



Nordby Center for Recreation and Hohm Courts



Spring &
Summer
2020



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For After-Hour Appointments:

	Cell Phone	Home
Doug Peterson	350-4079	796-4105
Lee Hedblom	354-2275	352-7426
Dave Wright	354-1845	352-2011
Tom Light	350-5098	350-5098
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

SUMMER HOURS

(Memorial Day through Labor Day)

Monday – Thursday	5:30 AM until 10:00 PM
Friday	5:30 AM until 8:00 PM
Saturday	8:00 AM until 4:00 PM
Sunday	8:00 AM until 4:00 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 26th: Noon – 6 PM
January 2nd: Noon – 6 PM
Memorial Day: 8 AM – 2 PM
July 4th: 8 AM – 2 PM
Labor Day: 8 AM – 2 PM

2020.. the year perceived as a year with a “supposed” clear vision, but it has been far but just that to this point... here we are approaching the end of May with still yet a lot of uncertainty on the next steps; COVID19 has left us in an unprecedented time. Unfortunately, the uncharted waters caused us to close our doors for 7 weeks. In 20 years, this has yet to happen; but of all the “bad” in the situation we stayed positive and focused on the good using the time to give the Nordby Center another facelift. Upon entering the facility post COVID closure, you will see an updated weight area downstairs, along with the entire upstairs! We were able to “spice” up the walls throughout these areas.

The continued uncertainties have started to cause a loss of hope, but together as a community this is nothing we cannot overcome. At the Nordby Center we strive to keep the facility in the safest operating scenario possible. We have hired extra staff to help maintain cleanliness also while providing an extra “hand” in disinfecting and sanitizing efforts. We continue to promote social distancing and social responsibility as we continue to move forward. We are all in this together and are responsible for our actions. If we WORK together, we will INSPIRE; ultimately setting us up for SUCCESS.

Regarding the pool... I know everyone has been anxiously waiting and we are just finishing up with deep cleaning inside and out. We have taken a lot of questions regarding the pool and we want to thank you for your patience! We do have a target date set in mind of June 15th. There will be a new set of rules in store that will be announced prior to June 15th. Starting June 15th, the pool will be open to adults only as a fitness pool; we will ease our way back into “normality”. The pool will be open, but we are not allowing the use of locker rooms – swimmers will need to come to the facility ‘swim ready’.

We will continue to provide our summer activities and programs via social media. We hope to be able to start a bunch of onsite activities after the 1st of July – stay tuned to our Facebook page for more details. For workout purposes, we will continue to provide group exercise classes along with doing academy workouts virtually.

There is one thing clear about 2020... that is no matter the obstacle that is set in front of us; if we come together anything and everything is possible. The Nordby Center keeps its ‘sights’ open and clear for yet another 20 years.

Just remember: disinfect before ... disinfect during ... disinfect after

Joey Mitchell, Program Director
Shelly Buddenhagen, Executive 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 an Air Runner™, 5 treadmills, 6 ellipticals, 4 stationary bikes, 2 row machines, 3 NU Step™, Sci-Fit™, and 3 AMT™ Machines, and 1 StairMaster™
- 16 Strength Training machines with separate free weight area
- Free Weight Room with Squat Rack, Olympic Bench, Olympic Incline Bench, Smith Machine, TRX Bands, Fixed Barbells, plus much more.
- Heated Indoor Pool
- Basketball and Tennis Courts
- Pickleball Courts
- Racquetball and Volleyball Courts
- Indoor Track
- Aerobics Studio
- Power Pacing or Spinning Studio
- Free Wireless Internet



Provided Classes & Programs:

GROUP EXERCISE CLASSES

- Power Cut
- Power Pace (cycling)
- Silver Sneakers Classic 
- Pilates
- Body Sculpt
- Step
- PiYo®
- Zumba®
- Aqua Zumba®
- H2O Fitness
- Hydro-Fit
- Deep Water Power
- Kettlebell Strength*
- General Strengthening Classes
- Yoga Mix
- Bike & Weights* (Days could change in the Summer.)

