



**Nordby
Center
for
Recreation
and
Hohm
Courts**



**Fall &
Winter
2023-24**



1700 LINCOLN AVE. SW HURON, SD PH. 352-2627



www.acerealty.net
2297 Kansas Ave SE
Suite #2
605-352-8618

We'll help you get moving.

PUT THE #1 TEAM
TO WORK FOR YOU



Kler Hae
Broker Associate,
Karen Interpreter
605-350-7903



**Taunya
Martin**
Broker Associate
605-350-2771



**Steve
Sprecher**
Broker/Auctioneer
605-350-2157



**Angie
Uttecht**
Broker/Owner
605-350-2553



**Laurie
Smith**
Broker Associate
605-350-7081



**Dwight
Wullweber**
Broker Associate
605-354-2862



**Molly
Hopper**
Broker Associate
605-354-7641



**Nicky
Gross**
Broker
605-570-6730

Nordby Center For Recreation

Membership Policies and Information

HOURS OF OPERATION

Monday – Thursday	5:00 AM until	9:00 PM
Friday	5:00 AM until	8:00 PM
Saturday	8:00 AM until	6:00 PM
Sunday	8:00 AM until	6:00 PM

Holiday Hours

The Nordby Center for Recreation will be closed on the following holidays:

Thanksgiving Day
 Christmas Eve & Christmas Day
 New Years Eve & New Year's Day
 Easter Day

The Nordby Center for Recreation will have a change of hours for the following holidays during winter:

December 26th: 8:00 AM – 9:00 PM
 (Dec. 26th – NO CLASSES)

January 2nd: 5:00 AM – 9:00 PM
 (Jan. 2nd – NO CLASSES)



Whether you are an early riser, or you might like to push it to the last minute we have something for everyone. With our newly added morning and evening fitness classes, along with the many other classes we offer throughout the day. With the added **4 NEW STRENGTH MACHINES** and having **MORE NEW EQUIPMENT** on the way we encourage you to **STOP BY** and **GIVE IT A TRY**. We have all your **FITNESS, RECREATION,** and **FUN** needs covered under one roof. This is the most fascinating part about **The Nordby Center**; it allows so many people of different ages to participate in various activities.

Our hopes with the restructured and enhanced class platform, along with upgrading our equipment and amenities, allows members and guest to take part in an assortment of different fitness classes on all different fitness levels and intensity, during different times of the day; **WE LITERALLY HAVE SOMETHING FOR EVERYONE** – low impact, high impact, low intensity, high intensity, strength, stretching, balancing and everything between. We offer a plethora of membership options in hopes to accommodate members of the community the best we can. There are **FREE CLASSES** and **NO HIDDEN OR JOINING FEES**.

Pickleball is taking over the Hohm court area with many members and guests coming from near and far to play. Pickleball is not only **BIG** in Huron but is on a nationwide spread. **Pickleball** is another **FITNESS** and **RECREATIONAL** activity that can be played by **ALL** ages and demographics – **ANY AND EVERYONE CAN PLAY PICKLEBALL**.

We are also **EXCITED TO ANNOUNCE** the many different youth programs, camps, and leagues that we will offer throughout the winter months. Check out our website or Facebook page for more information.

Wishing you a Happy & Healthy Holiday Season –
 Remember to take care of you!

The Nordby Center for Recreation
 'WHERE WE MAKE FITNESS FUN'

Joey Mitchell
 Executive Director

Pam Miedema
 Membership Director

OUR MISSION

The Nordby Center for Recreation strives to:

- Offer quality recreational, cultural, social, and educational programs to everyone.
- Provide a facility that is safe, inviting and user friendly.
- Provide excellent customer service.
- Be a responsive, self-sufficient facility.

FACILITY OF HEALTHY OPPORTUNITIES

The Nordby Center for Recreation has something for all individuals and families with physical activity in mind. The facility offers a full range of modern equipment and spaces designed to accommodate the wide variety of classes and programs that have been developed for the fitness needs of a community.

Our Facility Includes

- Wellness area housing 5 treadmills, 6 ellipticals, 4 stationary bikes, 3 row machines, 3 NU Step™, Sci-Fit™, 3 AMT™ Machines, 1 Air Runner, and 1 Stairmaster™.
- 16 Strength Training machines with multiple separate free weight areas
- Free Weight Room with Squat Rack, Bench, Incline Bench, Smith Machine, plus more.
- Heated Indoor Pool
- Basketball and Tennis Courts
- Racquetball and Volleyball Courts
- Pickleball Courts
- Indoor Track
- Aerobics Studio
- Power Pacing or Spinning Studio
- Free Wireless Internet

Classes and Programming:

INDIVIDUAL PROGRAMMING

- The Nordby Center offers a variety of individual programs to choose from. Sport Specific individual training, Martial Arts, and Individual & Group Training are all possible options.

SPORTS PROGRAMMING

- The Nordby will offer numerous different sport specific programs including volleyball, basketball, martial arts, tennis, and weightlifting.

