

An aerial photograph of a water park. In the center, a large blue shark-shaped slide structure is surrounded by a pool of water with many people in blue inflatable tubes. Two large purple slides frame the central area. The pool deck is filled with lounge chairs, umbrellas, and people. The text 'prairie athletic club' is overlaid in white, with 'prairie' in a smaller font and 'athletic club' in a larger font. Below the title, the tagline 'FITNESS & RECREATION FOR EVERY GENERATION' is written in a smaller, all-caps font. At the bottom right, the text 'SPRING & SUMMER 2026' is visible.

# prairie athletic club

FITNESS & RECREATION FOR EVERY GENERATION

SPRING & SUMMER 2026

# Prairie Athletic Club Hours

## CLUB HOURS YEAR ROUND

Monday-Thursday	4:30 AM-10:00 PM
Friday	4:30 AM-9:00 PM
Saturday & Sunday	6:00 AM-9:00 PM

## EASTER

Club	CLOSED
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## MEMORIAL DAY

Club	8:00 AM-6:00 PM
PAC Care	CLOSED
Lost Court Bar & Grill	11:00 AM-6:00 PM
Outdoor Pools	Weather-dependent, Check <a href="#">HERE</a> for hours!

## FOURTH OF JULY

Club	8:00 AM-6:00 PM
PAC Care	CLOSED
Lost Court Bar & Grill	11:00 AM-6:00 PM
Outdoor Pools	Weather-dependent, Check <a href="#">HERE</a> for hours!

## Hey Pac Family,

Hang in there, sunshine and warm days are just around the corner! ☀️

As we move through these winter months, we want to thank you for spending them with us. Whether you've stepped outside your comfort zone to try a new class, gathered the family for a fun activity, or unwound with a cocktail in The Lost Court after a great workout, you've helped make our club a vibrant, welcoming place all season long.

We love seeing you connect, grow, and enjoy everything the club has to offer. And the best part? Even more exciting events, fresh classes, and plenty of fun are on the way.

Brighter days are ahead, and we can't wait to share them with you!

*Peg Michaels* 😊  
PAC GENERAL MANAGER

## Guests Welcome

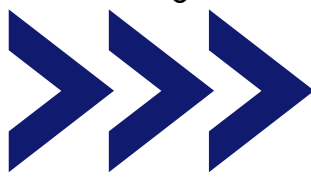
- Guests need to bring an ID.
- Guests under 18 must have parent/guardian sign waiver.
- Guests under 14 must have an adult sign a waiver AND must be directly supervised by adult.
- Guests ages 14-17 may remain the premises without adult supervision up to three hours between 8am-9pm. Privileges at manager's discretion.
- No guests after 9 pm



**BUY A GUEST PASS!**

Save time at entry by completing your waiver online before arriving!

## Prairie Athletic Club GUEST WAIVER



- Waivers are per family. For example, two parents from the same household can be on a single waiver. Make sure both adults' IDs are on there if this is the case.
- Anyone under 18 must have a parent or legal guardian complete the waiver for them.
- Every person entering the facility must have a completed waiver, no matter their age or role.
- Each adult on a family waiver must upload their own government-issued photo ID. If an adult does not have their ID on the waiver, they will not be admitted.
- When asked for a government-issued photo ID, please submit the actual ID, not a selfie. Waivers with selfies or unclear IDs will need to be resubmitted.



<https://waiver.fr/p-GJQux>



# NOW HIRING

## SUMMER POSITIONS!

VOLLEYBALL REF

ASSISTANT CAMP TEACHER

CERTIFIED LIFEGUARD

CAMP TEACHER

YOUTH REC INSTRUCTOR

PAC CARE PROVIDER

*Join our team!*

*Thanks for your 5 star reviews!*

### Tarik



I always enjoy going to the gym here, they got everything you might need and more. The PAC daycare is awesome with friendly staff who always welcome my kids with a smile. The indoor swimming pools are filtered twice a year, life guards are always on duty even when the signs says otherwise lol

### Zachrey

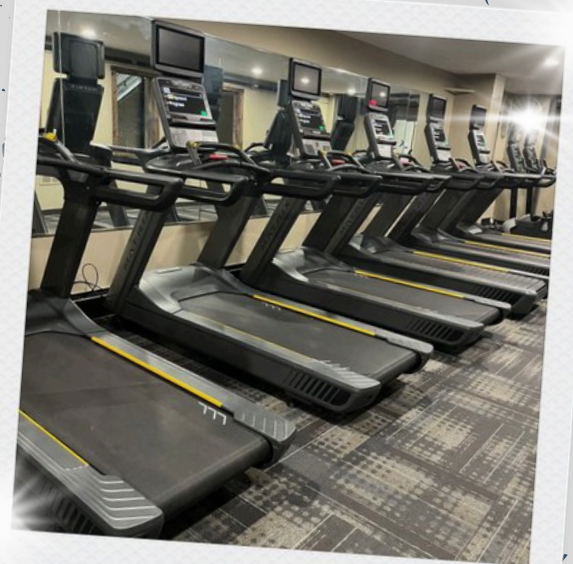


Been here for years and it never ever gets old. I can spend all day here and enjoy it.

### Kevin



Huge! You could spend a few hours here easily! Smoothies are great!!! Staff is friendly.



*NEW Equipment Alert!*



# Summer 2026 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 2026 Schedule

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

### MEMORIAL DAY WEEKEND

May 23-25 WEATHER DEPENDENT - CHECK WEBSITE FOR HOURS

### PRE-SEASON

May 30-June 11 WEATHER DEPENDENT - CHECK WEBSITE FOR HOURS

### REGULAR SEASON June 12-August 16

	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 August 17-August 31

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

### LABOR DAY WEEKEND

Sept 5-7 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](mailto:webadmin@prairieathletic.com)



**Dolphins Cove - Prairie Athletic Club**



**@dolphinscovepac**



## THURSDAY OUTDOOR FAMILY MOVIE NIGHTS

Keep an eye out for movie night showings!

