

SPRING & SUMMER 2025

prairie athletic club

FITNESS & RECREATION FOR EVERY GENERATION



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.



Best gym in the Madison area!

Reason why I love living in Sun Prairie and would have a real hard time moving away because this gym is amazing. I spend time at the pools in the summers and love the water aerobics classes. Then daily I'm either at body pump, cycling or yoga. It's got so much to offer and endless possibilities



I really like this place!

It has everything I could possibly need to workout on my own. It is a great place for the entire family, with all sorts of activities for kids. They have classes if you like groups and have personal trainers if you need some guidance

Share your love of PAC!

PAC Facility Hours

CLUB HOURS

Monday-Thursday	4:30 a.m.-10 p.m.
Friday	4:30 a.m.-9 p.m.
Saturday & Sunday	6 a.m.-9 p.m.

EASTER

Club Closed*

MEMORIAL DAY

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

JULY 4

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

A Note from Your Club Manager



Hey PAC Family,

Jimmy the Groundhog has spoken—warm weather is on the way! We can't wait to see you soaking up the fun—whether it's crushing a group fitness class, showing off your smarts at trivia in The Lost Court, kicking back with a drink by the adult pool, or making a splash with the family at Dolphins Cove.

Your energy and enthusiasm are what make this club the best. From showing up to classes, inviting friends and neighbors to join, reporting maintenance issues, and just loving PAC as much as I do—you all make a difference!

This month's newsletter is packed with programs, special events, and activities for everyone on your membership. Click [HERE](#) to view our online calendar and find your next favorite thing!

Thank you for making PAC the place to be. See you around the club!



Peg Michaels

PEG MICHAELS
GENERAL MANAGER



Guests Welcome

- Automated guest check-in with 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!

See all the latest at happening at the club!



[@prairieathletic](#)

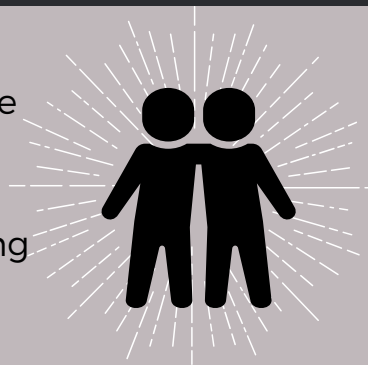


[Prairie Athletic Club](#)

Refer a friend!

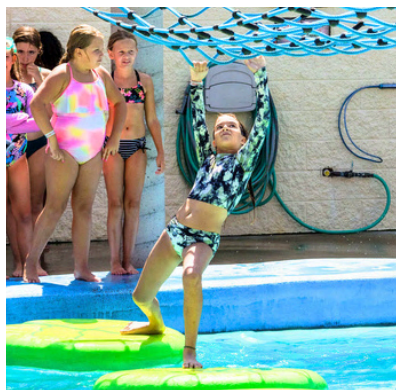
Gain a workout buddy AND receive a thank you gift! Your referral is a huge compliment and we appreciate YOU! There is something new every month.

*some exclusions apply & subject to change





Summer 2025 Dolphins Cove



Get ready for the BEST. SUMMER. EVER. Dolphins Cove is Dane county's BEST and Madison area's ONLY private outdoor water park. Our park features over 50,000 square feet of fun in the sun for the entire family! Pool-side private Cabana seating also available.

Dolphins Cove Features:

- All outdoor pools heated to 82°
- Zero depth family pool (Mussels Beach)
- Lazy river
- 250 gallon water bucket dump
- 800+ feet of high-speed super slides
- 30+ water-play options
- 16ft JUMBOTRON
- Outdoor tiki bar & party deck
- Adult Pool (ages 16+)
- Kid's activity pool
- Water basketball & rope climbing
- Family whirlpool (ages 6+)
- Sand volleyball courts with adult summer volleyball leagues
- Concession stand access
- Mobile ordering from Lost Court Bar & Grill

Adventure Lagoon Features:

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

Tentative 2025 Schedule

<https://www.prairieathletic.com/outdoorpools>

MEMORIAL DAY WEEKEND

May 24-27 WEATHER DEPENDENT - CHECK WEBSITE FOR HOURS

PRE-SEASON

May 31-June 6 WEATHER DEPENDENT - CHECK WEBSITE FOR HOURS

REGULAR SEASON

	DOLPHINS COVE	ADVENTURE LAGOON	MUSSELS BEACH
Monday-Thursday	12-6pm	1-5:30pm*	10:30am-8pm
Friday-Sunday	12-7pm	1-5:30pm*	10:30am-8pm
July 4	12-6pm	1-6pm*	10:30am-6pm

*Adventure Lagoon open for basketball everyday until 7 pm

END OF SEASON

	DOLPHINS COVE	ADVENTURE LAGOON	MUSSELS BEACH
August 15-30	1-6pm	1-5pm	11am-7pm

LABOR DAY WEEKEND

Aug 29-Sept 1 WEATHER DEPENDENT - CHECK WEBSITE FOR HOURS

Check our website daily for hours and featured events

Please note: Waterpark hours & events are updated daily through the summer season. Opening decisions are based on weather and employee availability in order to operate in within safe & legal regulations. Please contact us with any questions or concerns: webadmin@prairieathletic.com



Dolphins Cove - Prairie Athletic Club



@dolphinscovepac



THURSDAY OUTDOOR FAMILY MOVIE NIGHTS!

Keep an eye on our website or social media for movie nights!

Lock-in Dolphins Cove Summer Add-on Rates!



