

# Hoffman Hall Recreation Center

## Aquatics, Fitness, Leisure & Fun!

1600 SOUTH WACOUTA AVE., PRAIRIE DU CHIEN, WI  
608-326-2985 • WWW.PRAIRIEDUCHIEN.INFO

SERVING THE COMMUNITY AND SURROUNDING  
AREAS HEALTH, FITNESS AND RECREATION NEEDS  
FOR MORE THAN 50 YEARS!

## Pool Schedule

**OPEN SWIM** M-F ..... 9:15-10am, 10:45-Noon  
Fri ..... 4:30-6:30pm  
Sat ..... Oct 1-3pm (1-5pm starting Nov)  
Sun ..... 1-3pm (1-5pm starting Nov)

**LAP SWIM** M-F ..... 7:30-8:30am  
M-F ..... 11:30am-1 pm  
M-F ..... 4:30-6:30pm  
Sat ..... 8:30-9:30am (12-1pm starting Oct)  
Sun ..... 12-1pm

(One lap lane will always be available)

**WATER AEROBICS** M-F ..... 8:30-9:15am  
M-F ..... 10-10:45am  
M,T,Th... 5:30-6:30pm  
Sat..... 8:30-9:30am

**DEEP WATER AEROBICS CLASS** M,W..... 4-5pm  
W ..... 5:30pm-6:30pm

**HOME SCHOOL SWIM CLASS** Th..... 1-2pm

FOR MORE INFORMATION CALL:  
**608-326-2985**



## Pool & Gymnasium Rental

Accommodations can be made for business meetings, birthday parties, family reunions, receptions, sporting events, club activities and overnight stays. The historic facility includes: Lobby/Meeting room, large gym, fitness room, rec room, and heated Olympic size pool.

Call: 326-7207 for more information.

## Corporate Memberships

Hoffman Hall is now offering corporate memberships for Businesses or Institutions within the City of Prairie du Chien that have 10 or more employees. Employees will need to show proof of their employment at the time of registering at Hoffman Hall's front desk.

**DISCOUNTED FEES:** \$40/monthly or \$325/annual (This is good for you and your children in one immediate family, one household only.) Membership includes unlimited city sponsored water and land fitness classes, lap swims, open gyms and walking. Annual memberships will also include 1/2 off Wacouta Aquatic Park membership from June-August.

## Fitness Class Schedule

**MONDAY** 9:30- 10:30am.. Tai Chi-Introduction  
4:30-5:30pm .... Pilates & Toning  
4:45-6 :30pm ... Weight Watchers

**TUESDAY** 5:30-6:30am..... Step Aerobics  
5:00-6:00pm .... Gentle Yoga

**WEDNESDAY** 9:30-10:30am... Tai Chi-Advanced (BEGINS OCT. 5th)  
6:15-7:15pm .... Zumba (BEGINS OCT. 5th)

**THURSDAY** 5:30-6:30am..... Body Sculpting  
5:00-6:00pm .... Yoga

**FRIDAY** 9:30-10:30AM.. Tai Chi-Intermediate

**PILATES & TONING:** Toning through breathing, movement with weight and resistance.

**BODY SCULPTING:** Tighten & firm using weights, bands, balls & more.

**YOGA:** Focus on breathing well, improving posture, mindful relaxation & increasing your strength, flexibility & balance.

**STEP AEROBICS:** Listen to great tunes while toning & elevating your heart rate.

**TAI CHI:** Emphasis on deep breathing & mental focus. Creates balance, flexibility & calmness which relives stress.

**ZUMBA:** Combined dance & aerobic exercise=FUN!

**WEIGHT WATCHERS:** Assist you with eating healthier & getting more exercise.

## Prices

MONTHLY PASS	MONTHLY	NON RES. MONTHLY	ANNUAL	NON-RES. ANNUAL
Family*	\$60.00	\$80.00	\$420.00	\$520.00
Adult (Ages 19-62)	\$50.00	\$65.00	\$375.00	\$450.00
Senior**/Youth/Student	\$40.00	\$50.00	\$325.00	\$375.00
Corporate (10 or more)	\$40.00		\$325.00	

## DAILY PASS

Family.....	Resident	\$10.00	.....	Non-Resident	\$12.00
Adults.....	Resident	\$5.00	.....	Non-Resident	\$6.00
Senior/Youth/Student.....	Resident	\$3.00	.....	Non-Resident	\$4.00

## PUNCH PASSES

Adult .....	Resident	\$50.00	.....	Non-Resident	\$60.00
Senior/Youth/Student.....	Resident	\$30.00	.....	Non-Resident	\$40.00

## PUNCH PASS SALE - \$10.00 OFF PRICE (SEPT. 29, DEC. 1-15)

\*Family includes yourself, a spouse and your children in one immediate family, one household only. Children 18 and older cannot be considered for a Family Membership unless they are in college and can show a current registration receipt/ID.

\*\*Seniors are considered age 63 and over.

\*\*\*Full-time college student (12 credits undergrad/6credits grad) will be required to show a recent report card or registration receipt/ID.

Memberships include unlimited city-sponsored water and land fitness classes, lap swim, open swim, open gym, walking and golf. Additional annual membership will also include 1/2 off outdoor membership pool pass for June-August.

CALL 608-326-2985 FOR MORE INFORMATION  
REGISTER AT: WWW.PDC.RECDESK.COM/RECDESKPORTAL