



**Nordby  
Center  
for  
Recreation  
and  
Hohm  
Courts**



**Fall &  
Winter  
2020**



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Doug Peterson	350-4079	796-4105
Lee Hedblom	354-2275	352-7426
Dave Wright	354-1845	352-2011
Shantel Tschetter	350-7957	350-7957
Jess Evenson	310-210-4755	

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# Nordby Center For Recreation



## Membership Policies and Information

### HOURS OF OPERATION

Monday – Thursday	5:30 AM until 10:00 PM
Friday	5:30 AM until 8:00 PM
Saturday	8:00 AM until 6:00 PM
Sunday	8:00 AM until 6:00 PM

### Holiday Hours

**The Nordby Center for Recreation will be closed on the following holidays:**

Thanksgiving Day  
Christmas Day  
New Year's Day  
Easter Day

**The Nordby Center for Recreation will have a change of hours for the following holidays:**

Christmas Eve: 8 AM – 2 PM  
New Year's Eve: 8 AM – 2 PM  
December 26<sup>th</sup>: 8 AM – 10 PM  
January 2<sup>nd</sup>: Regular hours. No morning classes.  
Memorial Day: 8 AM – 2 PM  
July 4<sup>th</sup>: 8 AM – 2 PM  
Labor Day: 8 AM – 2 PM



Air is getting cooler; leaves are turning colors; fall is setting in. Soon enough the “white monster” will cover the horizon and walking, running & biking outside becomes near impossible for the “average” person. Shooting hoops, playing volleyball, tennis or pickleball all become near impossible with snow covering the courts. Instead of just stopping, or even putting that routine on pause, come by the Nordby Center and check out the numerous different options we have available for you.

It is essential to offer a place for these activities to continue to take place. This is essential for the health of the members in the community. COVID has caused “a lot” of problems and we all need to find that outlet and there is no better option than fitness. The many health benefits that correlate with living a health life, along with the social benefits. It is more than just the gym it becomes a home; a 2<sup>nd</sup> family; a brother/sisterhood. Its almost unexplainable until you feel it and actively live apart of it. We can and we will help get you there at the Nordby Center. We are more than just fitness “friends”, we are a fitness “family”.

We feel it is also essential to get the youth back inside the facility. With safety in mind, we plan to start this out with a slow roll out of programs over time moving forward. Swimming Lessons, Youth Basketball Camp, Karate & Swim Team will be our first Phase of Fall & Winter Programs. This is a learning curve; bear with us as we continue to move forward. Each of these programs have their own set of “rules / policies” that have been set in order to maintain the safest and healthiest environment for all participating parties.

We strive to keep the facility in the safest operating scenario possible. We have hired extra staff to help maintain cleanliness, while providing an extra “hand” in disinfecting and sanitizing efforts. We continue to promote physical distancing and social responsibility. We are all in this together and we are all responsible for our actions.

**MOST OF OUR CLASSES ARE BACK AND BEING OFFERED!** We are back on track with some “NEW FACES, IN NEW PLACES”. Come check out the different assortment of classes that come **FREE** with your membership; along with **NO JOINING FEES!!**

Stop in today!! We would love to add **YOUR** ‘great face, in our great place’ – The Nordby Center for Recreation.

Shelly Buddenhagen, Executive Director  
Joey Mitchell, Program Director  
Pam Miedema, Membership Director

## OUR MISSION

The Nordby Center for Recreation strives to:

- Offer quality recreational, cultural, social and educational programs to everyone.
- Provide a facility that is safe, inviting and user friendly.
- Provide excellent customer service.
- Be a responsive, self-sufficient facility.

## FACILITY OF HEALTHY OPPORTUNITIES

The Nordby Center for Recreation has something for all individuals and families with physical activity in mind. The facility offers a full range of modern equipment and spaces designed to accommodate the wide variety of classes and programs that have been developed for the fitness needs of a community.

### **Our Facility Includes**

- Wellness area housing 5 treadmills, 6 ellipticals, 4 stationary bikes, 3 row machines, 3 NU Step™, Sci-Fit™, 3 AMT™ Machines, 1 Air Runner, and 1 Stairmaster™.
- 16 Strength Training machines with multiple separate free weight areas
- Free Weight Room with Squat Rack, Bench, Incline Bench, Smith Machine, plus more.
- Heated Indoor Pool
- Basketball and Tennis Courts
- Racquetball and Volleyball Courts
- Pickleball Courts
- Indoor Track
- Aerobics Studio
- Power Pacing or Spinning Studio
- Free Wireless Internet

## Classes and Programming:

### **GROUP EXERCISE CLASSES**

- Power Cut
- Power Pace
- Silver Sneakers Classic
- Pilates
- Body Sculpt
- Step
- PiYo®
- Zumba®
- Aqua Zumba®
- H2O Fitness
- Hydro Fit
- Deep Water Power
- Yoga Mix
- Bike and Weights\*



\* Schedule Subject to Change

### **INDIVIDUAL PROGRAMMING**

- Personal Training
- Group Training
- Uplift
- Martial Arts

### **SPORTS PROGRAMMING**

- Youth Basketball Camp (HYBC)
- Youth Strength Classes (TBD)

### **ADULT AND YOUTH LEAGUES**

- All leagues are to be determined – stayed posted.

