



Youth Programs SPRING 2018

Session Dates:

March 26- May 19, 2018

Registration begins March 13, 2018



See Online Schedule for Class
Times and Availability!

Youth Fun & Fitness At Prairie Life

At Prairie Life we know staying fit and having fun is one of the best ways for families to share quality time.

In order to meet the needs of your family, Prairie Life Fitness is dedicated to providing top quality activities for your children.

This book is designed for the busy parent and has all children's activities, programs and events in one book. If you have questions about the programs in this guide, contact Membership Services or the Department Director listed. Your feedback and suggestions are very helpful in the planning of our programs. Comment cards are available at the Front Desk. We invite your input.

Leo Venteicher

Maren Lakers

Dayle Nervig

Shannon Cunningham Aquatic Supervisor

Brent Pyle

Mike Cummings

Maggie Meyer

Kathleen Solem

Katie Fagan

Chastidy Militti

Madeline McCann

Carrie Reitmeier

Club Manager

Assistant Club Manager

Aquatic Director

Fitness Director

Facilities Director

Cafe Director

Pilates/Group X Director

Tennis Director

Child Care/Club Services Dir.

Youth Activities Director

Racquetball Director

WELCOME TO PRAIRIE LIFE KID ZONE!

Course Descriptions Catalog THE FOLLOWING PLF SELECT PROGRAMMING CLASSES REQUIRE REGISTRATION:

Swimming Lessons
Tennis Lessons
Yoga
Craft & Cooking

Racquetball Lessons
Gymnastics
Soccer
Dance

ADDITIONAL REGISTRATION INFORMATION:

- Please adhere to age requirements when registering.
- Children must be of age by the first day of class session.
- Confirmation of your child's enrollment status will be emailed to the email address you provide during the enrollment process.
- If the class has met its enrollment maximum, your child will be put on a stand-by list for that requested time slot and contacted when spaces open.
- You must register for the class to be placed on the stand-by list.
- If a class does not reach minimum enrollment requirements, the class may be cancelled.

Need Registration Assistance?

Madeline McCann, Youth Activities
Chastidy Militti, Child Care/Club Ser.
Kathleen Solem, Group X
Dayle Nervig, Aquatic
Katie Fagan, Tennis
Carrie Reitmeier, Racquetball
Glenn Parsons, Membership
Stephanie Peltz, Membership
Tanna Dittmar, Membership
Kayla Kubert, Membership

youth132@prairielife.com
cmilitti@prairielife.com
kathleen@prairielife.com
dnervig@prairielife.com
kfagan@prairielife.com
creitmeier@prairielife.com
gparsons@prairielife.com
speltz@prairielife.com
tdittmar@prairielife.com
kkubert@prairielife.com

TABLE OF CONTENTS

| <u>Title</u> | <u>Page(s)</u> |
|--|----------------|
| Prairie Life Extras | 5 |
| Types of Programs | 6 |
| Drop in Class Descriptions | 7 |
| Select Class Descriptions | 8 |
| Racquetball Class Descriptions | 9 |
| Tennis Class Descriptions | 10-11 |
| Swim Lesson Descriptions | 12-16 |
| Frequently Asked Swimming Questions | 17 |
| Shin's Academy | 18 |
| Club Usage for Children | 19 |
| Childcare Information | 20-21 |

PRAIRIE LIFE EXTRAS

SACK IT TO ME! MEALS TO GO!

Our Café offers meals ready when you need them. Place your order in advance and pick it up after your workout!

**All meals are served with chips, pickles or fruit.
Please visit our Café for our full menu!**

Pick up a Protein Shake after your workout
or enjoy a Fruit Smoothie!

WATCH FOR PARENT'S NIGHT OUT!!

Once a Month from 5:30-9 pm
Go to dinner, see a movie,
have a night to yourselves while we entertain the kids!

**Registration is available online under
Youth Class Registrations.**

THE ULTIMATE PARTY AT PLF

For Birthdays, Church, School, Youth Groups or any Organization!

