

2020 SPRING & SUMMER ACTIVITY GUIDE





...Welcome...

Welcome to the Onalaska Park and Recreation Department's 2020 Summer Activity Guide. Please review the wide range of programs that we have to offer. This year I would encourage everyone to try some new. We have a large variety of different programs for everyone to enjoy.

- Youth Programs
- LEGO STEM Class
- Intro to the sport of La Crosse
- Babysitting Class
- Adult Programs
- Canvas Painting at the Great River Landing
- Finance Workshops
- Family Fun
- Cardboard boat races
- Family Kayaking

As we continue to offer new and innovative programs, we strive to offer opportunities for participants of all ages and abilities. If you have any questions or concerns, please feel free to contact me at 608-781-9560, as your input is always welcome.

Dan Wick

MEET THE STAFF



Dan Wick: *Director*

Kraig Koelbl: *Recreation Supervisor*

Tyler Ketterhagen: *Recreation Coordinator*

Tony Meyers: *Sales Manager*

Justin Swartling: *Events Coordinator*

Mike McCaffrey: *Building Supervisor*

Mark Hanson: *Parks Supervisor*

Scott Bahr: *Park Maintenance*

Lane Zahrt: *Park Maintenance*

Lee Johnson: *Building Supervisor*

Brian Babiash: *Buildings Manager*

Louann Pierce Keane:
Administrative Assistant

PARK BOARD



Dan Stevens, Alderperson
Andrea Benco - Chair
Ohbe Johnson
Jonathan Klock
Patric McGuane
Connor Nagy - Vice Chair
Brian Udermann

MISSION STATEMENT

The City of Onalaska Park & Recreation Department is committed to enhancing the quality of life for the citizens of Onalaska through promotional development, maintenance of public recreation through enrichment opportunities, parklands, related facilities and the preservation of natural areas.

CITY OF ONALASKA PARK & RECREATION

415 Main Street
Onalaska, WI 54650
Office Hours: Monday - Friday 8 am - 5 pm
Phone: 781-9560
Cancellation/Information Hotline: 791-0833
parkrecinfo@onalaskawi.gov
www.cityofonalaska.com

ONALASKA OMNI CENTER

255 Riders Club Road
Onalaska, WI 54650
Phone: 781-9566

ONALASKA AQUATIC CENTER

250 Riders Club Road
Onalaska, WI 54650
Phone: 781-9524

FOLLOW US AT:

Onalaska Park & Rec
Onalaska Aquatic Center
Onalaska OMNI Center



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...General Information...

NON-RESIDENT POLICY:

For registration purposes, a resident is anyone who lives within the corporate boundaries of the City of Onalaska. The boundaries of the City of Onalaska and the Onalaska School District are different. Any person residing outside the city boundaries is considered a non-resident and is billed accordingly.

NON-DISCRIMINATION POLICY:

The Park & Rec Department does not discriminate on the basis of race, color, national origin, sex, religion or age in employment or provision of service.

YOU SNOOZE...YOU LOSE:

Nothing kills a program quicker than waiting until the last minute to sign up. If there are not enough participants by the given deadline, the program will be cancelled. In the event a program is cancelled by the Park & Rec Department, each participant will receive a full refund.

INSURANCE:

Park & Rec does not provide accident or hospital insurance for individuals participating in sponsored activities. Participants are encouraged to obtain or review their personal insurance policies (medical, accident and liability).

REFUND POLICY:

Refunds will be granted if requests are made seven (7) days prior to the scheduled start of the activity. After an activity has started, refunds will be granted only for medical or unavoidable circumstances. There will be a \$5.00 service charge for processing all refunds.

RETURNED CHECKS POLICY:

A \$30.00 service charge will be assessed on all checks returned due to insufficient funds. Once a NSF check occurs, all future registrations must be cash only.

CANCELLATION INFORMATION:

Announcements will be placed on the city website, our Facebook page, and our hotline 791-0833 approximately one (1) hour prior to the start of a program. In the event severe weather develops immediately prior to the program, the supervisor will make the determination to cancel. The department recognizes that severe weather situations vary, therefore parents are encouraged to use their own discretion with sending children to programs. If the schools close early and the program is held at school, the program will be cancelled as well.

RECREATION SCHOLARSHIP PROGRAM:

The Park & Rec Department has a scholarship program set in place for City residents only. Stop by the office for the paperwork, which needs to be turned in to the Park & Rec Director prior to registering for an activity. Please allow a few days for processing. Scholarships cannot be applied toward all programs. For information on which programs allow scholarship rates, please call the Park and Rec Department at 608-781-9560.

