

# Download Our New App Today!

# **App Instructions:**

- Must download new CC App (delete old app)
- Create a new account
- Must use email registered to your membership
- When registering dependents, you must use the primary account holders log in
- Select participant



Use this QR code to download



# Now Available

- Member Check-In
- Class Registration
- Program Registration

**Ask a CC Employee for Assistance!** 

### **COMMUNITY CENTER OPPORTUNITIES**





MADISON COMMUNITY CENTER

500 11TH STREET NE MADISON, SD 57042 (605) 256-5837

NOW HIRING! APPLY AT THE CC



YOUTH BASKETBALL LEAGUE TUESDAY & THURSDAY EVENINGS JANUARY/FEBRUARY







PLEASE CONSIDER A
MONETARY DONATION
TO SUPPORT YOUR

Madison Community Center

EQUIPMENT & FACILITY UPGRADES

Your generosity is important & appreciated

500 NE 11th Street Madison, SD 57042 Phone: (605) 256-5837





### **GENERAL INFORMATION**

In the spirit of cooperation, The Community Center and Madison Parks are co-sponsoring this brochure to provide recreational opportunities for all ages. The Community Center is a partnership facility between Dakota State University and the City of Madison.

### **COMMUNITY CENTER WINTER HOURS**

### **Facility**

Monday - Thursday	. 5:00 am - 10:00 pm
Friday	. 5:00 am - 8:00 pm
Saturday	. 8:00 am - 8:00 pm
Sunday	.11:00 am - 7:00 pm
Holiday Hours	
Christmas Eve	.11:00 am - 3:00 pm
Christmas Day	.CLOSED
New Year's Eve	.11:00 am - 3:00 pm
New Year's Day	.CLOSED
December 15th - Jan 7th	.CC closes at 8:00 pm

### **COMMUNITY CENTER POOL HOURS**

Monday-Thursday ...... 4:00 pm - 8:00 pm

Easter......CLOSED

### **OPEN SWIM**

Friday 4:00 pm - 7:30 pm
Saturday1:00 pm - 6:00 pm
Sunday 1:00 pm - 5:00 pm
No school days1:00 pm - 6:00 pm
LAP SWIM
Mon, Wed, and Fri5:30 am - 8:30 am 11:30 am - 4:00 pm
Tues and Thurs5:30 am - 4:00 pm
Saturday8:00 am - 1:00 pm
Sunday 11:00 am - 1:00 pm

### **COMMUNITY CENTER STAFF**



Amy Sad – Director amy.sad@cityofmadisonsd.com 605-427-4402



Derek Lund – CPT – Fitness Coordinator derek.lund@cityofmadisonsd.com 605-256-7546



Kaylee Winrow – Youth Service Coordinator kaylee.winrow@cityofmadisonsd.com 605-427-4403



Alyson Black - Aquatics Coordinator alyson.black@cityofmadisonsd.com 605-256-7548



Samantha Tighe - Recreation Coordinator samantha.tighe@cityofmadisonsd.com 605-256-7547



Jordan Peirce - Fitness Specialist jordan.peirce@cityofmadisonsd.com 605-256-7550

### **MADISON PARK & RECREATION STAFF**



Mike McGillivary – Park Foreman parks@cityofmadisonsd.com | 605-256-7520



Landon Lentsch - Park Tech



Roxie Ebdrup – Admin Coordinator 605-256-7515



Paul Gum - Park Technician



Brandon Rogers - Park Technician









# DAILY ADMISSIONS, CHILDCARE, BIRTHDAYS AND LOCKER RENTAL



DAILY RATE	S	WITH MEMBER			
Family	\$18	\$16	Guests of		
Adult (19+)	\$8	\$6	members receive a \$2 discount		
Seniors (65+)	\$6	\$4	on family, adult, or senior daily		
Youth (13-18)	\$6	\$6	admission rates.  Members must be		
Child (3-12)	\$4	\$4	present with their guest or call the front desk.		

Drop in class fees: \$7.00 for members and \$15.00 for non-members, which includes daily admission.

PUNCH CARDS - GUESTS	
Daily Visitor - 10 day visits to use entire facility	\$60
10 Visits to All Access	\$100

<sup>\*</sup> Gift Certificates can be purchased at Community Center front desk with a minimum of \$10. All gift certificates expire a year from purchased date.

### LOCKER RENTAL

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

- Short lockers = \$72.00
- Long lockers= \$96.00

Lockers are available for rent at the front desk. Use of lockers is at your own risk. The Center accepts no responsibility for lost or stolen items. All lockers will be pro-rated to January 1st. Please leave valuables at home, or for your security, bring a lock to secure valuables during daily use of lockers.

### **CHILD CARE HOURS**

Quality daycare for children ages 3 months to 10 years are welcome. Daycare closes at noon and 7:00 p.m. if no one is using it.

Mon Thurs.	9 a.m 1 p.m. & 5 p.m 8 p.m.		
Friday	9:00 a.m 1:00 p.m.		
Saturday	8:00 a.m 11:00 a.m.		

Childcare Fees: Base Member

- \$5.00 for up to 2 hours per child
- Childcare Included in All Access Membership



# The Community Center

The Community Center has everything you need for a GREAT birthday party. Swim in the pool, shoot down the waterslide, or play with scooters and hula-hoops in the gym. Room rental includes facility access for all guests, room, table and chairs. Outside food and beverage is allowed.

	Small Party Room Max 20 People	Large Party Room Max 40 People	
Member	\$30 per hour	\$50 per hour	
Non-Member	\$40 per hour	\$60 per hour	

Two hour minimum. Schedule your party by calling the front desk at (605)-256-5837.



