$75 after Registration Deadline: April 3

Grades 2nd & 3rd play one game a week and have one day of practice. Grades 4th-6th play games 2 nights a week. Players are required to provide their own batting helmet, grey baseball pants, royal baseball socks and belt. Players also are requested to have sliding shorts and protective cup. Team caps are required for these leagues and are available for purchase at the Community Ed webstore for \$18. They are the same caps as last year, so those who purchased them last year will not have to purchase them again unless they need a new one.

Mini Baseball:

Current Kindergarten/1st Grade

Through a series of practices and games against other kids in your age group, you will get a chance to learn the fundamentals of playing the game of baseball. Practices begin the week of May 15 but are dependent on field and coach availability.

Game Dates: June 5, 7, 12, 14, 19, & 21 (Make-up dates: June 26 & 28, as needed)
Game Times: 6:00 p.m. or 7:00 p.m.
Cost: \$30 before deadline, \$35 after
Registration Deadline: April 28
Must be registered by May 2 for a team shirt.
Volunteer coaches are needed! Please contact the Community Ed. office at (507) 726-2673.







Spring Soccer

Youth Soccer:

Current Grades K-3

Through a series of practices and games against other boys and girls in your age group, you will get a chance to learn the basics of the world's most popular game.

Soccer 1:

Current Kindergarten & Current Grade 1

Soccer 2:

Current Grade 2 & Current Grade 3

Practices begin the week of April 3, but dependent on field and coach availability

Game Dates:

April 18, April 20, April 25, April 27, May 2, May 4 (make-up day - May 9)

Game Times: 6:00 p.m. or 7:00 p.m. Cost: \$30 before deadline, \$35 after

Deadline: March 10

*Must be registered by March 14 to receive a team shirt

Volunteer coaches are needed. Please contact the Community Education office at

(507) 726-2673.



Soccer Club:

Grades 4-6

Join the soccer club to build on the fundamentals of the game and to be able to play a little more competitively as a team. Our purpose is to promote good sportsmanship, teamwork, achievement, excellence, self-confidence and fun for players and their families through the game of soccer.

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

Deadline: March 10

Uniforms may be purchased or rented.

Soccer League:

Grades 7-8

This league is for older youth in Lake Crystal who still love the game and want to continue to hone their skills and be a part of the game in the spring!

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

Deadline: March 10

Uniforms may be purchased or rented.

Practices begin the week of April 3, but are dependent on field and coach availability. (Tentatively set for Mondays and Thursdays 5:30 p.m.-7:00 p.m.) Games: Run early May to early July. Light travel is required. Games are usually played Monday nights, but can change. They are set by the league.

Freestyle & Greco Roman Wrestling: Kindergarten-12th Grade

"The sport of wrestling is unique in that competitors develop a brotherhood from within the sport" Coaches: Cory Harnitz (2 time MN State Champion and 3 time USA Fargo All American), Clint Adams (6 time MN State qualifier and 2 time Finalist), Andre Harnitz (3 year USA Team Member and LCWM High School Coach with 332 Dual wins) and Cody Adams (3 time MN State Champion and USA Fargo All-American). Held in LCWM Secondary School's Wrestling Gyms

Dates: Tuesdays and Thursdays, March 14 to May 4

Cost: \$80 before deadline, \$100 at the door

Time: 6:30 to 7:30 p.m. (K-4) & 6:30 to 8:00 p.m. (5-12)

Registration Deadline: March 9

Softball Open Gym:

The Lake Crystal Area Softball Association and Community Ed. are proud to partner in offering softball players the opportunity to work on skills over the winter months at an open gym in the Lake Crystal Secondary School! Players can stay for as little or as long as they want during the 2 hour open gym. Players do not need to come every Sunday, come as your schedule allows.



Baseball Times:

Softball Times:

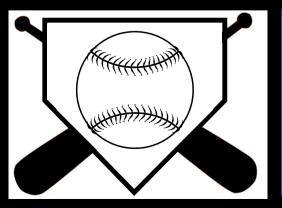
1:00 to 3:00 p.m. 3:00 to 5:00 p.m.

> **Sundays:** February 19, March 5, 12, & 19

\$5 per player covers entire session

PLEASE NOTE!

