

PRAIRIEATHLETIC.COM

SPRING & SUMMER 2024

# prairie athletic club

FITNESS & RECREATION FOR EVERY GENERATION







## Peg Michaels named PAC's General Manager



We are excited to announce Peg Michaels has been named PAC's General Manager! She has been with the company for 14 years and worked as our front desk manager and Assistant General Manager for many of those years. Peg never has a bad day and has befriended more members than she can count. Her energy, enthusiasm, work ethic & positive attitude is second to none.

If you haven't had the pleasure of meeting Peg yet, I encourage you to stop by the front desk and introduce yourself. She is always eager to meet new faces and build strong relationships within our community. With Peg at the helm, I have no doubt that our future is bright and full of exciting possibilities.

2023 was truly a whirlwind with the exciting purchase of the Sun Prairie Golf Course. Co-owners Pete & Jenny Simon poured their hearts into developing this project over the past year, and their dedication will persist well into the future. Should you ever need to speak with an on-site owner, Dan Thompson & Kevyn Feiner will gladly lend a helping hand!

Our commitment to enhancing the facility remains unwavering, as we strive to provide you with the latest and greatest in the fitness industry. If you ever have any questions, comments, or concerns, please do not hesitate to reach out to us at [webadmin@prairieathletic.com](mailto:webadmin@prairieathletic.com). Your feedback is invaluable to us as we continue to grow and improve.

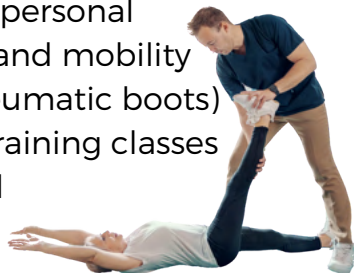
## Coming to Prairie Athletic Club



### PAC RECOVERY ZONE

The 'Recovery Zone' would offer our members a dedicated place to unwind and decompress after their workouts. We plan to provide one-on-one stretching sessions with our certified personal trainers, assisted recovery and mobility equipment (including pneumatic boots) and new group personal training classes including foam rolling and functional mobility.

Stay tuned for more info!



### DOG DASH & ADOPTION DAY



Join us for an exhilarating Dog Dash and heartwarming Dog Adoption Day at our PAC! Experience the joy of fitness alongside your furry friends as we embark on a fun-filled run. Whether you're sprinting or strolling, every step supports a great cause! Afterwards, meet adorable pups seeking loving homes. More details coming soon!

**Sunday, April 28**  
9 a.m.-noon





# PAC Facility Hours

## CLUB HOURS

<b>Monday-Thursday</b>	<b>4:30 a.m.-10 p.m.</b>
<b>Friday</b>	<b>4:30 a.m.-9 p.m.</b>
<b>Saturday &amp; Sunday</b>	<b>6 a.m.-9 p.m.</b>

## EASTER

**Club Closed\***

## MEMORIAL DAY

<b>Club</b>	<b>8 a.m.-6 p.m.</b>
<b>PAC Care</b>	<b>Closed</b>
<b>Lost Court</b>	<b>11 a.m.-6 p.m.</b>
<b>Indoor Family Swim</b>	<b>10-5:45 p.m.</b>
<b>Mussels Beach</b>	<b>11 a.m.-6 p.m.</b>
<b>Dolphins Cove</b>	<b>12:30-6 p.m.</b>
<b>Adventure Lagoon</b>	<b>1-6 p.m.</b>

## JULY 4

<b>Club</b>	<b>8 a.m.-6 p.m.</b>
<b>PAC Care</b>	<b>Closed</b>
<b>Lost Court</b>	<b>11 a.m.-6 p.m.</b>
<b>Indoor Family Swim</b>	<b>10-5:45 p.m.</b>
<b>Mussels Beach</b>	<b>10:30 a.m.-6 p.m.</b>
<b>Dolphins Cove</b>	<b>12:30-6 p.m.</b>
<b>Adventure Lagoon</b>	<b>1-6 p.m.</b>

\*Platinum and Gold Cove members-Access PAC 24 and work out when PAC is closed. See club for details!



## Guests Welcome

- Automated guest check-in with our new iPad kiosks
- Guests need to bring an ID
- No guests after 9 p.m.
- Guests under 18 must have parent/guardian sign waiver

- Guests ages 14-17 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 or guardian. Privileges at manager's discretion.
- Guests under age 14 must have an adult sign a waiver and must be directly supervised.

[CLICK HERE TO BUY A GUEST PASS!](#)



Follow us!



## Refer a friend!

Your referral is a compliment to our facility, service and staff and we want to thank you! Refer a new member and receive a gift on us!

**April  
May  
June  
July**

**PAC T-Shirt  
Dolphins Cove Guest Pass  
\$25 Lost Court Gift Card  
\$25 Nitty Gritty Gift Card**

\*some exclusions apply

Stay up to date with all of the latest programs, health & fitness tips, club events, behind-the-scenes happenings, motivation, nutrition and member testimonials!



# Summer 2024 Dolphins Cove



Dolphins Cove is Dane county's BEST and Madison area's ONLY private outdoor water park. The park features 50,000 square feet and was voted "Best thing for kids to do" in Sun Prairie. Check out our 16 foot JUMBOTRON featuring daily sporting events, family movie nights, fun & entertainment! Cabanas also available to rent for your own poolside paradise.

## 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
- Adult Pool (ages 16+)
- 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

## 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 2024 Schedule



### MEMORIAL DAY WEEKEND

May 24-27 Hours posted at a later date based on staff availability and weather

### PRE-SEASON May 31-June 6

	DOLPHINS COVE	ADVENTURE LAGOON	MUSSELS BEACH
May 31-June 6	Hours posted at a later date based on staff availability and weather		11 a.m.-7 p.m.

### REGULAR SEASON June 7-August 14

	DOLPHINS COVE	ADVENTURE LAGOON	MUSSELS BEACH
Monday-Thursday	12/12:30-6 p.m.	1-5/6 p.m.	10:30 a.m.-8 p.m.
Friday-Sunday	12/12:30-6:30 p.m.	1-5/6 p.m.	10:30 a.m.-8 p.m.
July 4	12-6 p.m.	1-6 p.m.	10:30 a.m.-6 p.m.

### END OF SEASON-August 15-30

	DOLPHINS COVE	ADVENTURE LAGOON	MUSSELS BEACH
August 15-30	1-6 p.m.	1-5/6 p.m.	11 a.m.-7/7:30 p.m.

### LABOR DAY WEEKEND (August 31-September 1)

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

### Check our website daily for hours and featured events

Please note: Check our website as hours and events will be posted daily. Dolphins Cove & Adventure Lagoon require 20+ lifeguards and staff members. Dolphins Cove & Adventure Lagoon 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. 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 or Adventure Lagoon is open.



1010 N BIRD STREET | SUN PRAIRIE, WI | 53590

prairieathletic.com



# GUIDELINES

- NO FOOD OR BEVERAGE CARRY-INS.
- 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.
- Flotation devices under three feet only allowed in Mussels Beach.
- No water shoes or T-shirts allowed on Dolphins Cove slides. No squirt guns.
- Children under 6 need to be accompanied in the water by an adult within arm's reach at all times. Children under 6 are not allowed in the hot tub per Wisconsin state code.
- Children ages 9 and under must be directly supervised by an adult at all times.
- One adult per 5 children required along with the above supervision requirements.
- Members ages 10-11 participating in the POPS program may be in outdoor pools or Dolphins Cove as long as a parent is in the building up to two hours.
- Members age 12-13 participating in the Teen Tag program may be in the outdoor pools or Dolphins Cove for up to 3 hours.
- Guests ages 14 and older may enter Dolphins Cove and stay 4 hours without a parent on premises after waiver is signed by parent.
- Babysitters 16+ may watch children of any age (up to 3 children). Direct supervision required.
- Members ages 14 and 15 may watch up to 2 children between the ages 5-11. Direct supervision required at all times.
- Groups/birthday parties can be booked at [prairieathletic.com](http://prairieathletic.com).
- Management reserves the right to close individual attractions during slow times.
- Adventure Lagoon is designed for older children.
- Please respect height requirements for the deep water attractions.
- Please see Adventure Lagoon schedule for adult classes and lap swim times.
- Food & beverage must be 3 feet away from pool.
- Check with management on availability for groups.



## GUEST PASS

Members always have first priority, but guests are welcome if space is available. Check our website when bringing guests for availability. Guests must show an ID upon entering. Please see website for daily guest rates.



## OUTDOOR FAMILY MOVIE NIGHTS

Watch our website for featured movie nights all summer long on the Jumbotron!

FITNESS & RECREATION FOR EVERY GENERATION



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



## 2024 Summer Gold Cove membership add-on rates

Great for grandparents, college kids, babysitters, or immediate family members adding on in June, July and August.

