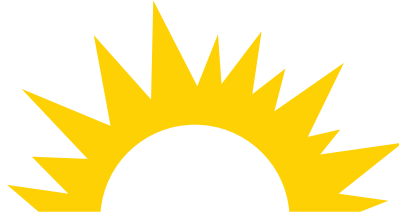


Fitness & Recreation for Every Generation!



PRAIRIE

ATHLETIC CLUB

**Membership & Program Information
March–August 2020**



MY MEMBERSHIP



A Message from... *Jenny*

Dear PAC Members!

What an amazing start to the year! There is so much positive energy flowing through the facility every day! If the winter is getting you down, I guarantee a trip to the PAC will boost your mood and give you the

confidence and energy you need to face the day. We always have new classes and programs starting; if you need a new challenge, ask one of our trainers to adjust your fitness routine!

We are constantly updating the facility and recently completed a remodel in the adult section for the men's locker room in January. Next up, we will be painting Studio 3 and the women's with girls locker room.

We are constantly striving to make changes to better serve our members. As always, we would love your feedback. Please submit feedback to webadmin@prairieathletic.com. The emails come right to me!

See you at the PAC!

Jenny Simon, President

#PAClife

Join us!
we're hiring

Join our fabulous
PAC team!

Prairie Athletic Club is a fun, family-oriented place to work, offering competitive wages, membership benefits and club discounts to qualifying employees.

We are currently accepting applications for these positions:

Year Round Positions

- Swim Instructors
- Lifeguards
- Lost Court Bartender
- Massage Therapist
- PACCARE Provider
- After School Teachers
- Aqua Fitness Instructor
- Certified Personal Trainer
- Volleyball Referees
- Member Services Specialist (nights and weekends)

Seasonal (Summer) Positions

- Lifeguards
- Swim Instructors
- Summer Camp Teachers
- Youth T-Ball/Coach Pitch Instructors
- Mussels Beach Concessions Cashier
- Club Keeper

Apply
Today!

How to apply

Contact our Human Resources Department at (608) 834-2609 or hiringmanager@prairieathletic.com for more information on any of these positions. A full list of available positions and job descriptions are on our website.

Stay connected! Follow us on...



Note the following member policies for our teens:

- **Members ages 14–18**
Are not allowed in the building without a membership card or some form of ID (without a parent)
- **Members ages 14–15**
Will be asked to leave the building by 9:30 p.m. if they are not with a parent
- **Members ages 14–17**
Are limited to three hours of time at PAC without parent supervision

Please contact us with any questions!

New Assistant General Manager

Congratulations to Peg on her promotion to an Assistant General Manager.

Peg has been with the PAC for 10 years and her positive attitude, work ethic and enthusiasm for the club and members is hard to beat!

Peg will specialize in training and scheduling our new managers. She will also maintain her current role as front desk manager.

You can connect with Peg at (608) 834-2611 or p.michaels@prairieathletic.com.



PRAIRIE
ATHLETIC CLUB

Live the
#PAClife

Available Fit Rewards



Stay fit and earn \$100+ in rewards per year!

Sign up online for our Fit Rewards Program today! If you didn't already have an incentive to get to Prairie Athletic Club, here's your chance to continue to stay fit and get rewarded for your effort. Visit our website prairieathletic.com and search key word "Fit Rewards" or stop by our front desk for more information. Valid with select memberships.

Select One Reward

- Allure Skin Care – \$50 gift certificate to be used toward services
- Apple Wellness – \$20 off the purchase of \$40 or more and free membership to Apple Wellness
- Buck & Honey's Restaurant – \$25 gift card (valid Sun-Thurs)
- BB Jack's – \$25 towards food, beverage or games (Cottage Grove location only)
- Hot Yoga, Pilates Reformer, Bootcamp – two free classes
- Lone Girl – \$20 good toward any food or beverage item (Not valid after 5 p.m. on Fridays)
- Madison Festivals – \$25 off Madison Marathon race entry
- The Oaks Golf Course – \$25 off any purchase of \$50 or more in the golf shop or restaurant
- PAC Birthday Party Package – \$25 off a child's birthday package
- PAC Personal Training – \$25 off any packages or a one-hour training session (\$60 value)
- The Spa at Liberty Square – \$25 valid toward regular priced services of \$50 or more

Select Two Rewards

- Chick-Fil-A – valid for 1 free salad, sandwich and frosted beverage. Limit one per family.
- Daly's Bar & Grill – \$15 toward food and beverage purchase of \$30 or more (Valid Sunday–Thursday)
- Dolphins Cove Guest Pass – one free Dolphins Cove guest pass
- Falbo Bros. Pizzeria – \$15 off any order of \$30 or more
- Fleet Feet – \$15 off the purchase of \$50 or more
- Hair Excellence – \$15 off your next salon service of \$25 or more (New clients only)
- Indulge Spa – \$15 off your next spa service
- Madison Festivals – four-pack of drink coupons for the Taste of Madison
- Madison Festivals – \$15 off Run Madtown race entry
- MOOYAH – \$15 off your food and beverage purchase (Sun Prairie location only)
- The Oaks Golf Course – \$15 off a full price 18 holes greens fees with golf cart (Valid Monday–Friday and after 2 p.m. on Saturday and Sunday)
- PAC Lost Court Restaurant – \$15 toward food or beverage
- PAC Guest Pass – one free adult PAC guest pass or two free children <12 PAC guest passes
- The Oilerie Sun Prairie – \$15 off \$50 purchase

For more detailed information on each offer, visit MY REWARDS on our website.

Note: The number of certificates may be limited based on individual business requests. For questions/concerns on Fit Rewards, email webadmin@prairieathletic.com. It may take up to two business days for a response.



Want to become a Fit Rewards Sponsor?
Contact us at k.lee@prairieathletic.com for details.

MY MEMBERSHIP

~ Guest Pass Sale ~ May 1–May 31



Members must purchase a minimum of five passes to receive discount—you may mix and match. Passes do not expire. Dolphins Cove passes and Prairie Athletic Club passes are sold separately. Purchase passes in the entire month of May. Guest passes sold online and at the front desk.

PAC Adult (age 12+)	\$11	(regularly \$12 & \$15)
PAC Child (ages <12)	\$6	(regularly \$7.50)
Dolphins Cove	\$12.50+tax	(regularly \$25+ tax)

Show 'N Save

Show your PAC membership card and receive discounts from these local businesses:

- **Allure Skin Care** – 18% off all services (limited to one per year)
- **Daly's Bar & Grill** – 10% off bill
- **Dr. Chris Stevens Family & Cosmetic Dentistry** – \$100 off new patient comprehensive exam, including a full set of x-rays
- **El Patron Mexican Grill** – 10% off bill
- **Hallman Lindsay** – 30% off order
- **Horstman Computers** – 10% of any service
- **Nailphoria** – 10% off Spa or Gel Pedicures or 10% off a full set of lash extensions
- **Skalitzky Jewelers** – 50% off watch batteries (limited to two per year; max four per household)
- **Sun City Cyclery** – 10% off accessories
- **Suburban Studio** – 10% off any portrait session
- **Zimbrick Chevrolet Sun Prairie** – 10% off any service

PAC Guest Fee Structure

	With member	Without member
• Ages 0–11	\$7.50	\$10
• Ages 12–17	\$12	\$15
• Ages 18+	\$15	\$20
• 1 adult & 2 kids (<14)	\$30	\$30
• 2 adults & 2 kids (<14)	\$40	\$40
• 2 adults & up to 4 kids (max family rate)	\$50	\$50

Note: Prices not valid with other offers and discounts

Guest Pass Policy

- **All guests must bring a photo ID**
- **Guests under age 12** must have an adult sign a guest waiver and must be directly supervised.
- **Guests ages 12–17** may remain on the premises without adult supervision up to three hours between 8 a.m. and 9 p.m. A guest waiver must be signed by a parent. Privileges at manager's discretion. Normal guest fees and babysitter policies apply.
- **Groups of three or more guests** must have prior permission before entering facility.
- **No guests of any age** after 9 p.m.
- **November through March** – no basketball guests ages 14+ are allowed after 5 p.m. Monday–Friday and Saturdays until 5 p.m.
- **We as a business**, do not give any member permission to bring someone in under another member's name on their account.

Babysitter Policy

- **Babysitters ages 16 or older** may supervise up to three children of any age
- **Babysitters ages 14–15** may supervise up to two children between the ages of 5–11
- **Waiver must be signed** by babysitter and kept on file

Note: Policy hours are between 8 a.m.–9 p.m.

PAC Facility Hours

Easter	Club Closed
Memorial Day	
Club	8 a.m.–6 p.m.*
Back Desk Hours	8 a.m.–5:45 p.m.
PACCare	Closed
Lost Court	11 a.m.–6 p.m. (Grill closes at 5:30 p.m.)
Family swim	10 a.m.–5:45 p.m.
Warm water & lap pools	8 a.m.–5:45 p.m.
Mussels Beach	11 a.m.–6 p.m.
Dolphins Cove	12:30–6 p.m.
Adventure Lagoon	1–6 p.m.
Bob & Vel's	8 a.m.–6 p.m.

July 4

Club	8 a.m.–6 p.m.*
Back Desk Hours	8 a.m.–5:45 p.m.
PACCare	Closed
Lost Court	11 a.m.–6 p.m. (Grill closes at 5:30 p.m.)
Family swim	10 a.m.–5:45 p.m.
Warm water & lap pools	8 a.m.–5:45 p.m.
Mussels Beach	10:30 a.m.–6 p.m.
Dolphins Cove	12:30–6 p.m.
Adventure Lagoon	1–6 p.m.
Bob & Vel's	8 a.m.–6 p.m.

Note: All group and aqua fitness classes will be posted.

* Gold and Gold Cove members – purchase an access card to PAC24 and work out when PAC is closed! See club for details!



Live the #PAClife



Stay connected! Look us up!



Giving back to our community



PAC Reinvests!

To better serve you, we are continuously making updates to the club

Recent Updates

- Outdoor slides refurbished, painted/adult pool heater replaced
- Indoor pool decks resurfaced
- New flooring women's pool-side locker room
- New cycling bikes in Studio 1
- Men's adult locker room remodel

Coming Next

- Painting women's with girls locker room
- Painting Studio 3
- Basketball courts sanded and resealed (Summer 2020)
- New indoor pool roof (Summer 2020)
- Front desk remodel

Prairie Athletic Club appreciates this community and continues to make it a better place to live!

PAC donated to the following:

- Sun Prairie Education Foundation
- Sun Prairie Youth Hockey
- Sun Prairie School District Wellness Initiative
- Shelter from the Storm
- Waunakee Wrestling
- Sun Prairie Food Pantry
- Sunshine Place
- Sun Prairie Basketball Boosters
- Madison Country Day School
- Sun Prairie Storm
- Sun Prairie Hockey Boosters
- Colonial Club
- Deerfield Community Center
- Sun Prairie Optimist Club
- Sun Prairie Archery Boosters
- Sun Prairie Education Foundation
- Windsor Deforest Baseball
- Military groups – testing site

Passing the maintenance torch!



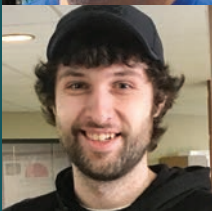
Thank you to John Wedan

John has worked in our maintenance department for almost 30 years! John covered our early morning hours and his contribution to maintaining our facility over the years will truly be missed! We hope you get more sleep in your retirement years!



Thank you to John Rolfes

John has managed the maintenance of our fitness equipment for 17 years. John has been invaluable in keeping our equipment clean and operational. We wish him well in his retirement years!



Welcome to Matt Miller

Matt is our new fitness machine manager. Matt has worked with us part-time while in school. We are very excited to have him with us full-time. Matt is very talented and a very hard worker! Please say Hi if you see Matt!



BURGERS • FRIES • SHAKES

695 S Grand Avenue Sun Prairie
(608) 249-7047 | mooyah.com



May 23 & 24, 2020

Half Marathon
10K
5K
Kids Race

RUNMADTOWN.COM

MY MEMBERSHIP

Dolphins Cove and Outdoor Pools Opening Memorial Day Weekend!



It's time to advertise your business with us

Looking for affordable ways to advertise all around town?

Advertise your business this at PAC where more than 16,000 members and 250 daily guests will see your business.