This is available to players who have played at least one year of LCAFA softball or Community Ed. baseball. This is not a "drop and go" open gym. Parents are strongly encouraged to stay and work with their players at various stations that will be set up by coaching staff and board members. Older, more experienced players can come with a partner to work on the stations as a pair. There will be a few board members/coaches present to help direct and help with technique, but they will not be running the stations.



Baseball Open Gym:

The Lake Crystal Community Ed is also going to offer baseball players the opportunity to work on skills over the winter months at an open gym in the Lake Crystal Secondary School with a varsity Coach. Players can stay for as little or as long as they want during the 2 hour open gym. Players do not need to come every Sunday, come as your schedule allows.

Daddy - Daughter Dance:

Preschool - Grade 5

Just in time for Valentine's Day! Show that little girl how special she is by taking her to the Annual Daddy Daughter Dance. This night will make any daughter feel like a princess and every father smile ear to ear! Light refreshments will be served. Professional photographs will be available. Please note: Escorts can also be an adult male relative or friend of the family. Formal attire recommended but not required.

Date: Friday, February 3 Time: 6:30 p.m. to 9:00 p.m.

Cost: \$20 for a couple; \$5 for additional girl Location: LCWM Elementary School Gym

Registration deadline: February 3

Mother - Son ShamRock:

Preschool - Grade 5

Mom, bring your boys to this ROCKing good time! Light refreshments will be served. Please note: Escorts can also be an adult female relative or friend of the family.

Date: Saturday, March 4 Time: 6:30 p.m. to 9:00 p.m.

Cost: \$20 for a couple; \$5 for additional boy Location: LCWM Elementary School Gym

Registration deadline: March 3

Jungle Boogie:

Come celebrate the 15th Annual Jungle Boogie! Ticket prices includes dancing at the "Hippo Hop" to the DJ sounds of Red Hot Entertainment, feasting at the "Crocodile Crunch," reading in the "Zebra Zone," enjoying crafts for kids at the "Leopard Spot," playing a little "Lizard's Luck" at the raffle and scooping up deals at the "Anaconda Silent Auction." There will be numerous non-profits setup to share information regarding health and fitness, home safety and education.

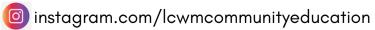
Date: Saturday, March 25 Time: 4:00 p.m. to 7:00 p.m.

Cost: \$5 per person (including dinner)

*Under 1 year of age FREE

Location: LCWM Secondary School













youtube.com/channel/LCWMStreaming



Mount Kato Tubing Trip:

Grades 2-12

Looking for something fun for your students to do while there is no school? Have them join us at Mount Kato for a fun tubing event!

Bus will be leaving the Secondary School at 12:30 p.m. All people tubing need to be 42 inches or taller. Students may bring money for the concessions stand in the building Cost: \$20 before deadline, \$25 after

Date: Monday, January 23 Pick up Time: 3:30 p.m.

Location: Meet & Pick Up -LCWM Secondary School

Registration deadline: January 6

Tubing release forms will be emailed after registration for you to bring with you to the event. 50 attendees required to be able to go. Parents welcome to come along and tube as well.

Field Trip to Stages Theatre Company Disney's Newsies:

Grades K-8

Field Trip option during a no school day! Carry the banner and seize the day! Inspired by the real-life Newsboy Strike of 1899, this rousing 60-minute version of the 2012 Broadway musical based on the 1992 film is filled with song, dance, spirit, and heart.

Bus will be leaving the Elementary School at 8:00 a.m. Students will need to bring lunches. After the play, we will stop at a park to eat and play.

Cost: \$20 before deadline, \$25 after

Date: Friday, April 28

Time: 8:00 a.m. to 3:00 p.m.

Location: Meet at LCWM Elementary School

Registration deadline: April 3

For younger children, parents are welcome to attend as a chaperone. Contact us for more info.



Wild Fit - Prairie Ecology Bus:

Tap into your inner animal and challenge yourself to lift, run and outwit Minnesota animals. Are you strong as an ant? Can you jump as well as a grasshopper? Are you as fast as a mountain lion? We'll put your skills to the test as we see how you compare to our Minnesota neighbors! Are you a Wildfit? Let's find out! This program can be attended by 3rd grade and older alone, or Preschool age and up accompanied by a parent!

Date: Saturday, March 11 Time: 10:00 a.m. to 11:00 a.m.

