

# THE LCARC & COMMUNITY ED



## Present the 2024 Summer Activity Guide



**What's inside:**  
**Swimming, Rentals, Health & Wellness**  
**Sports Camps & Youth Trips**



## 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

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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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# SUMMER FIELD TRIPS



**FOR ALL STUDENTS, GOING INTO 1ST-8TH GRADE**

Wed. June 12  
**HYLAND  
LAKE PARK**

**10:30 a.m. to  
4:30 p.m.**

Ready for a fun day at Shoots and Ladders? At Hyland Lake Park in Bloomington, we'll have a picnic in the park, and then play on their gigantic climbing structure. If it's a hot day, the splash pad may be open.

Cost: \$25 before, \$25 after deadline of May 30th.

Thur. June 20  
**FLANDRAU  
STATE PARK**

**9:00 a.m. to  
4:00 p.m.**

We'll start the day with a fun educational event, have lunch and then spend the afternoon swimming in the park's sand bottom pond. Wear clothes to play in and closed toed shoes, bring swimming stuff to change into.

Cost: \$20 before, \$25 after deadline of June 5th.

Wed. July 10  
**FAIRMONT  
WATERPARK**

**9:30 a.m. to  
4:00 p.m.**

Join us for a morning of play at Gomsrud Park in Fairmont, followed by a picnic in the park, and then a splashing good time at the Fairmont Waterpark.

There is a snack bar at the waterpark. Cost: \$25 before, \$30 after deadline of June 25th.

Wed. July 17  
**SEA LIFE  
AQUARIUM**

**8:15 a.m. to  
3:00 p.m.**

We're headed to the Aquarium at the Mall of America! There is a touch pool, amazing sharks and fish to see and an educational class that will teach us all about ocean conservation. There is a gift shop at the end. Cost: \$30 before, \$35 after deadline of July 2nd.

## **More Information:**

All field trips load from and return to LCWM Elementary School. They also include lunch, transportation, and admission. If you choose to send cash for snack bars, staff is not responsible for student money.



# Canvas Creations



Going into 2nd-8th Grades

You will have fun painting with your friends. Start with a blank canvas and acrylic paints and learn the basics about brush strokes, mixing paint and basic painting techniques. This will be an enjoyable time to paint with friends! You will bring home three creations at the end of class. Display them as stand-alone or as companion pieces. All materials are supplied. Aprons are available, but we suggest that you dress accordingly as acrylic paints do not wash out of clothes.

Dates: Tuesday - Thursday, June 4-6

Time: 12:00 p.m. to 2:30 p.m.

Location: LCWM Secondary School, Rm 114

Cost: \$70 before deadline, \$75 after

Registration Deadline: May 20

## Music Lessons

**Piano & Instruments Teachers:**

**Sheldon Meyer**

(507) 327-0060

**Lark Carlson Brown**

(507) 766-4229

**Piano Teachers:**

**Holly Havemeier**

(507) 202-2873

**Grace Pahl**

(507) 381-9637



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





### Summer Dance & Tumbling:

Spotlight Dance Company will again be offering the opportunity for your child to participate in our summer dance and tumbling programs this year! Tumbling classes are based on grade, and are scheduled so your child can have class back to back. Class times are based on the grade that your child just finished. If there are not enough/too many dancers, times may change and will be communicated to you before class starts.

Dates: Tuesdays, June 11-July 23, No Class July 9

Location: Small Gym, LCWM Elementary

Dance: \$55 before deadline, \$60 after

Tumbling: \$55 before deadline, \$60 after

Registration Deadline: May 23

Parents are welcome to attend the dance class on July 23 for a mini recital!

### Schedule:

9:00 a.m. to 9:30 a.m. - PreK/K/1st Dance

PreK-2nd Tumbling - 9:30 a.m. to 10:00 a.m.

10:00 a.m. to 10:30 a.m. - 2nd-3rd Dance

3rd-8th Tumbling - 10:30 a.m. to 11:00 a.m.

