

LCARC & COMMUNITY ED. present

the

# FALL ACTIVITY GUIDE

# 2024





## LCWM Community Education

607 Knights Lane

PO Box 160

Lake Crystal, MN 56055

Phone: (507) 726-2673

Fax: (507) 726-2334

isd2071.k12.mn.us

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## Lake Crystal Area Recreation Center (LCARC)

621 West Nathan Street

Lake Crystal, MN 56055

Phone: (507) 726-6730

Fax: (507) 726-6876

lcarc.com

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# HOLIDAY CREATIONS

Monday, December 2

6:00 to 7:30 p.m.

LCWM Elementary Cafeteria

\$3 per person/\$5 per family



**Storybook Theatre is coming to LCWM!  
Auditions for Goldilocks will be the afternoon  
of Monday, November 11. Practices will be  
Monday-Friday of that week.**



**Goldilocks & The Three Bears**

**Performances  
will be at  
7:00 p.m. on  
November 15  
& 2:00 p.m. on  
November 16  
\$6 for Adults  
\$4 for Students.**

**Special Events**

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 their children's first and most significant teachers. Classes hosted by ECFE will meet in Fall, Winter, and Spring. You are welcome to join us for any number of terms, and registration will occur prior to the start of each term. Classes with low enrollment will be cancelled. No refunds will be given unless the class you've registered for is cancelled. Scholarships are available. Register online, over the phone at (507) 726-2673, or in person Monday-Friday, 8:00 a.m. to 3:00 p.m.

**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 and children are **required** to have had an early childhood screening done prior to entering kindergarten.

Monday, September 16 from 8:00 a.m. to 3:00 p.m.

Monday, September 23 from 8:00 a.m. to 3:00 p.m.

Location: LCWM Elementary School Early Childhood Rooms

Parents of children who are eligible for screening will receive a letter inviting them to screening however, if your child is over 4 1/2 please call us to schedule. All children who have turned 3 years old before June 1, 2024 are eligible for screening. If your child has not been screened or you do not receive information about screening, please contact the ECFE Coordinator, Alisha Prange, at (507) 726-2320.



# 2024-2025 Little Knights Preschool

The Little Knights Preschool program develops the unique capabilities of every learner and prepares them in a supportive, nurturing environment, to enter kindergarten with the necessary skills to succeed and flourish. Registrations now will be placed in the afternoon classes. Afternoon class runs from 12:00 p.m. to 2:45 p.m. You have a choice of 3 days, Tuesday-Thursday, or 4 days, Tuesday-Friday, a week.



**Scholarships are available.  
Call us at (507) 726-2320  
with questions.**



# Early Childhood Family Education Classes

## Fall 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, October 7, 14, 21, 28,  
November 4, 11 & 18.

Time: 5:45 to 7:15 p.m.

Location: LCWM Elementary Early Childhood Rooms

Cost: \$35.00 for the first child and half price for every additional child. Please register every child that will be attending.



# Fall Festival

Family event for all ages. This fun evening will be at LCWM Elementary, held outside, near the front doors. Please dress for the weather! We'll have a Book Walk, Crafts, and Fall Family Fun!

Monday,  
September 30  
5:45 to 7:15 p.m.

### Fall Friends

Have tons of fun painting a cocoa cat journal, leaf print pencil bag, watercolor owl and crafting cozy bear magnets to hang on your fridge.

Dates: Mondays, September 9, 16, 23 & 30

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

Registration Deadline: September 3



### Marvelous Moose Canvas Painting

Feel the joy of Fall as you paint this happy moose with acrylic paints on canvas!

Date: Monday, October 7

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

Registration Deadline: October 1



### Island Getaway Canvas Painting

Imagine an island adventure! Paint your perfect sandy hideaway with acrylic paints on canvas!

Date: Thursday, November 7

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

Registration Deadline: November 1



### Snowy Bear Canvas Painting

This cozy bear will come home with you after you use acrylic paints on canvas to bring him to life!

Come have a "beary" good time!

Date: Tuesday, November 19

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

Registration Deadline: November 13

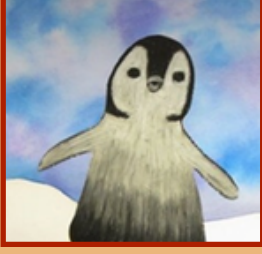


All art classes are open to students, Kindergarten through 5th Grade. Classes are held from 3:00 to 4:00 p.m. at LCWM Elementary Art Room.