YOUR PARTY PACKAGE INCLUDES:

Guest Fee for up to 10 people,

3 Hour Party Room Rental,

Party Decorations and

use of the Swimming Pool and Gym!

Kid's meal options are available for an additional charge.

PARTY FEE:

Starting at \$125 (plus tax) member/ \$150 (plus tax) non-member
for up to 10 people.

There is a \$5.00 charge for each additional person.

AVAILABLE SATURDAY, OR SUNDAY

Contact Maggie Meyer at 402-691-8546 or

mmeyer@prairielife.com

for more information.

TYPES OF PROGRAMS

Drop-In Classes - Drop-In classes are included in membership, with the exception of some craft and cooking classes that have supply fees

These classes can be attended on a drop-in basis. Your child can attend as frequently as you like. Sign up your child as you check them into the child care room. Transfer service is provided to and from all Drop-In Classes. Your child needs to be checked into a child care room 15 minutes prior to class time.

See schedule at prairielife.com

Gym Time - Unstructured play along with planned activities helps your child run, romp and blow off steam. Gym Time is scheduled throughout the week. Look for times on the bulletin board in the childcare hall. Children will be transferred to and from the Gym by our staff during these times when your children are in the Fun & Frolic Room and Adventure Room.

Select Classes - Select classes are scheduled on an 8-week basis, registration is required and classes are fee-based. These fee-based classes, with progressive lesson plans, offer an affordable way for your child to explore a session of any variety of fitness skills we offer right here at the club.

Days, Times and Pricing of these classes can be found online under: 'YOUTH CLASS REGISTRATION'

Fees posted apply to all members and are billed the second week of class. For swim lessons only, there is no charge for members in an active 24 month membership. Fees apply in any other type of membership.

Drop-In Class Descriptions

TODDLER TUNES: 18mo-3 yrs Your child will have fun with music. They will learn simple actions to familiar songs and use instruments to make learning extra fun.

BEAN BAG GAMES: 18mo & up A variety of bean bag games: bean bag toss, hopscotch and more.

ROCKWALL WARRIORS: 3-7 yrs This exciting class will combine balance, coordination, strength and fun games as they traverse PLF's rock climbing wall.

P.E. CHALLENGE: 6+ yrs Your child will learn the fundamentals of a healthy lifestyle by learning how to be fit! They will learn proper warm up and cool down excercises, play organized games, and run relays!

CHECK ONLINE REGISTRATION FOR
CLASS DATES & TIMES.

Select Class Descriptions

Gymnastics- Children will improve flexibility and strength while developing basic skills on 4 apparatuses. Comfortable clothing recommended, leotards not required.

-Tiny Tumblers (2)

-Mini Tumblers (3-4)

-Mighty Tumblers (5-10)

Soccer: 3-4, 4-6 & 7+ An exciting new class to get your child interested in soccer while learning the fundamentals of the sport. Introduce your child to soccer in a non-competitive environment. Our experienced coaches will provide an enthusiastic and fun learning environment to fit your child's needs!

Little Yogis: 4-7 Suggested age 4-8 Kids will explore movement, increase coordination and flexibility and quiet the mind through creative yoga games, interactive yoga stories and embark on yoga journeys throughout the world. Kids will leave class with a boost of self confidence and a feeling of nourishment and stillness. The last class of the session will be a Family Yoga class, where your kids will have a chance to show you what they learned and you will have a chance to spend 45 minutes of undivided attention with your child through creative movement and play!

Youth Yoga: Recommended 8+ Yoga Suggested age 8-14 Kids will explore movement, increase coordination and flexibility and quiet the mind through exploration of yoga poses, creation of yoga flows, cooperative games and engagement in mindfulness activities. Kids will leave class with a boost of self confidence and a feeling of nourishment and stillness. The last class of the session will be a Family Yoga class, where your kids will have a chance to show you what they learned and you will have a chance to spend 45 minutes of undivided attention with your child through creative movement and mindfulness!

