

Madison Parks & Recreation and The Community Center **WINTER/SPRING 2014**

Activity Brochure

January 1st to May 29th

Health - Wellness - Recreation - After School Activities - Fitness - Family Fun

*We will do all this for you....
...And it's included with your membership*

- ✓ Design a workout program
- ✓ Guide you through 2 workouts
- ✓ Motivate and Educate
- ✓ Introduce you to new Equipment
- ✓ Show you a starting point
& create goals
- ✓ Build your confidence
- ✓ Boost your energy level
- ✓ Inspire you to reach your goals



**THE
COMMUNITY
CENTER**

500 NE 11th Street
Madison, SD 57042
256-5837



Madison Parks & Recreation
401 South Highland - Madison, SD 57042
Park Office: 256-7515 - Recreation Office: 256-7546
www.communitycenter.dsu.edu

In the spirit of cooperation, The Community Center and the Madison Parks & Recreation Department are co-sponsoring this brochure to provide recreational opportunities for all ages.

The Community Center is a partnership between Dakota State University and the City of Madison.



**LIKE US ON
FACEBOOK**

Community Center Wellness Studio

Workout on your time day or night with self access

Discover a place that's all about you!

Community Center Wellness Studio

116 W. Center Street - 2nd floor at City Hall

Workout On Your Time . . .

Day or Night . . . with Self-Access!

We are excited to offer you an additional avenue for your fitness workout! The CC Wellness Studio, located on the 2nd floor at City Hall (116 W. Center St), has been added to our facility line-up to provide you with a self-access workout facility.

Workout on your time day or night and discover a place that is all about you. The CC Wellness studio offers you treadmills, elliptical trainers, recumbent bikes, stair steppers, cable cross strength training machines, along with a cool down/stretching area, but with the convenience of a new location and self access.



\$25 per KEY FOB

COST- KEY FOBS are a **one-time** purchase of **\$25 per member**. KEY FOBS may only be used by the person it has been assigned too. Non-Members are not permitted to purchase a fob.

WHAT DOES SELF ACCESS MEAN IF I'M A CC MEMBER? All CC members, age 14 and over (walking memberships excluded) or fulltime DSU students are eligible to purchase a KEY FOB. The Wellness Studio is open 24/7 with self access (closed during City Commission meetings on Monday nights from 4:00pm – 9:00pm). KEY FOBS are assigned to individuals only; each person must have their own fob.

WHAT HAPPENS IF I DON'T FOLLOW THE TERMS & CONDITIONS OF THE CC WELLNESS STUDIO? Sharing your KEY FOB is not allowed, nor is allowing others entrance to the CC WELLNESS STUDIO. If you are found to be violating the conditions of use for this facility, your KEY FOB will be suspended for 30 days and you will have to purchase a new one at the end of your suspension. In addition, you will be held responsible for any damages that are caused.

 **Classic Corner**
 
Convenience Store
500 SE 10th St. ~ Madison, SD 57042
605-256-0338

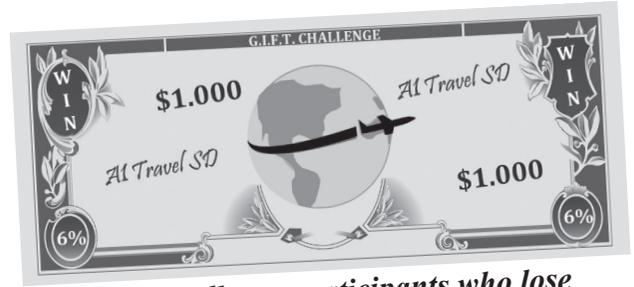
Michael
Johnson Construction, LLC
ROCKS!
45327 SD Hwy. 34 • Madison, SD 57042
605-256-4195

**Rocks
Boulders
&
More**

KJAM/Community Center Fitness Challenge

FITNESS CHALLENGE

Sign up in two person teams to compete in the 2014 fitness challenge. Register your team in the Significant Other or the Mix Division! Each week participants do confidential weigh-ins. Every Monday weekly weigh-ins will be calculated. The team that loses the highest percentage of their starting body weight will win \$150 in Chamber Bucks! Second and third place teams will win CC gift certificates. \$10 dollars from each team will go to the local United Way.



Fitness Challenge participants who lose over 6% of their starting body weight OR earn 60 or more GIFT points will have their name entered into a drawing to win a \$1,000 Travel Voucher from A-1 Travel!

NEW - G.I.F.T. CHALLENGE!

All Fitness Challenge Participants will be automatically enrolled in the G.I.F.T. challenge. Give yourself a gift this New Year by participating in the **"Get Into Fitness Today"** point system fitness challenge! Earn points *individually* by tracking your minutes of exercise, completing weekly nutrition challenges, and completing a weekly bonus challenge. Keep track of the amount of time you exercise by logging workout minutes in our G.I.F.T. Challenge binder located at the fitness desk. Logging your exercise, making the right nutrition choices, and completing the bonus challenge each week will help you **Get Into Fitness Today**. You will receive 1 point for every 30 minutes you log, 1 point for each day you are successful at the nutrition challenge, and 2 points for completing the bonus challenge!



Registration and First Weigh In: Friday, January 10th
Final Weigh In: Friday, February 28th
Cost: \$25.00 per participant (\$10 per team goes to United Way)

Team Name: _____

Division: ____ Significant Other ____ Mix Division (Male/Male, Female/Female or Male/Female)

Participant 1

Participant 2

Email address

Email address

KJAM
 Jammin' COUNTRY 103.1 FM Stereo
 News-Talk Information 1390 AM
 101 S. Egan - Madison, SD 57042
 605-256-4514 or 800-529-0032
 www.amazingmadison.com

*Listen each
 Tuesday and Thursday morning
 to Fitness Challenge updates
 on KJAM FM 103.1 and KJAM AM 1390!*

General Information

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Hours of Operation:

Monday - Thursday	5:30 am - 10:00 pm
Friday	5:30 am - 8:00 pm
Saturday	8:00 am - 8:00 pm
Sunday	12:00 pm - 8:00 pm

Holiday Hours:

Christmas Eve	5:30 am - 1:00 pm
Christmas Day	CLOSED
December 26th	8:00 am - 10:00 pm
New Years Eve	5:30 am - 1:00 pm
New Years Day	12:00 pm - 6:00 pm
Easter	CLOSED

Community Center

Director:

Aaron Walter, CPO

Aquatics Coordinator:

Carol Shaver, LGIT, WSIT, CPO

Program Coordinator:

Nicholas Lemke

Fitness Coordinator:

Desiree Hortness, NETA

Member Assistant:

Kaitlyn Higgins

Office Manager:

Frances Walker

Facility Worker:

Jeff Wittmer

Community Center Board Members:

Chad Comes

Wilson Kleibacker

Jeff Heinemeyer

Ex-Officio: Nicholas Abraham

Jeff Dittman

Terry Ryan

Bernie Schuurmans

Deana Hueners-Nelson

Floyd Rummel

TBD

Madison Park and Recreation

Board Members:

Jeff Rud

Commissioner: Nicholas Abraham

Mike Miller

Allyson Nagel

Jerae Wire

Dale Droge

Park Staff:

Fred Snoderly - Public Works Director

Nicholas Lemke - Recreation Supervisor

Ted LaFleur - Park Foreman

Roxie Ebdrup - Administrative Assistant

Mike Gillvary - Park Technician

Daily Rates / Policies

Daily Rates

Family	\$18
Adult (19+)	\$8
Seniors (65+)	\$6
Youth (13-18)	\$6
Child (3-12)	\$4
Walking	\$3

Member-Guest Discount - Guests of members receive a \$2 discount on family, adult, or senior daily admission rates. Members must be present with guest or call the front desk on the day of guest visit.

Punch Cards

Walking Track Visitor Pass (10 visits)	\$30
Visitor Pass (10 visits)	\$60
Non-member Aerobic Class (15 visits)	\$75
Daycare (20 punches)	\$30

Other Rates

Large Towels	\$1
Racquetball Equipment Rental	\$3
One Racquetball Item	\$1
Child Care (up to 2 hours per child)	\$2

Photograph/Video

The Community Center takes photographs and/or video footage of people enjoying our programs, events, parks and facilities. These photographs/video footage are used for Parks & Recreation, Community Center and Dakota State University publication, such as this brochure, web page, flyers, etc. Photographs/video footage is used at the discretion and becomes the sole property of The Community Center, Dakota State University and Madison Parks & Recreation.