	Three Month Rate	Monthly
Gold Cove Child (<14)	\$165	\$65
Gold Cove Teen (14-18)	\$189	\$79
Gold Cove Adult (19+)	\$229	\$89
Max Family Rate	\$389	\$189

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

## Pool Party

### It's Party Time!

Dolphins Cove is the perfect venue for your next party. Enjoy PAC's outdoor water park with 50,000 square feet of play!

#### YOUR DELUXE BIRTHDAY PARTY INCLUDES:

- 2.5 hour party (reserved seating in one of our three party areas- Jolly Jelly's, Dolphins Deck or Parrot Deck)
- Includes 10 wrist bands for non-member guests
- Four (4) large 1-topping pizzas, and two (2) pitchers of soda or lemonade
- Unlimited adult spectators\*
- Guests may bring in cake
- \$14.50/person for additional water park wristbands
- Make the day extra special and add-on a Cabana!

Friday, Saturday & Sunday

12:30-3 p.m. | 4-6:60 p.m.

\$375 Members / \$475 Non-members



[Learn More!](#)



## Book a Summer Event at our Outdoor Tiki Bar and Deck Space

Our outdoor venue is perfect for you next event!

- Graduation Party
- Engagement Party
- Retirement Party
- Anniversary Party
- Baby Shower
- Corporate Party

[CLICK HERE TO SEE OPTIONS](#)



**AGES  
5-12**

**PRAIRIE**  
ATHLETIC CLUB

**REGISTRATION  
OPEN**

# KIDS SUMMER CAMP



## 2024 WEEKLY THEMES

**June 10** Survivor  
**June 17** Safety  
**June 24** Fitness  
**July 1** Stars & Stripes  
**July 8** Soccer  
**July 15** Superhero

**July 22**  
**July 29**  
**August 5**  
**August 12**  
**August 19**  
**August 26**

**Science or Olympics**  
**Drama**  
**Farm Fun**  
**Football or Pom**  
**Basketball**  
**Movin & Groovin**

REGISTER FOR THE ENTIRE SUMMER OR INDIVIDUAL WEEKS. PLEASE CONTACT  
LISA AT [L.SCHNEIDER@PRAIRIEATHLETIC.COM](mailto:L.SCHNEIDER@PRAIRIEATHLETIC.COM) WITH QUESTIONS.

**PRAIRIEATHLETIC.COM**





# PRAIRIE PINES



## WELCOME OUR NEW PGA PROFESSIONAL, RANDY COCHRAN

Hello to all of our Prairie Athletic Club and Prairie Pines Golf Club Members. I have met some of you, but I won't feel complete until I have all your names down to memory! I am extremely excited to get the 2024 season started. We have so many wonderful changes and improvements going on and we cannot wait to share them with you. Your faith and support means so very much. All of these plans will make our Sun Prairie course a true place to love and share. Our leagues, tournaments, lessons and junior golf programs will be outstanding. I am as thrilled as I am determined to make your days here incredible. Please call me with any questions you at 772-260-6595. Thank you for all the positive feedback so far.

*See you soon! Randy*



## MEMBERSHIPS

Memberships are now on sale for the 2024 season at Prairie Pines. Discounts available for PAC members. Be sure to check out our BEST VALUE membership. Family of 4 with carts \$3600+tax. Membership includes 2 adults and 2 kids up to age 18. [BUY MEMBERSHIP](#)

## LEAGUES

Prairie Pines is excited to announce many leagues for the 2024 season. Tuesday, Wednesday and Thursday night leagues currently available for registration. [REGISTER TODAY!](#)

## JUNIOR GOLF

Our Junior Golf program for kids will provide dynamic and engaging instruction to the fundamentals of golf, tailored specifically to the developmental stages and interests of young players.

Under the direction of Prairie Pines PGA Professional, Randy Cochran, young golfers will receive personalized attention, constructive feedback and encouragement to unleash their potential on the course, all while enjoying the camaraderie of peers in a fun and supportive atmosphere.



## COURSE UPDATES

Course renovations on the front nine are well underway and set to be completed sometime in June. The renovations include 3 new greens, 1 new hole, 1 drastically improved hole, improved tee boxes on many holes, extensive tree work on all holes, added features such as fescue and bunkers on many holes and breathtaking never before seen views while golfing at Prairie Pines.

The back nine is open for the 2024 season weather permitting.

## HOST YOUR EVENT

Reserve your spot to host your next event at Prairie Pines! [CONTACT US](#)

## GOLF EVENTS

It's our 1 Year Anniversary and we are celebrating by bringing together Prairie Pines and the Masters Tournament. Join us for our two person Par 3 Contest! [REGISTER HERE!](#)

The first couples event of the season will be Friday, May 24. Kick off Memorial Day weekend with a 12 hole couple golf scramble.

Live music, catered dinner & drink ticket for all who register in advance.

[CLICK HERE](#) to sign up for one of our couple's events!



## CLUBHOUSE UPDATES COMING 2025!

Prepare to tee off into a new era of luxury and leisure! We are thrilled to bring our community a spectacular new club house, restaurant, and event/wedding venue in 2025.

Stay tuned for more details!





# Reviews

Thank you to our kind members who took the time to leave PAC a 5-Star Google review. Your feedback is incredibly valuable to us and it motivates us to continue to provide excellent customer service and offer the best in health, fitness and recreation.



## **I love love love the PAC!**

There are so many classes to choose from and geared to all age groups. So many new special friendships made.



## **What a special gem**

It's truly the best gym I have been to. Very family friendly and also brand new, top of the line equipment.



## **I am glad to be a member**

PAC has everything you need to get healthy, stay active and make new friends.

*Share your love of PAC!*





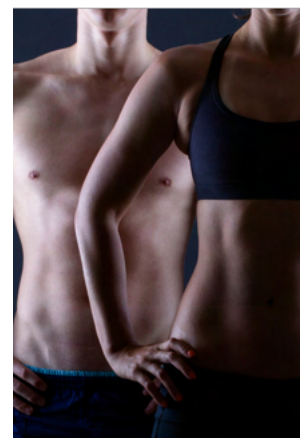
## REACH YOUR GOALS WITH PRAIRIE ATHLETIC CLUB PERSONAL TRAINING

Let our Certified Personal Trainers provide you with a custom plan to help you achieve your goals. We will provide you with the programming and accountability you need to take your health and fitness to the next level!

**1 on 1** training is the traditional trainer working individually with one client—all for one goal! Our trainers will provide a unique program designed specifically for you in a comfortable environment that allows you to reach your goals.

**Buddy Training** is a great way for two individuals who have similar fitness goals to work out together. Our trainers will provide the fun and challenging program while participants motivate each other to achieve success!

**Team training** is for those who have a group of friends or teammates that want to train together. We can also try to place individuals on a team for those who enjoy working in a group setting and want to meet new people with similar fitness goals. Teams meet with a trainer on a schedule determined by the team and motivate each other along the way.



### WELCOME LAUREN LEE, NEW PERSONAL TRAINING DIRECTOR

I've dedicated the past 10 years of my life to the science of health and fitness, and I'm excited to share my passion and knowledge with the members of PAC! As the Director of Personal Training, I'm looking forward to enthusiastically leading the department and all our wonderful training staff. I have my B.S. in Kinesiology from the University of Wisconsin – Madison (Go Badgers!). I've since worked in a variety of fields including strength and conditioning, group fitness, yoga, pilates, online training and coaching, and of course personal training. Outside of the gym, I love spending my free time with family and friends, cooking, caring for my dogs, and anything that allows me to be outside and active.



My fitness philosophy first and foremost is grounded in the fact that no two people are the same, and therefore no two clients are going to have the same training regimen. We all have different backgrounds, experiences, posture, mobility, strengths, and weaknesses. If you're brand new to exercise, we'll focus on technique, mobility, and building a solid foundation. If you're a very experienced exerciser or athlete, we'll focus on advanced training techniques that will take your fitness and performance to the next level. Regardless of where you're at now, with the right coaching, nutrition, and training program, you can achieve ANY goal you set your mind to!

My specialties include training for overall health & wellness, improved longevity and quality of life, building lasting healthy habits, weight loss, posture and mobility, functional fitness and core training, muscular fitness, and strength development. I have an encouraging and versatile coaching style to fit each individual. Also, I am happy to discuss your specific needs and connect you with any of our other great trainers! Please reach out to me at [l.lee@prairieathletic.com](mailto:l.lee@prairieathletic.com) with any questions regarding Personal Training. I am here for you!

*Lauren*



# MEET OUR FITNESS PROFESSIONALS

## Tammy Andorfer

My training philosophy is to inspire my clients to work to their potential by creating innovative and engaging programs with their specific goals in mind. I encourage functional training that strengthens the total body concurrently with proper nutrition.