CHECK ONLINE REGISTRATION FOR
CLASS DATES, TIMES & FEES.

Racquetball Class Descriptions

RACQUETBALL

Beginner and Intermediate Racquetball Lessons
8 week Session. **6 yrs & up.**

Sessions have a fee of **\$30 for PLF members.**

After successfully completing the beginner/intermediate clinic,
juniors may finish the session with Match Play.

Carrie Reitmeier at creitmeier@prairielife.com

CLASSES OFFERED THIS SPRING

BEGINNERS RACQUETBALL: For players 6 yrs+ who may be picking up a racquet for the first time. Stroke mechanics will be taught as well as 3 basic serves and court positioning.

INTERMEDIATE RACQUETBALL: For players who have successfully completed beginner racquetball and/or passed a skills test by our instructors.

MATCH PLAY: For players 6 yrs+ who have completed the beginner and intermediate class. Students will play several games each week to test what they have learned in a friendly, competitive environment.

**CHECK ONLINE REGISTRATION FOR
CLASS DATES and TIMES.**

Tennis Class Descriptions

TENNIS

Players will learn the rules and etiquette of the game along with grip, strokes, serve and game strategy. Instruction geared to individual level. Racquets are provided.

Contact: Katie Fagan at kfagan@prairielife.com

These select classes each have a fee of **\$30 for 8 weeks**.

CLASSES OFFERED THIS SPRING

TODDLER MINIS: (Ages 3-4) This half hour class focuses on fun! Minis will use games and easy/beginner drills to develop the coordination and skills helpful in beginning to learn and love the lifelong game of tennis. Skills developed in this class will crossover to a variety of other sports and activities as a bonus!

TODDLER MIGHTIES: (Ages 4-5) This class is for experienced Minis. Our focus begins to turn from coordination to technique. The Mighties will use fun games and drills to learn some of the basic strokes including forehand, backhand and volley. This class is a great prep for kids wanting to participate in outdoor classes this spring and summer.

**All Toddler Tennis classes are held on the racquetball courts.
Cost is \$30 for PLF members.**

**CHECK ONLINE REGISTRATION FOR
CLASS DATES and TIMES.**

Tennis Class Descriptions

TENNIS

Players will learn the rules and etiquette of the game along with grip, strokes, serve and game strategy.

Instruction geared to individual level. .

Contact: Katie Fagan at kfagan@prairielife.com

These select classes each have a fee of **\$35 for 8 weeks.**

CLASSES OFFERED THIS SPRING

YOUTH TENNIS: (Ages 3-4) Rules and etiquette of the game along with grip, strokes, serve and game strategy. Instruction geared to individual level. Please bring your own racquet (a limited number of racquets are available to borrow during class.) Cost is \$35 for PLF members.

TENNIS 1: (Ages 5-7) For players with little to no experience. Focus is on stroke mechanics developed through drills and fun games.

TENNIS 2: (Ages 8-11) For players looking to build upon the basics and improve all aspects of their game.

CHECK ONLINE REGISTRATION FOR
CLASS DATES and TIMES.

Swim Lesson Descriptions

Swim Lessons

8 weeks of swimming lessons
\$80-member/\$131.36- Non-member

Fees apply to all members who are not in an active 24-month membership plan. If you have any questions, please contact Membership Services.

Red Cross swim lessons are designed with an increased emphasis on water safety and drowning prevention, along with age appropriate distribution of skills designed for developmental needs of each level and age.

Children do need to be the appropriate age for class by the first week of the session.

Preschool levels- 3 & 4 years old / Levels 1 and up- 5 years & up

PRIVATE SWIMMING LESSONS: Looking for that extra hand and personalized help to fit your child's ability and schedule? Private/semi-private lessons are designed for you. Contact Dayle Nervig, Aquatics Director

Ages: Toddler and older

Private Fee: \$25 / 30 minute

Semi-private Fee: \$20 - 30 minute/person

SWIM TEAM TRAINING CAMP: Interested in joining a swim team? • Want to know what training is like? • Want to improve form and endurance in the 4 basic competitive strokes- Free style, Backstroke, Breaststroke and Butterfly? • Designed for swimmers in Level 4 and above who are ready to learn drills and improve their swimming skills. • Meets 3 times a week (24 training sessions) Great option for young swimmers interested in more training. Cost: \$48 Member, \$99 Non-member.