### **MEMBERSHIP PACKAGES**

MEMBERSHIP	BASE	PAYMENT PLA	ANS	SENIOR CLASS PASS		
PACKAGES	Annual Paid in Full	Monthly Bank Draft*	Month to Month**	Annual Paid in Full	Monthly Bank Draft*	Month to Month**
FAMILY	\$650	\$59.00	\$74.00	\$313	\$31	\$46
ADULT (19-64)	\$375	\$36.00	\$51.00	Includes: Water Aerobics, Arthritic Water Exercise, Active & Ageless, Morning Mix, & Circuit 30		
SENIOR (65+)	\$285	\$29.00	\$44.00	CLASS PASS		
YOUTH (6-18)	\$200	\$22.00	\$37.00	\$175		
WALKING	\$180	\$20.00	\$35.00	(for Individual Upgrade)		

DSU STUDENT CLASS PASS \$50 PER SEMESTER (6 or more credits to qualify)

### **MEMBERSHIP PLANS**

**Base Membership** - Provides access to the Community Center: Aerobic Studio, Cycle Studio, Fitness Area, Gymnasium, Hot Tub, Kickboxing Room, Pool, Racquet Ball Court. Sauna and Track

All Access Class Pass - Includes all benefits of Base Membership, Active and Ageless, Boga, Circuit 30, Cross Edge Training, Cycle Classes, Dance Physique, Group Water Exercise Classes, Kickboxing, Morning Mix, Step Aerobics, Yoga, Daycare and 4 Guest Passes per year. Receive a 10% discount on After School Program (ASP).

**Senior Class Pass** - Includes all benefits of Base Membership, Active & Ageless, Circuit 30, Morning Mix, and Group Water Exercise Classes.

### **MEMBERSHIP PAYMENT OPTIONS**

(All prices include tax)

Annual Bank Draft- Pay through automatic debit on 2nd or 15th of each month. After twelve month contract, membership will automatically renew. Prorated first month of membership fee will be collected at time of application and agreement submittal. Starting the next full month, listed annual monthly fee will be automatically debited on your preference date of the 2nd or 15th of each month. Initiation fee is included in monthly fee.

**Annual Pay-in-Full** - Pay by credit card, check, cash. **Month to Month** - Pay in one lump sum for desired months.

Allows cancellation at any time. An initiation fee of \$25.00 is charged during sign-up or reactivation.

### MEMBERSHIP DISCOUNTS

**Corporate** - Employees of several Madison and area corporations have a discount to the Community Center. Check with your HR office for corporate discount rates! **Military and First Responders** - Eligible to receive a 20% discount on annual memberships.

Surrounding Area - Members living within Zip Codes 57017 (Colman), 57349 (Howard), 57051 (Oldham), 57212 (Arlington), 57058 (Salem), 57018 (Colton), or any zip code outside of Lake County are eligible to receive a 15% discount on annual memberships.

**Reduced Rate Application** - Financial assistance and fee reduction is available to households who apply and meet eligibility requirements. Membership assistance forms are available at the Community Center or Social Services office.

### **CANCELLATION POLICY**

Pay-in-Full memberships are nonrefundable unless a person isn't able to continue by reason of death or permanent disability. Annual monthly debit may break their contract due to moving, but must pay a \$100 early cancellation fee. Cancellation requests must be received by the 25th of the month to be effective for the start of the next month.

### MISSION STATEMENT

To serve the health, wellness, recreational and social needs of DSU, the residents of Madison and the surrounding area.

# SPECIAL EVENTS AND CORPORATE WELLNESS





MADISON'S MAGICAL POOL

SATURDAY, DECEMBER 2 | 1:00PM - 4:00PM



After a morning of seeing
Santa, the Community
Center pool will be open to
the public for
FREE swimming!



THE COMMUNITY CENTER



INVITES YOU TO A "HOME ALONE"

# GINGERBREAD HOUSE DECORATING

(ALL SUPPLIES AND DECORATIONS WILL BE PROVIDED)



"GUYS! I'M EATING JUNK AND WATCHING RUBBISH. YOU BETTER COME OUT AND STOP ME!"

DECEMBER 9 | 4:00-8:00PM

FEE: \$5 - PER HOUSE

AFTER DECORATING YOUR HOUSE, JOIN US IN WATCHING HOME ALONE!



The

"THIS IS MY HOUSE, I

HAVE TO DEFEND IT."

-KEVIN "I MADE MY FAMILY

DISAPPEAR."

-KEVIN

REGISTER TODAY! PHONE (605) 256 - 5837 IN PERSON AT THE CC ON THE CC APP

### CORPORATE BUSINESS OPPORTUNITIES

### •Corporate Membership (Annual Memberships Only)

- •Tier One (15%) Employee Discount on their membership (10 or more paid employee annual memberships)
- •Tier Two (10%) Employee Discount on their membership (5-9 paid employee annual memberships)

### Corporate Sponsorships

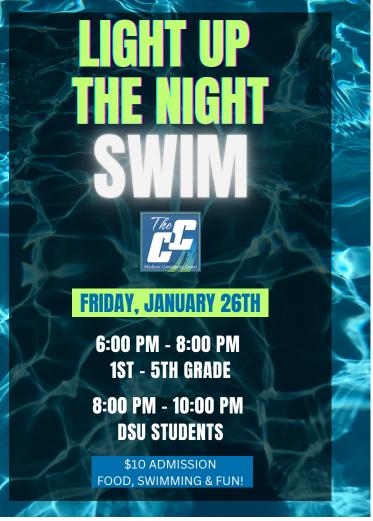
### (Contact the CC Director for more info.)

