



PRAIRIE LAKES
Wellness Center

Monthly Update:

December 2020

Front Desk Coordinator: Sharie Bekaert
Secretary/Receptionist: Jenny Elbert
Fitness/Program Coordinator: Dave Greenman

Notes:

- ❖ **We ask that you clean your machine after use, be courteous to other members. Nobody wants to get on a sweaty and dirty machine. It also helps control the germs that float around this time of the year. If the weather is wet or muddy, please bring your shoes along and change so we keep the machines clean. We greatly appreciate your help keeping us clean! 😊**

- ❖ **We ask that you wear shoes while in areas other than locker rooms, pool and yoga room.**

- ❖ **With winter weather approaching, we want to remind you that if we are closing early or opening late we will post it on our Facebook page, our plwc.life website and on the local radio stations!**

- ❖ **We have a large assortment of lost and found items, if you are missing an article of clothing please have one of the staff check our lost and found so we can get it back to you. We keep the items for a period of time but after that, they are donated.**

Adult/Senior Program Updates:

Andrew Magedanz, Recreation Programs Specialist

❖ Pickleball Players:

- Designated times to play Pickleball on the weekends are Saturdays from 10 am to 12 pm and Sundays from 10 am to 12 pm
 - Pickleball takes priority on the two courts in the Auxiliary Gym during these times, even if there's something going on in the Active Heating Sports Zone.
- When there is NOT an event going on in the Active Heating Sports Zone, Pickleball can be played anytime – just inquire at the front desk.
- The best times for open Pickleball play are during the week before 3pm, after 8:00 pm and on the weekends.
- It is always best to call before coming in to play pickleball to ensure that there is a court open.
 - The front desk staff and facility supervisors have the right to terminate pickleball play, based on other events, programs, time management, or overcrowding.

Youth Program Updates:

Josh Maag: Recreation Program Coordinator

Josh oversees the scheduling of the Active Heating Sports Zone and the City Auditorium. He also coordinates, conducts and supervises the Youth Recreation Programs, Lessons, Leagues, Camps and Tournaments for the Division

Please check our weekly schedule for Open Gym/Court Opportunities and Availability as the Active Heating Sports Zone is getting very busy with league Play, Programs, Rentals, Tournaments and Events!

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

Use this link to check out what we are all offering and to register:
signup.watertownparkandrec.com

Upcoming Programs:

BASKETBALL MADNESS SKILLS CAMP

(Girls and Boys in Grades 1-6)

This instructional basketball program will focus on individual skill improvement. Meeting times will key on the fundamentals of the game. We will end with moving with and without the ball along with 3 on 3 concepts through contests and scrimmages. This is a great time to get better individually and become a better teammate!

Winter Session: Monday's February 22, March 1 & 8

Group 1: 4:00 – 4:45 P.M. 1 -3 / Group 2: 5:00 – 5:45 P.M. Grades 4 - 6

Location: Active Heating Sports Zone at the Prairie Lakes Wellness Center (Use North Entrance)

Fee: \$25.00 / Session

FUTURE ARROWS BASKETBALL CAMP

(Girls & Boys Pre K – Grade 1)

Future Arrows will learn the fundamentals of shooting, footwork, passing, ball handling, rebounding and defense. This is a great opportunity to learn and build skills. Sign up today and let's get these little arrows started right!

Fall Session: Tuesday, Wednesday & Thursday, November 17, 18 & 19

Winter Session: Mondays, January 25, Feb 1 & 8, 2021

Time: 4:45 – 5:30 P.M.

Location: Active Heating Sports Zone at the Prairie Lakes Wellness Center (Use North Entrance)

Fee: \$25.00 / Session

Fitness Department Updates:

Dave Greenman: Fitness/Program Coordinator

- Get it Done in 2021! We are bringing the Biggest Loser back to the PLWC. Time to leave 2020 (and some extra covid pounds) behind!
 - Please see the attached registration for more information
 - Don't wait, get signed up today!

- ❖ **Reminder! Please be courteous and do not slam or drop your weights in the weight rooms.** Not only does it disturb other members, it is also very hard on our equipment. There is a difference between having to set weights down forcefully and dropping the weights for show. Also, keep in mind, if you are using headphones or ear buds, you may not notice how loud you are with the weights. Just be aware of, and courteous to, those around you. Thank you!

