# MAYVILLE



# TAG CENTER WINTER

PROGRAM GUIDE

2025



1700 Breckenridge St Mayville, WI 53050 920-337-7933

#### \*HOLIDAY BUILDING HOURS\*

Tuesday, December 31st New Year's Eve (Close at 6:00pm)

#### \*CLOSED\*

New Year's Day Wednesday, January 1, 2025

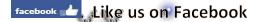
#### \*CLOSED\*

Sunday, April 20th

#### **BUILDING HOURS**

(WINTER HOURS) **Labor Day thru Memorial Day** 

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





# FULL SWING GOLF/LASER SHOT ION 3 SIMULATORS

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

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

**GOLF SIMULATORS A & B** SHOOTING SIMULATOR A

9 Holes / 18 Holes / Practice Round

Hunts and shooting challenges

\$15.00 per hour/per person



Golf League starting in January!

#### **GOLF SIMULATORS A & B**

9 Holes / 18 Holes / Practice Round



\$15.00 per hour/per person

(12 years old & younger must be accompanied by a parent or adult 18 years and older)



TAG CENTER PARTY ROOM, POOL, GYM RENTALS							
	<u>Member</u>		Non-Mem Resident		Non-Mem/Non-Resident		Security
PARTY ROOM A or C	2 Hours	4 Hours	2 Hours	4 Hours	2 Hours	4 Hours	<u>Deposit</u>
(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	0.00 /hr	\$200.00

#### **DAILY FEES**

Aquatic.....\$5.00 Fitness Room (ages 15 & up).....\$8.00

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	<b>\$75</b>

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

GIFT CERTIFICATES

AVAILABLE FOR PURCHASE!

# TAG Center Membership Rates

#### \*MEMBERSHIP DISCOUNT\*

20% off all Mayville School District Taxpayers/Residents TAG Center Memberships will be subsidized by the Bachhuber Foundation.

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

# ANNUAL MEMBERSHIPS

RESIDENT	Paid-In-Full	Bank Draft	NON-RESIDENT	Paid-In-Full	<b>Bank Draft</b>
Youth (PreK-8)	\$200	\$20.75	Youth (pre-K-8)	\$297	\$29.00
High School/College	\$256	\$25.50	High School/College	\$385	\$36.25
Adult	\$355	\$33.75	Adult	\$509	\$46.50
Senior Individual (62 & older)	\$302	\$29.50	Senior Individual (62 & older)	\$439	\$40.75
Adult Couple	\$502	\$46.00	Adult Couple	\$723	\$64.50
Senior Couple	\$431	\$40.25	Senior Couple	\$611	\$55.00
Single Parent	\$389	\$36.50	Single Parent	\$562	\$51.00
Family	\$564	\$51.00	Family	\$805	\$71.25

## SHORT TERM MEMBERSHIPS

RESIDENT	<u>1-mth</u>	<u>3-mth</u>	<u>6-mth</u>	NON-RESIDENT	<u>1-mth</u>	<u>3-mth</u>	<u>6-mth</u>
Youth (PreK-8)		\$76	\$129	Youth (pre-K-8)		\$107	\$189
High School/College	\$47	\$95	\$170	High School/College	\$65	\$131	\$250
Adult	\$80	\$156	\$238	Adult	\$113	\$226	\$344
Senior Individual (62 & older	·)	\$133	\$204	Senior Individual (62 & older)		\$189	\$289
Adult Couple		\$222	\$336	Adult Couple		\$320	\$486
Senior Couple	20	\$190	\$284	Senior Couple	99	\$273	\$408
Single Parent		\$170	\$261	Single Parent		\$250	\$378
Family		\$256	\$398	Family		\$355	\$545

- Resident-Mayville City and Village of Kekoskee Tax Payer
- Bank draft 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
- The TAG Center reserves the right to change prices, schedules and hours.



Silver&Fit.

#### \*PICKLEBALL\*

SilverSneakers

Monday - Friday...12:00 - 3:00pm Played in the Group Fitness Court Room.

Members...FREE NonMembers...\$3

\*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 under the same household.
- \*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.

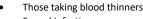
#### \*\*24/7 ACCESS\*\*

24/7 availability has 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.



For appointments call Ann York 920-382-9219



- **Fungal Infections**
- Ingrown Toenails
- Thick Nails
- Callouses
- Diabetes
- Corns

Ann is currently at the TAG Center twice a month. Call now to make your appointment!