- •Title Level Sponsorship Benefits
- ·Community Level Sponsorship Benefits
- Special Event Sponsorships (Available upon request)

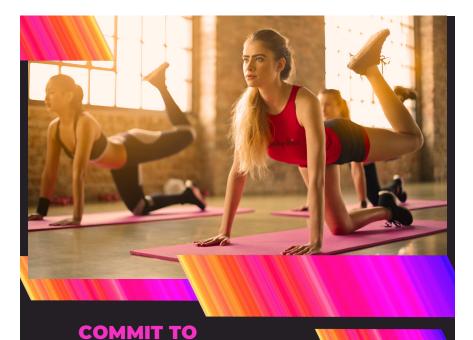
# **SPECIAL EVENTS**







### **FITNESS EVENTS**



# WEEKLY CHALLENGES MAKE LOSING WEIGHT FUN!

- SWIM TO SUCCESS!
- GO TO CLASSES!
- PUSH YOURSELF THROUGH!
- STAIRMASTER CHALLENGE!

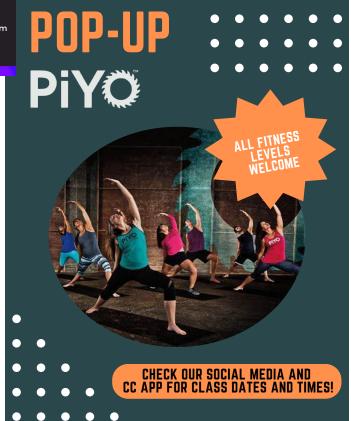
**JAN. 8TH - MAR. 17TH** 

- BURPEE TIME!
- ROW & SKI ERG!
- LAPS ON LAND!
- BIKE CHALLENGE!
- 605-256-5837
- jordan.peirce@cityofmadisonsd.com

# WAYS TO INCREASE YOUR STEP COUNT IN THE WINTER

- Walk on the indoor track at the Community Center
- Lean into keeping your house clean.
- Use the internet to your advantage
- Pace like you're worried.
- · Walk to Scooters.
- Take a trip to the mall.
- Say "not today" to elevators and escalators.
- Shovel your driveway (and help a neighbor)
- Try snowshoeing this year.
- Hit the gym on your lunch break

PiYo combines the muscle-sculpting, core-firming benefits of Pilates with the strength and flexibility benefits of yoga. It's a true fat-burning, low-impact program that'll get you incredibly defined.





### YOUTH RECREATION PROGRAMS

### REGISTRATION

The Community Center offers walk-in registration, call-in registration and CC App registration.

### MADISON CC APP

Check out our new Madison CC App. You are able to register for classes, pay for classes, see schedules, register for all rec activities. QR code works with both Apple and Android.





### CC YOUTH REVERSIBLE JERSEYS

Purchase your reversible blue/white jersey at the front desk for \$10.

### TANG SOO DO

Must be at least 7 years old. Tang Soo Do is the parent style to Taekwondo. It balances it's strike between hands and feet, and focuses more on close quarter fighting and self defense. Uniform fee of \$30.00. Promotion ceremony every 3 months

PRG CODE	DATE	AGE	DAYS	FEE	TIME	LOC
TSD	MONTHLY	At least 7 YO	M/TH	\$75	4:30-5:30 pm (M) 5:30-6:30 pm (M) 4:00-5:00 pm (TH)	AS

### YOUTH BASKETBALL JK-6TH GRADE

Youth will learn the fundamentals of ball handling, shooting and passing while having fun playing skill development games. JK-6<sup>th</sup> will run for 4 weeks. JK-K: 3:30pm - 4:00pm,  $1^{st}$ - $2^{nd}$ : 4:15 pm - 4:45pm,  $3^{rd}$ - $4^{th}$ : 5:00 pm - 5:30pm,  $5^{th}$ - $6^{th}$ : 5:45pm - 6:15pm.

PRG CODE	DATE	DAYS	TIME	CLASS	COST	LOC.
YBB	1/9 - 2/1	T/Th	3:30 pm - 6:15 pm	K-6th	\$35 Memb. \$40 Non	СС

### YOUTH VOLLEYBALL JK-6TH GRADE

Youth will learn the fundamentals of passing, setting and serving while having fun playing skill development games. JK - 6<sup>th</sup> will run for 4 weeks. JK-K: 3:30pm - 4:00pm, 1<sup>st</sup>-2<sup>nd</sup>: 4:15 pm - 4:45pm, 3<sup>rd</sup>-4<sup>th</sup>: 5:00 pm - 5:30pm, 5<sup>th</sup>-6<sup>th</sup>: 5:45pm - 6:15pm.

PRG CODE	DATE	DAY	TIME	CLASS	COST	LOC.
YVB	2/13-3/7	T/Th	3:30 pm - 6:15 pm	JK-6th	\$35 Memb. \$40 Non	СС

### YOUTH INDOOR SOCCER BASICS JK-6TH GRADE

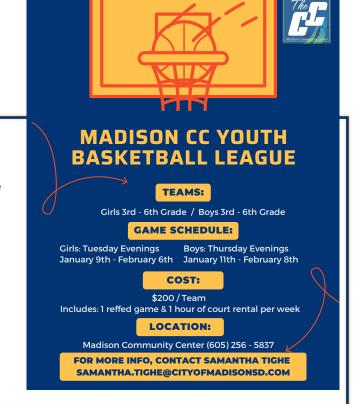
Youth will learn the fundamentals of passing, dribbling and scoring while having fun playing skill development games. JK-6th grade will run for 4 weeks. JK-K: 3:30pm - 4:00pm, 1st-2nd: 4:15 pm - 4:45pm, 3rd-4th: 5:00 pm - 5:30pm, 5th-6th: 5:45pm - 6:15pm.

