RecPlex ... the Largest Municipal Recreation Facility in America!

RecPlex is located on the shores of beautiful Lake Andrea in Prairie Springs Park, Pleasant Prairie, where the ultimate experience awaits. The entire staff is committed to enhancing the quality of your life and providing support, guidance and educational opportunities. We continually strive to improve our programs & services.

Membership Options for you and your family. Get healthy! Utilize all of the RecPlex and try some free classes, start with the Experience membership. Need more classes accompanied by a free personal training kick start, unlimited tanning and free childcare? Then the Exercise membership is what you need. Want a great personal training discount? Then go for the Excellence Upgrade. *Youth must be 14 for Exercise Membership level, 13 for Tanning.

The gift of good health is priceless! A RecPlex Membership is your key to making a positive change for better health and fitness. Numerous classes and programs are offered for all ages. Bring home a RecPlex Family Membership, a gift that everyone can enjoy, year-round. We invite you to tour our facility and one of our friendly staff members will answer any questions you may have.

RecPlex Offers

- Aqua Arena: 50m Competition Pool, Lap Lanes
- Indoor Water Park: Current Channel, Whirlpool, Zero Depth
- Water Playground, Water Geysers, Water Slides, Lap Lanes
- Ice Arena: 2 NHL size Ice Rinks, Off-Ice Training Center & Pro-Shop
- Field House: Basketball Courts, Batting/Golf Cages, Indoor Soccer Courts, Volleyball Courts
- Fitness Center: Cardio Equipment, Pin, Plate & Cable Based Circuits, Free Weights, Fitness Studios
- Indoor Suspended Track • Multi-Purpose Rooms • Racquetball Courts • Prairie Springs Park
- Lake Andrea Beach, Walking Trail, Baseball & Softball Fields, Sand Volleyball Courts, Nature Trails

Phone Tree

- Press 1 - Membership or Day Passes
- Press 2 - Birthday Parties and Facility Rentals
- Press 3 - Aquatics
- Press 4 - Fitness
- Press 5 - Sports other than Ice or Aquatics
- Press 6 - Childcare Programs
- Press 7 - Ice Arena
- Press 8 - Therapeutic Recreation
- Press 9 - Marketing, Advertising, Sponsorships

Call 262-577-8725 for Froedtert & Medical College of Wisconsin

Set up an online account as a member or non-member to make registering for programs a breeze! Follow the prompts for how to set up your account or we can email you credentials to log in if you are having trouble getting set up. Call 262-941-0437 today!

Click on the orange Register Online button in the top right hand corner of the web page to get started.

Online Forms

All forms are located on www.RecPlexOnline.com under the Membership & Passes tab then click on the RecPlex Administrative Forms to access all the forms.

Administrative Forms

- Membership Cancellation Form • Deleting a Sub-Member
- Main Member Change Form • Change to Corp Membership Form
- Name Change Form • Change of Address Form

RecPlex Program Forms

- Facility Rental/Deposit Refund Request
- Aquatics Refund Request • Sports Refund Request
- Ice Arena Refund Requests • Fitness Refund Request
- Youth/Childcare Programming Refund Request
- Gunner Camp Refund Request
- Therapeutic Recreation Refund Request
# Table of Contents

**General Information** .......................... 2-9

- RecPlex ........................................ 2
- Phone Tree ...................................... 2
- Online Registration ............................ 2
- Online Forms ................................... 2
- Table of Contents ............................... 3
- Membership Options & Rates .................. 4
- Facility Information .............................. 5
  - Refer 2 Save ................................ 5
  - Scan 2 Win ................................... 5
- Hours of Operation ............................. 6
- Outdoor Recreation .............................. 7
- Events @ RecPlex ............................... 7
  - Indoor/Outdoor Triathlon .................... 7
  - Spring Ice Show ............................. 7
- Field Trip Packages ............................ 8
- After Hours Adventure ......................... 8
- Birthday Parties ................................ 8
- Rentals ......................................... 8
- Advertising & Sponsorships ................. 9
- Rentals ......................................... 9
- Program Information ......................... 10-25

**Aquatics** ....................................... 10-11

- Patriots Learn 2 Swim ........................ 10
- Private/Semi-Private Swim Lessons ........ 10
- Spring Weekday A.M. Swim Lessons ........ 10
- Junior Patriots ................................ 10
- Patriots Pre-Competitive ..................... 10
- Water Polo Plus ................................ 10
- Patriots Swim Team ............................ 10
- Masters & Triathlon Swimming .......... 10
- Aqua Fitness ................................... 10
- Open Water Swim Training ................... 10
- Lifeguard, Health & Safety Training .... 10

**Sports** ........................................... 12-13

- Archery Clinic .................................. 12
- Flag Football ................................... 12
- Dodgeball League .............................. 12
- Fencing Lessons ................................ 12
- U.S. Taekwondo Academy .................... 12
- Patriots Baseball .............................. 12
- Tennis Clinics .................................. 12
- Outdoor Soccer ................................ 12
- Little Hitters ................................... 12
- Adult Bags ...................................... 12
- Adult Kickball .................................. 12
- Adult Softball .................................. 12
- Adult Basketball ............................... 12
- Adult Flag Football ............................ 12
- Adult Coed Volleyball ......................... 12
- Adult Dodgeball ................................ 12
- Adult Racquetball ............................. 12

**Ice Arena** ....................................... 14-15

- Hours of Operation ............................ 14
- Ice Arena Staff ................................ 14
- Village Edge Pro-Shop ....................... 14
- Open Skate, Hockey & Freestyle .......... 14

**Ice Skating** ..................................... 15-16

- Learn To Skate ................................ 15
- BOGO Ideas ..................................... 15
- Summer Exhibition ............................. 15
  - Private/Mini-Private Lessons ............ 15

**Ice Events** ...................................... 17

- Summer Skating Strong ....................... 17
- Patriots Summer Clinic ....................... 17
- Grassroots to Champions .................... 17
- Summer Boot Camps ........................... 17

**Ice Hockey** ..................................... 18-19

- Jump-Start Hockey ............................. 18
- Hockey School ................................ 18
- Summer Hockey League ....................... 18
- Power Skating .................................. 18
- RecPlex Hockey League ...................... 18
- Sunday Night Hockey League ............... 18
- Ankle Breakers ................................ 18
- Friday Night Hockey League ............... 18
- Old Geezers Hockey ........................... 18
- Rookie League ................................ 18

**Fitness** ......................................... 20-26

- Personal Training ............................. 20
- Fitness Services ............................... 20
- Nutrition Packages ......................... 20
- Vertimax Training ............................. 20
- Sports Performance ......................... 20
- Trainer-Led Signature Series ............... 20
- FREE Member Group Fitness Classes ...... 20
- Fitness 4 Kids .................................. 20
- TNTI Fitness ................................... 20
- Virtual Cycling ................................ 20
- Tanning Packages ............................. 20
- Mind/Body Classes ............................ 20
- Glow Fitness ................................. 20
- Do It For The Donuts 5K/10K Walk/Run .... 20
- Workout 2 Lose ............................... 20
- Barre Fitness .................................. 20

**Childcare** ...................................... 27

- Baby U .......................................... 27
- PreSchool U .................................... 27
- Before & After School Care ................. 27
- Kid’s Court & Li’l’ Tykes ..................... 27
- Drop-In Child Care ............................ 27
- Transportation Services ..................... 27

**Youth** ............................................ 28-30

- Parent & Tot Dance ........................... 28
- Gymnastics ..................................... 28
- Little Chefs - Cooking Class ............... 28
- Twinkle Toes ................................... 28
- Funky Feet ...................................... 28
- Read & Run ..................................... 28
- S.T.E.M. Club .................................. 28
- Craft & Snack .................................. 28
- Babysitter Training ......................... 28
- Solar Oven Treats .............................. 28
- Jedi Knight Training .......................... 28
- Photography Class ............................ 28
- Youth Events ................................... 28

**Therapeutic Recreation** ....................... 31

- Exceptional Zumba & Chair Yoga .......... 31
- Cooking Club .................................. 31
- Friday Night Respite ......................... 31
- Discovery Trekkers ........................... 31
- Community Integration Club ............... 31

**Personal Training** ............................. 31

- Therapeutic Links ......................... 31
- Respite Program ............................. 31

**Valued Advertising/Coupons** ............... 32-40

RecPlexOnline.com 3
Membership Levels

and their key benefits

Experience Membership

- Members Skate FREE at Ice Arena
- FREE Wireless Internet
- FREE Fitness Center Orientation
- Cost savings on programs, classes and services
- Early registration privileges
- Free Annual Prairie Springs Park Pass which includes Lake Andrea Beach
- Cost savings on facility rentals/birthdays
- Full Access to all strength and cardio equipment
  - Aquatic Center and Aqua Arena
  - Field House
- Free Access to suspended indoor track
- Free Access to drop in Racquetball
- Ice Arena
- Free Day Passes for Primary Members
- FREE Kids Court - drop-in child care (child must be a member), Yearly registration fee per child of $10.
- Access to Member Parking Lot (One-time $30 Fee)

Exercise Membership

Add $50 per month to Exercise Fee for any participating member. Primary Spouse or Youth over 14.

- All Experience Membership Benefits Plus...
  - Free Trainer led Signature Series Classes
  - Free Aqua Fitness Classes
  - Free Mind/Body Classes
  - Unlimited Tanning
  - Free Kids' Court (Registration fee- waived. Not retroactive)
  - Free state rental
  - One Free Personal Training Consult/Session (1 hour)
  - One free parking pass

Excellence Upgrade

- Any Experience or Exercise member, Primary, Spouse or Youth over 14, may take advantage of this opportunity.
- A Commitment to Yourself, A Commitment to Personal Training! Members choose to train 1x or 2x a week in order to meet their fitness goals.

For more information please contact Sandy Wiedmeyer at (262) 947-3625 or email swiedmeyer@pilprairiewi.com.

Rates & Fees

**Annual Membership Rates**

<table>
<thead>
<tr>
<th>Membership Level</th>
<th>Village Residents</th>
<th>Non-Residents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Facility Fee</td>
<td>$125</td>
<td>$125</td>
</tr>
<tr>
<td>Adult Primary</td>
<td>$600</td>
<td>$700</td>
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<tr>
<td>Adult Secondary</td>
<td>$238</td>
<td>$236</td>
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<tr>
<td>Youth Additional</td>
<td>$127</td>
<td>$127</td>
</tr>
<tr>
<td>Senior Primary (60+)</td>
<td>$500</td>
<td>$543</td>
</tr>
<tr>
<td>Senior Secondary (60+)</td>
<td>$210</td>
<td>$210</td>
</tr>
</tbody>
</table>

- All Experience Membership Benefits Plus...
- Free Trainer led Signature Series Classes
- Free Aqua Fitness Classes
- Free Mind/Body Classes
- Unlimited Tanning
- Free Kids' Court (Registration fee- waived. Not retroactive)
- Free state rental
- One Free Personal Training Consult/Session (1 hour)
- One free parking pass

**Day Pass Rates**

<table>
<thead>
<tr>
<th>Membership Level</th>
<th>Village Resident</th>
<th>Non-Residents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult</td>
<td>$11</td>
<td>$15</td>
</tr>
<tr>
<td>Youth</td>
<td>$8</td>
<td>$8</td>
</tr>
<tr>
<td>Family</td>
<td>$35</td>
<td>$35</td>
</tr>
<tr>
<td>Senior (60+)</td>
<td>$5</td>
<td>$5</td>
</tr>
</tbody>
</table>

* Family - Up to 4 people from the same household.
* 2 Adults & 2 Children or 1 Adult with 3 Children. Children must be legal dependents of at least one of the participating adults. Additional family members may be added to a family pass purchase at the rate of $5 per additional family member. Prices do not include taxes.