INDIVIDUAL PROGRAMMING

- Personal Training
- Uplift
- Martial Arts
- Sport Specific Lessons – Volleyball / Basketball

MIDDLE AND HIGH SCHOOL SPORTS PROGRAMMING

- Huron Area Volleyball Academy
- Huron Area Volleyball Junior Academy
- Strength Training Academy

ELEMENTARY SPORTS PROGRAMMING

- Lil' Hitters & Diggers
- Youth Exercise and Sport Training Camp
- Dyna-Mites
- Basketball Camps

AQUATIC PROGRAMMING

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

FAMILY AND GROUP PROGRAMMING

- Birthday Parties
- Summer Day Camp
- Facility Rentals

MEMBERSHIP CATEGORIES AND RATES

September 1, 2019 - August 31, 2020

6.5% tax

<u>Day Use:</u>		<u>15% off quest pass</u>	
Family	\$ 16.74 + tax = \$ 17.85		\$ 16.16
Single	\$ 8.36 + tax = \$ 8.90		\$ 7.57
Seniors (62 or older)	\$ 5.54 + tax = \$ 5.90		\$ 5.02
College (with ID)	\$ 5.54 + tax = \$ 5.90		\$ 5.02
Students (K-12)	\$ 4.18 + tax = \$ 4.45		\$ 3.78
Preschool (2-5yrs)	\$ 2.39 + tax = \$ 2.55		\$ 2.16
Noon BB	\$ 5.08 + tax = \$ 5.62		

<u>Monthly:</u>		**Active Members can purchase a day pass for guests under their account for 15% off regular prices**
Family	\$ 85.88 + tax = \$ 91.46	
Married Couple	\$ 74.60 + tax = \$ 79.45	
Single	\$ 60.50 + tax = \$ 64.43	
Sr. Couple	\$ 69.09 + tax = \$ 73.58	
Sr. Single	\$ 54.88 + tax = \$ 58.45	
College / Military	\$ 45.36 + tax = \$ 48.31	
HS Youth	\$ 48.10 + tax = \$ 51.23	
MS Youth	\$ 38.23 + tax = \$ 40.71	
Elem Youth	\$ 33.94 + tax = \$ 36.15	

Corporate Annual Membership

Processed through corporate enrollment! Annual Contract divided by 12 monthly payment.

<u>Membership</u>	<u>Annual Payment</u>	<u>Monthly Payment</u>
Family	\$684.55	\$57.02
Married 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	Huron Area Center for Independence
Community Counseling	Sunquest Healthcare Center
Dakotaland Federal Credit Union	Huron Plainsman
Ellwein Brothers, Inc.	Huron School District #2-2
F & M Bank	Tschetter Hohm Clinic
Federal Employees Counsel	Huron Area Education FCU
Dakota Provisions	Premier Bank

Annual Memberships- *contract signed through the NCR
NCR EFT Annual Contract divided by 12 months and *.85 cent office fee included

<u>Membership</u>	<u>Annual Payment</u>	<u>Monthly Payment</u>
Family	\$806.35	\$67.97
Married 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

*Tax Included

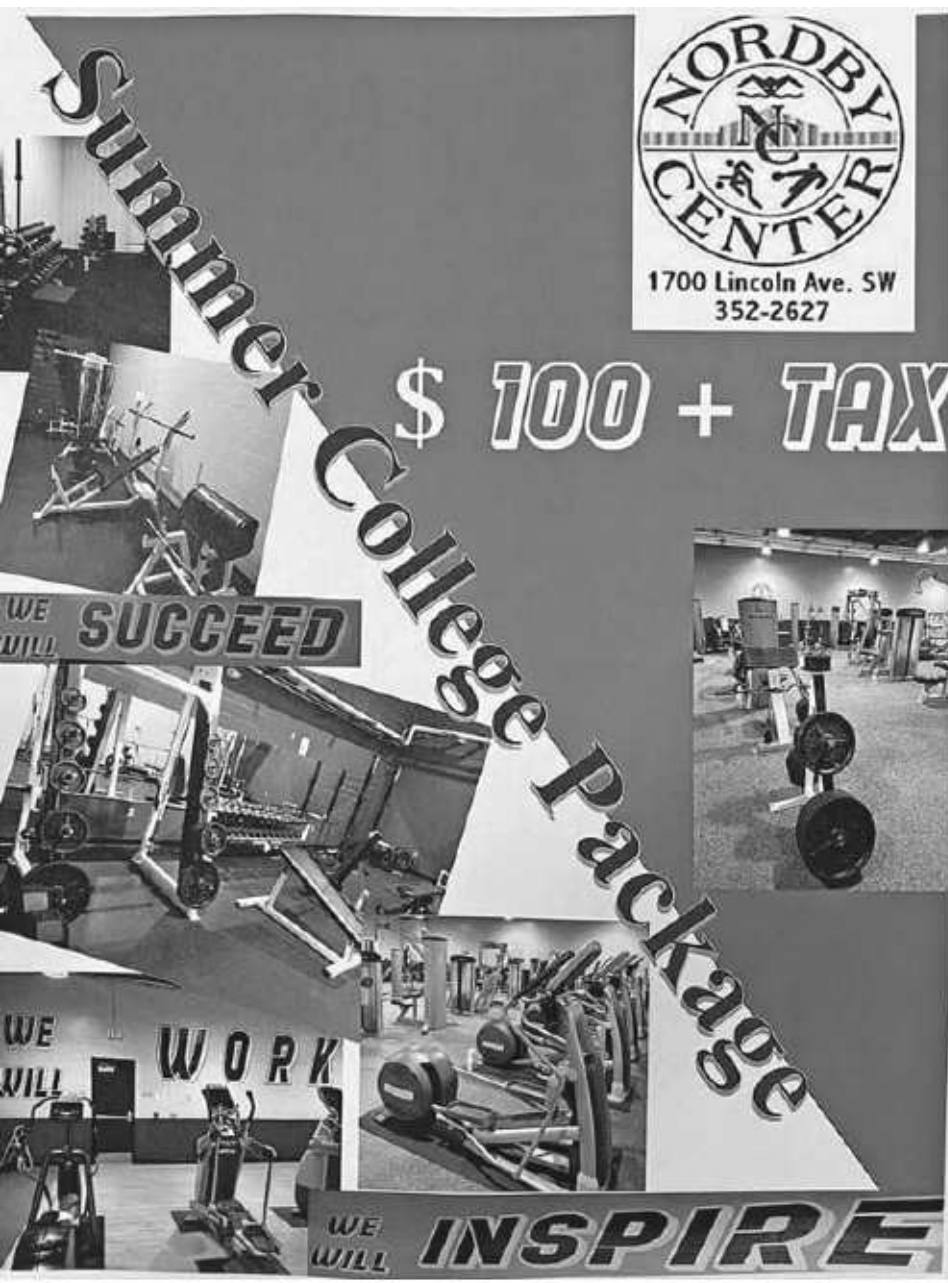
Senior = 62+ years old
Family = married couple / kids on taxes
Couples = married couple only

