



**PRAIRIE LAKES**  
Wellness Center

Monthly Update:

January 2021

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

**Notes:**

- ❖ **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](http://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 and Sundays from 10am-12pm
  - 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.

## **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!**

### *Upcoming Programs:*

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

Use this link to register: [signup.watertownparkandrec.com](http://signup.watertownparkandrec.com)

### **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!

**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

### **Incentive Programs starting in 2021!**

- Biggest Loser is back
  - Weigh ins have started, but you can still sign up! Teams can join until the end of January, so grab a partner and sign up today! See the attached flyer and registration form for more information.
- Acceleration room schedule in January- please see the attached schedule.
- 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 weight 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-1:30pm and 4-8pm Monday-Friday, 4-8pm (\$3/hour per child)

**Want to be kept in the loop with everything going on at the Prairie Lakes Wellness Center? Click on this link, sign up and never miss a league, new class, or other important information again. <http://www.plwc.life>**

If you have questions about the Fitness Department or any of these programs, contact Dave Greenman at 882-6250. Thanks!

## **Aquatics Department Updates:**

Jodi Hemiller: Aquatics/Program Coordinator

- ❖ Aqua Barre Class Is Sat Jan 16<sup>th</sup> 9-10am.
- ❖ New Water Fitness classes to try out!
  - Aqua Cardio Barre Mix-Fridays 9-10am
  - Aqua Kick and Burn-Mondays 9-10am
- ❖ Upcoming Home Swim Meets
  - February 13<sup>th</sup>-14<sup>th</sup>
  - SAOR times will be posted.
- ❖ We have open swim 1-3pm on “no” school days or early dismissal days.
  - 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:
    - Jan 22
    - Feb 12
    - Feb 15
    - Feb 24
- ❖ Swim at your Own Risk: This time is for lap swimmers 18 years and older to swim in the 3-lane leisure pool only. See the attached Aquatics Brochure for SAOR times.
- ❖ 2021 swim lesson schedule is posted on our website. Register at [www.plwc.life](http://www.plwc.life)

## **Group Fitness Department Updates:**

Anne Rylance: Group Fitness Coordinator

- ❖ NEW MONTH, NEW GOALS, NEW YEAR!!!
- ❖ **Let's kick off 2021 with some great new classes!!**
  - Starting Sunday, January 3<sup>rd</sup> we are bringing back our Sunday classes in Group A and Mind/Body Rooms.
  - Sundays in the Heat and Cardio Strength Fusion will begin at 1pm with a different format and instructor each week.
  - Starting Tuesday, January 12<sup>th</sup> Hot60 is on the schedule with Patti at 5:15am.

- Starting Thursday, January 7th Hot Yoga Sculpt with Traci will be on the schedule at 5:45pm.
- Tuesdays at 5:30pm, Jenn will be mixing things up in the cycle room! A different format of Cycle 45 each Tuesday of the month.
- There will **NO** PiYo class on Monday, January 18<sup>th</sup> at 5:30am
- Thursday, January 21<sup>st</sup> there will be 4:15 Hot60 instead of 4:15 Hot Flow

❖ Check class monthly schedule for details.

### **Saturdays- 8:30am Group A (all require a sign up)**

Jan. 2nd-Jenn BodyPump  
 Jan. 9th -Jenn Cycle Pump X- Trainer  
 Jan. 16th -Alex Cycle 45  
 Jan. 23rd -Jamie Cycle 45  
 Jan. 30th -Codi Turbo Kick

### **Saturdays-8:30am Mind/Body**

Jan. 2nd- Angie Barre Fusion Fire  
 Jan. 9th Tahna-Hot BodyFlow  
 Jan. 16th- Traci- Hot Yoga Sculpt  
 Jan. 23rd- Kristi- Warm Barre  
 Jan. 30th- Amy PiYo

### **Sundays 1pm Group A**

Jan.3rd- Jami- Cardio Pump Fusion  
 Jan.10th-Mindy- Cycle 45  
 Jan. 17th- Erika-GRIT 45  
 Jan. 24th- Carrie- Cardio Pump Fusion  
 Jan. 31st- Jami- Cardio Pump Fusion

### **Sundays in the Heat**

Jan. 3rd- Patti- Warm Barre  
 Jan. 10th- Traci- Hot Yoga Sculpt  
 Jan. 17th- Jamie- Hot 60  
 Jan. 24th-Patti- Warm Barre  
 Jan. 31st- Traci- Hot Yoga Sculpt

Register today!