**Monthly Bank Draft Rates**

<table>
<thead>
<tr>
<th>Membership Level</th>
<th>Village Residents</th>
<th>Non-Residents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Facility Fee</td>
<td>$125</td>
<td>$125</td>
</tr>
<tr>
<td>Adult Primary</td>
<td>$57</td>
<td>$61</td>
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<tr>
<td>Adult Secondary</td>
<td>$20</td>
<td>$20</td>
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<tr>
<td>Youth Additional</td>
<td>$11</td>
<td>$11</td>
</tr>
<tr>
<td>Senior Primary (60+)</td>
<td>$44</td>
<td>$45</td>
</tr>
<tr>
<td>Senior Secondary (60+)</td>
<td>$10</td>
<td>$10</td>
</tr>
</tbody>
</table>

- All Experience Membership Benefits Plus...
- Free Trainer led Signature Series Classes
- Free Aqua Fitness Classes
- Free Mind/Body Classes
- Unlimited Tanning
- Free Kids' Court (Registration fee- waived. Not retroactive)
- Free state rental
- One Free Personal Training Consult/Session (1 hour)
- One free parking pass

**Weekly Rates**

<table>
<thead>
<tr>
<th>Membership Level</th>
<th>Village Resident</th>
<th>Non-Residents</th>
</tr>
</thead>
<tbody>
<tr>
<td>Adult Primary</td>
<td>$40</td>
<td>$40</td>
</tr>
</tbody>
</table>

* Ask about our short-term Senior Membership Options.

**Note:** The first 2 youth on an account are charged at the rate of $17.50 per youth. Youth beyond the first 2 (i.e. 3rd, 4th, 5th, etc.) will be charged a rate of $50 per youth. Facility Fee is one-time fee charged to all new RecPlex memberships and will not apply when renewing your membership. Effective September 1, 2016, the membership fee has increased for more than 30 days. Three month commitment for upgrades. See page 7 for annual membership discount coupon.
Member Rewards

Scan 2 Win
To extend our support on your journey to good physical & mental fitness, you'll get a chance to win these gifts as you reach monthly milestones! Scan in to Win! 1pt per day!

Every Month
Visit 25+ Times
Adult Members will be put into a virtual raffle & 5 members will receive a RecPlex Cinch Sack.

Visit 15-24 Times
Adult Members will be put into a virtual raffle & 10 members will receive a RecPlex T-Shirt or Hat.

Visit 9-14 Times
Adult Members will be put into a virtual raffle & 10 members will receive a Lanyard.

* RecPlex reserves the right to change prizes throughout the year. In fairness to all, Members may not exceed 3 items in one year and only one per category. Members that win in a higher category will not be put into the virtual raffles for the lower categories.

Refer 2 Save
To extend our appreciation, for referring a new member, you'll receive 1 of these great items for each primary member!

Please make one selection from the list:
- 5 FREE Guest Passes
- $30 RecPlex Gift Card
- One Month Upgrade to Exercise Membership
- T-shirt

BONUS 1 Month FREE - Refer 3 primary memberships in one year & receive one primary month free.

Fee Explanation
RecPlex Member / Non-member

Rates and Fees
All rates & fees are subject to change without notice. RecPlex will not be bound by any conditions printed or otherwise.

Late Registration
Because of fixed costs associated with running programs, classes & activities, late registrants will be charged the total fees for a class. No prorating of fees will take place.

Program Registration Policies
RecPlex members have the first opportunity to register for classes & programs. Classes & programs are open to the general public. Members receive priority registration & reduced rates. Non-members cannot use locker room facilities.

RecPlex Member Parking Lot
A hang tag with a radio frequency chip may be purchased for entry to the member lot. This permit is good for the lifetime of your membership and may be moved to any vehicle. The cost is $30. Please note this is an option and free parking is available along Tervall Terrace, Park & Ride and Ball Field parking lots. RecPlex Buyback Program - $10 for parking hang tags that are returned in good working order.

Membership & Program Forms
Forms available online.

Program Refunds
- Full Refund/Credit. Forms available online. Request to withdraw more than 5 days prior to the scheduled start date of a program. $5 processing fee.
- Partial Refund/Credit. Request to withdraw 5 days or less prior to the scheduled start date & before the 2nd scheduled class. The refund/credit will be issued upon Manager approval & will be less any class sessions missed and a $10 processing fee.
- Medical Refund. Medical refunds will be issued upon approval and must be accompanied by a written medical note. Refunds or credits cannot be issued after the second class of a program has taken place. One-day program fees are non-refundable.

Photo Release
RecPlex reserves the right to take photography and video throughout the inside and outside of the facility to use for promotional materials and advertising efforts.
**Hours of Operation**

**RecPlex**
- Monday - Friday: 4:30am - 10:00pm
- Saturday: 6:00am - 8:00pm
- Sunday: 7:00am - 6:00pm

**Aqua Arena**
- **Lap Swim**
  - Monday - Friday: 5:00am - 8:00pm
  - Saturday: 6:30am - 7:30pm
  - Sunday: 7:30am - 5:30pm

**Indoor Water Park**
- **Open Swim**
  - Monday & Wednesday: 4:00pm - 8:00pm
  - Friday: 4:00pm - 9:00pm
  - Saturday: 1:00pm - 7:45pm
  - Sunday: 1:00pm - 5:45pm
  - Parent/ Toddler Swim
    - Monday: 10:00am - 11:30am
    - Wednesday & Friday: 9:30am - 11:30am

**Ice Arena**
- **Open Skate**
  - Due to the nature of our ice availability, we ask that you visit our website or call Guest Services for accurate public skate, open hockey and freestyle calendars. We typically have public skate times multiple days during the week and every weekend.

**Field House & Fitness Center**
- Monday - Friday: 4:30am - 10:00pm
- Saturday: 6:00am - 8:00pm
- Sunday: 7:00am - 6:00pm

**Adult Only Track** (Ages 13 & under not allowed)
- Monday & Wednesday: 5:00pm - 10:00pm
- Saturday: 6:00am - 9:00am
- Sunday: 7:00am - 10:00am

Hours are subject to change. All areas of the facility close 15 minutes prior to close of building. All current schedules are available at Guest Services or www.RecPlexOnline.com.

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**OUTDOOR**

**Lake Andrea Beach**
- **June 2 - Labor Day**
  - Open Daily: 10am - 7pm
  - Lap Swim: 7am - 10am

Lake Andrea Beach is FREE to RecPlex Members. Non-members can enjoy Lake Andrea Beach by purchasing a daily or seasonal park pass. Watch for postings on summer closings due to Triathlon events.

**Open Water Swim Training**
See page 11 for details.

**Froggy's Landing Boat Rentals**

<table>
<thead>
<tr>
<th></th>
<th>VPP Resident &amp; Member</th>
<th>Non-Resident</th>
</tr>
</thead>
<tbody>
<tr>
<td>Otter Kayaks</td>
<td>$8</td>
<td>$10</td>
</tr>
<tr>
<td>Double Otter Kayaks</td>
<td>$10</td>
<td>$12</td>
</tr>
<tr>
<td>Ocean Kayaks</td>
<td>$8</td>
<td>$10</td>
</tr>
<tr>
<td>Canoes</td>
<td>$8</td>
<td>$10</td>
</tr>
<tr>
<td>Pedal Boats</td>
<td>$8</td>
<td>$10</td>
</tr>
<tr>
<td>NEW! Paddle Boards</td>
<td>$8</td>
<td>$10</td>
</tr>
<tr>
<td>5 Pack Boat Rental</td>
<td>$35</td>
<td>$45</td>
</tr>
<tr>
<td>10 Pack Boat Rental</td>
<td>$70</td>
<td>$90</td>
</tr>
</tbody>
</table>

Season Dates: June 2 - Labor Day. Hours: 10:00am - 6:30pm; last boat will go out at 5:30pm. Boat rental Security Deposit required. Rates are subject to change. Other restrictions may apply.

**Prairie Springs Park**

<table>
<thead>
<tr>
<th></th>
<th>Member</th>
<th>VPP Residents</th>
<th>Non-Member</th>
</tr>
</thead>
<tbody>
<tr>
<td>Daily Individual</td>
<td>FREE</td>
<td>$5</td>
<td>$7</td>
</tr>
<tr>
<td>Season Family Pass</td>
<td>FREE</td>
<td>$80</td>
<td>$85</td>
</tr>
<tr>
<td>Season Family Pass + 10 Pack Boat Rental</td>
<td>N/A</td>
<td>$90</td>
<td>$140</td>
</tr>
</tbody>
</table>

Fee includes use of Lake Andrea Beach, Archery Range & Windsurfing Launch. Rates are subject to change. Family: two adults (spouses) & dependent family members ages 22 & under. (Living in the same household (19-22) years MUST be full-time students). Children under 2 are FREE.

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RecPlex is ONLY Minutes Away!

9900 Tenwall Terrace
Pleasant Prairie, WI 53158
(262) 947-0437
www.RecPlexOnline.com
EVENTS

**Indoor/Outdoor Triathlon**
April 29, 2018
Ages 8 & older, join us for a 400m swim, 4-mile spin bike ride & 2.3-mile outdoor run (weather permitting). Scoring is based on total time. Awards are presented to overall & age group winners. Advanced registration is required prior to 5pm the Friday before the event.

**Pleasant Prairie Triathlon**
June 24, 2018
This first-class triathlon powered by Race Day Events brings over 1,200 athletes from across the Midwest. For details about this amazing race, please visit www.runsignup.com.
**Pleasant Prairie Junior Triathlon**
June 23, 2018

**Spring Ice Show**
May 4 - May 6, 2018
A family-friendly event showcasing the skills & talents of our Pleasant Prairie Skating School, Freestyle & Synchronized skaters & exciting guest skaters. Dazzling lights, music & costumes enhance these group & solo performances. Tickets go on sale Apr 14 at 8am. $10-$14 each.

**Do It For The Donuts 5K/10K Walk/Run**
May 12, 2018
Join us for our spring 5K/10K race along the shores of Lake Andrea. Registration cost includes an event t-shirt, race medal and post-race gourmet donuts. Registration is open to all ages.

**Pleasant Prairie Cup**
June 3, 2018
A full day triathlon event with youth & junior events for all ages & abilities. We begin with the Youth & Junior elite draft legal races, followed by a Youth event where athletes ages 7-14 can race non-drafting style on the course. Register online at RecPlexOnline.com.

**Iron Girl Triathlon**
August 12, 2018
Join us for the Iron Girl Pleasant Prairie Women’s Triathlon. Thousands of women across the country participate in the Iron Girl Triathlon every year.

**Walk, Roll n’ Run**
September 22, 2018
Join us for the 4th Annual Discovery race! This 3.7k race will help support youth & adults with disabilities. Participants receive an event shirt and race goody bag. $20 each or $50 family of 4. After Aug 3, $35 each or $100 family of 4. Come show your SUPERhero strength in supporting ALLATHLETES!

**Miss Pleasant Prairie**
July, 2018
Format includes Miss Pleasant Prairie, Jr. Miss, Little Miss & Tiny Miss Scholarship Pageant. Miss Pleasant Prairie receives a $500 college scholarship & will serve a one-year reign as an official Pleasant Prairie Ambassador. Pre-Registration is required.

**FREE Member Appreciation Events**
Each & Every month in 2018!
May 12 - FREE OPEN Skate & FREE Skate Rental
June - Beach Bash
July - Quarterly Fitness Launch
August - Fall Sports Preview

RecPlexOnline.com
We will help your group experience a GREAT day at RecPlex. There are numerous options to choose from and we will customize a package just for you.

- Indoor Water Park: Features zero depth entry; water playground and a “MONSTER” waterslide.
- Athletic Field House: Features indoor courts offering basketball, volleyball or soccer.
- Ice Arena: Features 2 ice rinks offering skating, hockey with skate rentals included.
- Prairie Springs Park: Features swimming, hiking, softball, volleyball, playgrounds & pavilions.
- Lake Andrea Beach: Features beautiful Lake Andrea with swimming, boating, fishing & pavilions.