AGE REQUIREMENTS:

For all programs, an age requirement is specified. Please do not request to have your child put in a class in which he/she does not belong. All age requirements are set to benefit the children, make instruction more consistent for the leader, and ensure all participants safety.

PROGRAM EVALUATION:

Program evaluation forms are available online at www.cityofonalaska.com for any youth or adult activities. We welcome and appreciate any feedback you are willing to provide.

SAY CHEESE: For promotional purposes, photos may be taken of participants. These photos may appear on social media. If you do not wish to have your photo taken, please tell the photographer.

TYPO, WE GOOFED: Occasionally there may be an error with information in the Activity Guide. If so, the staff will do everything possible to correct the situation promptly. Thank you for your patience should these situations arise.

LOST & FOUND ITEMS: Items left behind from an activity at a school will be found in the school's lost and found. Items left at a Park & Rec facility will be brought back to our office and kept through the season.

EMPLOYMENT OPPORTUNITIES:

Earn extra money, learn new skills, and get involved in your community. Persons interested in working for the Park & Rec Department should complete an application. You can pick one up from the office or our website at www.cityofonalaska.com, under Human Resources. Year round available positions include: Coaches, Program Leaders, Refs, Officials, Day Camp/Arts & Crafts Leaders, Lifeguards, Concession Workers, and Sledding Hill Staff.

VOLUNTEERS NEEDED: If you're interested in volunteering for the Park & Rec Department, you must first complete a background check. Forms can be picked up from the office. If accepted, you will be contacted with information regarding the coach's meeting, (where you will receive training and coaching materials) or the event or which you will be volunteering.

AMERICANS WITH DISABILITIES ACT: In accordance with the requirements of Title II of the Americans with Disabilities Act of 1990 (ADA), the City of Onalaska will not discriminate against qualified individuals with disabilities on the basis of disability in its services, programs or activities. If you feel that you or someone you know has been discriminated against, or you have a recommendation on increasing accessibility of the City's services, programs and activities, please contact the ADA coordinator at 608-781-9560.

...Registration...

ONLINE REGISTRATION

Go to www.cityofonalaska.com, put your cursor over "Park & Recreation," and move the cursor to "Program Registration."

This will take you to our online registration site.

First you have to create/request an account if you have not already created one. You will receive a verification email following the creation of your account when you're approved to register.

Next, click on "View Activities" to find the program you want, enter in the appropriate family member's name, and pay right there with your credit card. There is a small convenience fee to use this service, and it is non-refundable.

Make sure to review all information, agree to required waivers, and confirm that you meet the age requirements before you finalize payment.

Make sure to remember your User Name and Password!

Payment type: Credit Card only

Online Registration Opens:

Monday, March 23rd at 12 am.

WALK IN REGISTRATION

You may register for any program at the Onalaska City Hall, 415 Main Street, Park & Recreation office.

For in-person service, stop by during our office hours: Monday - Friday, 8 - 5 pm.

If you have questions about our online registration, please ask, and we can show you how to set up an account here.

Payment type: Cash, Check, or Credit Card

Walk In Registration Opens:

Monday, March 23rd at 8 am.



JOHN FLEIS YOUTH SCHOLARSHIP FUND

John Fleis graduated from La Crosse Central and then from UW-La Crosse. In 1945, he became a teacher and high school coach in the Madison area. In 1959, he quit teaching and moved back to Onalaska and started his own insurance agency.

His love for sports and coaching led him to start the Onalaska Park & Recreation Program in the early 1960s. With the help of many volunteers, tennis, basketball, baseball, and golf were some of the initial programs offered.

After a few years of running the program with volunteers, the City of Onalaska took over and hired its first director.

Upon John's death in 2009, the family established the John Fleis Youth Scholarship Fund for the Onalaska Park & Recreation Department to provide financial assistance for families of the community to participate in Park & Rec Programs.

Participate. Educate. Recreate.

FLEIS NIGHTFALL FROLIC

1K/5K APRIL 17TH
MORE INFORMATION PAGE 28

**All Program
Registration Starts:
MARCH 23RD**

...Equipment Rental/WPRA Tickets...

