



PRAIRIE LAKES
Wellness Center

Monthly Update:

November 2020

Front Desk Coordinator: Sharie Bekaert
Secretary/Receptionist: Jenny Elbert
Recreation Programs Manager: Jeremy Herrboldt

Notes:

- ❖ **We ask that you clean your machine after use, be courteous to other members. Nobody wants to get on a sweaty and dirty machine. It also helps control the germs that float around this time of the year. If the weather is wet or muddy please bring your shoes along and change so we keep the machines clean. We greatly appreciate your help keeping us clean! 😊**
- ❖ **We ask that you wear shoes while in areas other than locker rooms, pool and yoga room.**
- ❖ **With winter weather approaching we want to remind you that if we are closing early or opening late we will post it on our Facebook page, our plwc.life website and also on the local radio stations!**
- ❖ **We have a large assortment of lost and found items, if you are missing an article of clothing please have one of the staff check our lost and found so we can get it back to you. We keep the items for a period of time but after that they get donated.**

Adult/Senior Program Updates:

Andrew Magedanz, Recreation Programs Specialist

- ❖ Pickleball Players

- Designated times to play Pickleball on the weekends are Saturdays from 1-2:30pm and Sundays from 12-1:30pm.
- Pickleball takes priority on the two courts in the Auxiliary Gym during these times, even if there is something going on in the Active Heating Sports Zone.
- When there is NOT an event going on in the Active Heating Sports Zone , which is most of the time, Pickleball can be played anytime-just inquire at the front desk.
- The best times for open Pickleball play are during the week before 3:30pm and after 8:00pm and on the weekends.

❖ Veterans Day Pickleball Tournament

- Saturday, November 14th
 - Men's Doubles (2.5, 3.0, 3.5, 4.0 Divisions), Women's Doubles(2.5, 3.0, 3.5, 4.0 Divisions), Mixed Doubles(2.5, 3.0, 3.5, 4.0 Divisions)

Youth Program Updates:

Josh Maag: Recreation Program Coordinator

Josh oversees the scheduling of the Active Heating Sports Zone and the City Auditorium. He also coordinates, conducts and supervises the Youth Recreation Programs, Lessons, Leagues, Camps and Tournaments for the Division

Please check our weekly schedule for Open Gym/Court Opportunities and Availability as the Active Heating Sports Zone is getting very busy with league Play, Programs, Rentals, Tournaments and Events!

Online Registration is open for Fall & Winter Programs, Leagues and Camps.

Use this link to check out what we are all offering and to register:

signup.watertownparkandrec.com

Upcoming Programs:

BASKETBALL MADNESS SKILLS CAMP (Girls and Boys in Grades 1-6)

This instructional basketball program will focus on individual skill improvement. Meeting times will key on the fundamentals of the game. We will end with moving with and without the ball along with 3 on 3 concepts through contests and scrimmages. This is a great time to get better individually and become a better teammate!

Winter Session: Monday's February 22, March 1 & 8

Group 1: 4:00 – 4:45 P.M. 1 -3 / Group 2: 5:00 – 5:45 P.M. Grades 4 - 6

Location: Active Heating Sports Zone at the Prairie Lakes Wellness Center (Use North Entrance)
Fee: \$25.00 / Session

FUTURE ARROWS BASKETBALL CAMP

(Girls & Boys Pre K – Grade 1)

Future Arrows will learn the fundamentals of shooting, footwork, passing, ball handling, rebounding and defense. This is a great opportunity to learn and build skills. Sign up today and let's get these little arrows started right!

Fall Session: Tuesday, Wednesday & Thursday, November 17, 18 & 19

Winter Session: Mondays, January 25, Feb 1 & 8, 2021

Time: 4:45 – 5:30 P.M.

Location: Active Heating Sports Zone at the Prairie Lakes Wellness Center (Use North Entrance)

Fee: \$25.00 / Session

Fitness Department Updates:

Dave Greenman: Fitness/Program Coordinator

- ❖ Acceleration Room Closings in November:
 - Mondays: 4-5:30pm
 - Tuesdays: 4-5pm and 6-7pm
 - Wednesdays:
 - Thursdays: 4-5:30 pm and 6-7pm
 - Please check for changes on the calendar posted outside the Acceleration Room

- ❖ Halloween Hustle 2020 was cancelled due to COVID and lack of numbers. Hope to see everyone next year!