### **FAMILY AND GROUP PROGRAMMING**

- Birthday Parties
- Facility Rentals

### **AQUATIC PROGRAMMING**

- American Red Cross Swim Lessons
- American Red Cross Lifeguard Training - TBD
- Private Swim Lessons

### **YOUTH TOURNAMENTS (DATES ARE SUBJECT TO CHANGE)**

- Youth Basketball Tournaments
  - Huron Showtime Classic Basketball Tournament
    - Boys: Saturday, March 27<sup>th</sup>
    - Girls: Sunday March 28<sup>th</sup>
- Junior Olympic Volleyball Tournaments
  - Nordby Center for Recreation Crush-It Tournament-
    - Saturday, April 3<sup>rd</sup>
    - Sunday, April 4<sup>th</sup>
  - North Country Region Area Championships
    - Saturday, April 24<sup>th</sup>
    - Sunday, April 25<sup>th</sup>

## MEMBERSHIP CATEGORIES AND RATES

September 1, 2020 - August 31, 2021

6.5% tax

### Day Use:

15% off guest pass

Family	\$ 16.15 + tax = \$ 17.85	\$ 15.16
Single	\$ 8.03 + tax = \$ 8.90	\$ 7.57
Seniors (62 or older)	\$ 5.35 + tax = \$ 5.90	\$ 5.02
College (with ID)	\$ 5.35 + tax = \$ 5.90	\$ 5.02
Students (K-12)	\$ 4.04 + tax = \$ 4.45	\$ 3.78
Preschool (2-5yrs)	\$ 2.25 + tax = \$ 2.55	\$ 2.16
Noon BB	\$ 5.08 + tax = \$ 5.62	

### Monthly:

Family	\$ 82.58 + tax = \$ 91.4	
Couple	\$ 71.73 + tax = \$ 79.4	
Single	\$ 58.17 + tax = \$ 64.43	
Sr. Couple	\$ 66.43 + tax = \$ 73.58	
Sr. Single	\$ 52.77 + tax = \$ 58.45	
College / Military	\$ 43.62 + tax = \$ 48.31	
HS Youth	\$ 46.25 + tax = \$ 51.23	
MS Youth	\$ 36.76 + tax = \$ 40.71	
Elem Youth	\$ 32.63 + tax = \$ 36.15	

\*\*Active Members can purchase a day pass for guests under their account for 15% off regular prices\*\*

### Corporate Annual Membership Prices

Processed through corporate enrollment!

Annual Contract divided by 12 monthly payments

Membership	Annual Payment	Monthly Payment
Family	\$684.55	\$57.02
Couple	\$583.47	\$48.64
Single	\$471.74	\$39.32
HS Youth	\$237.80	\$19.82
MS Youth	\$206.62	\$17.22
Elem. Youth	\$175.21	\$14.60

\*tax included

Annual corporate rates are a cost-effective tool for countering escalating health care costs while improving the productivity and morale of employees. Anyone can sign up for a corporate membership if they bank or work for the following companies:

American Bank and Trust	Prostrollo Motors
Beadle County Auditors	HRMC
City of Huron	Community Counseling
Dakotaland Federal Credit Union	Huron Area Education FCU
Ellwein Brothers, Inc.	Huron School District #2-2
F & M Bank	Federal Employees Counsel
Tschetter Hohm Clinic	Dakota Provisions
Huron Area Center for Independence	

### Annual Memberships- \*contract signed through the NCR NCR EFT Annual Contract divided by 12 months

Membership	Annual Payment	Monthly Payment
Family	\$806.35	\$67.97
Couple	\$686.07	\$58.02
Single	\$555.08	\$47.10
College/Active Military	\$346.83	\$29.75
Sr. Couple	\$625.80	\$53.00
Sr. Single	\$504.93	\$42.93
HS Youth	\$237.80	\$20.67
MS Youth	\$206.62	\$18.07
Elem. Youth	\$175.21	\$15.45

Senior = 62+ years old  
Family = married couple / kids on taxes  
Couples = married couple only

The Nordby Center for Recreation offers a free machine demonstration conducted by a certified personal trainer to all those who sign up for an annual membership.

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## Financial Assistance Opportunities

Any person in need of financial assistance can make a request by filling out an application and completing the necessary paperwork. Please contact Shelly Buddenhagen for more information.

The Nordby Center for Recreation financial assistance program provides membership and program assistance to ensure that everyone, regardless of age, income or background, has the opportunity to be healthy and participate in recreational activities.