- Outdoor Movie Night Sponsor
- Racquetball Tournaments
- Year Round Advertising – Business of the month, Highway 151 digital board, fieldhouse banner

Want a way to guarantee customers through your door?

Contact us about our Fit Rewards program to find out how your business can help reward our members for working out and also increase your business all in exchange for advertising at PAC. For more information, contact Katie at k.lee@prairieathletic.com or (608) 834-2639.



Club Reminders

- Please remember – cell phones, cameras and recording devices are not allowed in the locker rooms; music with headphones is allowed
- Please do not wear your street shoes while working out

Mother's Day Specials

April 27–May 10

Discounts on all your favorites at PAC!

TRX, Hot Yoga, Pilates Reformer, Personal Training, Massage and more! The perfect gift for mom. Buy online at prairieathletic.com.



Prairie Athletic Club Referral Program

It's a fantastic time to introduce a new family to Prairie Athletic Club! Your referral is a compliment to our facility, service and staff. Bring in your friend(s) with the completed guest pass (below). When the guest joins, you will receive a prize. Check out the upcoming referral prizes below.

Membership Referral Prizes

- March \$25 PAC gift card
- April You choose: 1-month unlimited MX4, Hot Yoga, TRX, bootcamp or Pilates Reformer
- May \$25 The Lost Court gift card
- June 2 Dolphins Cove Guest Passes
- July \$25 BB Jacks Cottage Grove
- August \$25 Buck & Honey's

Note: Referral prizes valid for 1- or 2-year memberships.

Referral Guest Pass must be filled out ahead of time.



Referral Guest Pass

MEMBERS - Use this guest pass to introduce one new family to Prairie Athletic Club for one day.

Guest name(s) _____

Member name _____

Member # _____

Valid for two adults and up to four children (< age 19). Redeem daily before 8 p.m. Not valid for Dolphins Cove. Valid for first visit only. Must live within a 30 mile radius. Guests under age 18 must be supervised by an adult 21 or older. Guests must show photo ID. Not valid with group rentals, party rentals or on holidays. Not valid with any other offers. Guest pass expires 8/31/2020.



Facility Rental Information

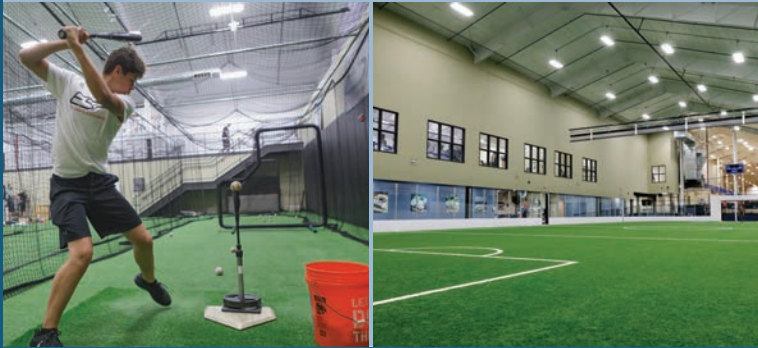
Available to rent – soccer field, batting cages and basketball courts

For more information, contact Kevyn or Peggy:

- **Soccer field and batting cages**
Kevyn Feiner at k.feiner@prairieathletic.com or (608) 834-2629
- **Basketball courts**
Peggy Simmons at p.simmons@prairieathletic.com or (608) 834-2606

A great way to improve your game!

Reserve one of our sports areas today.



Visit prairieathletic.com/The-Club/Facility-Rentals for rental rates/policies.



Back to Basic Training

Back to Basic Training Event – June 6

Please join us for our seventh annual "Back to Basic Training" charity event. Participants compete in grueling, yet fun, tests of physical endurance. Through their efforts and sponsorships, we raise money for Back to Basic Training whose mission is to honor those who gave the ultimate sacrifice for our safety and freedom and to empower our veteran's with disabilities and first responders through fitness.

For more information and to sign up visit backtobasictraining.org.



Live the #PAClife



Monday–Thursday 10 a.m.–9 p.m.
Friday–Sunday 10 a.m.–10 p.m.
1219 W. Main Street • Sun Prairie
(608) 834-8900 • falbobrospizza.com

Italian Extra Virgin Olive Oils and Aged Balsamic Vinegars on Tap!

- ▶ Avocado and Sesame Oils
- ▶ Organic, Salt-free Spices
- ▶ Healthy Sauces and Marinades
- ▶ Ancient Grains, Beans and Lentils



2824 Prairie Lakes Dr. #102 | Sun Prairie, WI 53590 | 608-535-1300
[facebook/TheOilerieSunPrairie](https://www.facebook.com/TheOilerieSunPrairie) | Mon-Fri 10-6, Sat 10-5, Sun 11-4



FLEET FEET Sports

Sun Prairie's Running and Fitness Store

SHOES - GEAR - TRAINING
RUNNING - WALKING - TRIATHLON

2828 Prairie Lakes Dr, Ste 106, Sun Prairie



2402 Montana Ave
Sun Prairie, WI 53590
608-837-4300
hairexcellence.net

Lock in Low Dolphins Cove Summer Add-on Rates Now!



Students upgrade to include Dolphins Cove Membership and Adventure Lagoon

Memorial Day–Labor Day
(includes all outdoor facilities)

Hang out with friends at the pools all summer long!

Students (ages 12–18) \$125

2020 Summer Gold Cove membership add-on rates

Great for grandparents, college kids, babysitters (age 16+), or immediate family members adding on in June, July and August.

Gold Cove Child (<14)	3 month membership – \$140 or \$50/mo.
Gold Cove Teen (14-18)	3 month membership – \$155 or \$55/mo.
Gold Cove Adult (19+)	3 month membership – \$174 or \$65/mo.
Max Family Rate	3 month membership – \$310 or \$140/mo.

Maximum family rate includes up to 4 add-ons (immediate family only). Dolphins Cove is also included for the membership add-on.

Emerald Plus Members – 2020 Dolphins Cove and Adventure Lagoon add-on rates

Memorial Day–Labor Day (Includes *all* outdoor facilities)

• Family 4+	\$275	• Family (2)	\$175
• Family (3)	\$225	• Single (1)	\$125

Rates good for PAC members who do not have Dolphins Cove included in their base membership.

Payment must be made at time of signup. All participants must have active PAC membership to be included on the Dolphins Cove membership. Please compare this option of only adding Dolphins Cove to your existing membership to the "Gold Cove" monthly membership option. Upgrade must remain active for one year.

Dolphins Cove Events

May 25	Opening & Memorial Day Fun	<i>Dolphins Cove membership required or paid guest fee</i>
June 6	Summer Kick-off Party	
June 12	School's Out Party	
June 21	Father's Day Fun	
July 4	9th Annual Splash Cup Boat Races	
August 15, 16	Member Appreciation Days! (DC Guests \$6.50+tax)	
August 23	Middle School Fun Night Private Party	
September 7	Dolphins Cove End of Year Party	

Jumbotron Movie Nights posted one week in advance based on weather forecast



It's Party Time!

Perfect venue for your next party!

Enjoy PAC's outdoor water park with 50,000 square feet of play!

Featuring

- 8 Water Slides
- Lazy River
- Sand Volleyball
- 7 Basketball Hoops
- Zip Line
- Aqua Climbing Wall
- Parties for ANY age!

Sun-Sational Basic Party

- 2.5 hours reserved seating/unlimited play in the water park
- Includes 5 wristbands for non-member guests
- Non-prime time – Members \$150, non-members \$200
- Prime time – Members \$200, non-members \$250

Splash-Tastic Deluxe Party

- 2.5 hours reserved seating/unlimited play in the water park
- Includes 10 wristbands for non-member guests
- (4) 14 inch large 1-topping pizzas & two pitchers of soda or lemonade
- Non-prime time – Members \$250, non-members \$300
- Prime time – Members \$300, non-members \$350

No fee for party guests who are Dolphins Cove members

Please contact Anne at (608) 834-2637 or partycoordinator@prairieathletic.com to schedule your birthday fun!

-Join Us at the Cove!-



School Groups and Field Trips

Bring your Group or Daycare for a DAY of FUN at Dolphins Cove!

Each day Dolphins Cove can accommodate groups of up to 100 additional guests during peak times (afternoons) and up to 250 during non-peak times (evenings). Ages 5 and older.

Your VIP Park Passes include:

- Waterpark pass to use Dolphins Cove, Adventure Lagoon and outdoor pool areas
- Sand volleyball courts
- Express check-in for your group
- Reserved seating during lunch and snack time
- Concessions available for purchase

Dolphins Cove

2020 Season



Dolphins Cove is Dane county's BEST and Madison area's ONLY private outdoor water park! Dolphins Cove voted "Best thing for kids to do" in Sun Prairie! The park features 50,000 square feet of fun with the addition of Adventure Lagoon! Featuring daily sporting events, family movie nights, fun & entertainment on our **16 ft JUMBOTRON!**



Dolphins Cove Features

- All outdoor pools heated to 82°
- Zero depth family pool (Mussels Beach)
- Lazy River
- 250-gallon water bucket dump
- More than 800 feet of high-speed super slides
- Interactive water-play options
- "Parrot-dise Palms" outdoor bar & party deck

- Kid's activity pool with water basketball and rope climbing
- Family whirlpool (ages 6+)
- Sand volleyball courts with Friday challenge and nightly leagues
- Kids love taking a break from the water to play volleyball or make sand castles
- Adult pool (ages 16+)

Adventure Lagoon Features

- 5,000 square foot deep water lap pool
- Two Chute slides into deep water
- 75 ft zip line
- 18 ft climbing wall with fall into pool
- Water basketball and teen deck
- Outdoor lap swim schedule available



Tentative 2020 Summer Schedule

Memorial Day Weekend

	Dolphins Cove	Adventure Lagoon	Mussels Beach
May 22-24	Closed	Closed	12 p.m.-6 p.m.
May 25	12:30-6 p.m.	1-6 p.m.	11 a.m.-6 p.m.

Pre-Season

	Dolphins Cove	Adventure Lagoon	Mussels Beach
June 6-7,	12:30-6:30 p.m.	1-5/6 p.m.	11 a.m.-7 p.m.
*June 1-5,8-11	Closed	Closed	11/12-7 p.m.

**Additional hours may be added during the day for school groups or extremely hot weather. Members are welcome for school groups; however the park may be very busy.*

Regular Season – June 12-August 19

	Dolphins Cove	Adventure Lagoon	Mussels Beach
Monday -Thursday	12:30-6 p.m.	1-5/6 p.m.	10:30 a.m.-8 p.m.
Friday-Sunday	12:30-6:30 p.m.	1-5/6 p.m.	10:30 a.m.-8 p.m.
July 4	12:30-6 p.m.	1-6 p.m.	10:30 a.m.-6 p.m.

End of Season August 20-August 31

	Dolphins Cove	Adventure Lagoon	Mussels Beach
August 20 (CornFest parade)	1-5 p.m.	1-5 p.m.	11 a.m.-7 p.m.
Daily (August 21- August 31)	1-6 p.m.	*1-5/5:30 p.m.	11 a.m.-7/7:30 p.m.

**Except 5:15 p.m. on Monday*

Labor Day Weekend – September 5-7

Hours will be posted at a later date based on staff availability and weather.

Check our website daily for Dolphins Cove hours and featured sporting events and movies on the JUMBOTRON!

Please note: Check our website as hours and events will be posted daily. Dolphins Cove & Adventure Lagoon require 20+ lifeguards and staff members. Adventure Lagoon and Dolphins Cove will be open when a swimming crowd can be expected: typically with weather forecasted to be sunny and 75+ degrees. On average weather days, we may only open Dolphins Cove as average weather will bring a smaller crowd. Opening decisions may be backed up if the morning weather is questionable...guards are available daily with a one hour notice. The park may close early due to inclement weather. Hours may be extended on hot days! Mussels Beach will open with temps in the low 70's and above. Mussels Beach requires only one guard and may be opened quickly for members. The adult pool will be open for all ages when Mussels Beach is closed, 14+ when Mussels Beach is open and 16+ when Dolphins Cove and or Adventure Lagoon are open.

Have a fun-filled family day at Dolphins Cove!





