



**PRAIRIE LAKES**  
Wellness Center

Monthly Update:  
April 2019

Wellness Center Superintendent: John Small ([jsmall@watertownsd.us](mailto:jsmall@watertownsd.us))

Front Desk Coordinator: Sharie Bekaert ([sbekaert@watertownsd.us](mailto:sbekaert@watertownsd.us))

**Notes:**

- ❖ Please make sure you are in our new system and that we have an updated photo. If you sign up for the notifications you will receive information regarding closures and cancellations.
- ❖ If you are signing up for a program/activity through Civic Rec and are a current member of PLWC or the Zoo you will already have an account so please don't create a new account. If you are not sure please give us a call and we would be happy to look to see if you have an account. If you are a member and create another account it will not give you the member pricing on activities because your membership is tied to the other account.
- ❖ Do you have questions on certain policies and procedures? Stop at the front desk and ask for "Rules of the Game". This informative brochure will cover everything from age policies in the weight room to dress code and everything in between.
- ❖ Please be SCENT sitive to those around you. We ask that you avoid wearing perfume, oils or other scents during your workout. Thank you!!! This applies to all areas of the facility.
- ❖ The basketball courts in the Park and Rec Gym and the PLWC Gym will be closed on Saturday April 6<sup>th</sup> and the basketball courts in the Park and Rec gym are closed Sunday April 7<sup>th</sup> for a volleyball tournament. The PLWC courts will be open on Sunday for open gym.
- ❖ We are closed on Easter Sunday. Open regular hours on Monday.
- ❖ Only tennis shoes are allowed in the racquetball courts, all other shoes are too hard on the flooring.
- ❖ If you are interested in helping work the concession stand for the volleyball tournament on April 6<sup>th</sup> or 7<sup>th</sup> please see Sharie or John.

## Fitness Department Updates:

Dave Greenman: Fitness/Program Coordinator ([dgreenman@watertownsd.us](mailto:dgreenman@watertownsd.us))

- ❖ Parents: Children under 8<sup>th</sup> grade are only allowed on the 2<sup>nd</sup> floor if they are walking the track within arm's reach of you. Children are not permitted in the free weights area, acceleration room, group fitness rooms, or the Cybex area under any circumstances.
  - Please review our Youth Guidelines or ask a staff member if you have questions.
  - Our primary concern is safety.
  - Our Child Watch room is open 8am-2pm Monday-Friday, 4-8pm Monday-Thursday, and 8-11am Saturdays for your convenience. (\$3/hour per child)
  
- ❖ Just another reminder that there **will be** Rumble on the Ranch (3 or 6 mile obstacle course) in 2019. Go to [www.rumbleontheranch.com](http://www.rumbleontheranch.com) to sign up today! See attachment for more details
  
- ❖ Road Race Season is upon us!!! The May Day Run (5K) is first on the list, so mark your calendars for Saturday, May 4<sup>th</sup>. Check the attachments for a May Day Run registration form.
  
- ❖ Please see the “road races 2019” attachment for a full list and dates of all of races and events this summer!
  
- ❖ REMEMBER, it is easier than ever to get signed up for events at the Prairie Lakes Wellness Center:
  1. Sign up online at [www.plwc.life/signup](http://www.plwc.life/signup)
  2. Stop in and sign up at the front desk.
  3. Give us a call and sign up over the phone
  4. If applicable, fill out registration form and mail it in

GO TO [WWW.PLWC.LIFE](http://WWW.PLWC.LIFE) FOR ALL OF YOUR PRAIRIE LAKES WELLNESS CENTER QUESTIONS!

- ❖ For any questions on the fitness department or our programs, contact Dave Greenman @ 882.6250 or [dgreenman@watertownsd.us](mailto:dgreenman@watertownsd.us).