## Alex Dynes

My fitness philosophy is that exercise should be enjoyable and help us achieve our goals. Many people forget to make exercise fun, but when you do you see many benefits, in and out of the gym. Exercise can help anyone whether its their first or 100th workout.



## Zach Figiel

Fall in love with the process and celebrate your wins! Whatever your goal is, it's important to appreciate the journey. Consistency is key. As the wise Miley Cyrus once sang "it's the climb" So let's have fun with it!



## Chris Franz

My philosophy is to have fun and try new things. Fitness isn't always about the shape of our body, it's about the ability to move the way we want to..



## Bryce Hanson, ESP Director

Nothing good ever comes easy, but I believe when it comes to fitness, doing something that you enjoy is the best and most approachable way to live a healthy lifestyle. Be the best version of you and enjoy doing it.



## Nancy Hill

Start from the basics and work up. Joint movements and mobility are the building blocks of strength. You are also stronger than you think you are!



## Kasen Jacob

Fitness should be an essential part of everyone's routine not only for the physical benefits, but the mental as well. It doesn't matter if you want to be a marathon runner or the next Arnold Schwarzenegger, just get out there and move!



## Maria Kelly

Embrace the power of small steps, for they pave the path to monumental transformations. Start where you are, and let me guide you in building a lasting love affair with your health - because every journey to wellness begins with that very first step."



## Angela Knoll

I got into the fitness industry by wanting to better myself physically after my third child. My physical goal grew into a passion for wanting to help others progress systematically to reach their goals. I specialize in nutrition and weight training.



## Kraig Kuchenbecker

My fitness philosophy is "Fitness for a lifetime!" Find something you enjoy so that it's less of a chore and more of a lifelong state of health and well being. Working out is about taking care of your mind and body because it's the only one you'll get.



## Lizzie Lucik

Everyone has the potential to unlock their inner strength and achieve remarkable transformations. Fitness isn't limited to a particular body type or skill level - it's a life long journey that should be enjoyable, empowering and sustainable. A positive relationship with exercise should extend beyond physical appearances.



## Ben McElmurry

Challenge, adapt, and improve. Find a way to have fun with the process and create satisfaction in taking on the challenges of fitness. Always look for ways, no matter how small, to improve!



## Rob Rufflo

I believe in creating a program that is realistic, easy to understand & above all a lifestyle change that lasts forever. Proper form is extremely important to me. My belief is that a healthy lifestyle boils down to your nutrition and how you're fueling your body.



## Emily Ruth

I believe that every body is made to move, & health is possible in this very moment. I want to help people learn to trust their bodies & find joy in movement. I offer training that is weight and size-neutral, I am aligned with Health at Every Size and Intuitive Eating.



## Ben Stone

Since my athletic career ended, I have had to relearn what it means to have a healthy relationship with exercising. I'm dedicated to finding the delicate line of being able to challenge oneself, while still maintaining a love for being active. Do what works for you and stick with it!



## Erik Schmitt

I truly believe the iron reigns supreme. It is the ultimate equalizer and can benefit everyone; no matter gender, age, goals, or fitness level. In the world of training, you can never stop learning.



## Randy Thompson

My fitness philosophy is that personal training should be unique and the focus should be based around the needs and goals rather than a cookie cutter design.



## Tanya Ward, Group Fitness Director

Fitness should be fun and not a punishment. My goal is to help clients find activities they enjoy so that they stay consistent - consistency is key to achieving goals!







The objective of the Training Zone is to create a community driven by a culture of uplifting individuals striving for health and fitness results in a small group fitness community. We recognize that not all two people are created the same, so their training program should not be either.

[SEE THE SCHEDULE HERE](#)

Training Zone now included with PAC's Platinum Membership. [Click here](#) to learn more!



### **TRAINING ZONE CLASS OPTIONS**

**CARDIO H.I.I.T**-Utilizing cardio equipment and heart rate technology, each client will be given workout zones and intensity levels to work towards while optimizing caloric expenditure.

**RIPPED STRENGTH**-Each client will be given access to an app that between them and their trainer they will develop, track, and monitor progress of their strength training routine.

**TOTAL BODY BOOTCAMP**-Designed to push the client to maximum caloric expenditure through intervals of compound lifts and bursts of cardio.

**MEN'S PRIME**-Full body workouts designed to elevate busy professionals to the PRIME of their life! These workouts address key issues as it relates to men over 40 to help them naturally increase testosterone, build muscle, shred fat, increase energy, and decrease stress.

**MOBILITY/ CORE**-A combination of stretching, mobility, and core work to maximize recovery and prevent injury.

# *Spring Body* **Breakthrough**

*6 Week Challenge*

**April 1-May 13**

**Join PAC's Personal Training & Nutrition departments for a 6-Week Fitness Challenge**

- **Accountability:** Access to our training app with daily workouts & habit tracking
- **Coaching:** Nutritional guidelines and workouts to help you along the way
- **Measurable goals:** InBody's comprehensive body composition assessment
- **Connection:** Online community support throughout the 6 weeks

**REGISTER BY MARCH 18th**

**ONLY \$59!**  
Click Here





# BOOTCAMP

## RETURNING TO PAC IN APRIL



Get ready for a total body bootcamp style workout! We are excited to add more of these high-intensity classes with an emphasis on functional full-body training for maximal caloric expenditure. Our large group personal training classes will be held on the soccer field. If you have any questions please contact Lauren at [l.lee@prairieathletic.com](mailto:l.lee@prairieathletic.com).

## ONLINE TRAINING

Discover a professional training program on your schedule and your terms. Try a template program today, upgrade to a custom program, or work remotely with a trainer for 24/7 accountability and support.

### Template Programs

Choose one of our many pre-made programs written by our professional PAC Personal Trainers for the most common fitness goals. Our custom app will guide you through every workout from start to finish, allowing you to experience the power of online training at an incredible value!

### Custom Program

Upgrade to a program tailored specifically to you! We will connect you with the trainer most suited for your needs so they can write the perfect program for your schedule, experience, preferences and goals. Enjoy the flexibility of remote coaching, weekly communication with your trainer, and the results of following a program fine-tuned for YOU!

### Program + Nutrition

Get the daily accountability and support you need to make every day count! Keep your trainer with you everywhere you go by sending pics of your meals and updates on how you're feeling so your trainer can keep your custom program updated to match your energy, your soreness, and even your mood!



# GROUP FITNESS



## SPRING Challenge & "Triathlon" April 1-28

Keep the momentum of the New Year going strong into Spring with our 4-week Group Fitness Challenge! Track your classes for a chance to win PAC/Lost Court Gift Cards, Guest Passes, or Swag!

Finish the challenge with our 90-minute Group Fitness "Triathlon" for extra bonus points! Ok, there's no running or swimming in this Triathlon....but there will be biking! This event will start with 30 minutes of BodyPump to focus on strength endurance. We'll follow that up with 30 minutes of Les Mills Core to hone in on the core and supporting muscles, and then take it home with 30 minutes of RPM Group Cycling to finish with that cardio high! Expect an all-star instructor lineup and a feeling of camaraderie and accomplishment like no other - we can't wait! Stay tuned for more details.



## Discover Pilates Reformer-Voted Best of Madison!



Done consistently, Pilates Reformer can strengthen your core, improve your posture, increase flexibility and help to correct muscle imbalances. Incorporating Pilates into your regular routine helps to improve movement patterns and is a great way to cross-train.

**Pilates Reformer Open House**-Watch for upcoming Pilates Reformer Open Houses for a chance to meet our instructors, ask questions, and enter to win some great prizes including PAC Pilates Sessions and swag!

**New to Pilates Reformer?** Try out our 2-week unlimited trial for just \$25! Start out with one of our "Beginner-Friendly" classes until you're comfortable to transition to Intermediate & Advanced classes.

**DISCOVER PILATES REFORMER & REGISTER FOR A CLASS TODAY!**



## Benefits of Group Fitness

Group exercise classes offer numerous benefits that can contribute to both physical and mental well-being.

- Motivation and Accountability
- Structured Workouts
- Increased Motivation
- Stress Reduction
- Improved Performance
- Access to Expert Guidance
- Variety and Fun
- Health Benefits
- Social Interaction

Discover PAC's wide variety of group fitness classes to get you one step closer to achieving your health and wellness goals. Our classes provide a supportive environment where participants can motivate each other to push harder and stay committed to their fitness goals.