Massage Therapy

AT PRAIRIE ATHLETIC CLUB

Massage Rates

30 minutes \$40

60 minutes \$75

90 minutes \$100

Package pricing available! Receive a free 30 min massage with the purchase of (5) 60 min, (5) 90 min or (10) 30 min massage gift cards

We enforce a 3 hour cancellation policy or the client will be charged a \$25 fee. Please plan to arrive 10 minutes prior to your first session to fill out a health history intake form. Children under 18 must be accompanied by a parent or guardian to fill out their intake forms. Children under 16 are required to have a parent or guardian present on the premises during the massage session.



Our therapists strive to provide you with the latest and best massage and bodywork techniques.

Take time for yourself or give the gift of massage to someone close to you. Massage Gift Cards are available at the front desk.

Our massage rooms offer a "stress-free zone" to our clients. Come in and relax.

where are we located?

Our massage department is located in a shared space with Total Wellness. Your massage session takes place in one of our two massage rooms. Music may be played to help you relax as you lie on a table especially designed for your comfort.



Non-Members Welcome!

Variety of Modalities

Our therapists are trained in a variety of modalities to help with all of your health and wellness needs. From medical and therapeutic massage to deep relaxation and general stress relief, we do it all.

- Swedish/Relaxation
- Aromatherapy
- Deep Tissue
- EMF Balancing
- Neurovascular Therapy
- Cupping & Gua-Sha
- Acupressure
- Myofascial Release
- Cranio-sacral Therapy
- Pre & Post Natal
- Reiki
- Sports Massage
- Trigger Point Therapy

If you are unsure which type of massage is right for you, talk to any of our therapists. Each massage is custom designed for your specific needs using a variety of techniques. Your input before and during the massage can only improve the benefit of your treatment. Appointments available seven days a week.

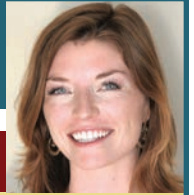


What to Expect

Prior to your massage session you will be asked to fill out a confidential health intake form. This is a good time to give your therapist any information that will help them design a massage just for you. You may undress to whatever level you wish in privacy and you will be professionally draped at all times throughout your massage.

Our Massage therapists adhere to a strict professional code of ethics. Feedback during your massage is important. Keep in mind that massage doesn't have to be painful to be effective. Don't be afraid to let your therapist know if something is painful or if you need more pressure. We will do all we can to make your massage an enjoyable experience. If you need the room warmer or cooler or if you have any other specials needs; please let your therapist know.





Welcome to SOL



New to Yoga? Megan shares her advice.

Gentle Yin Fusion class – there are quite a few classes you can take starting out as a beginner in Yoga. Our Gentle Yin Fusion class (Monday at 5:45 p.m. and Saturday at 10 a.m.) is truly a great one if you'd like to ease your body into the practice. A class like this is a slow to steady pace and quite gentle overall. It helps you release stress and tension in your body and mind. Any other Yin class is another suitable place to start. If you're incredibly tight or have lower back pain, Yin is the right place for you.

Yoga Foundations and Meditation – if your desire is to learn the standing poses, I encourage you to take the Yoga Foundations and Meditation class on Tuesdays at 9:30–10:45 a.m. In this class, we really break it all down on how to be in proper alignment, how to engage to get your muscles to fire and build strength, and how to work with the breath, and how to keep your body safe.

Slow Flow – if the Yoga Foundations class doesn't work in your schedule, take Slow Flow classes until you feel fairly knowledgeable about the poses.

Flow and Power – after Slow Flow, you can progress into the Flow and even Power classes, which are faster paced and offer more advanced poses.

No matter where you're at in your practice, you can always modify the poses to fit your body. Everybody is welcome at SOL Yoga, and we embrace the challenges that arise on our Yoga journey with compassion and acceptance.

Yoga Deals for Members!

- Free first class!
- \$30 for two weeks

Unlimited trial – a great way to see if SOL yoga is the right fit for you by trying many different classes and different instructors.

If you decide you'd like to commit to a Yoga practice for one year while you are on your two-week trial, receive six months at a discounted rate:

PAC Member: \$39 per month for the first six months/\$49 per month for the second six months.



Let's hear from you...

"I have been a member of the PAC for the last 10+ years. I was looking for a more natural alternative for lowering my blood pressure. I had read in an article that yoga can help decrease blood pressure by increasing the activity of the parasympathetic nervous system. At first, I was a bit uncertain if I would fit into the yoga community, but in January 2017, I took advantage of a free hot yoga class at SOL and I was immediately hooked. Everyone is friendly, from the instructors to fellow yogis. SOL Yoga is a welcoming environment for everyone—no matter what your fitness level is. The instructors are all knowledgeable and approachable. They are there to assist you, help you deepen your yoga practice, and challenge you in a way that is positive and supportive to your overall wellbeing—mind, body and spirit." ~ Tracy

Rooftop Yoga back this summer!

Watch the schedule to see when you can ease into your day with a Rooftop Flow Yoga Class. You'll start your day off right, feeling the morning sun on your face and breeze on your skin. We'll move mindfully by linking our breath to our movement. Join us atop Adventure Lagoon—also known as the Teen Deck.

This class is held outside weather permitting. If it's raining or lower than 60 degrees, we hold the class upstairs in SOL. When you arrive, check with the back desk to see where the class is being held.

Please bring your own mat if you can. Otherwise, we have one to lend—stop by the back desk.





GROUP FITNESS

Tanya Ward • Group Fitness Director – (608) 834-2625 • t.ward@prairieathletic.com

Group Fitness – find your group and find results!

Bring on Spring!

If you had fun with the Group Fitness Holiday Hustle Challenge in December, then watch for our Spring Group Fitness Challenge! Attend Group Fitness classes, earn points, and win prizes! More importantly, stay on track with your fitness goals as summer quickly approaches! More details coming soon.

Class Spotlight – CXWorx



The name CXWorx captures what the workout is all about. The 'C' stands for 'Core' while 'X' illustrates the targeted 'sling' muscles that cross diagonally from shoulder to hip.

What should you expect in a CXWorx class?

- 30-minute core workout designed to build strength, stability and endurance in the muscles that support your core, including glutes, abdominals and back muscles
- Exercises utilizing weight plates and resistance bands, and body weight exercises like planks, hovers and crunches
- All moves in CXWorx have options, so each exercise can be challenging yet achievable for all levels of fitness

What are the benefits of CXWorx?

CXWorx hones in on your torso and sling muscles that connect your upper and lower body. Ideal for tightening stomach and glutes.

- Improves functional strength and assists in injury prevention
- Increases core strength, tones abs/glutes/legs and improves posture
- A stronger core makes you better at all things you do, from everyday life to your favorite sports—it's the glue that holds everything together

CXWork Class Schedule

Monday	Tuesday	Wednesday	Thursday	Friday
6:15 a.m.	8:45 a.m.	6:15 a.m.	9:05 a.m.	9:25 a.m.
6:50 a.m.		5:05 p.m.	6:15 p.m.	

Spring/Summer Group Fitness Launches

Watch for our group fitness launches in April and July! These events are free to all members and non-members, and are the perfect opportunity to try the latest releases of BodyPump, Sprint, Grit and more. Try something new, bring a friend, and get your sweat on!



Premium Class Membership – all for \$99 a month!

Stop paying for classes elsewhere! Prairie Athletic Club offers everything you need to achieve all your fitness goals. This Premium Class Membership gets you access to our premium class offerings.

Classes included

- SOL Yoga
- Bootcamp
- Pilates Reformer
- MX4
- Masters Swim
- TRX
- Cycle Ops (Nov.–May)
- Barre
- Spray Tanning (2 per mo.)
- BOGAFIT (Jun.–Aug.)

Option to add CrossFit or Training Zone for additional fee per person, per program. Upgrade option available for unlimited spray tans for additional \$25 per month.





Instructor Spotlight Heidi C.

Heidi has been teaching classes at PAC since December 2002 – almost 17 years! She started teaching BodyPump and has since trained in CXWorx, Grit, RPM, SPRINT, and Silver Sneakers! She's the sweetest person, but teaches a mean class!

Let's hear more from Heidi

1. What was the first group fitness class you attended?

BodyPump. I was hooked right away!

2. What do you love most about our spotlight class, CXWorx?

The core is our body's foundation and when it's strong everything else becomes easier. It's really nice to have a way to 100 percent focus on the core for 30 minutes. Also, it truly is for everyone—all

fitness levels and ages. I love teaching it because of the connection with participants, it allows for very direct connection with everyone in the room. I also love seeing people begin to take the more difficult options once they start to get stronger in the core.

3. What is something about you that we may not know?

I never in a million years thought I'd be a group exercise instructor. Being in front of a group was not my thing. But facing those fears and taking the opportunity that was presented to me was one of the best decisions I ever made! Group fitness, not only teaching but also participating, has really had a huge impact on my life.



Group Fitness – Not Just For Adults!

Watch prairieathletic.com for the next youth group fitness six-week sessions!

Sign up for classes such as youth TRX, Yoga and Mindfulness, Kickboxing and Tae Kwon Do. Ages 8-12 welcome. Register at prairieathletic.com!

Did you know? Youth ages 12–13 with a teen tag can attend regularly scheduled adult group fitness classes such as BodyCombat, Sh'Bam, and Zumba (with a participating parent). Ages 14 and up can attend any classes on our regular Group Fitness Schedule with a participating parent.

 **Special Class on Saturday, May 2!**

Zumba is a fun, easy to follow, Latin-inspired dance workout. On Saturday, May 2, PAC is hosting a Zumba instructor training and would love you to join us for a special Zumba class led by Zumba Education Specialist (ZES) Kelly Bullard – Free to all PAC members! Time to be determined.

Where Can I Find the Group Fitness Schedule?

Visit prairieathletic.com and click "Schedules" at the top of the page.

- **Group Fitness Schedules** – to see all the classes included with Platinum, Gold, and Gold Cove memberships. You'll even find our Aqua Fitness classes here. You can always pick up a paper schedule at front or back desk as well!
- **MindBody Schedules** – to see our Premium classes that require an extra fee and registration on MindBody (SOL Yoga, TRX, MX4, Pilates Reformer).

Got 30 Minutes?

Then you've got time to rock one of these classes!

- **CXWorx** – 30 minute core training
- **RPM Express** – 30 minute cycling/cardio workout
- **Grit** – 30 minute high intensity interval training
- **Sprint** – 30 minute high intensity interval training on a bike
- **P90x Express** – 30 minute strength and cardio interval training
- **BodyFlow Express** – 30 minute Tai Chi, Yoga, & Pilates class
- **Strong 30** – 30 minute cardio & conditioning class
- **MX4** – 30 minute small group training for cardio, power, strength & endurance



Did You Know?

We have a Facebook group for PAC Group Fitness Members! Search for the Prairie Athletic Club Group Fitness Members page on Facebook and click "Join Group" to receive class schedule updates and exciting promotions happening in PAC Group Fitness!

Live the #PAClife

ENDURANCE TRAINING/COACHING

Chris Thompson • (608) 834-2604 • c.thompson@prairieathletic.com



PAC's USAT Triathlon Coach, Chris Thompson

Be Strong and Courageous

Coach Chris is a USA Triathlon coach

Chris is a wife, mother and has been training and competing in triathlons for 12 years. She completed five Ironmans including a 10th, 2nd, and 1st place finish at IMWI and two finishes at the Ironman World Championships in Kona, Hawaii. She is a 2018 and 2019 Boston Qualifier and a 2018 Boston Finisher. She has race experience at all triathlon and running distances. Chris began her triathlon coaching 10 years ago and enjoys working with athletes of all different skill levels (from beginner to advanced). In 2015, after being nominated by the PAC Tri-Team, Chris was awarded the USAT "Spirit of Multi-sport Award." This award is given to those individuals who illustrate the positive spirit principles of the sport, by identifying athletes who display excellent sportsmanship and leadership in multi-sport, with no difference to athletic ability. Chris and the rest of the coaching staff are looking forward to helping you achieve your 2020 multi-sport goals! Stop by and meet the coaching staff or visit prairieathletic.com for more information.

Join PAC Tri Team today!

Becoming a member of the Prairie Athletic Tri-Team has multiple benefits. We offer members a sense of community, organized social activities, group training, support at local races, opportunities to volunteer, monthly meetings, team gear, training tips, discounts to local races and retailers, and individual and group guidance from our USA Triathlon, USA Cycling and USA Swim coaches. To join the team or for more information, contact Chris. Stay connected – visit us at prairieathletictriteam.com.