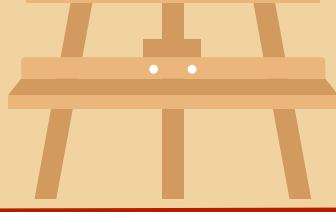
### Winter Wonderland Fun

Have a blast this winter making a glass tree lantern, cute pastel penguin, Model Magic seals and a wooden snowman box to put your favorite treasures. Dates: Tuesdays, November 26, December 3, 10 & 17. Cost: \$45 before deadline, \$50 after Registration Deadline: November 20



### Meet The Teacher!

Mrs. Lawver has been teaching art with Community Ed for 10 years! She enjoys creating art, writing stories and spending time on her farm with her family and some crazy cats, dogs and bunnies. Most of all she loves learning new things and helping others make their own masterpieces!



# Spotlight Dance Company

## 2024-2025 Dance on Thursdays!

- Schedule:**
- 4:40 to 5:10 - Preschool
  - 5:10 to 5:40 - K/1st Grade
  - 5:40 to 6:10 - 2nd/3rd Grade
  - 6:10 to 6:40 - 4th-6th Grade
  - 6:40 to 7:10 - 7th-12th Grade

- Classes Start:** Thursday, September 19
- Winter Break:** December 12-January 8
- Picture Day:** January 25
- Winter Showcase:** January 26
- Last Day of Classes:** May 1
- Spring Recital:** May 4

If there is a class with low enrollment, some grades may end up combining.  
 If there is a class with too many, they may end up splitting.  
 Notice of final times will be sent out before class starts.  
 Full Year Tuition: \$160 if before deadline, \$165 if after.  
 Half Year Tuition: Two payments of \$90, if before deadline, \$95 if after  
 Registration Deadline: September 5

Community Education (507) 726-2673 isd2071.k12.mn.us



# Music Lessons

## Piano & Instruments Teachers:

**Sheldon Meyer**

(507) 327-0060

**Lark Carlson Brown**

(507) 766-4229

## Piano Teachers:

**Holly Havemeier**

(507) 202-2873

**Grace Pahl**

(507) 381-9637



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

# Field Trip on No School Day!

## Grand Slam Field Trip:

Grades Kindergarten-8th

Grand Slam in Burnsville has Mini Golf, Krazy Cars, Batting Cages, Play Zone Climbing Structure, Laser Tag, Arcade, and X-Treme Trampoline Park! All packages come with a lunch of hot dogs, chips and a caffeine free soda, \$3.00 Arcade Card, Batting Cage tokens, unlimited Krazy Cars and Mini Golf. Students may choose their add-on of Laser Tag, Play Zone Climbing Structure or X-Treme Trampoline. Play Zone is for students 12 years of age and under only. X-Treme Trampoline requires parent waiver to be signed. All students required to wear socks in the facility. Students may bring cash for the snack bar and additional arcade play, but staff is not responsible for cash.

Date: Friday, November 8.

Time: 8:00 a.m. to 3:00 p.m.

Bus will leave promptly at 8:15 a.m. from LCWM Elementary School.

Students may come as early at 8:00 a.m. and should be picked up by 3:00 p.m. from the Elementary School.

Cost: \$35 if registered by deadline, \$40 after

Registration deadline: October 28





## Fall Soccer:

Grades 4th–6th, Boys and Girls

Fall Soccer is a great opportunity to become confident in your soccer skills through a combination of practices and games against other communities. Practices will start in August and will then be run based on coaches availability. Games will start in September and will go until the middle of October. Games may be played Monday through Friday evenings or Saturdays. Schedule will be sent out once finalized. Practices tentatively start the week of August 19.

Location: LCWM Secondary and surrounding areas.

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

Registration deadline: August 5

## Wiffle Ball Whiz Kids:

**NEW!**

Grades 1st–4th

Join us outside to have fun, learn the game, and enjoy a delicious snack with friends! Wiffle ball is a fun and easy-to-learn backyard game similar to baseball, and is perfect for kids of all ages!

Dates: Wednesdays, September 18, 25, Oct. 2 & 9

Time: 3:15 p.m. to 4:30 p.m.

Location: LCWM Elementary School West Field

Cost: \$25 if registered by deadline, \$30 after

Registration deadline: September 10

## Wrestling:

Grades Preschool–6th

Learn wrestling skills and compete in surrounding tournaments. This is a great opportunity to work with the Knights wrestling coaches! Practices will be Monday and Thursday nights for all ages.

Practices Begin: December 2

**Preschool-2nd Grade:** 6:30 to 7:30 p.m.

**3rd-6th Grade:** 6:30 to 8:00 p.m.

Location: LCWM Secondary Wrestling Room

Cost: \$30 if registered by deadline, \$35 if after

Registration deadline: November 18

## Parent Information Night:

There will be an Information Night on November 18th at 6:00 p.m. at LCWM Secondary School to go over details of Youth Wrestling including schedules, singlet handout, and other information from the coaches. Registration online is required before the Information Night. Please bring 2 additional checks for volunteer and singlet deposits.

