

LCARC & COMMUNITY ED. *present the*

2025 WINTER/SPRING ACTIVITY GUIDE



The Rec
Lake Crystal Area Recreation Center
LCARC.com

Lake Crystal Welcome Memorial
Knights

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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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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LCARC Staff:

Renee Dahm - Marketing /
Health & Wellness

Bethany Maxwell- Membership/
Front Desk

Lora Honstad - Housekeeping

Ralph Huls- Maintenance

Larissa Ward - 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**
- **Zack Alms**
- **Marissa Johansen**
- **Keith Flack**
- **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.

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.



About the LCARC

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 equipment, 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.

Thanksgiving 11/28: Closed

Christmas Eve 12/24: 5:30am-3pm

Christmas Day 12/25: Closed

New Year's Eve 12/31: 5:30am -6pm

New Year's Day 1/1: 9am-6pm

***Always open for 24/7 Members!**

**24/7 ACCESS
REACH YOUR
FITNESS GOALS
ANYTIME**

Daily Admissions:

Non-Member Admission	Adult	Senior/Youth*	Family*
Daily Pass	\$9.00	\$7.00	\$40.00
5 Punch Punch Card	\$42.00	\$33.00	
10 Punch Punch Card	\$82.00	\$64.00	
20 Punch Punch Card	\$160.00	\$125.00	
Daily Waterslide Pass	\$2.00	\$2.00	
Spectator Fee	\$3.00	\$3.00	

*Family Day Pass - Up to 2 adults, 4 children of the same family

*Senior - Age 65+

*Youth - Age 18 and Under (Under 12 Months is free)

Daily Admissions

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!



Health Insurance:

If your insurance provides Silver Sneakers, Silver & Fit, Renew Active, One Pass, or Tivity Prime you may be eligible for membership at a low co-pay or completely FREE. Check with your insurance provider!



LCARC Memberships:

We offer a wide variety of memberships, including family, couple, individual, student and senior memberships. Membership discounts are available for Lake Crystal residents and EMT/Fire/PD. Corporate discounts are also available. Please visit www.lcarc.com for details and to view membership rates. Email Bethany (Membership Manager) at lcarcbethany@gmail.com with questions.

Membership Types:

Family: Limited to spouse or domestic partner and dependent children in school (age 1 to 24) residing at the same residence. Includes up to 6 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.

LUNCH & LEARN HISTORY SERIES

NEW

PRESENTED BY

PROFESSOR RON SPRENG

The LCARC is excited to present a 6-part history series presented by retired college history professor Ron Spreng. Cost for each lunch & learn session (excluding the December Potluck) is \$10 per person. This will cover lunch (we will order from somewhere new each month), beverage and the presentation. You must call or stop by the LCARC front desk to register - payment is due at registration. Please join us as we explore these fascinating topics!

Lunch & Learn Schedule

-Wednesday, November 13th 11:30am to 1:00pm - **SOCIAL HISTORY, AN INTRODUCTION**

How the way we are going to look at things the next few months differs from what many people think of as history -that class you hated because it was boring and taught by a coach. We don't memorize dates!

-Wednesday, December 11th - **HOLIDAY POTLUCK**. Please bring a dish to share.

-Wednesday, January 15th - **THE BICYCLING BOOM OF THE 1890'S**

The US Census said, "Few articles ever used by man have ever created so great a revolution in social conditions". You may be amazed to see how true that assessment was.

-Wednesday, February 12th - **THE PROGRESSIVE ERA**

Why milk no longer contains formaldehyde and how easy it was to get the kids to fall asleep when you could give them opiates, purchase over the counter. The influence of journalism on social change.

-Wednesday, March 12th - **LIFE AT HOME IN THE '30S AND '40S**

There was no such thing as "the average family."

-Wednesday, April 16th - **POST WWII WATER TOWERS**

The lives of the folks that built all those water towers after World War II -and why I attended forty elementary schools.