FAMILY AND GROUP PROGRAMMING

- The Nordby Center offers various options for group and facility rentals – including Birthday parties and overnight rentals.

AQUATIC PROGRAMMING

- At the Nordby we offer American Red Cross Group & Private Swim Lessons. We also host the area swim team to practice during indoor season.

YOUTH TOURNAMENTS (DATES ARE SUBJECT TO CHANGE)

- We offer numerous different basketball and volleyball tournaments. Dates are being finalized so refer to our Facebook or Website to stay up to date on tournament happenings.

MEMBERSHIP OPTIONS

September 1, 2023 - August 31, 2024

6.2% tax

<u>Day Use:</u>		<u>15% off guest pass</u>
Family	\$ 16.95 + tax = \$ 18.00	\$ 15.30
Single	\$ 9.42 + tax = \$ 10.00	\$ 8.51
Adult + 1	\$ 11.30 + tax = \$ 12.00	\$ 10.20
Seniors (62 or older)	\$ 6.59 + tax = \$ 7.00	\$ 5.95
College (with ID)	\$ 6.59 + tax = \$ 7.00	\$ 5.95
HS Students (9-12)	\$ 7.53 + tax = \$ 8.00	\$ 6.80
Student (K – 8)	\$ 4.71 + tax = \$ 5.00	\$ 4.25
Preschool (2-5yrs)	\$ 2.83 + tax = \$ 3.00	\$ 2.56
<u>Monthly:</u>		
Family	\$ 89.45 + tax = \$ 95.00	
Single Par. House	\$ 80.04 + tax = \$ 85.00	
Single + 1	\$ 80.04 + tax = \$ 85.00	
Single	\$ 65.91 + tax = \$ 70.00	
Sr. Single + 1	\$ 70.62 + tax = \$ 75.00	
Sr. Single	\$ 61.21 + tax = \$ 65.00	
College / Military	\$ 61.21 + tax = \$ 65.00	
HS Youth	\$ 62.15 + tax = \$ 66.00	

Active Members can purchase a day pass for guests under their account for 15% off regular prices

Corporate Annual Membership Prices

Processed through corporate enrollment!
Annual Contract divided by 12 monthly payments

<u>Membership</u>	<u>Annual Payment</u>	<u>Monthly Payment</u>
Family	\$705.50	\$58.80
Single Parent Household	\$620.00	\$51.34
Single + 1	\$595.00	\$49.60
Single	\$488.75	\$40.74
HS Youth	\$400.00	\$33.34

*tax included

Annual corporate rates are a cost-effective tool for countering escalating health care costs while improving the productivity and morale of employees. Anyone can sign up for a corporate membership if they bank or work for the following companies:

American Bank and Trust	Prostrollo Motors
Beadle County Auditors	HRMC
City of Huron	Community Counseling
Dakotaland Federal Credit Union	Dakota Provisions
Ellwein Brothers, Inc.	Huron School District #2-2
F & M Bank	Federal Employees Counsel
Huron Area Center for Independence	
Horizontal Machining & Manufacturing Inc. (HMMI)	
Huron Area Education Federal Credit Union	

Annual Memberships- *contract signed through the NCR
NCR EFT Annual Contract divided by 12 months

Membership	Annual Payment	Monthly Payment
Family	\$830.00	\$70.02
Single Parent Household	\$730.00	\$61.68
Single + 1	\$710.00	\$60.02
Single	\$575.00	\$48.78
Senior + 1	\$675.00	\$57.11
Sr. Single	\$525.00	\$44.60
College / Military	\$525.00	\$44.60
HS Youth	\$400.00	\$34.19

Senior = 62+ years old Senior + 1 = 2 adults 62 older same household
Family = 2 adults + kids in same household (dependents)
Adult + 1's = adult + 1 individual in same household
Single Parent Household = 1 adult (non-married) & kids same household

The Nordby Center for Recreation offers a free machine demonstration conducted by a certified personal trainer to all those who sign up for an annual membership.

Financial Assistance Opportunities

Any person in need of financial assistance can make a request by filling out an application and completing the necessary paperwork. Please contact Shelly Buddenhagen for more information.

The Nordby Center for Recreation financial assistance program provides membership and program assistance to ensure that everyone, regardless of age, income or background, has the opportunity to be healthy and participate in recreational activities.



Dr. E. W. Carr
1931-2003

Dr. John S. Carr

Dr. Larry Nickelson
Retired 2016

Dr. Wayne H. Carr

Dr. Joseph N. Carr

Dr. Joshua S. Carr

Dr. Taylor J. Carr

Dr. William J. Carr

2065 Campbell Dr.
 Huron, SD 57350
605-352-5264

NORDBY CENTER POLICIES

FACILITY RULES

1. A ***second pair of shoes is required*** before using the cardio and strength equipment, the weight room, racquetball courts, and/or basketball courts. We need your help to keep the facility and equipment clean.
***You will be asked to leave the facility if you do not comply.**
2. All members must wear appropriate gym attire:
 - a. No sandals or dress shoes
 - b. Full coverage shorts or pants
 - c. Shirts and shoes worn at all times
 - d. Bare midribs are not permitted
 - e. No jeans; rivets are hard on equipment upholstery
3. All youth aged 7-13 years may utilize the gym and racquetball courts located on the first floor if UNLESS A parent / guardian is on site and they are over the age of 12.
 - a. Youth under 5 years are required to be under direct supervision of a parent always while in the facility.
4. **Youth ages 12-13 must be accompanied by a parent while using the strength training and cardio equipment. The parent must be actively supervising the activity.**
5. Each area will have additional safety guidelines posted.