## Cross Country Running:

Grades 2nd–6th

Love to run? With the help of experienced coaches, students will gain confidence and self esteem through a running program designed to build them up, while learning proper form and technique for running cross country. 6th grade may ride the bus to get to the Elementary School. Bus number will be provided the week before.

Dates: Tuesdays, September 17, 24, October 1, 8 & 15

Time: 3:15 p.m. to 4:15 p.m.

Location: LCWM Elementary School

Cost: \$30 if registered by deadline, \$35 after

Registration deadline: September 3

## Beginning Archery:

Grades 4th–6th

**This class is only open to first time archers. If you have taken this class before, please do not register this year.**

This program will teach the basics of using a compound bow as the class utilizes the NASP curriculum and equipment. Classes are taught by a certified NASP instructor and provides a safe and fun introduction to the sport of archery. Commands, signals, techniques and shooting challenges are all part of the program. All equipment is provided.

Dates: Saturday, October 26, November 2, 9, & 16.

Time: 9:30 a.m. to 10:30 a.m.

Location: LCWM Secondary School Gym

Cost: \$35 if registered by deadline, \$40 if after.

Registration deadline: October 18

Each class is limited to the first 10 participants. Register Early!

**K-1 Youth Basketball:**

Girls & Boys

Run by qualified coaches and the LCWM High School basketball players, this Saturday morning fun will leave you loving the game and learning all the skills to get you started!

Dates: Saturdays, January 11, 18, 25, February 1 & 8

Time: 9:00 a.m. to 10:00 a.m.

Location: LCWM Elementary School

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

Registration deadline: December 20

**2-3 Youth Basketball:**

Girls & Boys

Run by qualified coaches and the LCWM High School basketball players, this Saturday morning fun will have you learning form, strategy and skills. Begin understanding 3 on 3 ball, and have fun with your teammates.

Dates: Saturdays, January 11, 18, 25, February 1 & 8

Time: 10:00 a.m. to 11:00 a.m.

Location: LCWM Elementary School

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

Registration deadline: December 20

**Basketball League:**

Girls & Boys, 4th-6th Grade

4-6th graders at LCWM participate in the South Central Youth Basketball League. Players gain experience on the court and learn to play competitive ball, while building confidence and learning how to be a team player.

Games on 6 Saturdays, beginning in December.

Practices will be twice a week beginning at the end of October. Times will be based on volunteer coach and facility availability. Practices are usually held at LCWM Elementary School.

Cost: \$80 before deadline, \$85 after

Registration deadline: October 14

**Basketball League Parent Meeting:**

If you have signed up your child to play basketball in the South Central Basketball League, please plan on attending our parent/player meeting. This will include a jersey fitting. This is not a registration night. Your player will need to be registered before this meeting to be able to get a jersey.

Date: Monday, October 14

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

Location: LCWM Elementary School Cafeteria

# Community Ed. Night

Each team will have an assigned Community Ed night at a Varsity Basketball game!

They will be introduced with the team and play at halftime!

Specific dates and more details will be given to coaches and to teams later in the season.





# VOLLEYBALL

## Fall Volleyball:

Grades 5-6

LCWM Volleyball is part of the South Central Youth Volleyball League. This is a fundamental program to work on skills. Practices will be determined based on coach and facility availability.

Practices Start the week of August 12

Game days: September 7, 14, 21, 28 & October 5

Tournament date: October 12

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

Registration deadline: August 5

## Community Ed. Night:

Come show your support for our Varsity Volleyball team!  
Thursday, September 19, Game starts at 7:00 p.m.

## Volleyball Skills:

Grades 3-4

For players who want to learn fundamentals, sportsmanship and have fun learning the game of volleyball.

Dates: Thursdays, September 19, 26, October 3 & 10.

Time: 3:15 p.m. to 4:15 p.m.

Location: LCWM Elementary School

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

Registration deadline: September 5 - To get a shirt for Varsity VB night, register by deadline.

# FOOTBALL

Going into 4th-6th Grade

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

Registration Deadline: August 1

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

## Parent Meeting & Equipment Pickup

Date: Thursday, August 1

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

Location: Secondary School, Cafetorium

Please register your child online before the meeting.

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

## Community Ed. Night:

4th-6th night will be September 13th. Flag Football night will be October 16th. Join the team on the field and during halftime!

## Flag Football:

Kindergarten-3rd Grade

Flag Football is back! Learn football skills like passing, drills and plays.