11:00 a.m. to 11:30 a.m. - 4th-8th Dance

# LEGO DESIGN CAMP

### Design Basics, Going into Grades 1-3

Your child will learn science and math concepts while working with materials from the Lego Educational Division. Children will learn how to use levers, pulleys, and gears in order to build projects such as carousels, drawbridges and conveyor belts.

### Advanced Design, Going into Grades 4-8

This class will focus on building Lego Vehicles with Lego Technic elements. Your child will gain understanding of how wheels, axles, levers, and gears work together to make vehicles move. The children will have the opportunity to hook up a motor and a battery to their vehicles and race!

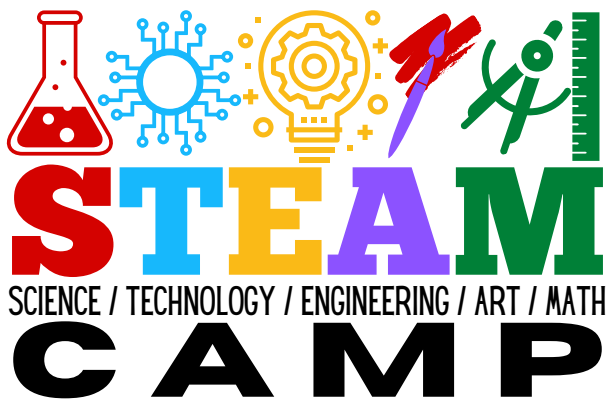
Classes are held together, but registration is separate.

Dates: Tuesday - Thursday, June 4-6, 8:30 a.m. to 11:30 a.m.

Location: LCWM Secondary School, Room 114

Cost: \$70 before deadline, \$75 after deadline of May 20

Cost includes a LEGO set to take home.



MONDAYS - THURSDAYS  
JULY 29 - AUGUST 8  
FOR STUDENTS GOING INTO  
5TH-8TH GRADE

REGISTRATION INFORMATION TO COME



## Summer Rocketry Day Camp:

Going into 3rd-7th Grade

In this class you will learn how a rocket flies, and then build your own model rocket. The rocket you build will be reusable and is yours to keep. On Friday morning, we will fly our rockets at LCWM Secondary School. Rain or excessive wind will hamper our ability to launch the rockets.

### Additional Supplies:

Students will be required to purchase their own model rocket. Cost of rockets and materials can range from \$12-\$30, depending on size and style. Specific instructions on rocket choices, where to purchase rockets locally, and Friday launch details will be shared during the first class.

Dates: Monday-Friday, June 24-28th

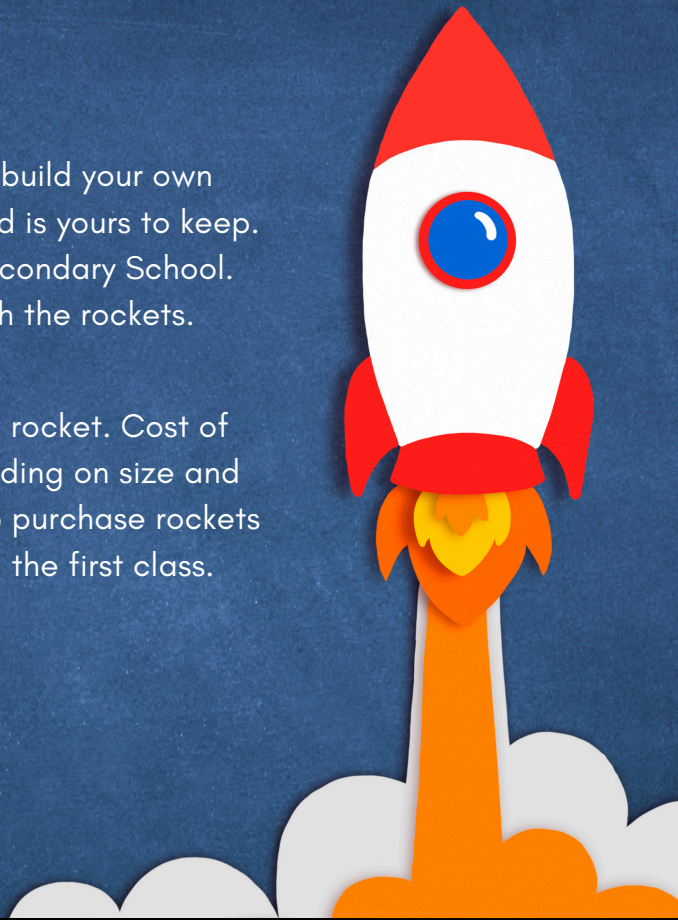
Time: 8:30 a.m. to 10:30 a.m.

