



# LUNDA COMMUNITY CENTER

## NEW MEMBER WELCOME PACKET

*Thank you for joining the Lunda Community Center.*



## IT ALL STARTS HERE

*Our Vision: Creating positive, leisure, social and educational fellowship which enhances quality of life and wellness across generations.*

405 Hwy 54  
Black River Falls, WI 54615  
[www.lundacommunitycenter.com](http://www.lundacommunitycenter.com)  
715.670.0790

*January 2023*

# LUNDA COMMUNITY CENTER INFORMATION

## HOURS OF OPERATION

### General Facility

Monday-Friday: 5:30am–9:00pm

Saturday: 7:00am-7:00pm

Sunday: 8:00am-6:00pm

### Child Watch

Monday-Thursday: 8:00am-10:00am & 5:00pm-7:00pm

Fridays and Saturdays (seasonal): 8:00am-10:00am

Closed Sundays

### Climbing Wall

Thursday-Friday: 5:30pm-8:30pm

Weekends: 11:00am-2:00pm

### Indoor Water Park

Tuesday, Wednesday, Friday: 5:30pm-8:30pm

Weekends: 11:00am-2:00pm (summer)

11:00am-3:00pm (winter)

### Lap Pool & Open Swim

Please see schedule online or at the Front Desk

### The Hub

Monday-Friday: 8:00am-4:00pm

Closed Weekends

**Stay updated on classes, schedules, events, pictures and more!**

***Please refer to current postings for any changed or updated information!***

MONTHLY  
NEWSLETTER

THE  
LOWDOWN

LIKE US ON  
FACEBOOK!

VISIT OUR  
WEBSITE!

# YOU BOUGHT A MEMBERSHIP - NOW WHAT?!

## NEW MEMBER CHECKLIST



### Schedule a Tour (if you haven't had one!)

Get familiar with your facility, programs, and services and meet the people who will help you transform your life.



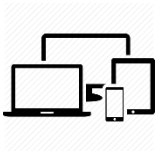
### Invite a Friend or Family Member

Bring that fitness partner that will push you, boost your confidence, and make exercising fun!



### Get Connected and Stay Informed

Be sure you're signed up for our monthly emails (if not, sign up at the front desk!). The monthly newsletter is filled with helpful fitness and wellness information and of course all the great things going on at the LCC – including staff and member highlights, events, programs and challenges! Also “Like” our Facebook page to keep updated and informed.



### Set Up Your Community Account

Bookmark our website [www.lundacommunitycenter.com](http://www.lundacommunitycenter.com) and you will be able to log in directly to your personal Lunda Community Center account. Easily sign up for classes, programs, or leagues...make it even faster by storing your payment option for a fast checkout or membership renewal!



### Attend an Event

Be on the lookout for a wide range of opportunities that await you: guest speakers, workshops, family events, special classes, or other programming we have! You can have fun learning, being active, developing healthy habits, meeting new people or spending quality time together as a family. ***Come join us!***



### Review Policies & Procedures

Review our Policies & Procedures to familiarize yourself with ‘how things work’ in the various areas of the LCC! We take pride in keeping this a fun, safe, and respectful environment.

## CHECKING IN

When you buy your membership, you will receive a membership card. We suggest putting this card on your keychain, so you do not lose it. Whenever you come into the Lunda Community Center, you will scan your membership card near the Front Desk. A staff member will always be available to welcome and assist you.

***Questions? Contact the front desk at 715.670.0790***

# GENERAL INFORMATION

## Membership Card

- All current members must bring their membership card and scan upon entry. Please speak with a Front Desk employee if it is forgotten.
- Membership cards are the property of the Lunda Community Center and must be returned upon termination of membership.
- Lost, stolen or damaged cards will be replaced for a fee of \$3.

## AGE REQUIREMENTS

Members under age 12 need to be directly supervised by their parent/guardian/adult in charge while in attendance at the Lunda Community Center and it is the parent/guardian/adult in charge's responsibility to keep them safe, ensure that they show respect of all people and all property, and use the facility responsibly. Members ages 12 to 17 years of age **MUST** have a Release and Hold Harmless Waiver signed by a parent/ legal guardian **ON FILE** in order to utilize the Lunda Community Center; *without this form, the minor will not be allowed access to the Lunda Community Center without supervision.*

## YOUTH POLICY

In order to provide a safe and positive experience, the following guidelines will apply:

**Facility:** Children under age 12 must be supervised by a parent/guardian/adult (18+) in order to be in the Lunda Community Center.