There will be 2 weeks of practices, then 3 weeks of in house games.

Dates: Mondays, September 9, 16, 23, 30, & October 7

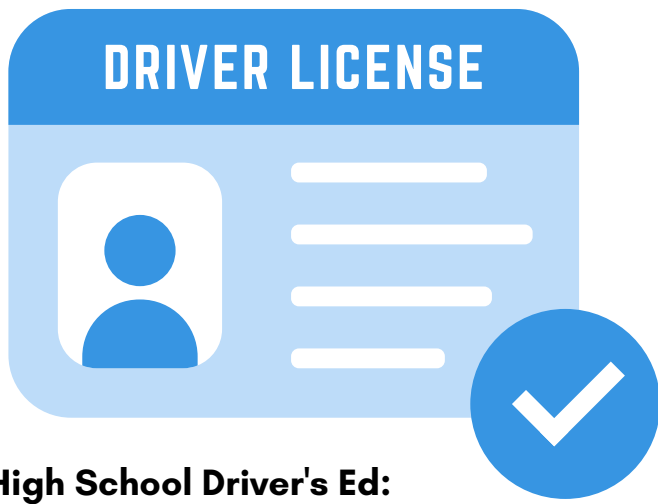
Time: 5:15 to 6:30 p.m.

Location: Secondary School, Practice Football Field

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

Registration Deadline: August 19

Those not registered by the deadline will not receive a team shirt.



### 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/Times:

October 17, 18, 19 & 26: 9:00 to 12:00 p.m.

October 28, 29, 30, 31, November 1:  
3:30 to 6:30 p.m.

November 4: 12:30 to 3:30 p.m.

#### Parent Meeting:

Saturday, November 4 from 3:00-4:30 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: October 14  
MUST BE 15 years old by December 31, 2023

Students need to bring a pen or pencil and a notebook to class. If online, it will be mandatory that the students are present the entire class period unless arranged differently with the instructor.

### Community Service Letter:

Grades 9-12

Earn a letter for performing 100 hours of community service in a year.

#### Goals for the Community Service Program:

- Students will learn about themselves and their community through active service to others.
- Students will understand LCWM's Core Values.
- Students will learn problem solving skills.
- Students will learn to evaluate their own work.

Students may use community service completed through school or students may arrange individual service opportunities with community agencies of their choice. Questions regarding whether or not something qualifies as service may be directed to the LCWM Community Education office.

#### Student Requirements:

- 100 hours of community service per year. Half of those hours (50) must be with the same entity/organization.
- Two recommendations from agencies or individuals served that describe the volunteer work completed and the student's attitude and competence.
- A digital photo of them doing service or a photo that represents their service experience.
- Reflection paper - this is an opportunity for students to reflect on their service and share their service experience with others.
- Chemical Free - students will be chemical-free and verify that to be true on the application.

The application can be found at:  
[isd2071.k12.mn.us/o/ss/page/community-service](https://isd2071.k12.mn.us/o/ss/page/community-service)

Applications are due into the Community Ed. office no later than November 22, 2024.



## Power of Budgeting:

Explore the power of budgeting, examine wants and needs, and talk personal spending and savings goals. Many think budgeting equals constraints, but a budget can help put you in control. It is the foundation of which a financial strategy is built.

Are you ready to give budgeting a try?

Date: Tuesday, October 22

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

Location: LCWM Secondary School Media Center

Cost: \$5

## Foundations of Investing:

Building your investor IQ starts with understanding the basics. Foundations of investing will help you learn about; the importance of developing a strategy, the impact of asset allocation, and ideas for focusing on what you can control with your finances.

Date: Monday, October 28

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

Location: LCWM Secondary School Media Center

Cost: \$5

## Rules of the Road:

Why are some people more successful investors than others? Do they know a secret? Definitely not - because there are no real secrets to investing. But there are rules you can follow as you work toward your goals. You'll learn the most common investing mistakes and how to avoid them, investing strategies to help you reach your long term goals, what you can do to help ensure you stay on track.

Date: Thursday, November 7

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

Location: LCWM Secondary School Media Center

Cost: \$5



FINANCIAL ADVISOR

**Jonathan L. Schwaegerl** AAMS™

201 N Riverfront Drive, Suite 225, Mankato, MN 56001

# HOLIDAY COOKIES BAKE & TAKE

*In this teen/adults, hands-on class you will be working in pairs. You'll be provided with ingredients, the recipe for the dough and everything you need to form, trim, and decorate the cookies. Bring your own apron if you like. And most important, don't forget to bring containers to carry home your six dozen treats.*

*We are sorry, we cannot accommodate peanut allergies in this class.*

**TUESDAY, DECEMBER 17**

**6:00 TO 8:00 P.M.**

**LCWM SECONDARY SCHOOL**

**\$30 BEFORE DEADLINE, \$35 AFTER**

**REGISTRATION IS REQUIRED AND**

**DEADLINE IS DECEMBER 10**

**LIMITED TO 12 PEOPLE**





DO YOU WANT TO

# Inspire

FUTURE LEADERS?