## NORDBY CENTER FOR RECREATION POLICIES

### FACILITY RULES

1. All members must scan their membership card at the front desk upon entrance to the facility. **Replacement cards cost \$2.00.**
2. A **second pair of shoes is required\*** before using the cardio and strength equipment, the weight room, racquetball courts, and/or basketball courts. We need your help to keep the facility and equipment clean.  
**\*You will be asked to leave the facility if you do not comply.**
3. No smoking or chewing tobacco allowed on property. We are a tobacco free facility.
4. All members must wear appropriate gym attire:
  - a. No sandals or dress shoes
  - b. Full coverage shorts or pants
  - c. Shirts and shoes worn at all times
  - d. Bare midriffs are not permitted
  - e. No jeans; rivets are hard on equipment upholstery
5. No objectionable graphics/profanity on clothing.
6. At this time, all children under 14 years of age are required to be under direct supervision of a parent at all times while in the facility.
7. Children under 14 may not attend adult classes.
8. **Youth ages 12-13 must be accompanied by a parent while using the strength training and cardio equipment unless they have successfully completed the UPLIFT program. The parent must be actively supervising the activity.**
9. Children are permitted in organized youth programs without adults/parents.
10. Locker Rooms- the use of locker room by children is not available. Restrooms are available.
11. Members may rent lockers for a nominal annual fee. Members supply their own lock.
12. Strollers are permitted on the indoor track and in gym.
13. We are not responsible for lost or stolen items.
14. Each area will have additional safety guidelines posted.
15. Persons refusing to obey rules and/or Nordby Center Staff are subject to removal from the facility.

## WEIGHT ROOM AND CARDIO AREA RULES

1. **Youth ages 12-13 must be accompanied by a parent while using the strength training and cardio equipment unless they have successfully completed the UPLIFT program. The parent must be actively supervising the activity.**
2. All weights must be properly put away after each person is done using them.
3. Each person must spray and wipe down the area used once they are finished
4. Do not put coats, bags, etc. on the weight room floor. Put them in the appropriate area.
5. No grunting or loud noises that may bother other members.
6. Music must be played at the appropriate volume.
7. Do not bang or drop the weights.
8. Always use a thud mat when using dumbbells or barbells.
9. Shirt and **shoes** must be worn at all times.
10. During peak periods, the time limit on all cardiovascular equipment is 20 minutes.
11. No babies allowed in the weight room or cardio area. Babies in car seats or strapped to the mother while working out on equipment is prohibited. Babies are allowed in the track area only if they are in a stroller or strapped to their mother.

### POOL RULES

1. Must be a member to use the pool – NO day passes allowed at this time.
2. A lifeguard must be on duty if a parent is not directly in the pool area supervising children.
3. Proper swim attire must be worn at all times when in the pool. An actual swimsuit must be worn. No t-shirts or shorts are allowed in the pool.
4. For your safety, during COVID protocol maximum capacity of the pool is 18.
5. No band-aids or gum allowed in the pool area.
6. **No open swim during senior swim, water aerobics classes or swim lessons**
7. Lap swim is available during water aerobics classes, NOT during swim lessons.
8. **No one under the age of 16 will be allowed to swim without the direct supervision of a parent/guardian (must be at least 18 years old)**
9. Each swimmer must take a shower before entering the pool
10. No outside pool toys, balls, rafts or water guns
11. There will be NO:
  - Hanging on the lap lanes
  - Running in the pool area
  - Jumping from the starting blocks
  - Diving
  - Touching the backstroke flags

## COVID 19 RULES / GUIDELINES

(subject to change)

1. Face masks are encouraged.
2. Upon entrance of facility disinfect 'outside' shoes with spray & place in a cubicle on the tile floor.
3. Move to carpet area – disinfect 'workout' shoes.
4. Disinfect or wash hands.
5. Individual cleaning towels are placed at the entrance of each weight area. Use this towel until you are finished then place in hampers by exits or the front desk.
6. Practice physical distancing – 6 ft. apart.
7. Cover your nose & mouth when cough or sneeze – cough into elbow.
8. Mindful of others – if you do not feel well, stay home.
9. Be mindful of traveling.
10. You are responsible for yourself, and actions towards others.
11. No locker room use by children is permitted – restrooms may be used on an as needed basis only.
12. Activities & Sports are allowed. Must bring own equipment and disinfect accordingly.
13. No water fountains – bottle filler is available.
14. No loitering.
15. Children ages 14 and older are able to use the facility without an adult.
16. Children under the ages of 14 must be accompanied by an adult actively supervising.

**MEMBERS FOUND IN NON-COMPLIANCE  
WILL BE ASKED TO LEAVE.**

## GROUP EXERCISE CLASSES

CLASS	MON	TUE	WED	THU	FRI
Power Cut I	8:30 AM		8:30 AM		8:30 AM
Power Cut II		5:45 AM		5:45 AM	
Power Pace I	5:45 AM		5:45 AM		5:45 AM
Power Pace II	12:10 PM		12:10 PM		12:10 PM
Silver Sneakers Classic	9:20 AM		9:20 AM		
Pilates	online		online		
Body Sculpt		5:10 PM			
Step		5:45 PM			
PiYo*™		online		online	
Yoga (HIIT) Mix - TBA	*currently on hold until further notice*				
Bike and Weights*	*currently on hold until further notice*				
Zumba™	6:15 PM		6:15 PM		
Aqua Zumba™	*currently on hold until further notice*				
H2O Fitness	8:15 AM		8:15 AM		8:15 AM
Hydro Fit	10:00 AM		10:00 AM		10:00 AM
Deep Water Power	*currently on hold until further notice*				

*\*Classes times and days are subject to change.*



Kelly Burke,  
PT assistant



Susan Fuerst,  
physical therapist



Saren Kahre,  
PT assistant



Colton Ketelhut,  
physical therapist



Bobbi Lucklum,  
physical therapist



Tauree Peterson,  
physical therapist



Janet Rogers,  
rehab technician



Chelsey Schroeder,  
PT assistant



Karmen Weinzirl,  
physical therapist



Lori Welch,  
physical therapist

You enjoy life, live hard, play hard – don't let injuries or aches and pains slow you down. Let us help you get back to the game of life sooner by choosing a safer way to manage pain.