- Call 882-6250
- Stop into the Prairie Lakes Wellness Center
- Go to [www.plwc.life/signup](http://www.plwc.life/signup)

**GET IT DONE IN 2021**

**Prairie Lakes Wellness Center is bringing back  
The Biggest Loser to help shed 2020 and some  
of those Covid pounds**



**When:** First weigh-ins are December 28 through January 3. Following weigh-ins are every Friday (5:00am-10:00pm) until March 26, 2021.

**Who:** Teams can be male, female, co-ed, husband-wife, friends, co-workers.....anyone who wants to improve their health by losing weight.

**Where:** Weigh Ins will be every Friday at the Prairie Lakes Wellness Center. You do NOT have to be a member of the Wellness Center to participate in the Biggest Loser.

**Fee:** \$20.00 per person.



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Wellness Center

# JANUARY 2021 - ACCELERATION ROOM

| Sunday |  | Monday |                       | Tuesday |   | Wednesday |                       | Thursday |  | Friday |  | Saturday |  |
|--------|--|--------|-----------------------|---------|---|-----------|-----------------------|----------|--|--------|--|----------|--|
|        |  |        |                       |         |   |           |                       |          |  | 1      |  | 2        |  |
| 3      |  | 4      |                       | 5       | Closed<br>6 pm to 7pm                     | 6         |                       | 7        | Closed<br>6 pm to 7pm<br>&<br>6 pm to 7pm                                    | 8      |  | 9        |  |
| 10     |  | 11     | Closed<br>4 pm to 5pm | 12      | Closed<br>4 pm to 5pm<br>&<br>6 pm to 7pm | 13        |                       | 14       | Closed<br>4 pm to 5pm<br>&<br>6 pm to 7pm<br>4 pm to 5pm<br>&<br>6 pm to 7pm | 15     |  | 16       |  |
| 17     |  | 18     | Closed<br>4 pm to 6pm | 19      | Closed<br>4 pm to 5pm<br>&<br>6 pm to 7pm | 20        | Closed<br>4 pm to 6pm | 21       | Closed<br>4 pm to 5pm<br>&<br>6 pm to 7pm                                    | 22     |  | 23       |  |
| 24     |  | 25     | Closed<br>4 pm to 6pm | 26      | Closed<br>4 pm to 5pm<br>&<br>6 pm to 7pm | 27        | Closed<br>4 pm to 6pm | 28       | Closed<br>4 pm to 5pm<br>&<br>6 pm to 7pm                                    | 29     |  | 30       |  |

## PLWC 2021 American Red Cross Swimming Level Descriptions

The American Red Cross Swimming Program teaches people of all ages and varying abilities to swim and be safe in, on and around water. ARC classes take an inclusive approach that emphasizes skill development in conjunction with water safety and drowning prevention education.

Parents must accompany their child in the water for Prep 1, Level 1, and Level 2

**Parent & Child Aquatics (6months-3 years):** Familiarize children with the water and teach swimming readiness skills, provides safety information for parents, and teach parents techniques

Dates: March 9 – April 1

5:30-6 pm on Tues. & Thurs. Nights

**Prep 1:** For children 3-4 years old who have little or no previous water experience. The purpose is to facilitate developmentally appropriate learning of fundamental water safety and aquatic skills.