- ❖ Acceleration Room Closings:
 - Mondays: 4-5pm
 - Tuesdays: 4-5pm and 6-7pm
 - Thursdays: 4-5pm and 6-7pm
 - Please check for changes on the calendar posted outside the Acceleration Room

- ❖ Parents: Children under 8th grade are only allowed on the 2nd floor if they are walking the track within arm's reach of you. Children are not permitted in the free weight area, acceleration room, group fitness rooms, or the Cybex area under any circumstances.
 - Please review our Youth Guidelines or ask a staff member if you have questions
 - Our primary concern is safety
 - Our Child Watch room is open 8am-1:30pm and 4p-8p Monday-Friday for your convenience (\$3/hour per child)

Aquatics Department Updates:

Jodi Hemiller: Aquatics/Program Coordinator

- ❖ The pool will be closed to the public for Open Swim on Friday night and all day Saturday and Sunday for the Candy Cane Swim Meet.
 - We will have scheduled SAOR (swim at your own risk) in the leisure pool for those 18 years and older.
 - ◆ Friday Dec 4th-6:30-9pm
 - ◆ Saturday Dec 5th-7-8am and 12:30-3pm
 - ◆ Sunday Dec 6th-12:30-3pm

- ❖ Aqua Barre Fight is Saturday Dec 12th, 9-10am

- ❖ Water Aerobics and lap Swimming Schedule over Christmas Holiday
 - No water classes On Thursday Dec 24th.
 - Pool open 5:30am-12:45pm for SAOR.
 - Facility closes at 1pm.
 - Closed Christmas Day.

- Pool opens at 7am on Dec 26th.
 - Open Swim Times from 1-3pm are Dec 23, 28,29,30,31 and Jan 1st.
 - **Swim at your own Risk: This time is for lap swimmers 18years old and older to swim in the 3-lane leisure pool only!**
- ❖ Swim Lesson Schedule for Jan-May will be posted on Dec 21st; Registration for new swim lessons opens Mon, Dec 28th.
- ❖ Interested in private swim lessons? Call Jodi at 605-882-6250.
- ❖ Got a birthday coming up? Host your party at the Prairie Lakes Wellness Center Pool!
- Contact Jodi to book your party today! 882.6250

Group Fitness Department Updates:

Anne Rylance: Group Fitness Coordinator

Cancellation Policy for Classes and Facility

It is the Prairie Lakes Wellness Center's responsibility to assure that our members are safe during inclement weather. The following cancellation and closure policy was adopted by the Watertown Park and Recreation Board.

- When there is a late start of school, classes (land and water) will be cancelled in the AM and will resume at noon.
- When school lets out early, all classes (land and water) will be cancelled the remainder of that day and evening.
- If school is cancelled for the day. No land and water classes throughout the day and evening.
- The PLWC will follow the direction of City Hall closing decisions between 8:00 AM and 5:00 PM.
- Closing of the facility and the length of time of closing will be determined by the severity of the weather and the timing of snow removal from the parking lot.
- All announcements of cancellations and closings will be announced on the radio, Facebook, PLWC website and answering machine.

- **LesMills Holiday Launch Week!! All NEW! GRIT, CXWORX, BodyPump and BodyFlow December 14th-December 19th in all scheduled classes.**

Holiday Classes:

Dec 24th- GRIT & CX with Carrie @ 5:30am

Barre with Angie @ 8:30am

Holiday Cycle & Pump with Jenn @8:30am

Dec 25th- NO CLASSES

Dec 26th - NO CLASSES

Dec 31st GRIT & CX with Carrie @ 5:30am

Barre with Angie @ 8:30am

Holiday Cycle & Pump with Jenn @8:30am

January 1st-Mindy Cycle 45-10:30am

- **Saturday classes in December-all classes require an online sign up and begin at 8:30am**
 - December 5th- Body Pump with Jenn
 - December 12th- Cycle 45 with Mindy
 - December 19th- BodyPump with Jenn
 - December 26th NO CLASSES
- **Saturday classes in December-all classes require an online sign up and begin at 8:30am**
 - December 5th- Hot Yoga Sculpt with Traci
 - December 12th- Barre Fusion Fire with Angie
 - December 19th- Hot BodyFlow with Tahna
 - December 26th-NO CLASSES

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

Who Is The PLWC's Biggest Loser

Get It
Done
In
2021!

What? The PLWC Biggest Loser (Each team will consist of two people)

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

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

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

How Much? \$20.00 per person.

Who Wins? (everybody that loses weight!) Need some more incentive? No Problem!

* Winners will be based on highest percentage of body weight lost

1st Place- \$400.00 (\$200.00 per team member)

2nd Place- \$300.00 (\$150.00 per team member)

3rd Place- \$200.00 (\$100.00 per team member)

** Team that loses the most total weight in each division will also receive a cash prize

*** **Cash prizes are based on a 100 team participation rate. If less than 100 teams, cash payouts will be less.**

Team Name: _____ Division: Male Female Co-Ed

Participant 1 _____ Phone Number _____

Participant 2 _____ Phone Number _____

Don't wait, sign up today! Sign up online at www.plwc.life, or stop in and sign up at the front desk.