General Member Policies

- Children under 6 years old must be supervised at all times by a guardian 16 years or older, while in the building or be checked-in the child center.
- No one under the age of twelve will be admitted to The Community Center before noon without a legal guardian unless involved in a supervised program.

(Guardian must be at least 16 yrs of age)
For a complete list of all Community Center policies, please visit us on-line at www.communitycenter.dsu.edu or stop at the front desk.

Heartland Consumers Power District

Proudly serving the city of Madison with the Power of Forward Thinking.

As Madison's wholesale power provider, Heartland would like to encourage you to use energy efficiently while increasing comfort. Visit www.youcanpowerforward.com for energy saving tips.



1-800-520-4746 • www.hcpd.com



1810 Third Street N.E. • Madison, SD 57042

(605) 256-3534

Fax: (605) 256-6412

BIRTHDAY PARTY RENTALS

The CC has everything you need for a GREAT birthday party. Swim in the pool, shoot down the waterslide, or play with scooters and hula-hoops in the gym. Room rental includes facility access for all guests, room, tables/chairs, and access to refrigerator, freezer, microwave and oven. Outside food and beverage is allowed. Schedule your party by calling the front desk at 256-5837



Small Party (6 - 20 guests)

[] \$15hr - Member

[] \$20hr - Non Member

Basic Party or Pool Patio (21-40 guests)

[] \$25hr - Member

[] \$35hr - Non Member

Large Group (41-70 guests)

[] \$35hr - Member

[] \$50hr - Non Member

**Two hour minimum rental. Pay-in-full at time of reservation.*

Membership Information

Community Center memberships are annual memberships.

The Community Center offers two types of payment plans: Pay-in-Full or Bank Draft

Pay-in-Full Memberships	Dues	Tax (6%)	Total
Family	\$481.28	\$30.72	\$512.00
Adult Couple	\$406.08	\$25.92	\$432.00
Senior Couple (65+)	\$363.78	\$23.22	\$387.00
Adult (22-64)	\$276.36	\$17.64	\$294.00
Senior Citizen (65+)	\$210.56	\$13.44	\$224.00
Young Adult (19-21)	\$210.56	\$13.44	\$224.00
High School (9th-12th grade)	\$180.48	\$11.52	\$192.00
Middle School (6th-8th grade)	\$146.64	\$ 9.36	\$156.00
Elementary	\$121.26	\$ 7.74	\$129.00
Walking	\$130.66	\$ 8.34	\$139.00

Bank Draft Memberships	Dues	Tax (6%)	Total
Family	\$42.06	\$2.69	\$44.75
Adult Couple	\$34.78	\$2.22	\$37.00
Senior Couple (65+)	\$31.96	\$2.04	\$34.00
Adult	\$25.38	\$1.62	\$27.00
Senior Citizen (65+)	\$18.80	\$1.20	\$20.00
Young Adult (19-21)	\$18.80	\$1.20	\$20.00
High School (9th-12th grade)	\$16.45	\$1.05	\$17.50
Middle School (6th-8th grade)	\$13.63	\$0.87	\$14.50
Elementary	\$10.34	\$0.66	\$11.00
Walking	\$11.04	\$0.71	\$11.75

Surrounding Area Membership

Members living within zip codes 57017 (Colman), 57349 (Howard), 57051 (Oldham), 57212 (Arlington), 57058 (Salem), 57018 (Colton), or any zip code located outside of Lake Country are eligible to receive a 20% discount on an annual membership. Proof of permanent residency must be provided. For more information on surrounding area membership please call 256-7547.

Membership Assistance

Financial assistance and fee reduction is available to anyone who apply and meet standard eligibility requirements. The Membership Assistance Application is available at The Community Center. For more information, or to request an application, call the Community Center Director at 256-7547.

Membership Refund and Cancellation Policy

If an individual is unable to continue an annual membership by reason of death, permanent disability, or residence is permanently relocated outside of the county, the member will be relieved from the obligations of this contract. Legitimate verification of the circumstance and cancellation must be presented in writing. If the member has prepaid, the pro-rated amount will be promptly refunded. All refunds are subject to a \$25 service charge. All membership cards must be turned in with request for cancellation. A lapsed membership of 30 days is subject to a charge of \$25 and will be assessed upon renewal of membership. Downgrading a membership during the contract period is not allowed. Cancellations after the 26th day of the month are not cancelled until the next month.

Bank Draft Membership Renewal

Members who have selected the monthly bank draft payment plan will automatically have their annual membership renewed unless notification is received in writing. A \$10 service charge is assessed for a check or bank draft that is returned as insufficient.

Membership Application & Agreement

Last Name: _____ First Name: _____

Address: _____

City: _____ State: _____ Zip: _____

E-mail Address: _____

Phone Number: _____ Employer: _____ Date of Birth: _____

This agreement constitutes the entire and exclusive agreement between the signing parties. All membership fees have been reviewed and agreed to. Upon payment membership privileges are granted to the following individual(s).

Name	Card #	Birth date	Gender
1. _____	_____	_____	_____
2. _____	_____	_____	_____
3. _____	_____	_____	_____
4. _____	_____	_____	_____
5. _____	_____	_____	_____

C.C. Wellness Studio	
Y / N	\$25

Membership Type:	Pay-in-Full	Monthly Debit	Membership Type:	Pay-in-Full	Monthly Debit
_____ Family	\$512	\$44.75	_____ Senior Citizen (65+)	\$224	\$20.00
_____ Adult Couple	\$432	\$37.00	_____ Young Adult (19-21)	\$224	\$20.00
_____ Senior Couple	\$387	\$34.00	_____ High School (9-12 grade)	\$192	\$17.50
_____ Adult	\$294	\$27.00	_____ Middle School (6-8 grade)	\$156	\$14.50
_____ Walking	\$139	\$11.75	_____ Elementary	\$129	\$11.00
	(Tax included)			(Tax included)	

Insurance / Corporate Wellness Program (copy of insurance card required)

_____ Silver Sneakers or Sliver-n-Fit – reimburses \$3 per check-in. Humania or Medica providers

_____ Avera Health- reimburses \$20 per month. Visit requirements apply

_____ Blue Cross Blue Shield MN or ND – reimburses \$20 per month. Visit requirements apply

_____ Other or Corporate Wellness (Please write in): _____

* Need monthly usage emailed to me

Payment Options: (please select your payment option)

_____ PAID-IN-FULL MEMBERSHIP

_____ MONTHLY BANK DRAFT FEES

The monthly bank debit for this type of membership will be debited on the _____ 1st or _____ 15th day of each month. The primary member authorizes a monthly bank debit from the voided check submitted

*Please attach a voided check.

Account Type: _____ Checking or Savings

Membership Dues: \$ _____

DISCOUNT \$ _____ Corporate or Surrounding Area

Total Payment Received: \$ _____

Waiver and Release Agreement

The Madison Community Center is committed to conducting its recreation programs and activities in a safe manner and holds the safety of participants in a high regard. The Madison Community Center continually strives to reduce such risks, and insists that all participants follow safety rules and instructions that are designed to protect the participants' safety. However, participants and parents/guardians of minors registering for this program/activity must recognize that there is an inherent risk of injury when choosing to participate in recreational activities. You are solely responsible for determining if you or your minor child/ward are physically fit and/or skilled for the activities contemplated by this agreement. It is always advisable, especially if the participant is pregnant, disabled in any way or recently suffered an illness, injury or impairment, to consult a physician before undertaking any physical activity. Despite careful and proper preparation, instruction, medical advice, conditioning and equipment, there is still a risk of serious injury when participating in any