Mark your calendars! 2020 Tri Team Kick off is March 1, 2020!



Triathlon Coaching – Individual and Group

Let us be the difference between who you are and who you want to be. If you're racing any distance from a sprint to the Ironman, take your racing to the next level with triathlon coaching. Visit our website for more details!



Prairie Athletic Club Kids Triathlon Program

Prairie Athletic Club is hosting a training program to prepare kids for the Sun Prairie Tri 4 Schools Triathlon on Saturday June 20. Training sessions involve, swimming, biking, running and other fitness related activities and games. Each class starts with a snack and an overview of that day's activities. Your registration includes eight weeks of training, a T-shirt, and entry into the Sun Prairie Tri 4 Schools triathlon. The program is open to children ages 5 to 14. The sessions are led by USA Triathlon certified coaches. Register at www.tri4schools.org/events/exercise-achievement/

Tuesdays and Thursdays 4–5:15 p.m.

Begins April 21

Please contact Tom at t.alff@prairieathletic.com with any questions.



ENDURANCE TRAINING/COACHING

Chris Thompson • (608) 834-2604 • c.thompson@prairieathletic.com

Beginners Triathlon Program

Are you interested in the sport of Triathlon but don't know where to start?

Need help with swimming? Not sure how much you need to swim, bike, or run to prepare for a triathlon? Our Beginners Triathlon Program is for you. We are offering a 12-week program to get you started in triathlon and prepare you to compete in the Pardeeville Triathlon on Sunday, July 11.

Included in our program – 12-week training schedule to prepare you for your race, weekly team workouts with the other participants, swim time in the pool to work on your technique, a program T-shirt and daily access to coaches for any questions you may have. The program is led by our USA Triathlon certified coaches.

Wednesday 9 p.m.
Begins April 15

Contact Chris at c.thompson@prairieathletic.com for more information or check our website for details.



Race Prep Series

Are you racing 70.3 Wisconsin or Ironman Wisconsin?

We offer clinics for the following races to help you become more familiar with the race course and to provide you a day simulation that includes a chance to swim part of the course, the opportunity to ride the bike course followed up with a run off the bike. We provide kayak support for the swim and aid stations and bike support on the bike course. Our goal is to provide you with enough information so when race day comes you are confident and ready for your big day.

Each clinic also consists of the following – swim talk and race guidance, tips on transitions from swim to bike and bike to run and a time to celebrate after you are completed.

2020 Calendar

- | | |
|---------------------------|-----------------------|
| • May 24 – Wisconsin 70.3 | Fees |
| • June 28 – Door County | Half IM Distance \$30 |
| • August 23 – IMWI IM | Distance \$50 |

Contact Chris at c.thompson@prairieathletic.com for more information or check our website for details.



Live the #PAClife



Masters Swim Program
See page 32 for information



PERSONAL TRAINING

Kraig Kuchenbecker • Personal Training Mgr. – (608) 834-2628 • k.kuchenbecker@prairieathletic.com

Let us help you with your training goals



Let's hear from you....

I am about 15 degrees beyond needle phobic. My entire story is dependent on the fact that I won't take a needle, not even for a root canal. Without that knowledge, my story is no different than anyone else's.

At the end of January, 2019, I had my once-a-decade blood tests. I grudgingly went (and freaked out, almost passed out), but I thought I was done for another ten years. Until my doctor called. I was terribly, horribly, massively diabetic. My cholesterol was off the charts. My liver was in big trouble. I was aware that I was obese and had hypertension, but these things were new. And terrifying.

Due to my overwhelming phobia, my doctor allowed me to try oral medication first, but we all knew it wouldn't be enough on its own. We knew insulin was going to be in my future unless I managed a miracle, but I would not, could not be insulin compliant, and diabetes would be the death of me if left unchecked. I NEEDED that miracle.

My miracle came in the unlikely form of Kevyn Feiner. His specialty is training athletes, not adults. He told me so himself. Fortunately, I am immature enough that I talked (begged) him into taking me on. Once a week, every week, he takes great joy in making me sweat, swear, and sometimes even cry, but he has facilitated my miracle. He pushes me to do what I can, and then go beyond. He pushes me to try new things on the days I am not with him. He pushes me not to give up. He tries to convince me that my extra loose skin isn't THAT bad. And I love him for all of those things.



It was not just Kevyn. I did my part too. I now watch everything I put in my mouth. I've made serious changes to what I eat, what I drink, how much I exercise, how much I move during the day, my carbs, fats and proteins, my sleep, my stress levels. In short, I changed every facet of my life.

It has been 11 months. I am down 62 pounds. I am no longer obese, and am close to no longer being overweight, according to the AMA. I went from scarily high diabetic who should have been immediately on insulin to an A1C so low, I am in the normal range. My liver has healed. My cholesterol is in the low normal range. I am no longer on hypertension meds, and I am coming off my oral diabetes meds. I am wearing a two piece on my trip to Jamaica.

Thank you to PAC. To Pete and Jenny, who have been my cheerleaders. To Michelle, Anthony, and the other desk staff who know my name and make me feel welcome. To the managers who tell me how proud they are of me. To Kevyn, my miracle.

Trust me, if I can pull off a miracle, YOU CAN TOO. Just ask for the help you need. ~ Anne

Reach your goals
with our support!

Let's hear from you...

I've been working with Lauren since February 2019. I primarily was looking to gain strength after having four children. In the last year, I have lost 47 lbs and 37 inches in total and gained an incredible amount of strength and endurance. I feel amazing and can't wait to see what this year brings!! ~ Rebecca



Free Fit, Fun Workshops

Want to learn more about all of the fitness programs offered at PAC? Find out what classes and programs are best for you and explore our equipment with one of our certified Personal Trainers at our FREE Fit, Fun Workshops.

Wednesday 6-7 p.m.

Register for a workshop at prairieathletic.com!



Like us on Facebook

Visit our Facebook page at [Facebook.com/pacpt](https://www.facebook.com/pacpt) for the latest in programs, fitness and nutrition tips!

PERSONAL TRAINING

Kraig Kuchenbecker • Personal Training Mgr. – (608) 834-2628 • k.kuchenbecker@prairieathletic.com



Batcamp

A large group training session led by one of our certified personal trainers, with high intensity interval exercises that challenge participants to their limits. It is designed for those who exercise regularly and need more variety in their workouts. Our trainers provide the intensity and variety with the added accountability and motivation that comes with individuals who train and succeed as a team. Incorporating a vast array of tools (med ball, bands, kettle bells, TRX) in metabolic circuits to simultaneously develop strength, power, endurance, mobility, balance, flexibility and core stability.

Options

- Single sessions – Members \$12, non-members \$15
- Unlimited sessions per week – 3-month commitment
Members \$80/month, non-members \$100/month
- For unlimited bootcamp and other classes see page 12 for information on the Premium Class Membership



Meet PAC's New Trainer – Brittany

Fitness and sports have been a core piece of my life for as long as I can remember so I'm very excited to bring my passions to the PAC family. I am a graduate of the University of North Carolina where I competed in track and field and received my bachelor's in Exercise and Sport Science and Psychology. I then spent a few years working overseas with college students and upon returning, helped train some of the Badgers' sports teams. Outside of the fitness world, I love traveling and exploring new places and cultures. My fitness philosophy begins with developing and motivating people to reach their full potential through creating an environment that is both enjoyable and purpose-driven. Ultimately, my goal is for my clients and athletes to cultivate and discover their personal passions, helping to instill a sense of purpose beyond the gym. My specialty is strength and conditioning training for athletic-minded clients training towards a goal, whether that be a big race or a weekly basketball game after work. Additionally, I enjoy working with clients looking to train for overall strength, health and wellness, tying in my knowledge and passion for nutrition to maximize your fitness results.



Nutritional Coaching

We'll guide you through habit forming lifestyle and nutritional changes.

If you're struggling to lose weight on your own, or just aren't sure if you're fueling your body right during your workouts, our nutrition coaches can help! Your nutrition coach provides you with a nutrition plan to optimize performance, fuel your body, and provide you with long term results without leaving you feeling deprived. If it's a weight loss goal, maintenance, or muscle/fitness enhancement, this plan is customized to you and adjusted according to your body. For more information, contact Kraig at k.kuchenbecker@prairieathletic.com.

InBody Analysis

Find out what your weight is really made of (skeletal, muscle, water, fat). The InBody analysis can help you track your own personal progress and set precise goals in your fitness journey.

InBody analysis is included in these programs – Total Body Transformation • Nutritional Coaching • Personal Training packages • Competition Prep • Six-week Contests

Members may also purchase an InBody Analysis outside of participating in the programs above. Schedule an appointment for an InBody analysis on our website.



- Single session \$20
- Five sessions \$60

Fitness Competition Preparation



Let our fitness professionals take your body and physique to the next level!

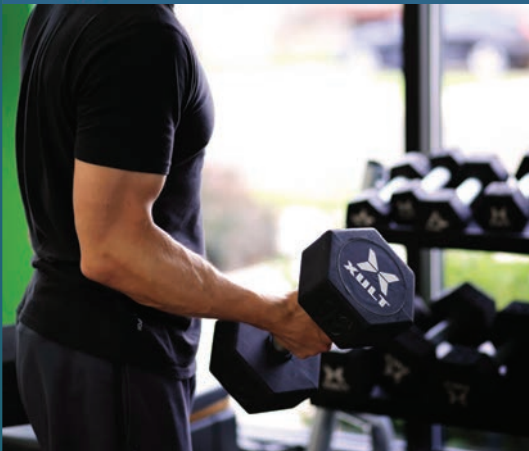
The Bodybuilding Competition industry continues to grow in popularity. Have you ever considered doing a competition? Our Natural Bodybuilding Coaches specialize in helping athletes reach peak conditioning. Our coaches support you through your entire process and help you achieve your goal to be your best self on stage!

Contact our Personal Training Department for more information!

PAC TRAINING ZONE

Kraig Kuchenbecker • Personal Training Mgr. – (608) 834-2628 • k.kuchenbecker@prairieathletic.com

What makes us different?



Get into the **ZONE**

Training Zone Workouts

CARDIO H.I.I.T.

Utilizing the cardio equipment and heart rate technology, each client is given workout zones and intensity levels to work towards along with blasting their core.

RIPPED STRENGTH TRAINING

Each client is given access to an app that between them and their trainer develops, tracks, and monitors progress of their strength training routine.

TOTAL BODY CONDITIONING

Designed to push the client to maximum caloric expenditure through high intensity intervals of full body, compound movements.

Over 35 classes each week!
Watch for upcoming six-week challenges



Accountability • Individuality • Results

The Training Zone's objective is to create a community driven to create a culture of uplifting individuals striving for health and fitness results in a small group fitness community.

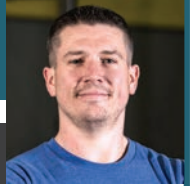
Education and Experience – we have master trainers with extensive educational backgrounds and industry experience

Personalized Programming – we recognize that not all two people are created the same, so their training program should not be either. Our program is devised around common themes but individualized to meet the needs of each member.

Community – our members flourish as individuals become teammates, friends, and community. Healthy living is hard by yourself; we lift each other up, motivate, and hold each other accountable to achieving great results.

Well Rounded – we focus on an all-encompassing approach to health and wellness. From the workouts, recovery, lifestyle, healthy habit formation, and nutritional education. We want your health and wellness journey to be one that is realistic for a lifelong success.





Join the Vultus family....

Look how much fun we're having!



CrossFit Vultus

CrossFit is a process of taking your mind and body from its current state to becoming fit and physically competent to handle all the challenges in life. For more information, visit prairieathletic.com today!

Member Pricing

- 12-month unlimited single \$99/month
 - 12-month unlimited student (ages 13–23) \$79/mo.
- (*short-term and family rates available online)

CrossFit is for all ages...do you accept the challenge?

Let's hear from you...

- Great atmosphere, along with a great coach! ~ Derek
- Great coaching and great athletes. ~ Clio

What are you waiting for? Join us today!

CrossFit Onramp

An introduction to the techniques of CrossFit

It emphasizes skill development and the basic fundamental movements necessary for regular CrossFit classes. Onramp helps anyone and everyone with our ongoing group classes.