# DIVE INTO AN UNFORGETTABLE SUMMER



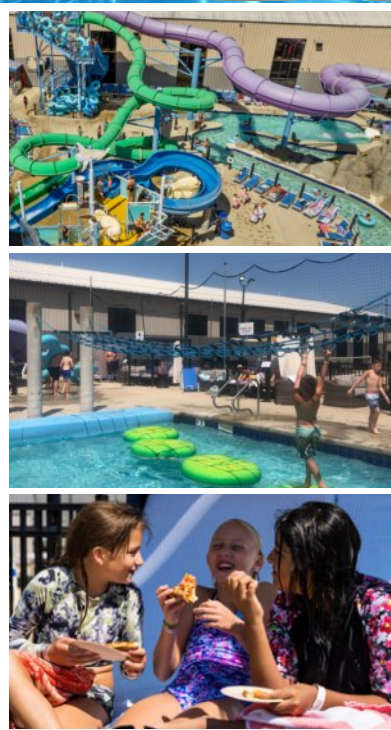
## 2026 Summer Gold Cove membership add-on rates

Great for grandparents, college kids, care givers, 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!**

Add-on:	3 Month Rate:	Monthly Rate:
Gold Cove Child (<14)	\$195	\$75
Gold Cove Teen (14-18)	\$219	\$89
Gold Cove Adult (19+)	\$259	\$99
Max Family Rate	\$419	\$199



## It's Party Time!

Dolphins Cove is the perfect venue for your summer 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 fountain drink.
- Unlimited adult spectators.
- Add-on water park wristbands available.

[Book Your Summer Party Here!](#)

## Book Your Summer Event at the Outdoor Tiki Bar & Deck!

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

**[CLICK HERE FOR RENTAL INFO](#)**



# PERSONAL TRAINING



## REACH YOUR GOALS WITH PRAIRIE ATHLETIC CLUB PERSONAL TRAINING

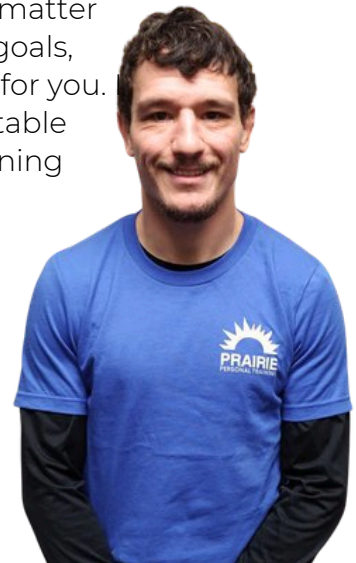
**1 on 1 Training** is the traditional trainer working individually with one client—all for one goal! Our trainers will provide a unique program designed specifically for you in a comfortable environment that allows you to reach your goals.

**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 who want to train together. Teams meet with a trainer and motivate each other along the way.

## WELCOME TO THE TEAM, SETH!

“My philosophy to training is a personalized approach. No matter what age, fitness ability, or goals, there is a training program for you. I want people to feel comfortable and excited about their training sessions.”



## WHAT CLIENTS ARE SAYING:

**“I HAD AN EXCELLENT SESSION WITH ERIK. HE LISTENED TO MY NEEDS AND GOALS AND INTRODUCED ME TO SEVERAL TECHNIQUES AND EQUIPMENT WHERE I CAN BEGIN TO WORK ON MY CORE, BALANCE AND OVERALL FITNESS...”**

**-GEORGE D.**

**ERIK**  
PAC PERSONAL TRAINER



**“MY PERSONAL TRAINING SESSIONS HAVE TRANSFORMED MY EXPERIENCE AT THE GYM AND HAVE HELPED ME GET EXCITED TO WORK OUT FOR FIRST TIME IN MY LIFE.”**

**-NICK L.**

**JENNA**  
PAC PERSONAL TRAINER



# RECOVERY ZONE

## FIRST SESSION IS ON US!

Discover a dedicated place to unwind & decompress.

- One-on-one assisted stretching with a certified personal trainer.
- Muscle recovery & mobility equipment including pneumatic boots & percussive therapy.



**SCHEDULE HERE**

PRAIRIE ATHLETIC CLUB  
**TRAINING  
ZONE**

**SMALL GROUP PERSONAL TRAINING**

Your first week of working towards your personal goals is just a click away

**CLAIM YOUR FREE TRIAL!**

The Training Zone is more than just small group fitness classes, it's a supportive community where individuals come together to achieve real, lasting health. Led & guided by certified personal trainers with extensive experience, our small group training combines expert guidance with personalized programming tailored to each member's needs. We believe in a well-rounded approach that includes workouts, recovery, nutrition, and healthy lifestyle habits. Most importantly, our members don't go it alone; they become part of a team that motivates, supports, and holds each other accountable every step of the way. Training Zone is the right space for you if you are looking for:

- Expert Guidance
- Personalized Programs
- Supportive Community
- Holistic Approach
- Nutrition & Lifestyle Coaching

**Unlimited  
TZ Classes  
included with  
Platinum  
Membership!**



**SEE TZ SCHEDULE**

A vibrant collage of summer-themed icons including a sandcastle, a fire truck, a soccer ball, a basketball, a baseball, a tennis ball, a football, a beach ball, a green mask, a red mask, a blue book with stars, a planet, a sun, a yellow squiggle, and a pair of white theater masks.

# Summer Camp at PAC

**ENROLLMENT**  
**NOW OPEN!**

## **A NEW ADVENTURE EVERY WEEK! 2026 CAMP THEMES:**

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

Register for the entire summer or for individual weeks

June 15 **Back to Basics**  
June 22 **Space Expedition**  
June 29 **Stars & Stripes**  
July 6 **Dance or Fitness**  
July 13 **Around the World**

July 20 **Soccer**  
July 27 **Science**  
August 3 **Drama**  
August 10 **Basketball or Superhero**  
August 17 **Football or Poms**  
August 24 **Harry Potter**

**CAMP QUESTIONS?**  
**CONTACT DIRECTOR OF LICENSED PROGRAMS,**  
**LISA AT [L.SCHNEIDER@PRAIRIEATHLETIC.COM](mailto:L.SCHNEIDER@PRAIRIEATHLETIC.COM)**

# YOUTH PROGRAMS

## RECREATION

### LITTLE KICKERS

#### Ages 18-36 months

Focus on "fun"amental soccer skill development & basic ball skills.