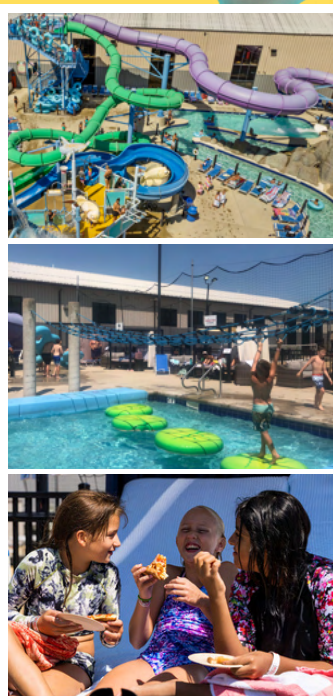
2025 Summer Gold Cove membership add-on rates

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

- Maximum family rate includes up to 4 add-ons (immediate family only)
- Dolphins Cove Water Park included with membership add-on!

START PLANNING YOUR BEST SUMMER EVER TODAY!

	3 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



CELEBRATE YOUR SUMMER
MILESTONES WITH A

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!

SUMMER BIRTHDAY PARTY INCLUDES:

- 2.5 hour party duration with reserved seating in one of three party areas.
- 10 water park wristband passes for non-member guests.
- (4) large 1-topping pizzas, and (2) pitchers of soda or lemonade.
- Unlimited adult spectators.
- (1) carry-in store-bought cake per party rental allowed.
- Add-on water park wristbands available.

[Learn More & Book Here!](#)

Book a Summer Event at the Outdoor Tiki Bar & Deck!

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

[CLICK HERE TO SEE RENTAL OPTIONS](#)



PRAIRIE ATHLETIC CLUB Cabana Sponsor

PROMOTE YOUR BUSINESS THIS SUMMER AT PAC!

PARTNERING WITH PRAIRIE ATHLETIC CLUB ALLOWS YOUR BUSINESS TO BE A PART OF SUN PRAIRIE'S MOST TALKED ABOUT SUMMER SCENE. DOLPHINS COVE AVERAGES OVER 65,000 VISITS IN THE SUMMER.



SPONSORSHIP DETAILS:

- CABANA NAMING RIGHTS FOR SUMMER
- LOGO DISPLAYED PROMINENTLY ON CABANA
- LOGO ON PAC WEBSITE REGISTRATION
- LOGO ON ONLINE RECEIPT CONFIRMATION
- SPONSOR WELCOME TO HAND OUT BRANDED SWAG IN DAILY CABANA BASKETS

FOR PRICING OR QUESTIONS,
CONTACT TRACY AT
T.FERRON@PRAIRIEATHLETIC.COM

WE WELCOME ANY NON-POLITICAL, NON-COMPETING
BUSINESS TO CONTACT US FOR MORE INFO!

PRAIRIE
ATHLETIC CLUB

Member Spotlight

MEET A MEMBER
HEAR THEIR PAC STORY



SHELBY + PAT HANSON

WHAT IS IT WITH THE PAC?

Our story began in 1992 when we joined the PAC because of an overactive teenager who needed an outlet, his mother who needed to exercise for her health, and her husband who continued to break bones. We all just wanted to be healthy.

Along the way we had to deal with diabetes, heart disease, back surgery, knee surgery, shoulder surgery and a few other slow downs. But none of the medical things slowed us down from showing up and bouncing back.

We knew that we had a second family at PAC that cared and it became a great place to rehab. We were always cheered on by the people we met and the PAC employees. We have known most of the employees since they were kids themselves. Recently a life guard from 18 years ago stopped at PAC to introduce Shelby and I to this two young daughters. He was in high school when we first met him.

WHAT KEEPS YOU COMING BACK?

Our physicians are delighted that we are faithful members of the club, and my cardiologist is amazed with the dedication we have to staying healthy. Coming out of surgery, the first question I asked was, "When can I get back to the club, when can I swim again?" I was back on the track in three days. I had to wait two weeks for the pool.

Shelby has a knee surgery coming up in April and his surgeon is pleased that he has the ability to stay strong and rehab at PAC.

This is our story and we can't be more pleased with what PAC has done for us.

We are shooting for the title of "Oldest Members."

Pat & Shelby

want to share your PAC story? Email us at web@prairieathletic.com

PERSONAL TRAINING



REACH YOUR GOALS WITH PRAIRIE ATHLETIC CLUB PERSONAL TRAINING

Let our fitness professionals focus on you individually to help you achieve your goals and provide you with a personalized plan.

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 and motivate each other along the way.



WHAT CLIENTS ARE SAYING:

"MY PERSONAL TRAINING SESSION WITH NANCY WAS EXCELLENT! SHE DEVELOPED A PROGRAM OF EXERCISE TO MEET ALL OF MY GOALS!"

NANCY
PAC PERSONAL TRAINER



"MARIA IS VERY KNOWLEDGEABLE & HELPED ME UNDERSTAND THE MOVEMENTS & HOW THEY STRENGTHEN MY BODY. I APPRECIATE HER PATIENCE & KINDNESS."

MARIA
PAC PERSONAL TRAINER



"I APPRECIATE THAT KASEN IS ALWAYS ADDING SOMETHING NEW TO OUR ROUTINES ALONG WITH EXERCISES HE KNOWS ARE MY FAVORITES."

KASEN
PAC PERSONAL TRAINER



PERSONAL TRAINING

Spring into Movement BINGO CHALLENGE

April 1-30

Get ready for some extra fun & accountability to get movin' this Spring!

Mark off as many boxes as you can on your challenge BINGO card during the month of April!*

*You can check off one box per day from 4/1/25-4/30/25.

Registration includes:

- (1) complimentary drop-in SOL Hot Yoga class
- (1) complimentary drop-in Training Zone class
- Access to our personal training app
- Chances to win great prizes!

Special prizes awarded to those who complete the whole card by the end of the month!



ONLY \$40 TO PLAY
REGISTER TODAY!

Click Here

WELCOME TO OUR PERSONAL TRAINING TEAM



DORI I enjoy working with anyone and everyone. A few of my favorites areas of fitness are strength training and making cardio fun. I am a runner and love a good cardio burn, but I know that most people are not as passionate as I am. My goals are to make fitness fun and achievable.

Our bodies are meant to move and be active. Working out doesn't have to be complicated or daunting. Let's channel your areas of passion together and make it fun.