Fee: \$169 – for 5 one-on-one sessions



Like us on Facebook

Take a look at what's happening in our box! Follow us at facebook.com/CrossfitVultus.

CrossFit Kids

Pairing fitness with fun, our program is a great base for kids to carry into other sports and helps introduce fitness as a lifestyle.

CrossFit Kids is open to kids ages 5–12.

Watch for upcoming sessions on our website prairieathletic.com!





ADULT SPORTS

Paul Krueger • Sports Director – (608) 834-2630 • p.krueger@prairieathletic.com

Racquetball season is winding down



Leagues are ongoing

Our racquetball leagues run continuously throughout the season. We have leagues at 6 a.m.; noon; nights and weekends. Stop by the front desk to sign up for a league or contact Paul Krueger at p.krueger@prairieathletic.com or (608) 834-2630 for more information.

Don't forget that we have youth racquetball instruction available online as well –

times to be announced.

Sponsors

I'd like to thank our sponsors for being such an integral part of our tournament success. Primary sponsors such as Phil Sussek, Bruce Thompson, Outlook Development, Focal Point Financial Strategies, GHC, ESPN, American Family Insurance (Larry "Smokey" Anderson Agency), West Prairie Dental, Optimal Performance Innovations and Kyle Veenstra. The same goes for Daly's Bar & Grill, Jimmy John's, Buck & Honey's and Cannery Wine & Spirits. Please consider using these establishments when you do business and thank them for their support of PAC racquetball. And if you are interested in sponsoring a tournament—or know of a business that would—please contact Paul.

Join the fun; leagues and lessons

If you haven't tried racquetball before, we'd love to see you on the court. It's a great workout and a lot of fun at the same time.

The racquetball season is winding down, but we still have plenty going on here at the PAC this summer so you can stay sharp in the offseason. To get on our email distribution list for more info on tourneys and everything else racquetball at the PAC, please email Paul Krueger at p.krueger@prairieathletic.com.

Club Singles

Tracy Chynoweth defeated Dan Thompson in the final for the second straight year to win the Mens Open title for his 10th time overall. Jess Krueger, who had lost in the final four straight years, topped Angie Adler for the Womens Open title. Jesi Haak, who had won the last six crowns did not participate.

Club Doubles

Alex Korenic and Dan Thompson topped Tracy Chynoweth and Adam Reieron for the Mens Open title at PAC's Club Doubles Tournament in December. Dan Thompson teamed with Jesi Haak to win the Mixed Open title. While Haak and Pam Klein took the Womens Open title in a round-robin. Jeff McGee and Jamie Arnold won the Centurion Open.

Women's Racquetball Continues to Grow at the PAC!



We had a great turnout for our Club Singles tourney in the Womens B draw. Some instruction and plenty of games are played on Sunday mornings. We also have a womens doubles league on Thursday nights and many are playing in the coed singles leagues on Monday and Wednesday nights. Contact Angie Adler at a.adler@prairieathletic.com to set up an initial time for instruction or for more information.

Private Lessons

Private lessons are also available with Andy Thompson and Paul Krueger (\$22 for 30 min. or \$40/hour). Thompson is a former pro baseball player and junior world champ. Krueger, who has taught for 35 years, has more than a dozen club titles to go with several state titles and one national title. Contact Andy or Paul to sign up for a private lesson or a group of lessons. Racquetball is a social sport here at the PAC. It's a great way to enjoy your workout and meet new people.



A huge thanks to all of the players, sponsors and PAC staff who helped make the 22nd installment of The Lou one of the most amazing events in the history of the PAC. The best players in the club, the state, the Midwest and the world filled the courts with incredible action for four days. Taking The Lou to a Tier 1 IRT stop was an enormous undertaking but it was worth it to see our members be able to witness ALL of the greatest players in the world in Sun Prairie. In the coming months we will see if we are able to continue as a Tier 1 again next season.

OUR SECRET SAUCE IS SPEED!

FREAKY FAST!  FREAKY GOOD!

AMERICA'S #1 SANDWICH DELIVERY!

**21 TOWER DR.
608.825.2110**

JIMMYJOHNS.COM



Sand Volleyball

Summer is the time for PAC sand volleyball! Once again in 2020—no extra fees for non-members—all team fees are the same regardless of the number of non-members on your team. We also offer up to two hours of day care for non-members on league nights. Sign up for leagues and see team fees on the PAC website at prairieathletic.com. Registration begins March 16 and runs until leagues fill or May 3. Leagues are scheduled to begin the week of May 11 and continue through the end of August for playoff matches. If you are interested in playing in a summer volleyball league or have questions about the volleyball program, contact Paul Krueger at p.krueger@prairieathletic.com or (608) 834-2630.

Summer Leagues

- Mon – Coed BB 6s, Womens BB 4s • Wed – Coed A 4s and BB or B 6s
- Tues – Coed BB, B and C 6s • Thurs – Coed BB, B and C 6s

A Level – Highest play level (power). Players are proficient in all skills. Rules are strictly enforced.

BB Level – High play level (intermediate high). Players are well skilled. Rules are strictly enforced.

B Level – Good level of play (intermediate low). Players have good basic skills. Rules are enforced.

C Level – Fun league (recreational). Players have a basic knowledge of the game. Rule enforcement is relaxed.

New members or those wanting to play on a team can register individually through Paul; however, placement on a team is not guaranteed.

We'll see you on the court!

Registration begins March 16

Challenge Basketball



Get your game on!

Challenge basketball is a time for players to come to the club and play in pick-up games of basketball. All players must sign in on the dry erase board on the court. Players are rotated in.

Monday

5–7 a.m. (ages 14+)
5–6:30 p.m. (ages 35+)

Tuesday

11 a.m.–1 p.m.

Wednesday

5–7 a.m. (ages 14+)
5–6:30 p.m. (ages 35+)

Thursday

11 a.m.–1 p.m. (ages 18+)
5:45–7:15 p.m. (ages 14+)

Friday

5–7 a.m. (ages 14+)

Saturday

7:30–10 a.m. (ages 14+)

Pickleball

Pickleball is one of the fastest growing sports in the country and we have plenty of open Pickleball time for members. We are also offering leagues this spring and possibly a tournament as well. If you are interested in these events, please email Paul at p.krueger@prairieathletic.com to be added to Pickleball email distribution list to stay up to date on PAC Pickleball happenings.

We also sell Pickleballs and Head and Pro-Lite Pickleball paddles at the back desk. Try out our demo program! Rent a paddle for \$5 and every rental you make (within one calendar year) can be put toward the purchase price of a paddle from the PAC. This is a great way to try before you buy.

Open Pickleball

Sunday 10 a.m.–12 p.m. **Thursday** 1–3:30 p.m.

Tuesday 1–3:30 p.m. **Friday** 5:30–7:30 p.m.

Wednesday 9–11:30 a.m. **Saturday** 9–11 a.m.

Fees

Members –free
Non-members – sports guest fees apply

Keep your summer glow all year



Discounts available during Mother's Day Specials April 27–May 10

Try PAC's Spray n Glow – our convenient, state of the art stand up spray tanning bed

Highlights

- Organic and non-toxic
- Lasts up to one week
- Quick, easy and convenient
- No appointments needed
- Only booth of its kind in Sun Prairie!



Congratulations Karen!

PAC Pickleballer Karen Jerg participated in the 2019 Margaritaville USA Pickleball National Championships at the Indian Wells Tennis Garden in Indian Wells, California. More than 2,200 players were in this huge sanctioned tourney and Jerg won the 4.0 age 70–74 age group with Rommie Maxey. Jerg also played 4.5 womens doubles with Georgie Scott and made it to the third round of play.

Fit Rewards Sponsors



1609 Landmark Drive
Cottage Grove, WI 53527
(608) 839-0510



Check us out at:
dalysbarandgrill.com



4339 E Towne Way
Madison, WI 53704
(608) 249-7047



ATHLETIC PERFORMANCE TRAINING

Kevyn Feiner • Performance Trainer – (608) 834-2629 • k.feiner@prairieathletic.com

Welcoming all types of athletes ages 11 and older

Train with a purpose – set yourself apart with a customized workout, made just for you by our ESP trainers.

ESP Elite Sports Performance



Summer Special!
Purchase a 20 pack
by before prices go
up June 1!

ESP Program

Your individualized program is designed on either two, three or four days of training per week. Classes are available Monday–Saturday.

Assessment Process

All athletes must be assessed upon enrolling into the ESP Program. The assessment process helps establish a baseline for your training. After a thorough athletic assessment, you receive your individualized program.

ESP Trainers

Our staff holds special certifications based solely on the development of young athletes through the *International Youth Conditioning Association (IYCA)*, which is the world's leader in youth athletic development.

Trust the Program (#ttp)

Visit ESPathletes.com to view our schedule, meet our staff, view our promotions and read our coach's corner blog—which is free insight from all of our trainers. For more information, contact Kevyn Feiner at k.feiner@prairieathletic.com.

Skills Day

Here's your opportunity to get your name on the ESP record board and show off your speed, strength, and athleticism. Compete in all the events ESP tests its athletes on to gauge athletic ability.

Free to current ESP athletes; \$20 for athletes not enrolled in ESP. Register at ESPathletes.com/skillsday. Skills Day is held once a month.

Upcoming dates:

March 30	5:30 p.m.
April 27	5:30 p.m.
May 28	6 p.m.
June 27	12 p.m.
July 30	12 p.m.
August 25	12 p.m.

To register for Skills Day, scan this QR code with your phone.



"MOST KNOWLEDGEABLE GROUP OF TRAINERS IN THE AREA. THEY DO AN AMAZING JOB OF TEACHING AND GETTING THE BEST OUT OF THEIR ATHLETES."



Summer Training (Ages 11+)

June 15–August 29 (11 weeks)

ESP's multi-tiered approach to Sports Performance – select a 20-pack or unlimited training for the summer and each week pick the classes you would like to attend. ESP is offering several class types this summer.

Strength Training – athletes receive a customized workout to follow each day as they strength train alongside our trainers.

Speed Agility Quickness (SAQ) – athletes follow a progressive speed, agility, and change of direction program in a group setting. Linear and multi-directional classes ensure ability to adhere to an athlete's specific needs.

ESP Conditioning – join our ESP trainers in a progressive conditioning program designed around our heart rate training zones. All athletes are hooked up to a heart monitoring system during class to ensure proper heart rate levels during aerobic and anaerobic exercise. This is a great option for athletes looking to get in shape for their sport season.

ESP Air – ESP created this program that is dedicated to improving vertical and horizontal.

ESP Beach Day – join our ESP trainers for speed and agility in the sand along with explosion and sprint training in the water.

Summer Rates

(effective June 1)

20 Sessions

- Members \$300
- Non-members \$360

Unlimited Summer Training

- Members \$400
- Non-members \$500

For info on ESP summer rates, schedules and more, scan this QR code.



ESP Parent Player Class (Ages 8-10)

Hitting

Tuesdays 6–7 p.m. or 7–8 p.m. | \$120
Limited to the first six participants

Upcoming Sessions

March 31–May 5

Learn alongside your player as you are taken through the proper mechanics of hitting by former professional baseball player Kevyn Feiner during this hour-long session. Learn different drills to apply to your hitter making them ready for the spring/summer season. Guardian **MUST** be present during this class and be an active participant with their player. Don't worry parents, you won't be swinging the bat, rather learning different tactics and drills to take home and use with your player.



Throwing

Wednesdays 7–8 p.m. | \$120
Limited to the first six participants

Upcoming Sessions

March 11–April 15

Learn alongside your player as you are taken through the proper mechanics of throwing and pitching by former professional baseball player Kevyn Feiner during this hour-long session. Learn different drills to apply to your player to make them ready for the spring/summer season. Guardian **MUST** be present during this class and be an active participant with their player. Parents, you will be asked to play catch with your player so make sure you bring your glove to every class. You will also learn arm care tactics along with arm strengthening drills to take home and use with your player.



Spring Parent Player Clinic (ages 8-10)

Learn baseball skills and fundamentals alongside your player. If you would like to participate in our parent player clinic Sunday, March 29 from 8:30-10 a.m., please email Kevyn at k.feiner@prairieathletic.com.

Swing Analysis

Ever wonder what is going on with your swing in games?