Swim Lesson Descriptions

CHECK ONLINE REGISTRATION FOR
CLASS DATES and TIMES.

PARENT/CHILD AQUATICS:

LEVEL 1 SINKERS-

For children **3 mos to 1 1/2 years old.**

Introduces basic skills to parents and children. Parents are taught to safely work with their child in the water, including how to appropriately support and hold their child in the water and how to prepare and encourage their child to participate fully and try skills.

LEVEL 2 BOBBERS

For children **1 1/2 to 3 years old.**

Level 2 Bobbers will build on skills learned in Level 1 and be introduced to new advanced skills.

AQUATICS:

PRESCHOOL LEVEL 1:

For children **3 and 4 years** old. Child needs no previous experience but must be the minimum age by first day of the session.

PRESCHOOL LEVEL 2:

For children **3 and 4 years** old who can:

1. Enter the water independently, move 5 yards, submerge mouth and blow bubbles for at least 3 seconds and then safely exit the water. (Children can walk, move along the gutter or "swim.")
2. While in shallow water, glide on front for at least 2 body lengths, roll to back and float on back for 3 seconds then recover to a vertical laying position.

Swim Lesson Descriptions

CHECK ONLINE REGISTRATION FOR
CLASS DATES and TIMES.

PRESCHOOL LEVEL 3:

For children **3 and 4 years** old who can:

1. Glide on front for at least 2 body lengths, roll to back and float on back for 15 seconds then recover to a vertical position.
2. Glide on back for at least 2 body lengths, roll to front, then recover to a vertical position.
3. Swim using combined arm and leg action on front for at least 3 body lengths, roll to back, float for 15 seconds, roll to front and continue swimming on front for at least 3 body lengths.

LEVEL 1: INTRODUCTION TO WATER SKILLS

For beginning swimmers who have not had a swim lesson and are at least 5 years old. There is no skill prerequisite for Level 1.

LEVEL 2: FUNDAMENTAL AQUATIC SKILLS

For children **5 years and older** who can:

1. Enter the water independently, travel at least 5 yards, bob 5 times, then safely exit the water. (Participants can walk, move along gutter or “swim”.)
2. Glide on front at least 2 body lengths, roll to back and float on back for 5 seconds then recover to a vertical position.

Swim Lesson Descriptions

CHECK ONLINE REGISTRATION FOR
CLASS DATES and TIMES.

LEVEL 3: STROKE DEVELOPMENT

For children **5 years and older** who can:

1. Step from the side into chest-deep water, push off the bottom, move into a treading or floating position for at least 15 seconds, swim on front and/or back for 5 body lengths, then exit the water.
2. Move into a back float for 15 seconds, roll to front then recover to a vertical position.
3. Push off and swim using combined arm and leg actions on front for 5 body lengths, roll to back, float for 15 seconds, roll to front then continue swimming for 5 body lengths.

LEVEL 4: STROKE IMPROVEMENT

For children **5 years and older** who can:

1. Jump into deep water from the side, recover to the surface, maintain position by treading or floating 60 seconds, rotate one full turn, then turn as necessary to orient to the exit point, level off, swim front crawl and/or elementary backstroke for 25 yards, then exit the water.
2. Push off in a streamlined position, swim front crawl for 15 yards, change position and direction as necessary, swim elementary backstroke for 15 yards, then exit the water.

Swim Lesson Descriptions

CHECK ONLINE REGISTRATION FOR
CLASS DATES and TIMES.