PRG CODE	DATE	DAY	TIME	CLASS	COST	LOC.
YIS	3/19- 4/11	T/Th	3:30 pm - 6:15 pm	JK-6th	\$35 Memb. \$40 Non	СС

### PRE-SCHOOL PLAY GROUP

Birth to 5 years old join us on Wednesday mornings, with a guardian, from 9:00-10:00 am. Make connections with other families while learning through structured and unstructured play opportunities. Free with daily admission.

DATE DAY		TIME	LOCATION
1/08 - 3/27	WEDNESDAY	9:00 - 10:00 am	CC



### YOUTH BASKETBALL LEAGUE BOYS AND GIRLS | 3RD - 6TH GRADE

Established or new traveling teams for boys and girls in grades 3-6 will have the opportunity to play a 5 week league. Each team will play one game per night. This is a great way to keep the team together in a competitive environment between tournaments. Surrounding communities are also invited. This league is for team registration only. The league is limited to 4 total teams per division.

Registration cost includes on hour court rental for team practice at the Madison Community Center or Madison City Armory.

Girls: Tuesdays, January 9<sup>th</sup> - February 6<sup>th</sup> Boys: Thursdays, January 11<sup>th</sup> - February 8<sup>th</sup> Divisions: 3<sup>rd</sup>, 4<sup>th</sup>, 5<sup>th</sup>, 6<sup>th</sup> grade

Times: 5:30 pm, 6:30 pm, 7:30 pm, 8:30 pm

### FITNESS SERVICES & PERSONAL TRAINING



### **FITNESS SERVICES**

To schedule an appointment call the fitness coordinator at 605.256.7546.

### **Fitness Consultation**

Fitness/Health Assessments, Goal Settings Strategies. Available to base and premium memberships.



### Fitness Evaluation

Fitness staff will determine your blood pressure, girth measurements, body composition, cardiovascular endurance, muscular strength and flexibility. Available to base and premium memberships.



### **Equipment Orientation**

Demonstration of all selectorized machines and cardio machines to show proper use and equipment adjustment. Available to base and training memberships.

### **BULLDOGS IN TRAINING**

Do you have a young athlete aged 11 - 15 that is interested in learning more about lifting? Bulldogs in Training will focus on the fundamentals of lifting, how to properly warm up and cool down from a workout, as well as give you the tools to make your own workout moving forward.

This 4-week program will start on January 16th and will be divided into a 3:30 - 4:15 and 4:30 - 5:15 session on Tuesdays and Thursdays. If you have any questions or would like to sign up, please email me at jordan.peirce@cityofmadisonsd.com.

### **PERSONAL TRAINING**

Personal training packages are available for members who are training with their preferred trainer on their desired days and times. Training packages are available in 30 or 60 minute training sessions, and can be done 1-1, 2 on 1, or small group with a Fitness Mentor or Master Trainer.



### **FITNESS MENTOR**

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

	1 HOUR	1/2 HOUR	2 ON 1-HOUR
PER SESSION	\$22.50	\$16.00	\$15.75/person
10 SESSIONS	\$205.00	\$145.00	\$142.50/person
20 SESSIONS	\$360.00	\$255.00	\$250.00/person

Note: DSU Students receive a 10% discount

### **MASTER TRAINER**

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

	1 HOUR	1/2 HOUR	2 ON 1-HOUR
PER SESSION	\$32.50	\$25.00	\$19/person
10 SESSIONS	\$295.00	\$222.00	\$170/person
20 SESSIONS	\$520.00	\$390.00	\$310/person





### **GROUP TRAINING AND EXERCISE SCHEDULE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
5:05-5:45 am	CrossEdge AM (MPG)	CrossEdge AM (MPG)		CrossEdge AM (MPG)		
5:30-6:15 am		Morning Mix		Morning Mix		
5:45-6:45 am	CrossEdge (MPG)	CrossEdge (MPG)	Ride or Die	CrossEdge (MPG)	CrossEdge (MPG) Power Cycle (SS)	
6:00-6:30 am	Circuit 30 (AS)	Circuit 30 (AS)	Circut 30 (AS)	Circuit 30 (AS)	Circut 30 (AS)	Circuit 30 (AS)
7:00-8:00 am	CrossEdgeX (MPG)	CrossEdgeX (MPG)		CrossEdgeX (MPG)		
8:15-9:15 am						CrossEdge (MPG) Power Cycle (SS)
8:30-9:30 am	Water Exercise (P)		Water Exercise (P)		Water Exercise (P)	
8:45-9:30 am	Active & Ageless (AS)		Active & Ageless (AS)		Active & Ageless (AS)	
9:00-10:00 am		P90X (AS)		P90X (AS)		
9:30-10:30 am	Water Exercise (P)		Water Exercise (P)		Water Exercise (P)	
10:30-11:30 am	Arthritic Exercise (P)		Arthritic Exercise (P)		Arthritic Exercise (P)	
12:15-12:50 am						
1:00 -2:00 pm						
5:00-6:00 pm	Water Aerobics (P)	WaterAerobics (P)	WaterAerobics (P)	WaterAerobics (P)		
5:15-6:15 pm		Stretch & Roll (AS)				
5:30-6:30 pm			Step Aerobics (AS)	Cardio Kickboxing (KS)		
6:15-7:15 pm	CrossEdge (MPG)	CrossEdge (MPG)		CrossEdge (MPG)		
6:30-7:15 pm		Dance Physique (AS)		Dance Physique (AS)	Dance Physique (AS)	

### ACTIVE AND AGELESS (Walk-In) MWF 8:45 am-9:30 am

KEY AS = Aerobics Studio

Lower your blood pressure, improve posture, and prevent osteoporosis by strengthening your bones and joints. This class combines cardiovascular exercise, muscle toning, and stretching in a lively 45-minute format to your favorite tunes.