Cost: \$6 per person

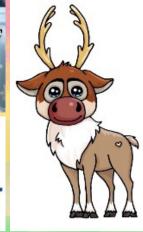
Location: LCWM Elementary School Cafeteria











Frozen Fun:

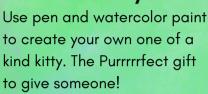
If you love the movie Frozen, this is the art class for you! Make a beaded ornament, draw Sven, create a mason jar snow lantern and even your own Olaf from a sock! Be ready for fun!

Dates: Thursdays, January 5, 12, 19, 26 Cost: \$42 if registered by deadline,

\$47 after

Registration deadline: December 27





Date: Monday, February 6
Cost: \$15 if registered by deadline, \$20 after

Registration deadline: January 27



Mrs. Lawver has been teaching art with Community Ed for 10 years! She enjoys creating art, writing stories and spending time on her farm with her family and some crazy

cats, dogs and bunnies. Most of all she loves learning new things and helping others make their own masterpieces!



Perfect Pencil Toppers:

Bring a smile to a friend's face by making them a cute foam pencil topper. Great to give as gifts and so fun to make! Date: Monday, February 13 Cost: \$15if registered by deadline, \$20 after Registration deadline: February 3









Hawaiian Art Getaway:

Dreaming of a tropical vacation?
Escape through art to Hawaii. We will use oil pastels, clay, watercolor and cork to make a tiki necklace, watercolor pineapple, pastel flower and cute sea turtle!

Dates: Mondays, February 27,

March 6, 13, 20

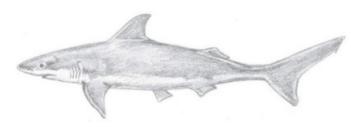
Cost: \$42 if registered by deadline,

\$47 after

Registration deadline: February 17

All art classes are for K-5th Graders, held in the Art Room, and from 3:00 to 4:00 p.m.





Artsy Farm Friends:

Farms are so much fun! Make your own farmyard creatures such as a watercolor pig, corner cat bookmark, some painted rock chicks and even a stick horse you can ride out of class!

Dates: Mondays, May 1, 8, 15, 22

Cost: \$42 if registered by deadline, \$47 after

Registration deadline: April 21

Beware They Bite! Art Adventure:

Do you think dangerous animals are cool? In this class you will paint a slithering snake, craft a pipe cleaner crocodile and learn to draw a tiger and shark that will look like they could jump off the page! It will be a roaring good time!

Dates: Thursdays, March 30, April 13, 20, 27

Cost: \$42 if registered by deadline, \$47 after

Registration deadline: March 21









All art classes are for K-5th Graders, held in the Art Room, and from 3:00 to 4:00 p.m.

Save the Date!

Spotlight Dance Company Presents:

Winter Showcase:

Sunday, January 29. Shows at 1:00 p.m. & 3:00 p.m.

Spring Recital:

Sunday, April 30. Shows at 1:00 p.m. & 4:00 p.m.



Performances are held in the LCWM Secondary School Cafetorium. Tickets will be for sale online. Ticket pickup will be available during dress rehearsal and day of.

Arts



Grades 3rd-5th

A dynamic and engaging way for children to learn Spanish! Students will learn the new language through relaxing and fun ways, such as simple songs, stories and games. Busing is provided from the Elementary to the Secondary School.

Dates: Thursdays, February 2, 9, 16 & 23,

March 2 & 9

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

Location: LCWM Secondary, Rm 312

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

Registration deadline: January 17

Youth Cheerleading

Grades Kindergarten-5th

Boys and Girls welcome in this fun and exciting class! Students will learn some popular cheers, proper techniques and many other skills related to cheerleading performance. Both classes will have the opportunity to cheer at an Elementary Assembly. Uniform shirts, poms and bows to keep are included in price!

Dates: Tuesdays, May 9, 16, 23 & 30 Performance date during the assembly on the last day of school!

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

Location: LCWM Elementary Small Gym Cost: \$30 if registered by deadline, \$35 after

Registration deadline: April 22





Music lessons are set up between the instructors and the families. Please reach out to see each instructors availability.

Red Cross Babysitter's Training: Students, age 11 and older

Ready to babysit? The purpose of the American Red Cross Babysitter's Training course is to provide youth ages 11 and older with the information and skills necessary to provide safe and responsible care for children in the absence of parents or adult guardians. This training will help participants develop skills in leadership and professionalism, basic care, safety and safe play and first aid. Class fee includes textbooks (babysitter handbook & emergency response book). This class will also certify participants in pediatric first aid and CPR. Participants should bring a water bottle and lunch.