Stop in and enjoy the amenities the Onalaska Park & Rec Department has to offer! If you would like to rent any of this recreational equipment, stop by the Park & Rec Department office located in City Hall. Equipment is available on an hourly or daily basis. Explore the waters and enjoy the parks just a little bit more!

KAYAK AND CANOE RENTAL

With a special thanks to God's Country Musky Club this year for the donation of a canoe to Onalaska Park and Recreation. Kayaks and a canoe are available to rent from the Park & Rec Department. Come to our office to put a payment down, and sign the waiver. Included in the fee is 1 kayak/canoe, life jacket, and a paddle. We have 4 single seat kayaks, one double seat kayak, and one two seat canoe available at a time. \$50 deposit upon arrival for key, deposit is refunded upon key return.

Fees: \$25/kayak/canoe for the whole day (M-F, back by 5pm Fri.)
\$30/kayak/canoe for the weekend (noon Fri-noon Mon.)

**Do not rent if you are not physically able to get back in or get to shore if you fall out.*

**Kayaks/canoe are at the Great River Landing and are not allowed to be transported and launched at another location.*

DISC GOLF COURSE

The Onalaska Park & Recreation Department has a disc golf course in Rowe Park, right behind Onalaska High School. This 9-hole course is perfect for people of all ages and abilities. If you're interested in trying it, but have never played, contact the Park & Rec office and rent some discs.

Fees: \$5 per set of discs
\$50 deposit upon pickup

This deposit will be returned to you when the discs have been returned to our office.

FISHING POLES

You can borrow just one or enough for the whole group. If you want to reserve 10 or more, you must call ahead. Contact us at 781-9560.

PICNIC PACKS

The Onalaska Park & Rec Department has put together picnic packs for groups that rent our shelters. There will be a variety of activities/sports balls in the pack! Be sure to specify if you want one at the time of registration so we can have it ready for you when you pick up the key! Items that can be included in your pack are basketballs, baseball and softball gloves, bats & balls, soccer balls, frisbies, volleyballs, footballs. Not seeing what you want? Ask us if we have it available for your use.

Rental Fees: \$10

DOG EXERCISE AREA

Bring your favorite friend and come try the Onalaska Dog Exercise Area located near Van Riper Park! With plenty of room to run and lots of new friends to meet, you and your dog can both enjoy a sunny afternoon! Located at 225 Kramer Road.

Daily Permits - \$2.00

Pay at Dog Park entrance

Annual Permit (One Dog) - \$12.00

Good for calendar year-Pay at Park and Rec Office

Annual Permit (Additional Dogs) - \$5.00/dog

For any dog after your first, good for the calendar year

...WPRA Discounted Tickets Program...

This summer the Onalaska Park & Rec Department will again be participating in the Wisconsin Park and Recreation Association discount ticket program. Tickets will be available for purchase during regular office hours of Monday - Friday, 8 - 5 pm beginning May 1st.

Mt. Olympus Water & Theme Park NEW THIS YEAR

\$20 and everyone in your car will be allowed to enter park!

*regular sized cars, minivans, suvs only.

Pirate's Cove Adventure Golf & Family Fun Center

(4 & Under Free)

\$6.00 - Adult & Child

Save \$3.00

Milwaukee County Zoo

(2 & Under Free)

\$12.25 - Adult • \$10.25 -Child (ages 3-12)

Save \$4.50

Noah's Ark Waterpark

(Kids 35" & Under Free)

\$29.00 - All Day Pass

Save \$10.99!

*2% processing fee when tickets are purchased with a card, no fee if bought using cash or check.

...Program Sponsors...

2 Brothers Powersports
 Allen Automatic
 Transmission
 Altra Federal Credit
 Union
 American Family
 Insurance-Jason Lassen
 American Legion
 Ant's Complete Pest
 Control
 BA Burrito
 Bakalars Sausage
 Company
 Becker Tax &
 Bookkeeping
 Blain's Farm & Fleet
 Blue Moon
 Bobcat of the Coulee
 Region
 Brenengen Auto Group
 Bluff View Bank
 BMO Harris
 Buffalo Wild Wings
 Coulee Bank
 Co-Op Credit Union
 Coulee Golf Bowl
 Coulee Bicycle CO.
 Coulee Region
 Cremation Group
 Coulee Region Sports
 Network
 Courtesy Corporation
 Dahl Ford Automotive
 Dairy Queen
 Dental Clinic of
 Onalaska
 Design Photography
 Diggity Dog Daycare
 Dynamic Lifecycle
 Innovations
 EWH Small Business
 Accounting