#### Spring Session

April 25-June 6  
Saturdays | 9:15-9:45 AM  
Wednesdays | 5:00-5:30 PM

#### Summer Session

June 18-August 6  
Thursdays | 5:00-5:30 PM

### LITTLE STRIKERS

#### Age 3

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

#### Spring Session

April 25-June 6  
Saturdays | 9:45-10:15 AM  
Wednesdays | 5:30-6:00 PM

#### Summer Session

June 18-August 6  
Thursdays | 5:30-6:00 PM

### MIDFIELD MAYHEM

#### Instruction Only

#### Ages 4 & 5

Continue to work on soccer & ball skill development.

#### Spring Session

April 25-June 3  
Wednesdays | 6:00-6:30 PM

#### Summer Session

June 18-August 6  
Thursdays | 6:00-6:30 PM

### ELITE FEET

#### Ages 6-9

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

#### Spring Session

April 25-June 8  
Saturdays | 11:15 AM-12:15 PM  
Mondays | 5:00-6:00 PM  
Wednesdays | 6:30-7:30 PM

#### Summer Session

June 16-August 4  
Tuesdays | 6:00-7:00 PM

### MIDFIELD MAYHEM

#### Instruction & Scrimmage

#### Ages 4 & 5

Work on skill development with live scrimmages.

#### Spring Session

April 25-June 6  
Saturdays | 10:15-11:15

#### Summer Session

June 16-August 4  
Tuesdays | 5:00-6:00 PM



[REGISTER FOR SOCCER](#)

## BASKETBALL

### INSTRUCTIONAL

#### Spring Session

April 25-June 4  
**Ages 4-5**  
Tuesdays | 4:30-5:00 PM  
Tuesdays | 5:30-6:00 PM  
Thursdays | 5:00-5:30 PM

#### Ages 6-7

Tuesdays | 5:00-5:30 PM  
Thursdays | 5:30-6:00 PM

#### Ages 8-11

Tuesdays | 6:00-6:30 PM

### INSTRUCTIONAL

#### Summer Session

June 16-August 6  
**Ages 4-5**  
Tuesdays | 4:30-5:00 PM  
Thursdays | 5:00-5:30 PM

#### Ages 6-7

Tuesdays | 5:00-5:30 PM  
Thursdays | 5:30-6:00 PM

#### Ages 8-11

Tuesdays | 5:30-6:00 PM



### INSTRUCTIONAL & SCRIMMAGE

#### Spring Session

April 30-June 4  
**Ages 8-11**  
Thursdays | 6:00-6:45 PM

#### Summer Session

June 18-August 6  
**Ages 8-11**  
Thursdays | 6:00-6:45 PM

## YOGA

### YOGA & MINDFULNESS

#### Spring Session April 23-June 4

Thursdays | 6:00-6:45 PM  
Ages 8-12

Budding yogis learn techniques for self-health, relaxation, and inner fulfillment while enhancing strength, flexibility, coordination, and body awareness.



[REGISTER FOR YOGA](#)

[REGISTER FOR BASKETBALL](#)

# YOUTH PROGRAMS

## PICKLEBALL

Grab a paddle and get ready to rally! Designed for ages 8-15, this class builds confidence, coordination, and sportsmanship, all while having a blast on the court. It's the perfect mix of movement, competition, and high-energy fun!

### Ages 8-11

Wednesdays | 5:00-5:50 PM

### Ages 12-15

Wednesdays | 6:00-6:50 PM

### Spring Session Summer Session

April 29-June 3 June 17-August 12



[REGISTER FOR PICKLEBALL](#)

## RACQUETBALL

Learn the basics of racquetball in a setting that builds skills, confidence, & coordination.

### TWO-BOUNCE LEAGUE & INSTRUCTION Beginner & Advanced | Ages 8-13

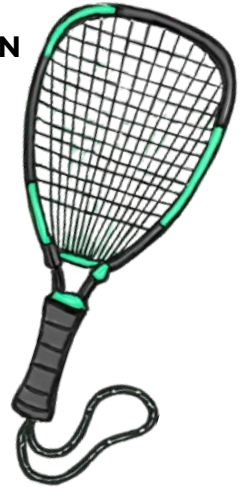
Wednesdays | 4:00-4:45 PM

### Spring Session

April 29-June 3

### Summer Session

To Be Determined



[REGISTER FOR RACQUETBALL](#)



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

### Ages 18 months-3 years

Wednesdays | 5:00-5:30 PM

### Ages 3-5 years

Wednesdays | 5:30-6:00 PM

[REGISTER FOR GYMNASTICS](#)

### Spring Session

April 29-June 3

### Summer Session

June 17-August 5

GYMNAS  
TICS

## MARTIAL ARTS

### TANG SOO DO

#### Intro to Tang Soo Do

#### Ages 4-8

Tuesdays & Thursdays | 6:30-7:00 PM

#### Youth & Adult Tang Soo Do

#### Ages 8+

Mondays | 7:00-8:30 PM

Tuesdays & Thursdays | 6:30-8:30 PM

### TAE KWON DO

#### Ages 8+

Wednesdays | 6:30-7:30 PM

Saturdays | 9:30-10:15 AM  
& 10:30-11:15 AM

[REGISTER FOR  
MARTIAL ARTS](#)

## MUSIC & MOVEMENT

Join us for a movin' & groovin' parent and child participation class, exploring music through age-appropriate instruments & activities.

### Ages 0-5 years

Tuesdays 9:30-10:00 AM

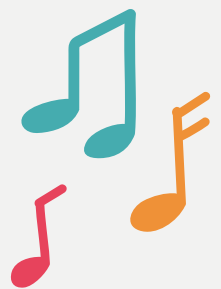
### Spring Session

April 25-June 4

### Summer Session

Keep an eye out for pop-up classes!

[REGISTER FOR MUSIC & MOVEMENT](#)



# YOUTH PROGRAMS

## VOLLEYBALL

[REGISTER FOR VOLLEYBALL](#)

### **VOLLEYBALL INSTRUCTIONAL**

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

**SPRING SESSION** April 29-June 3  
Ages 9-13 | Wednesdays | 4:15-5:00 PM

**SUMMER SESSION** July 7-August 13  
Ages 9-13 | Tues/Thurs | 12:30-1:30 PM

### **VOLLEYBALL PLAY**

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

**SPRING SESSION:** April 29-June 3  
Ages 10-13 | Wednesdays | 5:00-5:45 PM

**SUMMER SESSION:** July 7-August 13  
Ages 10-13 | Tues/Thurs | 1:30-2:15 PM



## BASEBALL



### **T-BALL**

**Ages 4-6**

June 15-August 5  
Play ball! T-ball sessions include practice fielding, hitting, & base running, with a 30-minute scrimmage.