WEIGHT ROOM AND CARDIO AREA RULES

1. **Youth ages 12-13 must be accompanied by a parent while using the strength training and cardio equipment. The parent must be actively supervising the activity.**
2. All weights must be properly put away after each person is done using them.
3. Please do not use weight room chalk.
4. **SHIRT and shoes** must be worn at all times.
5. No babies or children allowed in the weight room or cardio areas.

POOL RULES

1. Proper swim attire must be worn at all times when in the pool. An actual swimsuit must be worn. No t-shirts or shorts are allowed in the pool.
2. **No open swim during senior swim, water aerobics classes or swim lessons**
3. Lap swim is available during water aerobics classes, NOT during swim lessons.
4. **No one under the age of 16 will be allowed to swim without the direct supervision of a parent/guardian (must be at least 18 years old)**
5. There will be NO:
 - Hanging on the lap lanes
 - Running in the pool area
 - Jumping from the starting blocks
 - Diving
 - Touching the backstroke flags

GROUP EXERCISE CLASSES

WINTER CLASS SCHEDULE

TIME	MON	TUE	WED	THU	FRI
5:45 - 6:30 AM	POWER PACE		POWER PACE		POWER PACE
6:00 - 6:40 AM		POWER CUT II - FLOW - "Yoga"		POWER CUT II	
8:30 - 9:10 AM	POWER CUT I		POWER CUT I		POWER CUT I
9:20 - 10:00 AM	SS CLASSIC		SS CLASSIC		
5:15 - 6:00 PM	PIDD		PIDD	FLOW - "Yoga"	
5:45 - 6:30 PM			Ride & Weight *MUSIC CLASS*		
6:15 - 7:00 PM	ZUMBA		ZUMBA		

***All schedules are subject to change by the Nordby Center for Recreation staff.*

INDIVIDUAL PROGRAMMING

Personal Training



NORDBY CENTER FOR RECREATION Personal Training Registration Form



Session Packages	Duration	1 Annual Member	1 Non-Member	2 Annual Members	2 Non-Members
Single Hour	60 Min	\$35.00	\$45.00	\$30 / each	\$40 / each
Five Hour Package	300 Min.	\$125.00	\$175.00	\$90 each	\$150 each
Ten Hour Package	600 Min	\$230.00	\$300.00	\$150 each	\$250 each

**Prices include tax*

Description

Need help exercising? Not finding the results you want in your routine? Need a more challenging routine? Let one of our expert trainers help you! Work one-on-one, or bring a friend or spouse, and we'll help you reach your fitness goals. Our personal trainers will create a plan tailored to what you want to accomplish. You'll learn various exercises that build strength, endurance, reduce body fat, and improve overall cardiovascular fitness. Personal training sessions are made by appointment only. If two of you are sharing a session you must work out at the same time, and each individual must purchase a package.

Personal Training

Participant's Name _____

Phone _____ Emergency number other than home phone _____

Annual Member or Non-member _____ Session Package _____ Amount Due \$ _____
(Circle One)

The NCR staff, and the employees hired by the Nordby Center are not responsible should injuries occur. I acknowledge that I have read this and understand that by participating in this program, there are risks involved that are either foreseeable or not foreseeable on the court and in the facilities. I will not hold any party involved with this program responsible or liable for the consequences of accident, harm, or injury caused by risks inherent to, from, and during this activity. I also understand that all Personal Training sessions expire one year from the date of purchase.

Participant's signature _____ Date _____

Personal training is offered in a variety of different formats & packages.

We work with your schedule! Year-round availability!

Interested...? GIVE US A CALL (605) 352 – 2627

PRIVATE TENNIS LESSONS



NORDBY CENTER FOR
RECREATION



Private Tennis Lessons

SESSION DATE	DURATION	1 MEMBER	1 NON-MEMBER	2 MEMBERS	2 NON-MEMBERS
Single Session	60 Min	\$20.00	\$40.00	\$20.00/ Person	\$30.00/ Person
5 Sessions	60 Min	\$120.00	\$160.00	\$80.00/ Person	\$112.00/ Person
10 Sessions	60 Min	\$210.00	\$280.00	\$125.00/ Person	\$195.00/ Person

*To get the best prices please, each individual must pay for a package and must include at the very least
**Taxes include are

Private Tennis Lessons

Participant's Name _____ Address _____

Phone _____ Emergency number other than home phone _____

Annual Member or Non-member _____ No. of Sessions _____ Amount Due: \$ _____
(Circle One)

The NCR staff, and the employees hired by the Nordby Center are not responsible should injuries occur. I acknowledge that I have read this and understand that by participating in this program, there are risks involved that are either foreseeable or not foreseeable on the court and in the facilities. I will not hold any party involved with this program responsible or liable for the consequences of accident, harm, or injury caused by risks inherent to, from, and during this activity. I also understand that all Private Tennis lessons expire one year from the date of purchase.