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 the Nordby Center 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
1700 Lincoln Ave. SW
352-2627

Summer College Package

\$ 100 + TAX

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. All youth aged 7-13 years may utilize the gym and racquetball courts located on the first floor if an adult is on site.
7. Youth under 7 years are required to be under direct supervision of a parent always while in the facility.
8. Children under 14 may not attend adult classes.
9. **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.**
10. Children are permitted in organized youth programs without adults/parents.
11. Locker Rooms- children 5 years and older are expected to use the appropriate locker room.
12. Members may rent lockers for a nominal annual fee. Members supply their own lock.
13. Strollers are permitted on the indoor track and in gym.
14. We are not responsible for lost or stolen items.
15. Each area will have additional safety guidelines posted.
16. Persons refusing to obey rules and/or Nordby Center Staff are subject to removal from the facility.
17. Use of cell phones, cameras or any other form of electronics in the locker rooms is prohibited.



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.
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. Please do not use weight room chalk.
10. Shirt and shoes must be worn at all times.
11. During peak periods, the time limit on all cardiovascular equipment is 20 minutes.
12. 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

(subject to change due to COVID)

1. A lifeguard must be on duty if a parent is not directly in the pool area supervising children.
2. 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.
3. For your safety, maximum capacity of the pool is 230.
4. No Band-Aids or gum allowed in the pool area.
5. **No open swim during senior swim, water aerobics classes or swim lessons**
6. Lap swim is available during water aerobics classes and swim lessons
7. **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)**
8. Each swimmer must take a shower before entering the pool
9. No outside pool toys, balls, rafts or water guns
10. There will be NO:
 - Hanging on the lap lanes
 - Jumping from the starting blocks
 - Diving
 - Touching the backstroke flags

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

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 social 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 usage is permitted – restrooms may be used on an as needed basis only.
12. No contact sports – individual basis only.
13. Tennis & Pickleball are allowed. Must bring own equipment and disinfect accordingly.
14. No water fountains – bottle filler is available.
15. No loitering
16. Children ages 14 and older are able to use the facility without an adult.
17. Children under the ages of 14 must be accompanied by an adult actively supervising.

DEDICATION. COMPASSION. COMMITMENT.


HURON CLINIC

FOUNDATION, LTD.