Dates: January 12 – February 4 / April 6-29

5:30-6 pm on Tues. & Thurs. Nights

February 15 – March 15

5:15-6 pm Monday Nights Only

**Level 1: Introduction to Water Skills:** Introduces basic aquatic skills, which participants continue to build on as they progress through Learn-to-Swim. Participants start developing positive attitudes, effective swimming habits and safe practices in and around the water.

Dates: January 11 – February 8 / March 22 – April 19

5:15-6 pm on Monday Nights Only

February 9 – March 4

5:30-6 pm on Tues. & Thurs. Nights

**Level 2 - Fundamental Aquatic Skills:** Gives students success with fundamental skills. This level marks the beginning of true locomotion skills. Participants learn to glide and float without support and recover to a vertical position. Participants further develop simultaneous and alternating arm and leg actions on the front and back, laying the foundation for future strokes.

Dates: January 11 – February 3 / February 8 – Mar. 3

4:45-5:30 pm on Mon. & Wed. Nights

Dates: February 9 – March 4

5:30-6:15 pm on Tues. & Thurs. Nights

Dates: March 8 – 31 / April 5 – 28

4:45-5:30 pm on Mon. & Wed. Nights

**Level 3 - Stroke Development:** Expand proficiency of previously learned skills by providing additional guided practice. Participants learn to swim front crawl and elementary backstroke at rudimentary proficiency levels. Introduce the scissors and dolphin kicks and extend the time duration for treading water. Learn to enter the water headfirst from a seated position at poolside.

Dates: January 12 – February 4 / March 9 – April 1

5:30-6:15 pm on Tues. & Thurs. Nights

Dates: February 8 – March 3

7:00-7:45 pm on Mon. & Wed. Nights

**Level 4 - Stroke Improvement:** Participants improve their aquatic skills and increase their endurance by swimming the strokes learned in Level 3 (i.e. front crawl, elementary backstroke) for greater distances and with more advanced proficiency. Participants add arm actions to the previously learned scissors kick and breaststroke kick to perform the rudimentary sidestroke and to learn the breaststroke. Participants also begin to learn the back crawl and butterfly, as well as the basics of performing a simple open turn at a wall.

Dates: January 11 – February 3 / March 8 – 31

7:00 – 7:45 pm on Mon. & Wed. Nights

**Level 5 - Stroke Refinement:** Participants refine their performance of all six strokes (i.e., front crawl, back crawl, butterfly, breaststroke, elementary backstroke and sidestroke) and increase the distances that they swim. Participants also learn to perform flip turns on the front and back.

Dates: January 11 – February 3 / March 8 – 31

7:00 – 7:45 pm on Mon. & Wed. Nights



# PRAIRIE LAKES WELLNESS CENTER GROUP FITNESS SCHEDULE

## ROOM A: GROUP FITNESS

| Monday                                | Tuesday                       | Wednesday                             | Thursday                  | Friday               | Saturday               | Sunday                                |
|---------------------------------------|-------------------------------|---------------------------------------|---------------------------|----------------------|------------------------|---------------------------------------|
|                                       | 5:15 am   GRIT*               | 5:30 am   Cycle Circuit X-Trainer*    | 5:30 am   GRIT & CXWORX*  | 5:30 am   Body Pump* |                        |                                       |
| 6:00 am   BodyPump Express*           | 6:00 am   Turbo Kick*         |                                       |                           | 8:30 am   Zumba*     | 8:30 am   In the Mixx* |                                       |
| 8:40 am   BodyPump*                   |                               |                                       |                           |                      |                        |                                       |
| 10:30 am   SilverSneakers Chair Yoga* |                               | 10:30 am   SilverSneakers Chair Yoga* |                           |                      |                        |                                       |
|                                       | 12:10 pm   BodyPump*          |                                       | 12:10 pm   Body Pump*     |                      |                        | 1 pm   Sundays Cardio Strength Fusion |
| 4:15 pm   BodyPump*                   | 4:15 pm   Cardio Pump Fusion* | 4:15 pm   GRIT*                       | 4:15 pm   #TBT Body Pump* |                      |                        |                                       |
| 5:30 pm   BodyPump*                   | 5:30 pm   Zumba*              | 5:30 pm   Body Pump*                  |                           |                      |                        |                                       |
|                                       |                               |                                       |                           |                      |                        |                                       |