Aquatics Department Updates:

Jodi Hemiller: Aquatics/Program Coordinator

- ❖ Aqua Barre will Be November 7th from 9-10am
- ❖ Water Aerobics & lap Swimming Schedule on Thanksgiving Holiday.
 - PLWC is open 7a-11a on Thanksgiving Day.
 - Thurs., Nov 26th- SAOR 7-10:45am
 - No water classes on Thurs
 - Fri., Nov 27th- Pool Opens at 7am for SAOR; 10-1pm Adult Lap Swim

- No water classes on Friday
- ❖ Swimming lessons are filling up fast! If you would like your child to participate and all classes for the desired level are full, please leave your information with the front desk and we'll add you to the wait list.
- ❖ Our no school or early out swim dates in November are the 11th, 25th and 27th from 1-3pm.
- ❖ Swim at your own risk throughout the day. 3 lane leisure pool is open 5a-4pm Monday-Friday.
- ❖ Got a birthday coming up? Host your party at the Prairie Lakes Wellness Center Pool!
 - Contact Jodi to book your party today! 882.6250

Group Fitness Department Updates:

Anne Rylance: Group Fitness Coordinator

- **Group Fitness Schedule during the Thanksgiving Holiday**
- **Thanksgiving morning workout**
 - Thursday, November 26th~ 7:30am Grit Cardio with Erika followed by BodyPump Express with Jen at 8:15am. 2 classes-2 sign ups required.
- **Friday, November 27th...** No Group Fitness Classes!
- **A couple friendly reminders for our Mind/Body & Group Fit Rooms....**
 - While going barefoot in our Mind/Body room is courteous year-round-even during flip-flop weather-it's especially important during rainy months and snowy seasons, when mud and slush are common. By removing your shoes, you're not only helping with studio cleanliness, but you're respecting a space that's enjoyed by others. We also ask that you bring an extra pair of flip flops or shoes that can be slipped on and off easily if you need to use the restrooms during class or come in and out of our locker rooms.
 - Please avoid using any scents when coming to any of our group classes, respect those who are allergic and sensitive to perfume, oils, and other strong smells.
 - Reserve a spot, respect the spot. We understand that things come up and sometimes you can't attend class. Calling to cancel your reserved spot is

common courtesy to other members. This gives the front desk the opportunity to call those on the wait list and give them the opportunity to attend class.

New Classes in November

- **Silver Sneakers Chair Yoga** with Dawn will resume Mondays and Wednesdays at 10:30am. Class size will be limited to 12 people. To reserve a spot you must CALL the Wellness Center front desk. Sign up is ONLY allowed 1 day before or day off class.

***Tween Barre** at 4:15pm Mondays with Kristi. This class will run like our other online classes and requires online sign up to reserve a spot. 5th-8th graders allowed to attend class. Mats are required when you attend class.



Cancellation Policy for Classes and Facility

It is the Prairie Lakes Wellness Center's responsibility to assure that our members are safe during inclement weather. The following cancellation and closure policy was adopted by the Watertown Park and Recreation Board.

- When there is a late start of school, classes (land and water) will be cancelled in the AM and will resume at noon.
- When school lets out early, all classes (land and water) will be cancelled the remainder of that day and evening.
- If school is cancelled for the day. No land and water classes throughout the day and evening.
- The PLWC will follow the direction of City Hall closing decisions between 8:00 AM and 5:00 PM.
- Closing of the facility and the length of time of closing will be determined by the severity of the weather and the timing of snow removal from the parking lot.

- All announcements of cancellations and closings will be announced on the radio, Facebook, PLWC website and answering machine.

- **Saturday classes in November-8:30am**
- **Group Fitness A /Cycle Room**
- *** Sign up required for all Saturday classes***

November 7th - BodyPump with Jen

November 14th-Turbo Kick with Codi

November 21st-BodyPump with Jen

November 28th-Cycle 45 with Mindy

- **Saturday classes in Mind/Body November 8:30am**

November 7- Barre Fusion Fire with Angie

November 14th-Hot Yoga Sculpt with Traci

November 21st Hot BodyFlow with Tahna

November 28th- Warm Barre with Krisit