**Water Park/Lap Pool:** Members must be age 12 years and older to utilize the pool unsupervised during Water Park Hours (Lifeguards on duty). Members under age 12 must be directly supervised by a parent/guardian/adult in charge while in the pool during Water Park Hours (Lifeguards on duty). Members must be 18 years and older to swim during Adult Open or Lap Swim Hours (NO Lifeguards on duty).

During Lap Swim time, Open Swimmers may enter the pool if there is room, however Lap Swimmers get the right of way (Open yield to Lap). During Open Swim time, Lap Swimmers may enter the pool if there is room, however Open Swimmers get the right of way (Lap yield to Open). Please be kind, share the pool, and respect the rules!

Individuals may not play a speaker in the pool or steam room areas. Lights must always remain on in the Steam Room.

**Fitness Center:** Members must be 15 years or older to utilize the Fitness Center **OR** 14 years old and have taken the Intro to Fitness Class **OR** be 14 years old and directly supervised by an adult while in the Fitness Center. Anyone not meeting these guidelines will be asked to leave the Fitness Center. **Adults may not bring their children into the Fitness Center.** Minors age 13 and under are NOT permitted to use the fitness equipment in the Fitness Center. Youth 12 and older *may* use Teen Corner *only* after they have received a short orientation on the equipment by a staff member; they may not use any other equipment.

*\*Please see our rules and expectations for specific guidelines that must be followed\**

## LOCKERS AND LOCKS

We have a variety of locker rooms available for your convenience. All persons using the locker rooms must provide their own locks or they can purchase one from the Front Desk for \$10. Lockers are provided for day-use only; however, members can rent a locker monthly or yearly. Please ask our Front Desk staff for details. **The Lunda Community Center is not responsible for lost, left behind or stolen items. In addition, we ask that you do not use your cell phone or camera in our locker rooms or bathrooms out of respect for others.**

**Family Locker Room:** Our Family Locker Room has seven individual changing rooms with private showers. Men, women and their children of any age are welcome to use this locker room.

**Men's/Women's Locker Room:** We have lockers with individual shower stalls for your privacy. Youth age 3 and under may use the opposite sex locker room if accompanied by a supervising individual. Children 4 years and older must use the same gender locker room and showers. Don't forget about our Family Locker Rooms!

## TOURS

Do not hesitate to ask for a personal tour to get to know our beautiful facility. There is always a staff member available to assist you. You may also request a map of the facility to aid yourself in a self-guided tour.

## TALK TO US

This space is for YOU. Please make your concerns and comments known! Member suggestion cards are available. We appreciate your feedback!

## LOST AND FOUND

The Lunda Community Center is not responsible for lost or stolen items. Please bring a lock and use lockers to keep belongings safe. Any contents found will be placed in our Lost and Found. Please ask the Front Desk about any lost items.

# SOMETHING FOR EVERYONE

## HEALTHY LIVING

Our focus is improving the community's health and well-being.

**Health, Well-Being, and Fitness:** Our programs will provide structure, guidance, and resources to maintain or improve physical activity, health, and wellness.

- Adult and Youth swim lessons
- Group Fitness Classes for adults, youth and seniors
- Personal Training
- Silver Sneakers Program
- Silver and Fit Program
- AARP/Renew Active

**Fitness Center:** The Fitness Center offers a great assortment of exercise machines, weight machines, free weights, and more.

If you are knowledgeable and comfortable with the equipment in the Fitness Center, then great, begin using the area right away! If you are not so familiar with the machines, we offer an **Intro to Fitness Class** that will help teach you how to use the fitness equipment so you can start on your health and fitness journey in a safe and effective way.



The Fitness Center is open to all members 15 years or older **OR** 14 years old that have taken the Intro to Fitness Class **OR** be 14 years old and directly supervised by an adult while in the Fitness Center.

Anyone not meeting these guidelines will be asked to leave the Fitness Center. **Adults may not bring their children into the Fitness Center.**

Minors age 13 and under are NOT permitted to use the fitness equipment in the Fitness Center.

Youth 12 and older *may* use Teen Corner *only* after they have received a short orientation on the equipment by a staff member; they may not use any other equipment.



**Group Fitness Classes:** Get in amazing shape by working out in a group with our highly experienced instructors! Classes are offered at a variety of times. Please pick up a schedule at the Front Desk or look on our website for more information.