MERISSA My specializations include strength training, HIIT style workouts, functional fitness, and holistic health and wellness. I am dedicated to guiding individuals in creating personalized, consistent training plans that prioritize nutrition and sustainable lifestyle changes, empowering them to achieve their unique goals.

My fitness philosophy is simple: 'All movement is good movement.' I'm passionate about helping people discover sustainable ways to lead an active lifestyle, tailored to their unique interests and personalities.

**SPECIAL
OFFER**

New Trainer Special! 3 Personal Training Sessions for Only \$99!

MEET OUR TRAINERS

LAUREN LEE - PERSONAL TRAINING DIRECTOR

No two people are the same, and therefore no two clients are going to have the same training regimen. Regardless of where you're at now, with the right coaching, nutrition, & training program, you can achieve ANY goal you set your mind to!



BRIAN BALS

I focus on helping individuals optimize their movement patterns to enhance performance, prevent injury, and achieve personal goals.



ALEX DYNES

Exercise should be enjoyable and help us achieve our goals. Exercise can help anyone whether its their first or 100th workout.



CHRIS FRANZ

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

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. 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.



ANGELA KNOLL

You only get one body, take care of it with proper nutrition and mindful smart exercise.



KRAIG KUCHENBECKER

"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. 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!



BEN RASHID

I'm passionate about helping individuals optimize their movement patterns to unlock peak performance, prevent injuries, and achieve their personal fitness goals. My goal is to empower you to move better, feel stronger, and reach your fullest potential.



SAM RODENBERG

'Working out' doesn't have to be dreadful and fitness isn't just for athletes. We are all made to move! Together, we can tackle your goals, one step at a time!



ROB RUFFLO

I believe in creating a program that is realistic, easy to understand & above all a lifestyle change that lasts forever.



EMILY RUTH

Every body is made to move, & health is possible in this very moment. I offer training that is weight & size-neutral, I am aligned with Health at Every Size and Intuitive Eating.



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 never stop learning.



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!



» LET'S CONNECT! «



@PERSONALTRAININGPAC



PRAIRIE ATHLETIC CLUB PERSONAL TRAINING



CLICK HERE TO GET STARTED!

Questions? Contact Lauren Lee - Personal Training Director - L.lee@prairieathletic.com

RECOVERY ZONE



**FIRST SESSION
IS FREE
SCHEDULE TODAY!**

MUSCLE RECOVERY SERVICES

Discover a dedicated place to unwind & decompress after your workout.

- One-on-one assisted stretching with a certified personal trainer
- Muscle recovery & mobility equipment including pneumatic boots & percussive therapy
- 25 minute or 50 minute sessions



THE TRAINING ZONE

SMALL GROUP PERSONAL TRAINING

TRY YOUR FIRST 2 WEEKS FREE!

EARLY MORNING, MID-MORNING, EVENING, & WEEKEND CLASSES OFFERED, INCLUDING:

- STRENGTH CLASS
- BOOTCAMP

SEE SCHEDULE
CLAIM YOUR FREE TRIAL



Unlimited
TZ Classes
included with
Platinum
Membership!

GROUP FITNESS

Discover the Pilates Reformer Studio at PAC

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

National Pilates Day is Saturday, May 3rd! Watch for Pilates Reformer Open Houses for a chance to meet our instructors, ask questions, and enter to win some great prizes including PAC Pilates Sessions!

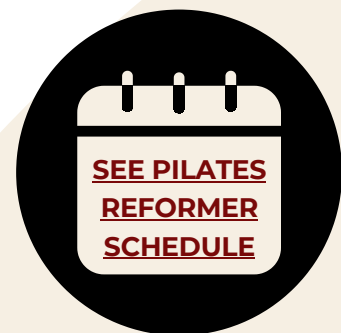
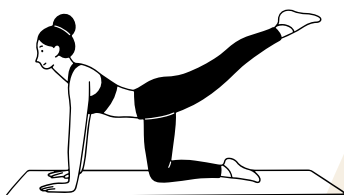
Prefer one-on-one Pilates Reformer? Purchase a Private Pilates Session and pair up with your favorite instructor for individualized attention. [Start today!](#)

Don't forget about Pilates Mat!

Included in PAC Gold Memberships
Studio 3

9:30am | Monday & Wednesday

5:30pm | Thursday



New to Pilates Reformer? Try out our 2-week unlimited trial for just \$30! Start out with one of our "Beginner-Friendly" classes until you're comfortable to transition to Intermediate & Advanced classes.



Did You Know?

Room-temp Yoga & Barre in Studios 3 & 5 are included in PAC Gold Memberships!

Tuesday | 12pm | Yoga Flow
Tuesday | 5:30pm | Barre
Wednesday | 4pm | Yin Yoga
Thursday | 12pm | Slow Flow Yoga
Saturday | 7:30am | Power Flow Yoga
Sunday | 7:30am | Slow Flow Yoga



SWIFTIE SPIN CLASS

...READY FOR IT?

MARCH 6

6:30PM / STUDIO 1

REGISTER ON MINDBODY

Get ready to pedal through the hits with our first ever Taylor Swift themed cycling class.

No matter your style, this ride is a celebration of strength, endurance, and fearless energy!!



Follow us!

Group Fit 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!

GROUP FITNESS

BIG SCREEN CLASSES - Virtual Group Fitness Classes When They Work for You!

Our "Big Screen" classes are the same great classes led by our PAC instructors 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 for class 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 to make sure you're all set for a safe and successful first class!

**CLICK
FOR FULL
SCHEDULE!**

Classes include:

**Core
Barre
BodyBalance
Dance
BodyCombat
BodyPump
Sprint
RPM**



LES MILLS RELEASE PARTIES

Are you ready to kick your workouts up a notch? Join us for the Les Mills New Release party this April, where we're bringing the energy, the beats, and the best NEW PROGRAMMING! This is your chance to experience the latest & greatest Les Mills classes, all in one epic event. Whether you're a seasoned pro or brand new to Les Mills/Group Fitness, there's something for everyone! Les Mills Release Parties are **FREE for everyone, including non-members!**

Outdoor Aqua Fitness Returns this Summer!