**Mondays | 5:00 PM**

**Mondays | 6:15 PM**

**Wednesdays | 5:00 PM**

**Wednesdays | 6:15 PM**

[REGISTER FOR T-BALL](#)

### **COACH PITCH**

**Ages 6-8**

June 15-August 5  
It's time to take to the field! Practices on Mondays & games on Wednesdays. Parent volunteer coaches' participation is required.

**Mondays & Wednesdays**

Evening times TBD

[REGISTER FOR COACH PITCH](#)

## DANCE

Start their dance career off on the right foot! Discover the joy of movement with beginner dance classes at PAC. Whether your child is looking to leap, twirl, or groove, we have the perfect class for them!

### **DANCE 101 - PARENT CHILD CLASS**

**Ages 2-5 | Tuesdays | 5:00-5:30 PM**

Develop a strong foundation in dance while having a blast! This fun & energetic intro dance class will help students explore rhythm, coordination, and basic dance movements.

### **HIP HOP**

**Ages 3-6 | Tuesdays | 6:00-6:30 PM**

Students will learn the basic techniques of hip-hop, focusing on rhythm, forms, and isolations. Working their way up to choreography.

**Spring Session**  
April 28-June 2

**Summer Session**  
June 16-August 4

[REGISTER FOR DANCE](#)

### **BALLET**

**Ages 4-6 | Tuesdays | 5:30-6:00 PM**

Introduce your little ones to the magical world of ballet. This delightful class combines fun, creativity, and basic ballet techniques to help your child develop coordination, balance, and a love for dance.



# YOUTH PROGRAMS

## YOUNG ATHLETES RUN CLUB

**Ages 5-9**

**Sundays | 4:30-5:00 PM**

This 30-minute class is designed to help young athletes build speed, agility, and confidence through fun games, exciting drills, and team challenges. We'll make use of the basketball courts, soccer field, and indoor track to keep things fresh and engaging each week. Whether your child is a future track star or just loves to move, this class is all about developing fitness, coordination, and a lifelong love of running, all while having lots of fun!

[REGISTER FOR RUN CLUB](#)

**Spring Session**

April 26-June 7

**Summer Session**

June 21-August 16



## CROSSFIT KIDS

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

**Ages 7-9 | Mondays | 5:00-5:45 PM**

**Ages 10-13 | Mondays | 5:45-6:30 PM**

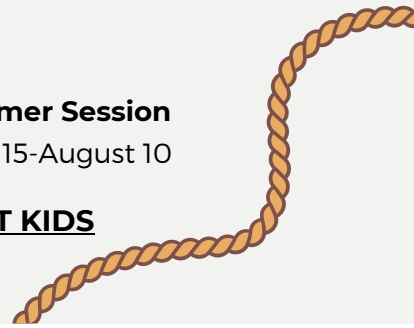
**Spring Session**

April 25-June 4

**Summer Session**

June 15-August 10

[REGISTER FOR CROSSFIT KIDS](#)



## HANDS THAT TALK

**Wednesdays | 10:15-10:45 AM**

**Saturdays | 9:00-9:30 AM | Ages 0-5**

**Spring Session:** April 25-June 6

**Summer Session:** June 17-August 12

Discover the power of communication through movement, expression, and fun! Hands That Talk class introduces young children to the basics of American Sign Language (ASL) through songs, stories, games, and interactive play. Each class encourages children to express themselves, build confidence, and develop early language and social skills, all while moving, singing, and learning together.

[REGISTER FOR HANDS THAT TALK](#)



## INTRO TO THEATER

**Spring Session**

May 1 -June 5

**Ages 8-14**

**Fridays | 5:00-6:00 PM**



Step into the spotlight! In this fun and creative 6-week class, young performers will explore the exciting world of theater through acting games, character building, storytelling, and basic stage techniques. Students will learn to express themselves with confidence, work together as a team, and discover how to bring a story to life on stage. No prior experience is needed, just imagination and enthusiasm!

[REGISTER FOR INTRO TO THEATER](#)

## ART CLASSES

**More info coming soon!**

Keep an eye out for art classes getting added to our youth programming at PAC.