# Aquatics Department Updates:

Jodi Hemiller: Aquatics/Program Coordinator ([jhemiller@watertownsd.us](mailto:jhemiller@watertownsd.us))

- ❖ We have had some questions on what is appropriate swim wear, only approved swim wear is allowed in the pool and hot tub. Compression shorts, boxer shorts, under clothing, sports bras are not considered appropriate swim wear.
- ❖ Aqua Barre Class one Saturday of each month from 9:15-10:15am
  - The date will be posted on the weekend aerobic schedule, this month it is April 13<sup>th</sup>.
  - We also have Aqua Barre Friday's at 9am and alternating Thursday evenings.
  - April 5<sup>th</sup> and April 12<sup>th</sup>, Aqua Barre will be at **8:30am!**
- ❖ When the Watertown School District has a scheduled early dismissal or a NO school day, the Prairie Lakes Wellness Center will have an additional open swim session from 1-3pm.
  - Children 3<sup>rd</sup> grade and younger must be supervised by an adult, children in 4<sup>th</sup> grade and older may swim independently.
  - Upcoming dates:
    - April 18<sup>th</sup>-19<sup>th</sup>
    - April 22<sup>nd</sup>
- ❖ Swim at your Own Risk: This time is for lap swimmers 18 years and older to swim in the 3-lane leisure pool only. You must sign a one-time waiver at the front desk prior to swimming.
- ❖ Special Olympics will be using competitive pool from 10 am-12 pm on Saturday mornings starting Sat., Mar. 16 – May 11. Leisure lanes will be open to members during this time on Sat. mornings.
- ❖ Special Olympics Swim Meet: Friday, April 26<sup>th</sup> from 12-4pm. Competitive Pool closes at 12pm to members, Leisure Pool remains open throughout the day.
- ❖ Master's Swim Meet: Saturday April 6<sup>th</sup>.
  - The competition pool will be closed until 2pm
  - Leisure pool is open all day. 7am-1pm Swim at your own risk in 3 lap lanes. 1pm-7pm is open swim.
- ❖ **Middle School Swim Unit will start March 20 – April 17.** During this time, noon lap swim will be 11:30am-12:40pm. The 3 leisure lanes will remain open for our members 5:00 am – 4:00 pm.

- ❖ Interested in becoming a Lifeguard or Water Safety Instructor? Great opportunity for summer employment working for the City of Watertown. Please see attachments for specific course details.
- ❖ **Spring/Summer Swim Lessons**
  - View schedule on line starting Monday April 1<sup>st</sup> at <http://www.plwc.life>
  - On-line registration opens Monday, April 22<sup>nd</sup> at 8am at [www.plwc.life/signups](http://www.plwc.life/signups)
  - Walk-in registration opens Monday, April 22<sup>nd</sup> at 8am.

## **Group Fitness Department Updates:**

Anne Rylance: Group Fitness Coordinator ([rylanceanne@yahoo.com](mailto:rylanceanne@yahoo.com))

- ❖ New Month, New Goals, New you! Let our team of instructors get you motivated and ready for your spring and summer activities.
  
- ❖ **New Classes in April...**
  
- ❖ **Feel Good Yoga Flow Fridays 9:30-10:15am with Angela Czech**
  - This class is designed to help release physical tension and promote relaxation incorporating safe, intelligent sequencing that will leave you feeling challenged, invigorated and renewed. The class will begin with a flowing yoga practice that emphasizes breath-led movement, core, balance, strength, and encourages a strong inward focus. The practice will end with time for deeper stretching or soothing postures held for longer periods and a final relaxation that will leave you balanced and relaxed. Non-Heated, Suitable for All Levels
    - ◆ Feel Good Yoga will be led by Angela Czech. Angela recently completed her 200 hour-RYT (Registered Yoga Training) and is excited to share her knowledge with all of you.
  