For a no-obligation evaluation:

**Call 353-6253**

[www.huronregional.org](http://www.huronregional.org)



**Power Cut I** 40 Min. Our instructors will teach you the proper technique when using free weights, bars, resistance bands, and core balls. This class is designed to help you with strength tone and define every major muscle group for a complete workout. Power Cut is offered for different lengths of time to accommodate everyone's schedule.

**Power Cut II** 55 Min.

**Power Pace I** 55 Min. Experience a fun and exciting stationary bike ride for all levels of fitness. You will be coached and motivated through a simulated bicycling journey including fast breaks and tough climbs. Bring a water bottle. Power Pace is offered for different lengths of time to accommodate everyone's schedule.

**Power Pace II** 30 Min.

**Silver Sneakers Classic** 40 Min. This class offers something for everyone, regardless of fitness level, and can help improve overall strength, flexibility and balance, resulting in your ability to stay healthy and maintain your independence. Your instructor guides you through exercises with resistance tools at your own pace. A chair is available for seated and/or standing support, stretching and relaxation.

**Pilates** 45 Min. A group exercise class that focuses on strengthening of the core muscle group, also known as the 'Powerhouse' while improving flexibility, balance, and posture.

**Body Sculpt** 30 Min. Designed to tone the upper and lower body. People of all ages and fitness levels can enjoy this workout.

**Step** 45 Min. This class offers an exceptional cardio workout using 4" – 8" steps. Intensity level is determined by your speed, travel, and execution of movement patterns.

**PiYo™** 45 Min. PiYo™ is a class that combines yoga poses with Pilates mat exercises to build CORE strength and enhance agility and balance. PiYo™ is a faster paced, low-impact Yoga class and provides a moderately challenging workout similar to Vinyasa (flow-style) yoga.

**Yoga (HITT) Mix** 45 Min. Yoga Mix is a class that combines Yoga and Pilates exercises to improve strength, balance, and flexibility.

**Bike and Weights** 60 Min. Be ready to work! This fast-paced class has the perfect balance between cardio and resistance training. The 60 minutes fly by as you will be doing different intervals of resistance training and spin.

**Zumba** 45 Min. Are you ready to party yourself into shape? That's exactly what the Zumba® program is all about. It's an exhilarating, effective, easy-to-follow, Latin-inspired, calorie-burning dance fitness-party™ that's moving millions of people toward joy and health.

**Aqua Zumba** 45 Min. Known as the Zumba "pool party," Aqua Zumba gives new meaning to the idea of an invigorating workout. Integrating the Zumba formula and philosophy with traditional aqua fitness disciplines, Aqua Zumba blends it all together into a safe, challenging, water-based workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

**H2O Fitness** 45 Min. Join this aquatic, strength training, and high-energy fat burning workout!

**Hydro Fit** 45 Min. Shallow water aerobics that uses foam dumbbells during aerobics: includes some toning and abdominal exercises.

**Deep Water Power** 45 Min. Deep-water aerobics that includes 30-35 minutes of intense aerobics, abdominal exercises, cool down and stretch.

## **INDIVIDUAL PROGRAMMING**

### **Personal Training**

<b>Sessions</b>	<b>Minutes</b>	<b>1 Annual Member</b>	<b>1 Non-Member</b>	<b>2 Annual Members</b>	<b>2 Non-Members</b>
<b>Single Hour</b>	60 min.	\$29.82	\$40.47	\$21.30 each	\$34.08 each
<b>Five Hour Package</b>	300 min.	\$119.28	\$161.88	\$85.20 each	\$136.32 each
<b>Ten Hour Package</b>	600 min.	\$208.74	\$283.29	\$149.10 each	\$238.56 each

*\*Prices include tax*

Let a certified personal trainer teach you how to get the most out of your workouts! Work one-on-one, or bring a friend or spouse, and we will help you reach your fitness goals. You will learn various exercises that build strength, endurance, reduce body fat, and improve overall cardiovascular fitness. Personal training sessions are made by appointment only. If two of you are sharing a session you must work out at the same time, and each individual must purchase a package.



## MARTIAL ARTS

### KARATE RULES / GUIDELINES (COVID)

*(subject to change)*

1. Karate must be paid in full before class starts – attendance will be taken from the registration forms turned in and paid.
2. All participants must come dressed ready for their session.
3. Locker Rooms are not permitted for use. Restrooms are available.
4. All participants will **ENTER & EXIT** the facility through the Hohm Courts Door ONLY door. This is located on the southwest side of the gymnasium.
5. All Martial Artist must remove their outside footwear upon entrance into the gym.
6. Disinfect shoes, bags, hands, and any other necessary equipment before and after use.
7. There must be an Instructor present before anyone can enter the building. The instructor will prop open the Hohm Courts southwest door briefly before class is scheduled to start.
8. Martial Artist will not be allowed into the facility until it is their time to begin their session.
9. Parents must pick up their children immediately following the scheduled completion time of class. Please double check class start and completion times.
10. Face masks are recommended, but not required.
11. Physical distancing is recommended (6 feet).
12. Bring your own water bottle – fountains not available.
13. No loitering.