# YOUTH PROGRAMS

# SWIMMING

## Spring Session

April 25-June 8

## Summer Session I

June 13-July 25

## Summer Session II

July 27-September 5

### Parent Infant Ages 6-24 months

#### Spring Session

Saturdays 11:30 AM-12:00 PM

Mondays 11:00-11:30 AM

Tuesdays 5:00-5:30 PM

Thursdays 5:00-5:30 PM

#### Summer Session I

Mondays 11:00-11:30 AM

Thursdays 4:30-5:00 PM

Saturdays 11:30-12:00 PM

#### Summer Session II

Mondays 11:00-11:30 AM

Thursdays 4:30-5:00 PM

Saturdays 11:30 AM-12:00 PM

### Preschool 1 Ages 3-5 years

#### Spring Session

Saturdays 9:00-9:30 AM

Saturdays 9:30-10:00 AM

Mondays 5:30-6:00 PM

Tuesdays 6:00-6:30 PM

Tuesdays 6:00-6:30 PM

Wednesdays 5:00-5:30 PM

#### Summer Session I

Saturdays 9:00-9:30 AM

Mondays 9:00-9:30 AM

Mondays 5:00-5:30 PM

Tuesdays 5:30-6:00 PM

Wednesday 5:00-5:30 PM

#### Summer Session II

Mondays 9:00-9:30 AM

Mondays 5:30-6:00 PM

Tuesdays 5:30-6:00 PM

Wednesdays 5:00-5:30 PM

Saturdays 9:00-9:30 AM

### Preschool 2 Ages 3-5 years

#### Spring Session

Saturdays 10:00-10:30 AM

Mondays 5:00-5:30 PM

Tuesdays 5:30-6:00 PM

Wednesdays 5:30-6:00 PM

Thursdays 4:00-4:30 PM

#### Summer Session I

Saturdays 9:30-10:00 AM

Mondays 9:30-10:00 AM

Mondays 5:00-5:30 PM

Tuesdays 6:00-6:30 PM

Wednesdays 5:30-6:00 PM

#### Summer Session II

Mondays 9:30-10:30 AM

Mondays 5:00-5:30 PM

Tuesdays 6:00-6:30 PM

Wednesdays 5:30-6:00 PM

Saturdays 9:30-10:00 AM

### Preschool 3 Ages 3-5 years

#### Spring Session

Saturdays 9:30-10:00 AM

Mondays 5:30-6:00 PM

Tuesdays 6:00-6:30 PM

Wednesdays 5:30-6:00 PM

Thursdays 4:30-5:00 PM

#### Summer Session I

Saturdays 9:00-9:30 AM

Mondays 10:00-10:30 AM

Mondays 5:30-6:00 PM

Tuesdays 6:00-6:30 PM

Wednesdays 5:30-6:00 PM

#### Summer Session II

Mondays 10:00-10:30 AM

Mondays 5:30-6:00 PM

Tuesdays 6:00-6:30 PM

Wednesdays 5:30-6:00 PM

Saturdays 9:00-9:30 AM

### Parent Child Ages 24-36 months

#### Spring Session

Saturdays 9:00-9:30 AM

Mondays 10:30-11:00 AM

Mondays 5:00-5:30 PM

Wednesdays 5:00-5:30 PM

#### Summer Session I

Saturdays 9:30-10:00 AM

Mondays 10:30-11:00 AM

Mondays 5:00-5:30 PM

Wednesdays 5:00-5:30 PM

#### Summer Session II

Mondays 10:30-11:00 AM

Mondays 5:00-5:30 PM

Wednesdays 5:00-5:30 PM

Saturdays 9:30-10:00 AM

### Daytime Preschool Ages 3-5 years

#### Spring Session

Mondays 10:00-10:30 AM

Mondays 11:30 AM-12:00 PM

### Competitive Stroke Technique Ages 8-18 years

#### Spring Session

Thursdays 5:00-5:45 PM

### Swim Basics Ages 13+ years

#### Spring Session

Saturdays 11:30 AM-12:00 PM

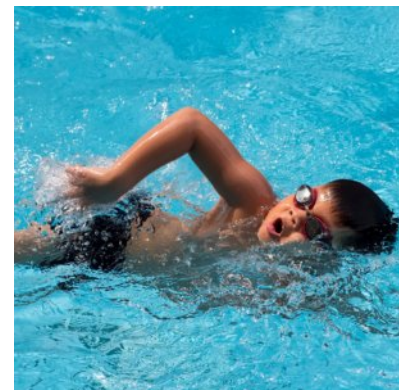
#### Summer Session I

Saturdays 11:15-11:45 AM

#### Summer Session II

Saturdays 11:15-11:45 AM

Learn to swim with confidence at any age! Can't find a time that works for you? Check out our private and semi-private lessons.



[REGISTER FOR SWIM](#)

# YOUTH PROGRAMS

## Level 1 Ages 6-12

### Spring Session

Saturdays 10:00-10:30 AM  
Mondays 6:30-7:00 PM  
Tuesdays 6:00-6:30 PM  
Wednesdays 6:00-6:30 PM  
Thursdays 5:30-6:00 PM

### Summer Session I

Saturdays 10:45-11:15 AM  
Mondays 6:30-7:00 PM  
Tuesdays 5:30-6:00 PM  
Wednesdays 6:00-6:30 PM  
Thursdays 5:00-5:30 PM

### Summer Session II

Mondays 6:00-6:30 PM  
Tuesdays 5:30-6:00 PM  
Wednesdays 6:00-6:30 PM  
Thursdays 5:00-5:30 PM  
Saturdays 10:45-11:15 AM

## Level 2 Ages 6-12

### Spring Session

Saturdays 10:30-11:00 AM  
Saturdays 11:00-11:30 AM  
Mondays 6:00-6:30 PM  
Tuesdays 5:30-6:00 PM  
Wednesdays 6:30-7:30 PM

### Summer Session I

Saturdays 10:15-10:45 AM  
Mondays 6:00-6:30 PM  
Tuesdays 5:00-5:30 PM  
Wednesdays 6:30-7:00 PM  
Thursdays 5:30-6:00 PM

### Summer Session II

Mondays 6:00-6:30 PM  
Tuesdays 5:00-5:30 PM  
Wednesdays 6:30-7:00 PM  
Thursdays 5:30-6:00 PM  
Saturdays 10:15-10:45 AM

## Level 3 Ages 6-12

### Spring Session

Saturdays 10:30-11:00 AM  
Mondays 6:00-6:30 PM  
Tuesdays 5:00-5:30 PM  
Wednesdays 6:00-6:30 PM

### Summer Session I

Saturdays 10:45-11:15 AM  
Mondays 6:00-6:30 PM  
Tuesdays 5:00-5:30 PM  
Wednesdays 6:00-6:30 PM

### Summer Session II

Mondays 6:00-6:30 PM  
Tuesdays 5:00-5:30 PM  
Wednesdays 6:00-6:30 PM  
Saturdays 10:45-11:15 AM

## Level 4 Ages 6-12

### Spring Session

Saturdays 11:00-11:30 AM  
Mondays 6:30-7:00 PM  
Wednesdays 6:30-7:00 PM

### Summer Session I

Saturdays 10:15-10:45 AM  
Mondays 6:30-7:00 PM  
Wednesdays 6:30-7:00 PM

### Summer Session II

Mondays 6:30-7:00 PM  
Wednesdays 6:30-7:00 PM  
Saturdays 10:15-10:45 AM

Swim questions? Contact Beck at  
[b.bohnker@prairieathletic.com](mailto:b.bohnker@prairieathletic.com)



## Lounge in Style

New indoor pool furniture is here!



## Private & Semi-Private Lessons

### Private lessons

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

### Semi-private lessons

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

Sessions	Private	Semi-private
1 lesson	\$60	\$40
4 lessons	\$192	\$128
8 lessons	\$368	\$240
12 lessons	\$528	\$336

REGISTER FOR SWIM

# PAC CARE



PAC Care is our complementary childcare service available for all current members.