Imagine a workout where the resistance of the water challenges your muscles, while the buoyancy keeps it low-impact and easy on the joints. Now picture that same great class on a warm sunny day, outdoors in a heated pool. Yeah, we cannot wait either! Aqua fitness classes are perfect for all fitness levels!

CURRENT AQUA FITNESS SCHEDULE HERE

Questions about PAC Aqua Fitness please contact Kat at k.hawkins@prairieathletic.com.

SOL HOT YOGA



Fuel your soul in the heart of PAC. SOL Hot Yoga studio is the perfect place to find your balance and get grounded in your health & wellness goals.

Outdoor yoga returns this summer!

Our outdoor poolside yoga is a serene and refreshing practice that combines the calming elements of water with the grounding benefits of yoga. With the relaxing presence of water, poolside yoga often encourages a flow of movement and flexibility. Whether you're engaging in sun salutations, deep stretches, or balancing postures, the poolside environment adds a refreshing and rejuvenating element to your practice. Outdoor yoga classes are included in all Gold Cove Memberships!



POP-UP CLASSES & WORKSHOPS

Watch for more Pop-Up Classes & Yoga Workshops this spring & summer! These offerings are a fun twist on our regularly scheduled classes or may be a completely new experience at PAC. Be sure to follow SOL and PAC on social media for more details!

SOUND BATH

March 1st | 1:45am-1:00pm

AWAKEN YOUR CREATIVE "SOL"

March 7th | 6:00pm

AROMA RESTORATIVE YOGA

March 21st, April 11th & May 16th | 6:30pm

NEW MOON YIN & NIDRA

April 25th | 6:00pm

SAVINGS CONTINUED!

Hot deals on SOL Hot Yoga memberships! Current PAC members can join SOL for just \$29/month for unlimited classes (singles) or \$49/month for an unlimited classes (couples).

"Keep the Momentum" Challenge

Track your class participation now through March 31st to keep on track with your goals and have the chance to win some great prizes, including a Jade Yoga Mat for the participant with the most classes! Add your name to our tracking chart in the SOL studio and check a square for each class you attend. All SOL yoga classes count; including Studio 3 & 5!

Fluff & Flow Puppy Yoga

Puppy Yoga was so PAW-some! BIG thank you to those who donated and downward dogged with us and the pups from Wisconsin Bound Rescue. Together we raised over \$1,000 for WBDR (WI Bound Dog Rescue) and hopefully found fur-ever homes for some of the four-legged participants. Stay tuned for future pup-supportive events!



@SOL_YOGA_PAC



SOL Yoga at Prairie Athletic Club



Summer Camp at PAC

AGES 5-12
ALL DAY | 7:15AM-5:30PM

SPOTS GO FAST,
ENROLL TODAY!

A NEW ADVENTURE EVERY WEEK! 2025 CAMP THEMES:

REGISTER FOR THE ENTIRE SUMMER OR INDIVIDUAL WEEKS

June 16 **Safety**
June 23 **Farm**
June 30 **Stars & Stripes**
July 7 **Fitness**
July 14 **Soccer**

July 21 **Superhero**
July 28 **Science**
August 4 **Drama**
August 11 **Football // Poms**
August 18 **Basketball**
August 25 **Movin & Groovin**

CAMP QUESTIONS?

CONTACT DIRECTOR OF LICENSED PROGRAMS,
LISA AT L.SCHNEIDER@PRAIRIEATHLETIC.COM

REGISTRATION OPEN!

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 26-June 7

Wednesday 5-5:30 p.m.

Thursday 10-10:30 a.m.

Saturday 10:15-10:45 a.m.

Summer Session

June 19-August 14

Thursday 5-5:30 p.m.

Little Strikers

Age 3

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

Spring Session

April 26-June 7

Wednesday 5:30-6 p.m.

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

Summer Session

June 19-August 14

Thursday 6-6:30 p.m.

Midfield Mayhem- Instruction Only

Ages 4 & 5

Continue to work on soccer skill development and ball skills.

Spring Session

April 26-June 7

Saturday 9:45-10:15 a.m.

Saturday 10:45-11:15 a.m.

Summer Session

June 19-August 14

Thursday 5:30-6 p.m.

Thursday 6:30-7 p.m.

Midfield Movers

Ages 3 & 4

Develop ball handling skills, coordination and physical fitness.

Spring Session

May 1-June 5

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 26-June 7

Monday 6-7 p.m.

Wednesday 7-8 p.m.

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

Summer Session

June 17-August 12

Tuesday 6-7 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.

From perfecting layups to mastering teamwork, every session is packed with energy, excitement, and plenty of high-fives.

**Hit the court with PAC
today!**

REGISTER NOW!



BASKETBALL SKILLS (AGES 4-11) SPRING SESSION

April 29-June 5

Ages 4 & 5

Tuesday 4:30-5 p.m.

Thursday 4:30-5 p.m.

Thursday 5-5:30 p.m.

Ages 6 & 7

Tuesday 5-5:30 p.m.

Tuesday 5:30-6 p.m.

Thursday 5:30-6 p.m.

Ages 8-11

Tuesday 6-6:30 p.m.

SUMMER SESSION

June 17-August 14

Ages 4 & 5

Tuesday 5-5:30 p.m.

Thursday 4:30-5 p.m.

Thursday 5-5:30 p.m.

Ages 6 & 7

Tuesday 5:30-6 p.m.

Thursday 5:30-6 p.m.

Ages 8-11

Tuesday 6-6:30 p.m.

BASKETBALL SKILLS & GAMES (AGES 8-11)

SPRING SESSION

April 29-June 5

SUMMER SESSION

June 19-August 14

Ages 8-11 Thursday 6-6:45 p.m.