- ❖ **Strength and Movement-Wednesdays 5:30am with Michelle and Kristi**
  - This new class format is one that will help you build both strength and effective body mobility by using body weight training, strength building, and flexibility work. Each Wednesday a different creative format. Light Weights, tubing, the bar and other equipment will be used keeping things fresh and inviting. All levels of fitness welcome. \*sign up required\*

❖ **\*\*\*KIDS YOGA AND TWEEN BARRE CLASSES BACK THIS SUMMER. WATCH FOR DETAILS ON OUR FACEBOOK PAGE AND WEBSITE THIS MONTH. CLASSES WILL START IN JUNE\*\*\*.**

**Weekend Classes in April:**

**Saturday Group Fit A and B – \*sign up required for all classes\***

- Apr 6th Body Pump with Jen at 8am  
9:15 GRIT Cardio with Erika
- Apr 13th Body Pump with Jen at 8am  
9:15am Cycle 45 with Jamie
- Apr 20th Body Pump with Jen at 8am  
9:15am GRIT Plyo with Mindy
- Apr 27th Body Pump with Jen at 8am  
9:15am GRIT Cardio with Carrie

**Saturday Mind/Body – 8:30am Classes**

- Apr 6th Feel Good Yoga Flow with Angie
- Apr 13th Barre with Alison **\*sign up\***
- Apr 20th B.F.F with Angie Flow **\*sign up\***
- Apr 27th Warm Yoga Flow with Michelle

**LAST MONTH OF SUNDAY CLASSES UNTIL THE FALL!!**

**Sundays CX Mix Up – 1pm Classes \*sign up required\***

- Apr 7th Body Pump, CX and Tabata with Carrie
- Apr 14th Cycle 30/ CXWORX with Tina
- Apr 21st **NO Classes~ Happy Easter**
- Apr 28th Body Pump, Cardio & CX with Jami

**Sundays Mind/Body– 2:00pm Classes**

- Apr 7th HotFlow with Christina
- Apr 14th Hot60 with Jamie
- Apr 21st **No classes~ Happy Easter**
- Apr 28th Warm Yoga Sculpt with Carolyn

# 2019 SUMMER EVENT SCHEDULE

RACE	DATE	START TIME	LOCATION
MAY DAY RUN 5k	May 4th	8:00am Registration 9:00am Start Time	Prairie Lakes Wellness Center
RUMBLE ON THE RANCH	June 1st	Go to: <a href="http://www.rumbleontheranch.com">www.rumbleontheranch.com</a>	Joy Ranch Florence, SD
15th ANNUAL KAMPESKA CLASSIC TIME TRIAL & FAMILY POKER RIDE	June 15th	8:00am Time Trial Registration 8:30am Time Trial Start Time 10:30am Poker Ride Start Time	Stokes-Thomas City Park
35th ANNUAL HY-VEE MINI-TRIATHLON ON LAKE KAMPESKA	July 13th	8:00am Start Time	Stokes-Thomas City Park
KAMPESKA RUN AROUND THE LAKE Half Marathon   5k	July 20th	6:30am Registration 7:00am Half Marathon 9:00am 5k	Stokes-Thomas City Park
RACE FOR CHASE	August 3rd	8:00am Registration 9:00am Start time	Stokes-Thomas City Park
F.O.P. / D.A.S.H. KID'S TRIATHLON	Wednesday August 7th	6:00pm Registration 7:00pm Start Time	Prairie Lakes Wellness Center

Register today at,  
**[www.plwc.life](http://www.plwc.life)**



## 2019 SUMMER EVENT SCHEDULE

- For more information and details on our events, please visit our website at [www.plwc.life](http://www.plwc.life) or call (605) 882-6250.
- Follow our link on [www.plwc.life](http://www.plwc.life) website to get registered through CIVIC REC
- 3 ways to register for races: On-Line, Over the Phone, or In-House

**[www.plwc.life](http://www.plwc.life)**

# PLWC May Day 5K

**3.1 Mile Road Race**

**Date: Sat. May 4, 2019**

**Time: Registration at 8AM,  
Race Starts at 9AM**

**Where: Prairie Lakes Wellness Center**

**Entry fees:**

- \$30.00 for pre-registered runners
- \$40.00 for day of the race registration
- Family discounts available, call for more information!