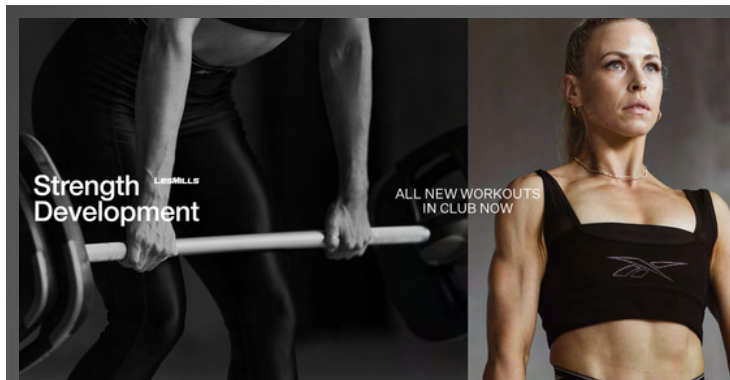
# Strength Development is at PAC

Whether you're a regular lifter or you're just starting out, LES MILLS Strength Development will take your training to a whole new level. You will progress through a sequence of 12 45-minute workouts learning the essential elements of strength training with slow and controlled movements, functional exercises and dynamic core work – all at your own pace. We'll roll out a new workout EACH MONTH!

## What is the difference between LES MILLS Strength

**Development & BodyPump**-In BODYPUMP we use light to moderate weights to perform high reps focusing on muscle endurance. Strength Development focuses on lifting heavier weights at slower tempos to generate muscle growth. These two programs compliment each other so we recommend both classes in your workout schedule (2-3 times per week between both programs with a day of rest in between).

**Classes offered: Tuesdays 5:30 a.m. | Thursdays 5:30 p.m. | Fridays 9:30 a.m. | Sundays 9:45 a.m.**



## Benefits of LES MILLS Strength Development

The workouts are structured in progressive, science-backed phases and will help you:

- Increase muscle
- Improve weight training
- Improve Dynamic Core Strength

VIEW THE FULL  
SCHEDULE

## Big Screen Classes - The Best Classes in the World When YOU Want Them!

Our "Big Screen" classes are the same great classes led by our PAC instructors, but presented by Les Mills Trainers from around the globe and offered throughout the day on our Big Screen TVs. These classes are perfect for those who need more class time options or just prefer smaller class sizes. Simply register on Mindbody, check in at the front or back desk, and head up to the designated studio where class will begin automatically on the TVs. If you're trying a "Big Screen" class for the first time, reach out to Tanya at [t.ward@prairieathletic.com](mailto:t.ward@prairieathletic.com) and we will make sure you're all set for a safe and successful first class!

Classes include Les Mills **Core**, Les Mills **Barre**, **BodyBalance**, **Sh'bam**, **BodyCombat**, **BodyPump**, **Sprint** & **RPM**!



# Aqua Fitness

Imagine a workout where the resistance of the water challenges your muscles, while the buoyancy keeps it low-impact and easy on the joints.

**Warm Water Pool** classes include AFAP, Flexibility in Movement, Ai Chi, and Aqua Yoga/Pilates

**Lap Pool** classes include Aqua Circuit, Aqua Zumba, Aqua Fit, Deep Water Running, Aqua Bootcamp, Aquatic Kickboxing and more!

If you have any questions about PAC Aqua Fitness please contact Kat at [k.hawkins@prairieathletic.com](mailto:k.hawkins@prairieathletic.com).

**Register for a class today!**

*"Great class, I love the variety of music and fun atmosphere. Perfect way to start your day!"*  
~Dana



## FaceBook Group

**Stay Informed** If you love everything about PAC Group Fitness follow our private Facebook group for all the latest class information, schedule changes and motivation. Join our group today!



## Tae Kwon Do

### Wednesdays

6:30pm (all levels)

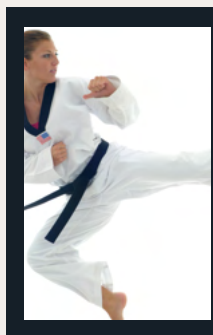
### Saturdays

9:30am (all levels)

10:30am (advanced)

**Classes held in Studio 3**

*\*Included with your Gold Membership*



## Group Fitness for Seniors



*"You can't turn back the clock, but you can wind it up again"*

### Senior Yoga

**Tuesday & Thursday 10:30 a.m. | Wednesday 1:00 p.m.**

Move through a complete series of seated and standing yoga poses. Chair support is offered so you can perform a variety of seated and standing postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and final relaxation will promote stress reduction and mental clarity. This class is suitable for nearly every fitness level. Studio 3

### Senior Strength & Stability

**Monday 10:30 a.m. | Friday 10:45 a.m.**

Focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles and more. A chair is often used for seated exercises or standing support. Includes light cardio. Studio 3

### Senior Strength & Stability (Mat)

**Monday 11:30 a.m. | Friday 9:45 a.m.**

Focuses on strengthening muscles and increasing range of movement for daily life activities. Participants can use hand-held weights, elastic tubing with handles & more. Mat work on the floor includes exercises such as bridges, pushups & planks. Often a chair is used for seated exercises or standing support. Studio 5

### MX4 Active

**Wednesday 9:30 a.m. | Fridays 10:30 a.m.**

MX4 Active uses the same best in class training tools as regular MX4, but in a lower intensity 45-minute format. Class is focused on Strength, Stability, Balance & Coordination and is the perfect class for those easing back into an active lifestyle, in the 55+ age group, or just needing a great low-impact workout! Class will be held in MX4 Studio (above front desk).

### Senior Cardio Intervals

**Every other Thursday 11:30 a.m.**

Move to intervals of time in this 30-minute cardio class. Perform low impact cardio exercises in an easy to follow format at your own pace. Build cardiovascular function and improve everyday stamina! This class format does not use the support of a chair. Studio 5

### Senior Cardio Fit

**Wednesdays 10:45 a.m.**

Move to the beat of the music in this fun 30-minute cardio class. Expect low impact cardio exercises in an easy to follow format. Build cardiovascular function and improve everyday stamina! This class format does not use the support of a chair. in Studio 2

**REGISTER ON MINDBODY**



# SOL YOGA

## Welcome to our new SOL Yoga Instructors

Please join us in welcoming our newest SOL Yoga instructors. We are thrilled to bring so many amazing and motivated instructors to our members. Give one of their classes a try today!

### KRISTA IKEDA

Nice to meet you! I am a school counselor, but when I'm not educating the hearts and minds of children, my passion is sharing the beautiful practice of yoga! I absolutely love traveling and have lived in six states and three countries (4 if you count a month in Bali, where I completed my RYT). When I'm not spending all of my cash on traveling the world, I enjoy curling up with a good book or spending time in nature. I believe that compassion will be the driving force to change our world for the better as we become more and more interconnected, and I hope that practicing yoga together can help us each tap into that compassion for self and one another. I look forward to being a part of your yoga journey!



### MARIA KELLY

Hey SOL Yoga & Prairie Athletic fam! I'm Maria, your new yoga enthusiast, group exercise aficionado, and all-around fitness cheerleader! Whether it's stepping, stretching, or flowing through a yoga sequence, I'm here to make your fitness journey not only effective, but also a whole lot of fun! In 2017, I earned my yoga certification at True Flow Yoga in the sunny vibes of Newport Beach, California. Yoga stole my heart because it's not just about the poses-t's about the beautiful connections we make along the way. Whether we're flowing through sun salutations or rocking out in step class, I'm all about building a community where fitness is fun, and we lift each other up. Can't wait to meet each and every one of you on the mat! Let's make our time together at SOL & Prairie Athletic Club the highlight of our fitness journey. See you on the mat, warriors.



### SOL POP-UP CLASSES

We're offering "Pop-Up" classes on select days through Spring! These classes will offer a fun twist on our regularly scheduled classes or may be a completely new class offering.

#### UPCOMING CLASSES

**Aroma Restorative Flow:** Led by Jessica

Friday, March 1 | 5:30-6:45 p.m.

**Forearm Headstands:** Led by Libby

Sunday, March 3 | 11 am-noon

**Rocket Yoga:** Led by Libby

Monday, March 5 | 12-1 p.m.

Wednesdays, March 13, 20, 27 | 8:30-9:30 a.m.

**New Moon Yin & Nidra:** Led by Kacie


Friday, March 8 | 5:30-6:30 p.m.

FREE with SOL's month unlimited membership.  
Drop in rates for PAC members and guests.



## Puppy Love Yoga



We can't think of a more perfect way to spend a summer day than practicing yoga outside with adorable and adoptable puppies! We are working with local rescues and Prairie Pines Golf Club to find the perfect outdoor space for this playful class benefiting local rescues. We'll create an environment that fosters joy, relaxation, and of course lots of puppy kisses! Stay tuned for more information! 

## SOL Summer Challenge

Get ready - our 8-week Summer Challenge is just around the corner! Track your classes in SOL's tea lounge for a chance to win weekly prizes or a grand prize at the end of the challenge. All SOL classes, including outdoor and Studio 3 classes count toward the challenge. Stay tuned for more details!



### FOLLOW US!

Follow SOL Yoga at Prairie Athletic Club's Facebook page for updates on new class offerings & workshops!