7:00 am - 5:00 pm Monday-Friday

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Certified DOT Exams • Employment Physicals • Patient Education & Training
Pre-Employment Screens • Workers Comp Injury Treatment
Laboratory • Drug Screens • Breath Alcohol Testing
Radiology • Ultrasound • DEXA Bone Scans




Janice McKenney, MD




Kristi Glanzer, CNP



Amy Albrecht, DNP



Michelle Brandenburg, CNP



Tia Chase, PA-C





GROUP EXERCISE CLASSES

CLASS	MON	TUE	WED	THU	FRI	SAT
Power Cut I	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	9:20 AM		9:20 AM			
Pilates	5:15 PM					
Body Sculpt		5:10 PM		5:10 PM		
Step		5:45 PM		5:45 PM		
PiYo™*		6:15 PM				
Yoga (HIIT) Mix			5:15 PM	6:15 PM		
Tabata*		5:30 PM		5:30 PM		
Strong & Cut		12:10PM		12:10 PM		
Zumba™	6:15 PM		6:15 PM			
Aqua Zumba™		8:00 AM		8:00 AM		
H2O Fitness	8:15 AM		8:15 AM		8:15 AM	
Hydro Fit	10:00 AM		10:00 AM		10:00 AM	
Deep Water		5:30 PM		5:30 PM		

*Times and days are subject to change

Power Cut I 40 Min
Power Cut II 55 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 Pace I 55 Min
Power Pace II 30 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.

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 class than Gentle Yoga and provides a moderately challenging workout similar to Vinyasa (flow-style) yoga.

FINANCIAL FITNESS

we aren't telling you it's easy, we're telling you it's worth it



Credit Union members receive a 15% discount on Nordby Center memberships

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Yoga (HITT) Mix	<i>45 Min</i>	Yoga Mix is a class that combines Yoga Poses with Pilates mat exercises to build core strength and enhance agility and balance. It is a faster paced class than Gentle Yoga.
Tabata Circuit Training	<i>30 Min</i>	Tabata "protocol" is referring to a type of high intensity interval training. The training protocol involves performing a particular exercise at high intensity for 20 seconds followed by 10 seconds of rest.
Zumba	<i>45 Min</i>	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	<i>45 Min</i>	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.
Strong & Cut	<i>45 min</i>	This class is a variety of total body conditioning that involves both strength and cardio exercise. This class is designed to change each week to target all major muscles groups in a variety of ways. We utilize a mix of free weights, resistance bands, med balls, weighted bars, steps and BOSU balls. It is suited for a beginner to a fitness fanatic- as you set your own bar for how hard you want to push!
Hydro Fit	<i>60 Min</i>	Shallow water aerobics that uses foam dumbbells during aerobics: includes some toning and abdominal exercises.
Deep Water Power	<i>60 Min</i>	Deep-water aerobics that includes 30-35 minutes of intense aerobics, abdominal exercises, cool down and stretch.

INDIVIDUAL PROGRAMMING

Martial Arts

Martial Art Beginner classes have yet to have an exact date set to begin. Refer to our Facebook page for more details. You can register at the Nordby Center.

Member price \$111.30, non-member price \$127.20. **Prices include tax*

Twelve weeks of anywhere from introductory to advanced martial arts classes covering basic and advanced blocking, striking, kicking and falling techniques used in the Korean martial arts. Learn why the Korean martial arts are so 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.

Adult & Adolescent Medicine



Robert Hohm, MD
Internal Medicine



Cy B. Haatvedt, MD
General Surgery



Gregory L. Wiedel, MD
Internal Medicine



Doreen Boomsma,
CNP



Danielle Rathjen,
DNP, FNP-C



Kristina Boetel,
CNP

455 Kansas SE, Huron, SD

605-352-8767 • (800) 514-1447



*Tschetter & Hohm
Clinic*

SPORT AND YOUTH EXERCISE

*All grades are for the 2020-2021 school year

HURON AREA VOLLEYBALL ACADEMY

Volleyball athletes are **moving faster, jumping higher and swinging harder** than ever before. Today's volleyball athletes are looking for ways to improve **speed, strength and explosive power**, to understand the movement of a volleyball player, and, to improve in all aspects of the game.

The Huron Area Volleyball Academy is specifically designed to dedicate its efforts towards improving the players' game in all areas with emphasis on **explosive jump training**. This training utilizes a plyometric program which has demonstrated improvement in the athlete's vertical and attack jump as well as in lateral quickness, which will lend to faster movements on the court. In addition, a focus on setter training, defensive training, blocking and passing techniques will also be added to sessions in order to help positional players of areas improve their skills.

We aim to make every volleyball athlete the best volleyball player they can be. The 8-week training during the summer months is a serious approach with proven results from repetitive muscle memory and repetitions.

With an experienced staff of coaches and players, the commitment is to prepare athletes for success and developing efficient, injury resistant, athletes.