Membership Application & Agreement

recreational activity/program. Understandably, not all hazards and dangers can be foreseen. Participants must understand that certain risks, dangers and injuries due to acts of God, inclement weather, slipping, falling, equipment failure in supervision, premise defects and all other circumstances inherent to recreational activities/programs exists. In this regard, it must be recognized that it is impossible for the Madison Community Center to guarantee absolute safety. Please read this form carefully and be aware that in signing up and participating in this facility's programs/activity, you will be assuming the risk and legal liability and waiving and releasing all claims for injuries, damages or loss which you and your minor child/ward might sustain as a result of participating in any and all activities connected with and associated with this facility's program/activity. I recognize and acknowledge that there are certain risks of physical injury to participants in this program/activity, and I voluntarily agree to assume the full risk of any and all injuries, damages, or loss, regardless of severity, that my minor child/ward or I may sustain as a result of said participation. I further agree to waive and relinquish all claims my minor child/ward or I may have (or accrue to me or my child/ward) as a result of participating in this program/activity against the Madison Community Center, City of Madison and State of South Dakota including its officials, agents, volunteers and employees [hereinafter collectively referred to as the Madison Community Center]. If I elect to use any area or equipment in The Community Center I am aware that I am doing so at my own risk. I agree to read and follow all safety signs and warnings. I acknowledge that it is my responsibility to ensure that I am using the equipment properly, using proper exercise technique, in a manner it is attended to be used, and exercising within my physical limitations to reduce the risk of injury. I further acknowledge that Community Center staff is available for assistance upon my request by appointment to help answer question, for equipment orientations and other services. I do hereby fully release and offer discharge the Madison Community Center from any and all claims for injuries, damages, or loss that my minor child/ward or I may have or which may accrue to me or my minor child/ward arising out of, connected with, or any way associated with this program/activity. If registering online or via fax, your online or facsimile signature shall substitute for and have the same legal effect as the original form signature. I do hereby consent to receive any medical treatment deemed advisable during my participation in the activities at the Madison Community Center. I have read this release and waiver of liability, assumption of the risk and indemnity agreement and consent to medical treatment, fully understand its terms, understand that I have freely and voluntarily without any inducement, assurance, or guarantee being made to me and intend my signature to be a complete and unconditional release of all liability to the greatest extent allowed by law.

Membership Cancellation / Refund Policy

If an individual is unable to continue their membership by reason of death, permanent disability, or residence is permanently relocated outside of the county, the member will be relieved from the obligations of this contract. Legitimate verification of the circumstance and cancellation must be presented in writing. If the member has prepaid, the pro-rated amount will be refunded. All refunds are subject to a \$25.00 service charge. Downgrading a membership is not allowed. The Community Center reserves the right at any time to terminate the membership of any Member for failure to comply with any of the rules, policies, and regulations adopted by The Community Center. The terminated member will be required to return his/her membership card to The Community Center.

The terminated member will remain liable for the remainder of their contract period. Any member who is thirty (30) days late with payment to The Community Center may be terminated at the discretion of The Community Center. A \$10 service charge is accessed for a check or bank draft that is returned insufficient.

Membership Renewal Policy

For your convenience, members who have selected a monthly bank debit will automatically have their annual membership renewed at the current membership rate, unless notification in writing is received. To renew a paid-in-full membership, payment will need to be received before the contract expiration date. A \$25 service charge will be assessed upon renewal of membership contracts that previously cancelled due to moving out of the county or annual contracts that don't fulfill the term of the contract.

Membership Agreement

The classification of Members, the amount of dues payable by members of each class, the amount of fees, the suspension and expulsion of Members, and all other matters affecting and relating to the Members or Membership shall be under complete control of the Madison Community Center. Membership rates are subject to change without notification. All memberships are annual memberships. A \$10 service charge is accessed for a check or bank draft that is returned as insufficient. It shall be policy of The Community Center to accept applications for membership from an individual, couple, family or business of good character without regard to race, color, creed, sex, national origin, or physical disabilities. The obligation to pay dues is not dependent on the availability of The Community Center's facilities. Tournaments, repairs and (or) maintenance of the facilities may make it necessary for The Community Center to restrict use of one or more facilities or temporarily close The Community Center that will not reduce or suspend the Members' obligation for payment of dues.

Additional Membership Agreement Terms

CHECKING IN: No member will be admitted to The Community Center without checking in or registering at the front desk of The Community Center. An adult must accompany children under the age of six (6) at all times, unless the child is enrolled in a program. Children under the age of twelve (12) will not be admitted to The Community Center before 12:00 pm, unless an adult accompanies them or unless the child is enrolled into a program.

GUEST POLICY: All non-members must register and guest fees must be paid before entering.

VALUABLES AND PERSONAL PROPERTY: Members are asked not to bring valuables into The Community Center or on its premises. Community Center management and employees are not reliable for storage, safekeeping, or damage of member's property. The Community Center is not responsible for any lost or stolen goods.

DAMAGES: The cost to repair damage to The Community Center's property by a member, member's guest and/or dependant children shall be paid by the undersigned.

SUSPENSION OF MEMBERSHIP: The Community Center has the right to suspend any membership due to non-payment of dues, for violation of rules or policies, or for behavior deemed inappropriate for the facility.

FITNESS EQUIPMENT: You must be at least fourteen (14) years of age to use the fitness equipment located in the fitness room or around the walking track.

**For a complete list of all membership rules and policies, please contact the front desk of The Community Center.*

I hereby agree to accept the terms and conditions of this membership application and agreement. The undersigned shall receive the membership rights and privileges and agrees to abide by all rules and policies of The Community Center, which are subject to change without notification and which, in the opinion of The Community Center management, are deemed necessary and reasonable for the best interest of its members and The Community Center.

Primary Member Signature

Date

Member Assistant Signature

Date

After School Care Program

2014 Spring School Year

Starts: Thursday, January 2nd

Time: 3:30-6:00 pm

Cost: \$75.00 per month for members
\$85.00 per month for non-members
State Childcare Assistance is Available.

Ages: Kindergarten to 6th grade

Payment: Pay in Full semester, annual or monthly bank debit

**SIGN-UP
TODAY!**



The Community Center After School Care Program is designed to offer children a supervised and safe environment filled with physical and educational enrichment programs. Children can ride the bus from school to The Community Center each day. Please check with your local school to see which bus route your child needs to take.

All participants are checked in and out of the program daily. For your child's safety, The Community Center will call your designated phone number if your child fails to check into the program.

NOTE:

The After School Program does not run on the following:

- Holidays
- Inclement weather (school is let out early due to weather)



Daily Schedule of Events:

- | | |
|--------------|--|
| 3:30-4:00 pm | Daily Check-in <ul style="list-style-type: none">♦ Children are able to start on homework, socialize with other children, and play with board games. |
| 4:00-4:45 pm | Structured Activity, Swim, or Special Programs <ul style="list-style-type: none">♦ Arts/Crafts♦ Physical Education Games |
| 4:45-6:00 pm | Open Time <ul style="list-style-type: none">♦ Participants have the option of playing in the family center, meeting room, or gyms |

East River

E L E C T R I C

A Touchstone Energy® Cooperative 

After School Care Registration Form

Child's Name	Age	Grade	Sex	Date of Birth
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Guardian's Name _____

Address _____ City _____ Zip _____

Home Phone # _____ Cellular Phone # _____

E-mail Address _____

Parents Work _____ Phone _____

Parents Work _____ Phone _____

School your child is attending: _____

___ ** Please circle the contact number to call if your child doesn't check in.**

Method of Payment: (\$75 per month for members/\$85 per month for non-members)

_____ Pay in Full Semester: Fall (Sept, Oct, Nov, Dec) or Spring (Jan, Feb, Mar, Apr, May).

_____ Pay in Full Annual: September - May

_____ Bank Draft: Community Center will debit payment on the 1st or the 15th of each month. Attach a voided check.

Withdraw Policy: Cancellations must be received by the 1st day of the month in order to be eligible for a refund for current month dues. Due to the electronic fund transfer system bank debits on the 1st of the month must have cancellation request by the 25th of the current month in order to stop the monthly billing for next month.

Authorized Persons for EMERGENCY CONTACT/Authorized to SIGN children out.

These people will be notified in case of emergency or illness when parents/guardian cannot be reached. Community Center will allow children to be checked out by the following people. If additional space is needed, please use back.

Name	Relationship to Child	Contact Phone #'s
_____	_____	_____
_____	_____	_____
_____	_____	_____

Doctor's Name: _____ Phone #: _____

Is there any health problems/allergies that would restrict your child's participation in any activities? **Yes** **No**

If yes, please explain: _____

RELEASE FORMS

Parent/Guardian Signature _____ Date _____

Emergency Medical Release

If emergency medical care is deemed necessary and I cannot be contacted, I authorize the staff to act in my behalf in granting permission for my child to receive emergency treatment. I as the parent/guardian, take full responsibility for the payment of any and all present payment and future medical expenses. I agree to waiver and relinquish all claims my minor child/ward or I may have (or accrue to me or my child/ward) as a result of participating in this program/activity against the Madison Community Center, City of Madison and State of South Dakota including its officials, agents, volunteers and employees. By signing this document, I agree to be bound by all conditions of the application.