Location: LCWM Secondary School, Rm 114

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

(Does not include rocket, to be purchased separately)

Registration Deadline: June 10



## 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 Drivers Permit or License.

**Location:** LCWM Secondary School Cafetorium

### Times:

May 30, 3:30 p.m. to 6:30 p.m.	May 31, 3:30 p.m. to 6:30 p.m.
June 1, 9:00 a.m. to 12:00 p.m.	June 4, 8:30 a.m. to 11:30 a.m. &
June 5, 8:30 a.m. to 11:30 a.m. &	12:30 p.m. to 3:30 p.m.
12:30 p.m. to 3:30 p.m.	June 6, 8:30 to 11:30 a.m. &
June 8, 8:30 a.m. to 11:30 a.m.	12:30 p.m. to 3:30 p.m.

### Parent Meeting:

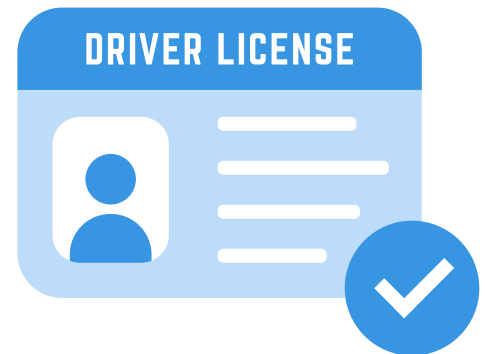
Saturday, June 9 from 11:30 a.m. to 1:00 p.m.

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 23. Students must be 15 years old by September 15, 2024 and need to bring a pen or pencil, and a notebook to class.





# KNIGHTS CHAMPION ATHLETICS

## Mini Champions Sports Camp

Going into 4 year Preschool & Kindergarten  
This is a sports sampler camp that will give your child the chance to learn and have fun with different sports each day! Sports included, but not limited to: Soccer, T-ball, Basketball, Track & Field, and more! One parent or guardian should plan to stay with the child and help them play and learn.

Dates: Monday-Thursday, July 8-11

Time: 5:00 p.m. to 5:45 p.m.

Location: LCWM Elementary School Field

Cost: \$15 before deadline, \$20 after

Registration Deadline: June 24

## Junior Champions Sports Camp

Going into 1st-3rd Grade  
Junior Champions is a sports sampler camp that will give your child the chance to experience and compete in a different sport each day! Sports included, but not limited to: Dodgeball, Bocce Ball, Kickball, Spikeball, Soccer, T-ball, Basketball, Track & Field, and more!

Dates: Monday-Thursday, July 8-11

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

Location: LCWM Elementary School Field

Cost: \$15 before deadline, \$20 after

Registration Deadline: June 24

# STRENGTH & CONDITIONING

JP Fitness is building this program with intention and focus around supporting our students with expertise and passion for living a truly healthy, active lifestyle. JP Fitness is honored to have a reputation in our community for providing a professional, elevated experience. Each of their certified team of trainers is committed to supporting the students each step of the way. JP Fitness believes in a Team Approach to a Strength and Conditioning program, which is shown to improve comradery amongst the team and provide a better support system from peers.

JP Fitness will provide certified Personal Trainers to implement a personal program for each student that will include access to their program on the JP Fitness app. Access to the app will also provide support from our training staff to athletes regarding their program.

## Going into 7th-12th Grades

Dates: June 10 - August 9,  
Mondays, Wednesdays & Fridays.

