

# MAYVILLE

## TAG CENTER GUIDE

### 2023 FALL



*"A Place for Everyone"*  
 1700 Breckenridge St  
 Mayville, WI 53050  
 920-387-7988

www.tagcenter.recdesk.com

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#### BUILDING HOURS

(WINTER HOURS)

Labor Day thru Memorial Day

Monday – Friday....4:30am – 8:30pm  
 Saturday....7:00am – 4:30pm  
 Sunday....12:00pm – 4:30pm

#### \*HOLIDAY BUILDING HOURS\*

**\*CLOSED\***

Thursday, November 23  
 Sunday, December 24  
 Monday, December 25  
 New Year's Day  
 Monday, January 1, 2024

#### FULL SWING GOLF SIMULATORS & LASER SHOT SIMULATOR

(FREE for 6mth & 1yr TAG Center members!)

Call for a reservation...920-387-7988

#### **GOLF & SHOOTING SIMULATOR A**

9 Holes / 18 Holes / Practice Round  
 Hunting & Shooting Challenges

\$10.00 per hour/per person



#### **GOLF SIMULATOR A OR B**

9 Hole / 18 Holes / Practice Round

\$10.00 per hour/per person



#### DAILY FEES

Aquatic.....\$5.00  
 Fitness Room (ages 15 & up).....\$8.00  
(Includes Fitness Room, Gymnasium/Court Room & Walking Track)  
 Gymnasium/Court Room Only...\$3.00  
 Walking Track Only.....\$3.00

#### 10 VISIT PUNCH CARD

All Punch Cards have a 1 year expiration. No refunds or extensions will be given if not used by expiration date.

	Resident	Non-Resident
Aquatic Only	\$40	\$45
Fitness Only	\$70	\$75

## TAG Center Membership Rates

#### **\*MEMBERSHIP DISCOUNT\***

**(Resident prices reflect 20% discount)**

20% off all Mayville School District Taxpayers/Residents

TAG Center Memberships will be subsidized by the Bachhuber Foundation.

Method of Payment:



CASH/CHECK/VISA/MASTERCARD/DISCOVER  
 (3% convenience fee to use credit card)

\* MEMBERS RECEIVE A FREE EQUIPMENT ORIENTATION

Orientations are highly recommended to give you a better understanding of the weight and cardio machines and to provide you with the basics of how to safely use the equipment.

Please sign up for an appointment. (This is not a personal training session)

**NEED A PERSONAL TRAINER?**

Roy's business card is located at the front desk

### ANNUAL MEMBERSHIPS

RESIDENT	Paid-In-Full	Bank ACH	NON-RESIDENT	Paid-In-Full	Bank ACH
Youth (PreK-8)	\$182	\$19	Youth (pre-K-8)	\$270	\$27
High School/College	\$233	\$23	High School/College	\$350	\$34
Adult	\$323	\$30	Adult	\$463	\$43
Senior Individual (62 & older)	\$275	\$26	Senior Individual (62 & older)	\$399	\$38
Adult Couple	\$457	\$42	Adult Couple	\$657	\$59
Senior Couple	\$392	\$36	Senior Couple	\$555	\$50
Single Parent	\$354	\$33	Single Parent	\$511	\$47
Family	\$513	\$46	Family	\$732	\$66

### SHORT TERM MEMBERSHIPS

RESIDENT	1-mth	3-mth	6-mth	NON-RESIDENT	1-mth	3-mth	6-mth
Youth (PreK-8)		\$69	\$117	Youth (pre-K-8)		\$97	\$172
High School/College	\$43	\$86	\$155	High School/College	\$59	\$119	\$227
Adult	\$73	\$142	\$216	Adult	\$103	\$205	\$313
Senior Individual (62 & older)		\$121	\$186	Senior Individual (62 & older)		\$172	\$263
Adult Couple		\$202	\$306	Adult Couple		\$291	\$442
Senior Couple		\$172	\$258	Senior Couple		\$248	\$371
Single Parent		\$155	\$237	Single Parent		\$227	\$344
Family		\$233	\$362	Family		\$323	\$495

- Resident-Mayville City and Village of Kekoskee Tax Payer
- Bank ACH have an additional \$50 annual service fee figured into the monthly withdrawal
- Members will be charged \$35 for a NSF notice from the bank for insufficient funds or closed accounts
- All Short term memberships must be paid in full
- Children ages 7 and under must be accompanied by a parent or guardian 12 years or older



\*Family includes yourself, a married spouse or significant other and your children in one immediate family living in the same household. Children 21 and older can remain on membership if currently enrolled as full time college student (12 credit undergrad; 6 credit grad) must show proof of current registration