Permission Form for All Field Trips

We will give you advance notice of all field trips. Please sign this form so that your child is able to attend field trips. My child has my permission to go on field trips that are in town and out of town. I am fully aware that the staff is providing transportation

Fitness Services

**For more information on fitness services, or programs, call 256-7550.*

Don't Know Where to Start? Let us Help . . .

The Community Center offers trained fitness staff and a variety of fitness services that will help you accomplish your wellness goals.

*Contact Kaitlyn Higgins
at 256-7550 for more info!*

Member Service Plan (MSP)

Cost: Free with Membership

Members are encouraged to participate in the "Member Service Plan." This plan is free with your membership and will prepare and assist you in accomplishing your fitness goals. The plan will start with a fitness consultation and evaluation, followed by equipment orientation, and end with a personalized fitness program. All participants who schedule and complete the phases of the service plan will receive 2 free guided workouts! Schedule an appointment by calling 256-7550.

Fitness Consultation - Fitness/Health Assessments, Goal Setting Strategies

Fitness Evaluation - determines your blood pressure, girth measurements, body composition, cardiovascular endurance, muscular strength, and flexibility.
(Recommended every 3-6 months)

Equipment Orientation - introduces you to the proper lifting technique, seat positioning, function of the plate-loaded fitness machines, and operation of the cardiovascular equipment.

Individual Fitness Program - designs a fitness program to help you achieve your fitness goals.

I'll Help You Get Started Today!

Set up an appointment by calling 256-7550 or email kaitlyn.higgins@dsu.edu

- ◆ Designed Workouts
- ◆ 2 Guided Workouts
- ◆ Introduce New Exercises



Personal Training

Fitness Mentor

Fitness Mentors are currently pursuing a college degree in an Exercise Science related field. These individuals' are properly trained to safely and effectively administer pre-designed workouts. Fitness mentor will take you through a generic full-body workout and keep you on the right track. Mentors are great for members starting their workout routine!

Current Fitness Mentors: Spencer Carlson, Michael Schmidt, Chelsey Schake, Zach Ely, Eric Ragatz, James Daughtery, Jeremy Lindholm

Individual

\$20.00 per session

10 sessions for \$190

20 sessions for \$290

Group Mentoring

\$25.00 per session

10 sessions for \$225

20 sessions for \$360

Personal Trainer

Community Center Personal Trainers have a degree in an Exercise Science related field or they've acquired a nationally recognized personal trainer's certification. Our professional personal training staff creates an individualized workout specially designed to meet your fitness goals. Personal trainers will ensure proper exercise technique, motivation, and get the most out of your one-hour exercise session. Our qualified professionals provide the essential ingredients for an effective exercise plan.

Current Personal Trainers: Jordan Holler, NETA

Individual

\$25.00 per session

10 sessions for \$220

20 sessions for \$340

Group Personal Training

\$30.00 per session

10 sessions for \$265

20 sessions for \$400

Master Personal Trainer

Take your training to a higher level. Are you ready? Master Personal Trainers hold an Exercise Science related degree and a nationally recognized certification in the fitness industry. Master trainers have multiple years of experience and knowledge. Master trainers help you decrease body fat, increase energy, build muscle strength, improve your fitness level and manage injury.

Current Master Personal Trainers:

Scott Staiger, CSCS

Desiree Hortness, NETA

Kaitlyn Higgins

Individual

\$30.00 per session

10 sessions for \$245

20 sessions for \$380

Group Personal Training

\$35.00 per session

10 sessions for \$300

20 sessions for \$430

Note: All Training Packages are an additional 15% for non-members.

Fitness Programs

ATHLETIC TRAINING

The Community Center athletic training team will discuss each athletes training goals and conduct a pre-assessment training tests to determine which athletic training program will best increase their athletic performance to achieve the **“Winning Edge”**. Community Center athletic enhancement training includes a combination of the following training options adapted to each group and your specific sport.

- **Muscular Enhancement** – use free weights, weight machines, and functional training exercises to increase overall strength in order to develop a balanced physique
- **Athletic Development** – Woodway Treadmill training sessions will increase power output, improve sprinting speed, and cardiovascular endurance
- **Speed and Agility Training** – use plyometric training to increase foot speed, strengthen core, increase coordination and proprioception

	<u>Member</u>	<u>Non-Member</u>
12 Sessions	\$210	\$245
20 Sessions	\$285	\$325



Interlakes MEDICAL CENTER
903 North Washington • Madison, SD 57042
605-256-6951

Mary Beecher, MD	Leah Prestbo, MD
Wayne Wetzberger, MD	Laurel Jennings, MD
Aaron Prestbo, MD	Mitch Poppens, PA-C
Delaina Sievers, PA-C	



610 S. Washington Ave., • Madison, SD 57042

605-256-4441

Now open 7 days a week!

SPECIALITY TRAINING

5%+ Weight Loss Program

Cost: Members - \$210

Non-Members - \$300

includes a 2-month membership to Center

(Note: Current weight watcher participants deduct \$80 from cost)

The Community Center has teamed up with the local weight watchers group to offer you the ultimate weight loss and exercise program called 5%+ Weight Loss Program. You will receive a startup and final consultation, 5 one-on-one personal training sessions, personal guidance, and a weight watchers membership for 2 continuous months.

After your first 60 days if you lose 5% of your starting weight The Community Center will award your healthy efforts by giving you 5 additional personal training sessions or non-members will receive a \$100 gift certificate towards an annual membership!

Hard Core

Price: \$60 for members

Date: January 27th-May 9th

Days/Times: Mon. & Wed. 5:15-5:35 pm

Tues. & Thurs. 11:40am-12:00 pm

This is a high intensity class that will tone and tighten the abdominal muscles so they are ready to be shown off. We'll work your entire core from every angle using medicine balls, bosu balls, dumbbells, and other abdominal equipment. The end of each class will include a 5 minute stretching routine!

Couch to 5K

Dates: April 8th-June 5th

Days: Tues & Thurs

Times: 5:10-5:45pm

Cost: \$50 (Includes registration for a Madison 5K)

The Couch to 5k in 9 weeks program is a fantastic program that's been designed to get anyone from the couch to running a 5k in just 9 weeks. This program will start off slowly getting your body moving and working your way up to running a 5k All training sessions begin with a warm up, followed by interval training (run/walk), and then a cool down walk.

Group Training & Group Fitness

HIGH INTENSITY TRAINING

Butt and Gutt

Dates: January 7th – February 20th

Days: Tuesdays and Thursdays

Times: 6:10 - 6:45 pm

Cost: \$50 members

You will tighten your abs, lift your rear, and even firm your legs in this intense muscle conditioning class.

Tabata

Dates: February 25th – April 10th

Days: Tuesday and Thursdays

Times: 6:10 - 6:45 pm

Cost: \$50 members

Tabata exercise training is 20 seconds of ultra-intense exercise training followed by 10 seconds of rest repeated for 4 minutes. This class is for individuals looking to push themselves to the limit and train like they never did before. You may need a drink of water after this exercise class! Please note this is for experienced exercisers who are looking to push themselves to the max.

Extreme Jump

Dates: April 15th – May 29th

Days: Tuesday and Thursdays

Times: 6:10 - 6:45 pm

Cost: \$50 members

You haven't done a class like this! Extreme jump is the combination of jump rope and body weight exercises. This class will jump you to the next level.

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GROUP FITNESS

Morning Mix

This class will do more than wake you up. Enjoy a variety of workouts at your own pace: basic step, circuit training, kick boxing, and more. A little bit of everything packed into 45 minutes.

Active and Ageless

Total body workout designed for the young at heart! Lower your blood pressure, improve posture, and prevent osteoporosis by strengthening your bones and joints. This class combines cardiovascular exercise, muscle toning, and stretching in a lively 45-minute format to your favorite tunes. Come for a great workout and a good time.

Total Training

Total Training will be an intense 35 minute class incorporating both cardio and strength. Variety will be key as each class will be a little bit different including full body strength, core concentration, boot camp, conditioning, stations, and more!

Zumba

Zumba is a latin inspired group fitness class that combines high energy and motivating music with unique moves and combinations. This routine features aerobic interval training by combining fast and slow rhythms that tone and sculpt the body.