Participant's signature _____ Date _____

FOR ADDITIONAL INFORMATION CONTACT THE NORDBY CENTER 352-2627



Private or Group Tennis Lessons available for all ages and skill levels at the Nordby Center. Contact the Nordby Center to set up a lesson today!



Intentional Living

FUNCTIONAL MEDICINE

SPECIALTY LABORATORY

Dr. Wayne H. Carr

Certified Functional Medicine Practitioner

Ashley Curnow, RDN

Registered Dietitian Nutritionist

Jayda Shillingstad, CPT

Certified Phlebotomy Technician

2065 Campbell Dr.
Huron, SD 57350
605-352-5264

MARTIAL ARTS

Interested...?

Our Martial Arts classes are currently in session at the Nordby Center. The current session will end in December.

A NEW SESSION will begin in January!

Stay updated on our Facebook, Website, or call the front desk.

Levels differ for experience –

12 weeks of anywhere from introductory to advanced martial arts classes covering basic and advanced blocking, striking, kicking and falling techniques used in the Korean martial arts.

Learn why the Korean martial arts are so considered one of the premier kicking styles in the world! Classes will be taught by Abby Vaillancourt and/or assistant instructors.

Cost: \$115.00 annual members / \$145.00 non-annual members

WOMENS' SELF DEFENSE

Self Defense for Women at the Nordby Center for Recreation

When: Tuesdays and Fridays from 5:30 PM to 6:30 PM beginning November 2023 (pending signups)

Cost: \$45.00 for members / \$50.00 for non-members

This will be an hour-long class, 4-week session taught by Abby Vaillancourt, internationally certified 2nd degree black belt.

This class is intended to help women keep themselves safe! Participants will learn situational awareness, some basic wrist locks, learning how to control your space and how to deal with your fears. We will also be doing some releases from grabs, as well as other basic self-defense techniques.

Comfortable clothing should be worn. Please bring a clean pair of shoes as the Nordby Center requires this upon entering.



If you are 18 and older, return to the NCR with parent.

SELF DEFENSE

Participant: _____ Age: _____ Phone #: _____

Address: _____

Circle one: Members \$45.00 Non-Member \$50.00

I, _____, parent/guardian of _____, am granting permission for him/her to participate in this Self Defense program that the NCR, its employees, staff, Board of Directors are not responsible should injuries occur to myself, or my child. I acknowledge that I have read this and understand that by allowing my child to participate, there are risks involved that are either foreseeable or not foreseeable during the class and in the facilities. I will not hold any party involved with this program responsible or liable for the consequence of accident, harm, injury, or death caused by risks inherent to and from this activity. COVID-19 is highly contagious and is known to spread mainly from person-to-person contact. By attending The Nordby Center for Recreation's program, you agree to abide by the procedures established by the facility to protect attendee and staff, and you voluntarily assume the risk that you, and/or your family may be exposed to or infected by COVID-19 as well as the facility, in the program activities, or in the other amenities that are offered through the Nordby Center. You agree to assume all the risks of attendance and participation for you and your family, and you waive any liability against the facility and any other parties.

Parent/Guardian Name: _____ Signature: _____

FOR ADDITIONAL INFORMATION CONTACT THE NORDBY CENTER 352-2627 OR CHECK OUR WEBSITE: <http://www.nordbycenter.org/>

An objective of the NCR is to offer opportunities to the youth. It is our intent that no individual is denied participation due to financial restrictions. UNITED WAY FINANCIAL ASSISTANCE IS AVAILABLE UPON REQUEST AND COMPLETION OF NECESSARY FORMS AND PAPERWORK. Financial assistance forms need to be submitted two weeks prior to the start of the program.



SPORTS PROGRAMMING

ADULT PROGRAMING

What ya doin'?

 Pickleball	 Weight & Cardio Classes
 Water Fit Classes	 Adult Rec Basketball
 Adult Karate	 Private Tennis

AND MUCH MORE!!!
MORE INFORMATION

nordbycenter.org



No individual should be denied participation due to financial restrictions. United Way financial assistance is available upon request and completion of necessary forms.

YOUTH PROGRAMING

NORDBY CENTER'S YOUTH BASKETBALL CAMP



Basketball Camp Grades: K – 6th



Camp has been able to be a successful program in getting kids involved in organized basketball at a young age. We want to teach players skills and be able to utilize them in a competitive setting. It is the objective of this camp to have as many parents and children involved as possible.