**Field Trip Packages**

Rates are based on groups of 25 or more .... Rates are per person.

- Splash Only/Splash-Gym
- Skate Only
- Skate - Gym
- Skate - Skate-Gym
- Beach Field Trip
- Multipurpose Room
- Optional Lunch Package. Groups under 100: Pizza or Hot Dogs, Chips, Soda, Cookies $5.50/person

For a complete listing of all our party & event rentals or any additional information, please visit us online at RecPlexOnline.com or contact our Rentals staff at (262) 925-6735 or email at rentals@plprairie.com.

**Birthday Parties**

Packages include 12 children

**Splashdown Party**
(Use of Indoor Water Park with a Party Room)

**Igloo Skate Party**
(Ice Skating in the Ice Arena with a Party Room)

**Skate & Swim Party**
(Combo Ice Skating & Swimming Party with a Party Room)

**Gym/Swim or Gym/Skate Party**
(Decorated Party Room. Bouncy House & Food)

- Parties with over 12 children, Bouncy House & Food can be purchased for $8 each. Room cap at 25 people.

**After Hours Adventure**

Bring your group for a night of fun. Saturday nights from 8pm -12am.
Includes 2 hours of swimming, 2 hours in the field House with basketball, soccer, volleyball & wallyball.
Party rooms included & groups are allowed to bring in food.

- Minimum of 40 guests @ $25/person
- 51-100 guests @ $22/person
- Groups 101+ @ $20/person

Groups must have adequate chaperone ratios.

**Rentals**

- LakeView Studio
  Overlooks Lake Andrea (Capacity 25-100)
  Off Season (Oct 1 - May 25) $65/70/hr
  High Season (May 26 - Sept 30) $85/$90/hr
  High Season Rental with LakeView picnic site.

- Beach Pavilion
  Enclosed pavilion with fireplace (Capacity <72)
  Off Season (Oct 1 - May 25) $60/$65/hr
  High Season (May 26 - Sept 30) $80/$90/hr

- Multi-Purpose Meeting Rooms
  Capacity is 25-30 per room. $30/$40 per hr

- Field House
  60,000 sq ft for your convention, conference, sporting event, etc. (Capacity 800-2,400)
  Field House $320/$400/hr, Quad $300/$100/hr
  Single Court $40/$50/hr
Massive exposure to millions of potential customers!

**Hallway Marquee (36" W x 48" H)**
- Marquee - $1,200 per year
- Marquee Poster - Full Color
  - Limited Availability - first come, first served!

**Aqua Arena Banner (48" W x 12" H)**
- Banner - $600 per year - $1000 for 2 years!

**Field House Banner (85" W x 24" H)**
- Banner - $600 per year - $1000 for 2 years!

**Ice Arena Dasherboard (95" W x 33" H)**
- Blue Rink - $600 per year
- Green Rink - $500 per year
- Both Rinks - $1000 per year

**Ball Field Banner (72" W x 48" H)**
- Naming Rights - Please call for pricing.
- Fence Sign only - $600 per year - $1000 for 2 years!

**PlayByPlay Magazine Ads**
- $1,250 Full Page (Back Cover $1,500)
- $700 Half Page
- $375 Quarter Page (1,000 per year, 3 ads)
  - Reach over 18,000 Consumers

**Billboard facing Hwy 165**
- $10,000 per year
- Includes Ball Field & Field House Banner
- Mention on Hwy 165 Digital Sign

**Ice Rink Zamboni**
- Zamboni Wrap & 2 Dasherboards
  - Call for pricing

**Youth Sponsorship**
- $175 per team
  - Over 200 youth teams need sponsors

**Internal TV Ads**
- Digital ad on our internal TV monitors,
  - $1,250 per year, 30 ads per day

**Ask about our NEW Platinum Advertising Packages!**

**Gold Package**
- ONLY $5,000!
- SAVE $500 with EXCLUSIVE exposure!
  - 1 Field House Banner
  - 1 Aqua Arena Banner
  - 1 Ball Field Banner
  - 2 Ice Rink Dasherboards
  - 1 Hallway Marquee
  - 1 PlayByPlay Magazine
  - 1/4 pg ads & 3 Youth Team Sponsorships!

**Silver Package**
- ONLY $2,500!
- SAVE $300 with AMAZING exposure!
  - 1 Field House Banner
  - 1 Aqua Arena Banner
  - 1 Ice Rink Dasherboard
  - 1 PlayByPlay Magazine
  - 1/4 pg ads

**Bronze Package**
- ONLY $1,500!
- SAVE $100 with minimum EXPOSURE!
  - 1 Field House Banner
  - 1 Aqua Arena Banner
  - 1 PlayByPlay Magazine
  - 1/4 pg Ad

RecPlexOnline.com 9
AQUATICS

SPRING
Mon, Apr 23 - Sun, Jun 17
Member Reg: Fri, Apr 13
Non-member Reg: Tues, Apr 17

SUMMER
Mon, Jun 18 - Sun, Aug 12
No Class: July 4
Member Reg: Fri, Jun 8
Non-member Reg: Tues, Jun 12

FEES
7wk: $51/$578 8wk: $59/$688
* No make-up classes are available for missed classes.

Schedules
Patents Learn to Swim classes are offered Tuesday & Thursday evenings & Sunday mornings.
Visit us online for full schedule.
www.RecPlexOnline.com/aquatics

Patriots Learn to Swim
1 Class per week each session.

Aqua Squirts Beginner (Ages 6mo-24mo)
Parents will learn the correct ways to hold & move their infants-toddlers as they learn to kick, pull & float in the water.

Aqua Squirts Intermediate (Ages 12mo-36mo)
We work on back floating, kicking, comfort in the water & water safety in a fun, friendly environment. Aqua Squirts Advance need instructor permission.

Minnows (Ages 3)
Water adaption, blowing bubbles, kicking

Dolphins (Ages 4 & 5) / Sharks (Over Age 6)
Level 1: front/back float, arm circles, submersion, kick
Level 2: front/back glide, streamline, wall kicking
Level 3: front/back float, front crawl, arm circles
Level 4: roll over front/back, front & back crawl

Junior Patriots
(All Ages)
Participants must know how to swim. We focus on skills & building confidence.
Level 5: Freestyle Stroke with Lateral Breathing, Back Arm Stroke, Intro to Lap Lanes. Level 6: Longer Freestyle Swims, Backstroke Swim, Breaststroke Kick, Beginner Lap Swimming

Pre-Competitive
(Ages 6+)
Bridging the gap between swim lessons & swim team, working to advance stroke technique.

Basic Requirement: Good fundamentals of freestyle & backstroke.
Mon & Wed 6:30-7:15pm & Fri 5:30-6:15pm.

Private Swim Lessons
Six 30 Minute Lessons
Fees: $120/$150

Semi-Private Swim Lessons
Six 30 Minute Lessons
(2 Swimmers Required)
Fees: $80/$110 (per swimmer)

Summer Sessions
We have our morning levels that meet 4 times a week Monday - Thursday for 2 weeks.
Sharks, Junior Patriots, and PreComp are 10:45-11:30am.

Water Polo Plus
Ages: 13-18, 90 minutes (30 minute of swimming technique & training, 30 minute polo skills & drills, 30 minute game/swimming)
Mon & Wed (2 six week sessions)
Apr 30 - June 6, 7:00pm - 8:30pm
June 18 - July 25, 6:30pm - 8:00pm
Fees: $59/$75

Kristen Benetti (262) 925-6750
kbenetti@plprairiewi.com

1 Class per week each session.
The Pleasant Prairie Patriots Swim Team (PX3) is a competitive swim team that focuses on athletes from age 5 and up. The swimmers are grouped by age and ability and have daily practices to improve.

The goal of the program is to provide each member a team-centered environment, whether your goal is to perfect your strokes, get fit, make friends, make the high school team or take the sport to the highest level. Swimmers who can complete 25 yards of freestyle and backstroke are eligible to join. Swim meet participation and practice attendance are dependent on each swimmer’s goals. Staff will evaluate which swim group is the best fit. New Swimmer Evaluations can be set up with any of our coaches at any time, registration and information can be found at patriot-swimming.com.

Fitness & Technique Training Group
New opportunity! Be a part of Patriots Swimming. This training group is designed for the swimmer that wishes to participate 2 times per week. Athletes learn technique, improve personal fitness.

High School Swimming Prep
Tues/Thurs 4:15pm-6:15pm
Ages 11-13: Tues/Thurs 5:00pm-6:15pm
Ages 10 & Under: Mon/Wed 5:00pm-6:15pm
Fees: $50/$55 month

Aqua Fitness
Fees: $27/$53
Aqua Dynamics (All)
Experience safe & effective movement providing support, resistance, increased range of motion & reduced stiffness.
Deep Water Trekking (All)
Experience deep water exercise. Wear a buoyancy belt to keep vertical & chest deep in the water.
H2O Interval (All)
Low-intensity class with cardio & strength exercises. Aqua dumbbells & steps increase resistance.
Aqua Boot Camp (All)
A challenging, high-intensity water workout, alternating cardio drills with resistance training.
Water in Motion (All)
Incredible music with cardio & muscular training goals. Simple movement patterns for any age, skill or fitness level.

Open Water Swim Training
Open water training all summer (June, July, August). Get out of the pool and into the lake! Training, coaching, open water strategy.
Thursday Evenings 6-7pm
Saturday Mornings 7-8am
Additional offerings on raced weeks
Fees: Drop In - $15
All Thursdays or All Saturdays: $90/$100
All Swims All Summer: $170/$200
Please visit us online for full schedule or details email Kevin Milak at kmilak@plprairiewi.com

Masters & Triathlon Swimming
Masters swimming is not just for “really good, former competitive swimmers”... it is for anyone who wants to find a fun, energetic group of adults who want to find, continue or rekindle their love for swimming. If you are an aspiring triathlete looking for help with your swim training, this is the place for you! This is not just a workout group, coaches are on deck teaching technique and training every workout. Flexible schedule, and multiple ability levels going on during each practice session.
Tues & Thurs: 5:15am-6:30am, 6:00am-7:30am & 6:30pm-7:45pm Saturday: 6:30am-8:00am.
Fees: $40/$70 monthly.

Lifeguard, Health & Safety Training
Ellis Lifeguard Training
Apr 14-16, May 4-6, May 25-27
Fees: $178/$253

CPR-AED Training
Wednesdays 6pm-9pm
Apr 18, May 16, June 13, July 5
Fees: $33/$63

CPR-AED & First Aid Training
Sundays 9am-12:30pm
Apr 15, May 13, June 10, July 22
Fees: $43/$73

RecPlex Safety training is also able to come to your workplace for professional safety training (minimum 8 people - CPR/AED/First Aid/Bloodborne Pathogens/etc). email kmilak@plprairiewi.com for details.
**Sports**

**Youth**

**Archery Clinic**

Ages 8-15 yrs. A one week archery clinic teaching the basics of using a recurve bow. Participants will learn how to safely shoot and handle a bow and arrow. Classes will be limited to 12 students.

Fees: $60-$72, June 25-29, July 25-29, Aug 6-10
2 Hours: 10am - Noon (Class limited to 16)

**Flag Football**

A fast paced non-contact sport stressing fundamentals & good sportsmanship. Players receive replica NFL jerseys. Divisions based on grade going into the fall.