#### **MEMBERS OR GUESTS FOUND IN NON-COMPLIANCE WILL BE ASKED TO LEAVE.**

#### **Youth Beginner (Ages 6-13)**

Session Date	Class	Day	Time	Member Cost	Non-Member Cost
<b>September 28<sup>th</sup> – December 17<sup>th</sup></b>	Youth	Mon & Thurs	Mon. & Thurs. 4:15-5:00pm	\$111.30	\$127.20
<b>Session 2: TBA</b>					

*\*Prices include tax*

Twelve weeks of an introductory martial arts class covering basic blocking, striking, kicking and falling techniques used in the Korean martial arts. Learn why the Korean martial arts are considered one of the premier kicking styles in the world! Classes will be taught by Abby Skonseng, Brian Dunn, and/or assistant instructors.

*Additional one time charge of \$25.00 for a uniform*

#### **Youth Advanced (Ages 6-14)**

Session Date	Class	Day	Time	Member Cost	Non-Member Cost
<b>September 28<sup>th</sup> – December 17<sup>th</sup></b>	Youth	Mon & Thurs	Mon. & Thurs. 3:30-4:15pm	\$111.30	\$127.20
<b>Session 2: TBA</b>					

*\*Prices include tax*

This program consists of twelve weeks of continued martial arts classes covering basic blocking, striking, kicking, self-defense and falling techniques used in the Korean martial arts. Learn why the Korean martial arts are considered one of the premier kicking styles in the world!! Classes will be taught by Abby Skonseng with assistants.

#### **Adult Beginner (Ages 14 & up)**

Session Date	Class	Day	Time	Member Cost	Non-Member Cost
<b>September 28<sup>th</sup> – December 17<sup>th</sup></b>	Adult	Mon & Thurs	7:00-8:00 pm	\$111.30	\$127.20
<b>Session 2: TBA</b>					

*\*Prices include tax*

Twelve weeks of an introductory martial arts class covering basic blocking, striking, kicking and falling techniques used in the Korean martial arts. Learn why the Korean martial arts are considered one of the premier kicking styles in the world! Classes will be taught by Abby Skonseng, Brian Dunn, and/or assistant instructors.

#### **Adult Advanced (Ages 14 & up)**

Session Date	Class	Day	Time	Member Cost	Non-Member Cost
<b>September 28<sup>th</sup> – December 17<sup>th</sup></b>	Adult	Mon & Thurs	8:00-9:00 pm	\$111.30	\$127.20
<b>Session 2: TBA</b>					

*\*Prices include tax*

This program consists of twelve weeks of continued martial arts classes covering advanced blocking, striking, kicking and falling techniques used in the Korean martial arts. Learn why the Korean martial arts are considered one of the premier kicking styles in the world!! Classes will be taught by Brian Dunn, Abby Skonseng and/or assistant instructors.

*Additional one time charge of \$25.00 for a uniform*

## SPORTS PROGRAMMING

### PRIVATE OR GROUP TENNIS LESSONS

Sessions	Duration	1 Member	1 Non-member	2 or more Members	2 or more Non-members
1 Session	60 Min	\$26.63	\$37.28	\$15.98/ Person	\$26.63/ Person
5 Sessions	60 Min	\$106.50	\$149.10	\$63.90/ Person	\$106.50/ Person
10 Sessions	60 Min	\$186.38	\$260.93	\$111.83/ Person	\$186.38/ Person

*\*Prices include tax*

Private or Group Tennis Lessons available for all ages and skill levels at the Nordby Center. Contact the Nordby Center to set up a lesson today!

### NORDBY YOUTH BASKETBALL CLUB (HYBC)

<u>SESSION DATES</u>	<u>GRADE</u>	<u>TIME</u>	<u>ANNUAL MEMBER COST</u>	<u>NON-MEMBER COST</u>
SUNDAYS (Sept. 27 <sup>th</sup> – Oct. 18 <sup>th</sup> )	K & 1 <sup>st</sup>	1:00 – 2:00 PM	\$40.00	\$55.00
SUNDAYS (Sept. 27 <sup>th</sup> – Oct. 18 <sup>th</sup> )	2 <sup>nd</sup> & 3 <sup>rd</sup>	2:30 – 3:30 PM	\$40.00	\$55.00
SUNDAYS (Oct. 25 <sup>th</sup> – Nov. 15 <sup>th</sup> )	4 <sup>th</sup> & 5 <sup>th</sup>	1:00 – 2:30 PM	\$55.00	\$70.00
SUNDAYS (Oct. 25 <sup>th</sup> – Nov. 15 <sup>th</sup> )	6 <sup>th</sup> – 8 <sup>th</sup>	3:00 – 4:30 PM	\$55.00	\$70.00

*\*Prices Include Tax*

**\*\*\*Program is not finalized by the Nordby Center for Recreation. Dates, Times, and age groups may change. Parent participation is needed.**

HYBC, Inc. has been the proven cornerstone for basketball in the community of Huron, both recreational and competitive. For many years, with the help of numerous volunteers, HYBC has been able to be a successful program in getting kids involved in organized basketball at a young age. We want to teach players skills and be able to utilize them in a competitive setting. It is the objective of this club to have as many parents and children involved as possible. For HYBC to be successful, parents are expected to actively participate in the program. This year we will also have the help from the Huron Boys' Basketball Team and their coaching staff, but we strongly encourage parents to still participate, as we will need coaches for the teams.