There will be no classes on June 19,  
with a make up class on June 20,  
and no class the week of July 1-5.

Cost: \$120 before deadline, \$125 after  
Registration Deadline: May 24 \*\*Check

Boys: 6:15 a.m. - 7:00 a.m.

Girls: 7:00 a.m. - 7:45 a.m.

Students should wear/bring clothing  
appropriate for class, gym shoes, and a  
water bottle. Waivers will be sent to all  
registered students and will need to be  
returned before starting the program.



# TRACK & FIELD CAMP

We will again be offering Track and Field camp for students going into 4-7th grades.

This program is for boys and girls, and will combine technical development and fundamental techniques with safety and a major focus on fun!

Using special equipment, our exercises and drills will prepare athletes for a future in cross-country, track and field events, distance running, while inspiring a love for running and being active. The fundamentals of body positioning, stride, proper stretching, and cool-down techniques are all covered in this unique program.

Students should dress to be outside for the full hour. Students should wear appropriate clothes to run in, including good running/gym shoes. All students should also bring a water bottle.

## Going into 4th-7th Grades

Dates: Tuesday-Thursday, June 25-27

Time: 10:30 a.m. to 11:30 a.m.

Location: LCWM Secondary School Track

Cost: \$15 before deadline, \$20 after

Registration Deadline: June 10



# VOLLEYBALL CAMP

Grow and maintain your volleyball skills, and learn how to be your best player from the Varsity Coaches in this three day camp. LCWM Volleyball t-shirt included if registered by the deadline.

Dates: Monday-Tuesday, June 10 & 11

Location: Secondary School, Gyms

## Going into 4th-6th Grades

Times: 8:00 a.m. to 9:15 a.m.

Cost: \$25 before deadline, \$30 after

## Going into 7th-8th Grades

Times: 9:30 a.m. to 11:00 a.m.

Cost: \$30 before deadline, \$35 after

Registration Deadline: May 28

## Going into 9th-12th Grades

### Register through Community Education

Dates: Monday-Wednesday, July 29-31

Location: Secondary School, Big Gym

Times: 7:00 a.m. to 10:00 a.m.

Cost: \$110 before deadline, \$115 after

Registration Deadline: July 15

This camp will be coached by Minnesota State University- Mankato Assistant Coach Megan Bezdicek. Register your 9th-12th grade volleyball player through Community Ed this year.



# LCWM BALL PLAYERS GROUP NIGHT



VS



## \$20

INCLUDES ALL YOU CAN EAT BUFFET AND SODA!

### JUNE 15

GAME STARTS 6:30 PM

USE PROMO CODE  
LCCOMMUNITIED



# BASKETBALL CAMP

Develop and cultivate your basketball skills, and learn from the Varsity Coaches in this three day camp. LCWM Basketball t-shirt included if registered by the deadline.

Dates: Monday-Wednesday, July 22-24th

Location: Secondary School, Big Gym

### Going into 4th-6th Grades

#### Boys Basketball

Times: 10:00 a.m. to 11:30 a.m.

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

#### Girls Basketball

Times: 11:30 a.m. to 1:00 p.m.

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

Registration Deadline: July 8

# TACKLE FOOTBALL

Going into 4th-6th Grade

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

Registration Deadline: August 1

LCWM Football is part of the South Central Youth Football League, but no league information is available yet.

### Parent Meeting & Equipment Pickup

Date: Thursday, August 1

Time: 6:30 p.m. to 7:30 p.m.

Location: Secondary School, Cafetorium

Please register your child online before the meeting.

You will need to bring a separate check for your volunteer deposit of \$50. This will be returned to you at the end of the season if you volunteer. Jerseys are available to rent or to purchase, separate checks will be required for this as well.

Jersey rental checks will be returned with return of the jersey at the end of the season.

### Football Camp:

Going into 4th-6th Grade

This will be a great camp to prepare for the season. Come to camp and refresh your football skills. Instruction will be provided by the LCWM Football coaching staff.