YOUTH PROGRAMS

VOLLEYBALL

Volleyball Instruction

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

SPRING SESSION

April 30-June 4

Wednesdays 4-4:45 p.m.

SUMMER SESSION

July 8-August 14

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 30-June 4

Wednesdays 5-5:45 p.m.

SUMMER SESSION

July 8-August 14

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

REGISTER TODAY!



**REGISTER
TODAY!**



T-Ball (Ages 4-6)

June 16-August 13

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 p.m. and 6:15 p.m.



COACH PITCH (Ages 6-8)

June 16-August 13

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 p.m. and 6:15 p.m.



BASEBALL

LET'S DANCE!



Ballet, Hip Hop & Let's Dance!

Discover the joy of movement with our Youth Dance Classes! Whether your child is looking to leap, twirl or groove, we have the perfect class for them. Ages 2-5

Let's Dance

A chance for parents to learn movement and dance with their young ones.

Tuesday 5-5:30 p.m.

Ballet

Little dancers will have a blast while learning the beautiful art of ballet

Tuesday 5:30-6 p.m.

Hip Hop

Students will learn the basic techniques of hip-hop focusing on rhythm & forms.

Tuesday 6-6:30 pm



Spring Session

Summer Session

April 29-June 3

June 17-August 12

REGISTER TODAY!

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 29-June 3
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.



ENROLL TODAY

Spring Session May 1-June 5

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.

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 28-June 7

Summer Session

June 16-July 21

Ages 7-9

Monday 5-5:45 p.m.

Ages 10-13

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



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 30-June 5

Wednesdays 4-4:30 p.m.

Summer Session

June 17-August 12

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 30-June 4



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

Spring Session

April 29-June 3

Tuesdays 9:30-10 a.m.

Spring Session

June 21-August 16

Saturdays 9-9:30 a.m.

**REGISTER
HERE!**

PAC CARE



PAC Care is our complimentary childcare available for members. PAC Care is currently accepting children ages 3 months and older. No reservations required. Two hour time limit per day.

Summer hours start June 1st!

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.- 4 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 Kayla at k.martin@prairieathletic.com with any questions.

FREE for members

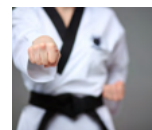


Teen Tag (Ages 12-13)

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



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



EGG HUNT IN THE POOL

APRIL 18 | time TBD

Mark your calendars for this
Spring time event!
More details to come.





AFTER SCHOOL

Need help with after-school care for your SP school-ager?

Ages 5-12 years

PAC Kids is our state licensed after school program held right here at the club. Children have the opportunity to participate in gym activities, swimming, games, arts & crafts, and more! Snack is provided. As well as transportation from select local Sun Prairie schools. [MORE INFO HERE!](#)

AFTER SCHOOL PROGRAM'S DAILY SCHEDULE:

Monday, Tuesday, Wednesday, Friday

2:40-3:15 pm Check-in at PAC
3:10-3:40 pm Snack time
3:40-5:30 pm Activity time: basketball, soccer, table activities, junior gym, & more!

Thursday (early release)

1:30-2:05pm Check-in at PAC
2:00-3:00pm Snack time
3:00-5:30pm Activity time: basketball, soccer, table activities, junior gym, & more!

ALL STUDENTS MUST BE PICKED-UP BY 6PM

Questions? Contact Director of Licensed Programs, Lisa, at l.schneider@prairieathletic.com

No school? No problem! SCHOOL DAYS OFF CAMP AT PAC



- follows SPASD schedule
- camp hours 7:15am-5:30pm
- ages 5-12 years
- arts & crafts
- indoor swimming
- group games & activities
- free play on indoor soccer field & gym courts **AND MORE!**

UPCOMING DAY CAMP DATES:

March 24-28

April 18

May 23

**\$80 Members,
\$95 non-members**

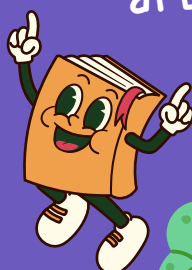
RESERVE YOUR SPOT TODAY!

STORY TIME

Join Ms. Tracey
9:00am Thursday mornings
at Bob & Vel's coffee shop
for read-a-loud story time,
a craft activity, and FUN!
INCLUDED IN MEMBERSHIP.

Help us plan ahead & pre-register!

at Bob & Vel's



UPCOMING DATES & BOOKS:

March 6	When I Smile
March 13	I Love the Rain
March 20	Goodbye Winter, Hello Spring
April 3	I Don't Want to Be a Frog
April 10	A Rainbow of My Own
April 17	Too Many Carrots
April 24	The Tiny Seed



FAMILY FUN SATURDAYS

**A SERIES OF FAMILY FUN
EVENTS ARE BACK AT PAC!**

[CLICK HERE TO SEE FULL SCHEDULE!](#)

FAMILY GYM TIME

SOCCER FIELD WEST

TUESDAY | 5:30 - 6:30PM

FRIDAY | 5:30 - 6:30 PM

BASKETBALL COURT 6

FRIDAY & SATURDAY | 5-6PM

SUNDAY | 5:30 - 6:30PM



JUNIOR GYM

MONDAY-WEDNESDAY

11:15AM - 2:15PM | 6:30 - 8:00PM

THURSDAY

11:15AM - 1:15PM | 6:30 - 8:00PM

FRIDAY

11:15 AM-2:15 PM | 6:30 - 8:00PM

SATURDAY & SUNDAY

11:00AM-8:00PM



**FOR AGES 8
& UNDER**

Basketball Court 6 hoops lowered during these hours by request.
Schedule subject to change. CLOSED on SPASD days off. No food allowed. Water bottles only.

Join us for free-play family fun!

PAC N' PLAY

AGES 5 & UNDER | INDOOR SOCCER FIELD

SEE UPCOMING DATES & TIMES

INCLUDED IN MEMBERSHIPS!

Organized play time on the indoor soccer field with lots of exploratory games and objects for your little one to burn off some energy and make new friends in a safe environment.