Location: LCWM Secondary School Media Center

Date: Monday, February 20 Time: 9:00 a.m. to 3:30 p.m.

Cost: \$125 before deadline, \$130 after

Registration deadline: February 6

Class max is 10 students, so register early.

Class taught by Tia Dupont and Melanie Schmidt.



peachjar

Did you know?

The best way to find out what programing we have coming up, and interesting things happening in our district, is to join PeachJar! PeachJar is a digital flyer system that emails our flyers and notifications directly to your inbox. From the flyer, you can click to learn more or register for our classes!

If you don't get the flyers already, go to peachjar.com and choose Sign Up.

Select Parent/Guardian, and then search for our school with "Lake Crystal"

You can choose the Elementary and Secondary if you want all the flyers, or choose the one that is most age appropriate for your household!

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, Cafetorium

Dates and Times:

June 1 & 2, 3:30 p.m. to 6:30 p.m. June 3, 9:00 a.m. to 12:00 p.m. June 6, 7 & 8, 8:30 a.m. to 11:30 a.m. and 12:30 p.m. to 3:30 p.m. June 9, 8:30 a.m. to 11:30 a.m.

Parent Meeting:

Friday, June 9, 11:30 to 1:00 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: May 19

MUST BE 15 years old by September 15, 2023

Students need to bring a pen or pencil and a notebook to class. It is mandatory that the students are present the entire class period unless arranged differently with the instructor.

There is a maximum of 35 students per classroom session. Please register early to get a spot.

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, January 30, from 8:00 a.m. to 3:00 p.m. Monday, March 20, from 8:00 a.m. to 3:00 p.m.

Location: LCWM Elementary School

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 were born before August 1, 2019 are eligible for screening in January and children who were born before October 1, 2019 are eligible for screening in March. If your child has not been screened or you do not receive information about screening, please contact the Early Childhood Coordinator at (507) 726-2320.



Little Knights Preschool Fall 2023 **Open House:**

Information for Preschool, Fall 2023.

If you have a child who will be 3 years old by September 1, 2023 stop by our open house! You will get a chance to visit with teachers and see the classrooms. Learn about our daily schedules and developmentally appropriate curriculum. If you can't attend, call the preschool at (507) 726-2320 for more information.

Date: Thursday, February 2 Time: 6:00 p.m. to 7:00 p.m.

Location: LCWM Elementary School

Registration:

Preschool registration will be available online starting February 9, 2023. If you have questions about our preschool program, curriculum or schedule, please contact the Early Childhood office.

Registrataions are made through the Community Ed web store at tinyurl.com/lcwm-lkps

Find us on Facebook

face book.com/LCWML it tle Knights Preschool And ECFE



instagram.com/littleknightspreschool



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.

Explore And More:

Join us each week for some great family fun. In this class, each week we will explore art, science, literacy, math, music, and much more through hands-on play experiences! 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 and is open to all ages.

Dates: Mondays, March 27, April 3, 17, 24, May 1 & 8

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

Location: LCWM Elementary ECFE Rooms

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

every additional child. Who: Ages Birth to 5

ECFE Open Play:

Looking for something to do with you kiddos on Friday mornings? Our ECFE room will be open for friend making, arts and crafts, and exploring! A staff your sleeves and get messy! member will be present, but there will not be parent separation during our Open Play days.

Dates: Fridays, January 13, 20, 27,

February 3, 10, 17 & 24

Time: 9:30 a.m. to 10:45 a.m.

Location: LCWM Elementary ECFE Room

Cost: \$3 child/\$5 family drop in rate per week

or \$20 for all seven weeks.

Who: Ages Birth to 5

Kindergarten Roundup:

Date: Thursday, February 23

Time: 6:00 p.m.

Location: LCWM Elementary School

All children who will be 5 years old on or before September 1, 2023 will be eligible to attend kindergarten. Parents of children who will attend kindergarten in the LCWM District should plan to attend this event. Also, did you know that LCWM has a Kindergarten program called Knights Plus? This class is designed for students with summer birthdays, who will be 5 by September 1, 2023. Please call the Elementary Office with questions.