HURON AREA VOLLEYBALL ACADEMY

Program	Day	Time	Annual Member Price	Non-Member Price
Volleyball Academy	Monday & Wednesday	Session 1: 8:00 – 9:30 am Session 2: 9:15 – 10:45 am (first week will be after school)	\$266.25	\$308.85
GirlPower!	Tuesday & Thursday	Session 1: 8:00 – 9:15 am (first week will be after school)	Included with VBA	Included with VBA

DATES: June 1ST – July 31ST
GRADES: 8TH – 12TH

HURON AREA VOLLEYBALL JUNIOR ACADEMY

Program	Day	Time	Annual Member Price	Non-Member Price
VB Academy	Monday & Wednesday	11:00 am - 12:15 pm	\$133.13	\$165.08
Jr. GirlPower!	Tuesday & Thursday	9:15 – 10:30 am	Included with VBA	Included with VBA

*Prices include tax

*The 1st week of workouts will be after school – refer to program flier for exact times/info.

Dates: June 1ST – July 31ST
Grades: 5th – 8th

Jr. Strength and Conditioning Academy

Days	Time	Annual Member Price	Non-Annual Member Price
TBA	TBA	\$106.50	\$133.13

*Refer to our Facebook for announcement.

Dates: July - TBA
Grades: 6th – 9th

A program designed for young men that will help increase their explosive power and speed, as well as the reduction in injuries that can occur in sports. If this program is performed with proper technique and a good work ethic, kids will develop the necessary muscular strength and balance to help the prevention of injuries, and increase explosiveness. The program will work on vertical jumping, agility, first-step quickness, and other related attributes in becoming a great athlete. The workouts will include three days of strength training, along with two power plyometric days and two days of speed work.



AQUATIC PROGRAMMING



Summer Swim Lessons

Sessions Dates	Class	Day	Time	Annual Member Price	Monthly/Non-Member Price
<u>Session 1</u> TBD – refer to website	Preschool 1, 2 & 3	Tues & Thur	Morning Session 9:00 – 9:30am Evening Session 6:15 – 6:45pm	\$35.00	\$50.00
	Youth 1 & 2	Tues & Thur	Morning Session 9:45 – 10:15am Evening Session 7:00 – 7:30pm	\$35.00	\$50.00
<u>Session 2</u> TBD – refer to website	Youth 3 & 4	Tues & Thur	Morning Session 10:30 – 11:00am Evening Session 7:45 – 8:15 pm	\$35.00	\$50.00
	Youth 5 & 6	Tues & Thur	Morning Session 11:15 – 11:45am Evening Session 8:30 – 9:00 pm	\$35.00	\$50.00

*Prices include tax

Swim Lesson Classes:

Preschool 1 (age 3-5 years): Two beginner levels for the younger swimmer. No skills needed prior to class. Students will be introduced to water adjustment and beginner skills such as breath holding, flutter kick and front float.

Preschool 2 & 3 (age 3-5 years): An advanced course for the younger swimmer. Student must be able to put head under water, blow bubbles, and front float. Students will be introduced to back float, glides, and the crawl stroke.

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.

POOL SCHEDULE (subject to change)

SUMMER SCHEDULE (TBA due to COVID – refer to our Facebook Page)

FACILITY 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

**Price includes tax*

**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.*

*Facility rentals are available during and after business hours. The Nordby Center can help create an opportunity for you to spend quality time with family, friends and co-workers.

* All parties must be paid in full at the time of booking. Please book at least two weeks in advance. Contact the Nordby Center for more information on Private Rentals at 352-2627.

Individuals and families have many ways to take advantage of ALL our facility offers. Annual, monthly memberships, and daily passes all provide you access to EVERYTHING available at the Nordby Center for Recreation. See you there!

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	HRMC
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City of Huron	Independence
Community Counseling	Huron Area Education FCU
Dakotaland Federal Credit	Huron Plainsman
Union	Huron School District #2 – 2
Dakota Provisions	Premier Bankcard
Ellwein Brothers, Inc.	Prostrollo Motors
F & M Bank	Sunquest Healthcare Center
Federal Employees Counsel	Tschetter Hohm Clinic



OUR SPECIAL THANKS TO:

The Nordby Center Members & Huron Community!

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

Board members include: Jason Rubish, Kay Daugherty, Jaime Cass, Tom Glanzer, Doug Pietz, Dave Moser & John Pfitzer.

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 from 1979-1983 and attended Huron University from 1998-1999. He student-taught 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.



Nordby Center for Recreation Advertising Partners

We want to thank our past 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 stop in and ask how you can be a partner in our community center!

WEBSITE

Visit us on our website to view information, pictures, and more.....

www.nordbycenter.org

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MAILING ADDRESS

Nordby Center for Recreation
PO Box 1316
Huron, SD 57350



COBORN'S

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Huron

(605) 352-6036



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,
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