

# Lincoln Racquet Club

## Youth Programs



5300 Old Cheney Road

aug - dec

## Youth & Family

The Youth Department is a programming hub serving children. Whether it's playing through movement and exploration in the Kids Club, a youth fitness class, a birthday party celebration, a Family Fun Event, or a character focused camp, we have it covered! Come play with us!

## Kids Club

The Kids Club team offers exceptional care. On any given day, you will find many children engaged in age-appropriate activities that are fun and inviting. We are confident you will find our department exceptionally clean, organized, bright and cheery. We staff our rooms to meet the needs of children ages 6 weeks to 12 years. While in our care, child will enjoy our 3 story play structure, separate nursery spaces for children under 2, mini gymnasium and more!

**Parents must remain on the premises while their children are under our care.**

**For more information contact Barb Soucie | [bscuddersoucie@genesishealthclubs.com](mailto:bscuddersoucie@genesishealthclubs.com)**

### Ages

**Nursery** 6 weeks – 2 yrs

**Junior Gym** 3 - 12 yrs

### Days / Times

See website for hours

\*Adjusted holiday hours through the year

## Kids Club Visits & Pricing

### 1 Childcare visit length per day

2 hours

### Cost Single visit

FREE for children when on the family membership

\$5 per visit when NOT on the family membership

Payment made at front desk



# buddy time

## Kids Club Guidelines

- In the event of an emergency or need, parents will be located by a Team Member.
- Children under 12 months old require a reservation to attend Kids Club. Reservations can be made in person or over the phone 402.423.2511 up to 48 hours prior to attending.
- We provide diapering service. Parents must provide diapers and wipes.
- Please refrain from bringing in outside snacks due to food allergies.
- Please understand that we cannot allow sick children in the childcare. Children with any of the following symptoms should stay at home: diarrhea or vomiting within the last 24 hours, discolored or runny nose, fever, hacking cough.
- Kids club reserves the right to dismiss any child for potential illness.
- Children may be checked in/out by a parent/guardian only. Additional guardians may be listed upon request.
- Biting or inappropriate behavior will be documented. After the third documented occurrence within three weeks we will ask the parent guardian to refrain from bringing the child to the Kids Club for 3 weeks.



fit kids

## Birthday Parties

Looking to celebrate a birthday? Our youth department team would love to host your group! We will facilitate a high energy, play-based party experience, complete with obstacle courses, games, inflatables, scooters, parachute activities and more!

### Inflatable Obstacle Course Birthday Party!

This action-packed party is complete with obstacle courses, games, inflatables, scooters, parachute activities and more!

#### Party Includes

1 hr of activity | 30 min cake & presents  
2 party hosts to facilitate the party experience  
Evite invitation, balloons, and table cloths.

**Day / Times**      Inquire in the Club

**Ages**                3 - 10

**Cost**                Member \$173  
                            Non-Member \$193



\*Price includes 15 party participants including the birthday child.  
Additional participants | \$10 per child

**Easy Booking!** [genesishealthclubs.com/birthday-parties](https://genesishealthclubs.com/birthday-parties)



# best party ever!

## Pool Birthday Party!

Make a splash with our pool party! Pool parties include the use of our indoor pool for swimming, games, and a party area.

\*Genesis will assume you have verified that all guests are capable swimmers.

### Party Includes

1 hour of activity | 30 minutes for cake & presents

2 party hosts to facilitate the party experience

Evite invitation, balloons, and table cloths

**Day / Times** Inquire in the club

**Ages** 5 -10

**Cost** Member \$173

Non-Member \$193

\*Price includes birthday child & 15 party guests

Additional guests welcome | \$10 per child

**All your party needs! | Call Barb Soucie**

**402.423.2511 | [bscuddersoucie@genesishealthclubs.com](mailto:bscuddersoucie@genesishealthclubs.com)**

### Easy Booking!

**[genesishealthclubs.com/locations/racquet-club/youth-programs](https://genesishealthclubs.com/locations/racquet-club/youth-programs)**

## Youth Swimming Lessons

**Group Swimming Lesson Sessions | 6 weeks / 30 minute classes**

Several levels to chose from to advance swimming skills.