## ROOM B: GROUP CYCLE

| Monday                 | Tuesday                    | Wednesday                      | Thursday | Friday                 | Saturday | Sunday |
|------------------------|----------------------------|--------------------------------|----------|------------------------|----------|--------|
| 5:15 am   Cycle 45*    |                            |                                |          | 5:30 am   Cycle 45*    |          |        |
|                        |                            | 8:40 am   Cycle 30 & Hot Flow* |          |                        |          |        |
| 12:10 pm   HIIT Cycle* |                            |                                |          | 12:10 pm   HIIT Cycle* |          |        |
|                        | 5:30 pm   Cycle 45 Mix Up* | 4:45 pm   Cycle 45*            |          |                        |          |        |

## ROOM C: GROUP MIND/BODY

| Monday                         | Tuesday                           | Wednesday               | Thursday                   | Friday                               | Saturday                          | Sunday                     |
|--------------------------------|-----------------------------------|-------------------------|----------------------------|--------------------------------------|-----------------------------------|----------------------------|
| 5:30 am   PLYO*                | 5:15 am   Hot60* (Starts Jan. 12) | 5:30 am   Barre*        |                            | 5:30 am   Hot Yoga Sculpt*           |                                   |                            |
|                                | 8:40 am   Barre Fusion Fire*      | 9:15 am   Hot BodyFlow* | 8:40 am   Barre*           |                                      | 8:30 am   Sat. Morning Refresher* |                            |
|                                |                                   |                         |                            | 9:30-10:15 am   Feel Good Yoga Flow* |                                   |                            |
|                                |                                   |                         | 12:10 pm   Hot 60*         |                                      |                                   | 1pm   Sundays in the Heat* |
| 4:15 pm   Tween Yoga & Barre*  |                                   |                         | 4:15 pm   Hot Body Flow*   |                                      |                                   |                            |
| 5:45 pm   Feel Good Yoga Flow* | 5:30 pm   Hot Body Flow*          | 5:30 pm   Hot Pilates*  | 5:45 pm   Hot Yoga Sculpt* |                                      |                                   |                            |

The Group Fitness schedule evolves based on the needs of you, the member. If you like a class please continue to attend it and become part of its success.

\* Indicates sign up is required for this class. Be courteous to others and call to cancel your reserved spot if you're unable to attend.

## WEIGHT ROOM CLASSES

### ONLINE GROUP FITNESS CLASS SIGN UP

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

### GROUP FITNESS CONTACT

Anne Rylance, Group Fitness Coordinator

[arylance@watertownsd.us](mailto:arylance@watertownsd.us)

Effective: January 1st 2021

**SUPER CIRCUIT\***: Super Circuit is a fast, complete, half hour workout that can give you the benefits of improved cardiovascular fitness, muscular endurance, and overall strength for males and females. Classes will include the use of bikes, rowers, step benches and Cybex selectorized equipment. This is an outstanding workout if you are just beginning or if you are a seasoned athlete. No competition, you work at your own pace. Come try this exciting and challenging class

- Monday, Wednesday & Friday | 9:00-9:30 am
- Class held on 2nd floor Cybox Area

**EDGE\***: The Edge workout is a high intensity, high energy, cross training workout for those serious about improving their fitness. You work out as long as it takes you to finish. The better your fitness level, the faster your times will get. This is the perfect workout for those wanting to work on both cardiovascular and muscular strength and endurance. Open to individuals and families (children must be 4th grade or older and must be accompanied by a parent or guardian).

- Tuesday & Thursday | 6:00-7:00 pm
- Class held in Acceleration Room