Dates: Tuesday-Thursday,

July 30 - August 1st

Time: 5:00 p.m. to 6:30 p.m.

Location: Secondary School,  
Varsity Football Field

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

Registration Deadline: July 15

Those not registered by the deadline

**will not** receive a team shirt.





# LITTLE KNIGHTS

# PRESCHOOL

**Classes Start:  
Tuesday, September 10, 2024**

**Spots in the afternoon are  
still available.**

## Preschool Activities :

- Play Based Learning
- Brain & Body Development
- Supportive & Nurturing Environment
- Music & Movement

For more information :

**(507) 726-2320**

[www.isd2071.k12.mn.us/page/little-knights-pre-school-program](http://www.isd2071.k12.mn.us/page/little-knights-pre-school-program)



4 Star Parent Aware rating,  
Scholarships are available.

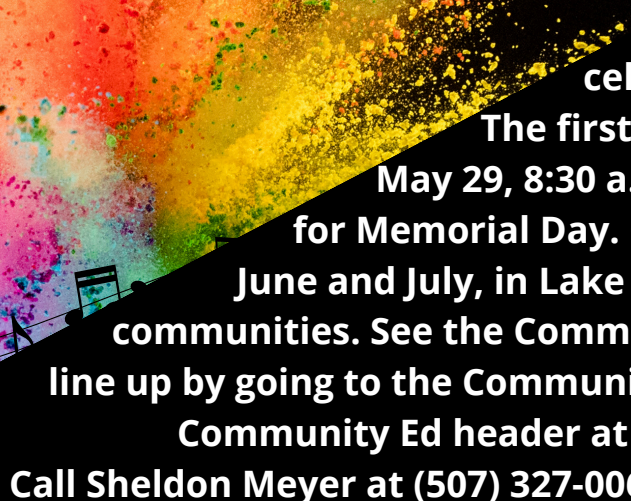






# Storybook Theatre

**is coming back to LCWM! Auditions for "Goldilocks" will be the afternoon of Monday, November 11. Practices will be Monday-Friday, November 11th-15th. Performances will be November 15, 2024, 7:00 p.m., & November 16, 2024, 2:00 p.m.**



**The Community Band celebrates it's 40th season! The first concert will be Monday, May 29, 8:30 a.m., at LCWM Secondary, for Memorial Day. Other concerts will be in June and July, in Lake Crystal and surrounding communities. See the Community Band's full concert line up by going to the Community Band page, under the Community Ed header at [www.isd2071.k12.mn.us](http://www.isd2071.k12.mn.us) Call Sheldon Meyer at (507) 327-0060 if you have questions.**

*The Lake Crystal*  
**Community 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.





### 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.org](mailto:facilities@isd2071.org)



### 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.



## Community Ed. Staff:

### Logan Maska

Director of Community Education  
lmaska@isd2071.org

### Alisha Prange

Early Childhood Coordinator  
aprang@isd2071.org

### Jenny Bierma

Community Education/ECFE  
Assistant, Registrations & Facilities  
jbierma@isd2071.org

## Board Members:

Gail Graupman

Kari Paul

Trent Hollerich

Melissa Dudgeon

Renee Dahm

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

**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, or all major Credit Cards. 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.

### No programming and offices closed in observance of:

Memorial Day: Monday, May 27  
Juneteenth: Wednesday, June 19  
Independence Day: Thursday, July 4  
Labor Day: Monday, September 2

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



# The Rec Center 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: Closed Memorial - Labor Day\*

## Holiday Hours:

Memorial Day Weekend : Closed Sunday and Monday  
 Independence Day: 7/4 Closed  
 Labor Day: Monday Closed

\*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	\$30.00
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	\$10.00
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)