Do you have a skill or a talent to share with our community?

Become a Community Education Instructor and get paid to share your talent!

Contact us today with your class ideas at  
**(507) 726-2673**

**Follow us online at:**



[facebook.com/lcwmce](https://facebook.com/lcwmce)



[instagram.com/lcwmcommunityeducation](https://instagram.com/lcwmcommunityeducation)



[youtube.com/channel/LCWMStreaming](https://youtube.com/channel/LCWMStreaming)

**Want To Teach?**



## 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

Renee Dahm

Kari Paul

Trina Driscoll

Melissa Dudgeon

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](mailto:lmaska@isd2071.org)

**To Register:** Registration for all classes and activities is required unless otherwise noted. Class sizes are limited and enrollment is accepted on a first-come, first-served basis. Payment is needed to reserve your spot. Pay by cash (exact change), check, or all major Credit Cards. Early Bird Rates apply only to those that register prior to the deadline.

**Publicity Policy:** LCWM Community Education reserves the right to use photos and videos for publicity purposes. Those who wish their likeness to not be used can call the Community Education Office.

**Cancellations:** Classes and activities will be cancelled if there is insufficient enrollment. Refunds will be issued.

**Registration Cancellations:** There are no refunds after the class has started. If the entire class is cancelled because of bad weather or for other reasons beyond our control, and classes cannot be made up, a credit voucher will be issued upon request.

### Emergency School Closing & Bad Weather:

In the event that LCWM Schools are closed due to weather or emergency situations, Community Ed. classes, games and practices are automatically cancelled.

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

Labor Day: Monday, September 2

Thanksgiving Break:

Wednesday, November 27-29

Winter Break: December 23-January 1

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

**Our Facilities:**

LCWM Community Education is a part of the LCWM School District. The Community Education office is located at LCWM Secondary School. Community Education courses and programs are primarily hosted at LCWM school facilities, but also occur at other community facilities. Be sure to check the location of your program before arriving.



**Facilities Rental:**

LCWM district facilities are available to rent. Community members and organizations are invited to apply for the use of district facilities. For more information, contact the Facilities Department.

Phone: (507) 726-2673

Email: [facilities@isd2071.org](mailto:facilities@isd2071.org)



**Registration Support:**

Our Community Ed. staff can help you through the process to register online or register you over the phone. Office hours are generally 8:00 a.m. to 3:00 p.m. on school days.

**UCARE Discount:**  
 If your child has UCARE as their insurance company, they can get up to a \$15 discount on most Community Ed. classes. If the class is less than \$15, it's free. To get your discount, please register your ID number by calling us at (507) 726-2673

**Youth Scholarships:**

The Greater Mankato Area United Way believes all children should have the opportunity to be a part of youth development activities. We understand that, at times, it may be difficult for some families to find the resources to enroll their children in these activities. The Connecting Kids Initiative can help these individuals. For more information, contact the office at (507) 726-2673.



## LCARC Staff:

**Renee Dahm** - Marketing /  
Health & Wellness  
**Bethany Maxwell**- Membership/Recep.  
**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**
- **Dewey Escher**

## Registration Policy:

Registrations can be made:

- In Person
- By Mail
- Over the Phone - (507) 726-6730



LCARC Director & Program Managers

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.



# 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.

## Holiday Hours:

Labor Day: Monday Closed

Thanksgiving: 11/23 Closed

Christmas Eve: Closed

Christmas Day: 12/25 Closed

New Year's Eve: Noon-5pm

New Year's Day: 9am-9pm

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

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

**ADD 24/7 TO YOUR MEMBERSHIP**  
**FOR JUST \$60 - 1ST YEAR/ \$48 AFTER**

## Daily Admissions:

Non-Member Admission	Adult	Senior/Youth*	Family*
Daily Pass	\$7.00	\$5.00	\$30.00
5 Punch Punch Card	\$33.00	\$23.00	
10 Punch Punch Card	\$64.00	\$46.00	
20 Punch Punch Card	\$120.00	\$90.00	
Daily Waterslide Pass	\$2.00	\$2.00	\$10.00
Spectator Fee	\$1.00	\$1.00	

\*Family waterslide rate is only valid when purchased with family day pass

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

\*Senior - Age 65+

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

## 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!



# Check with your health insurance!

Did you know that your health insurance may reimburse you for regular use of LCARC? You can call your provider to learn if you qualify for these benefits!