Yoga

Appropriate for those new to yoga and experienced yoga enthusiasts. Release tension, tightness, and toxins from your body while increasing flexibility, endurance, balance, and coordination. Beginners will work on the fundamentals of postures, breathing, and enhance the ability to concentrate.

DSU Total Fitness & Yoga

The DSU Total Fitness and Yoga class are wellness classes offered through DSU. CC Members are able to participate in classes pending space availability. Classes follow the DSU class schedule.

Zumba Toning (starts March 3rd)

Wanting to add a little Latin flair to your strength workout? This class will alternate Zumba moves as well as a strength workout to burn those extra calories!

GET - Active Schedule

GET Active - Adult

Cost: Annual: \$180.00 • Monthly: \$20.00 (4 month minimum) *(Pay-in full or through a monthly bank debit)*

Not enough time? Don't know what to do? Same workout routine? It's time to stop the excuses and GET ACTIVE! This exciting training program will maximize your time with a fitness staff led workout in an energetic atmosphere. Join the GET ACTIVE program and you get 3 training sessions each week in a small group. No more designing your own workouts, no more reasons to skip, it's time to GET ACTIVE!

Sessions meet in the aerobic studio • Must be 14 years of age or older • Participants exercise at their own risk, pace, and exertion level.

Monday	Tuesday	Wednesday	Thursday	Friday
GET-Active 5:45 - 6:15 am	GET-Active (FC) 5:45 - 6:15 am	GET-Active 5:45 - 6:15 am	GET-Active (FC) 5:45 - 6:15 am	GET-Active 5:45 - 6:15 am
GET-Active 6:15 - 6:45 am	GET-Active (FC) 6:15 am - 6:45 am	GET-Active 6:15 - 6:45 am	GET-Active (FC) 6:15 am - 6:45 am	GET-Active 6:15 - 6:45 am
GET-Active 6:45 - 7:15 am		GET-Active 6:45 - 7:15 am		GET-Active 6:45 - 7:15 am
	GET-Active 12:15 - 12:45 pm		GET-Active 12:15 - 12:45 pm	
GET Active 4:15-4:45 pm		GET Active 4:15-4:45 pm		GET Active 4:15-4:45 pm
	GET-Active 5:00 - 5:30 pm		GET-Active 5:00 - 5:30 pm	
GET-Active 5:30 - 6:00 pm	GET-Active 5:30 - 6:00 pm	GET-Active 5:30 - 6:00 pm	GET-Active 5:30 - 6:00 pm	KEY FC - Family Center AS - Aerobic Studio
GET-Active 6:45 - 7:15 am		GET-Active 6:45 - 7:15 am		

Group Fitness Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
	Morning Mix 6:00 - 6:45 am		Morning Mix 6:00 - 6:45 am	
Active & Ageless 8:45 - 9:30 am		Active & Ageless 8:45 - 9:30 am		Active & Ageless 8:45 - 9:30 am
Total Training 11:15 - 11:50 am	DSU Yoga (FC) 11:00 - 11:50 am	Total Training 11:15 - 11:50 am	DSU Yoga (FC) 11:00 - 11:50 am	Total Training 11:15 - 11:50 am
Total Training 12:15 - 12:50 pm	Express Yoga (FC) 11:00 - 11:50 am	Total Training 12:15 - 12:50 pm	Express Yoga (FC) 11:00 - 11:50 am	Total Training 12:15 - 12:50 pm
DSU Yoga (FC) 1:00 - 1:50 pm		DSU Yoga (FC) 1:00 - 1:50 pm		
DSU Total Fitness 2:00 - 2:50 pm		DSU Total Fitness 2:00 - 2:50 pm		SATURDAY
Zumba Toning (starts March 3 rd) 6:05 - 6:40 pm	Yoga (FC) 6:15 - 7:15 pm		Yoga (FC) 6:15 - 7:15 pm	Yoga (AS) 9:00-10:00 am
	Zumba 6:45 - 7:30 pm		Zumba 6:45 - 7:30 pm	Zumba 10:15-11:00 am

Group fitness classes are included with your membership package

Instructors: Desiree Hortness, Patti Fiegen, Terry Lund, Sue Scofield, Maggie Kringen, Jennifer Wolff, Carleigh Foland, Kaitlyn Higgins, Kaylee Gray, Brenda Strom, Megan Rummel, Junelia Larson, Teresa Rus, and Fitness Staff

Aquatics

Aerobic Classes are free with membership, \$75 for non-member punch card

Private Swim Lessons

Times to be arranged. Call Carol at 256-7548.

Cost:	Member	Non-Member
1 session	\$15	\$25
package of 8	\$96	\$160
Group (2-4) 8 pk.	\$72 per person	\$140 per person

This is one-on-one half hour training to improve skills in a tailored program just for you. Private lessons are conducted by a certified Water Safety Instructor.

American Red Cross Swimming Lessons

Dates: Jan. 21st - Feb. 20th

Day: Tuesday and Thursday

Fee: \$20.00 members, \$30.00 non-members

Max: 10 per class

Time: **3:50 pm - 4:30 pm** **4:35 pm - 5:15 pm**
Levels 1-2-3-5 Levels 1-2-4-6

5:20-6:00 pm

Parent/Tot - Pre-school (age 3) - Adult



Water Workout Cards

Tired of the same old laps day after day, try the Water Workout Cards. These cards are laminated to take with you to the side of the pool. We have shallow and deep water workouts as well as easy and strenuous. They cover sports circuits, upper and lower body, and workouts that can tone and tighten.

200-mile swim club

Keep track of the laps you swim in the pool and after 200 miles receive a free t-shirt. There is no time limit on when the laps have to be completed. Program is free with your membership.



Aerobic Classes

Water Exercise Class

Days: Monday, Wednesday, Friday

Time: 8:30 am - 9:30 am, 9:30 am - 10:30 am

This class is designed to be simple, easy to follow, yet demanding. It will help tone every major muscle and get your heart rate going! We will improve your range of motion for your hips, knees, ankles, and shoulders. Class is held in the 4-ft section of pool, no swimming skills are required.

Arthritis Foundation Arthritic Program

Days: Monday, Wednesday, Friday

Time: 10:30 am - 11:30 am

This class is designed for people suffering from stiff joints, arthritis, and other joint disease. The Arthritic Program is a class that works on joint flexibility and range of motion at participants own pace. Each participant has a program set up specifically for him or her. For more information, please call Carol Shaver at 256-7548.

Shallow Water Aerobics

Days: Tuesday and Thursday

Time: 5:15 pm - 6:00 pm

Class is designed for the person who wants a high intensity workout with little or no impact on the joints. The aerobic class combines toning and cardiovascular exercises in a fun and active group workout.

Aqua Zumba[®]

Days: Monday and Wednesday

Time: 5:15 pm - 6:00 pm

Come join the party and DANCE in the water!!! Aqua Zumba is a new wave taking over the Community Center Pool. You will dance to the lively salsa music and toning up at the same time. We will be waiting for you!!

Bethel Lutheran Home

Caring for Madison's elderly since 1962.