# CARDIO KICKBOXING (Th) 5:30 pm-6:15 pm

Cost: Premium Membership – Included This class will help improve your coordination, agility, speed, flexibility, and overall health. Learn effective and proper techniques to punch and kick utilizing punching bags, speed bags, speed ropes, and much more.

### CIRCUIT 30 (Walk-In) (M,W) 6:00 am-6:30 am

Classes are 30 minute training classes combining strength and cardio exercises. Class maximizes your time as staff leads you through 45 second workout stations, plus cardio.

### **CrossEdge Fitness (M-S) Array of times**

This extreme workout will push you to the edge, while exercising as a team. Classes feature a variety of cross training workouts including ropes, weight sleds, tire flips, etc. These workouts are designed to help improve your overall health and fitness while creating lasting relationships in your group class.

### **CYCLE CLASSES:**

MPG = Multi Purpose Gym

KS = Kickboxing Studio

Ride or Die (W) 5:45-6:15 am Power Cycle (F) 5:45-6:15 am

SS = Spin Studio

Cost: Premium Membership - Included

P = Pool

These two class options will be sure to work your whole body with a fun combination of cycling and off the bike strength exercises. Challenge yourself with these low impact cycle workouts that put an emphasis on speed, tempo, and timing. Ramp up your heart rate and break sweat in these two classes!

### STEP AEROBICS (W) 5:30 pm-6:30 pm

This is a fun intense class that utilizes our risers to create an exciting and unique calorie burn. Members will have fun going up and down, challenging themselves with their creative style of body sculpting.

### DANCE PHYSIQUE (T,TH,F) 6:30 pm-7:15 pm

A Latin inspired group fitness class combining high energy and motivating music with unique moves and combinations. The routine features aerobic interval training by combining fast and slow rhythms toning and sculpting the body.

### STRETCH & ROLL (T) 5:15 pm-6:15 pm

Stretch & Roll is designated to stretching muscles, which can enhance flexibility, range of motion and posture. This also includes warm-up exercises to prevent injury and increase mobility.

### **GENERAL INFORMATION**



### REGISTRATION

The Community Center offers walk-in registration, call-in registration and CC App registration.

### MADISON CC APP

Check out our new Madison CC App. You are able to register for classes, pay for classes, see schedules, register for all rec activities. QR code works with both Apple and Android.





### FINANCIAL ASSISTANCE

Financial assistance applications available at the Community Center and Social Services. Approved households receive:

- •20-80% reduced members at the Community Center
- •Madison Aquatic Center season swim pass \$50 for family, \$25 individual
- •50% reduced rate on youth recreation programs
- •Group Swim Lessons \$5

### WITHDRAWAL POLICY

Withdrawal requests before the start of the third class will be eligible for a monetary refund, gift certificate, or transfer to another program. Monetary refunds are subject to a \$5 processing fee. Withdraw requests after the third class or once the program has concluded (regardless of participation) will not be eligible for a refund.

### PHOTO/VIDEO POLICY

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

### **GROUP WATER EXERCISE**

### WATER EXERCISE CLASS

(M,W,F) 8:30 am-9:30 am, & 9:30 am-10:30 am,

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

### **ARTHRITIC WATER PROGRAM**

(M,W,F) 10:30 am-11:30 am

This class is designed for people suffering from stiff joints, arthritis, and other joint disease. The Arthritic Program is a class that works on joint flexibility and range of motion at participants own pace.

### **BOGA WATER BOARDS**

By reservation only.

Please call Aquatics Coordinator for details 605-256-7548 BOGA provides a creative workout that challenges, stability, balance, and coordination. It will challenge the most fit individuals but the scalability of the class makes it the perfect fitness program for all levels, regardless of experience.

### EVENING WATER AEROBICS (M-TH) 5:00 pm-6:00 pm

This workout provides a low impact, high-energy challenge for participants of all ages, skill and fitness levels. So, jump in and join the splash workout that tightens and tones entire body.





# **COMMUNITY CENTER POOL SCHEDULE**

LAP SWIM/WATER WALKING TIMES						
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
5:30 am - 8:30 am 11:30 am - 4:00 pm	5:30 am - 4:00 pm	5:30 am - 8:30 am 11:30 am - 4:00 pm	5:30 am - 4:00 pm	5:30 am - 8:30 am 11:30 am - 4:00 pm	8:00 am - 1:00 pm	11:00 am - 1:00 pm

SWIM AT YOUR OWN RISK (there is no lifeguard on duty). Participants must sign an acknowledgement waiver that is available at the front desk.

The times above are for all 6 lanes. Lap swimmers may also swim during open swim with the assistance of lifeguards for lane lines. Lap swim times are for excerise only and participants must be at least 18 years old. If not 18 years old a waiver must be signed by parent.