- 3 months and older
- 2 hours per day
- trained caregivers
- child-safe environment

## SPRING HOURS



**Downstairs Room:**  
 Monday-Thursday 8:00am-8:00pm  
 Friday-Sunday 8:00am-2:00pm

**Upstairs Room:**  
 Monday-Sunday 9:00am-12:00pm  
 Monday-Thursday 4:30-7:00pm



## POPS (Ages 10-11)

Parent on Premises (POPS) is a program included in your membership designed for children ages 10 & 11 to use specified areas of the club independently between the hours of 8:00 am-9:00 pm, while their parent or guardian is on the premises, for a maximum of 2 hours. Stop by the front or back desk to complete a waiver and a POPS tour!

POP ON IN!



## Teen Tag (Ages 12-13)

This is a virtual class for 12 and 13-year-olds 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 permitted to be in the club without a parent for up to two hours between the hours of 8:00 am-8:00 pm.

TAG YOU'RE IT



## Babysitting Class (Ages 11+)

Learn how to provide care, choose age-appropriate activities, handle emergencies, understand certain behaviors, and more! Designed by the American Red Cross, this course, you will teach you the skills you need to become a capable, confident babysitter.

BABYSITTER CLUB!



# Smoothie Bar

SMOOTHIES AVAILABLE

M-F 6am-8pm  
 SAT 8am-8pm  
 SUN 11am-3pm



## CPR/AED + FIRST AID CLASSES

Earn your certification in life-saving practices from the best. While you cannot predict when an emergency will occur, you can be prepared. In less time than you think, American Red Cross training can give you the vital knowledge and skills you'll need to respond to a life-threatening situation with confidence. SEE SPRING/SUMMER CLASS DATES & TIMES





# AFTER SCHOOL PROGRAM

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

**Ages 5-12 years | Monday-Friday | Care until 6:00pm**

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: [MORE INFO.](#)

## NOW OFFERING TRANSPORTATION TO PAC FROM ALL PUBLIC SUN PRAIRIE SCHOOLS!



### 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, swimming, 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, swimming, junior gym, & more!



**ALL STUDENTS MUST BE PICKED-UP BY 6PM**

## No school? Send them to PAC! SCHOOL DAYS OFF CAMP



- 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

**RESERVE THEIR SPOT TODAY!**

**AND MORE!**



## PAC Summer Camp 2026

Our state-licensed summer camp provides your child with safe, exciting, summertime entertainment that fosters growth & fun for ages 5-12 years. Each week is a new theme & adventure, and who can say they spent their summer at a WATER PARK?!

**ENROLLMENT NOW OPEN!**



## STORY TIME

**9:00am Thursdays**

with Ms. Tracey

Join us for read-a-loud story time & craft activity!



INCLUDED IN PAC MEMBERSHIPS!

**CLICK FOR BOOK TITLES & REGISTRATION**





# JUNIOR GYM TIMES

OPEN GYM TIME FOR FAMILIES TO PLAY TOGETHER FREELY!

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



SCHEDULE SUBJECT TO CHANGE. CLOSED ON SPASD DAYS OFF.

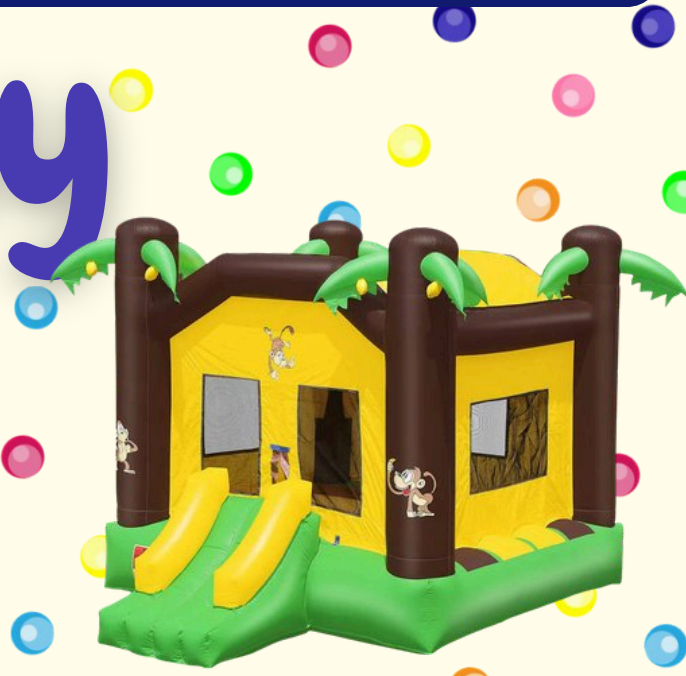
# PAC n Play

## INCLUDED IN MEMBERSHIPS!

Organized indoor free-play time on the soccer field with lots of exploratory games and activities for your littles to burn off some energy and make new friends.

***Inflatable bounce included!***

**CHECK UPCOMING PLAYTIMES**



# THE LEARNING ACADEMY PRESCHOOL



THE LEARNING ACADEMY  
at Prairie Athletic Club



**'26-'27 school  
year enrollment  
NOW OPEN!**

## Our program focuses on:

- ✓ Social-emotional development
- ✓ Language and early literacy
- ✓ Fine and gross motor skills
- ✓ Music, art, and sensory play
- ✓ Play-based learning

*Meet the  
Teachers!*



*Ms. Mandi*



*Ms. Tracey*

*Learn, Play, Discover!*



SUMMER 2026  
ENROLLMENT OPEN!  
**PRESCHOOL  
SUMMER  
CAMP**



**AGES  
3-4**

[Click here for more info!](#)

Give your little one a summer full of adventure, creativity, and play at our 3 & 4 year old Summer Camp! Designed especially for our youngest learners, this program blends fun and learning in a warm, nurturing environment. Led by Learning Academy Preschool teacher Ms. Tracey.



# GROUP FITNESS

## BIG SCREEN CLASSES -

### Virtual Group Fitness Classes When They Work for You!

Take Advantage of Virtual Classes in Studio 1, Studio 2 & Studio 5.

Our Big Screen classes offer the same great workouts you love, led by our PAC instructors and presented by top Les Mills Trainers from around the world, all on our studio TVs. Enjoy your favorite workouts made even more convenient!