### OUTDOOR CLASSES ARE BACK

We can't wait for Yoga on the Rooftop and Yoga on the Beach again this summer! Pack your mat and your sunglasses and get ready for some yoga with a breath of fresh air and sunshine! Stay tuned for more details!

# YOUTH PROGRAMS



## **Little Kickers** **Ages 18-36 months**

Focus on fundamental soccer skill development, basic ball skills and teamwork using a fun approach!

### **Spring Session**

**April 17-May 23**

Wednesday 5-5:30 p.m.

Thursday 10-10:30 a.m.

### **Summer Session**

**June 19-August 14**

Wednesday 5-5:30 p.m.

## **Midfield Mayhem- Instruction Only** **Ages 4 & 5**

Continue to work on soccer skill development and ball skills.

### **Spring Session**

**April 20-June 1**

Saturday 9:45-10:15

## **Little Strikers** **Age 3**

Introduction to the very basic ball skills with a strong emphasis on having fun!

### **Spring Session**

**April 17-June 1**

Wednesday 5:30-6 p.m.

Saturday 9:15-9:45 a.m.

### **Summer Session**

**June 19-August 14**

Wednesday 5:30-6 p.m.

## **Midfield Mayhem- Instruction & Scrimmage** **Ages 4 & 5**

Work on skill development and with live scrimmages.

### **Spring Session**

**April 17-June 1**

Wednesday 6-7 p.m.

Saturday 10:15-11:15 a.m.

### **Summer Session**

**June 17-August 16**

Monday 5:30-6:30 p.m.

Wednesday 6-7 p.m.

## **Midfield Movers** **Ages 3 & 4**

Develop ball handling skills, coordination and physical fitness.

### **Spring Session**

**April 18-May 23**

Thursday 9:30-10 a.m.

## **Elite Feet** **Ages 6-9**

Emphasis is on more advanced ball skills, game strategy and field positions.

### **Spring Session**

**April 15-June 1**

Monday 6-7 p.m.

Wednesday 7-8 p.m.

Saturday 11:15 a.m.-12:15 p.m.

### **Summer Session**

**June 17-August 14**

Monday 6:30-7:30 p.m.

Wednesday 7-8 p.m.



[\*\*REGISTER NOW!\*\*](#)

# BASKETBALL

Our focus is FUN!

Dribble, shoot, and score your way to basketball greatness! Players will work on basics such as dribbling, shooting, passing and running through skills, drills and skill based games.



## **BASKETBALL SKILLS (AGES 4-11)**

### **Ages 4 & 5**

Tuesday 4-4:30 p.m. (Spring only)

Tuesday 4:30-5 p.m.

Thursday 4:30-5 p.m.

Thursday 5-5:30 p.m.

### **Ages 8-11**

Tuesday 6-6:30 p.m.

## **BASKETBALL SKILLS & GAMES (AGES 8-11)**

Thursday 6-6:45 p.m.

### **Spring Session**

April 16-May 23

### **Summer Session**

June 18-August 15



[\*\*REGISTER NOW!\*\*](#)





# VOLLEYBALL

## Volleyball Instruction

This coed class provides instruction on volleyball basics through skills, drills and skill-based games. Ages 9-13

### SPRING SESSION

**April 17-May 22**

Wednesdays 4-4:45 p.m.

### SUMMER SESSION

**July 9-August 18**

Tuesday & Thursdays 12:30-1:30 p.m.

**REGISTER TODAY!**

## Volleyball Play

Engage in real game-time experience to enhance personal skills and teamwork. Coed teams changing each week! (Age 10+)

### SPRING SESSION

**April 17-May 22**

Wednesdays 5-5:45 p.m.

### SUMMER SESSION

**July 9-August 18**

Tuesdays & Thursdays 1:30-2:15 p.m.

**REGISTER TODAY!**



**REGISTER  
TODAY!**



## T-Ball (Ages 4-6)

**June 17-August 14**

Play ball! T-ball games include fielding, hitting and base running. Our season is eight weeks long on Monday or Wednesdays.

Games will rotate between 5:30 p.m. and 7 p.m.



## COACH PITCH (Ages 6-8)

**June 17-August 14**

It's time to take the field! Our season is eight weeks long with practices on Monday evenings and games on Wednesday.

Games will rotate between 5:30 p.m. and 7 p.m.



BASEBALL



# BALLET

## Ages 3-5

Ballet is a foundational dance style that consists of precise movements. In this class, we will learn the very basics of this style and positions and will slowly progress to choreography.

**Monday 6-6:30 p.m.**

### Spring Session

April 15-May 20

**REGISTER TODAY!**



FLAG FOOTBALL

## Ages 6-9

Develop the fundamentals of football stance, blocking, running, throwing, catching, conditioning & sportsmanship. Skills and drills the first half hour, scrimmage second half hour.

**Friday 4:30-5:30 p.m.**

### Spring Session

April 19-May 24

**REGISTER TODAY!**



**THANK YOU!**

for voting Prairie Athletic Club

**BEST THING FOR KIDS TO DO**



# Youth Group Fitness

## Youth MX4

Ages 10-12 MX4 combines best in class training tools with fun workouts to help improve cardiovascular fitness, strength and endurance. Class uses TRX straps, battle ropes, rowing machines, slam balls and more!



### Spring Session

April 23-May 28

Tuesday 5:30-6 p.m.

**ENROLL TODAY**



## YOGA

### Youth Yoga & Mindfulness

Ages 4-12 Participants will learn techniques for self-health, relaxation, and inner fulfillment while enhancing strength, flexibility, coordination and body awareness.



**Spring Session** April 25-May 30

**ENROLL TODAY**

Ages 4-7

Thursday 5:30-6 p.m.

Ages 8-12

Thursday 6:05-6:35 p.m.

If you have any questions about youth group fitness please contact Tanya at [t.ward@prairieathletic.com](mailto:t.ward@prairieathletic.com).

## CROSSFIT KIDS AT PAC



CrossFit Kids pairs fitness with fun! Whatever the goal, the program offers kids a head start healthy lifestyle encouraging a love of fitness.

Spring Session

April 22-June 3

Summer Session

June 17-July 29

Ages 7-9

Monday 5-5:45 p.m.

Ages 10-13

Monday 5:45-6:30 p.m.

be  
**STRONG**  
Sign up today!



## RACQUETBALL

**Ages 9-12** Racquetball is an outstanding way for kids to get a work out while developing eye-hand coordination and movement skills - all while having a great time!

### Spring Session

April 15-May 24

Wednesdays 4-4:30 p.m.

### Summer Session

June 18-August 13

Tuesdays 10-10:30 a.m.

**Enroll  
Today!**

## Gymnastics

Ages 18 months-5 years  
Students enhance tumbling skills, balance and teamwork through basic gymnastics instruction.

### Spring Session

April 17-May 22



Ages 18 months-3 years  
Wednesday 5-5:30 p.m.

Ages 3-5

Wednesday 5:30-6 p.m.

Wednesday 6-6:30 p.m.

**ENROLL TODAY**

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NEW CLASS!  
**MELODIES & MOVEMENT**  
Up to age 5

Join us for a FUN, themed class with parent and child participation exploring music through child-friendly instruments & activities.

### Spring Session

April 16-May 21

Tuesdays 9:30-10 a.m.

**REGISTER  
HERE!**



# PAC CARE



PAC Care is currently accepting children ages 3 months and older. No reservations required. Two hour time limit per day.

PAC Care facilities are available for free to children who are members.

Summer hours start June 1

## Summer Hours:

Monday: 8 a.m.-8 p.m.

Tuesday 8 a.m.- 8 p.m.

Wednesday: 8 a.m.-8 p.m.

Thursday: 8 a.m.-8 p.m.

Friday: 8 a.m.- 2 p.m.

Saturday & Sunday: 8 a.m.-2 p.m.



## POPS (Ages 10-11)

Parent on Premises is a program designed to allow children ages 10 & 11 to use specified areas of the club independently between the hours of 8 a.m.-8 p.m. while their parent or guardian is on the premises. Maximum of 2 hours. Please stop by the front or back desk for a waiver and a POPS tour. Contact [p.simmons@prairieathletic.com](mailto:p.simmons@prairieathletic.com) with any questions.

**FREE for members**

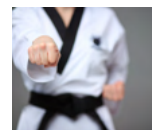


## Teen Tag (Ages 12-13)

This is a virtual class for youth ages 12 and 13 to learn the rules of safe exercise at PAC. Any 12 or 13 year old who completes this class will be allowed to use specified areas of the club included in their membership and allowed to be in the club without a parent for up to two hours between 8 a.m.-8 p.m.

**\$15 Members**

[PRAIRIEATHLETIC.COM](http://PRAIRIEATHLETIC.COM)



## Tang Soo Do (Ages 4+)

Tang Soo Do is a Korean martial art that teaches empty hand and foot fighting, fighting forms, self defense and weapons. Tang Soo do teaches people to live a healthy and harmonious life. Led by instructor Saul Easley.