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of the Community Center

Pool Schedule

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45 am 8:00 am	Lap Swim & Water Walking	Lap Swim & Water Walking	Lap Swim & Water Walking	Lap Swim & Water Walking	Lap Swim & Water Walking	CLOSED	CLOSED
8:30 am 9:30 am	Water Exercise	Pool Closed Spa & Sauna Open	Water Exercise	Pool Closed Spa & Sauna Open	Water Exercise	Lap Swim & Water Walking 8:00-10:00 am	CLOSED
9:30 am 10:30 am	Water Exercise	Pool Closed Spa & Sauna Open	Water Exercise	Pool Closed Spa & Sauna Open	Water Exercise	Lap Swim & Water Walking 8:00-10:00 am	CLOSED
10:30 am 11:30 am	Arthritic Exercise	Pool Closed Spa & Sauna Open	Arthritic Exercise	Pool Closed Spa & Sauna Open	Arthritic Exercise	Pool Closed Spa & Sauna Open	CLOSED
11:30 am 1:00 pm	Lap Swim & Water Walking	Lap Swim & Water Walking	Lap Swim & Water Walking	Lap Swim & Water Walking	Lap Swim & Water Walking	Pool Closed Spa & Sauna Open	CLOSED
12:00 pm 1:00 pm	Lap Swim & Water Walking	Lap Swim & Water Walking	Lap Swim & Water Walking	Lap Swim & Water Walking	Lap Swim & Water Walking	Pool Closed Spa & Sauna Open	Lap Swim & Water Walking
1:00 pm 3:30 pm	Pool Closed Spa/Sauna Open	Pool Closed Spa/Sauna Open	Pool Closed Spa/Sauna Open	Pool Closed Spa/Sauna Open	Pool Closed Spa/Sauna Open	Open Swim	Open Swim
3:30 pm 5:00 pm	Open Swim & Swim Team (3 lanes)	Open Swim & Lap Swim (3 lanes) Closed Jan. 21 - Feb. 20	Open Swim & Swim Team (3 lanes)	Open Swim & Lap Swim (3 lanes) Closed Jan. 21 - Feb. 20	Open Swim Swim Team (3 lanes)	Open Swim	Open Swim
5:00 pm 6:00 pm	Aqua Zumba	Shallow Water Aerobics	Aqua Zumba	Shallow Water Aerobics	Open Swim	Open Swim	Open Swim
6:00 pm 7:50 pm	Open Swim & Lap Swim (3 lanes)	Open Swim & Lap Swim (3 lanes)	Open Swim & Lap Swim (3 lanes)	Open Swim & Lap Swim (3 lanes) (No Lap 3/13-5/29)	Open Swim	Open Swim	CLOSED
8:00 pm 9:00 pm	Swim Team	Swim Team	Swim Team	Swim Team	CLOSED	CLOSED	CLOSED

Interested in becoming a member on the Madison Swim Team? Call Jen Williams at 480-1799 for information

Open Swim

Monday-Thursday	3:30 pm - 5:00 pm 6:00 pm - 8:00 pm
Friday	3:30 pm - 7:50 pm
Saturday	1:00 pm - 7:50 pm
Sunday	1:00 pm - 6:00 pm

Open Swim includes the diving boards, zero depth area, and slide (height restrictions apply).

- *Lifejackets or flotation devices are not allowed. For "special needs" individuals, please contact Aquatics Coordinator to make arrangements at 256-7548.*
- *Children ages 4 & 5 must have parent/guardian (over 14) with them in pool area. Children age 3 and younger must have guardian in water with them.*

No 3:30-5:00 pm swim on
Tuesday & Thursday afternoons
Jan. 21st - Feb. 20th.

Lap Swim/Water Walking

Mon - Thur:	5:45am - 8:00am 11:30am - 1:00pm 6:00pm - 8:00pm
Tue & Thu:	3:30pm - 5:00pm
Friday:	5:45am - 8:00am 11:30am - 1:00pm
Saturday:	8:00am - 10:00am
Sunday:	12:00pm - 1:00pm

Water walking is to be done lengthways. If walking cannot be done lengthways, the water walker is responsible to make sure that the lap swimmers are not interfered with. If there are more than 6 lap swimmers, individuals will be required to share lanes. The zero depth entry and slide are closed.

Additional Lap Swim Times Now Available
Tuesday/Thursday: 3:30 - 5:00 and
Monday-Thursday: 6:00-8:00 pm

Aquatic Programs

Registration form for programs on page 21 or for more information, call 256-5837
Pre-registration is required for all programs.

Pool O' Gold

Date: Monday, March 17th

Time: Ages 11-12 4:15 pm
Ages 9-10 4:30 pm
Ages 7-8 4:45 pm
Ages 5-6 5:00 pm
Ages 4 & under 5:15 pm

Cost: Non-Member- Day Pass; Free to Members
Search the water for treasure and gold! Blarney – is that gold in the water! Luck of the Irish to ya, swim for the gold and take home your treasures!

Inflatable Obstacle Course (Wibits)

Days: Jan. 17, March 14, May 16

Time: 6:00-8:00 pm

Cost: Members free/Non-members daily fee

Compete to complete the course before your friends. Adults and kids alike will enjoy this course as everyone can join in the fun.

Tri-Training Swim Class

Date: Mar. 13 – May 29

Day: Thursday

Time: 6:00 – 7:00pm

Fee: \$65 swim class
\$90 swim class & MadManMini,
Tri Registration

Location: Indoor Pool

The TRIATHLON swimming program will emphasize high intensity training and stroke technique. Welcome to fitness swimmers, competitive swimmers, triathletes and to those that want to be any of the above. The program offers weekly organized swimming sessions. Class will get you ready to compete in the MadManMini Tri on Saturday, May 31st.

Daycare Hours

Quality daycare for children ages 3 month to 10 years are welcome. **Daycare closes at 7:00 pm if no one is using it.**

Daycare Hours:

Mon., Wed. 9:00 am-1:00 pm, 5:00-8:00 pm
Tues., Thur. 9:00 am-1:00 pm, 5:00-8:00 pm
Friday 9:00 am-1:00 pm

Daycare Fees:

- \$2.00 for up to 2 hrs. per child during staffed hours
- \$30.00 punch card (20 punches)

Water Easter Egg Hunt

Date: Tuesday, March 25th

Ages/Times: 11 – 12 years old 4:15 pm
9 – 10 years old 4:30 pm
7 – 8 years old 4:45 pm
5 – 6 years old 5:00 pm
4 & under 5:15 pm

Cost: Free to members – daily fee for non-members
Come and fish for the eggs in the water and see if you find the special eggs! Prizes given to all participants so be ready to get wet!

Afternoon Open Swim Days

Open swim starts at 1:00 pm on the following days:

Dates: December 20th, 23rd, 26th, 27th, 30th
January 1st, 20th
February 14th, 17th
March 14th, 20th, 21st
April 18th
May 23rd, 26th-30th

Dive-In Movie - Families and Middle School



Date: Feb. 21st, & April 25th

Time: 6:00 pm - 8:00 pm

Cost: Members free, Non-Members Daily Fee
Come and relax and watch your favorite movie in the pool with your friends. If you don't want to get wet, that's fine watching from the deck. Come and enjoy an evening of family entertainment. Popcorn is available for 25¢ per bag at the front desk.

Community Center Gift Certificates

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the gift of health!*

Locker Rooms, and Locker Rentals

Lockers are available for daily use at no cost. This is on a first come, first served basis.

- Short lockers = \$50.00
- Long lockers = \$75.00
- Pay annually

Lockers are available for rent at the front desk. Use of lockers is at your own risk. The Center accepts no responsibility for lost or stolen items. **Please leave valuables at home, or for your security, bring a lock to secure valuables during daily use of lockers.**

Winter/Spring Programs

Registration form for programs on page 21 or for more information, call 256-5837
Pre-registration is required for all programs. Registration on-line now available!

YOUTH ACTIVITIES

6 v 6 Middle School

Dodge Ball Tournament

Date: March 24th

Day: Monday

Time: 6:00pm – 9:00pm

Ages: 6th – 8th grade

Fee: \$10.00 per player for members
\$15.00 per player for non-members

Location: Community Center Double Gym

Teams will be divided into Coed, Male & Female divisions. You may participate in both the coed & male/female divisions. Tournament will be a pool play format with championship t-shirts given to the winners. *Teams will be formed before event starts.*

Toddler Gym

Date: March 18th – April 17th

Days: Tuesdays & Thursdays

Time: 9:30am – 10:20am

Ages: 3-6

Fee: Free to Members, \$10.00 for Non-Members

Mom and Dad sign your children up for this fun and exciting class that will teach your child basic movement skills, personal space, and awareness in an active environment. Sessions are taught by DSU Physical Education Majors. *No class on days DSU doesn't have class.*

Online Registration

Follow the online registration link at
www.commuitycenter.dsu.edu

Public training opportunities will be

on Dec. 17th & 19th

7:00-8:00 pm at the

Madison Public Library

• Setup Family Account

• Browse and Register

American Red Cross Babysitting Course

Date: Saturday April 26th

Time: 9 am – 4:30 pm

Ages: 11-15 years old

Fee: \$40.00 members, \$50 non-members
includes book. *Participants need to bring a sack lunch.

The Babysitting Course is designed to provide future babysitters with information and skills necessary to provide safe and responsible care for children in the absence of parents or adult guardians. This training will help the participants develop skills in six critical areas: leadership, safety, safe play, basic care, first aid, and professionalism.

Climbing Wall Schedule

Days & Time: Monday, 6-8 pm, Wednesday 8-10 pm

Opens: January 20th

Fee: Free to Members

Non-Members:

Daily rate which includes use of entire facility.