**Cost** Member \$60 Non-Member \$72

### Session Dates

Session 1 August 25 - October 1

Session 2 October 13 - November 19

Session 3 December 1 - 17



### Super Tots | 6 months - 3 years

A parent or caregiver participates in this class while the child interacts with the instructor to undertake age appropriate motor skills and aquatic challenges. Through happy songs and games your child will learn socialization skills, water safety and gross motor skills.

**Day / Time** Tuesday 6:30 pm

**Level One |** Limit 4 children per class

This class is for children 3 years old with little or no previous experience. Children will learn breath control, gliding in a prone position, kicking, pulling, back floating, and age appropriate safety skills.

<b>Days / Times</b>	Tuesday	9:30 -11 am / 4 - 6:30 pm
	Thursday	9:30 -11 am / 4 - 6:30 pm

**Level One Plus |** Limit 4 children per class

For children who are not quite ready for Level 2 but are an advanced Level 1. Children will work on breath control by putting their face in the water for longer than 3 seconds, gliding in a prone

position, kicking, arm pulls, floating, finning on back, modified freestyle, beginning backstroke, age appropriate water safety including how to automatically roll over on their back and float.

<b>Days / Times</b>	Tuesday	9:30 - 11 am / 4 - 6:30 pm
	Thursday	9:30 - 11 am / 4 - 6:30 pm

**Level Two |** Limit 5 children per class

Swimmers have basic skills and have completed Level 1. Children will learn beginning side breathing, finning on the back, big arm pulls for both the freestyle and backstroke, and to perform strokes independently, retrieving objects off the floor of the pool, age appropriate water safety skills, how to roll over on their back and float no matter what the depth.

<b>Days / Times</b>	Tuesday	9:30 - 11 am / 4 - 6:30 pm
	Thursday	9:30 - 11 am / 4 - 6:30 pm

**Level Two Plus |** Limit 5 children per class

This class was designed for the swimmer who has completed Level 2 but is not quite ready for the challenges for Level 3. They will begin to cover Level 3 skills but at a slower pace. Perfect arm pulls, work on rotary breathing with strokes, under water streamline glides, bobbing and traveling, backstroke.



<b>Days / Times</b>	Tuesday	9:30 - 11 am / 4 - 6:30 pm
	Thursday	9:30 - 11 am / 4 - 6:30 pm

### **Level Three | 3 years + |** Limit 6 children per class

Swimmers work on putting all the pieces together for freestyle and backstroke. They will work on perfecting arm pulls, perfecting side breathing with strokes, kicks, underwater streamline glide, treading water, bobbing and traveling, general pool rules.

**Days / Times**      Tuesday            9:30 - 11 am / 4 - 6:30 pm  
                                 Thursday        9:30 - 11 am / 4 - 6:30 pm

### **Level Four | 3 years |** Limit 8 children per class

Swimmers will work on performing freestyle and backstroke with good technique while improving endurance. In this level children will learn body dolphin, butterfly kick, coordinating arms and legs for breaststroke, and age appropriate water safety skills.

**Days / Times**            Tuesday            9:30 - 11 am / 4 - 6:30 pm  
                                 Thursday        9:30 - 11 am / 4 - 6:30 pm

### **Level Five | 3 years |** Limit 8 children per class

Swimmers continue to work on distance with perfecting freestyle and backstroke. They will learn the butterfly. In this level they will also learn bilateral breathing, turns, surface dives (if appropriate), survival float, and age appropriate safety rules.

**Days / Times**            Tuesday            9:30 - 11 am / 4 - 6:30 pm  
                                 Thursday        9:30 - 11 am / 4 - 6:30 pm

### **Session Dates**

Session 1                Aug 25 - Oct 1  
Session 2                Oct 13 - Nov 19  
Session 3                Dec 1 - Dec 17

**Register!** Please contact Julie Reid | [jreid@genesishhealthclubs.com](mailto:jreid@genesishhealthclubs.com)

### **Private & Semi Private Swim lessons**

**Days / Times**            \* 7 days a week based upon pool & instructor availability  
**Lesson length**        30 minutes  
**Available**                Members / Non-Members

splashin' fun!