SESSION DATES	GRADE	DAY	TIME	ANNUAL MEMBER COST	NON-MEMBER COST
October 30 th – November 20 th	K & 1 st	Mondays'	3:45 – 4:30 PM	\$50.00	\$75.00
	2 nd & 3 rd		4:30 – 5:15 PM	\$50.00	\$75.00
	4 th – 6 th		5:15 – 6:00 PM	\$50.00	\$75.00

*Prices include tax
*Each participant will receive a T-shirt – late signups, no guarantee.

Purpose of the Nordby Center BB Camp

- To develop youth basketball in Huron AND the surrounding area, with the guidance of experienced staff and players.
- To increase the skills and sportsmanship of youth at the lower elementary levels to a more advanced level of competition.
- To improve good self-image of youth through basketball.
- To build self-esteem and self-efficacy.

FORMAT: The first 2 weeks will be fundamental skills development. The last week we will put the skills to work and be playing scenarios. Games will be assigned by NCR staff – teams will differ each night.

****Volunteer Parents/Coaches/Helpers Needed****

Please tear off and return to the NCR with payment
K – 6th Basketball Camp

Circle One: Member: \$50.00 Non-member: \$75.00
Name _____ Grade _____ Shirt Size (Youth sizes) _____
Address _____ Phone No. _____

I, _____ parent/guardian of _____ am granting permission for him/her to participate in this basketball program and that the NCR, its employees, staff, Board of Directors, or the Huron Middle School or anyone of its staff or employees are not responsible should injuries occur to my child. I acknowledge that I have read this and understand that by allowing my child to participate there are risks involved that are either foreseeable or not foreseeable on the court and in the facilities. I will not hold any party involved with this program responsible or liable for the consequence of accident, harm or injury caused by risks inherent to, from and during this activity.

Parent/guardian signature: _____

FOR ADDITIONAL INFORMATION CONTACT THE NORDBY CENTER 352-2627 OR CHECK OUR WEBSITE: <http://www.nordbycenter.org/>



Financial Assistance is available upon request and completion of paperwork and authorization from the director of the Nordby Center for Recreation. Financial assistance forms need to be submitted two weeks prior to the start of this program.

Sport Leagues



NORDBY CENTER'S BASKETBALL LEAGUE



The next step in a player's development is conceptual learning; how to play the game!

With these high intensity playing scenarios, players will learn multiple basketball concepts such as – pick and roll, off ball movement and screens, backdoor cuts, post ups, motion movement and more! The league is designed to teach the skill sets needed to develop each athlete's individual skills and take their game to the next level.

RESERVE YOUR SPOT TODAY!!!

LIMITED AVAILABILITY!! FIRST 40 BOYS!! (GIRLS keep a lookout FOR January)

SESSION DATES	GRADE	TIME	ANNUAL MEMBER COST	NON-ANNUAL MEMBER COST
TUESDAYS Oct. 24 th – Nov. 21 st (5 weeks)	6 th – 8 th	3:45 – 5:15 PM	\$50.00	\$75.00

*Prices include tax

*Each participant will receive a T-shirt – late signups, no guarantee.

Please tear off and return to the NCR with payment

MIDDLE SCHOOL BASKETBALL LEAGUE (6th – 8th)

Name _____ Grade _____

Member (M) or Non-Member (NM) _____ Shirt Size (S-XXL) Adult (A) _____

Address _____ Phone No. _____

I, _____ parent/guardian of _____ am granting permission for him/her to participate in this basketball program and that the NCR, its employees, staff, Board of Directors, or the Huron Middle School or anyone of its staff or employees are not responsible should injuries occur to my child. I acknowledge that I have read this and understand that by allowing my child to participate there are risks involved that are either foreseeable or not foreseeable on the court and in the facilities. I will not hold any party involved with this program responsible or liable for the consequence of accident, harm or injury caused by risks inherent to, from and during this activity.

Parent/guardian signature _____

FOR ADDITIONAL INFORMATION CONTACT THE NORDBY CENTER 352-2627 OR CHECK OUR WEBSITE: <http://www.nordbycenter.org/>



Financial Assistance is available upon request and completion of paperwork and authorization from the director of the Nordby Center for Recreation. Financial assistance forms need to be submitted two weeks prior to the start of this program.



REGISTRATION IS AVAILBE ONLINE OR AT THE NORDBY CENTER.

Men's 5-on-5 Basketball League

Men's League 5-on-5 Basketball League Rules & Regulations

1. Team Fee: \$300.
2. Registration deadline: December 1st. First game is on December 20th.
3. Rosters may consist of **8 players** maximum (this is to encourage more teams in the league). Each player must be listed on the team roster and must have signed the consent/liability form. Any changes must be made and approved by the supervisor. The deadline to add players is February 1st. No changes will be made to the roster after this date. Once a player is removed from a roster, he can not be added again for that season.
4. Any roster violation results in automatic forfeit. **ALL ROSTERED PLAYERS MUST PLAY 50% OF THE GAMES THROUGHOUT THE SEASON – NO "PLAYOFF PICKUPS"**
5. Games will be played on Wednesday nights. Schedules will be available on Wednesday, December 6th. Team captains will be contacted by the Nordby Center and are responsible for contacting their team members.
6. Players and team need to arrive 10 minutes prior to game time. A five-minute grace period will be given with a forfeit occurring after this limit. No games will be re-scheduled.
7. A non-roster player can participate only if they are the 5th player, and it is before the adding deadline. After the adding deadline, non-roster players are not allowed to play, but a team is allowed to start the game with four players but no less.