## LCARC Staff:

**Renee Dahm** - Marketing/Health & Wellness

**Lora Honstad** - Housekeeping

**Ralph Huls** - Maintenance

**Bethany Maxwell** - Membership

**Katie Murphy** - Aquatics / Rentals

**Larissa Ward** - Family Programs

**Ryan Yunkers** - Executive Director

## LCARC Board:

**Rachel Jones** - President

**Meghan Peterson** - VP/Secretary

**Jennifer Wiens** - Treasurer

- **Brenda Rogers**
- **Zach Alms**
- **Pat Gengler**
- **Marissa Johansen**
- **Dewey Escher**

**LIMITED OFFER**

## Pool & Student Membership Sale!

**\$10 off any pool or Student 3 month membership!**

**3 MONTH POOL FAMILY FOR \$105**

**3 MONTH POOL INDIVIDUAL FOR \$55**

**3 MONTH STUDENT \$85**

**Customer must mention this offer at the front desk.**

**Offer valid May-June 2024**

## 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 LCARC & Membership Deal**



# Annual Membership Rates:

Membership Type	New		Renewal	
	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 Crystal Resident Discount Rates:

Family	\$510	\$50	<b>IF YOU LIVE OR OWN A BUSINESS WITHIN LAKE CRYSTAL CITY LIMITS, YOU GET A DISCOUNT ON ANNUAL MEMBERSHIPS AT THE LCARC!!</b> <b>BRING YOUR UTILITY BILL TO THE FRONT DESK TO GET YOUR DISCOUNT TODAY!!</b>
Couple	\$447	\$43	
Individual	\$323	\$32	
Student	\$169	\$18	
Senior	\$260	\$27	
Senior Couple	\$351	\$34	

**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	\$265
Couple	\$230
Individual	\$170
Student	\$95
Senior	\$140
Senior Couple	\$185

Walking Track Membership:	Cost:
Contract Length	
1 Month	\$32
1 Year	\$196
3 Month Pool Membership	Cost:
Membership Type	
Individual	\$65
Family	\$115

**For questions or more information, please contact Bethany at [lcsrcbethany@gmail.com](mailto:lcsrcbethany@gmail.com)!**

# 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!



# 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!

## 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!



For Medicare & Medicaid Members

## 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.



# Morning Swim Lessons at The



Lake Crystal Area Rec Center

## Session 1 Morning Lessons:

June 10th - 20th 2024 (Mon-Thurs)

9:00 - 9:30a	Aqua Tots
9:00 - 9:30a	Preschool
9:35 - 10:15a	Level 1
9:35 - 10:15a	Level 2
10:20 - 11:00a	Level 3
10:20 - 11:00a	Level 4
11:05-11:45a	Level 5
11:05-11:45a	Level 6
Member Fees:	\$40.00/student
Non-Mmbr Fees	\$55.00/student

## Session 3 Morning Lessons:

July 29th - August 8th (Mon-Thurs)

9:00 - 9:30a	Aqua Tots
9:00 - 9:30a	Preschool
9:35 - 10:15a	Level 1
9:35 - 10:15a	Level 2
10:20 - 11:00a	Levels 3 & 4
10:20 - 11:00a	Level 5 & 6
Member Fees:	\$40.00/student
Non-Mmbr Fees	\$55.00/student

## Session 2 Morning Lessons:

July 8th - 18th 2024 (Mon-Thurs)

9:00 - 9:30a	Aqua Tots
9:00 - 9:30a	Preschool
9:35 - 10:15a	Level 1
9:35 - 10:15a	Level 2
10:20 - 11:00a	Level 3
10:20 - 11:00a	Level 4
11:05-11:45a	Level 5
11:05-11:45a	Level 6
Member Fees:	\$40.00/student
Non-Mmbr Fees	\$55.00/student





# Evening Swim Lessons at The



Lake Crystal Area Rec Center

## Session 1 Evening Lessons:

June 10th - 20th 2024 (Mon-Thurs)

5:30 - 6:00pm	Aqua Tots
6:05 - 6:35pm	Preschool
Member Fees:	\$40.00/student
Non-Mmbr Fees	\$55.00/student

## Session 3 Evening Lessons:

July 29th - August 8th (Mon-Thurs)