Climbing instructor will supervise and be available to cover proper equipment, safety techniques, and the knowledge to begin your journey up the wall.

Anyone under the age of 18 must have a signed permission slip from parent or guardian.

SoccerMadison – Spring Season

Soccer Madison offers leagues

with teams U6-U19.

Spring registration deadline is March 1st.

For more information call 270-2124 or visit

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Winter/Spring Programs

**Registration Form for programs on page 21 or for more information call 256-5837.
Pre-registration is required for all programs. On-line registration now available!**

YOUTH BASKETBALL

Start Smart Basketball

Dates: January 22nd - February 26th

Day: Wednesday

Time: 6:00 – 7:00 pm (3-4 year olds)
7:00 - 8:00 pm (5 years - K)

Fee: \$25.00 per participant

Location: Community Center/Multi-purpose Gym

Start Smart Basketball teaches children the basic motor skills necessary to play organized basketball while they work one-on-one and spend quality time with their parents. The program focuses on teaching children and their parents, skills in dribbling/ball handling, passing/catching, shooting and running/agility without the threat of competition or the fear of getting hurt. Held once a week for 6 weeks, the exercises become increasingly more difficult as the class progresses and the children show improvement.

1st & 2nd Grade Basketball Program

Date: January 20th – February 22nd

Days: Monday and Wednesday

Time: 5:00pm – 6:00pm

Game Days: Saturday Mornings (9am - 11am)

Fee: \$25.00 member / \$30 non-member

Location: Community Center

The Madison Parks and Recreation Department will offer a Youth Co-Ed Basketball League for 1st & 2nd graders. Practices will be held on Mondays & Wednesdays from 5:00 - 6:00 pm at The Community Center. Participants will be divided into teams and games will be played on every Saturday morning starting on February 1st thru February 22nd.

3rd & 4th Grade Basketball Program

Date: January 21st – February 22nd

Days: Tuesday and Thursday

Times: 5:00pm – 6:00pm

Game Day: Saturdays (11:00 am – 1:00 pm)

Location: Community Center

Fee: \$25.00 member / \$30 non-member

The Madison Parks and Recreation Department will offer a Youth Co-Ed Basketball League for 3rd & 4th graders. Practices will be held on Tuesdays & Thursdays from 5:00 - 6:00 pm at The Community Center. Participants will be divided into teams and games will be played on every Saturday morning starting on February 1st thru February 22nd.

ADULT ACTIVITIES

Mad Man Mini Triathlon

Date: Saturday, May 31st

Register on-line at

<http://www.allsportcentral.com/>

Registration Deadline: Wed., May 28th at 11:59am

Fees: \$30.00 – members; \$40.00 – non-members
(on-line registration fee) \$80.00 Team Fee

The Community Center Triathlon consists of a 300 yd. indoor swim at the Community Center, 9 mile bike and 2.25 mile run. You may compete individually or as a 2 or 3 person team with each team member doing one/two legs of the race.

American Red Cross CPR/AED-Adult

Date: January 15th, or February 19th

Day: Wednesday

Max: 10 per class (minimum of 6 required)

Time: 6:00 pm - 10:00 pm

Fee: \$35.00 – members; \$45.00 – non-members

An emergency situation can take place anytime or anywhere. Are you prepared to provide emergency care? The American Red Cross Adult CPR/AED course will give you the knowledge and skills necessary to provide emergency care until medical personnel arrive. A test is given at the end of class for certification. If you choose to audit the class no written test will be given.

Gardening Seminar

Date: April 7th

Day: Monday

Time: 6:00 pm – 7:00pm

Fee: Free to Members

Non-Members daily admission fee

Instructor: Ted LaFleur

Seminar will cover topics including spring landscape maintenance, perennials/annuals, planning and planting. Time will be available at the end of the seminar for answering any questions dealing with your spring garden.



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Winter/Spring Leagues

Registration Form for programs on page 21 or for more information call 256-5837.

Pre-registration is required for all programs

ADULT LEAGUES

Women's Volleyball League

Date: Starts January 14th

Days: Tuesday – A League / B League

Time: 7:00-10:00pm

Fee: \$125 per team

Location: City Armory & Madison Middle School

The 2014 Women's Volleyball League will start on Tuesday, January 14th for the A league and the B league, with the league tournaments being played in March. Organizational meeting will be Tuesday, January 7th at 7:00 pm in The Community Center Meeting Room. Trophies and t-shirts will be awarded to the top 2 finishing teams in each division.

Registration forms available at the front desk.

Men's Volleyball League

Date: Starts January 15th

Day: Wednesday - A League / B League

Time: 7:00-10:00pm

Fee: \$125 per team

Location: City Armory & Madison Middle School

The 2014 Men's Volleyball League will start on Wednesday, January 15th and end with the league tournament in March. The organizational meeting for all Men's teams will be held on Wednesday, January 8th at 7:00 pm in The Community Center meeting room. Trophies and t-shirts will be awarded to the top 2 finishing teams.

Registration forms available at the front desk.

5 v 5 Adult Indoor Soccer League

Date: Starts Thursday, January 23rd

Day: Thursday

Time: 7:00 – 10:00pm

Fee: \$50 per team – additional \$10.00 for each non- CC member (team fee capped @ \$100.00)

Location: Community Center/Double Gym

This new league will consist of 5 players competing in the fast pace sport of Indoor Soccer. Playing field will be the dimensions of a regular basketball court. Teams may be comprised of both male & female players. The league meeting will be Thursday, January 16th at 7pm in the Community Center meeting room. League schedule, rules & regulations, will be discussed at the meeting.

Registration forms available at the front desk.

RACQUET SPORTS

Racquetball / Walleyball Courts

There is no cost to reserve a court; equipment available for rent. Call the front desk at 256-5837 to reserve a time no more than one day in advance.

Indoor Tennis Court

The multi-purpose gym offers an indoor tennis court available to members every Saturday morning. Standards and nets available to be setup by users upon request. Tennis nets may also be setup outside of designated hours (pending gym availability).

Pickleball - Open Play

Day: Thursdays

Time: 6:30-8:00pm

Fee: Free to members; daily admission fee for non-members

Pickleball is a racquet sport combining elements of badminton, tennis and table tennis. Two courts and equipment are provided every Thursday night for play. **Equipment is available upon request on other day/times pending gym space.*

Golf Driving Range!

(closed February 1st - 22nd)

Days: Saturdays

Time: 8am – 11am

Ball Rental: \$5 deposit for 20 balls
(\$2 returned with balls)

Ball Purchase: \$15 for set of 10

Keep your golf or hacking swing in shape over the winter. Nerf golf balls are available for purchase (10 for \$15) or rent (10 for \$3). Two hitting stations are available to hit nerf golf balls in the double gymnasium. Golf stations available on a first come, first serve basis.

**Club rental is not available*

Weekday times available pending gym availability.

**Madison
Chiropractic Center**

Dr. Jason Evans

605-256-0336



Program Registration Form

Participant's Name _____ Age / Grade _____

E-mail Address (REQUIRED) _____

(Use Family Account Log-In ID for online registration)

Parent's Name _____

Address _____ City, State _____ Zip _____

Phone (W) _____ (H) _____

Is participant a Community Center Member? YES / NO

Is participant eligible for half off all programs and swim lessons? YES / NO

Please check all programs that you wish to enroll your child in. ONE FORM PER CHILD PLEASE.