OPEN SWIM TIMES						
MONDAY TUESDAY WEDNESDAY THURSDAY		FRIDAY	SATURDAY	SUNDAY		
4:00 pm - 8:00 pm	4:00 pm - 8:00 pm	4:00 pm - 8:00 pm	4:00 pm - 8:00 pm	4:00 pm - 7:30 pm	1:00 pm - 6:00 pm	1:00 pm - 5:00 pm

Lifejackets are allowed in the pool area. Children in lifejackets must have a caregiver with them at all times. Lifejackets are not allowed on the diving boards or on the slide. Children ages 3 and younger must have a guardian (over age 14) in the water with them at all times. Children ages 4 and 5 must have a guardian in the aquatic area at all times. \*NOTE: On swimming lesson days, there will be NO open swim from 3:30 pm-6:00 pm
A 15 minute safety break is taken at the following times: 5:45 pm on Monday-Friday, 3:30 pm on Saturday and Sunday



# AMERICAN RED CROSS SWIMMING LESSON DESCRIPTION





**PARENT TOT** (6 to 36 months) – Little swimmers and parents will learn water adjustments techniques, become comfortable getting wet, swimming on front and back with support, breath control, and changing directions, personal safety, and water exit skills. Both parents and infants/toddlers are in the water.



**PRESCHOOL LESSONS** (Ages 3-5) – Familiarize children to the aquatic environment and help them acquire, then build upon basic aquatic skills with logical progression. Once participant reaches age 5, they can advance to level 1 or continue progression in Preschool.



**LEVEL 1** (Must be age 5) – Students become acquainted with the water and aquatic environment while gaining basic aquatic skill. To progress child must be able to fully submerge head, glide on front at least 2 body lengths then roll to back and float for 5 seconds.



**LEVEL 2** - Students build on Level 1 skills and are introduced to lead-up strokes: Swimming on front and back for 5 body lengths. To progress child must be able to swim using combined arm and leg action & float for 15 seconds independently.



**LEVEL 3** - Students achieve basic water competency in a pool environment. To progress child must be comfortable jumping into deep water, maintain position by treading or floating for 1 minute then swim across the entire length of the pool ( 25 yards )



**LEVEL 4** - Students work to improve their proficiency in performing the swimming strokes that were introduced in Level 3. To progress child must swim front crawl and elementary backstroke for 25 yards; swim breaststroke and back crawl for 15 yards, and swim 3 to 5 body lengths while fully submerged under water.



**LEVEL 5** - Students begin to refine their performance of all 6 swimming strokes. To progress child must be able to perform a shallow dive; swim front crawl and elementary backstroke for 50 yards; swim breaststroke and back crawl for 25 yards with appropriate turning styles.



**LEVEL 6** - Swimmers focus on perfecting strokes and increasing endurance with open and flip turns. Students also learn advanced skills in personal water safety, fundamentals of diving, and fitness swimming.



PRIVATE LESSONS - Private swim lessons are great resources for swimmers who are self-paced learners or for families with busy schedules. The Community Center offers 1-on-1 instruction with personalized plans to meet the swimmers goals. We have experienced swim instructors who work with a variety of ages and skill levels. Private lessons are open to both members and non-members, please contact Aquatics Coordinator for private swimming lessons (605-256-7548)

\$50.00 - MEMBERS & NON MEMBERS \$5.00 - REDUCED RATE	WINTER SWIMMING LESSONS	CLASSES HELD ON TUESDAYS AND THURSDAYS	
\$75.00 - ADULT PRIVATE LESSONS \$75.00 - CHILD PRIVATE LESSON	SESSION I November 28 <sup>th</sup> - December 14 <sup>th</sup> SIGN UP STARTS 11/13/2023	SESSION 2 February 6 <sup>th</sup> - 22 <sup>nd</sup> SIGN UP STARTS 01/22/24	
Parent-Tot (3-36 months)	4:15 pm - 5:00 pm	4:15 pm - 5:00 pm	
PRESCHOOL (3-5 YEARS)	5:15 pm - 6:00 pm	5:15 pm - 6:00 pm	
LEVEL 1	4:15 pm - 5:00 pm	4:15 pm - 5:00 pm	
LEVEL 2	5:15 pm - 6:00 pm	5:15 pm - 6:00 pm	
LEVEL3	4:15 pm - 5:00 pm	4:15 pm - 5:00 pm	
LEVEL 4	5:15 pm - 6:00 pm	5:15 pm - 6:00 pm	
LEVEL 5	4:15 pm - 5:00 pm	4:15 pm - 5:00 pm	
LEVEL 6	5:15 pm - 6:00 pm	5:15 pm - 6:00 pm	

### **DICK WIEDENMAN SWIM LESSON ENDOWMENT**



# ADULT RECREATION PROGRAMS AND DSU INTRAMURALS

### **REGISTRATION: PAGE 6**

Adult Recreation will run seperately from DSU Intramurals if there are enough teams.

### WOMEN'S 6 vs 6 VOLLEYBALL

The league will run 6 regular season weeks with 2 weeks of playoffs to follow. Games will be played at the Madison City Armory. No games on January 15<sup>th</sup> or February 19<sup>th</sup>. March 18<sup>th</sup> is reserved for storm make-up.

DATE	DAY	TIME	COST	LOC.
1/08 - 3/11	М	6:30 pm - 9:30 pm	\$150 per team	Madison City Armory

### ADULT INDOOR SOCCER

A fun way to get out and play some soccer. The league will run 6 regular season weeks with 2 weeks of playoffs to follow. Games will be played at the Madison Community Center. No games on January 15<sup>th</sup> or February 19<sup>th</sup>. March 18<sup>th</sup> is reserved for storm make up.