#### The Purpose of the Huron Youth Basketball Club

1. With the guidance of parents and interested adults to develop youth basketball in the Huron Area.
2. To develop the skills and sportsmanship of today's youth at the lower elementary levels to a more advanced level of competition.
3. To develop good self-image of youth through basketball.

### YOUTH BASKETBALL RULES / GUIDELINES

#### (COVID)

*(subject to change)*

1. Basketball Registration must be paid in full before class starts – attendance will be taken from the registration forms turned in and paid.
2. All players must come dressed ready for their session.
3. Locker Rooms are not permitted for use. Restrooms are available.
4. All players will **ENTER & EXIT** the facility through the Hohm Courts Door ONLY door. This is located on the southwest side of the gymnasium.
5. All players must remove their outside footwear upon entrance into the gym.
6. Disinfect shoes, bags, hands, and any other necessary equipment before and after use.
7. There must be a Coach or Instructor onsite before anyone can enter the building.
8. Players will not be allowed into the facility until it is their time to begin their session.
9. Parents must be ready to pick your children up immediately after camp is scheduled for completion. Please double check start and end times for camp sessions.
10. Face masks are recommended, but not required.
11. Physical distancing is recommended (6 feet).
12. Bring your own water bottle – fountains not available.
13. No loitering.

**MEMBERS OR GUESTS FOUND IN NON-COMPLIANCE  
WILL BE ASKED TO LEAVE.**

## Sport Leagues

### Men's 5-on-5 Basketball League

Session Date	Day	Time	Team Cost
<b>Starts: TBD</b>			
<b>Registration: November</b>	Wed.	7 - 9 PM	\$300.00

*\*Prices include tax*

*\*Start date subject to change*

*\*For more information please visit our website.*

### Tennis League

Session Date	Day	Time	Team Cost
Starts: TBD Registration: January	Sundays	Sun. 3:30 – 5:30 PM	\$40.00

\*Dates are subject to change

\*Must be a member at the Nordby Center for Recreation to participate

\*For more information please visit our website.

## Youth Basketball Tournaments

### Huron Showtime Basketball Tournament

- Saturday, March 28<sup>th</sup> & Sunday March 29<sup>th</sup> – Registration due March 15<sup>th</sup>
- Boys: Saturday, March 27<sup>th</sup>
- Girls: Sunday, March 28<sup>th</sup>
- Grades 3<sup>rd</sup> – 8<sup>th</sup>

\*Dates are subject to change



## Youth Volleyball Tournaments

### Nordby Center for Recreation Crush-It tournament

- Saturday, April 3<sup>rd</sup> – Ages 12 & under, 14 & under
- Sunday, April 4<sup>th</sup> – Ages 16 & under, 18 & under

### North Country Region Area Championships

- Saturday, April 24<sup>th</sup> – Ages 12 & under, 14 & under
- Sunday, April 25<sup>th</sup> – Ages 16 & under, 18 & under

## AQUATIC PROGRAMMING



### SWIMMING LESSONS

#### Fall and Winter Swimming Lessons

Session Dates	Class	Day	Time	Annual Member Cost	Non-Member Cost
<b>Fall Session</b>					
Sept. 26 – Oct. 31 <i>-no registration available</i>	Youth 1 & 2	Sat.	8:15- 9:00 AM	\$35.00	\$ 50.00
	Youth 1 & 2	Sat.	9:15 – 10:00 AM	\$35.00	\$ 50.00
<b>Winter Session</b>					
TBD – refer to our Facebook Page or Website	Youth 3 & 4	Sat.	10:15 – 11:00 AM	\$35.00	\$ 50.00
	Youth 5 & 6	Sat.	11:15 – Noon	\$35.00	\$ 50.00

\*Prices include tax

\*No Preschool levels until further notice

**Youth Level 1** (age 6-9 years): There are no prerequisites for this course. Level 1 is to help students feel comfortable in the water. Basic water safety is covered.

**Youth Level 2** (age 6-10 years): Students must have successfully completed Level 1, or able to demonstrate all the requirements in Level 1. This class works on developing the foundation for future strokes, float without support and survival float.

**Youth Level 3** (age 6+ years): This program is for swimmers who successfully completed Level 2. Students will continue to work on the front crawl and back crawl and be introduced to the butterfly and treading water. As in all levels, basic water safety skills are covered.

**Youth Level 4** (age 6+ years): Students must have successfully completed Level 3. Level 4 is designed to develop confidence and endurance in the previous learned strokes, introduce the elementary backstroke, breaststroke and elements of sidestroke and improve other aquatic skills.

**Youth Level 5** (age 6+ years): Students must have successfully completed Level 4. This class works on developing smoother strokes, flip turns and building endurance.

**Youth Level 6** (age 6+ years): Students entering this course must have successfully completed Level 5. This program continues stroke development and concentrates on building a high level of endurance.

Registration for Red Cross Swimming Lessons must be completed at Nordby Center. Payment is due upon completion of Swim Lesson registration form in order to secure class reservation.