-Wednesday, May 14th - **JAMES BOND MEETS PAUL BUNYAN**

"The Bemidji Desperados," a group of anti-government, gun toting, bomb building, bank robbing men that ended up going to prison in the early 1980s. My 'expertise' regarding right-wing extremists got me on statewide TV after the OK city bombing. Did you see me?!?!?

NEW Lunch & Learn Series

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 now and are subject to change without notice

	Members Corporate Members Non-Profit Org.	Non- Members Private Org. Individuals
Derksen (Fit Kids Rm, w/ kitchenette)	\$25/hr \$110/day	\$30/hr \$130/day
Meixell (Community Rm, w/ presentation capacity)	\$25/hr \$110/day	\$30/hr \$130/day
Gym - Half	\$30/hr \$150/day	\$40/hr \$200/day
Gym - Full	\$45/hr \$250/day	\$55/hr \$350/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: \$195.00
- Slide Bounce House: \$220.00
- Inflatable Obstacle Course: \$245.00

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, \$6 non-member, \$1 spectator.

Cost: \$95

Optional: Add a Bounce House for 1 hour!

Slide Bounce House: add \$100

Big Fun House: add \$125

Inflatable Obstacle Course: add \$150



Rentals

Water Aerobics:

Water Aerobics Class Schedule:

Mon	Tues	Wed	Thurs	Fri
Aqua Fit 8:30-9:30a	Aqua Fit 8:30-9:30a	Aqua Fit 8:30-9:30a	Aqua Fit 8:30-9:30a	Aqua Fit 8:30-9:30a
Aqua HIIT 5:15pm				

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:

\$45/hr for up to 25 people (kids and adults in the pool area)

Entire Pool Rental:

Up to 20 people in pool area: \$65/hr

21 to 40 people in the pool area: \$90/hr

41 to 80 people in the pool area: \$115/hr

81 to 100 people in the pool area: \$140/hr

100+: use the above rates

*Add the Large waterslide for \$25 flat rate



EGG DIVE!

FRIDAY APRIL 18TH, 2025

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



Aquatics Special Events

Swimming Lessons at The



Lake Crystal Area Rec Center

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 Session 1

January 18th - March 8th 2025

10:00 - 10:30am	Preschool Age 3-5
10:35 - 11:15am	Level 1
11:20a - Noon	Level 2
12:05- 12:45pm	Level 3
12:05 - 12:45pm	Level 4
12:05 - 12:45pm	Level 5

Saturday Lessons Session 2

March 29th - May 17th 2025

9:25 - 9:55am	Aqua Tots
10:00 - 10:30am	Preschool Age 3-5
10:35 - 11:15am	Level 1
11:20a - Noon	Level 2
12:05- 12:45pm	Level 3
12:05 - 12:45pm	Level 4
12:05 - 12:45pm	Level 5

Mem/Non **\$50.00/ \$65.00**

Session 1: Tuesday/ Thursday

February 4th - February 27th

5:15 - 5:55pm	Level 1
6 - 6:40pm	Level 2
6:45 - 7:25pm	Level 3
6:45 - 7:25pm	Level 4

Mem/Non **\$50.00/\$65.00**

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:	Non-Members
1 student-- \$95.00	2 students -- \$135.00
1 student-- \$110.00	2 Students -- \$150.00 (together)

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

All Ages Open Swim:

Monday: Open Swim (All Ages) W/Slide
6:00pm - 8:30pm

Tuesday: No open swim (All ages)

Wednesday: Open Swim (All Ages)
6:00pm - 8:30pm (No big waterslide.
Deep end area closed.)

Thursday: No open swim (all ages)

Friday: Open Swim (All Ages) 3:30-
5:00pm (No big waterslide.) & Open
Swim (All Ages) 6:00pm - 8:30pm
W/Slide

Saturday: Open Swim (All Ages)
W/Slide 1-5pm

Sunday: Open Swim (All Ages) W/Slide
1-4pm

*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 on using it before arriving.

Everyone that goes down the slide
must have a waterproof hand stamp.