DATE	DAY	TIME	COST	LOC.
1/08 - 3/11	М	6:30 pm - 9:30 pm	\$150 per team	CC

### MEN'S 6 vs 6 VOLLEYBALL

The league will run 6 regular season weeks with 2 weeks of playoffs to follow. Games will be played at the Madison City Armory. March  $6^{th}$  is reserved for storm make up.

DATE	DAY	TIME	COST	LOC.
1/10 -	W	6:30 pm -	\$150	Madison
2/28		9:30 pm	per team	City Armory

### **PICKLEBALL**

Hone your skills or learn how to play on Wednesday nights. The court will be open play to adults only from 6:00 pm - 8:00 pm. Equipment is provided or you can bring your own. No need to register.

DATE	DAY	TIME	COST	LOC.
1/10 - 5/29	W	6:00 p.m 8:00 p.m.	FREE with daily admission	CC MPG

### MEN'S 5 vs 5 BASKETBALL

Get your team ready for some basketball. The league will run 6 regular season weeks with 2 weeks of playoffs to follow. Games will be played at the Madison City Armory. March 7th is reserved for storm make up.

DATE	DAY	TIME	COST	LOC.
1/11 -	TH	6:30 pm -	\$150	Madison
2/29		9:30 pm	per team	City Armory

### **BROOMBALL**

Outdoor fun for the whole family. Broomball equipment will be available on Tuesday evenings from 4:00 pm - 6:00 pm at Memorial Park.

DATE	DAY	TIME	COST	LOC.
12/05 -2/28	Т	4:00 p.m 6:00 p.m.	FREE to the public	Memorial Park

### **WALK AND TALK CLUB**

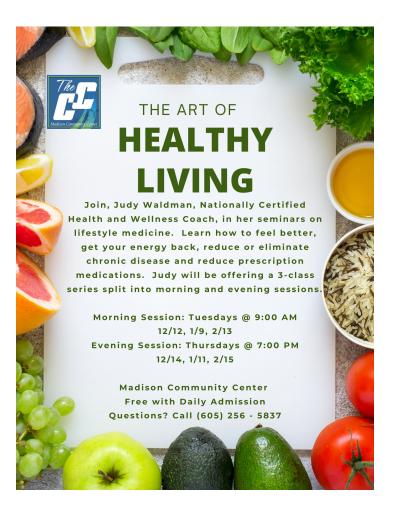
Meet up with new and old friends on the CC walking track! Walk away the winter chill. Every weekday morning from 8:00 am - 11:00 am. Stop down at the CC lobby for coffee after your walk.

DATE	DAY	TIME	COST	LOC.
12/1- 2/28	M-F	8:00 am - 11:00 am	FREE with daily admission	Madison Community Center

### TANG SOO DO

Must be at least 7 years old. Tang Soo Do is the parent style to Taekwondo. It balances it's strike between hands and feet, and focuses more on close quarter fighting and self defense. Uniform fee of \$30.00. Promotion ceremony every 3 months

PRG CODE	DATE	AGE	DAYS	FEE	TIME	LOC
TSD	MONTHLY	At least 7 YO	M/TH	\$75	4:30-5:30 pm (M) 5:30-6:30 pm (M) 4:00-5:00 pm (TH)	AS



# **2024 BEFORE & AFTER SCHOOL PROGRAMS**







# **BEFORE** SCHOOL PROGRAM

The Community Center Before School program is designed to offer kids a safe and adult-supervised environment filled with social engagement and educational activities. Cold breakfast provided.

### 6:00 AM - 8:00 AM

Bus service to Madison Elementary and Middle Schools.

# THE-AFTER SCHOOL PROGRAM

**GRADES JR.K THRU 6TH | 3:15 P.M. - 6:00 P.M.** 

MEMBERS: \$150.00 PER MONTH | NON-MEMBERS: \$175.00 (PER CHILD)

PAY IN FULL OR PAY MONTHLY!

THE COMMUNITY CENTER AFTER SCHOOL PROGRAM IS DESIGNED TO OFFER KIDS A SAFE AND ADULT-SUPERVISED **ENVIRONMENT FILLED WITH PHYSICAL AND EDUCATIONAL ACTIVITIES** 















KAYLEE.WINROW@ CITYOFMADISONSD.COM

605-427-4403





### **MADISON PARKS AND AMENITIES**

It is the mission of the Madison Parks, & Recreation Department to create recreational opportunities for growth and enhancement by developing diverse services and programs that endorse citizen involvement and a strong sense of community. The expressed purpose of the MPRD is to maintain and develop facilities, parks, open nature areas, and programs while striving to increase the social, cultural, and physical well-being of its residents and visitors. Although a fee must be charged to help offset the costs incurred, we realize there are situations that make it difficult for some to participate. If this is the case, please make the necessary arrangements for programs by contacting the Recreation Office prior to registration.

### **PROGRAM POLICIES**

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

### **ALCOHOLIC BEVERAGES**

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

### **PETS**

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

### **PUBLIC WORKS AND PARK OFFICE**

Madison Public Works

401 South Highland Avenue, Madison, SD 57042 | 605.256-7515

### **RECREATION OFFICE LOCATED AT:**

The Community Center

500 NE 11th Street, Madison, SD 57042 | 605-256-5837

### **CITY ARMORY**

The Madison City Armory is available for rentals by groups and organizations. The fee for renting the facility is \$100 for a half-day and \$200 for a full day. Rentals are scheduled through the Recreation office and are based on a first come, first serve basis. City Recreation programs have priority over individual rentals. For information, call the Parks Office at 605-256-7520.