Mini Knights Baby Shower:

Congratulations on having a baby! We want to celebrate you and your newborn! Please join us for a morning of socializing with other parents. We will have presenters on topics related to your newborn, vendors and new baby welcome packets full of goodies! Make sure your newborn is on the mailing list by calling the Early Childhood Office at (507) 726-2320. Free to anyone within LCWM School District that has had a baby join your family in the past year.

Date: Saturday, February 11 Time: 9:30 a.m. to 11:00 a.m.

Location: LCWM Elementary Media Center

Cost: Free!

Messy Art Night:

Adults and children will create and explore with many different art mediums. Come dressed to roll up

This is a class specifically for children who are 3-5 years old and their parents.

Date: Tuesday, January 17 Time: 6:00 p.m. to 7:30 p.m.

Cost: \$3 per student or \$5 per family

Location: LCWM Elementary School Cafeteria No pre-registration is needed, but is available.

Please sign in when you arrive.



The Community Band invites you to join them! **Practices are Mondays, starting** April 3rd from 7:00 to 9:00 pm.

Concert Schedule:

May 29th, Memorial Day Program at LCWM Secondary School Cafetorium.

June 16th, Lake Days Parade, Down Town Lake Crystal June 17th, Lake Days Concert In The Park, Marston Park Various Wednesday Evenings around town at Zion Lutheran Church, Cornerstone Methodist Church, First Presbyterian Church, and Calvary Lutheran Church in Rapidan. More info to come.

The Lake Crystal

ommunity Band

These activities are made possible by a grant provided by the Prairie Lakes Regional Arts council from funds appropriated by the Minnesota State Legislature



A FASTER EASIER **WAY TO LEARN**

Instant Guitar and Instant Piano for Hopelessly Busy People:

Have you ever wanted to learn the guitar or piano but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar or piano to give you years of musical enjoyment, and you won't have to take private lessons to do it. These classes are held online over Zoom, so you will be able to have your instrument at home and take this course with no pressure at all! The course includes an online book with follow up video lessons. You will be able to practice on your own.

Piano Topics include:

How chords work in a song, how to form the main three types chords, how to handle different keys and time signatures, how to simplify over complex chords, and how to get more out of sheet music.

Date: Monday, May 1 Time: 6:30 to 9:30 p.m.

Cost: \$59, includes materials.

Guitar Topics include:

How chords work in a song, how to form the main three types chords, how to tune your guitar, basic strumming patterns, how to buy a good guitar, and how to play along with simple tunes.

Date: Tuesday, May 2 Time: 6:30 to 9:00 p.m.

Cost: \$59, includes materials.

Community Ed. Staff:

Logan Manska

Director of Community Education lmanskaeisd2071.k12.mn.us

Alisha Prange

Early Childhood Coordinator aprangeeisd2071.k12.mn.us

Jenny Bierma

Community Education/ECFE Assistant, Registrations & Facilities jbierma@isd2071.k12.mn.us

Board Members:

Trina Driscoll Gail Graupman Marcie Larson Jill Antony Trent Hollerich Melissa Dudgeon

Interested in joining the Community Ed Advisory Council? We're always looking for new members! Call us at (507) 726-2673 or email Logan Manska at lmanska@isd2071.k12.mn.us

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 Education 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 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



LCWM District 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 Community Ed. staff can help you through the process to register online or register you over the phone. Office hours are generally 8:00 a.m. to 3:00 p.m. 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, contact the office at (507) 726-2673.

LCARC Staff:

Renee Dahm - Marketing & Health and Wellness

Bethany Maxwell - Membership Lora Honstad - Housekeeping

Ralph Huls-Maintenance

Marcie Larson - Family Programs

Katie Murphy - Aquatics / Rentals

Ryan Yunkers - Executive Director

LCARC Board:

Rachel Jones - President Meghan Peterson - VP/Secretary Jennifer Wiens - Treasurer

- Brenda Rogers Pat Gengler
- Dennis McCoy Marissa Johansen
- Mark Schuck
 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.

Mission & 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:

Thanksgiving: 11/24 Closed
Christmas Eve: 12/24 7am-3pm
Christmas Day: 12/25 Closed
New Year's Eve: 12/31 7am-3pm
New Year's Day: 1/1 Noon-5pm
*Always open for 24/7 Members!

24/7 ACCESS REACH YOUR FITNESS GOALS ANYTIME

ADD 24/7 TO YOUR MEMBERSHIP FOR JUST \$60- 1ST YEAR/ \$48 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!