Including an inflated bounce house! The soccer field is located near Bob and Vel's coffee shop for you to conveniently grab a snack and a coffee during play time!

COMING THIS SUMMER!

**SATURDAY
MORNING
PAC N' PLAY**

June 21-August 9
SATURDAYS | 9-11AM

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! Contact Beck at b.bohnker@prairieathletic.com with any questions.

Parent Infant Ages 6-24 months

Spring Session April 12-May 22

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

Summer Session I June 5-July 19

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

Summer Session II July 24-August 28

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

Parent Child Ages 24-36 months

Spring Session April 12-May 22

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

Summer Session I June 2-July 19

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

Summer Session II July 21-August 30

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



Preschool 1 Ages 3-5 years

Spring Session April 12-May 22

Saturday 9:30-10 a.m.
Monday 5:30-6 p.m.
Tuesday 6-6:30 p.m.
Wednesday 3:30-4 p.m.
Thursday 5:30-6 p.m.

Summer Session I June 1-July 19

Sunday 9-9:30 a.m.
Monday 5:30-6 p.m.
Tuesday 4:30-5 p.m.
Tuesday 5:30-6 p.m.
Wednesday 5:30-6 p.m.
Saturday 8:30-9 a.m.

Summer Session II July 20-August 30

Sunday 9-9:30 a.m.
Monday 5:30-6 p.m.
Tuesday 4:30-5 p.m.
Tuesday 5:30-6 p.m.
Wednesday 5:30-6 p.m.
Saturday 8:30-9 a.m.

Summer Bi-Weekly Session I June 24-July 17

Tuesday/Thursday 8:15-8:45 a.m.

Summer Bi-Weekly Session II July 22-August 7

Tuesday/Thursday 8:15-8:45 a.m.

Summer Bi-Weekly Session III August 12-28

Tuesday/Thursday 8:15-8:45 a.m.

Daytime Preschool Ages 3-5 years

Spring Session April 14-May 19

Monday 10-10:30 a.m.
Monday 12:30-1 p.m.

Competitive Stroke Technique Ages 8-18

Spring Session April 14-May 19

Monday 4:15-5 p.m.

Preschool 2 Ages 3-5 years

Spring Session April 12-May 22

Saturday 9-9:30 a.m.
Saturday 10-10:30 a.m.
Monday 5-5:30 p.m.
Tuesday 5:30-6 p.m.
Wednesday 4-4:30 p.m.
Thursday 6-6:30 p.m.

Summer Session I June 1-July 19

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

Summer Session II July 20-August 30

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

Summer Bi-Weekly Session I June 24-July 17

Tuesday/Thursday 8:45-9:15 a.m.

Summer Bi-Weekly Session II July 22-August 7

Tuesday/Thursday 8:45-9:15 a.m.

Summer Bi-Weekly Session III August 12-28

Tuesday/Thursday 8:45-9:15 a.m.

Preschool 3 Ages 3-5 years

Spring Session April 12-May 22

Saturday 9:30-10 a.m.
Monday 5:30-6 p.m.
Tuesday 5:30-6 p.m.
Tuesday 6-6:30 p.m.
Wednesday 4:30-5 p.m.
Thursday 5:30-6 p.m.

Summer Session I June 1-July 19

Sunday 9-9:30 a.m.
Monday 5:30-6 p.m.
Tuesday 4:30-5 p.m.
Wednesday 5:30-6 p.m.
Saturday 9:30-10 a.m.

Summer Session II July 20-August 30

Sunday 9-9:30 a.m.
Monday 5:30-6 p.m.
Tuesday 4:30-5 p.m.
Wednesday 5:30-6 p.m.
Saturday 9:30-10 a.m.

Summer Bi-Weekly Session I June 24-July 17

Tuesday/Thursday 9:15-9:45 a.m.

Summer Bi-Weekly Session II July 22-August 7

Tuesday/Thursday 9:15-9:45 a.m.

Summer Bi-Weekly Session III August 12-28

Tuesday/Thursday 9:15-9:45 a.m.



REGISTER AT PRAIRIEATHLETIC.COM

Level 1
Ages 6-12

Spring Session
April 12-May 22
Saturday 10-10:30 a.m.
Monday 6:30-7 p.m.
Tuesday 5-5:30 p.m.
Wednesday 5-5:30 p.m.
Thursday 6-6:30 p.m.

Summer Session I
June 1-July 19
Sunday 9:30-10 a.m.
Monday 6-6:30 p.m.
Tuesday 5:30-6 p.m.
Wednesday 6-6:30 p.m.
Saturday 9:30-10 a.m.

Summer Session II
July 20-August 30
Sunday 9:30-10 a.m.
Monday 6-6:30 p.m.
Tuesday 5:30-6 p.m.
Wednesday 6-6:30 p.m.
Saturday 9:30-10 a.m.

Summer Bi-Weekly Session I
June 24-July 17
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 12-28
Tuesday/Thursday 10-10:30 a.m.

Level 2
Ages 6-12

Spring Session
April 12-May 21
Saturday 10:30-11 a.m.
Saturday 11-11:30 a.m.
Monday 6-6:30 p.m.
Tuesday 5:30-6 p.m.
Wednesday 5:30-6 p.m.

Summer Session I
June 1-July 19
Sunday 10-10:30 a.m.
Monday 6-6:30 p.m.
Wednesday 6-6:30 p.m.
Thursday 5-5:30 p.m.
Saturday 10-10:30 a.m.

Summer Session II
July 20-August 30
Sunday 10-10:30 a.m.
Monday 6-6:30 p.m.
Wednesday 6-6:30 p.m.
Thursday 5-5:30 p.m.
Saturday 10-10:30 a.m.

Summer Bi-Weekly Session I
June 24-July 17
Tuesday/Thursday 10:30-11 a.m.

Summer Bi-Weekly Session II
July 22-August 7
Tuesday/Thursday 10:30-11 a.m.