## SWIM LESSON RULES / GUIDELINES (COVID)

(subject to change)

1. Face masks are recommended, but not required.
2. Physical distancing is recommended (6 feet).
3. Locker Rooms ARE NOT permitted for use. Restrooms are available.
4. Swim Lesson participants MUST come swim ready.
5. All Swim Lesson participants will **ENTER & EXIT** the facility through the pool ONLY door. This is located on the west side of the pool room. Parking is available in the Middle School Main parking area.
6. All participants must remove their outside footwear upon entrance on the pool deck.
7. Disinfect shoes, bags, hands, and any other necessary equipment before and after use.

8. The Swim Lessons Instructor must be onsite before anyone can enter the building. To help with this, the instructor will prop the Pool Area door open briefly before that lessons scheduled start time.
9. Participants will not be allowed into the facility until it is their lesson time.
10. Parents will not be allowed inside during lessons. You may wait outside.
  - a. If deemed necessary, you will be required to wear a facemask for the safety of all participants and instructors.
11. Parents be ready to pick your swimmers up immediately following the scheduled lesson completion time. Please make sure to double check these times.
12. Bring your own water bottle – fountains not available.
13. No loitering.

**MEMBERS OR GUESTS FOUND IN NON-COMPLIANCE  
WILL BE ASKED TO LEAVE.**

### PRIVATE SWIM LESSONS

Session Dates	Duration	1 Annual Member	1 Non-Member	2 Annual Members	2 Non-Members
Single Session	30 Minutes	\$15.98	\$26.63	\$13.31 each	\$21.30 each

\*Prices include tax

Private lessons are available for youth and adult swimmers. Classes are limited to two participants. The Nordby Center follows the American Red Cross swimming lesson program. All ages and abilities are welcome. Classes are taught by appointment only.

### LIFEGUARD TRAINING COURSE

#### Course Requirements



- At least 15 years old by final day of course.
- Able to swim 300 yards continuously, using these strokes in the following order
  - \*100 yards of front crawl using rhythmic breathing and a stabilizing, propellant kick
  - \*100 yards of breaststroke using a pull, breathe, kick, and glide sequence
  - \*100 yards of either the front crawl or breaststroke. This may be a combination of front crawl and breaststroke
- Able to complete a retrieval skill: starting in the water, swim 20 yards using front crawl or breaststroke, surface dive 7 feet, retrieve a 10-pound object, return to the surface, swim 20 yards back to the starting point with the object and exit the water without using a ladder or steps, within 1 minute, 40 seconds.

**Dates:** TBA, classes will be in April and May

**Annual Member cost:** \$250.00

**Non-member cost:** \$280.00

\*sales tax included

## Adult & Adolescent Medicine



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Internal Medicine



**Cy B. Haatvedt, MD**  
General Surgery



**Gregory L. Wiedel, MD**  
Internal Medicine



**Doreen Boomsma,**  
CNP



**Danielle Rathjen,**  
DNP, FNP-C



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## Huron Swim Team

**Starts: September 28<sup>th</sup>**

### SWIM TEAM RULES / GUIDELINES (COVID)

*(subject to change)*

1. All swimmers must be members of the Nordby Center
2. Locker Rooms ARE NOT permitted for use. Restrooms are available.
3. Swim Team members MUST come swim ready.
4. All swim team members will **ENTER & EXIT** the facility through the pool ONLY door. This is located on the west side of the pool room. Parents can park & pick up swimmers in the Middle School Main Entrance parking area.
5. All swimmers must remove their outside footwear upon entrance on the pool deck.
6. Disinfect shoes, bags, hands, and any other necessary equipment before and after use.
7. There must be a swim team Coach onsite before anyone can enter the building.
8. Swimmers will not be allowed into the facility until it is their time to practice.
9. Parents be ready to pick your swimmers up immediately after the scheduled practice completion time. Please double check these times with Swim Team Coaches.
10. Face masks are recommended, but not required.
11. Physical distancing is recommended (6 feet).
12. Bring your own water bottle – fountains not available.
13. No loitering.

**MEMBERS OR GUESTS FOUND IN NON-COMPLIANCE WILL BE ASKED TO LEAVE.**

*\*Ask or call Front Desk for more information or check out our website. Also refer to Swim Team personnel for info.*



## POOL SCHEDULE

### Fall/Winter Schedule (September – February)

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5:30-8:00 AM	Open	Open	Open	Open	Open	Closed	Closed
8:00-9:00 AM	H2O Fitness	Aqua Zumba	H2O Fitness	Aqua Zumba	Open	Swim Lessons till 12:15 Pool is exclusive to Swim Lessons only!	OPEN
9:00-10:00 AM	Open	OPEN	Open	OPEN	Open		
10:00-11:00 AM	Hydro-Fit		Hydro-Fit		Hydro-Fit		
11:00-12:00 PM	Senior Swim		Senior Swim		Senior Swim		
12:00-1:00 PM	OPEN		OPEN		OPEN		
1:00-3:30 PM						Swim Team	Swim Team
3:30-5:00 PM		Swim Team		Swim Team			
5:00-6:30 PM	Swim Team		DWP @ 5:45 PM		DWP @ 5:45 PM	Closed @ 5:30	Closed @ 5:30
6:30-7:00 PM		Open	Open	Open	Closed @ 7:30	Closed	Closed
7:00-9:30 PM	Open						