5:30 - 6:00pm	Preschool
6:05 - 6:45	Level 1 & 2
Member Fees:	\$40.00/student
Non-Mmbr Fees	\$55.00/student

## Session 2 Evening Lessons:

July 8th - 18th 2024 (Mon-Thurs)

5:30 - 6:10pm	Level 1 & 2
6:15 - 6:55pm	Level 3 & 4
Member Fees:	\$40.00/student
Non-Mmbr Fees	\$55.00/student



## 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.

<b>Members:</b>	<b>1 student-- \$80.00</b>	<b>2 student (together)-- \$115.00</b>
<b>Non-Members</b>	<b>1 Student-- \$95.00</b>	<b>2 Student (together)-- \$135.00</b>

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



# Water Aerobics:

## Water Aerobics Class Schedule:

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

\*Starts June 3rd. Schedule available at [www.lcarc.com](http://www.lcarc.com) or call 507-726-6730



**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 - 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 \$\$ each 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	\$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](http://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 email [lcarcwellness@gmail.com](mailto:lcarcwellness@gmail.com)**



# All Ages Open Swim:

**\*Starts June 3rd, 2024**

Monday: 1-4pm w/slide, 6-8:30pm w/slide (deep end area closed) (7-8:30pm on swim lesson weeks)

Tuesday: 1-4pm w/slide, no evening open swim

Wednesday: 1-4pm w/slide, 6-8:30pm (no slide or deep end) (7-8:30pm on swim lesson weeks)

Thursday: 1-4pm w/slide, no evening open swim

Friday: 1-5pm w/slide, 6-8:30pm w/slide

Saturday: 1-5pm w/slide

Sunday: Closed (Memorial-Labor)

# Waterslide:

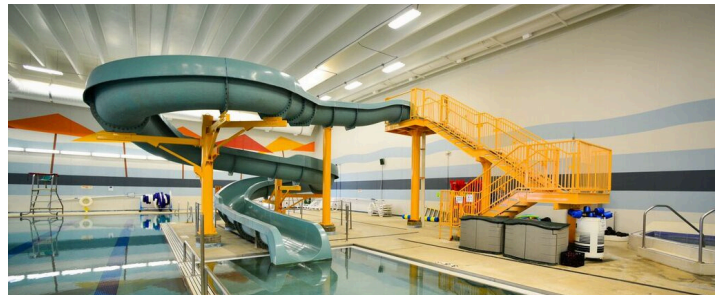
The waterslide is only open on specific nights. Be sure that it is open if you plan use before arriving.

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)



## Junior Lifeguard Camp



August 19th – 23rd 2024 Monday – Friday 10:00am – 12:00pm

\$50/member, \$70/nonmember  
Ages 11-14.

Your child will learn the basics of lifeguarding skills through fun games and drills, improve their swimming skills, and learn the basics of CPR!



## 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](mailto:lcarcwellness@gmail.com)

## 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.



"I want to help you be well"  
lcarcrenee@gmail.com

## PERSONAL TRAINING WITH RENEE

We Train, You Grow

**Join Me!**

### Services:

- Program Set Up
- Strength Training
- Cardio Training
- Aqua Training
- And more!



### Personal Training Rates:

	Member:	Non-Member:	2 Members:	2 Non-Members:
<b>1 Session</b>	\$30	\$40	\$40	\$60
<b>3 Sessions</b>	\$85	\$115	\$114	\$144
<b>5 Sessions</b>	\$120	\$175	\$170	\$220
<b>10 Sessions</b>	\$225	\$300	\$320	\$420
<b>20 Sessions</b>	\$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!

**Lower, Upper, and Core & More** -30-minute class is for people who want a quick but impactful early morning workout that includes 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 Exercise:** 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.

# SUMMER FIT KIDS

## 2024

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

**Summer Program Requires:**

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

Contact Family Programs Manager Larissa Ward for more information at [lcarcfitkids@gmail.com](mailto:lcarcfitkids@gmail.com)



## SUMMER PROGRAM

**COST:**

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	\$95/wk
2 Days/Week	\$55/wk	\$65/wk
1 Day/Week	\$30/wk	\$35/wk





# SCHOOL YEAR FIT KIDS

Monday-Friday, 2:45-6 p.m.