Daily Admission Stamp Cost: \$2



Lifeguard Class:

The LCARC offers Lifeguard Certification and
WSI training.

Email Katie at lcarcwellness@gmail.com for more
information about upcoming training
opportunities.

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

Open Swim



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, 2:45-5:30 p.m.
Grades K-5

Price per child	Member	Non-Member
5 Days/Week	\$45/wk	\$55/wk
4 Days/Week	\$36/wk	\$48/wk
3 Days/Week	\$30/wk	\$39/wk
2 Days/Week	\$24/wk	\$30/wk
1 Day/Week	\$15/wk	\$18/wk

After School Fit Kids
At LCWM Elementary
Monday-Thursday & LCARC Fridays
Snack and busing provided.

Late Start Fit Kids
Member: \$15/child
Non-Member: \$18/child
Dates: Late Start Fit Kids Dates: 9/9, 11/11, 12/9,
1/13, 2/10, 3/10, 4/14, 5/12
Snack and busing provided.

All Day Fit Kids
Member: \$35/child
Non-Member: \$40/child
Dates: 10/17, 10/18, 11/8, 11/27, 12/23, 12/27,
12/30, 12/31, 1/20, 2/17, 3/3, 4/4, 4/18, 4/21
*On days when there is no school.

Summer Program

June 2nd-August 22nd
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 currently enrolled in Fit Kids will be eligible for early registration.

Summer prices available at www.lcarc.com



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



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!)

LAKE CRYSTAL REC CENTER

SPRING CARNIVAL

03.28.2025

GAMES, BOUNCE HOUSE, & PRIZES!

6-8PM IN THE LCARC GYM

**COST IS \$5 AND INCLUDES AN UNLIMITED BOUNCE HOUSE WRISTBAND
AND 10 GAME TICKETS!!**

ADDITIONAL TICKETS CAN BE PURCHASED FOR .50 EACH

www.lcarc.com

(507) 726-6730

Lake Crystal Area Rec Center

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.

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.

Program cost is \$10.00 each session. Includes lunch, a beverage, and presentation.

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.



LCARC Duathlon & 5K -



Get your training started for the LCARC Duathlon 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.

**Madelia Health Physical Therapy
Located on the 2nd floor of the LCARC**

Mondays, Tuesdays, Thursdays, and Fridays: 8 a.m. to 5 p.m.

Wednesdays: 8:30 a.m. to Noon

- **General Orthopedics including Low Back Pain, Neck Pain, Joint and Muscle Pain**
- **Sports Medicine**
- **Post-Surgical**
- **Aquatic Therapy**
- **Graston Technique**
- **Direct Access**
- **Membership is not required for treatment**

Call 507.642.5211 for an appointment

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.

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 WITH RENEE

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

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:
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!

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 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.



Madelia
HEALTH

PHYSICAL THERAPY

MADELIA HEALTH PHYSICAL THERAPY

LOCATED ON THE 2ND FLOOR OF THE LCARC

MONDAYS, TUESDAYS, THURSDAYS, AND FRIDAYS: 8 A.M. TO 5 P.M.

WEDNESDAYS: 8:30 A.M. TO NOON



SERVICES

- **General Orthopedics including Low Back Pain, Neck Pain, Joint and Muscle Pain**
- **Sports Medicine**
- **Post-Surgical**
- **Aquatic Therapy**
- **Graston Technique**
- **Direct Access**
- **Membership is not required for treatment**

CALL 507.642.5211 FOR AN APPOINTMENT

Physical Therapy



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

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.

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 us 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.



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

Community Ed. Staff:

Logan Maska

Director of Community Education
lmaska@isd2071.org

Alisha Prange

Early Childhood Coordinator
aprange@isd2071.org

Jenny Bierma

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

Board Members:

Gail Graupman

Melissa Dudgeon

Renee Dahm

Trina Driscoll

Kari Paul

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, 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

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. Please register online or by phone so we can plan for food and beverages accordingly.