Membership Options:

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!









For Medicare & Medicaid Members

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, TBEI, Crysteel Truck, Farm Business Info., GM Contracting, MinnStar Bank, Rescom Realty, Blue Earth County, IFS, or MCHC.

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Annual Membership Rates:				
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Membership Type	Annual	Monthly	Annual	Monthly
Family	\$695	\$67	\$657	\$63
Couple	\$611	\$59	\$576	\$55
Individual	\$445	\$43	\$415	\$41
Student	\$235	\$22	\$216	\$21
Senior	\$355	\$35	\$335	\$34
Senior Couple	\$480	\$47	\$452	\$43
Lake Cr	ystal F	Reside	nt Disc	ount Rates:
Family	\$510	\$50	F YOU LIVE O	R OWN A BUSINESS WITHIN
Couple	\$447	\$43	LAKE CRYSTA	AL CITY LIMITS, YOU GET A
Individual	\$323	\$32 I	DISCOUNT ON	ANNUAL MEMBERSHIPS AT
Student	\$169	\$18		THE LCARC!!

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.

\$27

\$34

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.

\$260

\$351

Senior: Individuals age 65 and older.

Senior

Senior Couple

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



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

Additional Membership Types

3 Month Memberships	•
Membership Type:	Cost:
Family	\$265
Couple	\$230
Individual	\$170
Student	\$95
Senior	\$140
Senior Couple	\$185

Cost:
\$32
\$196
Cost:
\$65

BRING YOUR UTILITY BILL TO THE FRONT

DESK TO GET YOUR DISCOUNT TODAY!!

For questions or more information, please contact Bethany at lcarcbethany@gmail.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 January 1, 2023 and are subject to change without notice

	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
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



Water Aerobics:

Water Aerobics Class Schedule:

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

^{*}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.



Discount Night:

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

Mondays from 6 - 8:30pm

Visit www.lcarc.com for most updated open swim and pool schedule.

Private Pool Rentals:

Zero Depth only:

\$40/hr for up to 25 people (kids and adults in the pool area)

Entire Pool Rental:

Up to 20 people in pool area: \$60/hr 21 to 40 people in the pool area: \$85/hr 41 to 80 people in the pool area: \$110/hr 81 to 100 people in the pool area: \$135/hr

100+: use the above rates

*Add the Large waterslide for \$25 flat rate



EGG DIVE! FRIDAY APRIL 7TH, 2023

TIME: 1-4PM

COME HAVE SOME EGG-STRA FUN IN THE POOL!! IT'S OUR ANNUAL CRAZY
EGG GRAB. YOU GET A SPECIAL TREAT FOR EVERY EGG YOU FIND!
INCLUDES: SWIMMING & FUN EASTER THEMED ACTIVITIES!

COST: \$3 MEMBER/\$5 NON MEMBER/\$1 SPECTATOR

621 W NATHAN ST LAKE CRYSTAL MN 56055





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.



Swim Lesson Scholarships are available through Connecting Kids. Apply for Scholarship at connectingkidsmankato.org.

Saturday Lessons

February 4th - March 25th 2023

9:15 - 9:45am	Aqua Tots
9:50 - 10:20am	Preschool Age 3-5
10:25 - 11:05am	Level 1
10:25 - 11:05am	Level 2
11:10 - 11:50am	Level 3 & 4
11:55 - 12:35pm	Level 5 & 6
Member Fees:	\$40.00
Non-Mmbr Fees	\$55.00

Tuesday / Thursday Evening

February 7th - March 2nd 2023

5:30 - 6:00pm	Preschool Age 3 - 5
6:05 - 6:45pm	Level 1
6:50 - 7:30pm	Level 2
Member Fees:	\$40.00
Non-Mmbr Fees	\$55.00

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-- \$80.002 students (together)-- \$115.00Non-Members1 student-- \$95.002 Students (together)-- \$135.00

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

All Ages Open Swim:

Monday 6-8:30pm

Wed 6-8:30pm

Friday 3:30-5pm & 5:30-7:30pm

Slide availability dependent on staff

Saturday 1-5pm w/slide

Sunday 1-4pm w/slide

*Our aquatics team is currently short staffed. Slide and deep end will only be available if there are enough lifequards on duty to meet safety requirements. Thank you for understanding.

*Holiday and other events may change this schedule. For certainty, check lcarc.com or call 507-726-6730.