Interested in trying Tang Soo do? Try a six week introductory course!

[PRAIRIEATHLETIC.COM](http://PRAIRIEATHLETIC.COM)

# SPRING BREAK AT PAC

Daily activities 1-2 p.m.

Monday, March 25  
Crafts, Coloring & Movie

Wednesday, March 27  
Costume Races

Friday, March 29  
Egg Hunt in  
Family Pool

Tuesday, March 26  
Dodgeball

Thursday, March 28  
Bingo



## MOVIES



**CARS**  
Saturday, March 23  
5 p.m.  
Family Pool



**UP**  
Monday, March 25  
1 p.m.  
Banquet Room



**SHREK**  
Saturday, March 30  
5 p.m.  
Family Pool

STAY ACTIVE AT PAC!



# AFTER SCHOOL

**Ages 5-12**

**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.

## Monday, Tuesday, Wednesday, Friday Schedule

**2:40-3:15 pm** Check In  
**3:10-3:40 pm** Snack  
**3:40-5:30 pm** Activity time: basketball, soccer, table activities, junior gym

**All students must be picked up by 6 pm**

## Thursday Schedule

**1:30-2:05 pm** Check In  
**2-3 pm** Snack  
**3-5:30 pm** Activity time: swimming, basketball, soccer, junior gym

**All students must be picked up by 6 pm**



**Registration for the 2024-2025 school year will be available on our website April 1**

**CONTACT US** Please reach out to Lisa at [l.schneider@prairieathletic.com](mailto:l.schneider@prairieathletic.com) with questions.



## DAYS OFF SCHOOL 2024

**Ages 5-12** Days off Camp is held when the Sun Prairie School District is off school. Children are invited to come and participate in craft activities, free time on the soccer field and gymnasium and go swimming in the pools. If you have any questions please contact Lisa at [l.schneider@prairieathletic.com](mailto:l.schneider@prairieathletic.com).

**RESERVE YOUR SPOT TODAY!**

**March 25-29**

**April 12**

**May 17**

\$80 Members,

\$95 non-members



## Storytime at Bob & Vel's

Storytime  
at PAC  
Tuesdays  
9:00 am

We have SO much fun reading! Join Miss Tracey Thursday mornings for books, activities and making new friends. **FREE** for members.

**Upcoming Books:**

March 7-Have You Seen My Invisible Dinosaur

March 14-Pete the Cat and The Great Leprechaun Chase

March 21-Don't Touch That Flower

Help us plan and pre-register!



## Babysitting is Back at PAC!



Designed by the American Red Cross, let us help you learn how to provide care, how to choose activities, how to handle emergencies, understand certain behaviors, and more. Gain the skills you need to become a capable, confident babysitter. Ages 11+

### Upcoming Classes

April 14 | 8 a.m.-5 p.m.

June 2 | 8 a.m.-5 p.m.

**REGISTER  
TODAY!**

## American Red Cross Classes

Prairie Athletic Club is proud to offer American Red Cross classes at our facility!

### Upcoming classes available:

Lifeguard  
CPR  
Water Safety Instructor  
Lifeguard Instructor



Gain the knowledge and confidence to respond effectively in emergencies and make a difference in our community.

LEARN MORE







THE LEARNING ACADEMY  
at Prairie Athletic Club



# GIVE THE GIFT OF LEARNING & FRIENDSHIPS

## 3 & 4 YEAR OLD PRESCHOOL

### 2024-2025 ENROLLMENT OPEN NOW

*"We will forever be grateful to The Learning Academy and the staff. Ms. Mandi is truly one of the best people I have ever met in my life. I promise your child will have the best experience too!"*

#### PROGRAM FEATURES:

- ✓ Developmentally appropriate curriculum
- ✓ Play-based learning
- ✓ Child focused approach
- ✓ Foster a lifelong love of learning
- ✓ Social emotional learning

**NEW THIS YEAR!! WRAP AROUND CARE, ASK FOR DETAILS!**



Open House  
April 6th  
10:30 a.m.

If you have any questions  
please contact Ms. Mandi at  
[m.kragh@prairieathletic.com](mailto:m.kragh@prairieathletic.com).



# SWIMMING



Learn to swim with confidence. Our instructors will help swimmers at every level feel comfortable in the water and progress to the next level. We've added more options for you to choose from this summer. If you can't find a time that works for you please check out our private and semi-private lessons, these lessons can be indoor or outdoor! Please contact [Kayla.k.martin@prairieathletic.com](mailto:Kayla.k.martin@prairieathletic.com) with any questions.

## Parent Infant Tot Ages 6-24 months

### Spring Session April 13-May 23

Saturday 11:30 a.m.-12 p.m.  
Monday 11:11:30 a.m.  
Thursday 4:30-5 p.m.

### Summer Session I June 13-July 27

Thursday 4:30-5 p.m.  
Saturday 11:30 a.m.-12 p.m.

### Summer Session II August 1-September 14

Thursday 4:30-5 p.m.  
Saturday 11:30 a.m.-12 p.m.

## Pre Tiny Tots Ages 24-36 months

### Spring Session April 13-May 22

Saturday 9:30-10 a.m.  
Monday 10:30-11 a.m.  
Monday 5:30-6 p.m.  
Wednesday 6-6:30 p.m.

### Summer Session I June 10-July 27

Monday 9-9:30 a.m.  
Monday 5:30-6 p.m.  
Wednesday 5:30-6 p.m.  
Saturday 11:30-noon

### Summer Session II July 29-September 14

Monday 9:30-10 a.m.  
Monday 5:30-6 p.m.  
Wednesday 5:30-6 p.m.  
Saturday 11:30-noon

## Competitive Stroke Technique Ages 8-18

### Spring Session April 18-May 23

Thursdays 4:15-5 p.m.



## Sea Horses Ages 3-5 years

### Spring Session April 13-May 22

Saturday 9:30-10 a.m.  
Saturday 10:30-11 a.m.  
Monday 5:30-6 p.m.  
Monday 6:30-7 p.m.  
Tuesday 6-6:30 p.m.  
Wednesday 5-5:30 p.m.

### Summer Session I June 10-July 27

Monday 8-8:30 a.m.  
Monday 6-6:30 p.m.  
Tuesday 5:30-6 p.m.  
Wednesday 6-6:30 p.m.  
Saturday 9-9:30 a.m.  
Saturday 9:30-10 a.m.

### Summer Session II July 29-September 14

Monday 8-8:30 a.m.  
Monday 6-6:30 p.m.  
Tuesday 5:30-6 p.m.  
Wednesday 6-6:30 p.m.  
Saturday 9-9:30 a.m.  
Saturday 9:30-10 a.m.

### Summer Bi-Weekly Session I June 11-June 27

Tuesday/Thursday 9-9:30 a.m.

### Summer Bi-Weekly Session II July 9-July 25

Tuesday/Thursday 9-9:30 a.m.

### Summer Bi-Weekly Session III August 6-August 22

Tuesday/Thursday 9-9:30 a.m.

## Starfish Ages 3-5 years

### Spring Session April 15-May 20

Monday 10-10:30 a.m.  
Monday 3-3:30p.m.

### Summer Bi-Weekly Session I June 11-June 27

Tuesday/Thursday 10:30-11 a.m.

### Summer Bi-Weekly Session II July 9-July 25

Tuesday/Thursday 10:30-11 a.m.

### Summer Bi-Weekly Session III August 6-22

Tuesday/Thursday 10:30-11 a.m.

## Sea Turtles Ages 3-5 years

### Spring Session April 13-May 22

Saturday 10-10:30 a.m.  
Monday 6-6:30 p.m.  
Tuesday 6:30-7 p.m.  
Wednesday 5:30-6 p.m.  
Wednesday 6:30-7 p.m.

### Summer Session I June 10-July 27

Monday 8:30-9 a.m.  
Monday 6:30-7 p.m.  
Tuesday 6-6:30 p.m.  
Wednesday 6:30-7 p.m.  
Saturday 9:30-10 a.m.

### Summer Session II July 29-September 14

Monday 8:30-9 a.m.  
Monday 6:30-7 p.m.  
Tuesday 6-6:30 p.m.  
Wednesday 6:30-7 p.m.  
Saturday 9:30-10 a.m.

### Summer Bi-Weekly Session I June 11-June 27

Tuesday/Thursday 9:30-10 a.m.

### Summer Bi-Weekly Session II July 9-July 25

Tuesday/Thursday 9:30-10 a.m.

### Summer Bi-Weekly Session III August 6-22

Tuesday/Thursday 9:30-10 a.m.

## Penguins Ages 3-5 years

### Spring Session April 13-May 22

Saturday 10:30-11 a.m.  
Monday 6:30-7 p.m.  
Tuesday 6-6:30 p.m.  
Wednesday 5:30-6 p.m.