Date: Saturday, February 8

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 7

**Mother - Son Cosmic Bowling Party:**

Preschool - Grade 5

As a special event just for boys, this year we're going to go bowling at Wow Zone! Wear something neon or glowy for the Cosmic Bowling party.

Please note: Escorts can also be an adult female relative or friend of the family.

Date: Saturday, April 12

Time: 6:30 p.m. to 9:00 p.m.

Cost: \$14 per person attending, before deadline.

Please register everyone that will attend.

Preregistration is required. Bowling and shoes are included. Snacks will be served.

Location: Wow Zone, Mankato

Registration deadline: April 4

**Family Night at the Planetarium:**

Mankato East's Planetarium is only one of nine planetariums in the whole state and we are lucky enough to be neighbors with them! The dome is 40 feet high and has an amazing specialty camera system that shines the night sky directly into our imaginations. There is only 58 seats, so register early!

Date: Friday, March 21

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

Cost: \$4 per seat

Location: Mankato East Highschool

Registration deadline: March 14

Jungle Boogie:

Come celebrate the 16th 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 29

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



facebook.com/lcwmce



instagram.com/lcwmcommunityeducation



youtube.com/channel/LCWMStreaming

Ball-Basics/T-Ball Combo:

Boys & Girls, Entering Kindergarten or Knights Plus Fall 2025

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 for these weeks. 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 13, 20, 27, June 3, 10 & 17

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

Location: LCWM Elementary School Field

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

Registration Deadline: April 25

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 April 28 but are dependent on field and coach availability.

Cost:

Grade 2 & 3 - \$70 before deadline, \$75 after

Grade 4, 5 & 6 - \$80 before deadline, \$85 after

Registration Deadline: March 25

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 \$20. 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 12, but are dependent on field and coach availability.

Game Dates: June 2, 4, 9, 11, 16, & 18

(Make-up date: June 23)

Game Times: 6:00 p.m. or 7:00 p.m.

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

Registration Deadline: April 25

Must be registered by May 1 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 March 24, but dependent on field and coach availability

Game Dates: Mondays & Wednesdays

April 14, April 16, April 23, April 28, April 30, May 5, (make-up day - May 7)

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 & Soccer League:

Grades 4-6 & 7-8

Join the Soccer Club or League 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. Practices begin the week of April 7, but are dependent on field and coach availability. Games: Run early May to early July. Light travel is required. Games are usually played Monday or Tuesday nights, but can change due to field and team availability.

Cost: \$75 before deadline, \$80 after

Registration Deadline: March 10

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 at LCWM Secondary School Wrestling Gyms

Dates: Tuesdays and Thursdays, March 11 to May 1

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

Cost: \$80 to preregister, \$100 at the door.

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 open gym. Players do not need to come every Sunday, come as your schedule allows.



**Baseball
Times:**

1:00 to 3:00 p.m.

**Softball
Times:**

3:00 to 5:00 p.m.

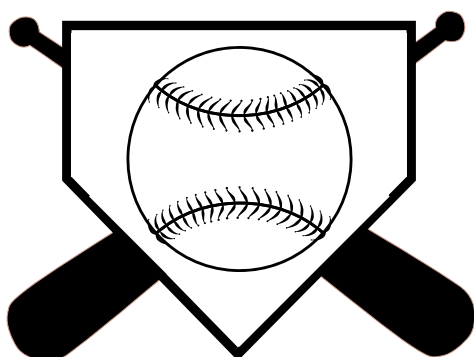
Sundays:

**February 2, 9, 16 &
March 2**

**\$5 per player covers
all weeks**

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 open gym. Players do not need to come every Sunday, come as your schedule allows.

Desert Adventures

It may be cold outside but dream of warmer places as we make a cactus painting, wind chime, craft wooden monster truck magnets and slithery snakes from pipe cleaners and beads.

Dates: Mondays, January 6, 13, 27, & February 3

Cost: \$45 before deadline, \$50 after

Registration Deadline: January 3



Paint the Perfect Pup

Ready for a howling good time? Come paint a picture of your favorite pup on canvas. Send a picture of your dog with your artist if you want!