Registration Ends: Wed, Aug 1
Player Evaluations: Week of Aug 13
First Scrimmage: Thurs, Aug 30
Games played on Tuesday/Thursday nights
Fees: $70-$85 Ages: Kindergarten-6th Grade

**Pre-Season Flag Football Clinic**

<table>
<thead>
<tr>
<th>Grades</th>
<th>Dates</th>
<th>Fees</th>
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</thead>
<tbody>
<tr>
<td>Grades 1-4</td>
<td>Aug 6 - Aug 8</td>
<td>$30-$42</td>
</tr>
<tr>
<td>Grades 5-6</td>
<td>Aug 6 - Aug 8</td>
<td>$30-$42</td>
</tr>
</tbody>
</table>

**Dodgeball League**

**Dodgeball**

Grades 1-8, Friday Nights.
Fees: $83-$85

Please contact Brett Christopher for more information.

**Little Hitters**

Boys & girls, ages 5 & under. Program designed to introduce players to the game & begin the development of basic skills.

**U.S. Tae Kwon Do Academy**

Tuesday & Thursday
4:15-4:45pm: Jr. Dragons (Ages 4-5)
5:00-5:45pm: Beginner Kids (Ages 6-12)
6:00-6:45pm: In/Adv. Kids (Ages 6-12)
7:00-7:45pm: Adults (Ages 13+)

$105 Registration Fee (Includes Uniform & 1 FREE month)
Monthly Fees: $70/$100

**Outdoor Soccer**

Learn the basic fundamentals of outdoor soccer & sportsmanship. PreK-2nd Grade leagues practice 20-30 minutes before games on Saturday mornings. 3rd-8th grade practice one weekend/game on Saturdays.

**Tennis Clinics**

**Session Dates**

Spring Session: May 1 - May 24
Summer Session 1: June 5 - June 28
Summer Session 2: July 10 - August 2

**Pee Wee Tennis Clinic**

Ages 4-6. Tues & Thurs. Pleasant Prairie Park.
5pm-6pm, Fees: $53-$65

**Beginner/Intermediate Tennis Clinic**

6:30pm-7:30pm. Fees: $63-$75
**Adult Basketball**
Ages 16+. Men's Summer Basketball will have both A & B leagues. Must register as a team. Games played on Mondays 6pm-10pm.
- **Summer Season Fees:** $450
- **League Starts:** June 4 - July 30
- **(No Games on July 2)**
- **Registration Ends:** May 28

**Adult Dodgeball**
6 vs 6. Must have at least 2 females on court to begin games. 3 Game Guarantee.
- **Fees:** $75/Team
- **Registration Deadline:** April 30

**Adult Flag Football**
NEW for Spring. '7s' played on outfields of softball fields. 7 game season including playoffs. Games played on Wednesday nights.
- **May 9 - June 20**
- **Registration Deadline:** April 30
- **Fees:** $350/Team

**Adult Kickball**
New Adult League at RecPlex! Kickball League will be played on south softball fields. Games played on Friday Nights.
- **June 18 - Aug 10 (No Games: July 6)**
- **Registration Deadline:** April 30
- **Fees:** $225/team

**Adult Softball**
Men's Rec League: Monday Nights
Men's Competitive League (USSSA): Tues Nights
Coed League: Thurs Nights
- **League Starts:** Monday, April 24
- **Registration Ends:** Monday, April 17
- **Fees:** $650/team

**Adult Racquetball Tournament**
Adult Racquetball Tournament
- **Saturday, May 19**
- **Please contact Brett Christopher for more information.**

**Adult Volleyball**
Ages 18+. Register as a team. Competitive, Intermediate or Recreational Leagues are available. Games played on Thursdays.
- **League Starts:** September 27
- **Registration Ends:** September 17
- **Fees:** $350/team
Welcome to the Pleasant Prairie RecPlex Ice Arena!
We are home to two NHL-size ice rinks and a Pro-Shop. We offer a comprehensive skating curriculum. With a variety of programs designed for the beginner to the more advanced, figure skater or hockey player, the RecPlex Ice Arena is the place to be for all things ICE.

Hours of Operation

Ice Arena Guest Services
Monday - Friday
7:00am - 10:00pm
7:00am - 8:00pm
7:00am - 9:00pm
Saturday
7:00am - 8:00pm
Sunday
Due to the nature of our ice availability, we ask that you visit our website or call Guest Services for accurate public skate, open hockey and freestyle calendars. We typically have public skate times multiple days during the week and every weekend.

Ice Arena Staff
Brian Luburich
Operations Superintendent
Jane Boundy
Skating School Coordinator
Kelsey Twigg
Ice Operations Supervisor
Tim Kinsman
Hockey Coordinator
Katie Luburich
Ice Arena Desk Skating Events Coordinator
(262) 947-3955

Open Skate
Fees: $8 (FREE for Members)
3 & Under Free
12 Pack: $80
Skate Rental: $3, $30 for 12 Pack
No Skating assistance devices

Freestyle
30 min - $6.50/$7.50
45 min - $10/$11
60 min - $11/$12
10 hr package - $100/$110
30 Day Unlimited: $250/$300

Open Hockey
Fees: $8/$11
12 Pack: $80/$110
(expires after 12 months)
Helmets required at all times during open hockey

Ice Rental Rates
Prime: $220 per hour
Non-prime: $200 per hour

Village Edge Pro Shop
Hockey & Skating Equipment
Full Service Skate Shop
Skate Sharpening
Hockey $8 • Figure $10
Same day skate sharpening (when available)
Special orders are available. Trade your skates in toward a new pair. Boot stretching, heat molding & varnish are also available.

Ice Birthday Parties
Iglo Skate Party
$170 Member / $195 Non-member
12 skaters for 90 min open skate session
2.5 hours of room usage
Add a skating pro for just $40 (45 min)
Food packages available
Skate assistance devices not allowed
Limited availability
Contact Rachel Musso at (262) 925-6735 or rentals@plprairie.com.

Ice Field Trips
$8.00 per skater
Lunches available at $5.50 per person
Skate assistance devices not allowed
Limited availability
Contact Rachel Musso at (262) 925-6735 or rentals@plprairie.com.
ICE SKATING

Beginner

Parent Tot & SnowPlow 1
Ages 2-5. Class introduces basic skating skills. Skaters progress to SnowPlow Sam classes where they will skate independently.

SnowPlow Sam 2-4
Ages 3-5. A 30 minute class for skaters who have completed SnowPlow. Build confidence while playing games and learning their ABC’s. Agility, Balance & Coordination.

Preschool & After School Program
RedPlex childcare participants are pulled from their classroom to learn to skate and develop coordination, strength & comfort on the ice.

Basic Skills 1-2
Ages 6+. Discover, Learn & Play - These classes develop the fundamental skating skills (forward and backward swizzes, glides, turns and stops).

Adult/Teen 1-2
Designed for beginners. Improves fitness, balance & coordination while teaching proper skating techniques. Adults/Teens progress at individual rate.

Intro to Synchro
Basic 2 & Up. This fun class will familiarize skaters with elementary holds, formations, circles, intersections and transitions while skating as a group.

Basic Skills 3-6
These classes help the skater learn stroking, edges, crossovers and turns. They also start to learn beginner spins and advanced steps.

Basic Skills Spin & Jump (Basic 3 - 6)
This 30 minute class should complement the skaters primary class. Enrollment in this program will assist your skater in developing their spins.

LEARN TO SKATE USA

Learn To Skate USA
In today’s fast-paced world, children juggle more tasks than ever. Learn to Skate USA provides a fun and positive experience that will instill a lifelong love of skating. Your child will learn glides, swizzes, edges and crossovers, while experiencing increased positivity, confidence and personal strength.

$3 Skate rental for Learn to Skate classes OR you can purchase a 10 pack punch card for $10. (Punch card does not expire)

Program

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<thead>
<tr>
<th></th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
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<tbody>
<tr>
<td>Beginner (Ages 2-5, 30 min)</td>
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<tr>
<td>SnowPlow Sam 1</td>
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<tr>
<td>SnowPlow Sam 2</td>
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<tr>
<td>SnowPlow Sam 3-4</td>
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<tr>
<td>Basic 1-2</td>
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<tr>
<td>PreSchool (spring only)</td>
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<tr>
<td>Beginner (Ages 6+ 40 min)</td>
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<tr>
<td>AfterSchool (spring only)</td>
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<tr>
<td>Adult/Teen</td>
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<tr>
<td>Advanced Classes (40 min)</td>
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<tr>
<td>Basic 3-4</td>
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<tr>
<td>Basic 5-6</td>
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<tr>
<td>Low Power (30)</td>
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<tr>
<td>Basic Spin &amp; Jump</td>
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<tr>
<td>Synchro Skills 1-2 (30)</td>
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</tbody>
</table>

FEES

Fee Structure: 7 Week: $74/$500, 8 Week: $84/$102
SnowPlow Sam $74/$500, Basic Skills $84/$102, Low Power $96/$117
Free Skate $102/$124, Specialty $102/$124, Specialty Buy-On $168/$19

BOGO Ideas for Basic 3-6

Regular class, Beginner Spin & Jump, Low Power, Synchro Skills I & II

For Information contact Jane Boudy at (262) 925-6757 or jboudy@jlpriariewi.com

RecPlexOnline.com 15

Scout Groups Welcome - Complete your Ice Skating Badge at RecPlex

*Buy one ON-ICE LTS class at regular price and all additional LTS classes are 50% off for the same session. You can mix group and specialty classes with the more expensive class purchased at full price. (Applies only to individual skater)
ICE SKATING
intermediate/advanced

LEARN TO SKATE USA

SPRING
Mon, May 7 - Sat, Jun 30
No Class (5/28, 6/13, 6/14, 6/15, 6/16)
Member Reg: Fri, Apr 20
Non-member Reg: Tues, Apr 24

SUMMER
Fri, Jul 6 - Sat, Sept 1
No Class (7/4, 8/24, 8/25)
Member Reg: Fri, Jun 24
Non-member Reg: Tues, Jun 26

FEES
Fee Structure
7 Week $74/$90
8 Week $84/$102
Basic Skills $84/$102
Free Skate $102/$124
Specialty $102/$124
Specialty Buy-On $16/$18

Mini-Private Lessons
Mini-Private Lessons are 1 on 1 lessons with a coach either before or after their regular group class to help with specific elements the skater is having trouble mastering.
Fees: $35 for three, 15 min lessons.

Specialty Classes
Intro to Pre-FreeSkate & Pre-FreeSkate (Previously Basic 7 & 8)
Prepares skaters for beginner jumps and more advanced spins. They also will start learning footwork sequences and work on enhancing their edge quality.

FreeSkate 1 - 6
Each FreeSkate level is comprised of a variety of progressing skating skills, transitions, spins & jumps

Power (Basic 3 & Up)
Helps skaters build power, speed, quickness and edge quality. We encourage every skater that has passed Basic 3 to take a power class to complement their classes or private lessons.

Kelly’s Edges (FreeSkate 1 & Up)
Skaters will improve their edge and flow across the ice. Spring will focus on turns and flow. SPRING ONLY!

Interp Class (FreeSkate 1 & Up)
Skaters will learn how to connect to their creative side by interpreting different styles of music and creating step sequences on the ice.

Private Lessons
Regular private lessons allow the skater to improve faster and participate in competitions. If interested, please fill out a private lesson request form at the guest services desk. Private lessons are held during Freestyle Ice time.

Summer Exhibition
Wednesday, Aug 22 from 6:40pm-8:00pm
Join us for the end of summer celebration!
All skaters that participate in the summer learn to skate program or skating strong camp are invited to perform. Registration is $15 per skater. Skaters will have the opportunity to participate in a group number, a small step out or a solo during the exhibition. There will be a minimal practice commitment to prepare.
Registration Opens July 10.