\*Adult Couples must be married or are a significant other partner

\*College student must be enrolled as a full-time college student (12 credits, 6 credit grad) and must present a copy of a current college schedule

**\*\*24/7 ACCESS to the Fitness Center, Bike Room, Gymnasium and Group Fitness Court Room after hours\*\*  
 Must be 18 years & older, carry a valid TAG Center membership, complete waiver and pay \$10 key fob fee.**



### TAG CENTER PARTY ROOM, POOL, GYM RENTALS

	Member		Non-Mem Resident		Non-Mem/Non-Resident		Security Deposit
	2 Hours	4 Hours	2 Hours	4 Hours	2 Hours	4 Hours	
PARTY ROOM A or C (Kitchenette) *Cap. 75	\$45.00	\$75.00	\$70.00	\$115.00	\$80.00	\$130.00	\$150.00
PARTY ROOM B (Full Kitchen) *Cap. 65	\$55.00	\$85.00	\$80.00	\$125.00	\$90.00	\$140.00	\$150.00
PARTY ROOMS A & B	\$75.00	\$115.00	\$100.00	\$145.00	\$110.00	\$160.00	\$150.00
GYMNASIUM RENTAL	\$40.00 /hr		\$50.00 /hr		\$55.00 /hr		\$200.00
PRIVATE POOL PARTY	\$130.00 /hr		\$150.00 /hr		\$180.00 /hr		\$200.00

### GIFT CERTIFICATES

**AVAILABLE FOR PURCHASE!**

#### **\*TENNIS COURT/BALL MACHINE RENTAL\***

**TENNIS COURT RENTAL RATE** (2 hour max)

\$5 per hour-per person...Members FREE

**BALL MACHINE RENTAL RATE**

Members...\$3.00 per 30 min. or \$5.00 per hr.

Non-Members...5.00 per 30 min. or 10.00 per hr.

Must Reserve Court in Advance...Call 920-387-7988



## Pool Schedule September 5<sup>th</sup> – 30<sup>th</sup> 2023

(Pool Schedule is subject to change)  
Updated calendars will be available at the front desk



### MONDAY - FRIDAY

\*LAP SWIM & CURRENT CHANNEL

5:00 – 7:00am

\*LAP SWIM, CURRENT CHANNEL, CHILD INTERACTIVE ZONE

10:00am – 12:00pm

M/W/F 5:00 – 8:00pm...T/TH 6:00 – 8:00pm

### SATURDAY

\*LAP SWIM, CURRENT CHANNEL, CHILD INTERACTIVE ZONE

7:30 – 10:30am

### SATURDAY & SUNDAY

\*OPEN SWIM

(Aquatic Center with the Tube Slide)

1:00 – 3:30pm



Pool toys & child flotation devices will not be allowed in the pool area.  
Food and beverages will not be allowed in the pool area, water is ok.

#### \*CARRY-IN POLICY\*

Rubber swim fins, snorkels and plastic hand paddles will be allowed for **LAP SWIMMERS ONLY.**

### PRIVATE SWIM LESSONS

Call the TAG Center at 920-387-7988 for information.

**3 / 45 minute Sessions**  
Mem...\$50 Non-Mem...\$75

**5 / 45 minute Sessions**  
Mem...\$75 Non-Mem... \$100

### NO SCHOOL / OPEN SWIM

Friday, September 29<sup>th</sup>  
More Dates...TBD

LAP SWIM-Adult Lap Swimming

CHILD INTERACTIVE ZONE-Adults & Young Children

CURRENT CHANNEL-Walk/Swim with or Against Current

PLUNGE AREA-Exercise or Play

OPEN SWIM-Tube Slide, Current Channel, Deep/Aquatic Basketball & Child Interactive Zone

## FITNESS & AQUATIC CLASSES

### REGISTRATION

SEPTEMBER SESSION: Registration...Aug 23<sup>rd</sup> – 31<sup>st</sup>

OCTOBER SESSION: Registration...Sept 20<sup>th</sup> – 30<sup>th</sup>

NOVEMBER SESSION: Registration...Oct 23<sup>rd</sup> – 31<sup>st</sup>

DECEMBER SESSION: Registration...Nov 22<sup>nd</sup> – 30<sup>th</sup>

**MEMBERS RECEIVE \$5 OFF EACH SESSION!!**

### AQUATIC CLASS FEES per session

CLASS DAYS	~	W	M/W & T/TH	M/W/F
Member:		\$10	\$20	\$25
Non-Mem Resident:		\$15	\$30	\$40
Non-Mem Non-Res:		\$18	\$35	\$45

All programs have a "Register By" date. If class minimums are not met, classes are cancelled. Sign-Up On Time!

Classes are for participants who signed up for class only, no one else will be allowed in the pool/exercise room while class is in session.