Rules for league

1. Two 20-minute running clock halves with clock stopping on dead balls during the last two minutes of each half.
2. Each team will have three time-outs per game.
3. A coin flip will determine which team gets the ball first. Alternating jump balls.
4. Non-shooting fouls: will result in the ball being checked up on top until the last two minutes of 2nd half
5. **Shooting Fouls:**
If fouled on a two-point shot, a point and one free throw will be rewarded. If fouled on a 3-point shot, one point and two free throws will be rewarded. If the shooting foul is committed and the basket is made, the points will be rewarded, and the opposing team will take the ball out on the baseline.
6. During the last two minutes of the 2nd half, each foul will result in the clock stopping and two foul shots. If fouled on a three-point attempt, three foul shots will be awarded.
7. **You may sub on dead balls only.**
8. The line for a backcourt violation is the opposite free throw line.
9. No full court presses if up by 20+ point.
10. After a time-out, the ball will be taken out where the ball was when time-out was called. No checking it up top after a time-out has been called.
11. Overtime Rules: All overtimes will be 2 minutes long, played just like the final 2 minutes of regulation. There will be a coin flip for the ball at the beginning of each overtime.
12. Games are self-officiated. It is each player's responsibility to protect the integrity of this recreational league. Any teams or individuals interfering with the intended function of this league are subject to expulsion. If a player's behavior involves a flagrant or technical foul, expulsion from the league may occur upon review from the directors.
13. Conduct Rules: (Please keep in mind that children may be present):
 - i. No Swearing, arguing, fighting or spitting on the floor
 - ii. No Flagrant or Technical Fouls
 - iii. No Jewelry (except wedding bands), hats or bandannas
 - iv. Shirts must be worn at all times. The NCR will provide jerseys if needed.
 - v. No food in gym. Please pick up all Water/Gatorade bottles.

EACH PLAYER MUST READ AND SIGN

***I acknowledge that I have read the above conduct rules and agree to abide by those rules and regulations. Also, I acknowledge that by participating in the basketball league, there are risks involved that are either foreseeable or unforeseeable. Should an injury occur during, before or after league play, I understand the Nordby Center for Recreation, its directors, staff, employees, and/or the NCR basketball program is not responsible or liable for consequences of accident, harm, injury or death caused by risks inherent in this activity.

PLAYER NAME	PLAYER SIGNATURE
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

INTERESTED...? WE ARE LOOKING FOR TEAMS!

CONTACT THE NORDBY CENTER (605) 352 – 2627

Wednesday Evening(s) 7:00 – 9:00 PM

Cost: \$250 / team

6 team minimum – December (tentative start date)



BOYS & GIRLS

Grades 3rd – 6th

Registration

- 1) Online
- 2) In person
- 3) Mail

Nordbycenter.org

OPEN TO ALL AREA ATHLETES



Winter Basketball League

Schedule:

January 14th
January 28th
February 11th
February 25th

Schedule is coordinated with the Mitchell Basketball league for hopes of more participation.

We will have a tournament the final night.

Goal: Provide a structured setting where players can improve their skills.

More Info:

Players will play the equal amount of time each day.

Players do not need to register with a team, we league officials will place them on teams.

Open to any boys & girls 3rd – 6th grade. Players do not need to be from a specific school.



Questions:

jmitchell@nordbycenter.org

or call 605-352-2627



Mailing Address:

Nordby Center
PO Box 1316
Huron, SD 57350



Nordby Center Youth Winter Basketball League



GIRLS & BOYS GRADES 3RD – 6TH

OPEN TO ALL AREA ATHLETES

SUNDAY(S)
Jan. 14th / Jan. 28th
Feb. 11th / Feb. 25th

EVERYONE WILL PLAY 2 GAMES EVERYDAY

3rd & 4th: Session 1 & Session 3

5th & 6th: Session 2 & Session 4

Session 1: 7:45 - 9:20 PM

Session 2: 7:25 - 9:00 PM

Session 3: 4:05 - 4:55 PM

Session 4: 3:10 - 5:00 PM

Teams will be equally assigned by league officials.

Equal playing time for everyone, every afternoon.