Program
<table>
<thead>
<tr>
<th>FreeSkate Classes (40 min)</th>
<th>Mon</th>
<th>Wed</th>
<th>Fri</th>
<th>Sat</th>
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<tbody>
<tr>
<td>Intro To Free Skate</td>
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<tr>
<td>Pre Free Skate</td>
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<tr>
<td>FreeSkate 1-3</td>
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<tr>
<td>FreeSkate 4-6</td>
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<tr>
<td>Spin &amp; Jump (30)</td>
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<tr>
<td>Specialty Classes (30 min)</td>
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<tr>
<td>Axel &amp; Up</td>
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<tr>
<td>Medium Power</td>
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<tr>
<td>High Power</td>
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<tr>
<td>Interp Class</td>
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<tr>
<td>Synchro Skills 3-4</td>
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</tbody>
</table>

*Buy one ON-ICE LTS class at regular price and all additional LTS classes are 50% off for the same session. You can mix group and specialty classes with the more expensive class purchased at full price. (Applies only to individual skater)
Sk8ing Strong Summer Camp

Camp will offer 3 different skill levels to accommodate all ages and abilities. A final schedule of classes for the FreeSkate and Elite FreeSkate tracks will be posted by May 1st, 2018.

Basic Skills Track
The Basic Skills track is designed for skaters in the Basic 1-6 classes. These skaters will attend a half day camp in which they will have designated time on the ice to work on their Learn to Skate skills, stroking, spins, and even a power class. The Basic Skills track will also have fun and creative indoor and outdoor activities to allow skaters to begin some necessary off-ice training skills. Skaters will need to bring proper skating attire, snack, tennis shoes & yoga mat.


FreeSkate Track
The FreeSkate Track is designed for skaters Pre-FreeSkate and up. These skaters will have the option to buy-on to an individual class or purchase a half day camp. During camp, skaters will receive three on-ice training classes, an off-ice training class and a practice session. It is important that skaters come to camp with things to do during their practice time. They are also free to schedule private lessons during this time. Skaters will need to bring a yoga mat, tennis shoes, and a snack. They should also wear proper skating attire.


Elite FreeSkate Track
The Elite FreeSkate Track is designed for skaters that are beyond the FreeSkate levels provided in the Learn to Skate USA curriculum. A variety of classes will be offered each day to allow skaters to also participate in the Elite FreeSkate track when necessary. Skaters will have the option to buy-on to an individual class or purchase a half day camp. During camp, they will receive three on-ice training classes, an off-ice training class and a practice session. Skaters will need to bring a yoga mat, tennis shoes, and a snack. They should also wear proper skating attire.


ICE EVENTS

Patriettes Summer Clinics
Skaters in SnowPlow Sam 2 & up are invited to participate in our Patriettes Summer Clinic for $10. All skaters will be issued a FREE Patriettes T-shirt and will participate in themed practices each week.

- Patriettes Snowplow Sam/Synchro Skills 1: 8/9, 8/16, 8/23, 8/30 / 5:00pm-5:30pm
- Patriettes Synchro Skills 2: 8/9, 8/16, 8/23, 8/30 / 5:30pm-6:00pm

Grassroots to Champions
Grassroots to Champions is a ¼ day skater development seminar for skaters FreeSkate 6 & up with PSA Master Rated Freestyle Coach and Jumping pole expert Nick Peram. Nick will teach jump technique and development both on and off the ice.

Monday - Friday
7:00-7:30am Drop Off
7:30-7:50am Off-Ice Warm Up
7:50-8:00am Skate On
8:00-8:30am On-Ice Class (Green)
8:30-9:00am On-Ice Class (Green)
9:00-9:30am Break/Snack
9:40-9:50am FS Practice Ice
10:00-11:15 On-Ice Class (Blue)
11:15-12:30 Off-Ice Class
12:00-12:30pm Cool Down

Grassroots Boot Camps
June 26 - 28 from 1:15pm - 3:30pm. Off-Ice & On-Ice structured camp designed to focus on axel & double axel training & technique. Skaters should be at or above the FreeSkate 4 level.

All Doubles Camp
July 17 - 19 from 1:15pm - 3:30pm.
Off-Ice & On-Ice structured camp designed to focus on double jumps only! Skaters should have a consistent moving axel.

Competition Program Prep
August 14 - 16 from 1:15pm - 3:30pm.
On-Ice & Off-Ice training camp for skaters that are competing. Skaters will gain perspective and understanding of judging and performing.
**ICE HOCKEY**

**Youth**

**Jump-Start**
Ages 3-8. No prior skating experience necessary but enrollment in one session of skating school is recommended. Three 30 minute sessions per week.

**Hockey School**
Ages 3-12. For kids who have some skating proficiency. Participants will be taught the basics of hockey. The hockey school staff will further break the class into skill based groups. Three 50 minute ice slots per week.

**Rental Equipment**
Available to Jump-Start and Hockey School participants. Package includes all equipment except a stick. Availability is based on a first-come first-serve basis and we cannot guarantee equipment to all participants. A monthly payment of $12 is due in addition to a $75 deposit. Deposit will be refunded once the complete set of equipment is returned.

**Power Skating**
Power Skating is for the player that wants to take their skating, endurance, power, and speed to the next level. Program will focus on utilizing proper form and technique to maximize speed and power. Class will be led by Tim Kinsman and Jaymes Schneider.

**Summer Hockey League**
Summer hockey league that will run for 9 weeks starting in June. Teams at each age group from mites to bantams. Coaches will "draft" players with the intention of keeping the teams as even as possible for a fun and competitive experience. There will be a thirty minute skills session before or after each game to keep each players skills sharp throughout the summer. The skills sessions will be run by Vipers coaches and the RecPlex hockey staff.

**RecPlex Hockey Academy**

<table>
<thead>
<tr>
<th>Program</th>
<th>Session 1</th>
<th>Session 2</th>
<th>Duration</th>
<th>Fees</th>
<th>Mon</th>
<th>Tues</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sun</th>
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<tr>
<td>Hockey School</td>
<td>5/5-7/1</td>
<td>7/6-8/31</td>
<td>30</td>
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<td>5:50p</td>
<td>2:10p</td>
<td>5:50p</td>
<td>1:50p</td>
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<tr>
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<td>7/6-8/20</td>
<td>50</td>
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<td>5:30p</td>
<td>5:30p</td>
<td>2:10p</td>
<td>5:30p</td>
<td>1:50p</td>
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<tr>
<td>Mite Summer League &amp; Skills</td>
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<td>7/6-8/20</td>
<td>80</td>
<td>$220/250</td>
<td>Varies</td>
<td>6/13</td>
<td></td>
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<tr>
<td>Squirt Power Skating</td>
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<td>7/6-8/20</td>
<td>50</td>
<td>$80/195</td>
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<td>Varies</td>
<td>6/14</td>
<td></td>
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<tr>
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<td>6/4-8/10</td>
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<td>$220/250</td>
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<tr>
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<td>Varies</td>
<td>6/14</td>
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<tr>
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<td>6:30p</td>
<td>Varies</td>
<td>6/14</td>
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<tr>
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<tr>
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<td>6:40p</td>
<td>Varies</td>
<td>7/4</td>
<td></td>
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<tr>
<td>Goalie Skills - Mite/Squirts</td>
<td>6/4-7/9</td>
<td>7/6-8/20</td>
<td>50</td>
<td>$80/195</td>
<td>6:40p</td>
<td>Varies</td>
<td>7/4</td>
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<tr>
<td>Goalie Skills - PeeWee/Bantam</td>
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<td>Varies</td>
<td>7/4</td>
<td></td>
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</tr>
</tbody>
</table>

**Program Features**
- June 4 - August 23 (11 Weeks)
- No Camp 6/14, 6/15, 7/4 & 7/23-7/27
- Ages 6-14
- 8:15am-1:15pm
- 2 On-Ice Sessions Per Day
- 2 Off-Ice Sessions Per Day

**Fees**
- Daily: $33/40
- 5 Day Pack: $135/$163
- 25 Day Pack: $540/$653
- Unlimited Pack: $972/$1,175
- Limited to 26 Mite/Squirts Per Day
- Limited to 26 PeeWee/Bantam Per Day
ICE HOCKEY

Adult

Rookie League

Adult Beginner Program
- June 8 - Aug 31 (11 weeks) No Class: 6/15, 6/22, 8/24
- Practice your skills at our Ankle Breakers class on Monday nights and use what you learned in a game setting on Friday nights. The games in the Friday Night Rookie League will be officiated by one referee. The Friday Night Rookie League is designed specifically for adult beginner level skaters who have little to no experience on the ice or with the game of hockey.
- Two teams of 14 players will be divided randomly each week (a schedule will be sent out prior to the season). Please bring a white and dark jersey to each session. Spots will be filled on a first come, first serve basis.
- Drop-ins for $20 per session will be allowed if there are open roster spots.
- Fees: $139/$160

Friday Night Hockey League

Each week, we will send out an email and the first 20 skaters and 2 goalies to respond will be added to the roster. All skaters must be 18 or older to participate. Typical 5 on 5 format will take place with a single referee present to officiate the game. Rosters for the skate will be sent out each Friday. Each player will be expected to bring a light and dark jersey with them. To get added to the email list please email hockey@pplprairie.com.
- Friday Nights at 8:50pm-10:20pm
- No Session: June 6, 6/15, 6/22, 8/24
- League Starts in early June
- Fees: $13/$15 Drop-in per Game

Ankle Breakers

Adult Hockey League

Ages 35+. Two teams of 16 players are divided randomly each night (teams are predetermined prior to each week). A referee officiates the 3 period, 85 min game.
- Tues, June 5 - Thurs, Aug 30
- Tues: 8:50pm-10:20pm (13 weeks)
- Fees: $165/$186
- Wed: 9:00-10:30pm (11 weeks)
- No Session: 6/13, 7/4
- Fees: $139/$160
- Thu: 8:50pm-10:20pm (12 weeks)
- Fees: $152/$173 - No session 6/14
- Payment plan options are available for an additional fee.

Old Geezers

Ages 40+. The Old Geezers is the RecPlex's own men's team based adult hockey program. The league is broken up into three divisions based on skill. All games are played on Sunday afternoon/evening. The league is constantly looking for new players.
- June 6 - Aug 26 (12 weeks)
- Fees: $165/$185
- Non Rostered Sub Fee: $20 per game
- Team Fee: $2,500 - 20 man roster

Sunday Night Hockey League
Personal Training

Personal Training Simplified!!! Reach your fitness goals Faster & Easier with a Certified Personal Trainer!

- More Productive Workouts
- On-going Motivation
- Personalized to meet Goals
- Avoid Training Plateaus
- Info & Injury Prevention

Maximize Your Time, Focus Your Energy & Get Results!

Working with a certified trainer is one of the fastest & most successful ways to improve your overall fitness. Receive individualized attention from our professional trainers. Let a professional trainer design a custom program so you can make the lifestyle & physical changes that are difficult to achieve on your own. Schedule your training today!

Fitness Services

Personal Trainer Starter Session FREE - To All New Members

A Fitness Coach will orientate you to the Fitness Center equipment & services, as well as the policies & procedures. We encourage all new members to participate in this service. Each session is one hour in length and by appointment only.

Personal Training & Nutrition Packages

<table>
<thead>
<tr>
<th>Personal Training</th>
<th>Price Per Session</th>
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<tbody>
<tr>
<td>1 Session</td>
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<tr>
<td>4 Sessions</td>
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<tr>
<td>8 Sessions</td>
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<tr>
<td>16 Sessions</td>
<td>$51</td>
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<tr>
<td>1 hr Nutrition Consult</td>
<td>$60</td>
</tr>
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</table>

See pg 4 for BEST RATES Personal Training Excellence Upgrade!

Buddy Training also available. Contact Sandy Wiedmeyer, our Fitness Manager at (262) 947-3025 or swiedmeyer@piprairiwi.com.

Sports Performance

Sport-specific training aimed at increasing an athlete’s overall athletic ability, focusing on specific athletic skills. Packages incorporate plyometrics, TRX & Vertimax training.

Vertimax Training

Introductory Vertimax Sessions. A special introductory offer for athletes looking to increase their vertical jump, first-step quickness & lower body power.