Summer Bi-Weekly Session III
August 12-28
Tuesday/Thursday 10:30-11 a.m.

Level 3
Ages 6-12

Spring Session
April 12-May 21
Saturday 10:30-11 a.m.
Monday 6-6:30 p.m.
Tuesday 5-5:30 p.m.
Wednesday 6-6:30 p.m.

Summer Session I
June 1-July 19
Sunday 10-10:30 a.m.
Monday 6:30-7 p.m.
Thursday 5:30-6 p.m.
Saturday 10:30-11 a.m.

Summer Session II
July 20-August 30
Sunday 10-10:30 a.m.
Monday 6:30-7 p.m.
Thursday 5:30-6 p.m.
Saturday 10:30-11:30 a.m.

Summer Bi-Weekly Session I
June 24-July 17
Tuesday/Thursday 11-11:30 a.m.

Summer Bi-Weekly Session II
July 22-August 7
Tuesday/Thursday 11-11:30 a.m.

Summer Bi-Weekly Session III
August 12-28
Tuesday/Thursday 11-11:30 a.m.

Level 4
Ages 6-12

Spring Session
April 12-May 21
Saturday 11-11:30 a.m.
Monday 6:30-7 p.m.
Wednesday 6:30-7 p.m.

Summer Session I
June 2-July 14
Monday 6:30-7 p.m.

Summer Session II
July 21-August 25
Monday 6:30-7 p.m.

Summer Bi-Weekly Session I
June 24-July 17
Tuesday/Thursday 11:30 a.m.-noon

Summer Bi-Weekly Session II
July 22-August 7
Tuesday/Thursday 11:30 a.m.-noon

Summer Bi-Weekly Session III
August 12-28
Tuesday/Thursday 11:30 a.m.-noon



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 5-5:45 p.m.
March 12, 19 April 2, 9

Thursdays 3:45 p.m.-4:30 p.m.
March 13, 20 April 3, 10

Meet Day: Saturday, April 12



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 Beck at b.bohnker@prairieathletic.com to check instructor availability.



The Learning Academy | 2025-2026 Enrollment Open!



Enroll here!



"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!" -LA parent

Preschool questions?
Contact Ms. Mandi at
m.kragh@prairieathletic.com

- 3-4 year old program
- Play-based curriculum
- Child-led learning
- Wrap around care available!

OPEN HOUSE

APRIL 5 | 10:30 AM-NOON

- MEET THE TEACHER
- TOUR THE CLASSROOM
- ENROLL FOR FALL

Come grow with us!



THE LEARNING ACADEMY
at Prairie Athletic Club



One club, many communities!



Follow us on social media and stay up to date on the latest news about your favorite parts of PAC.



[Prairie Athletic Club](#)



[@prairieathletic](#)



[Prairie Athletic Club Personal Training](#)



[@personaltrainingpac](#)



[SOL Yoga at Prairie Athletic Club](#)



[@SOL_YOGA_PAC](#)



[Elite Sports Performance - Prairie Athletic Club](#)



[@espathletes](#)



[Dolphins Cove - Prairie Athletic Club](#)



[@dolphinscovepac](#)



[CrossFit Vultus](#)



[@crossfitvultus](#)



[The Learning Academy - Prairie Athletic Club](#)



[@learningacademypac](#)



[Lost Court Bar and Grill](#)



ESP

ELITE SPORTS PERFORMANCE



Get your athletes to the next level with ESP!

What is ESP?

Elite Sports Performance provides young athletes ages 8-18 years with a sports performance program designed around 2-5 hours of training per week.

Classes are available Monday-Saturday. In addition to classes focused on total body workouts, conditioning, speed control, coordination, strength & power development, ESP also offers sports specific & custom classes!

Free Week of ESP!

MARCH 24-28 try ESP classes for FREE! Already an ESP athlete? Bring a friend for extra exciting times in the ESP gym. Keep an eye out for summer dates!

 **VIEW ESP SCHEDULE**

MEET BRYCE

b.hanson@prairieathletic.com



Bryce Hanson, ESP Director

As a former ESP athlete himself, Bryce knows what it takes to get your athletic performance to the next level. He has years experience in multiple sports as an athlete as well as a coach. ESP ditches "cookie-cutter" workout programs and focuses on individual programming for each group of athletes he coaches. With more athletes specializing in a particular sport at an earlier age, it is crucial that athletes receive a broad selection of training modalities to mitigate overuse injuries. Bryce has a passion for getting the best out of all athletes and ensuring that each class is as fun as it is effective.

Consider ESP if your young athlete is looking to:

- Improve athletic performance
- Enhance confidence
- Exercise teamwork & social skills
- Train mental toughness
- Instill healthy lifestyle habits



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. Contact Bryce if you have any questions!



ESP CLASS DESCRIPTIONS

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.

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

SPEED DEVELOPMENT: (ages 11+) - Linear and Lateral speed will be trained during this 1-hour class. Linear - Athletes will work on straightforward speed, deceleration, and top-end speed. Lateral - Athletes will work on side-to-side speed, deceleration, and change of direction.

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.

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

COORDINATION & 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.

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 TO INCLUDE THESE CLASSES:

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 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.



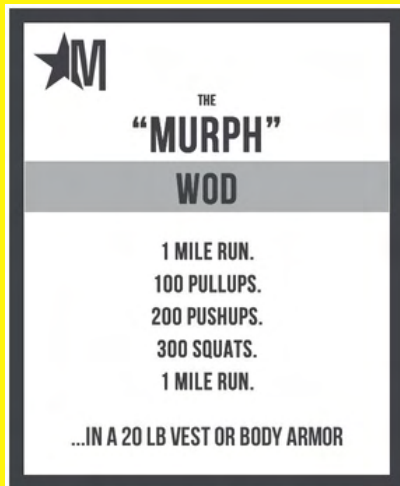
GET STARTED
VIEW SCHEDULE

CROSSFIT VULTUS



Memorial Day Murph Challenge

Honor the sacrifices of those who served in our armed forces with this annual workout. The Murph workout can be scaled for any fitness level, from beginners completing their first to elite athletes aiming for record times.