A decorative footer consisting of four horizontal bars in blue, yellow, dark blue, and orange, positioned below the 'splashin' fun!' text.

## Swim Conditioning | Advanced Swimmers

Swimmers can register online for specific days and frequency per month.

### August - December

Days / Times	Monday	5 - 6 pm
	Wednesday	5 - 6 pm
	Friday	4 - 5 pm



### Infant Safety lessons

Lesson length	15 minutes
Days	Available 7 days a week

For all swimming needs, register online at [genesishealthclubs.com](https://genesishealthclubs.com).

### Register

Choose - 5300 Old Cheney Location  
Click link under the Aquatics tab

Contact Julie Reid | [jreid@genesishealthclubs.com](mailto:jreid@genesishealthclubs.com)



# get swimmin'



# No School Day Camp | **NEW theme & activities EACH session!**

## Genesis Lincoln Racquet Club Details

**Ages** 5 -12      **Time** 7:30 am – 5:30 pm

**Dates** The program follows Lincoln Public School District calendar for most, not all days. Please visit the following link for more information:  
[mightyamps.campmanagement.com/enroll](https://mightyamps.campmanagement.com/enroll)

### **Camp Activities:**

Morning & afternoon snacks	Arts & Crafts	Learn to Play Sports
Group Games	Indoor pool swimming	Fun with Food
Youth Fitness Classes	Improv	Character First

**Questions? Please contact: Barb Scudder-Soucie at 402-413-1085**



## Youth Guidelines

- At Genesis, we encourage our youth members to enjoy the facility and be active in a wide variety of programs and activities.

Youth guidelines are for their safety.



## Youth Waiver Guidelines

- Members and guests under the age of 18 must have a facility waiver on file that is signed by a parent or legal guardian.

## Youth under 12 years of age

- Youth under the age of 12 are restricted from the fitness floor, weight floor, and adult fitness classes.
- Youth under the age of 12 must be directly supervised by a parent or legal guardian at all times while using the pool, basketball courts and locker room.
- Youth 16 & older may use the facility without an adult on the premises but must have a membership or waiver signed by their parent.
- Youth under 16 are prohibited from using the pools or hot tub without direct adult supervision



# Summer 2021

# MIGHTY CAMP!



**Sports Camp | May - August | Sign up begins January 11!**

## Mighty Camps

We are so excited to continue offering the Genesis Racquet Clubs' MIGHTY CAMPS, an established and highly reputable summer camp program from our CO region, continuing in summer 2021! Read on to learn more about Mighty Camps!

The Mighty Camps team is looking forward to spending fun-filled days with your campers! Our goal is to create a safe, energizing, and engaging environment that will enable your camper to make new friends and increase their confidence through learning new skills!

## Program Goals

1. To engage, energize and inspire children to be active.
2. To foster personal character development, respect for others and build competent, capable problem solvers.
3. To cultivate positive self-talk within campers.
4. To develop skills in sports-specific areas while having FUN!



# jump in!

## What to Expect

Children enrolled in Mighty Camps spend approximately three hours daily in sport-focused "Learn to Play Workshops." The remainder of their time is spent engaged in other activities like STEAM, swimming, kids yoga, improv classes, youth fitness classes, cooking classes, character first programming and local field trips. Our programs are designed and licensed for children entering Kindergarten through 6th grade. Ages 5-12.

### Camp Activities

- Daily open swim
- Weekly local field trips
- Special themed activities
- Improv classes
- Fun with food cooking classes
- STEAM - Science, Technology, Engineering, Arts and Math classes each week
- Youth fitness classes - Kids Move, Kids Yoga, Balanced Kids
- Sport education activities - basketball, soccer, softball, floor hockey, volleyball, tennis, flag football, ultimate frisbee, lacrosse

Questions? | Contact Barb Soucie

402.423.2511 | [bscuddersoucie@genesishhealthclubs.com](mailto:bscuddersoucie@genesishhealthclubs.com)

**Register NOW!**



**book it!**



# buddy FUN!

Genesis Lincoln Racquet Club  
5300 Old Cheney Road  
Lincoln  
402.423.2511



[genesishhealthclubs.com](http://genesishhealthclubs.com)