- Improve Vertical Jump
- Increase Defensive First Step Quickness
- Develop Dominating Blocking & Spiking Abilities
- Create Stamina to Out Perform Competition
- Proven to be 6X more effective at developing explosive leg power than plyometrics

Eight 30-minute sessions $27 ea
Sixteen 30-minute sessions $25 ea

Hockey & Basketball

- Hockey: Ages 10-14, Develop Speed & Power off the ice to increase lateral movement & overall athleticism
- Basketball: Ages 10-14, Transfer Strength & Power achieved in the weight room to increase vertical jump, lateral movement & overall athleticism

TRX & RIP Training

- Lever Bar & Cord Resistance
- Power, Strength, Core Stability
- Rotation, Balance & Coordination
- Great for Sports Performance

Training packages for all athletes including: Football, Basketball, Hocky, Soccer, Baseball/Softball, Wrestling, Cross Country, Track & Field, Lacrosse, Figure Skating, Gymnastics, Tennis, Golf, Swimming & Track/Field. For upcoming classes visit www.RecPlexOnline.com.
### FreeMotion™ Fitness (All)
- Toning, core & strength training. Focus on continuous movements that target all muscle groups for overall conditioning.

### FreeMotion™ Plus Abs
- Toning, core & strength training. Focus on continuous movements that target all muscle groups for overall conditioning.

### Fusion Strength

### G.I.T. Fit (I, A)
- Group Interval Training with interval circuits alternating high - moderate intensity, using kettle bells, disc, bosu balls, steps, plyobox, logs, punching bag.

### Suspension Training for Active Seniors (B, I)
- Learn how to use the TRX® Suspension Trainer to improve function, assist with balance and coordination. Offers strength, balance, coordination and conditioning workouts. Improve function, assist with balance and coordination while getting a full body workout utilizing the safety and support of a suspension trainer.

### TRX Circuit Training (I, A)
- Develop strength, endurance & balance utilizing your own body weight with TRX straps, Kettle bells & Discs.

### TRX Kettlebell Fusion (All)
- Engage your muscles with non-stop workout, building strength, balance & endurance.

### TRX 45 (I, A)
- Engage your muscles with non-stop workout, building strength, balance & endurance.

### W.O.W.
- Strength, coordination, balance & core workouts.

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**Program Name** | **Day** | **Time** | **Instructor** | **Location**
--- | --- | --- | --- | ---
FreeMotion | Mo | 6:15-7:00pm | Jeannie | Fitness Center
- | Tu | 6:45-8:45am | Debbie | Fitness Center
- | Th | 6:15-7:15pm | Ashley A. | Fitness Center
FreeMotion Plus Abs | Fr | 8:30-9:45am | Debbie | Fitness Center
Fusion Strength | We | 9:30-10:15am | Karen | Fitness Center
G.I.T. Fit | Tu | 10:15-11:15am | Debbie | Fitness Center
- | Th | 10:15-11:15am | Debbie | Fitness Center
Suspension Training for Active Seniors | Fr | 9:30-10:15am | Karen | Fitness Center
TRX Circuit Training | We | 6:15-7:00pm | Mathias | Fitness Center
- | Sa | 9:00-9:45am | Mathias | Fitness Center
- | Su | 7:45-8:30am | Mathias | Fitness Center
TRX45 | Mo | 5:00-6:45am | Mathias | Fitness Center
- | We | 5:00-5:45am | Mathias | Fitness Center
TRX Kettlebell Fusion | Mo | 9:45-10:45am | Debbie | Fitness Center
- | We | 9:45-10:45am | Debbie | Fitness Center
Women on Weights | Tu | 7:00-8:00am | Karen | Fitness Center
- | We | 9:00-10:00am | Karen | Fitness Center
- | Th | 7:00-8:00am | Karen | Fitness Center
- | Fr | 7:00-8:00am | Karen | Fitness Center

Schedules are subject to change. Check the website for most up to date schedules.
BodyCombat™ (All)
BodyCombat combines kicks, strikes and katas from a range of self-defense disciplines like karate, boxing and taekwondo. Music and choreography create a fierce, energetic experience.

BodyPump™ (All)
A strength endurance class where muscles and music collide. It’s designed to get you max results in the shortest time.

BodyPump/Core™ (All)
A strength endurance class where muscles and music collide. It’s designed to get you max results in the shortest time.

BodyStep™ (All)
BodyStep retains the essence of a great step class & adds the fun of athletic movements to the mix.

BodyStep Plus™ (All)
The challenging mix of lunges, squats, running and tubing exercises will help you burn calories each class.

Buns & Abs (All)
Target your lower body to create long, lean muscle. A class that sculpts your hips and thighs, while targeting your BUNS and strengthening your ABS.

Circuit Challenge (A)
High energy, fun and challenging workouts designed to burn maximum fat and work your entire body.

CWXORX™ (All)
Focus on the torso and sling muscles that connect your upper body to your lower body. It’s ideal for tightening your tummy and butt, improving functional strength and injury prevention.

Cycling & Core (All)
Challenging cycling workout with ab and back training

Cycling & Strong (All)
Cycling, cardio and strength training is a high energy cardio routine on the bike with strength and core work off the bike.

Dance Fitness (I)
Get a great cardio workout while dancing to a variety of music including pop, hip-hop and international rhythms

GRIT™ (All)
Features 3 unique team training programs that will push you to your max. GRIT Strength builds strength & muscle using barbells, weights & the bench. GRIT Plyo builds a powerful, agile, athletic body using the principles of plyometrics to increase speed & leg strength. GRIT Cardio improves athletic capability without equipment, combining high-impact body weight exercise with an explosive workout.

<table>
<thead>
<tr>
<th>Program Name</th>
<th>Day</th>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Body Combat</td>
<td>Mo</td>
<td>5:25-6:20pm</td>
<td>Jessica</td>
<td>Core Studio</td>
</tr>
<tr>
<td></td>
<td>We</td>
<td>9:00-10:00am</td>
<td>Nicci</td>
<td>Core Studio</td>
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<tr>
<td></td>
<td>Fr</td>
<td>9:00-10:00am</td>
<td>Nicci</td>
<td>Zone A/B</td>
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<tr>
<td></td>
<td>Sa</td>
<td>10:30-11:30am</td>
<td>Kim S</td>
<td>Zone A/B</td>
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<tr>
<td>BodyPump</td>
<td>Mo</td>
<td>5:15-6:15am</td>
<td>Lori</td>
<td>Zone A/B</td>
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<tr>
<td></td>
<td>We</td>
<td>6:15-7:15pm</td>
<td>Connie</td>
<td>Zone A/B</td>
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<tr>
<td></td>
<td>Tu</td>
<td>9:30-10:30am</td>
<td>Sara</td>
<td>Zone A/B</td>
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<td></td>
<td>Tu</td>
<td>12:15-1:00pm</td>
<td>Elena</td>
<td>Zone A/B</td>
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<tr>
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<td>Tu</td>
<td>5:35-6:20pm</td>
<td>Lori</td>
<td>Zone A/B</td>
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<td></td>
<td>We</td>
<td>5:00-6:00am</td>
<td>Roberta</td>
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<td></td>
<td>We</td>
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<td>Kim S</td>
<td>Zone A/B</td>
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<td>Th</td>
<td>9:30-10:30am</td>
<td>Sara</td>
<td>Zone A/B</td>
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<td>Th</td>
<td>4:45-5:25pm</td>
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<td>Zone A/B</td>
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<tr>
<td></td>
<td>Fri</td>
<td>12:15-1:00pm</td>
<td>Emily</td>
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<td>Fri</td>
<td>6:00-7:00pm</td>
<td>Bryan</td>
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<td>Sa</td>
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<td>Nicci</td>
<td>Zone A/B</td>
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<td>5:00-6:00am</td>
<td>Connie</td>
<td>Zone A/B</td>
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<td>Sa</td>
<td>8:00-9:00am</td>
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<td>Zone A/B</td>
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<tr>
<td>BodyStep</td>
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<td>Emily</td>
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<td>We</td>
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<td>Th</td>
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<td>Zone A/B</td>
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<td>Sa</td>
<td>9:15 - 10:15am</td>
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<td>Zone A/B</td>
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<td>Ashley A</td>
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<td>Circuit Challenge</td>
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<td>12:15-1:00pm</td>
<td>Kim C</td>
<td>Core Studio</td>
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<td>Sa</td>
<td>9:00-10:00am</td>
<td>Jeannie</td>
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<td>Core Studio</td>
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<td></td>
<td>Tu</td>
<td>6:20-6:50pm</td>
<td>Lori</td>
<td>Zone A/B</td>
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<td>Zone A/B</td>
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<td>6:25-6:55pm</td>
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<td>Zone A/B</td>
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<td></td>
<td>We</td>
<td>7:30-8:00pm</td>
<td>Kim S</td>
<td>Zone A/B</td>
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<td>9:00-10:00am</td>
<td>Brook</td>
<td>Cycling Studio</td>
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<tr>
<td></td>
<td>We</td>
<td>12:15-1:00pm</td>
<td>Sandy</td>
<td>Cycling Studio</td>
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<td>Mo</td>
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<td>Connie</td>
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<td>Mo</td>
<td>7:00-8:00pm</td>
<td>Tina</td>
<td>Cycling Studio</td>
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<tr>
<td></td>
<td>Th</td>
<td>5:30-6:15pm</td>
<td>Michelle</td>
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<td></td>
<td>Su</td>
<td>8:45-9:30pm</td>
<td>Mathias</td>
<td>Cycling Studio</td>
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Schedules are subject to change. Check the website for most up to date schedules.
### Free Member Classes

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<tr>
<th>Program Name</th>
<th>Day</th>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Cycling &amp; Strong</td>
<td>Tu</td>
<td>5:15-6:15am</td>
<td>Brook</td>
<td>Cycling Studio</td>
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<tr>
<td></td>
<td>Tu</td>
<td>7:00 - 8:00pm</td>
<td>Laura</td>
<td>Cycling Studio</td>
</tr>
<tr>
<td></td>
<td>Wd</td>
<td>5:15-6:15pm</td>
<td>Connie</td>
<td>Cycling Studio</td>
</tr>
<tr>
<td>Dance Fitness</td>
<td>Tu</td>
<td>7:00-8:00pm</td>
<td>Andrea</td>
<td>Zone A&amp;B</td>
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<tr>
<td>GRIT</td>
<td>Th</td>
<td>4:45-5:15pm</td>
<td>Michelle</td>
<td>Core Studio</td>
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<tr>
<td></td>
<td>Sa</td>
<td>7:15-7:45pm</td>
<td>Michelle</td>
<td>Zone A&amp;B</td>
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<tr>
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<td>Mo</td>
<td>5:30-6:30am</td>
<td>Christine</td>
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<td>Max Toning</td>
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<td>Cheryl</td>
<td>Core Studio</td>
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<td>Cheryl</td>
<td>Zone A&amp;B</td>
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<td>Phat Attack</td>
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<td>POUND</td>
<td>We</td>
<td>5:30-6:15pm</td>
<td>Judy F</td>
<td>Core Studio</td>
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<td>R.I.P.P.E.D.</td>
<td>Mo</td>
<td>4:45-5:30pm</td>
<td>Diane</td>
<td>Zone A&amp;B</td>
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<td>RPM</td>
<td>Mo</td>
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<td>RPM</td>
<td>Sa</td>
<td>9:00-10:00am</td>
<td>Sara</td>
<td>Cycling Studio</td>
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<tr>
<td>Silver &amp; Fit</td>
<td>Mo</td>
<td>10:15-11:00am</td>
<td>Judy O</td>
<td>Core Studio</td>
</tr>
<tr>
<td>Strong 4 Life</td>
<td>Mo</td>
<td>9:00-10:15am</td>
<td>Dan</td>
<td>Zone A&amp;B</td>
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<td>Strong by Zumba</td>
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<td>Dan</td>
<td>Zone A&amp;B</td>
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<td>Xtreme Fitness</td>
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<td>6:45-7:45pm</td>
<td>Bryan</td>
<td>Core Studio</td>
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<td>Zumba</td>
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<td>6:15-7:15pm</td>
<td>Laura</td>
<td>Core Studio</td>
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<td>5:30-8:30pm</td>
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<td>9:00-10:00am</td>
<td>Bryan</td>
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<tr>
<td>Zumba Toning</td>
<td>Su</td>
<td>10:15-11:15am</td>
<td>Theresa</td>
<td>Core Studio</td>
</tr>
</tbody>
</table>

Schedules are subject to change. Check the website for most up to date schedules.
**FITNESS**

**Programming**

**Fees:** $20/$30 per month, per class

**Fitness 4 Kids**

**Kids Yoga**
Ages 8-13. Increase flexibility, stability and focus by adding yoga to your athlete's training schedule.

**Core Blaster**
A 30 min workout that works the torso & muscles that connect your upper body to your lower body. Will strengthen your core muscles, while improving functional strength.