**Race Shirt to all participants.  
Refreshments and Awards following the Race.**

**Race Divisions:**

**14 & under, 15-19, 20-29, 30-39,  
40-49, 50-59, 60 & over**

**For more information or to register:**

**Call PLWC -605-882-6250**

**Or**

**Sign up online-  
www.plwc.life/signup**



**Waiver:** In consideration of your acceptance of this entry, I hereby, for myself, my heir, executors, administrators, waive any and all rights and claims for damages I may have against individuals associated with this event. It's agents, representatives, successors and assigns, for any and all injuries by me in said event. I attest and verify that I have full knowledge of the risks involved in this event and I am physically fit and sufficiently trained to participate in this event. I also give permission for the free use of my name and picture in any broadcast, telecast, or print media account of this event.

**Mail form and entry fee to:**

Prairie Lakes Wellness Center  
PO Box 910  
Watertown, SD 57201

Phone: 605-882-6250  
Email:

dgreenman@watertownsd.us

Name \_\_\_\_\_

Race: **5 K**

E-Mail Address (please write legibly) \_\_\_\_\_

Phone \_\_\_\_\_

T-shirt Size: S M L XL

Sex \_\_\_\_\_ Age on race day \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Signature of parent or guardian if under 18 years of age. \_\_\_\_\_ Date \_\_\_\_\_

## 2019 Lifeguard Training Courses – Blended Learning Prairie Lakes Wellness Center – Watertown, SD

<b>Session 1:</b>	<b>March 7: 6-9 pm March 10: 1-6 pm</b>	<b>Deadline to register: Mar. 4</b>
<b>Session 2:</b>	<b>March 28: 6-9 pm March 31: 1-6 pm</b>	<b>Deadline to register: Mar. 25</b>
<b>Session 3:</b>	<b>April 11: 6-9 pm April 14: 1-6 pm</b>	<b>Deadline to register: Apr. 8</b>
<b>Session 4:</b>	<b>May 9: 6-9 pm May 12: 1-6 pm</b>	<b>Deadline to register: May 6</b>
<b>Session 5:</b>	<b>June 6: 6-9 pm June 9: 1-6 pm</b>	<b>Deadline to register: June 3</b>

### **Mandatory Attendance at all class sessions!**

**Fee: \$225.00**      **Includes: Book, facemask, fanny pack, whistle, ARC registration fee**  
**Deposit of \$75.00**      **Non-refundable deposit required to register and receive ARC link**

**Blended Learning is a course style that uses online learning and instructor-led classroom and water sessions. The online portion of approximately 7.25 hours must be completed prior to instructor-led classroom sessions. Upon registration, participants will be emailed instructions and deep link to begin on-line portion of Lifeguard Training. Course participants should print a verification of online portion completion and bring to first classroom session.**

The Purpose of the Lifeguarding course is to teach the knowledge and skills needed to help prevent and respond to aquatic emergencies.

Participants must be at least 15 years of age on or before the final scheduled session of this course. Mandatory attendance is required at all class sessions!

#### **Pre-Course requirements:**

1. Swim 300 yards continuously demonstrating breath control and rhythmic breathing. Candidates may swim using the front crawl, breaststroke or a combination of both but swimming on the back or side is not allowed. Swim goggles may be used.
2. Tread water for 2 minutes using only the legs. Candidates should place their hands under the armpits.
3. Complete a timed event within 1 minute, 40 seconds.
  - Starting in the water, swim 20 yards. The face may be in or out of the water. Swim goggles are not allowed.
  - Surface dive, feet-first or head-first, to a depth of 7-10 feet to retrieve a 10 pound object.
  - Return to the surface and swim 20 yards on the back to return to the starting point with both hands holding the object and keeping the face at or near the surface so they are able to get a breath. Candidates should not swim the distance under water.
  - Exit the water without using a ladder or steps.

For more information, call Jodi at 882-6250. [jhemiller@watertownsd.us](mailto:jhemiller@watertownsd.us)



**2019 Lifeguard Training Courses – Blended Learning  
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