Get hitting advice from former professional baseball player Kevyn Feiner.

Receive an extensive evaluation of your swing along with the things you do well and what you need to work on.

Receive a customized drill program tailored to help you with your specific needs. All drills have video explanations of how to do them correctly.

Swing Analysis starting at \$20

Scan this QR code to learn more about swing analysis!



ESP Online Training (Ages 11+)

Can't make it to the club?

Get a sports performance plan at your fingertips! Trust the program and see the results.

Scan this QR code to learn more about online training!



Golf Performance Training

The most important piece of equipment in the game of golf is your body.

Learn from Titleist Performance Institute Certified Trainer Brandon Ferstl how to eliminate physical limitations and improve your golf game.

Email Brandon at b.ferstl@prairieathletic.com to learn more!



Live the #PAClife

MX4

Get More Fit • Stronger • Better

Transform your body in this 30-minute class as you improve cardiovascular endurance, strength and power with the Connexus functional training system. Classes also integrate effective tools like TRX, medicine balls, battle ropes, landmines, and resistance bands with revolutionary cardio equipment including the S-Drive Performance Trainer, Matrix Power and S-Trek.

Benefits: Burn fat faster • Build more muscle • Enjoy the camaraderie of a team environment



Try your first class for Free!

Get it done in 30 minutes! 3 months, unlimited sessions! – choose your start date!

All classes are scheduled on the MindBody website. Members \$119, non-members \$159 (3-month program rate paid in full)



It's time to try Tang Soo Do

Tang Soo Do is a Korean martial art that teaches empty hand and foot fighting, fighting forms, self-defense, and weapons. Tang Soo Do also teaches people to live a healthy and harmonious life. This ancient martial art traces its lineage back 2,000 years to the Korean peninsula.

Why we train

- **Self defense** – we protect our lives and possessions from injustice and danger
- **Health** – we promote our physical and spiritual health and enjoy strong bodies and sound minds through rigorous training
- **Better person** – we strive to be of better character through endurance and hard work

Instructor Saul Easley teaches all classes. For more information, email administrator@prairieathletic.com.

Unlimited Little Dragons Tang Soo Do (ages 4+)
Tuesday/Thursday 6:15–6:45 p.m.
Members \$80 per month, non-members \$90 per month

Unlimited Youth and Adult Tang Soo Do (ages 8+)
Tuesday/Thursday 6:50–7:35 p.m. (All levels/all ranks ages 8 and up)
Tuesday/Thursday 7:40–8:30 p.m. (All levels/all ranks ages 8 and up)
Members \$120 per month, non-members \$130 per month



Six-week Introductory Class

Classes held in Banquet room. Pick your own start date. Price includes uniform. Free preview of classes available anytime.

Little Dragons ages 4 and up
Tuesday/Thursday 6:15–6:45 p.m.

All levels/all ranks ages 8 and up
Tuesday/Thursday 6:50–7:35 p.m.

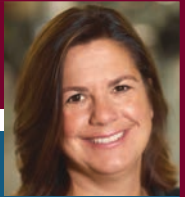
Members \$99, non-member \$110
Register online at prairieathletic.com



Fit Rewards Sponsors



Monday–Saturday 6:30 a.m.–10 p.m.
Sunday Closed
4212 E Washington Ave, Madison
(608) 245-2045



Youth Soccer Instructionals

Spring Session

Week of April 20–May 30
Registration deadline: April 17
(No classes May 23)

Summer Session

Week of June 15–August 15
Registration deadline: June 12
(No classes June 29–July 3)

30-minute Classes

Members \$58, non-members \$68

Little Kickers (Ages 18–36 mos.)

Let's explore!

Wednesday 5–5:30 p.m.

Little Strikers (Age 3)

Let's have fun!

Wednesday 5:30–6 p.m.

Saturday 9:15–9:45 a.m.

Midfield Mayhem (Ages 4–5)

Skills, drills and games!

Saturday 9:45–10:15 a.m.

Indoor Classes

30-minute classes

Members \$72, non-members \$84

Little Kickers (Ages 18–36 mos.)

Let's explore!

Wednesday 5–5:30 p.m.

Little Strikers (Age 3)

Let's have fun!

Wednesday 5:30–6 p.m.

Saturday 9:15–9:45 a.m.

Midfield Mayhem (Ages 4–5)

Skills, drills and games!

Wednesday 6–6:30 p.m.

Saturday 9:45–10:15 a.m.

1-hour Classes

Members \$76, non-members, \$86

Hour-long classes start with 30 minutes of instruction and are followed by 30 minutes of casual scrimmage.

Midfield Mayhem (Ages 4–5)

Skills, drills, games and scrimmage

Wednesday 6–7 p.m.

Saturday 10:15–11:15 a.m.

Elite Feet (Ages 6–9)

Teamwork and technique!

Wednesday 7–8 p.m.

Saturday 11:15 a.m.–12:15 p.m.

Outdoor Classes

Class are held at the Liberty Square field.

1-hour classes

Members \$88, non-members \$98

Midfield Mayhem (Ages 4–5)

Skills, drills and games!

Monday 5:30–6:30 p.m.

Elite Feet (Ages 6–9)

Teamwork and technique!

Monday 6:30–7:30 p.m.

Soccer Rental Packages

Our soccer field is approximately 70 feet wide by 165 feet long. Please make sure to fill out our online questionnaire before renting. Contact Kevyn Feiner for more information at k.feiner@prairieathletic.com.

Rental fees – Full Field

1-hour sessions

- 1 session \$120 per session
- 10–19 sessions \$115 per session
- 20–39 sessions \$110 per session
- Over 40 sessions \$105 per session

1.5-hour sessions

- 1 session \$175 per session
- 10–19 sessions \$168 per session
- 20–39 sessions \$160 per session
- Over 40 sessions \$153 per session

Sign up Today!



Group Fitness – Not Just For Adults!

Watch prairieathletic.com for the next youth group fitness six-week sessions!

Sign up for classes such as youth TRX, Yoga and Mindfulness, Kickboxing and Tae Kwon Do. Ages 8–12 welcome – register at prairieathletic.Com!

Contact Tanya for more information at t.ward@prairieathletic.com.





YOUTH PROGRAMS

Lisa Schneider • Youth Program Director – (608) 834-2624 • l.schneider@prairieathletic.com

-- Let's Play Ball! --



Heavy Hitters (Ages 4–6)

Participants get ready for the T-Ball season by working on fundamentals including running bases, hitting, throwing and catching on our indoor soccer field.

Spring Session

April 24–June 5

Registration deadline: April 18
(No class May 22)

Friday 5:30–6:30 p.m.
Members \$58, non-members \$68

PAC's T-Ball/Coach Pitch

T-shirts are provided. Baseball pants are required for Coach Pitch. Games and practices are at the Liberty Square fields. Volunteer coaches are needed for each team. Please note on registration if you are able to help.

Summer Session

June 15–August 13

Registration deadline: June 11
(No practice or games June 29–July 2)

T-Ball (Ages 4–6)

Children must be age 4 by June 15. Our season is eight weeks long and includes two weeks of instruction and six weeks of games. Practices include fielding, hitting and base running. When registering, please note if your child would like to be teamed with another child.

Monday–Thursday
Games rotate between 5:30 and 7 p.m.
Members \$62, non-members \$75

Coach Pitch (Age 6)

Children must be age 6 by June 15. Our season is eight weeks long with practices on Tuesday evenings and games on Thursday evenings.

Games rotate between 5:30 and 7 p.m.
Members \$75, non-members \$90

Coach Pitch (Ages 7–8)

Children must be age 7 by June 15. Our season is eight weeks long with practices on Monday evenings and games on Wednesday evenings.

Practices/games rotate between 5:30 and 7 p.m.
Members \$75, non-members \$90

Summer Session

June 15–August 13



**American
Red Cross**

Red Cross Babysitting Classes (Ages 11 and up)

Please check our website for
upcoming classes!

Members \$65
Non-members \$80



Basketball Instructionals



Participants work on basics (dribbling, passing, running while dribbling and shooting). Hoops are lowered. Participants use smaller basketballs.

Spring Session

April 20–May 30

Ages 6–7

Ages 6–7 (advanced)

Ages 4–5 (spring only)

Ages 8–11 (advanced)

Summer Session

June 15–August 15

Tuesday 5–5:30 p.m.

Tuesday 5:30–6 p.m.

Thursday 4:30–5 p.m.

Thursday 5–5:30 p.m.

Thursday 5:30–6 p.m.

Spring Members \$58, non-members \$68

Summer Members \$72, non-members \$84

Youth programs for all members

These ongoing programs are **included** for all members.

PACCare Daycare

Children have fun, play games and do activities in a safe, supervised environment for up to two hours a day.

Downstairs

Monday–Friday 8 a.m.–9 p.m.

Saturday 8 a.m.–5:30 p.m. (Apr–Oct)

Saturday 8 a.m.–8 p.m. (Nov–Mar)

Sunday 8:30 a.m.–7 p.m.

Upstairs

Monday–Friday 8:30–11 a.m. & 4–8 p.m.

Saturday 9 a.m.–4 p.m. (Apr–Oct)

Sunday 9 a.m.–6 p.m. (Nov–Mar)

Supervised Junior Gym (Ages 5–9)

Under PAC staff supervision, children play in the junior gym while parents work out.

Monday–Thursday 9–11 a.m. & 6–7:30 p.m.

Friday 9–11 a.m. & 5–6 p.m.

Saturday 9–11 a.m.

Sunday 9–11 a.m.

Water Group Fitness (with parent)

(Ages 12 & up) Children experience aqua fitness with their parent.

Live the **#PACLife**

Five-Day Summer Camps!

Themed Summer Camps (Ages 5–12)

Our summer camps are **state licensed**. Every Monday and Friday is *Just for Fun Camp*.

Each Tuesday–Thursday morning is a themed camp. Children enjoy fun-themed activities each morning and waterpark fun in the afternoon. Snacks are provided in the morning and afternoon. Bring your own lunch or order from the Lost Court.

Monday–Friday 7:15 a.m.–5:30 p.m. *(Full or half day options available)*

**Register
by May 1
and save!**

Flex, Fit and Fun (Ages 10–13)

Is your child too old for child care but you don't want them to be home alone all summer? Coach Mike and staff are leading this summer program for your child. This program is designed for a child who enjoys fitness, sports and waterpark FUN!

Daily activities include a workout led by one of PAC's fitness professionals, gym games, lunch and plenty of time for zip lines, aqua wall climbing and chute slides.

Monday–Thursday 8 a.m.–5 p.m. *(Full or half day options available)*

***Rates for Flex, Fit and Fun available online**



Weekly Themes

June 15	Survivor
June 22	Fishing (ages 7–12) or Just for Fun (all ages)
June 29	Stars and Stripes
July 6	Basketball or Drama
July 13	Fitness
July 20	Safety
July 27	Soccer or Science
August 3	Olympics
August 10	Football or Poms
August 17	Animal or Just for Fun
August 24	Field Games

Member Rates

Registration fee is \$35/child

	Full day*	Half day*
1 day	\$90	\$50
2 days	\$140	\$75
3 days	\$185	\$95
4 days	\$215	\$115
5 days	\$235	\$135

Non-members:
Add \$15 to full and half day rates
August 17–28, add additional \$10 per camp

Register for nine camps (four full days per week or more) by May 1 and receive 1/2 off your family summer membership dues!

One discount per family. Our Accounting Department will email you confirmation of the applied discount and lock in rates for the whole summer.



THE LEARNING ACADEMY
at Prairie Athletic Club

Now registering for Fall 2020

We offer an engaging, play-based, child-centered curriculum for 3- and 4-year-olds. Our curriculum is based on research about how a child's brain learns. We include project-based learning opportunities woven with mindful character development. We focus on the whole-child by centering our curriculum around your child's cognitive, social/emotional, and physical development.

We believe in honoring this special time in your child's life by inviting each child to co-create a mindful, caring community of learners who are encouraged to problem solve and think in meaningful ways. Children are able to question, explore, and interact with their learning environment following their natural curiosity and imagination.

In our whole-child focus, we include learning experiences based on building healthy life habits such as healthy movement and healthy food choices. We strive to help your child foster a lifetime love of learning and curiosity of the world around them.

Enroll at prairieathletic.com.