These virtual sessions are perfect if you're looking for:

- ✓ More class time options
- ✓ Smaller class sizes
- ✓ Added flexibility in your schedule

How it works:

1. Register on Mindbody
2. Check in at the front or back desk
3. Head to your designated studio class begins automatically

**NOW SHOWING: SEE BIG SCREEN CLASS SCHEDULE!**

Classes include:

**Core**

**Barre**

**BodyBalance**

**Dance**

**BodyCombat**

**BodyPump**

**Sprint**

**RPM**



## 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!

**[CHECK AQUA FITNESS SCHEDULE HERE](#)**

Questions about PAC Aqua Fitness please contact Kat at [k.hawkins@prairieathletic.com](mailto:k.hawkins@prairieathletic.com).

# GROUP FITNESS



**NEW WORKOUTS  
COMING  
THIS APRIL!**

## **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!**

## **NEW SMART BANDS ARE HERE!**

Stretch your strength with smooth and consistent resistance. The SMARTBAND is designed for the dynamic core training of LES MILLS CORE™, and is the perfect match for ab, butt and leg toning.

- Stay in control and comfort as you challenge your muscles in dynamic ways.
- Focus on form and technique without worrying about your band rolling out of place. Free-moving nylon webbing helps you move with ease, and the compressible handle provides supreme comfort.
- Features a flat profile instead of a traditional tube. So when you're standing during resistance training, the band is less likely to move, roll or slip. And if the band twists under foot, it won't impact your workout

### **Register for Les Mills Core & try out the new SMARTBAND!**

Mondays | 6:05am

Tuesdays | 9:20am

Wednesdays | 6:05am & 6:15pm

Thursdays | 9:20am

Fridays | 8:05am

Sundays | 9:10am

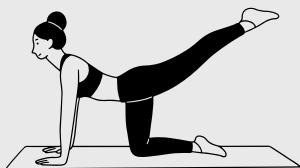
### **Pilates Mat Classes**

Included in PAC Gold Memberships  
Studio 3

9:30 AM | Monday & Wednesday

4:30 PM | Tuesday

5:30 PM | Thursday



*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!

# SOL HOT YOGA



## *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!

#### **THANK YOU FOR THE MUSIC:**

##### **ABBA DISCO YOGA**

April 10 | 6:00pm

##### **AROMA RESTORATIVE YOGA**

April 17 & May 15 | 6:00pm

##### **SOUND BATH**

April 24 | 6:00pm

[\*Click for Schedule!\*](#)

## *The Heart of PAC*

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. Established in 2015, you will find a studio led by instructors with a variety of experience, expertise, and wisdom. We invite you to share your practice with us.

## *Did you know?*

While Hot Yoga in the SOL Studio (Studio 4) is included with Platinum Memberships, SOL Yoga drop-in class passes & SOL Yoga unlimited memberships are also available for PAC Gold Members & Non-members. Room-temp Yoga and Barre classes in Studio 3 & Studio 5, as well as outdoor yoga classes, are included in PAC Gold Memberships!



*Studio 3*



*SOL Studio*



@SOL\_YOGA\_PAC



SOL Yoga at Prairie  
Athletic Club

# CROSSFIT VULTUS



## 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!

## 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.

**THE "MURPH" WOD**

- 1 MILE RUN.
- 100 PULLUPS.
- 200 PUSHUPS.
- 300 SQUATS.
- 1 MILE RUN.

...IN A 20 LB VEST OR BODY ARMOR



## 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!

## Join the CrossFit Community

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

[CLICK TO LEARN MORE](#)



[@crossfitvultus](#)



[CrossFit Vultus](#)

# ELITE SPORTS PERFORMANCE

## Sports Performance Training

Ages 8-18 Years

Elite Sports Performance provides young athletes ages 8-18 quality fitness programming with a certified personal trainer. Classes focused on total body workouts, conditioning, speed control, coordination, strength & power development. Personal one-on-one training also available!



▶ [View Class Schedule](#)



Looking for one-on-one youth personal training or have ESP questions? Contact Bryce at [b.hanson@prairieathletic.com](mailto:b.hanson@prairieathletic.com)

## Youth Speed & Agility Lab

Tuesdays 6:30-7:15pm  
Indoor Soccer Field  
Ages 11-18



**Spring Session**  
April 28-June 2

Looking for a way to improve your speed, agility, and quickness? Join PAC's Speed & Agility Lab class led by ESP Director Bryce Hanson. Linear and lateral speed will be focused on throughout this 6-week course, going through drills to increase first step quickness, change of direction, and overall speed. Regardless of the sport, Speed Lab will increase an athlete's ability to accelerate, decelerate, and be more nimble on the field and in the gym, which will lead to improved performance.

[\*\*Register here!\*\*](#)

# Elite Sports Performance

## ESP CLASS DESCRIPTIONS

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

**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 15-18) - Our traditional strength training program where athletes will complete their customized training programs under the direction of an ESP trainer.

**AIR:** (ages 11-18) - Athletes follow a program that is dedicated to improving vertical and horizontal jumping. First step, quickness and explosion will be a benefit to attending this class.

**BEACH DAY:** (ages 11-18) - 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.

**CONDITIONING:** (ages 11-18) - 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.

**COORDINATION & QUICKNESS:** (ages 11-18) - 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.

**POWER DEVELOPMENT:** (ages 11-18) - This one-hour class will not only develop speed, but horizontal, vertical and rotational power used in all sports and activities.

**SKILLS DAY:** (ages 8-18) - ESP Skills Day is a class where athletes will be put through a barrage of athletic tests to see how they have improved and/or measure up to their peers. 40-yard dash, vertical, broad jump, max push-ups, and pro agility are just some of the tests administered during Skills Day. Athletes will receive an electronic exit report summarizing their performance. Think you have what it takes to get your name up on the record board? Here is your chance.