Dates: Thursday, February 20

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

Registration Deadline: February 15

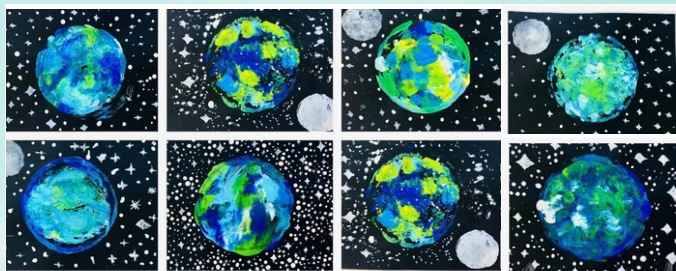
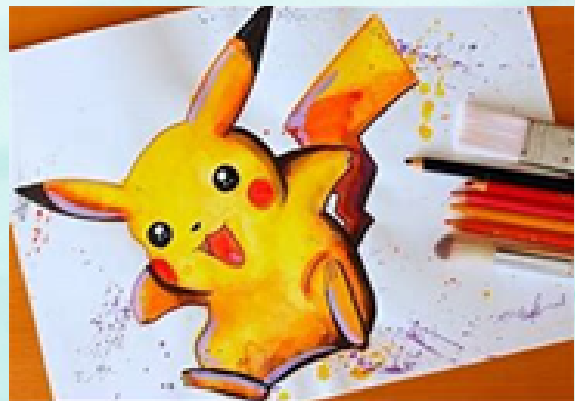
Pokémon Adventures

Each week we will make a Pokémon creation. You will design some of your own Pokémon, while making a few you know. We will use watercolor pencils to create trading cards, model magic to make 3D sculptures and more!

Dates: Thursdays, March 20, 27, April 3, & 10

Cost: \$45 before deadline, \$50 after

Registration Deadline: March 13



Earth Day Canvas Art

Celebrate our favorite planet by creating a painting on black canvas using acrylic paint and sponges.

Dates: Tuesday, April 22

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

Registration Deadline: April 15

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



Springtime Vibes

Using acrylic paint on canvas, create a happy bird that brings cheer to all.

Dates: Monday, May 5

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

Registration Deadline: April 28



After school art classes are taught by Mrs. Lawver.

Painting with Self-Esteem!

You will have fun painting with your friends. Start by discussing the importance of positive self-esteem, then create a list of positive affirmations. Next we will learn the basics about brush strokes and mixing paint to create our background and add our affirmation statements. Aprons are available, but we suggest that you dress accordingly as acrylic paints do not wash out of clothes.

Open to all ages, 2nd grade and up!

Date: Monday, January 20

Time: 1:00 to 3:30 p.m.

Cost: \$32 before deadline, \$37 after

Registration Deadline: January 13



Save the Date!

Spotlight Dance Company Presents:

Winter Showcase:

Sunday, January 26, at 1:30 p.m.

Spring Recital:

Sunday, May 4, at 1:30 p.m.



Performances are held in the LCWM Secondary School Cafetorium. Tickets will be for sale online at www.ticketsource.us/lcwm-community-ed

Youth Cheerleading

Grades Kindergarten-5th

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

Dates: Mondays, March 17, 24, 31 & April 7

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: March 10



Music Lessons

PIANO AND BAND

INSTRUMENTS TEACHER:

Sheldon Meyer

(507) 327-0060

PIANO TEACHERS:

Holly Havemeier

(507) 202-2873

Brenda Williams

(706) 604-5282

Grace Pahl

(507) 766-6795



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 cover basics of pediatric first aid and CPR. Participants should bring a water bottle, a snack, and lunch.

Location: LCWM Secondary School
Media Center

Date: Friday, April 4

Time: 9:00 a.m. to 3:30 p.m.

Cost: \$75 before deadline, \$80 after

Registration deadline: March 21

Class max is 10 students, so register early.