**Pool Closes at:**

**9:30 PM Monday – Thursday**

**7:30 PM Friday**

**5:30 PM Saturday-Sunday**

*\*No Open swim during swim clinic, water aerobics and senior swim.*

*\*No OPEN swim or LAP swim during Swimming Lessons.*

*\*All schedules are subject to change by the Nordby Center for Recreation staff.*

*\*Swimming Lesson dates:*

*Fall 1<sup>st</sup> Session- September 26<sup>th</sup> – October 31<sup>st</sup>*

*Fall 2<sup>nd</sup> Session- November 7<sup>th</sup> – December 19<sup>th</sup>*

*- No lessons on week of Thanksgiving*

*Winter 1<sup>st</sup> Session- TBD*

*Winter 2<sup>nd</sup> Session- TBD*

*\*Swim Team starts: September 28<sup>th</sup>*

*\*Lifeguards are not on duty, unless there is a facility rental, please contact the Nordby Center for Recreation on facility and pool rentals.*

## Birthday Party Rental

*You're Invited To Celebrate your Birthday at the Nordby Center for Recreation*

When:	Friday:	5:30 PM - 7:30 PM
	Saturday:	11:00 AM - 1:00 PM*
	Sunday:	11:00 AM - 1:00 PM
Where:	Nordby Center with (Non-Exclusive) use of pool	
Who:	You and 12 of your friends!	
What:	Two hours of fun and easy for parents	
Cost:	Annual Members	\$100.00
	Non-Members	\$125.00
	Additional guest	\$3.25
		<i>*Price includes tax</i>

*\*Your Birthday party will be the one, you and your friends will remember! We will provide a private party room, life guard for the pool, table and chairs for your special event. You may bring in food, drinks and other games.*

## Annual Corporate Rates

Our corporate rate is a cost-effective tool for countering escalating health care costs while improving the productivity and morale of employees. Health care costs are estimated to increase in the next five years. A Nordby Center Membership is an investment to the solution.

To be eligible for the corporate plan, a company must employ a minimum of ten employees and monetarily guarantee membership of 10% of their workforce or a minimum of ten employees, whichever figure is higher.

Corporate accounts will be billed to the company at the beginning for each membership year. However, a company must maintain ten memberships or 10% of their workforce (whichever is higher) to remain eligible for corporate rates.

Thank you to our Corporate Members.

American Bank and Trust  
Beadle County Auditors  
City of Huron  
Community Counseling  
Dakotaland Federal Credit Union  
Ellwein Brothers, Inc.  
F & M Bank  
Dakota Provisions

Prostrollo Motors  
HRMC  
Huron Area Center for Independence  
Huron School District #2 – 2  
Tschetter Hohm Clinic  
Huron Area Education FCU  
Federal Employees Counsel



## OUR SPECIAL THANKS TO:

The Nordby Center for Recreation founders and governing board of directors for their vision and support.

Board members include: Tom Glanzer John Pfitzer, Kay Daughterty, Jamie Cass, Doug Pietz, Jason Rubish, and Dave Moser.

### United Way

We want to thank the United Way for providing the Nordby Center for Recreation with additional funding that enhances our ability to provide exercise and wellness to youth. This funding allows us to stretch our dollar for our members a little bit further and enables us to reach even more youth within the community.



### Lincoln D. Wacker Foundation

Lincoln, son of Tyrone and Vereen Wacker, lived in Huron and attended Madison elementary from 1979-1983, and attended Huron University from 1998-1999. He was a student-teacher at Jefferson Elementary school. Tyrone was the football and baseball coach during his years at Huron College. Lincoln was killed by a drunk driver in the fall of 1999 while returning from coaching a football game.



### Wheeler Family Fund

The Wheeler Family Fund is a part of the Huron Community Foundation. It was started in 2013 by Rick Wheeler, Ron Wheeler, Brian Wheeler, Kirke Wheeler and June Wheeler in memory of their parents Kirke and Maurine Wheeler, brother and husband Dr. Jeff Wheeler, and their grandparents John and Lelia Wheeler. Each year, the interest off the fund investment can be distributed to different, non-profit, and charitable organizations as selected by the members of the Wheeler Family Fund.



### Dr. Paul Hohm Foundation

Dr. Paul felt so passionate about having a facility such as the Nordby Center for Recreation and Hohm Courts in the community, that he left an endowment with the SDCF earmarking the Hohm Courts to be the beneficiary of an annual distribution for the maintenance and betterment of the facility. This year those funds were used to help finance, along with three other donors, new scoreboards to make the Hohm Courts a state-of-the-art facility.



### Nordby Center for Recreation Advertising Partners

We want to thank our advertising partners for their loyalty and commitment to the Nordby Center for Recreation. Their continued support has allowed the Nordby Center for Recreation to continue its storied success as well as cement our relationship within our great community. Please contact the Nordby Center for Recreation on how to become an advertising partner.

### Advertising Partners

Huron Regional Medical Center  
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...and the Nordby Center Members.



**WEBSITE**

Visit us on our website to view information, pictures, and more.....  
[www.nordbycenter.org](http://www.nordbycenter.org)

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