### Summer Session I June 10-July 27

Monday 8:30-9 a.m.  
Monday 6-6:30 p.m.  
Tuesday 5:30-6 p.m.  
Wednesday 5:30-6 p.m.  
Saturday 9-9:30 a.m.

### Summer Session II July 29-September 14

Monday 9-9:30 a.m.  
Monday 6-6:30 p.m.  
Tuesday 5:30-6 p.m.  
Wednesday 5:30-6 p.m.  
Saturday 9-9:30 a.m.

### Summer Bi-Weekly Session I June 11-June 27

Tuesday/Thursday 9-9:30 a.m.

### Summer Bi-Weekly Session II July 9-July 25

Tuesday/Thursday 9-9:30 a.m.

### Summer Bi-Weekly Session III August 6-22

Tuesday/Thursday 9-9:30 a.m.



REGISTER AT [PRAIRIEATHLETIC.COM](http://PRAIRIEATHLETIC.COM)



## Level 1 Ages 6-12

### Spring Session April 13-May 22

Saturday 10-10:30 a.m.  
Monday 6-6:30 p.m.  
Tuesday 6:30-7 p.m.  
Wednesday 5-5:30 p.m.  
Wednesday 6:30-7 p.m.

### Summer Session I June 10-July 27

Monday 8-8:30 a.m.  
Monday 6:30-7 p.m.  
Tuesday 6-6:30 p.m.  
Wednesday 6:30-7 p.m.  
Saturday 10:45-11:15 a.m.

### Summer Session II July 29-September 14

Monday 6:30-7 p.m.  
Tuesday 6-6:30 p.m.  
Wednesday 6:30-7 p.m.  
Saturday 10:45-11:15 a.m.

### Summer Bi-Weekly Session I June 11-June 27

Tuesday/Thursday 10-10:30 a.m.

### Summer Bi-Weekly Session II July 9-July 25

Tuesday/Thursday 10-10:30 a.m.

### Summer Bi-Weekly Session III August 6-22

Tuesday/Thursday 10-10:30 a.m.

## Level 2 Ages 6-12

### Spring Session April 13-May 23

Saturday 11-11:30 a.m.  
Monday 7-7:30 p.m.  
Tuesday 4:30-5 p.m.  
Wednesday 6-6:30 p.m.  
Thursday 4:30-5 p.m.

### Summer Session I June 10-July 27

Monday 9-9:30 a.m.  
Monday 5:30-6 p.m.  
Tuesday 5-5:30 p.m.  
Wednesday 6-6:30 p.m.  
Thursday 6:15-6:45 p.m.  
Saturday 10:15-10:45 a.m.

### Summer Session II July 29-September 14

Monday 5:30-6 p.m.  
Tuesday 5-5:30 p.m.  
Wednesday 6-6:30 p.m.  
Thursday 6:15-6:45 p.m.  
Saturday 10:15-10:45 a.m.

### Summer Bi-Weekly Session I June 11-June 27

Tuesday/Thursday 10-10:30 a.m.

### Summer Bi-Weekly Session II July 9-July 25

Tuesday/Thursday 10-10:30 a.m.

### Summer Bi-Weekly Session III August 6-22

Tuesday/Thursday 10-10:30 a.m.

## Level 3 Ages 6-12

### Spring Session April 13-May 23

Saturday 11-11:30 a.m.  
Tuesday 5-5:30 p.m.  
Thursday 5-5:30 p.m.

### Summer Session I June 10-July 27

Monday 5-5:30 p.m.  
Tuesday 5-5:30 p.m.  
Wednesday 5-5:30 p.m.  
Thursday 5:45-6:15 p.m.  
Saturday 10:45-11:15 a.m.

### Summer Session II July 29-September 14

Monday 5-5:30 p.m.  
Tuesday 5-5:30 p.m.  
Wednesday 5-5:30 p.m.  
Thursday 5:45-6:15 p.m.  
Saturday 10:45-11:15 a.m.

### Summer Bi-Weekly Session I June 11-June 27

Tuesday/Thursday 11:15-11:45 a.m.

### Summer Bi-Weekly Session II July 9-July 25

Tuesday/Thursday 11:15-11:45 a.m.

### Summer Bi-Weekly Session III August 6-22

Tuesday/Thursday 11:15-11:45 a.m.

## Level 4 Ages 6-12

### Spring Session April 13-May 23

Saturday 11:30 a.m.-noon  
Tuesday 5:30-6 p.m.  
Thursday 5:30-6 p.m.

### Summer Session I June 10-July 27

Monday 5-5:30 p.m.  
Wednesday 5-5:30 p.m.  
Thursday 5:15-5:45 p.m.  
Saturday 10:15-10:45 a.m.

### Summer Session II July 22-September 14

Monday 5-5:30 p.m.  
Wednesday 5-5:30 p.m.  
Thursday 5:15-5:45 p.m.  
Saturday 10:15-10:45 a.m.

### Summer Bi-Weekly Session I June 11-June 27

Tuesday/Thursday 10:45-11:15 a.m.

### Summer Bi-Weekly Session II July 9-July 25

Tuesday/Thursday 10:45-11:15 a.m.

### Summer Bi-Weekly Session III August 6-22

Tuesday/Thursday 10:45-11:15 a.m.



## PAC Pre Swim Team Ages 6-12

Are you interested in joining a swim team but you're not sure if you are ready? Try the PAC's Pre Swim Team!

### Practices at PAC

Wednesdays 4:45-5:30 p.m.  
April 10, 17, 24 and May 1

**Meet Day:** Saturday, May 4

**LEARN  
MORE!**

## Child Private and Semi-private Lessons

**Private lessons**-Available for both children and adults. Lessons are 30 minutes and scheduled between the participant and the instructor.

**Semi-private lesson** -Learn with a sibling or a friend. Each lesson is 30 minutes. Rates are per person.

### Members Private Semi-private

1 lesson	\$45	\$30
4 lessons	\$150	\$100
8 lessons	\$292	\$184
12 lessons	\$430	\$240

### Non-members Private Semi-private

1 lesson	\$60	\$35
4 lessons	\$165	\$120
8 lessons	\$320	\$224
12 lessons	\$468	\$312

Contact Kayla at [k.martin@prairieathletic.com](mailto:k.martin@prairieathletic.com) to check instructor availability.



**REGISTER AT [PRAIRIEATHLETIC.COM](http://PRAIRIEATHLETIC.COM)**



**ELITE SPORTS PERFORMANCE**

**SET YOURSELF APART!**

ESP is dedicated to each individual athlete. Every athlete will be assessed on a one-on-one basis before training. These baseline tests will give each athlete a plan so they can excel to their full potential.

ESP has multiple package options available. Choose the right fit for your child based on age and classes. Don't miss out on our Unlimited Summer Membership June 10-August 30. Contact Bryce if you have any questions!



**BRING A  
FRIEND WEEK!**

**March 25-31**

This is the perfect time to try  
ESP for FREE. [Check us out!](#)

## ESP Class Descriptions

**ESP Total** (ages 11-14) - Consists of an all-around performance training strategy. Speed, balance, explosion, and strength will be covered during this class. Athletes will be directed to complete certain exercises based on their skill/age level.

**ESP Custom** (ages 15+) - Our traditional strength training program where athletes will complete their customized training programs under the direction of an ESP trainer.

**ESP Speed Development** (ages 11+) - Linear and Lateral speed will be trained during this 1 hour class. Linear - Athletes will work on straight forward speed, deceleration, and top end speed. Lateral - Athletes will work on side to side speed, deceleration, and change of direction.

**ESP Conditioning** (ages 11+) - Athletes will be hooked up to a heart rate monitoring system during class to ensure proper heart rate levels during aerobic and anaerobic training. Athletes will be put through several conditioning levels while trainers are monitoring exact heart rates levels. This is a great class to get started with before the start of a season to make sure that you are in shape.

**ESP Foundations** (ages 8-10) - This introductory training class will work on coordination, body awareness, speed, reaction, movement mechanics, and age supported strength.

**ESP Coordination and Quickness** (ages 11+) - Focus on coordination and quickness within running, jumping, and throwing movements. This class will lead you towards moving with more efficiency and fluidity in explosiveness.

**ESP Beach Day** (ages 11+) - Join our ESP trainers for speed and agility in the sand along with explosion and sprint training in the water. Perfect for an athlete that has a heavy workload during the summer and wants to improve explosion in a low impact environment.

Upgrade to a Sport Specific package! All these classes will be included.

**ESP Baseball** (ages 11+) - Hitting drills are incorporated into an hour-long hitting session where players also learn about situational hitting, 2 strike approach, and the mental side of hitting. For fielding classes, drills will be incorporated into an hour-long fielding session with trainers hitting groundballs and offering fielding advice helping players learn about situational fielding, turning the double play, cut offs, and the mental side of fielding.