If possible, come 5-10 minutes before class and introduce yourself to the instructor. He or she will answer any of your questions, give you suggestions, and keep an eye on you during class if need be. If you aren't sure group fitness is your thing or your schedule doesn't jive with ours, come try our **Virtual Fitness** option in Studio D! Pick from hundreds of workouts that focus on stretch, yoga, strength, cardio, and more! Exercise along with the instructor on the big screen!

**Aquatic Center:** Our Aquatic Center consists of a four-lane lap pool for Lap and Open swim, an Indoor Water Park, and a Steam Room. With the water heated to 84 degrees, one will not have to worry about dipping into freezing cold water.

**Members must be age 12 years and older to utilize the Water Park unsupervised during Water Park Hours (Lifeguards on duty), and 18 years and older to utilize the Lap Pool during Adult Open or Adult Lap Swim Hours (No Lifeguards on duty). Members must be age 16 or older to utilize the Steam Room.**



During Lap Swim time, Open Swimmers may enter the pool if there is room, however Lap Swimmers get the right of way (Open yield to Lap). During Open Swim time, Lap Swimmers may enter the pool if there is room, however Open Swimmers get the right of way (Lap yield to Open). Please be kind, share the pool, and respect the rules!

The lap pool is used for lap swimming, water aerobics classes, swim lessons, and open swim. The Indoor Water Park includes a water slide, current channel, and zero-entry kiddie play area. During Water Park hours, basketball and volleyball nets are available. For Aquatic Center rules and schedules please visit our website.

Individuals may not play a speaker in the pool or steam room areas. Lights must always remain on in the Steam Room.

## SPORTS AND PLAY

Programs offer positive, fun activities that build athletic, social and interpersonal skills. In our Program Gym you have the option of playing basketball, volleyball, pickleball, and more.

**Racquetball:** The Lunda Community Center has two racquetball courts. If needed, the courts may be reserved in-person or by calling our Front Desk.

- Pick-up racquetball
- Tournaments
- Eyewear, balls and racquets are available at the Front Desk.

**Pickleball:** The fastest growing sport in the US! Come join a group of motivated individuals in the program gym three days per week or come on your own. We have equipment and nets available. All levels are welcome!

**Golf Simulator:** Our golf simulator features a state-of-the-art Full Swing golf simulator. Choose from 69 championship golf courses, hit the driving range, or practice on the putting green. You can make reservation at the Front Desk or by phone. Check out our rates and options!

**Rock Climbing Wall:** If you think rock climbing always requires a team of people to keep you safe, think again. Here, at the Lunda Community Center, we use an auto belay system, which makes getting on the wall as simple and easy as fastening your seat belt. When using an auto belay, you just walk up, clip in and start climbing! Climbers must be 4 years and up.

**Equipment Check-Out:** If you do not have equipment, no worries, we have you covered at the Front Desk! You can checkout basketballs, volleyballs, racquets, pickle and racquet balls, as well as eye protection. All you have to do is sign the item out, leave a piece of collateral (keys, swipe card, etc), have fun, then bring back your item and sign it back in. Upon return, you will receive your collateral.



## CHILD WATCH

Child Watch can help you achieve your health and wellness goals by offering a convenient option for your children. Kids will enjoy fun and games that keep them engaged while you grab a workout, shoot some hoops, or take a fitness class. Our caring and qualified staff will watch over your children. Parents using the Lunda Community Center may use our Child Watch service on a space available basis. Parents must remain on premises. Children must be 15m-8 years old. Child Watch is just a small charge to you. Please visit us online or at the Front Desk for Child Watch hours, agreement form, policies, and monthly activity schedule.



## THE HUB – ACTIVE ADULT CENTER (55+)



This a wonderful space in the Lunda Community Center for those ages 55+ to come in and make new friends, learn new skills, socialize, enjoy a free cup of coffee, play cards, cribbage, Scrabble, and bingo. We have a wide range of other activities, such as movies, potlucks, guest speakers, Coffee with a Cop, exercise classes, and so much more!

Activities change monthly, so please go to our website or visit us in The Hub to look at the most recent schedule. Cost is \$6 per month to join in on the fun! The Hub also has its own entrance located behind the building with plenty of parking and easy access to the Hub door.



Thank you for starting your health and fitness journey here at the Lunda Community Center!



**LUNDA**  
**COMMUNITY**  
**CENTER**