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 have a waterproof hand stamp.

Daily Admission Stamp Cost: \$2 Annual Waterslide Cost: \$110 (In addition to membership)



Lifeguard Class:

Wednesday, December 28th 2022 Thursday, December 29th 2022 Friday, December 30th 2022 9:00am - 5:00pm each day, attendance to all three

days is mandatory.

Online work required before the first day of class.

Price: \$180.00

Email Katie to register lcarcwellness@gmail.com Scholarships available through Connecting Kids Apply for Scholarship (connectingkidsmankato.org)





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 8th - June 2nd *New prices start Fall 2023*

Price per child	Member	Non-Member
5 Days/Week	\$40/wk	\$50/wk
4 Days/Week	\$32/wk	\$40/wk
3 Days/Week	\$24/wk	\$36/wk
2 Days/Week	\$20/wk	\$24/wk
1 Day/Week	\$12/wk	\$15/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: 9/12, 10/10, 12/12, 1/09, 2/13, 3/13, 5/08
Snack and busing provided.

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

Dates: 10/20, 10/21, 11/14, 11/23, 12/23, 12/27, 12/28, 12/29, 1/02, 1/23, 02/20, 03/10, 4/6,

4/7, 4/10, 4/28

*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	\$115/wk	\$125/wk
4 Days/Week	\$105/wk	\$115/wk
3 Days/Week	\$85/wk	\$100/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



LCARC'S 40 LAP SWIM CHALLENGE!

OPTION 1: PARTICIPATE AS AN INDIVIDUAL AND COMPLETE ALL 40 CONTINUOUS LAPS.

OPTION 2: PARTICIPATE AS A RELAY TEAM OF 4 AND COMPLETE 10 LAPS EACH.

OPTIONAL WEEKLY SWIMMING WORKOUTS PROVIDED BY EMAIL

SCHEDULED SWIM DATE IN MARCH IS TBD

COST: \$25 PER PERSON (PRICE INCLUDES AN AWESOME T SHIRT!) *SHIRT DEADLINE IS FEB 15TH 2023



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

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.

LCARC Duathlon & 5K -



June 2023:



Get your training started for the LCARC Duathalon or 5K!

Run a 5K, bike 13 miles, then run 2 miles. OR run just the 5K. Compete in the Duathlon as an individual or a team of two.

Follow us on Facebook, Instagram, and visit www.lcarc.com for more details.



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!

Upper & Lower Body Blast, & Core and More: 30 minute class with strength and cardio intervals. The workouts will be led by personal trainers who will utilize the bars and free weights in the LCARC studio. The workout will include the same exercises for 6 weeks so participants can increase the intensity and their weights each week if desired. Attend all three workouts per week and get a full body workout each week!

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.





FREE 24/7

ONE YEAR FREE 24/7 PASS
WITH NEW ANNUAL
MEMBERSHIP

Limit 1 coupon per customer. Not valid with any other promo. Expires 02/01/2023

FREE

ONE FREE DAILY ADMISSION WITH PURCHASE OF ANY DAILY ADMISSION

Limit 1 coupon per customer. Not valid with any other promo. Expires 02/01/2023

ADDRESS

621 W Nathan St Lake Crystal MN 56055

CONTACT

507-726-6730

ON THE WEB

www.lcarc.com Find us on Facebook and Instagram

FREE

ONE FREE FITNESS CLASS WITH PURCHASE OF ANY FITNESS CLASS

> Limit 1 coupon per customer. Not valid with any other promo. Expires 02/01/2023

I.S.D No. 2071

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Postal Patron







STORYTIME

2ND SATURDAY OF THE MONTH
10:00AM
LAKE CRYSTAL PUBLIC LIBRARY

OCTOBER 8
CALLING ALL FIREFIGHTERS

NOVEMBER 12
"S" IS FOR SCARECROW

DECEMBER 10
WHAT A WONDERFUL WORLD

JANUARY 14
THERE'S SNOW BETTER TIME TO READ



FEBRUARY 11 LET'S MAKE MUSIC

MARCH 11
WOODLAND CREATURES

APRIL 15
APRIL SHOWERS- HELLO RAIN
NOTE DATE CHANGE DUE TO EASTER

MAY 13 SPACE AND STARS

Join us for an hour of reading, crafts and surprises. Best suited for Preschool to Grade 3.