LEVEL 5: STROKE REFINEMENT

For children **5 years and older** who can:

1. Perform a feet-first entry into deep water, swim front crawl for 25 yards, change direction and position as necessary and swim elementary backstroke for 25 yards.
2. Swim breaststroke for 15 yards, change direction and position as necessary and swim back crawl for 15 yards.
3. Submerge and swim a distance of 3 to 5 body lengths underwater without hyperventilating, return to the surface, then exit the water.

LEVEL 6: SWIMMING AND SKILL PROFICIENCY

For children **5 years and older** who can:

1. Perform an entry into deep water, swim front crawl for 50 yards, and then swim elementary backstroke for 50 yards using appropriate and efficient turning styles throughout.
2. Swim breaststroke for 25 yards, change direction of travel as necessary and then swim back crawl for 25 yards using appropriate and efficient turning styles throughout.

Frequently Asked Swimming Questions

How many children can be in a swim class?

Preschool Levels:

1 teacher/ 5 children

Levels 1 & 2:

1 teacher/ 6 children

Levels 3 & up:

1 teacher/ 8 children.

What swim level should my child be in?

Level placement is based on skill rather than age. Success and progression in swim lessons are best achieved when children are placed in the appropriate level for their skills. To assist you in choosing your child's level, listed with each level is the minimum skill requirement needed to be in that level.

How will my child get off a Stand-by List?

When a current enrolled member misses 2 classes, they will be taken off the roster and the space will be offered to the first person on the Stand-by List. Spaces will continue to be filled in order until halfway through the session. We will do our best to place children in classes, but please remember a spot on the Stand-by List does not guarantee a place in a class.

If you have any other questions, please contact
Dayle Nervig dnervig@prairielife.com

SHIN'S ACADEMY

Contact Steve Shin at www.shinsacademy.com

Prairie Life Fitness is pleased to host Shin's Academy at our facility.

Youth Tae Kwon Do is available for ages 5-14 yrs old.

Judo available for ages 6 and up

Hapkido available for 14 and up

Please Contact Steve Shin for class times and days.

Enrollment for classes is open the first week of every month. Registration forms and class schedules can be found in the Martial Arts Book located at the Kid Zone Table.

Classes are billed on a monthly basis.

Family discounts available

Contact Steve Shin at ShinsAcademy@gmail.com

Cancellations must be in writing.

Cancellations Forms available at the Front Desk.

TAE KWON DO: Tae Kwon Do emphasizes physical conditioning, discipline, values and respect. Children will develop strength, agility, balance and confidence. Class is conducted by a Fifth Degree Black Belt Instructor. Students can advance through ranks with promotional testing held once every two months.

Youth Taekwondo - 5yrs & up

Youth Judo - 6 yrs & up

Hapkido - 14 yrs & up

White Belt and ages 6 & under

Tuesday 5:45- 6:15 pm

Advanced Rank and all ages 7+

Tuesday & Thursday 6:15- 7:15 pm

CLUB USAGE FOR CHILDREN

Parents are responsible for the behavior and direct supervision of children in all areas of the club, whenever children are not participating in a class or supervised by club staff. Direct supervision meaning -- the child is close enough for conversation or physical contact.

Children must be in paid membership to use any part of the facility. Children with paid guest fees can use the club and participate in Activity Center & Drop-In class as a member for the day when accompanied by an adult.

Children Under 14: May use the lower level of the facility when directly supervised by their parent or legal guardian over 18.

Exceptions: Children in a PLF supervised class or program and children under 14 who have passed the swim test or racquetball test and are utilizing those areas in accordance with club policies are permitted.

Fitness Center Policy: Children under the age of 14 are restricted from Fitness Center with the following exceptions:

* 12-13 year olds participating in the Prairie Life Teen Fitness may use the upper level Fitness Center during specified hours.

* Children under 14 yrs are able use the Fitness Center under the direct supervision of one of our Certified Personal Trainers during One-on-One Personal Training sessions.

For your convenience, PLF has three Family Changing Rooms located near the Courtesy Services Desk. They are available for dressing and changing children over the age of 3 who cannot accompany you into the appropriate locker room. **Parent Supervision is required.** Courtesy Services is also available to escort children to the restroom.