Cost...\$35.00-\$45.00 Cash or Check

\*Please bring your own towel

\*She will also come to your home





#### WINTER Pool Schedule

January – May 2025 (Pool Schedule is subject to change)

#### **MONDAY - FRIDAY**

\*LAP SWIM & CURRENT CHANNEL

5:00 - 7:00am

\*LAP SWIM, CURRENT CHANNEL, CHILD INTERACTIVE ZONE

10:00am - 12:00pm

#### **MONDAY - FRIDAY**

\*LAP SWIM, CURRENT CHANNEL, CHILD INTERACTIVE ZONE

6:00 - 7:30 pm...M/W

5:00 - 7:30pm...T/TH/F \*T/TH only...(Jan 28th-Mar 20th...CLOSED)

#### **SATURDAY**

\*LAP SWIM, CURRENT CHANNEL, CHILD INTERACTIVE ZONE

7:30 - 10:30am \*(Feb 1st-Mar 22nd...7:30-8:45am)

#### **SATURDAY & SUNDAY**

\*OPEN SWIM

(Aquatic Center with the Tube Slide)

1:00 - 4:00pm

\*PRIVATE ADULT SWIM LESSONS

It's never too late to conquer your fear of the water. Our adult lessons provide

a comfortable & supportive environment

for all skill levels. Whether you're a

beginner or just need a refresher, our

experienced instructors will guide you

#### **NO SCHOOL / OPEN SWIM**

January 17th & 20th

February 17<sup>th</sup>

March 17th, 18th, 19th, 20th, 21st April 18<sup>th</sup> & 21<sup>st</sup>

\*Schedule is based on Mayville School District No School Calendar

Food and beverages are not permitted in the pool area, water is allowed.

\*\*Children ages 7 & under must be within arms-reach of an adult in the Aquatic Center\*

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

\*\* POOL CLOSED FOR ANNUAL CLEANING AND MAINTENANCE...MAY 11th - 26th \*\*

# WINTER SWIM LESSONS

#### TAG Center Swim Lesson program is designed to teach swimming skills and to promote and develop a positive, safe atmosphere around water. Towels & goggles not provided.

\*Registrations after deadline will require approval and payment of a \$5 late fee per child. \*Cancellations made 48 hrs before the start of swim lessons will only receive a 50 % refund. \*No refund will be given if your child's class is full at time of cancelling.

#### **CLASSES RUN**

TUE Jan 28th - Mar 18th THUR Jan 30th - Mar 20th

SAT Feb 1st - Mar 22nd \*FEES:

Members.....\$25 Non-Mem Res.....\$45

Non-Mem Non-Res....\$60



#### **PRIVATE SWIM LESSONS**

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

every step of the way.

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

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

INFANT-PARENT/CHILD

Ages 6 Months - 1 1/2 yrs -with Parent

\*A fun way for parents to introduce

water skills through guided play.

Children will learn floating, gliding

#### PRESCHOOL 1... Ages 3 & 4

\*Children will dip their toes in for the first time without a parent! They will learn safety and beginning swimming skills with the support of the instructor.

> TU - 4:15-4:45pm TH - 4:15-4:45pm SA - 9:00-9:30am

#### YOUTH 1 (BASIC WATER SKILLS)

Skills: Children learn safety, using arms and legs to swim on front and back, exhaling while submerged and basic floats.

> TU - 5:00-5:45pm TH - 5:00-5:45pm SA - 9:45-10:30am

#### YOUTH 4 (INTERMEDIATE STROKES

Skills: Stroke improvement for front and back crawl, elementary backstroke, breaststroke and introduction to butterfly.

> TU - 6:00-6:45pm TH - 6:00-6:45pm

SA - 10:45-11:30am

## PRESCHOOL 2... Ages 4 & 5

\*At this level, children should be willing to put their face in the water and float with support. They will learn floats and glides with support as well as kicking without support.

TU - 4:15-4:45pm TH - 4:15-4:45pm SA - 9:00-9:30am

#### YOUTH 2 (ESSENTIAL SKILLS)

Skills: Front and back glide, survival floats, treading water and combined strokes on front and back.

> TU - 5:00-5:45pm TH - 5:00-5:45pm SA - 9:45-10:30am

#### (ADVANCED STROKES) Skills: Stroke refinement for

YOUTH 5

learned strokes, open turns, flip turns and endurance.