Member Pricing

Unlimited CrossFit classes and Open Gym are included with Prairie Athletic Club's Platinum Membership.

[CLICK TO LEARN MORE](#)

CrossFit questions? Contact CF Vultus Manager, Luigi at l.aparicio@prairieathletic.com

Forging Elite Fitness

CrossFit programming is coached, high-intensity, community-driven, functional fitness that can be adapted to your personal needs & goals. **ALL FITNESS LEVELS WELCOME!** Workouts consist of constantly varied, high-intensity, functional movements, and are most fun & effective among friends!



CROSSFIT KIDS

Ages 7-12 CrossFit Kids pairs fitness with fun! See Youth Programs page for more details, or **[REGISTER HERE!](#)**



Connect with the Vultus Community!

Follow CrossFit Vultus for all the community-focused content and up to date happenings at the CF box!



[@crossfitvultus](#)



[CrossFit Vultus](#)

ADULT SPORTS



Summer Volleyball Begins May 19

Summer is the time for PAC sand volleyball! Once again in 2025 – 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. Look for special discounts for teams that register early! If you have any questions please contact Paul at p.krueger@prairieathletic.com.

REGISTER BY MARCH 9th and SAVE \$25!

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 19-August 28

Registration Deadline

Sunday, May 11



Not sure what league to join? Check out the league descriptions ↘



BB League (Intermediate high): Players are well-skilled in basic volleyball. This type of game is faster than the “B” level but not as advanced as power players. Officials use strict calls.

B League (Intermediate low): This league is for players and teams that want to play competitive volleyball but may not have the skill or players to play at the higher level. Officials allow some leniency with calls.

C League (Recreation): This league is designed for those players who want to have fun. Officials use the most leniency with calls.



Congratulations Club
Singles Champion

TRACY CHYNOWETH

UPCOMING RACQUETBALL TOURNAMENTS

Wisconsin State Singles	March 7-8
Memorial Day Tourney	May 26
4th of July Day Tourney	July 4
2025 Summer Open	August 15-16



RACQUETBALL



THANK YOU RACQUETBALL SPONSORS

Thanks to American Family Insurance (Larry “Smokey” Anderson Agency), Daly’s Bar & Grill, and Cannery Wine & Spirits for sponsoring our tournaments. Also to Culver’s, WineStyles, Carbliss, Shed East, Cannery again and Mugshotz for being Team Racquetball sponsors. Please consider using these establishments when you do business and thank them for their support of PAC racquetball.

JOIN A LEAGUE! We are always looking for fellow players to join in some heart-pounding rallies and enjoy the thrill on the court. Whether you are a seasoned pro or a newbie eager to dive into the world of racquetball, join a PAC racquetball league today! Leagues run approximately 10 weeks.

[CLICK HERE LEARN MORE
ABOUT PAC RACQUETBALL](#)



If you have any questions contact Paul
at p.krueger@prairieathletic.com



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](#)

HOOPS 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.

Pickleball Lingo: Talk the Talk, & Play the Game!

Pickleball has its own unique language, and if you want to sound like a pro on the court, you've got to know the lingo! Here are some of the most popular pickleball terms:

- **DINK** – A soft shot that lands in the kitchen, forcing your opponent to play low.
- **ERNE** – A sneaky shot where you jump outside the court to hit the ball while staying out of the kitchen.
- **BERT** – Like an Erne, but hit in front of your partner instead of on your own side.
- **FALAFEL** – A weak shot with no power (also called a "dead paddle" shot).
- **PICKLED** – When a team loses 11-0. Ouch!
- **KITCHEN** – The non-volley zone at the net where you can't smash the ball.

Now that you're fluent in pickleball, it's time to put your skills to the test! Join our open play sessions or get start with some of our lessons. If you have any questions please contact Paul at p.krueger@prairieathletic.com.

Dance Lessons

Join Deb Moe & Jim Schmidt of Dance Forever for these fun lessons! Watch for next lessons starting in February!

Waltz

Rumba

Nightclub Two Step

Cha-Cha

Hustle

\$100/couple Members

\$120/couple Non-members

Learn more [HERE](#).



MASTERS *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!

Ready to take your swimming to the next level? Contact Tom at t.alf@prairieathletic.com to learn more!

Next sessions starts March 31

[Register Today!](#)



ADVERTISE AT PAC

Let's collaborate!*

Partner with Prairie Athletic Club and be a part of Wisconsin's largest health club community.
Maximize your exposure with our sponsorship opportunities:



FRONT ENTRANCE SPOTLIGHT

- Business of the Month spotlight large advertising space (businesses provides their ad boards, measure 43 3/8" wide x 47 1/4" tall)
Slot advertising around the Business of the Month display (businesses provides their ad signs, measure 11x8.5")



151 HIGHWAY DIGITAL BILLBOARD

- EVENT SPONSORSHIP ONLY - Rotating LED board with logo
Averages 31,000+ car passings per day.
(business provides high quality logo file)



INTERNAL CLUB SIGNAGE

- Banners, wraps or decals in our field house, weight rooms, soccer field, or outdoor volleyball court
(marketing material designed and printed by business sponsor with PAC's design approval)



OUTDOOR MOVIE NIGHT

- Logo on Movie Night promo graphic on multiple internal club TVs prior to event.
- Logo on internal club Movie Night promo flyers.
- Tag/mentions on social media leading up to event.
- A "thank you to our sponsor" rotating slide on the Hwy 151 LED billboard.
- Table space on pool deck for business to provide giveaway items/swag and business rep personnel to be present at sponsored movie night event.

**EASILY
ADVERTISE TO OVER
18,000 MEMBERS!**

For more information email Tracy at t.ferrone@prairieathletic.com
*Some exclusions may apply.

Customized advertising packages available upon request.



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