Grades K-5

\*Registration opens June 24th, 2024  
for School year Fit Kids



After School Fit Kids  
At LCWM Elementary  
Monday-Thursday & LCARC Fridays



Late Start Fit Kids

Member: \$10/child

Non-Member: \$12/child

Snack and busing provided.

All Day Fit Kids

Member: \$30/child

Non-Member: \$35/child

On days when there is no school.

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

**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



**The Annual LCARC Duathlon & 5k is on Saturday June 15th, 2024!**

**Race will start at 9:00 AM.**

**This race is a 3.1 mile run (5k), 13 mile bike ride, and then a 2 mile run. Or you can choose to run/walk just the 5k. You can sign up as an individual or a team for the duathlon. As a team, one team member will run, and the other will bike.**

**Register by calling the LCARC @ 507-726-6730 or online at [lcarc.com](http://lcarc.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](mailto:lcarcwellness@gmail.com) for available dates. A \$10 non-refundable deposit is required to schedule all rentals.

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



**Standard Room Rentals**

Room	Members	Non- Members
	Corporate Members Non-Profit Org.	Private Org. Individuals
<b>Derksen</b> (Fit Kids Rm, w/ kitchenette)	\$20/hr \$95/day	\$25/hr \$120/day
<b>Meixell</b> (Community Rm, w/ presentation capacity)	\$20/hr \$95/day	\$25/hr \$120/day
<b>Gym - Half</b>	\$25/hr \$150/day	\$35/hr \$180/day
<b>Gym - Full</b>	\$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



LAKE CRYSTAL AREA REC CENTER

# PICNIC FUNDRAISER

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**Come join us for a picnic!  
Taco in a bag, hot dogs and root  
beer floats, yard games and fun!  
Proceeds go to help support  
youth programming!**

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**Tuesday, June 4th  
4:00-7:00 pm**

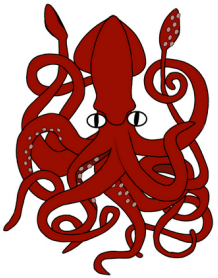


# Physical Therapy

Madelia Community Hospital & Clinic:

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

Call 507-642-5211 to schedule an appointment!



## SQUID SCHOOL

NEW swim program coming in June to our area!

Living in a state surrounded by water, safety is critical.

11 people drown every day and another 22 people per day suffer life altering injuries due to a near drowning. 83% of all drowning victims drown fully clothed. At Squid School all our clients 2 months and up learn to swim not only in their swimsuits. Also in Jammies, seasonal clothing, and full winter gear, plus hold a 10-minute back float and go in unexpectedly. Our mission is to teach people of all ages to swim, survive water emergencies and keep search and rescue teams out of the water and at home with their families.

We encourage you to check us out and enroll in our program at [squidschoolmn.com](http://squidschoolmn.com)

**NEW!**



2024

# CRUZ 'IN Lake Crystal



## CLASSIC CAR ROLL IN'S EVERY OTHER THURSDAY - 5-8PM

ALL MAKES & MODELS OF CARS AND MOTORCYCLES ARE WELCOME

MAY 16 - 30 \* JUNE 13 - 27 \* JULY 11 - 25 \* AUGUST 8 - 22 \* SEPTEMBER 5 - 19  
NEW THIS YEAR SUNDAY AFTERNOON - SEPTEMBER 22 FROM 1:00 TO 4:00PM

ENJOY CLASSIC WHEELS \* FOOD \* DOOR PRIZES \* RAIN OR SHINE

 **MUSICAL ENTERTAINMENT**    MAY 30 & SEPT. 22 - ROBBIE VEE & HIS ROCK AND ROLL CARAVAN  
JULY 25TH MURPHY BROTHERS BAND    AND AUGUST 22 - HOLY ROCKA ROLLAZ


Sponsored by the Lake Crystal Area Chamber of Commerce