TU - 6:00-6:45pm TH - 6:00-6:45pm SA - 10:45-11:30am

#### PRESCHOOL 3...Ages 4 & 5

\*Children should be comfortable in the water. They will learn to fully submerge, jump in unassisted and be able to swim in the water while unsupported by an instructor.

> TU - 5:00-5:30pm TH - 5:00-5:30pm SA - 9:45-10:15am

#### YOUTH 3 (VITAL STROKES)

Skills: Elementary backstroke, front and back crawl, rotary breathing, dolphin kick, breaststroke and water safety.

> TU - 6:00-6:45pm TH - 6:00-6:45pm SA - 10:45-11:30am

#### **YOUTH 6** (FITNESS SWIMMER)

Skills: This is an advanced youth swimming class that will focus on stroke refinement, endurance swimming drills & safety swim introduction.

TU - 6:00-6:45pm

#### TODDLER-PARENT/CHILD

Ages 1 1/2 - 3 yrs -with Parent

and kicking.

\*A fun way for parents to introduce water skills through guided play. Children will learn floating, gliding and kicking. This class may be repeated until child is old enough for Preschool 1.

> TU - 5:00-5:30pm TH - 5:00-5:30pm SA - 9:45-10:15am

TU - 4:15-4:45pm

TH - 4:15-4:45pm

SA - 9:00-9:30am

# FITNESS & AQUATIC CLASSES

#### REGISTRATION



Registration...Dec 23rd - 31st JANUARY SESSION: FEBRUARY SESSION: Registration...Jan 23rd - 31st MARCH SESSION: Registration...Feb 24th - 28th APRIL SESSION: Registration...Mar 24th - 31st



AQUATIC CLASS FEES per session						
Daily Drop-in Class Fee: \$8						
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			

#### MEMBERS RECEIVE \$5 OFF EACH SESSIONII

#### 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

#### 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.





5:00-6:00pm



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

#### THIS AIN'T NO DANCE CLASS!: 5:30 - 6:30pm W \$25 Instructor: Dave Riederer

\*Check out the #1 Fitness Trend of 2024 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 CLASSIC: 10:00 - 10:45am T / TH Instructor: Sandy O'Gorman

\*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, RenewActice or SNF 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)



WHO: Adults

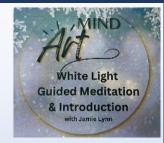
WHEN: Tuesday, January 14th TIME: 10:00am or 6:15pm

COST: FREE for introduction class

\*\*Future classes...

1/28, 2/11, 2,25, 3/11, 3/25

Cost-TBD\*\*



\*Start the new year with clarity, calm and renewed energy. This empowering guided meditation will help you release lingering stress from the holidays or the past year, letting go of what no longer serves you. Relax as you're guided through a peaceful journey, visualizing white light to cleanse your mind, body and spirit. Begin your year with a refreshed mindset, ready to embrace positivity and balance. YOU DESERVE IT!

# YOUTH WINTER RECREATION PROGRAMS



#### TENNIS CAMP (Boys and Girls)

Instructor, John Wild WHO: Boys & Girls

WHEN: Thursdays, January 23rd, 30th, February 6th, 13th

TIME: 7-9 yr old...5:00-5:45pm 10-12 year old...6-6:45pm

WHERE: TAG Center Fitness Court Room

COST: \$25 per person

\*Tennis camp will focus on skill development thru the use of drills.

Basic skills will be taught and developed.

Racquets and tennis balls will be provided, can bring your own.

Max of 8 per class.

\*Register by Friday, January 17th at the TAG Center or on line

#### YOUTH BASKETBALL FUNDAMENTALS

Grades - Kindergarten & 1st

WHO: Boys & Girls

WHEN: Mondays, January 6th, 20th, 27th, Saturday 11th

TIME: 5:00-5:45pm

WHERE: TAG Center Gymnasium

COST: \$20 per person

\*This introduction class to the basic fundamentals of basketball will use drills that teach shooting, passing and other related basketball skills in a fun environment.

> Up to 4 volunteers are needed to help with class. (Fees are waived for the volunteers)

\*Register by Friday, January 3rd at the TAG Center or on line

#### **SPORTS SAMPLER**

#### Instructor, John Wild

WHO: Boys & Girls

WHEN: Thursdays, March 6th, 13th, 20th, 27th

TIME: 7-9 yr old...5:00-5:45pm

10-12 year old...6-6:45pm

WHERE: TAG Center Fitness Court Room

COST: \$25 per person

\*An introduction to a variety of sports. Join in the fun!