Become a Pizza Chef

Grades 3rd-6th

Become a Pizzaiolo! ("Pizza-yolo" means Pizza Chef in Italian!)

We're going to put together a quick pizza dough from scratch, make sauce, top, bake, and eat our homemade pizzas for after school snack. We will get our hands dirty by hand kneading the dough; and a variety of toppings will be available, like pepperoni, sausage, peppers, and even pineapple. Recipes that we used will also be sent home so your new Pizzaiolo can make supper for you as well.

Location: LCWM Elementary Kitchen

Date: Thursday, April 17

Time: 3:00 p.m. to 4:30 p.m.

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

Registration deadline: April 7

Class max is 12 students, so register early.



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:

May 29 & 30, 3:30 p.m. to 6:30 p.m.

May 31, 9:00 a.m. to 12:00 p.m.

June 3, 4 & 5, 8:30 a.m. to 11:30 a.m.
and 12:30 p.m. to 3:30 p.m.

June 7, 9:00 a.m. to 12:00 p.m.

Parent Meeting:

Saturday, June 7, 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 15

MUST BE 15 years old by September 1, 2025

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 27, from 8:00 a.m. to 12:00 p.m.

Monday, March 17, from 8:00 a.m. to 12:00 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, 2021 are eligible for screening in January and children who were born before October 1, 2021 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 2025

Open House:

Information for Preschool, Fall 2025.

If you have a child who will be 3 years old by September 1, 2025 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 6

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

Location: LCWM Elementary School

Registration:

Preschool registration will be available online starting February 13, 2025. If you have questions about our preschool program, curriculum or schedule, please contact the Early Childhood office. Registrations are made through the Community Ed web store at tinyurl.com/lcwm-lkps



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.

 **Find us on Facebook**

facebook.com/LCWMLittleKnightsPreschoolAndECFE

 instagram.com/littleknightspreschool

Messy Art Night:

Adults and children will create and explore with many different art mediums. Come dressed to roll up your sleeves and get messy!

This is a class is for children who are 3-5 years old and their parents, but all ages are welcome.

Date: Tuesday, January 14

Time: 6:00 p.m. to 7:30 p.m.

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

Location: LCWM Elementary School Cafeteria

Pre-registration isn't needed, but is available.

Please sign in when you arrive.



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 17, 24, 31, April 7, 14, 28 & May 5

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

Fourth Trimester Support:

Come learn from Dr. Emily, from Aurora Chiropractic, and Devin, from Forth Support Postpartum Doula, about your growing family. This series of classes is for Moms with new babies in their first year. Register for all the weeks, or just the ones you want to attend. Discounts are given if you register for them all! Babies are welcome to attend with Mom, but there will not be childcare for siblings in the class.

Dates: Tuesdays, January 21, 28, February 4, 11, 18, 25 & March 4

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

Location: LCWM Elementary ECFE Rooms

Cost: \$10 per week, or \$50 for the series

Jan 21 - Understanding Postpartum Hip Pain

Jan 28 - Developmental Milestones

Feb 4 - Nutrition throughout your Postpartum

Feb 11 - Benefits of Tummy Time

Feb 18 - Diastasis Recti Recovery

Feb 25 - Infant Sleep Training

March 4 - Pelvic Floor 101

Stroll'In Lake Crystal:

New this year! Bring your bikes, big wheels and other riding toys to stroll around the Elementary Circle and gym! All riding toys allowed, parent supervision required!

Dates: Mondays, January 13, 27, February 10 & 24

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

Cost: Free!

Who: Ages Birth to Preschool aged





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 1:00 p.m. All people tubing need to be 42 inches or taller. Students may bring money for the concessions stand in the building.

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

Date: Monday, February 17

Pick up Time: 4:00 p.m.

Location: Meet & Pick Up-LCWM Secondary School

Registration deadline: February 10

Tubing release forms will be emailed after registration for you to bring with you to the event.

Parents welcome to come along and tube as well.