**SPEED DEVELOPMENT:** (ages 11-18) - 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.

## UPGRADE TO A SPORT SPECIFIC PACKAGE TO INCLUDE SPORTS SPECIFIC SKILL TRAINING IN THESE CLASSES

**ESP Baseball:** (ages 11-18) - 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 11-18) - 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 11-18) - 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**

# ADULT SPORTS & PROGRAMS

## VOLLEYBALL LEAGUES

### Summer Volleyball Leagues

May 18-August 28 | 15 Weeks

Monday Coed A/BB 6s

Coed BB 4s

Tuesday Coed BB 6s

Coed B/C 6s

Wednesday Coed BB/B 6s

Coed B/C 6s

Thursday Womens BB 6s

Coed B/C 6s

Friday Womens A/BB 4s

Mens A/BB 4s



**Register by March 15 and SAVE \$25!**

### Volleyball Tournament April 18

The energy for this tournament is already building; registration is officially full! The fun doesn't stop there though. Even if you're not on a team this season, we'd love to have you join us as a spectator. Come cheer on your friends, connect with fellow members, and enjoy the camaraderie that makes our athletic community so special. It's a great opportunity to support our athletes, meet new faces, and be part of the action.

## RACQUETBALL

Get in on the racket! The foundation of Prairie Athletic Club is Racquetball. We have been hitting the courts for nearly 50 years! Enjoy our leagues, lessons, and special events year-round. Racquetball is a social sport here at PAC. There is something for all levels of play!

### Join a Racquetball Team & League

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, PAC has a racquet waiting with your name on it!

[MORE INFO HERE](#)



### Summer Sand Volleyball Leagues Begin May 18

**REGISTER YOUR TEAM HERE!**



# ADULT SPORTS & PROGRAMS

## PICKLEBALL

### OPEN PICKLEBALL HOURS

#### Mondays/Wednesdays/Fridays

5:00-8:00 AM | Court 4 | Intermediate 3.0-4.0  
5:00-8:00 AM | Court 6 | Advanced 4.0+  
5:00-8:00 AM | Court 5 | Overflow of 3.0-4.0 or 4.0+  
8:00 AM-12:00 PM | Courts 4-5 | Intermediate 2.5-3.5  
8:00 AM-12:00 PM | Court 6 | Advanced 4.0+ (Wed/Fri only)  
12:00-2:00 PM | Courts 5-6 | Novice 2.0-3.0  
12:00-2:00 PM | Court 4 | High intermediate 3.5+ (Mon only)  
6:30-8:30 PM | Court 6 | All levels (Fri only)

#### Tuesdays/Thursdays

5:00-8:00 AM | Courts 5-6 | Advanced 4.0+  
5:00-8:00 AM | Court 4 | All levels  
8:00 AM-12:00 PM | Courts 5&6 | Intermediate high 3.5+  
8:00 AM-12:00 PM | Court 4 | Overflow of 3.5+ or All levels  
12:00-2:00 PM | Court 4 | All levels

#### Saturdays

7:00-10:00 AM | Court 4 | All levels  
10:00 AM-12:00 PM | Courts 4-6 | All levels

#### Sundays

8:00 AM-12:00 PM | Court 4 | All levels  
8:30-11:30 AM | Courts 5 & 6 | Advanced 4.0+

[View the full Open Pickleball Schedule](#)

### Pickleball Lessons

Ready to level up your pickleball game? Whether you're working to raise your DUPR, sharpen your strategy, or dominate your next tournament, our Certified Pickleball Teaching Professionals are here to help. Private lessons offer personalized instruction tailored to your goals, refine your technique, improve consistency, and gain the competitive edge you've been looking for. Let's take your game to the next level!

[View the Pickleball Lesson options!](#)



## 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

5:00-7:00 AM  
5:00-6:30 PM (40+)

#### Fridays

5:00-7:00 AM  
4:00-5:30 PM (40+)

#### Tuesdays & Thursdays

11:00 AM-12:30 PM

#### Saturdays

7:30-10:00 AM

Members: FREE | Non-members: Guest fees apply

## DANCE LESSONS

These dance classes are appropriate for couples who have limited or no dance experience. During the five weeks, learn basic dance mechanics and simple steps in each dance. Couples are recommended, as partners are not guaranteed for single registrants.

Check session dates & dance styles [HERE](#).



## MASTERS SWIM

Ready to take your swimming to the next level? 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 March 30

[Register Today!](#)



ADULT EVENTS

# EUCHRE

# NIGHT



# SHEEPSHEAD

## *Game Night*



Lost Court Bar & Grill



# BUNCO

# Night



# Trivia Night



# So many ways to connect!



Follow on social media to stay up to date on the latest news from 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**



**@LostCourtBarGrill**

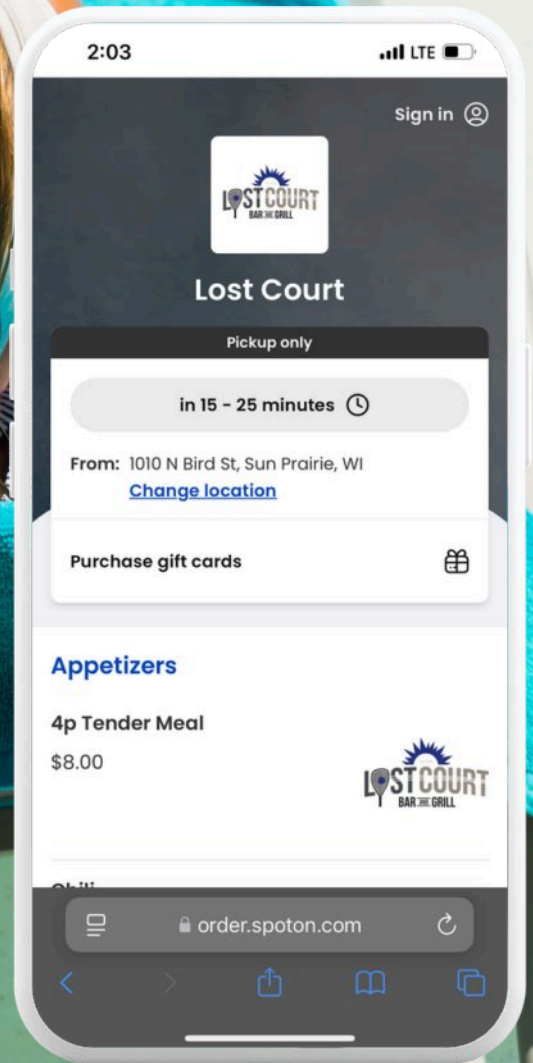


# POOLSIDE MOBILE ORDERING

✓ VIEW MENU

✓ ORDER ONLINE

✓ PICK-UP AT LOST  
COURT PATIO



Kick back & order right from  
your pool chair this summer!