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

## Senior Memberships:

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



For Medicare & Medicaid Members

## Corporate partnership discounts:

Be sure to tell us where you work! We have numerous agreements with area businesses to provide discounted memberships to their employees. For exact rates, please call LCARC.

LCARC Corporate Members - Receive a discount if you work at City of Lake Crystal, TBEI, Crysteel Truck, Farm Business Info., GM Contracting, MinnStar Bank, Rescom Realty, Blue Earth County, IFS, or MCHC.

# Annual Membership Rates:

Membership Type	New		Renewal	
	Annual	Monthly	Annual	Monthly
Family	\$695	\$67	\$657	\$63
Couple	\$611	\$59	\$576	\$55
Individual	\$445	\$43	\$415	\$41
Student	\$235	\$22	\$216	\$21
Senior	\$355	\$35	\$335	\$34
Senior Couple	\$480	\$47	\$452	\$43

# Lake Crystal Resident Discount Rates:

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

**BRING YOUR UTILITY BILL TO THE FRONT DESK TO GET YOUR DISCOUNT TODAY!!**

**Family:** Limited to spouse or domestic partner and dependent children in school (age 1 to 24) residing at the same residence. Includes up to 8 family members. \$10 per each additional member.

**Couple:** Includes married or domestic partners residing at the same residence.

**Student:** Includes K-12 and college students. College students must show proof of enrollment.

**Senior:** Individuals age 65 and older.

**Senior Couple:** At least one person is over the age of 65 and couple is married or residing at the same residence.

**Add a 24/7 pass or a waterslide pass to your membership!**

## Additional Membership Types

3 Month Memberships:	
Membership Type:	Cost:
Family	\$265
Couple	\$230
Individual	\$170
Student	\$95
Senior	\$140
Senior Couple	\$185

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

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



# Swimming Lessons at The



Lake Crystal Area Rec Center

## Tues/Thursday Lessons

October 1st - October 24th 2024

5:15 - 5:45pm	Preschool Age 3-5
5:50 - 6:30pm	Levels 1 & 2
6:35 - 7:15pm	Levels 3 & 4
Member Fees:	<b>\$45</b>
Non-Mmbr Fees	<b>\$60</b>

\*Register ASAP to get a spot!

## Saturday Lessons

September 21st - November 9th 2024

9:30- 10am	Aqua Tots
10:05- 10:35am	Preschool Age 3-5
10:40 - 11:20am	Level 1
10:40 - 11:20am	Level 2
11:25 - 12:05pm	Level 3
11:25 - 12:05pm	Level 4
Member Fees:	<b>\$45</b>
Non-Mmbr Fees	<b>\$60</b>

\*Register ASAP to get a spot!



## Private Swim Lessons :

To register for private lessons, please call the LCARC to discuss scheduling and availability. These lessons are for people of all ages. All lesson fees must be paid in full upon the first lesson.

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

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

# Water Aerobics:

## Water Aerobics Class Schedule:

Mon	Tues	Wed	Thurs	Fri
Aqua Fit 8:30-9:30a	Aqua Fit 8:30-9:30a	Aqua Fit 8:30-9:30a	Aqua Fit 8:30-9:30a	Aqua Fit 8:30-9:30a

\*Most current schedule always available at [www.lcarc.com](http://www.lcarc.com) or call 507-726-6730

**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.



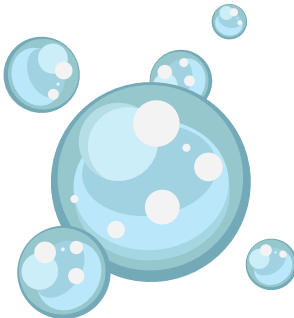
## Water Aerobics Punches:

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](http://lcarc.com).





# All Ages Open Swim:

\*Schedule starts: Tuesday September 2nd, 2024

**Monday** 6-8:30pm w/slide, deep end

closed. \*Discount night\*

**Tuesday - no open swim**

**Wednesday** 6-8:30pm, no slide, deep

end closed.

**Thursday - no open swim**

**Friday** 3:30pm - 5:00pm, no slide.

**Friday** 6:00pm - 8:30pm w/slide

**Saturday** 1:00pm - 5:00pm w/slide

**Sunday** 1:00pm - 4:00pm w/slide

# Waterslide:

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

Everyone that goes down the slide must wear a wristband. Wristbands can be purchased at the front desk.