2nd games will be played at:

Nordby Center for Recreation
1700 Lincoln Ave SW
Huron, SD 57350

Fees (not included):
NCR Annual Members: \$30.00
Nonmembers: \$75.00

Winter Basketball League

Annual MEM. FEE: \$30.00 Non-Mem. Fee: \$75.00

Address:

Overseas Fee:

Team Name:

Phone Number:

Player Name:

Player Age:

Player Grade:

Player School:

Player Address:

Player City:

Player State:

Player Zip:

Player Email:

Player Signature:

Player Parent Name:

Player Parent Phone:

Player Parent Email:

Player Parent Address:

Player Parent City:

Player Parent State:

Player Parent Zip:

Player Parent Email:

Player Parent Signature:

Player Parent Address:

Player Parent City:

Player Parent State:

Player Parent Zip:

Player Parent Email:

Player Parent Signature:

Player Parent Address:

Player Parent City:

Player Parent State:

Player Parent Zip:

Player Parent Email:

Player Parent Signature:

Player Parent Address:

Player Parent City:

Player Parent State:

REGISTRATION IS AVAILBE ONLINE OR AT THE NORDBY CENTER.

VOLLEYBALL TOURNAMENTS

12u – 18u

CRUSH IT –

April 2024 - TBD

APRIL SHOWERS –

April 2024 - TBD

ALL DATES ARE SUBJECT TO CHANGE!

BASKETBALL TOURNAMENTS

BOYS & GIRLS – GRADES 4TH – 8TH

EARLY BIRD SHOWDOWN

Saturday, November 18th, 2023

Nordby Center's BB CLASSIC

Saturday, January 6th, 2024

WINTER CLASSIC

Saturday, January 27th, 2024

3RD ANNUAL 'LOVE OF THE GAME'

Saturday, February 17th, 2024

Registration is open & available
online!!

www.nordbycenter.org

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www.huronclinic.com

AQUATIC PROGRAMMING



SWIMMING LESSONS

Session Dates	Class	Day	Time	Annual Member Cost	Non-Member Cost
Winter Session	Pre 1,2,3	Sat.	8:15- 9:00 AM	\$50.00	\$ 75.00
REGISTRATION WILL BEGIN IN JANUARY 2024.	Youth 1 & 2	Sat.	9:15 – 10:00 AM	\$50.00	\$ 75.00
	Youth 1 & 2	Sat.	10:15 – 11:00 AM	\$50.00	\$ 75.00
	Youth 3 & 4	Sat.	11:15 – Noon	\$50.00	\$ 75.00
	WATCH OUR FACEBOOK & WEBSITE!				

*Prices include tax

Preschool 1 (age 3-5 years): Two beginner levels for the younger swimmer. No skills needed prior to class. Students will be introduced to water adjustment and beginner skills such as breath holding, flutter kick and front float.

Youth Level 1 (age 6-9 years): There are no prerequisites for this course. Level 1 is to help students feel comfortable in the water. Basic water safety is covered.

Youth Level 2 (age 6-10 years): Students must have successfully completed Level 1, or able to demonstrate all the requirements in Level 1. This class works on developing the foundation for future strokes, float without support and survival float.

Youth Level 3 (age 6+ years): This program is for swimmers who successfully completed Level 2. Students will continue to work on the front crawl and back crawl and be introduced to the butterfly and treading water. As in all levels, basic water safety skills are covered.

Youth Level 4 (age 6+ years): Students must have successfully completed Level 3. Level 4 is designed to develop confidence and endurance in the previous learned strokes, introduce the elementary backstroke, breaststroke and elements of sidestroke and improve other aquatic skills.

Registration for Red Cross Swimming Lessons must be completed at Nordby Center. Payment is due upon completion of Swim Lesson registration form in order to secure class reservation.

Nordby Center for Recreation WINTER HOURS

Mon. – Thurs. 5:00 am – 9:00 pm
Friday 5:00 am – 8:00 pm
Sat. & Sun. 8:00 am – 6:00 pm

WINTER POOL SCHEDULE

TIME	MON	TUE	WED	THU	FRI	SAT	SUN
5:30-8:00 AM	Open	Open	Open	Open	Open	Closed	Closed
8:00-9:00 AM	H2O Fitness	Aqua Zumba	H2O Fitness	Aqua Zumba	H2O Fitness	Swim Lessons REBECCA DALLERON 885M 1222	O P E N
9:00-10:00 AM	Open	Open	Open	Open	Open		
10:00-11:00 AM	Hydro-Fit		Hydro-Fit		Hydro-Fit		
11:00-12:00 PM	Senior Time	Senior Time	Senior Time	Senior Time	Senior Time		
12:00-3:45 PM	Open	Open	Open	Open	Open	Open	
3:45 – 5:45 PM	Aqua Team	Aqua Team	Aqua Team	Aqua Team	Aqua Team	Closes @ 5:30	Closes @ 5:30
6:15 – 7:00 PM	Open	DWP	Open	DWP	Closes @ 7:30		
7:00-8:30 PM	Open	Open	Open	Open			

**All schedules are subject to change by the Nordby Center for Recreation staff.
 *No open swimming, swimming lessons, water aerobics, or Senior time. **Pool closes 1/2 hour prior to facility!