**Dance Fitness 4 Kids**
Kids get the chance to be active and jazz out to their favorite music. Helps develop a healthy lifestyle and incorporate fitness into a child's life by making fitness fun!

**TRX TM 4 Tweens**

<table>
<thead>
<tr>
<th>Program</th>
<th>Day</th>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kids Yoga</td>
<td>Mo</td>
<td>6:30pm - 7:15pm</td>
<td>Jessica</td>
<td>Core Studio</td>
</tr>
<tr>
<td>TRX 4 Tweens</td>
<td>We</td>
<td>5:30pm - 6:15pm</td>
<td>Mathise</td>
<td>Fitness Center</td>
</tr>
<tr>
<td>Dance Fitness 4 Kids</td>
<td>Tu</td>
<td>4:30pm - 5:15pm</td>
<td>Brooke</td>
<td>Core Studio</td>
</tr>
<tr>
<td>Core Blaster</td>
<td>Th</td>
<td>5:00pm - 5:45pm</td>
<td>Katie</td>
<td>Fitness Center</td>
</tr>
</tbody>
</table>

Schedules are subject to change. Check the website for most up to date schedules.

**NEW**

**TNT I Fitness**

**Tweens & Teens**
The TNT I program is designed to allow 11-13 year olds access to designated areas of the fitness center. Participants receive an overview of equipment and how it is used. Technique, warm up, stretching, and etiquette are covered. Classes take place the first 3 Thursdays OR Saturdays of each month. Thursdays 6:30-7:30pm or Saturdays 9-10am.

Must attend all 3 classes to graduate. 11 & 12 year olds may use the Fitness Center with their parents and 13 year olds may utilize unattended.

**One Time Fee:** $50 (Includes 3 sessions)

Check in at the Fitness Desk and receive a wrist band each time you come to work out. Turn in your wrist band with your name at the end of your workout and be entered into a monthly drawing for prizes! It's that simple!

**Virtual Cycling**
Enjoy an exclusive ride or ride with friends when the studio is available.

$10 per month or $5 per ride.
6 month minimum requirement.
For more details 262-625-6742 or fitness@plprairie.com.

**Tanning Packages**

**Hex II Tanning**
Premier stand up tanning system located in the Fitness Center lobby.
Ages 18+ ONLY.
Unlimited tanning included in exercise membership level!

**Member/Non-Member**

- Single Session: $5/$9
- 10 Session Package: $40/$60
- 1 Month Session: $45 Members ONLY
- 1 Year Unlimited: $99 Members ONLY

**Triathlon & Race Training**
Please visit us online at www.RecPlexOnline.com for Triathlon Training information.

Please contact Sandy Wiedmeyer at (262) 947-3625 or email at swiedmeyer@plprairie.com.

**Sandy Wiedmeyer (262) 947-3625 swiedmeyer@plprairie.com**
Mind/Body Classes

<table>
<thead>
<tr>
<th>Program</th>
<th>Day</th>
<th>Time</th>
<th>Instructor</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Barre Fitness</td>
<td>Mo</td>
<td>8:00-9:00am</td>
<td>Bly</td>
<td>Yoga-Pilates</td>
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<td></td>
<td>Tu</td>
<td>6:45-7:30pm</td>
<td>Sandy</td>
<td>Yoga-Pilates</td>
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<td></td>
<td>We</td>
<td>7:55-8:50am</td>
<td>Bly</td>
<td>Yoga-Pilates</td>
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<tr>
<td>BodyFlow™</td>
<td>Tu</td>
<td>5:30-6:30pm</td>
<td>Jessica</td>
<td>Yoga-Pilates</td>
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<td>Th</td>
<td>6:15-7:15pm</td>
<td>Kim</td>
<td>Yoga-Pilates</td>
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<td></td>
<td>Sa</td>
<td>9:15-10:15am</td>
<td>Kim</td>
<td>Yoga-Pilates</td>
</tr>
<tr>
<td>Core Strength Vinyasa</td>
<td>We</td>
<td>6:30-7:30pm</td>
<td>Holly</td>
<td>Yoga-Pilates</td>
</tr>
<tr>
<td>Gentle Yoga</td>
<td>We</td>
<td>9:00-10:15am</td>
<td>Joni</td>
<td>Yoga-Pilates</td>
</tr>
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<td></td>
<td>Fr</td>
<td>9:00-10:00am</td>
<td>Holly/Joni</td>
<td>Yoga-Pilates</td>
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<td>9:00-10:15am</td>
<td>Holly</td>
<td>Yoga-Pilates</td>
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<tr>
<td>Mixed Level Vinyasa</td>
<td>Mo</td>
<td>6:30-7:30pm</td>
<td>Holly</td>
<td>Yoga-Pilates</td>
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<td>Yoga-Pilates</td>
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<td>Yoga-Pilates</td>
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<td>We</td>
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<td>Th</td>
<td>9:00-10:00am</td>
<td>Joni</td>
<td>Yoga-Pilates</td>
</tr>
</tbody>
</table>

Schedules are subject to change. Check the website for most up to date schedules.

Barre Fitness™ (All)
Barre combines Pilates, yoga and ballet moves to give you beautiful, sculpted, lean muscles - without the impact and injuries dancers endure.

BodyFlow™ (All)
A revolution in mind/body training with uplifting music. Designed to increase endurance & strength while reducing pain & stress.

Core Strength Vinyasa (I,A)
Intermediate to advanced level-A fun fusion class! Cardio, strengthening, & stretching yoga poses and Vinyasa flow using the breath. This cleansing class will energize, strengthen muscles, detox, and improve circulation.

Gentle Yoga (B,I)
Gentle class is slower paced yoga making it accessible to students of all sizes, ages, and abilities. This class offers a balance of easy movement, breath awareness and regulation, and conscious relaxation. Enjoy full body deep stretching with or without the assistance of props.

Mixed Level Vinyasa Flow (B,I)
The instructor will guide you into the poses safely and help you modify the movement to be either more challenging or less stressful for your body. For both new and intermediate students.

Pilates (All)
Improves flexibility, toning & strength for the whole body, using stability balls, weights & your own resistance.

NEW

Barre Fitness
Barre combines Pilates, yoga and ballet moves to give you beautiful, sculpted, lean muscles - without the impact and injuries dancers endure.
Fees: $28/Month

Glow Fitness
If you like the idea of a fitness class that feels more like a night out than a workout, you'll love the Glow Fitness Party classes! Suitable for all levels, this is about making fitness FUN! Glow sticks, and glow in the dark face paint will be available. Come workout under the black lights and... let's get our GLOW ON!
Fees: $5/$10 (Pre-Registration Required)
Fridays, 7:15pm-8:15pm
May 4 - Zumba, May 11 - Pound, May 18 - Strong by Zumba, June 1 - Barre, June 8 - Yoga
Do It For The Donuts 5K/10K

May 12, 2018
Join us for our spring 5K/10K race along the shores of Lake Andrea. Registration cost includes an event t-shirt, race medal and post-race gourmet donuts. Registration is open to all ages. Please check online for registration deadlines and fees.

RecPlex Summer Camp

MEMBERS ONLY!
July 16 - September 10
Individual & Team competition to see who can lose the highest % of weight.

New Features & Old Favorites:
- Pre & Post Fitness Assessments
- Weekly Weigh-ins
- Weekly Update on Participant Standings
  (Each participant is assigned a number.
  Weekly results are reported by number, never by name!)
- WOZL Workout & Group Fitness Cards
- Benchmark Fitness Goals
- Individual Weekly Challenges
- Personal Training Specials
- NEW Goal setting with a Personal Trainer
- NEW Goal tracking during the program

Gift for ALL Participants!
Prizes for BIGGEST Losers!
For more information call (262) 947-3625
or email at swiedmeyer@plprairiewi.com.

The Most Options
- Full day Camp
- ½ day am or ½ day pm
- Field Trips
- Specialty Camps
- Time in Pool & Water Park, in Ice Arena, in Field House, at Lake Andrea Beach, and Much More!

The Most Flexibility
- Weekly Fees
- Daily Fees
- Bring your lunch
- Buy your lunch
- Field Trips
- Specialty Camps

Sandy Wiedmeyer (262) 947-3625
swiedmeyer@plprairiewi.com

Indoor Triathlon
Pleasant Prairie Triathlon
Junior Triathlon
See pg 7

Mallory Vagnoni (262) 925-6748
mvagnoni@plprairiewi.com
**Childcare**

**Baby U**

RecPlex offers care for your 6 week to 2 year old infants and toddlers. Baby U is quality programming which includes a wide range of activities within a caring atmosphere. We will assist with potty training in order for the children to transition into Preschool U.

- Weekly Full-Day: $234/$275
- 3 Days Full-Day: $175/$210
- 2 Days Full-Day: $130/$165

**Preschool U**

Our state licensed early childhood development center offers childcare services and preschool education for children ages 2 to 5 years. Our mission is to provide a positive, well-rounded educational program that inspires creativity and a desire to learn. Our hours of operation are 6AM to 6:30PM. Enrollment is subject to availability.

- Weekly Full-Day: $190/$235
- Weekly Half-Day: $140/$180
- 3 Days Full-Day: $1275/$155
- 3 Days Half-Day: $865/$112
- 2 Days Full-Day: $855/$80

**Before & After School Care**

Explorers (K-8th grade)

Trailblazers (K4) Programs

Before and After School Care at the RecPlex activities include swimming, skating, sports and homework assistance. Our goal is to provide a safe, secure & positive environment for children in care.

**Fees**

There is a $30/$70 registration fee per year. Fees are subject to change. No sibling discount. AM: 6am-school start. PM: school end-6:30pm.

- AM Care: Daily: $89/$93
- AM Care: Weekly: $335/$350
- PM Care: Daily: $165/$24
- PM Care: (Fri) Half Day: $25/$30
- PM Care: Weekly: $70/$90
- Trailblazers: Daily: $28/$34
- Trailblazers: Weekly: $85/$115
- Days Off: $45/$55

**Kid's Court & Lil' Tykes**

Registration

Yearly registration fee per child is $16. The annual fee helps keep our system records up to date and allows Kid's Court to purchase necessary supplies. Enrollment for Kid's Court/Lil' Tykes is optional. Kid's Court/Lil' Tykes registration runs 1/1 - 12/31 of each year.

**Hours of Operation**

Monday - Friday 8am-12pm & 4pm-8pm
Saturday 8:00am - 1:00pm
Sunday 8:00am - 1:00pm

**Fees**

- 2 hour 15 mins - $10
- 5 hr package - $20
- 10 hr package - $30
- 20 hr package - $70

**Drop-In Child Care**

Members ONLY

RecPlex provides 2 child care areas for children whose parents are Members. Kid's Court is a secure & supervised area for our youth members and includes toys, tunnels, games and slides for kids ages 2-13. Lil' Tykes is a separate area in Kid's Court for infants and toddlers, ages 6 weeks - 24 months that requires a RESERVATION. Fees are based upon membership status of the child, not the parent.