Register today – only a few spots left!

YOUTH PROGRAMS

Lisa Schneider • Youth Program Director – (608) 834-2624 • l.schneider@prairieathletic.com



Gymnastics (18 mos.–5 years)

Students enhance tumbling skills, balance and teamwork through basic gymnastics instruction.

Spring Session April 20–May 30

Wednesday
Ages 2–3 5–5:30 p.m.
Ages 4–5 5:35–6:05 p.m.
Thursday
Ages 18–36 mos. 9–9:45 a.m.
Ages 3–5 10–10:30 a.m.

Members \$58, non-members \$68

Ballet Classes

Spring Session April 20–June 1
(no class May 25)

Members \$58, non-members \$68

Summer Session June 15–August 15
(no class June 29)

Members \$64, non-members \$88

Ballet (Ages 3–5)

Fun introduction to ballet for the eager dance student.

Monday 6–6:30 p.m.



Progressive Ballet (Ages 3–5)

Continue building a base of ballet knowledge and dance in Progressive Ballet.

Monday 6:30–7 p.m.

Junior Sports Club and Totally Two

These are fantastic classes to introduce your little one to—sports, organized activities and following directions. Purchase a punch card at the front desk. Sign up each morning in the PACCare.

Junior Sports Club (Ages 3–5)

Monday–Thursday 9:30–10:15 a.m.

\$35 for 10 class punches
(summer session Monday/Wednesday)

Totally Two (Spring Session Only)

Wednesday 10–10:30 a.m.

Members only
\$35 for 10 class punches

Spring Session

March 30–May 28

Summer Session

June 15–August 20



Parent/Child Music, Art and Movement (Ages 2–4)

A fun-themed class with parent and child participation. Includes a variety of art and music activities as well as guided movement and free play.

Spring Session

April 24–June 5 (no class May 22)

Friday 10:30–11:15 a.m.

Members \$40, non-members \$50

Enjoy Family Movie Nights on the Jumbotron

Bring the entire family to enjoy the pools and family movies on our 16 foot big screen!

Tentative dates

June 18, 25 | July 9, 23 | August 6



Little Cardinals Swim Time

Spring Session I

March 6–April 24 (6 classes)

Members \$45, non-member \$55

Spring Session II

May 1–June 5 (5 classes)

Members \$40, non-member \$50

Activities include – water play, music and movement activities.

Ages 3–4

Friday 11–11:45 a.m.

Triathlon Training

This is an eight-week program that helps kids train for our Sun Prairie triathlon, held on Saturday, June 20. Our coaches lead kids through lessons of swimming, biking, running and strength conditioning.

Tuesdays and Thursdays 4–5:15 p.m.

See page 14 for more details

PAC 'n Play!

Join PAC for some fun on the soccer field. Let the little ones run around on the soccer field and play while you sip on one of Bob & Vel's signature drinks. Fun equipment provided on the soccer field to burn off some energy before naptime! Option to order lunch from the Lost Court and have it delivered to the soccer field.

9:45–11:45 a.m.

Members free, non-members \$7 for first child, \$3 each additional child

March 15 and April 5

Sign up at prairieathletic.com!

Live the #PAClife

After School Program

September 1, 2020–June 9, 2021

Need a safe fun place for your child after school?

PAC Kids is our **state licensed** after school program. Children have the opportunity to participate in gym activities, swimming, and arts & crafts. We have a quiet corner for reading and doing homework. USDA approved snacks are served to all children. Registration paperwork (one per child) and parent meeting must be completed one week before the first day of attendance.

Monday, Tuesday, Wednesday and Friday Schedule

3:10–3:40 p.m. School pick-up
 3:40–5 p.m. Snack and activity time: basketball, soccer, arts & crafts, and swim
 4:00–6 p.m. Parent pick-up

Thursday Schedule

1:55–2:35 p.m. School pick-up
 2:35–5 p.m. Snack and activity time: basketball, soccer, arts & crafts, and swim
 3:00–6 p.m. Parent pick-up

Note: All children must be picked up by 6 p.m. We provide transportation from Northside, Royal Oaks, Horizon, Creekside, Eastside, Westside, Token Springs and Meadow View schools when we have requests for five or more students. We walk students from Bird School to PAC daily.

If interested in the After School Program for the remainder of the current school year, please contact Peggy at p.simmons@prairieathletic.com.



Monthly Rates	Member	Non-member
	5 days/wk \$320	5 days/wk \$340
	4 days/wk \$300	4 days/wk \$320
	3 days/wk \$280	3 days/wk \$300

Details	• Returning students attending five days may reserve their spot beginning March 1
	• Registration begins May 1 (3-4 days)
	• First month payment required to hold spot
	• Rates valid through May 31
	• 10 percent off second sibling

Private Middle School FUN Night at Dolphins Cove and Adventure Lagoon!

Sunday, August 23 | 5:30–8 p.m.



Say goodbye to summer with a celebration at Dolphins Cove!

This is a private event for kids entering 6th, 7th and 8th grade. Event includes: volleyball, DJ and dinner (hot dog, chips and soda). Concessions and Bob & Vel's Coffee Shop will be open.

Pre-register online – members \$9, non-members \$10
Pay at the door – members \$10, non-members \$11

Drop-ins welcome; however, dinner is only included with pre-registrations through August 22. Register at prairieathletic.com/Youth Programs.

Days off Camp!

Days Off Camp takes place when the Sun Prairie School District has off of school. Children (ages 5+) are invited to come and participate in craft activities, free time on the soccer field and gymnasium, and swimming in the pools.

Camp Time

7:15 a.m.–5:30 p.m.

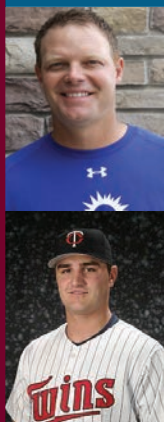
Camp Dates

- March 13, 23–27
- April 10
- May 22

Camp Rates

- **Members**
Full day \$60
Half day \$40
- **Non-members**
Full day \$65
Half day \$45

Private Baseball Lessons



It's time to up your game!

Take a private baseball lesson from one of these former pro-baseballers Andy or Corey

Andy – is a former Major League baseball player. He has nine years professional experience and five years coaching experience from the Winning Inning Baseball Academy in Clearwater, Florida. He's worked with all ages from 7 to current Major League stars.

Korey – is a former professional baseball player. Korey played for the Minnesota Twins, Seattle Mariners and Cincinnati Reds organizations.

Packages: \$70/hour or five-pack for \$300. Group rates available.

Youth programs for Red and Gold members

The following ongoing programs are included for Gold, Gold Cove, and Red members.

Family Track Time

Families may walk or run together.
Saturday and Sunday 3–6 p.m.
 (Ages 8 and up anytime with direct supervision)

Supervised Junior Gym (Ages 5–9)

Under PAC staff supervision, kids play and have fun in the junior gym while parents work out. See page 26 for details.

7/ YOUTH PROGRAMS

Lisa Schneider • Youth Program Director – (608) 834-2624 • l.schneider@prairieathletic.com

P.O.P. Program

(Parent on premises)

The P.O.P. Program allows 10- and 11-year-olds to use specified areas of the club included in their membership, after completing a tour with their parents and one of our qualified instructors. Areas include Dolphins Cove and Adventure Lagoon (without direct parent supervision). Parents must also sign a liability waiver and remain on premises while their child is using the club.

For more information or to set up a tour, contact Peggy Simmons at p.simmons@prairieathletic.com.

Teen Tag

Two-hour class that teaches 12- and 13-year-old members:

- Club safety
- Exercise etiquette
- Proper use of cardiovascular equipment
- Proper use and form on strength training equipment

All 12- and 13-year-olds who complete this class are allowed to use specified areas of the club included in their membership. Once a child passes the class, they are allowed in the club without a parent for up to two hours indoors, and unlimited time outside in the summer when Dolphins Cove and Adventure Lagoon are open. A parent or guardian must complete and sign a waiver before this new "drop off" privilege starts.

For more information, contact Kevyn at k.feiner@prairieathletic.com.

Fee: \$25

Class Times

- Friday, April 10 10 a.m.–12 p.m.
- Friday, May 22 12–2 p.m.
- Friday, June 12 12–2 p.m.
- Saturday, June 13 10 a.m.–12 p.m.
- Wednesday, July 15 5–7 p.m.
- Friday, August 21 2–4 p.m.

Private Teen Tag

Can't find a time that works? Sign up to get your Teen Tag scheduled so that it fits your schedule. Contact Kevyn at k.feiner@prairieathletic.com.

Fee: \$40

Check out our many fantastic programs and sign up today!

Volleyball Instructional (Grades 4–6)

This coed class provides instruction on volleyball basics through skills, drills and skill-based games. Participants are divided by ability each week for maximum learning and game time experience.

Spring Session

April 22–May 27

Wednesday

4–4:45 p.m.

Members \$58,

Non-members \$68

Summer Session

July 7–August 6

Tuesday and Thursday

12:30–1:30 p.m.

Members \$80,

Non-members \$100



Volleyball Play (Grades 4–6)

For 45 minutes, participants engage in real game-time experience to enhance personal skills and teamwork. Coed teams change each week and coaches rotate among the different teams week by week. **Previous volleyball instruction is a must.**

Spring Session

April 22–May 27

Wednesday

4:45–5:30 p.m.

Members \$42,

Non-members \$56

Summer Session

July 7–August 6

Tuesday and Thursday

1:30–2:15 p.m.

Members \$70,

Non-members \$90



Want to Improve at Volleyball?

Sign up today for private volleyball lessons with Scott Schumann

Take your game to the next level with private or semi-private lessons. Scott is the head volleyball coach at Deforest High School. Previously he coached Waterloo to two state championships. He played college volleyball at UW-Oshkosh. Scott is committed to improvement through teaching fundamentals and constant repetitions. Email Scott at s.schumann@prairieathletic.com to get started.

Racquetball Instruction (Ages 8–13)



Instruction and games for kids to learn and play matches.

Spring Session

April 21–May 26
Gold members \$50, Red & Emerald Plus \$60
Tuesday 4–4:30 p.m.

Summer Session

June 16–August 11
(no class June 30)
Tuesday 4–4:30 p.m.
Gold members \$64, Red & Emerald Plus \$80



Today is the perfect day to get into the water!



Weekly Group Lessons

Spring Session
 April 13–May 23
 Registration deadline: April 9
 Members \$55, non-members \$68

Monday Morning
 9–9:30 a.m. Sea Horses
 9:30–10 a.m. Sea Turtles
 10–10:30 a.m. Penguins

Monday Evening
 5:30–6 p.m. Pre-Tiny Tots
 Sea Horses
 6–6:30 p.m. Penguins
 Sea Turtles
 6:30–7 p.m. Sea Horses
 Level 1
 7–7:30 p.m. Level 2 (lap pool)
 Level 3 (lap pool)

Tuesday Evening
 5–5:30 p.m. Level 1
 Sea Horses
 5:30–6 p.m. Sea Turtles
 Level 2
 6–6:30 p.m. Parent-Infant-Tot
 Penguins
 6:30–7 p.m. Level 3 (lap pool)
 Level 4 (lap pool)

Thursday Evening
 4–4:30 p.m. Level 2 (lap pool)
 4:30–5 p.m. Level 3 (lap pool)
 5–5:30 p.m. Level 4 (lap pool)

Saturday Morning
 9:15–9:45 a.m. Pre-Tiny Tots
 Sea Horses
 9:45–10:15 a.m. Sea Turtles
 Level 1
 10:15–10:45 a.m. Parent-Infant-Tot
 Penguins
 10:45–11:15 a.m. Level 2 (lap pool)
 Level 3 (lap pool)

Bi-weekly Summer Lessons

Classes meet twice a week for three weeks.
 Members \$55, non-members \$68

Summer Session I June 15–July 2
 Registration deadline: June 11

Summer Session II July 6–July 23
 Registration deadline: July 2

Summer Session III July 27–August 13
 Registration deadline: July 24

Monday and Wednesday
 9:30–10 a.m. Sea Horses
 10–10:30 a.m. Sea Turtles
 10:30–11 a.m. Penguins
 5:30–6 p.m. Pre-Tiny Tots
 Level 1
 6–6:30 p.m. Sea Horses
 Penguins
 6:30–7 p.m. Sea Turtles
 Level 2 (family pool)
 7–7:30 p.m. Level 3
 Level 4

Tuesday and Thursday
 9:30–10 a.m. Sea Horses
 Level 1
 10–10:30 a.m. Sea Turtles
 Level 2 (family pool)
 10:30–11 a.m. Penguins
 Level 3 (lap pool)
 Level 4 (lap pool)
 11–11:30 a.m. Level 4 (lap pool)
 5–5:30 p.m. Level 1
 Sea Turtles
 5:30–6 p.m. Sea Horses
 Penguins
 6–6:30 p.m. Parent Infant Tot
 Level 2 (family pool)

Saturday Summer Lessons

Classes meet once a week for six weeks
 Members \$55, non-members \$68

Summer Session July 11–August 15
 Registration deadline: July 7

Saturday Morning
 9:15–9:45 a.m. Pre Tiny Tots
 Sea Horses
 9:45–10:15 a.m. Sea Turtles
 Level 1
 10:15–10:45 a.m. Penguins (family pool)
 Parent Infant Tot
 10:45–11:15 a.m. Level 2
 Level 3

Welcome our new Aquatic Director Kayla!