Daily Admission Cost: \$2

Annual Waterslide Cost: \$99

(In addition to membership)

# Lock ins:

4 Hour Lock ins and Overnight Lock in options are available. For more information please call the LCARC at 507-726-6730 or email Katie at [lcarcwellness@gmail.com](mailto:lcarcwellness@gmail.com)



# Pool Rentals!!!

Pool Rentals

Zero Depth only

\$40/hr for up to 25 people (kids and adults in the pool area)

Entire Pool Rental

Up to 20 people in pool area: \$60/hr

21 to 40 people in the pool area: \$85/hr

41 to 80 people in the pool area: \$110/hr

81 to 100 people in the pool area: \$135/hr

100+: use the above rates

Add the Large waterslide for \$25 flat rate



# 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

Snack and busing provided.

All Day Fit Kids  
Member: \$35/child  
Non-Member: \$40/child

\*On days when there is no school.

## Summer Program

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 involved with Fit Kids will be eligible for early registration.

Price per child	Member	Non-Member
5 Days/Week	\$115/wk	\$125/wk
4 Days/Week	\$105/wk	\$115/wk
3 Days/Week	\$85/wk	\$95/wk
2 Days/Week	\$55/wk	\$65/wk
1 Day/Week	\$30/wk	\$35/wk

### Summer Program Requires:

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

Contact Family Programs Manager  
Marcie Larson for more information at  
lcarcfitkids@gmail.com



**Room Rentals, Gym Rentals and Party Packages are available at the LCARC!**

**For Availability**

Call 507-726-6730, or email Katie at [lcarcwellness@gmail.com](mailto:lcarcwellness@gmail.com) for available dates. A \$10 non-refundable deposit is required to schedule all rentals.

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



**Standard Room Rentals**

Room	Members	Non- Members
	Corporate Members Non-Profit Org.	Private Org. Individuals
<b>Derksen</b> (Fit Kids Rm, w/ kitchenette)	\$20/hr \$95/day	\$25/hr \$120/day
<b>Meixell</b> (Community Rm, w/ presentation capacity)	\$20/hr \$95/day	\$25/hr \$120/day
<b>Gym - Half</b>	\$25/hr \$150/day	\$35/hr \$180/day
<b>Gym - Full</b>	\$40/hr \$240/day	\$50/hr \$320/day

**Bounce House Party Package**

Enjoy 2 hours in a party room, and 2 hours in a bounce house!

**Bounce House Options:**

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, \$5 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

**Physical Therapy:**

Provided by Madelia Community Hospital & Clinic:

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

Call 507-642-5211 to schedule an appointment

**Senior Series Lunch & Learn:**

These semi-monthly programs are geared toward adults 50+ and involves recreational, nutritional, educational and/or social components. Each Lunch & Learn has a different compelling topic specifically chosen for the interests and needs of our 50+ population.

A healthy lunch is provided (free-will offering) and the program is FREE.

This program is partially supported by Mayo Clinic Health Systems, MinnStar Bank and a grant from the Consolidated Communication Community Fund.

Most sessions are Wednesdays over lunch; stop by the LCARC for the full calendar.



**LCARC's Minutes in Motion Team Challenge:**

Jumpstart your activity level by joining the LCARC's Minutes in Motion Team Challenge! **Teams of 2-6 people** will compete to gain the most points for weekly prizes and an overall grand prize after the four weeks is over. Each person on the team must keep track of how many points they earn each day and send it to their team captain.

Points are gained by the average of how many minutes you exercise as a team! You can earn extra points by attending group fitness classes at the LCARC! Some classes are more points than others! You also get full access to the Recreation Center during the 4 weeks you are in the challenge. However, you must bring your challenge pass to be let into the Rec for free. If you are not a member at the rec center, always sign in at the front desk as well!

Cost: \$15 per member/ \$25 per non-member

When: October 3rd - 29th

Registration Deadline: September

Included: Four weeks of access to the Facility for non-Members, Classes, weekly and grand prizes, and you get to improve your health and wellness through activity!!!!

**Pickleball:**

Full gym reserved for this activity. 3 courts.

**Date:** Mondays, Wednesdays, Fridays

**Time:** 9 - 11 a.m.

**Where:** LCARC

**Members:** FREE

**Non-Members:** Daily Admission

No registration necessary

\*Pick-up games whenever the gym is open. Daily admission applies.

**SAIL-Stay Active & Independent For Life:**

Designed for Seniors, this FREE class has been proven to increase bone density, strength, and flexibility. Energize and enhance your well being with this bi-weekly class. This osteoporosis prevention exercise program is open to men & women.

Brought to you by Common Good RSVP & the LCARC!

Date: Mondays & Wednesdays

Time: 9:30 a.m.