### **SKATE PARK**

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

### **ICE RINKS**

Skating rinks will open for the season once temperatures are below freezing. Rinks are available at East Center Park, Totland Park, and Memorial Park.

### MADISON PARK ENCLOSED SHELTERS

Thue Shelter, located at Westside Park, Baugham/Belatti Shelter, located at Baughman/Belatti Park, and Memorial Park Shelter, located at Memorial Park are available during the summer months. Reservations are taken on a first-come, first serve basis after January 1st of the year by calling 605.256-7520.

### **MEMORIAL PARK GAZEBO**

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

### **COMMUNITY GARDEN PLOTS**

Garden plots are located at SW 4th Street and Union Ave. Plots are 20' x 25' for \$40 per growing season. Water is available onsite. Call the public works office at 256-7515 to reserve a plot.

### BAUGHMAN/BELATTI PARK | 110 NE 1ST STREET

- Baughman/Belatti Park includes picnic shelters, disc golf playground area, soccer fields, sand volleyball courts, basketball courts and baseball/softball diamonds.
- The picnic shelter is available for reservation. Please call 256-7520. Reservations are taken on a first come, first serve basis.

### EAST CENTER PARK | 700 BLOCK OF EAST CENTER ST.

• Playground area • Skating rink • Warming house

### FLYNN FIELD | SW 8TH STREET AND SOUTH EGAN AVE.

· Baseball diamond · Playground area · Restrooms

### LIBRARY PARK | SE 1ST STREET AND HARTH AVENUE

· Toddler Play Area · Gazebo

### MEMORIAL PARK | NW 5TH STREET AND EGAN AVE.

- · Playground Area · Gazebo · Memorial Park Shelter
- · Skating Rink · Warming House · Disc Golf Practice Course

### COMMUNITY GARDEN PLOTS | SW 4TH ST. AND UNION AVE.

• 20' x 25' Plots • Water on site

### WOOFLAND PARK | NW 7TH STREET AND WEST AVE.

Dog Park Area

### NORTHWEST PARK | NW 9TH STREET AND HIGHLAND AVENUE

• Picnic shelter • Playground area • Restrooms • Disc Golf Course

### THUE SOFTBALL DIAMONDS | SOUTH EGAN AVENUE

· Adult softball diamonds · Restrooms

### TOTLAND PARK | NE 7TH STREET AND ROOSEVELT AVENUE

Playground area
 Skating Rink

# WESTSIDE PARK | NW 1ST STREET AND HIGHLAND AVENUE Park includes ball diamond, horseshoe courts, picnic

areas, swimming pool, basketball court, tennis court, skate board park, Thue Shelter and Beardsley Shelter.

### MADISON HS TENNIS COURTS | 800 NE 9TH ST.

· 8 tennis courts open to public use

### **RECREATION TRAIL**

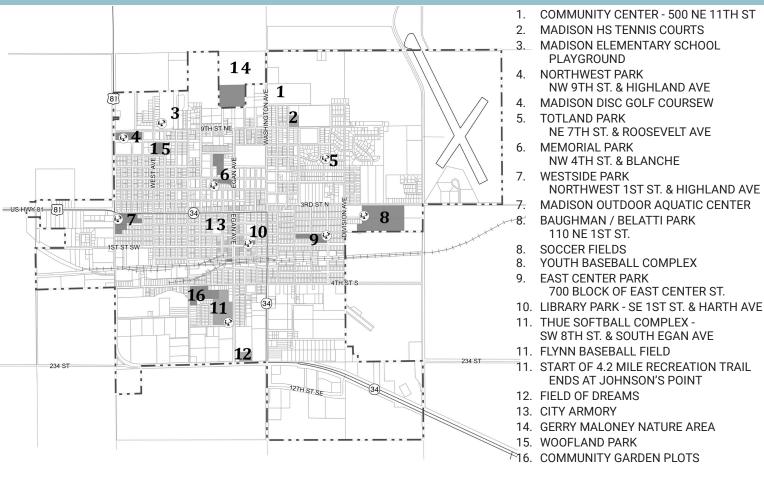
- Flynn Field to Johnson's Point 4.2 miles
- · Hwy. 34 & 19 Intersection to U.S. Fish & Wildlife .7M
- · Trail hours sunrise to sunset

### GERRY MALONEY NATURE AREA | N HARTH AVE., OFF NE 9TH ST.

· Interpretive Gazebo · Walking Trails

### **MADISON PARKS AND AMENITIES**





WOOFLAND PARK																			>
GERRY MALONEY NATURE AREA														>				>	
MADISON H.S. TENNIS COURTS									>										
THUE SOFTBALL DIAMOND						>										>			
TOTLAND		>										>			>				
MEMORIAL		>									>	>	>					>	
LIBRARY		>													>			>	
EAST CENTER		>										>	>						
NORTHWEST	>	>								>	>					>			
FLYNN FIELD		>			>											>			
WESTSIDE	>	>			>		>	>	>	>					>	>	>		
BAUGHMAN/BELATTI	>	>	>	>	>	>					>				>	>	>		
	PICNIC SHELTERS	PLAYGROUND	SOCCER	SAND VOLLEYBALL	BASEBALL DIAMOND	SOFTBALL DIAMOND	HORSESHOE PITS	SWIMMING POOL	TENNIS COURTS	SKATE BOARD PARK	DISC GOLF	SKATING RINK	WARMING HOUSE	WALKING TRAILS	Toddler Play area	PUBLIC BATHROOMS	BASKETBALL COURTS	GAZEBO	DOG PLAY AREA