**ESP Basketball** (ages 11+) - Work on different aspects of shooting techniques that will increase shooting percentages. We also focus on shooting at game speeds and in game situations, along with finishing around the rim and different techniques to improve scoring opportunities. We also focus on developing a strong foundation of ball-handling skills by working on hand-eye coordination and progressing to making these moves in game situations. We will also work on pivot attack moves and how to create space to create an advantage over your defender.

**ESP Soccer** (ages 11+) - ESP Soccer is a 1-hour class that will focus on developing a strong foundation of all the skills required for the sport of soccer, including but not limited to footwork, ball handling, passing, and shooting with accuracy.

**ESP Volleyball** (ages 11+) - We focus on positional training as a setter or a hitter. Hitters and setters should expect to learn strategies and technical skills to become more powerful and effective on the court. We will also incorporate all aspects of passing, including footwork, platform work, and serve/receive techniques. Players will also learn the fundamentals of serving, techniques for more effective serving, and more.



**VIEW ESP  
SCHEDULE HERE**

**GET STARTED  
HERE**



**Bryce Hanson, Director**  
[b.hanson@prairieathletic.com](mailto:b.hanson@prairieathletic.com)







## Meet Luigi at CrossFit Vultus

Greetings! I'm Luis Aparicio, also known as Luigi, a 31-year-old from Maracaibo, Venezuela. I've been dedicated to CrossFit since 2013. Since 2021, I've resided in Madison, thoroughly enjoying my involvement in the Prairie Athletic community and as a staff member at CrossFit Vultus. I love assisting individuals achieve their fitness goals and ensuring they have a positive CrossFit experience at Vultus. I can't wait to see you at the gym!



## Forging Elite Fitness

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. If you have any questions, please contact Luigi at [l.aparicio@prairieathletic.com](mailto:l.aparicio@prairieathletic.com).



### Member Pricing

Unlimited CrossFit Classes and Open Gym are included with Prairie Athletic Club's Platinum membership as well as everything else below at no additional charge!

- Pilates Reformer
- SOL Hot Yoga
- Training Zone/Bootcamp-8 classes per month
- Masters Swim
- Towel Service
- 10% off Food & Beverage and Pro Shop Items
- FREE PAC 24 Key Fob
- Spray Tanning-Unlimited Level 1 & 2
- + GOLD COVE MEMBERSHIP

Learn more at [prairieathletic.com](http://prairieathletic.com) or [CLICK HERE!](#)

## 2 WEEKS FREE

Attention PAC Members! There is no better time to give CrossFit a try. For a limited time we are offering a 2 week trial FREE only for PAC members.

[CLICK HERE TO GET STARTED](#)



## CROSSFIT KIDS

CrossFit Kids pairs fitness with fun! Ages 7-12

Next session starts April 17

See page 20 for more details.

# THANK YOU!

for voting Prairie Athletic Club



MADISON MAGAZINE'S  
**BEST**  
OF MADISON



# ADULT SPORTS



## Sand Volleyball Starts May 20

Summer is the time for PAC sand volleyball! Once again in 2024 – 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 until 8 p.m.

Enter promo code **SPIKE24** and SAVE \$25 on your league fee. Offer ends March 10th.

REGISTER YOUR TEAM TODAY!

### SUMMER LEAGUES

- **Monday** Coed B/C C 6s
- **Monday** B/BB 4s
- **Tuesday** Coed BB, B or C 6s
- **Wednesday** Coed BB and B 6s,
- **Thursday** Coed C or B 6s
- **Friday**-Outdoor Challenge volleyball

#### League Dates:

May 20-August 29

**Registration deadline May 12**



## RACQUETBALL

### Join the fun, leagues and lessons

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, including 1-day tournaments around Memorial Day and the 4th of July. If you haven't tried racquetball before, we'd love to see you out on the court. It's a great workout and a lot of fun – at the same time! Racquetball is a social sport here at the PAC. It's a great way to enjoy your workout and meet new people.



**CONGRATS!**

Shout out to all our recent racquetball winners! Alex Korenic teamed with Tracy Chynoweth to win the 2023 Men's Open State Doubles tournament. Chynoweth also teamed with Jeff McGee to win the Centurion Open while Bruce Thompson and Erik Schmitt won Mens B. In PAC Club Singles Korenic topped Chynoweth in a tie-breaker to win his second club title.

### NEW BEGINNER WOMEN'S LEAGUE

Designed to introduce participants to the fundamentals of the game, provide opportunities for skill development, and foster a sense of camaraderie among players of similar experience levels. Whether you're looking to improve your fitness, learn a new sport, or simply enjoy the thrill of competition in a welcoming setting, our beginner league provides a fun and accessible avenue to explore the exciting world of racquetball. League cost \$20.

March 14-May 23  
Thursdays 5:30 or 6 p.m.

Email Paul at [p.krueger@prairieathletic.com](mailto:p.krueger@prairieathletic.com) to register!



## NEW PROGRAM AT PAC-DODGEBALL LEAGUE!

PAC's dodgeball league is a high energy showdown where fun meets fitness! Whether you're a seasoned dodgeball veteran or a newbie eager to unleash your inner competitor, our league welcomes all skill levels.

April 14-May 25  
Thursdays rotating between 6-9 p.m.



**JOIN OUR LEAGUE TODAY!**





# Pickleball

Grab your paddle and let's play!

## Open Pickleball

PAC offers plenty of Open Pickleball time. Open Pickleball means that courts are reserved specifically for Pickleball. If the schedule does not have Open Pickleball, priority goes to basketball players. If courts are open and you would like to play Pickleball, please contact PAC staff to set up a net.

[View the full Open Pickleball Schedule](#)

## Pickleball Lessons & Clinics

PAC offers a variety of options for lessons from beginner to advanced. Check out our lessons if you are just starting to play or if you want to improve your skills.

[View all Pickleball Lessons](#)



## Dink, Donate & Shenanigans

Join us for the last pickleball social of the year! Friendly matches, community camaraderie, and laughter.

**Wednesday, March 13**  
**10 a.m.-noon**

Social to follow in The Lost Court

The social will benefit the Sun Prairie Emergency Food Pantry. See you on the courts!



## Challenge Basketball

Challenge basketball is a time for players to come to the club and play in "pick-up" games of basketball. Bring your friends and enjoy some friendly competition! Players are rotated in.

### **Monday & Wednesdays**

5-7 a.m.  
5-6:30 p.m. (40+)

### **Fridays**

5-7 a.m.  
4-5:30 p.m. (40+)

### **Tuesdays & Thursdays**

11 a.m.-12:30 p.m.

### **Saturdays**

7:30-10 a.m.

**Members: FREE | Non-members: Guest fees apply**

If you have any questions please email Paul at [p.krueger@prairieathletic.com](mailto:p.krueger@prairieathletic.com).

## Dance Lessons

Join Mike & Deb Moe of Dance Forever for these fun lessons! Watch for upcoming dates.

**Waltz**

**Rumba**

**Nightclub Two Step**

**Cha-Cha**

**Hustle**

\$100/couple Members

\$120/couple Non-members

Questions: Mike & Deb Moe

[mmoea@aol.com](mailto:mmoea@aol.com) or (608) 655-3250



## Master Swim

Master Swim is designed for all level swimmers providing a structured workout from an accomplished coach. If you are looking to build your fitness or area triathlete looking to improve your swim skills, this is the class for you!

Next sessions starts April 8

[Register Today!](#)



## Ping Pong

Looking for a smashing good time? Whether you're a seasoned paddle pro or a casual player looking for some friendly matches, our ping pong tables are ready and waiting. Grab a paddle, bring your A-game, and let the rallies begin!

Ping pong played on Racquetball Court #3







OPEN EVERYDAY! 11 AM - 8:30 PM

NOW ACCEPTING APPLICATIONS FOR SUMMER STAFF  
COME WORK WITH US!

## SUMMER FOOD & BEVERAGE AT PAC

4 Convenient Locations

*Order inside  
and eat  
outside on  
the patio!*

### Lost Court Bar and Grill

Salads & Wraps  
Burgers  
Soft Pretzels  
Beer & Cocktails  
Pizza

*Walk up  
window by  
the family  
pool*

### Jolly Jelly's Concessions

Walking Tacos  
Hot Dogs  
Ice Cream Novelties  
Hamburgers  
Brats

### Bob & Vel's Coffee Shop

Coffee Drinks  
Ice Cream Cones  
Milkshakes  
Snacks To Go  
Smoothies

*Order  
outside by  
the  
volleyball  
courts*

### Tiki Bar

Tropical Drinks  
Craft Beers  
Spiked Seltzers  
Cocktails  
Wine

*Located by  
the sand  
volleyball  
courts*

No carry ins allowed to Prairie Athletic Club or Dolphins Cove. Thank you for your cooperation!