I am very excited to have started this position as the Aquatic Director at the PAC! My goal is to provide a fun and safe place for people to learn water safety and have a good time. I have been a fishy since I was a baby and have loved the water. I want to share my knowledge and skills with all who want to learn. Please stop by and say Hi anytime you are at the pool!

Child Private and Semi-private Lessons

Private lessons
 These packages are available for both children and adults. Lessons are 30 minutes and scheduled between the participant and the instructor for your convenience.

Semi-private lessons
 Learn with a sibling or a friend. Each lesson is 30 minutes and packages are sold in multiples of four. Rates are per person.

Please contact us to sign up for lessons.

	Members	Private	Semi-private
4 lessons		\$110	\$70
8 lessons		\$200	\$135
12 lessons		\$290	\$200
	Non-members	Private	Semi-private
4 lessons		\$115	\$75
8 lessons		\$210	\$145
12 lessons		\$300	\$215

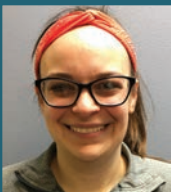
Pool Closings
 Watch for updates on our website.

Let's hear from you...

"Love, love, love swimming at PAC"
 ~ Melissa

"Appreciate the extra effort the instructor took with my son"
 ~ Dan





AQUATICS

Kayla Martin • Aquatic Director – (608) 834-2622 • aquaticsdirector@prairieathletic.com

Check out the swimming opportunities for all skill levels!

Competitive Stroke Technique

A popular class for more advanced swimmers. Competitive Swim Stroke Technique is a great next step for swimmers who advanced beyond the Learn to Swim levels, but still want to keep swimming. This is also a great class for swimmers who are preparing for swim team, or are currently on a swim team and want extra stroke and endurance work.

Tuesday 7–7:45 p.m.
Members \$70, non-members \$120

Spring Session
April 14–May 19

Adult Swim Technique and Stroke Development

These lessons teach you to become more comfortable and proficient in the water, while encouraging you to try new strokes and polish your technique. The instructor works with you to identify your individual goals and strengths to ensure all your needs are met.

Thursday 7–7:45 p.m.
Members \$60, non-members \$80
(Maximum six, minimum three participants)

Spring Session
April 16–May 21

Private and Semi-private Lessons

Private lessons

These packages are available for both children and adults. Lessons are 30 minutes and scheduled between the participant and the instructor for your convenience.

Semi-private lessons

Learn with a sibling or a friend. Each lesson is 30 minutes and packages are sold in multiples of four. Rates are per person.

Please contact us to sign up for lessons.

	Private	Semi-private
Members		
4 lessons	\$110	\$70
8 lessons	\$200	\$135
12 lessons	\$290	\$200
Non-members		
4 lessons	\$115	\$75
8 lessons	\$210	\$145
12 lessons	\$300	\$215

Masters Swim Program



Become a master swimmer today

This class provides coached workouts for individuals seeking to improve and/or maintain their swimming abilities.

It's designed for all level swimmers. It provides a structured workout from an accomplished coach. If you are looking to build your fitness or are a triathlete looking to improve your swim skills, this is the class for you.

Pre-requisite: You must have basic swimming technique (freestyle & backstroke) and are able to swim 300 yards continuously with the desire to keep going!

Individual Swim Analysis – \$30

For more information, contact Chris Thompson at c.thompson@prairieathletic.com.

Master Swim Class Options

Monday	5:45–7 p.m.
Tuesday	5:15–6:30 a.m.
Wednesday	5:45–7 p.m.
Thursday	5:15–6:30 a.m.

* Minimum of four participants to hold class

Sessions	Members	Non-members
10	\$75	\$120
14	\$100	\$165
28	\$190	\$280



Lifeguard Training Dates

Please check our website for upcoming classes.

Members \$275
Non-members \$300



Invest in yourself.
PAC has many programs for you to choose from!

applewellness

THE HEALTHY PLACE

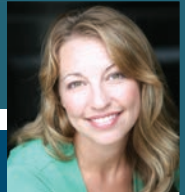
Fit Rewards sponsor

apple-wellness.com

2824 Prairie Lakes Dr #108
Sun Prairie, Wisconsin
(608) 825-0080

Sign up Today!

Register for Master Swim by March 8 and save 15%



Summer is almost here!

More Aqua classes and more options for you to stay fit!

It's our favorite time of year here in the Aqua Fitness department. Warmer weather brings the option to head outdoors to enjoy workouts. Our fantastic team of instructors and the variety of pools we offer will keep your workout fresh and fun! The outdoor adult pool, Adventure Lagoon, the warm water therapy pool and indoor lap pool all host classes! Beginning in June, pick up the summer Aquatic Class schedule for current class offerings, times and pool locations. There is something on the schedule for everyone!

Summer means BOGAFIT!

What could be better than exercising outside on the water and soaking in some sunshine!

BOGAFIT is an innovative fitness program that builds strength, deepens flexibility, and improves balance and coordination through a carefully selected set of movements on the FITMAT.

BOGAFIT is a high intensity workout on the water with low impact on your body. BOGAFIT classes are included in some of our group fitness training packages or purchase individual class passes to enjoy it all summer long. Check out our Mind Body website for class schedule and to register!



Aquathon donates 88 pounds of food to the Sun Prairie Food Pantry!

This past November Prairie Athletic Club once again hosted a two-hour aqua fitness marathon of classes. It was an inspiring day showcasing many of your favorite classes. We were happy to see so many of our members participating as well as guests from near and far. Aquathon benefited the Sun Prairie Food Pantry with a food drive and collection. We are thrilled to announce that through the kindness of our participants, 88 pounds of food was donated to the local pantry. We're already looking forward to growing Aquathon Day next year. We'll keep you updated on when the 2020 date is announced.



Aqua Zumba... A real pool party!

Aqua Zumba® blends the Zumba® philosophy with water resistance, for one pool party you shouldn't miss! Catch this invigorating and fun workout twice a week! Join us for all your favorite Latin inspired moves and sounds.

Monday 9 a.m.
Saturday 8:15 a.m.



Aqua Fitness & Warm Water Holiday Class Schedule

Memorial Day

AFAP 8:30 a.m.
Aqua Fitness 9 a.m.

Labor Day

AFAP 8:30 a.m.
Aqua Fitness 9 a.m.

July 4

AFAP 8:30 a.m.
Aqua Fitness 9 a.m.



Live the #PAClife



ACTIVE ADULTS

Maralee Tubbs • Warm Water Coordinator • m.tubbs@prairieathletic.com

Exercising in a warm water pool has many benefits

Hello from the warm water!

Are you looking to add on something to your workout routine? Did you know that working out in the warm water has many benefits that help your body remain healthy and strong. Aqua Yoga and Aqua Pilates are currently offered in our warm water pool a few times a week along with many other class options. Please come in and check them out. Your body will thank you!

Benefits of a warm water therapy pool



- Improved balance without the fear of falling
- Pain-free exercise and weight loss
- Increased leg strength to remain active and reduce falls
- Faster rehabilitation from various surgeries or injuries
- Reduced joint pain from arthritis, fibromyalgia or other chronic pain issues



Join us for one our Silver Sneakers classes today!



Silver Sneakers Classic	Monday	1–2 p.m.
Silver Sneakers Circuit	Tuesday/Wednesday/Friday	10:30–11:30 a.m.
Silver Sneakers Yoga	Tuesday Thursday	1:15–2 p.m. 9:40–10:25 a.m.
Zumba Gold	Thursday Monday	10:30–11:15 a.m. 10:35–11:20 a.m.

It's a perfect time to get up and dance!



These dance classes are appropriate for couples who have limited or no dance experience. During the five weeks, we teach basic dance mechanics and simple steps in each dance. Couples recommended—partners not guaranteed for single registrants. Register for any session and receive free admission to practice dances held from 8–9 p.m. on Thursdays. For more information, contact Mike or Deb Moe at mmoea@aol.com or (608) 655-3250.

Advanced Tuesday 7–8 p.m.
Beginner Tuesday 8:15–9:15 p.m.
 Members \$50/person
 Non-members \$60/person
 Register at:
prairieathletic.com/Adult Programs



Social Activities ~ Join in the fun!

It's a great time to socialize at the Prairie Athletic Club. Join us for one of our upcoming events. Have some fun and meet some fabulous friends! We can't wait to see you! Watch for more details.

Upcoming Socials

- May Day Social November 14 – 11:15 a.m.
- Summer Time Social August 13 – 11:15 a.m.

Play the fastest growing sport in America... PICKLEBALL See page 21 for details!



Lost Court News

The time to get lost in the sun and fun is once again upon us. We are here to provide you with all the tools you need to create that perfect day!

The kitchen staff continues to work diligently to bring you the food you should expect at your health club. Clean labels and minimally processed food are our focus.

We are continuing our partnership with Blue Chair Bay to bring you their line of all natural rums. You love their bucket drinks and we love their charitable spirit! Blue Chair Bay provided items that were auctioned for the Lou Bradley Memorial Scholarship Foundation. Funds raised provide scholarships for Sun Prairie seniors.

The food and beverage team is always looking for bright, energetic people who are eager to learn and add value to the member experience. There are many opportunities within the department and lots of room to grow. We hire as young as age 14.

BOB & VEL'S

REAL. FOOD. SMOOTHIES

No magic, no potions, no artificial flavors, colors or expectations. We want you to sip healthy and sip happy so we have gone back to the drawing board and created smoothies with your health in mind. Try one of signature smoothies or create that perfectly tailored drink you are craving.

COUPON

BOB & VEL'S

Buy one coffee or specialty drink,
 get one free! (up to \$5 value)

Must present coupon when order is placed. Coupon expires 8/31/20. No change given. Not valid with other offers.

Check out the Lost Court for catering!

No matter your occasion to celebrate, Lost Court Catering wants to create the perfect spread for you and your guests. On-site and carry out options available.

- Fruit trays
- Veggie trays
- Meatballs
- Taco bar
- Pulled pork
- Grilled chicken
- Salad bar
- Wrap platters
- Hamburgers
- Special requests welcome!



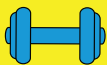
Or Current Resident

 **Water park FUN
everyday!**

2020

PAC
SUMMER
CAMP

AGES 5-12



FLEX, FIT AND FUN

AGES 10-13

THIS PROGRAM IS DESIGNED FOR A CHILD WHO
ENJOYS FITNESS, SPORTS AND WATERPARK FUN!

WEEKLY THEMES

- JUNE 15: SURVIVOR
- JUNE 22: FISHING OR JUST FOR FUN
- JUNE 29: STARS & STRIPES
- JULY 6: BASKETBALL OR DRAMA
- JULY 13: FITNESS
- JULY 20: SAFETY
- JULY 27: OLYMPICS
- AUGUST 3: SOCCER OR SCIENCE
- AUGUST 10: FOOTBALL OR POMS
- AUGUST 17: ANIMAL OR JUST FOR FUN
- AUGUST 24: FIELD GAMES

Register for nine camps (four full days per week or more) by May 1 and receive
1/2 off your family summer membership dues!

For questions, contact
Lisa at l.schneider@prairieathletic.com



REGISTER AT:
PRAIRIEATHLETIC.COM