<u>Programs</u>	<u>Members</u>	<u>Non-Members</u>
<input type="checkbox"/> Adult CPR/AED Course	\$35	\$45
<input type="checkbox"/> Jan. 15 th		
<input type="checkbox"/> Feb. 19 th		
<input type="checkbox"/> Start Smart Basketball*	\$25	\$25
<input type="checkbox"/> 3-4 yrs <input type="checkbox"/> 5yrs - K		
<input type="checkbox"/> Toddler Gym	Free	\$10
<input type="checkbox"/> 6 v 6 Middle School Dodge Ball	\$10	\$15
<input type="checkbox"/> 1st & 2nd Grade Basketball	\$25	\$30
<i>T-shirt Size:</i> YS YM YL YXL S M		
<input type="checkbox"/> 3rd & 4th Grade Basketball	\$25	\$30
<i>T-shirt Size:</i> YS YM YL YXL S M		
<input type="checkbox"/> Babysitting Class from American Red Cross	\$40	\$50
Swimming Lessons	\$20	\$30

Date: January 21st - February 20th

3:50 - 4:30 pm

- Level 1
- Level 2
- Level 3
- Level 5

4:35 - 5:15 pm

- Level 1
- Level 2
- Level 4
- Level 6

5:20-6:00 pm

- Adult
- Parent/Tot
- Preschool

Online Registration
Follow the online registration link at
www.communitycenter.dsu.edu
Public training opportunities will be on
Dec. 17th & 19th
7:00-8:00 pm at the
Madison Public Library

- **Setup Family Account**
- **Browse and Register**

Payment Method & Amount: Cash: _____ Check # _____

Total Payment _____

* **Please make checks payable to The Community Center**

I understand, consent, and agree The Community Center, DSU, or City of Madison or any contributor or supervisor connected with Community Center program or programs SHALL NOT be held responsible for any accident, injury, or loss of personal property during my child's participation in The Community Center Programs. I understand that I must furnish my own Health, Accident or Hospitalization Insurance if I want such coverage.

Parent Signature _____ Date _____

Please return form to the front desk of The Community Center or mail to 820 N. Washington Avenue, Madison, SD 57042

Madison Parks, Recreation & Forestry

It is the mission of the Madison Parks, & Recreation Department to create recreational opportunities for growth and enhancement by developing diverse services and programs that endorse citizen involvement and a strong sense of community. The expressed purpose of the MPRD is to maintain and develop facilities, parks, open nature areas, and programs while striving to increase the social, cultural, and physical well-being of its residents and visitors.. Although a fee must be charged to help offset the costs incurred, we realize there are situations that make it difficult for some to participate. If this is the case, please make the necessary arrangements for reduced program fees by contacting the Recreation Office prior to registration. No arrangements will be made during or after registration.

Program Policies

If your child drops out of a program or cannot attend for an extended period of time, please let the instructor or Recreation Office know. There may be others on waiting lists that would like to participate.

Alcoholic Beverages

If you are planning a picnic at which you will be serving alcoholic beverages, permits must be approved in advance by the Madison City Commission.

Pets

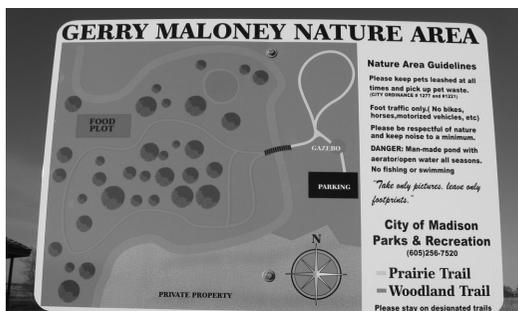
All pets must be on a leash in park areas, except for Woofland dog park. Pet owners are responsible for cleanup of pet waste.

Public Works and Park Office

Madison Public Works
401 South Highland Avenue, Madison, SD 57042
256-7515

Forestry

Boulevard tree planting permits are free and may be obtained by calling 256-7515.



Recreation Office

The Community Center
500 NE 11th Street, Madison, SD 57042
256-7546

Recreation Numbers

Park Office - 256-7515
Community Center - 256-5837
Recreation Office - 256-7546

City Armory

The Madison City Armory is available for rentals by groups and organizations. The fee for renting the facility is \$100 for a half-day and \$200 for a full day. Rentals are scheduled through the Recreation office and are based on a first come, first serve basis. City Recreation programs have priority over individual rentals. For information, call the Recreation Office at 256-7546.

Skate Park

The City of Madison offers a skate park at Westside Park, just west of the Madison Aquatic Center. The park is a "skate at your own risk" park and is open for all skaters. Rules for the skate park are posted and must be followed at all times.

Ice Rinks

Skating rinks will open for the season once temperatures are below freezing. Rinks are available at Memorial, East Center and Totland Park. Opening day announced on KJAM radio.

Madison Park Shelters

Thue Shelter, located at Westside Park, and Baughman/Belatti Shelter, located at Baughman/Belatti Park are available during the summer months. Reservations are taken on a first-come, first serve basis after January 1st of the year by calling 256-7546.

Memorial Park Gazebo

Public Gazebo is located at Memorial Park. Gazebo is available on a first come, first serve basis. Reservation is not required.

Community Garden Plots

Garden plots are available to lease for one year at 321 SW 4th Street. Plots are 20' x 25' for \$20. Water faucet on site. Call the park office at 256-7515 to reserve a plot.

Madison Park Areas

Baughman/Belatti Park - 1010 NE 1st Street

- Baughman/Belatti Park includes picnic shelters, disc golf, playground area, soccer fields, sand volleyball courts, basketball courts and baseball/softball diamonds.
- The picnic shelter is available for reservation. Please call 256-7546. Reservations are taken on a first come, first serve basis.

East Center Park - 700 Block of East Center Street

- Playground area • Skating rink • Warming house

Flynn Field - SW 8th Street and South Egan Avenue

- Baseball diamond • Playground area • Restrooms

Library Park - SE 1st Street and Harth Avenue

- Toddler Play Area

Memorial Park - NW 5th Street and Egan Ave.

- Playground Area • Gazebo
- Skating Rink • Warming House

Community Garden Plots - 321 SW 4th Street

- 20' x 25' Plots • Water on site

Woofland Park - NW 7th Street and West Ave.

- Dog Park Area

Northwest Park - NW 9th Street and Highland Avenue

- Disc golf course • Picnic shelter • Playground area
- Restrooms

Thue Softball Diamonds - South Egan Avenue

- Adult softball diamonds • Restrooms

Totland Park - NE 7th Street and Roosevelt Avenue

- Playground area • Skating Rink

Westside Park - NW 1st Street and Highland Avenue

- Park includes ball diamond, horseshoe courts, picnic areas, swimming pool, basketball court, tennis courts, skate board park, Thue Shelter and Beardsley Shelter.

Madison High School Tennis Courts - 800 NE 9th St.

- 8 tennis courts open to public use

Recreation Trail

- Flynn Field to Johnson's Point - 4.2 miles
- Hwy. 34 & 19 Intersection to U.S. Fish & Wildlife - 1.7M
- Trail hours - sunrise to sunset

Gerry Maloney Nature Area - N Harth Ave., off NE 9th St.

- Interpretive Gazebo • Walking Trails

	Baughman/ Belatti	Westside	Flynn Field	Northwest	East Center	Library	Memorial	Totland	Thue Softball Diamond	Madison H.S. Tennis Courts	Gerry Maloney Nature Area	Woofland Park
Picnic Shelters	✓	✓		✓								
Playground	✓	✓	✓	✓	✓	✓	✓	✓				
Soccer	✓											
Sand Volleyball	✓											
Baseball Diamond	✓	✓	✓									
Softball Diamond	✓								✓			
Horseshoe Pits		✓										
Swimming Pool		✓										
Tennis Courts		✓								✓		
Skate board Park		✓										
Disc Golf	✓											
Skating Rink					✓		✓	✓				
Warming House					✓		✓					
Walking Trails						✓					✓	
Toddler Play Area	✓	✓				✓						
Public Bathrooms	✓	✓	✓	✓					✓			
Basketball Courts	✓	✓										
Gazebo							✓				✓	
Dog Play Area												✓

Madison Park Areas



- | | |
|---|--|
| 1. Community Center - 500 NE 11th St | 9. East Center Park - 700 Block of East Center St. |
| 2. Madison HS Tennis Courts | 10. Library Park - SE 1st St. & Harth Ave |
| 3. Madison Elementary School Playground | 11. Thue Softball Complex - SW 8th St. & South Egan Ave |
| 4. Northwest Park - NW 9th St. & Highland Ave | 11. Flynn Baseball Field |
| 4. Madison Disc Golf Course | 11. Start of 4.2 mile Recreation Trail – Ends at Johnson’s Point |
| 5. Totland Park - NE 7th St. & Roosevelt Ave | 12. Field of Dreams |
| 6. Memorial Park - NW 4th St. & Blanche | 13. City Armory |
| 7. Westside Park - Northwest 1st St. & Highland Ave | 14. Gerry Maloney Nature Area |
| 7. Madison Outdoor Aquatic Center | 15. Woolfland Park |
| 8. Baughman / Belatti Park - 110 NE 1st St. | 16. Community Garden Plots |
| 8. Soccer Fields | |
| 8. Youth Baseball Complex | |