



# Youth Programs SUMMER 2017

Session Dates:

June 5- July 29, 2017

Registration begins May 23, 2017

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

## **Daniel McCarthy**

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**  
**Racquetball Lessons**  
**Basketball**  
**Yoga**  
**Craft & Cooking**

**Home School P.E.**  
**Tennis Lessons**  
**Gymnastics**  
**Soccer**  
**Discovery Kids**

### 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  
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# PRAIRIE LIFE EXTRAS

## **SACK IT TO ME! MEALS TO GO!**

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

Choose from 4 value meals or have it your way!

- ~ Chicken Salsa
- ~ Chicken Caesar
- ~ Southwest Turkey
- ~ Chicken Cordon Bleu

All meals are served with chips, pickles or fruit.

Please visit our Cafe for our full menu!

## **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, Soda, and

use of the Swimming Pool and Gym!

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

### **PARTY FEE:**

Starting at \$95.00 (plus tax) for up to 10 people.

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

**AVAILABLE FRIDAY, SATURDAY, OR SUNDAY  
AFTER 1:00 PM**

Contact Maggie Meyer at 402-691-8546 or  
[mmeyer@prairielife.com](mailto:mmeyer@prairielife.com)

# 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](http://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.

**CLAY PLAY: 2-3 yrs** We will make fun creations using salt dough, Model Magic, scented Play Dough and other mixtures. Your child will get messy. Dress accordingly. \$1.00 will be charged to your account each time you attend class.

**TINY TOTS TUMBLING: 2-3 yrs** This is an introduction to spatial and body awareness. Toddlers learn beginning skills and have fun along the way.

**SPORTS STACKING: 3 yrs & up** Using speed to stack cups in a variety of different patterns and sequences as you race the clock! Increase awareness, focus, creativity and rhythm.

**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+, & 5+** 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!

**Basketball: 7 years and up** Children will be introduced to basic basketball skills such as ball handling, passing and shooting. They will also learn basic basketball terminology.

CHECK ONLINE REGISTRATION FOR  
CLASS DATES, TIMES & FEES.



## Select Class Descriptions

**Little Yogis: 4-8** 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 9+** 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.

# 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. Please bring your own racquet or one may be purchased in our ProShop.

**Contact: Katie Fagan at [kfagan@prairielife.com](mailto:kfagan@prairielife.com)**

These select classes each have a fee of **\$45 for 8 weeks.**

### CLASSES OFFERED THIS SUMMER

**TENNIS LEVEL 1:** (Ages 5-7) Class geared to those with **little** or **no experience** with tennis. Will cover basic foundations of tennis in a fun, non-competitive environment.

**TENNIS LEVEL 2:** (Ages 7-10) For those children who have **mastered** Level 1. Will focus on improving footwork, stroke mechanics, hand-eye coordination, and beginning to keep ball in play.

**JUNIOR TENNIS:** (Ages 11-14) **\*NEW CLASS\*** This class is for youth interested in playing tennis as a junior high or highschool level. Will cover footwork, stroke mechanics and match play/ scoring.

CHECK ONLINE REGISTRATION FOR  
CLASS DATES and TIMES.

# Racquetball Class Descriptions

## **RACQUETBALL**

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

Sessions have a fee of **\$15 for the first child**  
and **\$10 for each additional child.**

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

*Carrie Reitmeier at [creitmeier@prairielife.com](mailto:creitmeier@prairielife.com)*

### **CLASSES OFFERED THIS SUMMER**

**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 8 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.**

# Swim Lesson Descriptions

## Swim Lessons

**8 weeks of swimming lessons  
\$40-member/\$91.36- 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.**

**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

## *Summer Swim Camps*

Two week Swim camps are offered for those looking for something different that will fit into busy summer schedules.

For dates and times look see Youth Class Registrations on the PLF website.

**8 days of swimming lessons  
\$40-member/\$91.36- Non-member per camp**

# 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](mailto:dnervig@prairielife.com)

# SHIN'S ACADEMY

Contact Steve Shin at [www.shinsacademy.com](http://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](mailto: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, Yellow & Orange Belts**

Tuesday 6:00pm-6:45pm & Friday 5:30pm-6:00pm

**Green Belt & Above**

Tuesday 6:45pm-7:30pm & Friday 6:00pm-6:30pm

# 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.

<b>DAYS</b>	<b>HOURS</b>	<b>AGE</b>
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.

<b>DAYS</b>	<b>HOURS</b>	<b>AGE</b>
Mon-Fri	8:00 am - Noon	18 mo - 3 yrs
Mon-Thurs	Noon - 9:00 pm	6 wks & up
Friday	Noon - 8:00 pm	6 wks & up
Saturday	8:00 am - 8:00 pm	6 wks & up
Sunday	8:30 am - 8:00 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)

<b>DAYS</b>	<b>HOURS</b>	<b>AGE</b>
Mon-Sat	9:00 am - Noon	3 yrs & up
Mon-Sat	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.***