Participants may not switch classes to make-up a missed class. **DAILY DROP-IN CLASS FEE: \$8**

Participants may enter the pool/room 15 min. before class to get any equipment needed for class and to warm-up.

### AQUA JOINTS: 9:00 – 9:45am M/W/F

Instructor: Jill Scharf

\*Aqua Joints is a gentle exercise class ideal for people with arthritis, joint problems, injuries or just want to enjoy the invigorating benefits of a joint friendly, shallow water workout. We will focus on core strength and core stability & the water will also cushion the joints and muscles to avoid excessive soreness. Swimming skills are not required.

### SPLASH DOWN TO REFRESH: 8:00 – 8:45am W

Instructor: Jill Scharf

\*H2O Fitness is a fun way to exercise and tone your muscles. The resistance of the water will work every joint and muscle in the body with less impact on the joints. It's a self-paced energizing workout for all fitness levels with a variety of resistance tools. Swimming skills are not required.

### EASY MOVING H2O: 8:00 – 8:45am T/TH

Instructor: Sandy O'Gorman

\*This class has it all! Warm-up light aerobics with toning and balance exercises while incorporating water resistance for a feel-good workout, some equipment is used! Swimming skills are not required.

### AQUATICS-LET'S GO!: 9:00 – 9:45am T/TH

Instructor: Sandy O'Gorman

\*This class is designed for anyone wanting to accelerate their workouts, motivating movements to engage you more vigorously throughout the water while keeping balance in mind as we go through an entire body workout all while engaging your core. This class sometimes goes shallow to encourage isolating muscle groups. Laughter is a must! All feeling absolutely fantastic. Swimming skills are not necessary.

### PURE AQUA AEROBICS: 5:00 – 5:45pm M/W

Instructor: Lynan Wiese

\*An energizing workout using a variety of resistance tools for a totally fun water experience. Workout is designed to be a low to medium intensity water class. Swimming skills not necessary.

### THIS AIN'T NO DANCE CLASS!: 5:30 – 6:30pm W \$25

Instructor: Dave Riederer

\*Check out the #1 Fitness Trend of 2023 by taking this HIIT (High Intensity Interval Training) class. It consists of various periods of high intensity exercise intervals followed by a slower-paced recovery period. Multiple fitness tools are used including Sandbags (20-25lbs), Kettlebells, Medicine/Slam Balls, Jump Ropes, Steel Clubs, and, of course, the Battling Rope Anchor with up to 15 Ropes operating at once. Your body is also a very important workout tool (Bodyweight Exercises). The Running Track, Bleachers and Stairs are also utilized in the workouts. Workouts change weekly as to "Outlaw" repetition. Join us to set your body's metabolism to a "Fat-Burning Furnace" pace. 15-max class size.

### SILVERSNEAKERS CIRCUIT: 10:00 – 10:45am M / W

Instructor: Roy Smalley

\*Standing upper-body strength work alternated with low impact cardio using a chair for standing support. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance.

### SILVERSNEAKERS CLASSIC: 10:30 – 11:15am T / TH

Instructor: Roy Smalley

\*Seated and standing exercises to increase muscular strength, range of motion and activities for daily living. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are offered for resistance. A chair is used for seated and/or standing support.

### Non-insurance option for SilverSneakers Classes SILVERSNEAKERS CLASS 10 VISIT PUNCH CARD

If your insurance does not participate in the SilverSneakers Membership Program, here is a way you can enjoy the benefits of a quality SilverSneakers fitness class. Purchase at the Front Desk.

Cost is **\$40** per card for 10 visits  
(\$5.00 per visit without card)



Mondays/Tuesdays/Thursdays

5:00-6:00pm

Saturdays

7:30-8:30am



\*We know how tough it is to be a girl. But we also know how tough a girl can be! The Jazzercise Dance Fitness program offers physical, emotional and mental health benefits that help provide a positive way to prep for your future. We mix modern dance choreography with kickboxing and pilates moves, all to the latest Top-40's hits. Working out with us is a blast! You in?

Stop in before class or purchase a membership at...JAZZERCISE.COM



### \*PICKLEBALL\*

Monday – Friday...12:00 - 3:00pm

Pickleball is a simple paddle game played using a special perforated, slow-moving ball over a tennis-type net on a badminton-sized court. Played in the Group Fitness Court Room.



### YOGA FOR BEGINNER STUDENTS (Men and Women (ages 14 & older))

WHEN: Wednesday's

Session I: September 6<sup>th</sup> - October 11<sup>th</sup>

Session II: October 25<sup>th</sup> - December 6<sup>th</sup> (no class 11/22)

TIME: 5:30-6:30pm

WHERE: Mayville Park Pavilion (upstairs)

COST: \$25 per person / per session