Class Transfer Service

- *For parents exercising in the club, PLF staff will escort your child to his or her class **IF** the child is checked into a Child Care Room 15 minutes prior to the class starting time
- * PLF staff will transfer your child back to the appropriate Child Care Room, with the exception of swim classes. Please pick up your child at the pool following his or her swim class.
- * Parents must indicate on the Check-in sheet in childcare rooms which class child will be attending.

CHILD CARE INFORMATION

Nursery Room

Enjoy your workout while your infant and child receives T.L.C. from our caring staff. We are equipped with age appropriate toys, colorful books, and swings for rest times. Reservations, required for children under 9 months, may be made up to 2 days in advance by contacting the Nursery at 402-691-8546. One reservation allowed at a time per child.

| DAYS | HOURS | AGE |
|-------------|----------------|---------------|
| Mon-Fri | 9:00 am - Noon | 6 wks - 18 mo |

Fun and Frolic Room

This room is designed for the enjoyment and supervision of your child. Drop off your child at any time listed below for fun and interactive activities.

| DAYS | HOURS | AGE |
|-------------|-------------------|---------------|
| Mon-Fri | 8:00 am - Noon | 18 mo - 3 yrs |
| Mon-Thurs | Noon - 8:00 pm | 6 wks & up |
| Friday | Noon - 7:00 pm | 6 wks & up |
| Saturday | 8:00 am - 7:00 pm | 6 wks & up |
| Sunday | 8:30 am - 7:00 pm | 6 wks & up |

Adventure Room

The Adventure Room is filled with board games, books, card games, puzzles, crafts, music, toys and more. Activity stations are provided for fun and interactive play. (hours may vary based on need)

| DAYS | HOURS | AGE |
|-------------|----------------|------------|
| Mon-Sat | 9:00 am - Noon | 3 yrs & up |
| Mon-Thurs | 5:00 - 7:00 pm | 3 yrs & up |

Illness Exclusions

For the health and safety of all children in PLF care, please keep your child home if he or she has any of the following:

- **Temperature of 100° F orally or 101° F rectally**
- **Nasal discharge that is not clear in color**
- **Skin rash (other than mild diaper rash)**
- **Red, watery eyes or discharge from eyes**
- **Drainage from ear(s)**
- **Lice**
- **Vomiting or upset stomach**
- **Diarrhea (two or more loose, watery stools per day)**

CHILD CARE INFORMATION

Guidelines for Parents

Checking Children in: Each child must be checked in to the age appropriate room with a parental signature, time of arrival and where the parent will be while in the club. Parents **MUST** remain on the premises, unless they are running/jogging from the club, in which case they are to provide staff with a contact phone number or name of another member in the club who will be responsible for their child. Each child has a 3 hour limit per day.

Reservations: Infants 6 weeks to 9 months of age are welcome in the nursery **BY RESERVATION. You may make a reservation up to 2 days in advance.** If you are 15 minutes late without calling, your reservation will be cancelled.

Diaper Policy: Children requiring diapers must be in a clean diaper when they are checked in and PLF staff will change diapers as needed. Please leave a diaper with your child's name written on it.

Personal Belongings: Coats, diaper bags, etc. must remain with the parent or in a locked locker for safekeeping.

Food/Beverage Policy: **No food or beverages allowed in any Child Care Room or in the Indoor Pool area.** Periodically, children will be escorted to the club's water station to get water and escorted back to their room.

Medication: PLF staff will **NOT** administer **any** medication.

In case of Illness: Visibly ill children will not be accepted in any Child Care Room (see Illness Exclusions). If a child becomes ill in a room, he or she will be removed from the room and the parent will be paged to take the child home.

Behavior/Discipline: After 15 minutes of staff attempting to calm a crying child, the parent may be paged. A parent may be paged immediately for assistance if a child is exceptionally boisterous, uncontrollable or a danger to others. "Time Out" is the only method of discipline used.

The Child Care staff reserves the right to refuse entry to a child presenting any illness symptoms.