**Drop Off Service**

Members have the ability to bring their children ages 2-13 years old into Kid's Court and leave the facility. Forms to participate in this service are available at the front desk and in Kid's Court.

- 5 hr package $25
- 10 hr package $45
- 20 hr package $80

The children must also be members.

- Hours of operation are the same as Kid's Court.
- Reservations must be made prior to drop off to ensure care.
- All packages will expire 12 months after date of purchase and are non-refundable.
- Must be used in 15 minute increments.

**Transportation Services**

AM Transportation Only: $125 per academic year, PM Transportation Only: $150 per academic year. Transportation for AM & PM: $225 per academic year. Daily Transportation: $2 per day/per ride.

We offer transportation to & from these schools:

- Bristol, Christian Life, Grewenow, Jeffery, Mahone, Nash, Pleasant Prairie, Prairie Lane, Roosevelt, Vernon & Whittier.

Transportation Services are for Before & After School Care ONLY! Each program may vary due to enrollment and operation hours for each school.
**Parent & Tot Dance**
In the parent & tot class, dancers and a parent/caretaker dance together while focusing on rhythm, movement, music & fun.
Mondays 4:30pm-5:15pm / 18 mo-3 yrs
Location: Core Studio
Fees: $56/$70

**Funky Feet**
Teaches a variety of styles of dance to young dancers including jazz, hip hop, ballet and funk. Dancers will develop the strength and flexibility needed for success in all styles of dance.
Wed, 5:30-6:15 / 6-9 yrs / Polar Bear
Fri, 5:45-6:30p / 10-14 yrs / Yoga Studio
Fees: $64/$80

**Twinkle Toes**
Combining elements of ballet and jazz ensures an engaging and fun atmosphere where all young dancers can thrive. Young dancers will develop strength, flexibility and musicality.
Fridays: 4:30pm-5:15pm / 3-4 yrs
5:00pm-5:45pm / 4-6 yrs
Location: Yoga Studio
Fees: $64/$80

**Gymnastics Class**
Ages 2-10 yrs. Builds the self-esteem of the athletes, while promoting teamwork, commitment, positivity and sportsmanship.
Ages: 2-3 / Mondays: 2:45pm-3:30pm
Ages: 4-6 / Mondays: 3:30pm-4:15pm
Ages: 5-10 / Mondays: 4:15pm-5:00pm
Location: Prairie Room
Fees: $64/$112

**Little Chefs - Cooking Class**
Learn to prepare fun and age-appropriate recipes. Eat or take home your creations!
Ages: 4-7 / Thursdays: 5:00pm-5:45pm
Location: Polar Bear
Fees: $12 per class
Dates: 4/24, 5/8, 5/22, 6/5

**Read & Run**
Looking for a fun Friday afternoon activity? Join the Read and Run club! Each Friday we will have a short discussion about the books we are reading. We will then spend time running on the track, treadmill, and outdoors if weather permits.
Ages: 10-14 yrs / 3:00pm - 3:45pm
Location: Upstairs Fitness Couches
Fees: $24/$40
Mon, Apr 23 - Sun, June 17

**S.T.E.M. Club**
Who doesn’t love a good brain teaser? These classes are designed to get your brain working using teamwork, strategy, and different technical skills.
Ages: 9-12 yrs / 5:30pm-6:30pm
Location: Penguin Room
Fees: $15 per class
Dates: 5/1, 5/15, 5/29, 6/12

**Craft & Snack**
We are joining together two of our favorite things - a craft and a snack! Each class will have its own theme. The first half we will be making a fun craft and the second half we will be making a tasty snack!
Ages: 8-11 yrs / 5:30pm-6:30pm
Location: Penguin Room
Fees: $12 per class
Dates: 4/26, 5/10, 5/24, 6/7
**SUMMER I**
Mon, Jun 18 - Sun, Jul 22
Member Reg: Fri, Jun 1
Non-member Reg: Tues, Jun 5

**SUMMER II**
Mon, Jul 23 - Sun, Aug 26
Member Reg: Fri, Jul 8
Non-member Reg: Tues, Jul 10

**NEW**

**Solar Oven Treats**
Make different treats using a solar oven! You can make noodles, smores, banana boats, and more! Adding a science twist to some summer classes!

**SUMMER I ONLY**
Ages: 6-13 yrs / Sun, 10:30am-11:30am
Location: Shark Room
Fees: $12 per class
Date: 6/19, 7/10, 7/24, 8/7, 8/21

**NEW**

**Jedi Knight Training**
Learn, practice, and study the skills of a Jedi Knight! We will be doing various exercises, crafts, and adventures.

**Summer I ONLY**
Ages: 4-7 yrs / Thursdays: 4:15pm-5:00pm
Location: LakeView Studio
Fees: $35/$50

**NEW**

**Parent & Tot Yoga**
What better way to start your weekend than having a relaxing and fun yoga session with your little! Parent and Tot yoga focuses on social, emotional & motor skill development.

**Summer I & II**
Ages: 18 mo-3 yrs / Sat, 10:00am-10:45am
Location: Rainbow Fish Room
Fees: $50/$60

**NEW**

**Photography Class**
Learn the simple keys to the art of photography. Take still and candid pictures of people and scenes. Participants must bring their own cameras.

**Summer II ONLY**
Ages: 9-13 yrs / Tuesdays: 10:00am-11:00am
Location: Shark Room
Fees: $35/$50

**NEW**

**Gymnastics Class**
Ages 2-10 yrs. Builds the self-esteem of the athletes, while promoting teamwork, commitment, positivity and sportsmanship.

**Summer I & II**
Ages: 2-3 / Mondays: 3:30pm-4:15pm
Ages: 4-6 / Mondays: 2:45pm-3:30pm
Ages: 6-10 / Mondays: 2:00pm-2:45pm
Location: Prairie Room
Fees: $60/$79

**NEW**

**Funky Feet**
Teaches a variety of styles of dance to young dancers including jazz, hip hop, ballet and funk. Dancers will develop the strength and flexibility needed for success in all styles of dance.

**Summer I & II**
Tues, 1:00pm-1:45pm / 6-9 yrs / Yoga Studio
Tues, 1:45pm-2:45pm / 10-14 yrs / Yoga Studio
Fees: $40/$55

**Twinkle Toes**
Combining elements of ballet and jazz ensures an engaging and fun atmosphere where all young dancers can thrive. Young dancers will develop strength, flexibility and musicality.

**Summer I & II**
Fridays: 3:30pm-5:00pm / 3-4 yrs
3:00pm-3:45pm / 4-6 yrs
Location: Yoga Studio
Fees: $64/$68

**NEW**

**Parent & Tot Dance**
In the parent & tot dance, dancers and a parent/caretaker dance together while focusing on rhythm, movement, music & fun!

**Summer I & II**
Sundays / Location: Core Studio
Mondays: 4:30pm-5:15pm / 18 mo-3 yrs
Fees: $40/$55

RecPlexOnline.com 29
YOUTH

**Events**

**Babysitting Training**
Give the families you care for a little extra peace of mind by becoming introduced to CPR & First Aid. You will learn the basics of childcare and leave with a certificate to show you’re ready for anything!

*Ages: 11-15 / Sundays: 8:00am-12:00pm*
*Location: Polar Bear Room*
*Fees: $60/$75*
*Dates: 5/13, 6/3, 7/8, 8/12, 9/9*

**NEW**

**Movie in the Prairie**
Come join us for a Movie in the Prairie with optional outdoor car competition for families to participate in. There will be a concessions stand outside serving yummy snacks. Open to Members & Non-members.

*Ages: All Ages / Movie Fri, Aug 10 @ 8:30pm*
*Location: Outside LakeView Studio*
*Fees: $20/Family of 4 ($3 extra family members)*

**NEW**

**Mom’s Night with Kids**
Calling all moms! Looking for some quality time with your child and an opportunity to make a unique present for Father’s Day? Look no further! All materials will be provided along with some tasty treats. Open to Members & Non-members.

*Ages: All Ages / Fri, June 8 / Location: LakeView Studio*
*Fees: $38 per project*

**Tea Time**
Come dressed in your best for this exquisite tea time! Snacks served and of course tea! There will be a photo area with fancy dress-ups to memorize the occasion! Open to Members & Non-members.

*Ages: All Ages / Sat, May 12 / Location: LakeView Studio*
*Fees: $15 per child / Moms are FREE*

**NEW**

**Kids with Kanvas**
Everyone loves their paint night out! Send your children here to have a fun night out of their own! We have a qualified teacher who will walk them through their masterpieces! Open to Members & Non-members.

*Ages: 5-15 yrs / Fri, Aug 10 @ 6:00pm - 7:00pm*
*Ages: 6-10 yrs, 5/15 / Ages: 5-10 yrs 5/29*
*Ages: 6-10 yrs, 6/12 / Ages: 6-10 yrs 8/26*
*Ages: 6-10 yrs, 7/10 / Ages: 6-10 yrs 7/24*
*Ages: 6-10 yrs, 8/7 / Ages: 11-15 yrs 8/21*
*Location: Penguin/Polar Bear Room*

**Family Olympics**
Similar to a track and field day at school & family reunion games! Sign up and have a family bonding day while meeting different families from the program! Snacks will be served. Open to Members & Non-members.

*Ages: All Ages / Sat, Aug 18 / Location: South Ballfields*
*Fees: $25/Family of 4 ($3 extra family members)*

**NEW**

**Kickin’ It Kickball**
Bring a team of 8 and come enjoy some friendly competition! Each team will be placed in a bracket & compete for the top! Teams must contain 4 children and 4 adults. Open to Members & Non-members.

*Ages: 7 & Up*
*Fri, July 13 @ 5:00pm-8:00pm*
*Location: South Ballfields*
*Fees: $32 per team*
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Tues. 1:00pm-1:30pm or 1:45pm-2:30pm in the Core Studio
Fees: $20 per month/$8 per class.

Exceptional Chair Yoga
A seated yoga class to increase flexibility & quiet the mind.
Fri. 10:15am-10:45am or 11:00am-11:30am in the Core Studio.
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Community Integration Club
Explore what our area has to offer! All fees included. Must register 10 days in advance to avoid program cancellation.
Door to door transportation is available for an additional cost. Min 6/Max 12 per outing. Fees: $36/$48

Cooking Club
Join this foodie group as they create delicious hors d'oeuvres and delightfully simple meal options. Practice food planning, food safety and proper food preparation. Cost is $10/month to cover the cost of supplies.
A.M. or P.M. options available.
Fees: $10/$15 per month.

Respite Program
Every Saturday 9am-8pm. Our respite program offers up to 8 hours of care between 9am - 8pm on every Saturday unless noted. Respite is scheduled by the hour & reservations must be at least a week in advance. A current information form and medical release must also be on file. Transportation weeks are denoted with a "T" and requires a transportation request be on file.

May 5 (T), 12, 19 (T)
June 2 (T), 9, 16 (T), 23, 30
July 7 (T), 14, 21 (T), 28
August 4 (T), 11, 18 (T), 25
Fees: $15/$16.50 per hour.

Friday Night Respite
Families can enjoy an evening out while their loved one is cared for. Must register one week in advance to avoid program cancellation. Open to both typical and non-typical youth.
2nd & 4th Fridays of the month.
5:00pm - 9:30pm. Fees: $15/$18.50.
(Must be scheduled one week in advance)

Personal Training
1:1 sessions with an adapted personal trainer. Medical waiver required before first session.
Fees: $51/session for members only. Sessions are sold in 8 or 16 sessions.

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