Where: LCARC

No registration necessary

**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:
<b>1 Session</b>	\$30	\$40	\$40	\$60
<b>3 Sessions</b>	\$85	\$115	\$114	\$144
<b>5 Sessions</b>	\$120	\$175	\$170	\$220
<b>10 Sessions</b>	\$225	\$300	\$320	\$420
<b>20 Sessions</b>	\$420	\$500	\$600	\$800

## Group Fitness Classes:

**Aqua Fit:** This class is a mixture of cardio and toning, all low impact! Great for those who need a gentle workout.

**Aqua HIIT:** Are you looking for a low-impact, cross-training, full body workout? If so, try AQUA HIIT! The high intensity interval training will get your heart rate up, while the added resistance of the water surrounding your entire body creates an element of intensity!

**Lower, Upper, and Core & More** -30-minute class is for people who want a quick but impactful early morning workout that includes strength and cardio intervals. The workouts will be led by personal trainers who will utilize the bars and free weights in the LCARC studio. The workout will include the same exercises for 6 weeks so participants can increase the intensity and their weights each week if desired. Attend all three workouts per week and get a full body workout each week!

**Boot Camp:** Come in and join us for a fun and energizing way to start your day! We will be doing a different workout each week to combine with exercise and fun, making the time fly! Come give it a try!

**Generation Exercise:** Want to keep exercising well into your youth, but not sure if you can or where to start. We have just the class for you! Resistance train, walk, get fit, and have fun doing it while keeping it low impact. (45mins)

**Pilates:** This popular mat workout developed by Joseph Pilates concentrates on core strength, body alignment, and muscular balance without adding bulk. If you are looking for that long, lean dancer body, this class is for you!

**POUND®:** A full body cardio-jam workout that combines cardio, conditioning, and strength training with yoga and pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out!

**ZUMBA:** Zumba is a complete workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class. You will find a mix of low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party.





JONES  
LAW OFFICE

# LCARC'S HALLOWEEN HUSTLE 5K

SPONSORED BY JONES LAW OFFICE!!

HALLOWEEN 5K FUN RUN!  
SATURDAY OCTOBER 26TH!

RACE STARTS AT 9AM AT THE LCARC!

COST IS 25.00 DOLLARS  
YOU GET A T-SHIRT! & MEDAL!  
REGISTER AT THE LCARC  
OR VISIT [WWW.LCARC.COM](http://WWW.LCARC.COM)



Lake  
Crystal  
Area  
Rec  
Center

www.lcarc.com (507) 726-6730 Lake Crystal Area Rec Center



The LCARC & LC Lions Present

# TRUNK OR TREAT STREET 2024

Trick or Treats • Fun Games •  
Local Business Trunks • Costume Contest

October 25, 2024 • 6 to 8pm • IN THE LCARC PARKING LOT  
621 W Nathan S Lake Crystal MN | 507-726-6730



Lake  
Crystal  
Area  
Rec  
Center







YOU ARE INVITED TO

# Christmas IN LAKE CRYSTAL

HOLIDAY CRAFT & GIFT FAIR



SHOPPING : FOOD : FUN

 Sat Dec 7th, 2024       10AM -2PM

 LCARC 621 W Nathan St, LC MN 56055

SHOP FOR HOLIDAY GIFTS!

BAKED GOODS, UNIQUE FOOD, TREE ORNAMENTS, LOCAL  
CRAFTS/ART, AND MUCH MORE!!

& GET A GREAT DEAL AT THE SILENT AUCTION!!



**Christmas in Lake Crystal**

Lake Crystal Area Rec Center (507) 726-6730 www.lcarc.com

**I.S.D No. 2071**

PO Box 160

Lake Crystal, MN 56055

Non-Profit Org.

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Lake Crystal, MN 56055

**Postal Patron**

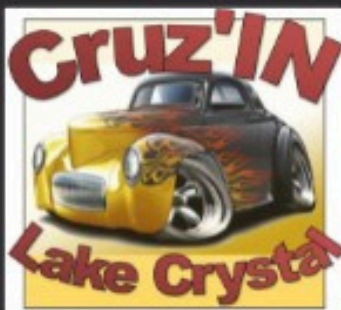
# Fall City Wide Garage Sale September 6-7

Deadline  
Aug. 30



## Cruz In Lake Crystal Continues

Every Other Thursday through September 19th  
PLUS Sunday Afternoon September 22 (from 1-4:00pm)



**Get Your Tickets for the  
BIG Raffle on September 19th!  
Tickets Available now**

**In and Around Marston Park \* Rain or Shine**

For more information contact the Lake Crystal Area Chamber of Commerce  
(507) 726-6088 or [lcacc56055@gmail.com](mailto:lcacc56055@gmail.com)