Rock Climbing at MSU Mankato:

Grades 4-12

Join us on a no-school day to come Indoor Rock Climbing at MSU Mankato! We'll have 3 hours in the indoor field house to climb and adventure. Open to grades 4th-12th, There's a minimum of 15 climbers, with a max of 30. Register early to make sure that you get your spot!

Date: Monday, January 20

Bus will be leaving at 8:30 a.m.

Pick up Time: 12:30 p.m.

Location: Meet at LCWM Secondary School

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

Registration deadline: January 10

Climbing release forms will be emailed after registration for you to bring to the event. Without the form, your student will not be able to climb.



Ski & Snowboard Club

Grades 4-12

New this year, we're starting a Ski & Snowboard Club with Mount Kato!

We'll take a bus from LCWM to Mount Kato every Tuesday afternoon.

Bus will be leaving the Secondary School at 3:30 p.m, and there will be transportation from the Elementary to the Secondary School. Full Package includes Rentals, Lift Tickets, and Bus there.

If you have part of that already, we are offering partial packages:

- Rental, Lift Ticket & Bus: \$26
- Rental & Bus: \$16
- Lift Ticket & Bus: \$16
- Bus Only: \$8

Registration and costs are per week, so you can sign up for just the weeks that work for you. Students that have their own equipment should have it in a bag that they can carry themselves. There will be a spot in the Elementary and Secondary (TBD) to store the equipment for the day. Children will be supervised by staff until 6:30 p.m. You may pick up your child from Mount Kato anytime after 4:00 p.m, but after 6:30 p.m, they have to be over 10 to be there unsupervised.



Learn to Quilt and Sew!

My First Quilt: Saturday, February 8

Learn how to make a simple quilt using a charm pack! Follow along as we piece a quilt top, assemble a quilt sandwich, quilt, and bind.

Cost: \$40 bring your own fabric or \$65 fabric provided.

Zipper Pouch: Saturday, March 8

Make a simple zipper pouch. Use two complementary fabrics to create a pouch that stands up with a flat bottom.

Cost: \$30 bring your own fabric or \$40 fabric provided.

Self-Binding Baby Blanket: Saturday, April 12

Make a cute and quick baby blanket using soft flannel! This is a simple project that you'll want to make over and over again!

Cost: \$30 bring your own fabric or \$50 fabric provided.

Classes will be held in the
**LCWM Secondary School
FACS Room from**

10:00 a.m. - 2:00 p.m.

You'll need to bring your own sewing machine for these classes. Materials list will be provided in the registration listing and in the confirmation email.

Minimum of 4, Maximum of 8 for each class.

Taught by Toni Popp



Paint Your Own

Date: Friday, January 10

Time: 5:30 p.m.

Location: Artifact, 321 N Riverfront Drive, Mankato MN

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

We'll have some wine and a charcuterie board for your enjoyment, while you paint a pottery piece of your choice. Pieces will then be fired and you will be able to pick them up at your convenience another day. This event will be adults only, and we'll need a minimum of 5 registrations for it to happen. Grab your friends and we'll have a fantastic time!



37 Postcards - Comedy

Date: Friday, May 2

Time: 3:30 p.m. - Leave LCWM in Bus
Return around 10:00 p.m.

All You Can Eat Buffet at 5:15 p.m.

Show starts at 6:15 p.m.

Ages: Best for teens and up, focused towards adults. Families welcome.

Cost: \$90 per person

Minimum of 15 registrations are required to be able to go as a group.

Menu: Roast Chicken, Lasagna, Tuscan Vegetables, Mashed Potatoes, Salad with Dressings, Rolls, Desserts, and non alcoholic beverages.

The show is at the Plymouth Playhouse

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Lake Crystal, MN 56055

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LIBRARY STORYTIME

2nd Saturday of the month
10:00 AM

Lake Crystal Public Library

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

January 11th

Penguins



February 8th

Making
Sense -
About the
Five Senses

March 8th

Hurray
for
Books

April 12th

Fish Tales -
What's in
the Ocean

May 10th

Summer
Camp