\*Register by Friday, February 28th at the TAG Center or on line



#### **BASKETBALL**

Grades - 2nd & 3rd

WHO-Boys & Girls

Mondays, February 3rd, 10th, 17th, 24th WHEN:

TIME: 5:00-5:45pm

WHERE: TAG Center Gymnasium

COST: \$30 per person

\*This introduction class to the basic fundamentals of the game of basketball will focus on shooting, passing and other related skills thru the use of drills. Teams will be formed and 5 on 5 games will be introduced and played. The main focus is teaching the game of basketball in a fun team structured environment.

> Up to 4 volunteers are needed to help with class. (Fees are waived for the volunteers)

\*Register by Friday, January 17th at the TAG Center or on line

# ADULT

# WINTER RECREATION PROGRAMS



#### YOGA FOR BEGINNER STUDENTS (ages 14 & older)

WHEN-Wednesday's

Winter Session 1: Dec 4th - Jan 22nd

(no class Dec 25th & Jan 1st)

Session 2: Jan 29th - Mar 5th

Spring Session 1: Mar 12th - Apr 16th

Session 2: Apr 23rd - Jun 4th (no class Apr 30<sup>th</sup>)

TIME: 5:30-6:30pm

WHERE: Mayville Park Pavilion (upstairs) COST: \$25 per person / per session \*Bring your own mat and bottle of water.



### **GOLF LEAGUE**

WHO: Adults

WHEN: January 5th -February 23rd TIME: Weekly scheduled time WHERE: TAG Center Golf Simulators COST: \$30 members / \$72 non-members

\*Teams are made up of two players. Subs are allowed. Each team will play one 9-hole round per week on a pre-determined course. Weekly matches are played between Sunday and Saturday. League rounds may be played at any time, but must be completed by Saturday. One free practice hour for all registered league players is included, prior to start of league play.

\*Register by Friday, December 27th at the TAG Center or on line

#### PICKLEBALL LEAGUE

WHO: Adults

WHEN: \*Recreational - Monday's

February 10th - March 24th

\*Competitive - Tuesday's

February 11th -March 25th

TIME: 5:45pm WHERE: TAG Center COST: \$40 per team

\*Matches will consist of three games to 11 points and you must win by 2 points.

\*Register by Friday, January 24th at the TAG Center or on line



## **REC ADULT/FAMILY ARTS AND CRAFTS**

Instructor, Shelly Neid

WHO: Adult and inspired youth as early as 10yrs old-w/ supervision

WHEN: **TBD** TIME: **TBD** 

WHERE: TAG Center Party Room C

COST: \$20.00

\*A variety of arts and crafts will be created, supplies included.

\*Watch for more information on future dates and projects on our Facebook page, website and flyers!

\*Register at the TAG Center



















# TAG CENTER WALKING CHALLENGE

- 1. The challenge will start January 1st and end January 31st 2025.
- It is <u>OPEN</u> for all to register. There is no cost for members or anyone walking outside.
   Non-members can walk on the TAG Center walking track at a reduced rate while this challenge is going on. You do <u>NOT</u> have to be a TAG Center member to join in. All are welcome.
- 3. All you have to do is register at the front desk of the TAG Center any time, even after the start date. We only need your name, phone number and email address for contact information.
- 4. The challenge consists of walking (running) as much as you can in the month of January. Keep track of the miles that you have walked (on the honor system). Report them to the TAG Center front desk or send them to John Wild, manager (Jwild@mayvillecity.com or call 920-583-5816). There will be posters with all participants names located in the hallway of the TAG. After you report your miles you will notice the number after your name, which represents the miles walked, will continue to grow.
- 5. Our goal, as a group, for miles to walk is **1787 miles**. That is the distance from Mayville to Key West Florida. There will be a map on the wall by the posters that will keep a gauge of how far we have walked. You will see the marker on the map continue to move thru cities on our way to Key West Florida as we keep walking.
- 6. If you are not a TAG member, we are reducing the cost to walk on the walking track from \$3 to \$2 per day (Only the walking track and not the tread mills apply to this discounted rate). You can walk anywhere you choose to (inside, outside, treadmill) it doesn't matter.

  The idea of this challenge is to become more active and walk (run) more!