Huron Swim Team

Practice Times

Monday – Friday

3:45 – 5:45 PM



FACILITY RENTAL

Birthday Party Rental

You're Invited To Celebrate your Birthday at the Nordby Center for Recreation

When: Friday: 5:30 PM - 7:30 PM
 Saturday: 11:00 AM - 1:00 PM/2:00 - 4:00 PM
 Sunday: 11:00 AM - 1:00 PM/2:00 - 4:00 PM

Where: Nordby Center with (Non-Exclusive) use of pool

Who: You and 12 of your friends!

What: Two hours of fun and easy for parents

Cost: Annual Members \$100.00
 Non-Members \$125.00
 Additional guest \$3.25

**Price includes tax*

**Your Birthday party will be the one, you and your friends will remember! We will provide a private party room, lifeguard for the pool, table and chairs for your special event. You may bring in food, drinks and other games.*

* All parties must be paid in full at the time of booking. Please book at least two weeks in advance. Contact the Nordby Center for more information on Private Rentals at 352-2627.

Individuals and families have many ways to take advantage of ALL our facility offers. Annual and monthly memberships, and daily passes all provide you access to EVERYTHING available at the Nordby Center for Recreation. See you there!

Annual Corporate Rates

Our corporate rate is a cost-effective tool for countering escalating health care costs while improving the productivity and morale of employees. Health care costs are estimated to increase in the next five years. A Nordby Center Membership is an investment to the solution.

To be eligible for the corporate plan, a company must employ a minimum of ten employees and monetarily guarantee membership of 10% of their workforce or a minimum of ten employees, whichever figure is higher.

Corporate accounts will be billed to the company at the beginning for each membership year. However, a company must maintain ten memberships or 10% of their workforce (whichever is higher) to remain eligible for corporate rates.

Thank you to our Corporate Members.

American Bank and Trust
 Beadle County Auditors
 City of Huron
 Community Counseling
 Dakotaland Federal Credit Union
 Ellwein Brothers, Inc.
 F & M Bank
 Dakota Provisions

Prostrollo Motors
 HRMC
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 Huron School District #2 - 2
 Huron Area Education FCU
 Federal Employees Counsel
 HMMI
 Huron Auto Body Clinic



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huronregional.org



*Please check with your insurance policy on updated terms.



*Please check with your insurance policy on updated terms.



*Please check with your insurance policy on updated terms.

OUR SPECIAL THANKS TO:

The Nordby Center for Recreation founders and governing board of directors for their vision and support.

Board members include: Tom Glanzer John Pfitzer, Kristy Smith, Jamie Cass, Doug Pietz, Jason Rubish, and Dave Moser.

United Way

We want to thank the United Way for providing the Nordby Center for Recreation with additional funding that enhances our ability to provide exercise and wellness to youth. This funding allows us to stretch our dollar for our members a little bit further and enables us to reach even more youth within the community.



Lincoln D. Wacker Foundation

Lincoln, son of Tyrone and Vereen Wacker, lived in Huron and attended Madison elementary from 1979-1983, and attended Huron University from 1998-1999. He was a student-teacher at Jefferson Elementary school. Tyrone was the football and baseball coach during his years at Huron College. Lincoln was killed by a drunk driver in the fall of 1999 while returning from coaching a football game.



Wheeler Family Fund

The Wheeler Family Fund is a part of the Huron Community Foundation. It was started in 2013 by Rick Wheeler, Ron Wheeler, Brian Wheeler, Kirke Wheeler and June Wheeler in memory of their parents Kirke and Maurine Wheeler, brother and husband Dr. Jeff Wheeler, and their grandparents John and Lelia Wheeler. Each year, the interest off the fund investment can be distributed to different, non-profit, and charitable organizations as selected by the members of the Wheeler Family Fund.

Dr. Paul Hohm Foundation

Dr. Paul felt so passionate about having a facility such as the Nordby Center for Recreation and Hohm Courts in the community, that he left an endowment with the SDCF earmarking the Hohm Courts to be the beneficiary of an annual distribution for the maintenance and betterment of the facility.

Nordby Center for Recreation Advertising Partners

We want to thank our advertising partners for their loyalty and commitment to the Nordby Center for Recreation. Their continued support has allowed the Nordby Center for Recreation to continue its storied success as well as cement our relationship within our great community. Please contact the Nordby Center for Recreation on how to become an advertising partner.

Advertising Partners

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Functional Medicine

...and the Nordby Center Members.



WEBSITE

Visit us on our website to view information, pictures, and more.....
www.nordbycenter.org

Check us out on Facebook,
Instagram: @nordby_center_for_recreation
Also follow us on Twitter: @NordbyCenter



Phone Number
605-352-2627

MAILING ADDRESS
Nordby Center for Recreation
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SEALY POSTERPEDIC SPRING BLOOM MEDIUM QUEEN MATTRESS
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MEMORY FOAM MATTRESS

Reacts to your body with different layers of foams to provide support and pressure relief.



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FEEL

FIRMIEST FEEL

BACK SUPPORT

STRONG SUPPORT

FEEL

FIRM FEEL

BACK SUPPORT

STRONG SUPPORT

FEEL

FIRM FEEL

STEP

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