Every Plumbing & Heating
 Fazoli's
 Festival Foods
 First American Roofing &
 Siding, Inc
 Fleis Insurance Agency
 Gameday Supply
 Games People Play
 Great River Orthodontics
 Harley-Davidson
 Harter's Quick Clean-Up
 Hilltopper Refuse &
 Recycling
 Highway 35 Signs
 Holiday Inn Express
 Home Depot
 Hulse Dental
 Interstate Roofing
 Kujak Orthodontics
 Kwik Trip
 La Crosse Loggers
 Lyche Family
 Marine Credit Union
 Mathy Construction
 Company
 Mayo Clinic Health System
 McDonald's
 MC & KL Hanson
 Merchants Bank
 Midwest Fuels
 Miller Quick Print
 M.Y. Life Heath Center
 Nutbush City Limits
 Oak Forest Dental
 Once Upon a Child
 Onalaska Area Boy Scouts
 Onalaska Athletic Booster
 Club
 Onalaska Firefighters
 Association
 Onalaska Hilltopper Rotary
 Onalaska Lions Club

Onalaska Police Association
 Pepsi Cola of La Crosse
 Polito's Pizza of La Crosse
 RE/MAX First Choice
 River Trail Cycles
 Rudy's Feed'N Seed
 Schaller Jacobson
 Schumacher-Kish Funeral
 Homes
 Snowwhite Laundromat
 Tricor Insurance
 The Insurance Center
 Venture Machine & Tool
 Walmart
 Winona Heating &
 Ventilating Co. Inc.
 Woodman's



*Special thanks to the
 Onalaska School District
 for the use of their
 facilities over the course of
 the year!*



...Onalaska OMNI Center...

Interested in hosting your Wedding, birthday party, graduation party, or other event at the OMNI Center? Give us a call at 608-781-9566 ext 603 and talk to Tony Meyers, OMNI Center Sales Manager. We can host events large and small, from group meetings to 1,000 person weddings. We have spaces to fit all sizes. The OMNI is also able to host sport team practices, games, and tournaments. We have indoor basketball and volleyball courts, full size hockey ice sheet, and indoor turf area. Call 608-781-9566 ext 603 about booking one of the spaces available at the OMNI Center.



Open Ice Schedule	Days of the Week June 9th-Aug 28th	Times	Cost	Details
Open Figure Skate	Tue Fri	2:30-4:00pm 1:00-2:30pm	\$5.00	*Ages 7 & under must be under adult supervision (see ice schedule for additional open skates)
Open Skate	Mon/Tue/Thur Fri	12:45-2:30pm 2:45-4:45pm	\$4.00/adult \$3.00/child Skate Rental \$3.00	*Ages 7 & under must be under adult supervision (see ice schedule for additional open skates)
U-12 Open Hockey	Mon & Thurs	11:15-12:30pm	\$5.00	*All players must provide and wear own gear, sticks, and pucks. Skates are available for rent if needed. Please always check online schedule as times are subject to change.
13-18 Open Hockey	Mon & Thurs	Varies	\$5.00	
Adult Open Hockey	Friday	7:30-9:00pm	\$7.00	
Parent/Child Stick & Puck	Friday	5:00-6:00pm	\$5.00/child	No goalies; must be accompanied by a guardian. 1 kid/1parent. Bring own stick and puck

Please check cityofonalaska.com/omnicenter for arena schedule. Times are subject to change. Following dates there are no open ice activities: June 22,23,26 & July 10,17,27,30.

...Onalaska OMNI Center...



255 Riders Club Road
Onalaska WI 54650
608-781-9566

SWIM AND SKATE PASS

The Onalaska Swim and Skate Pass buys you unlimited entry into the **OMNI Center** for all scheduled open skate, open Figure, and youth open hockey. Skate rental is included with the swim and skate pass! You also get unlimited access to the **Aquatic Center** for all open swim times.

Individual Pass

\$90 Resident

\$105 Non Resident

FAMILY PASS

\$190 RESIDENT

\$220 NON RESIDENT

(up to 7 people, all must live at same address)

**Open Ice times are subject to change. Please check the cityofonalaska.com/omnicenter and click on arena schedules to see the most up to date ice schedule.*

YOUTH HOCKEY CLINIC

This program will be lead by past and present area high school players. It is designed for girl and boy players who do already know the basics of hockey and are looking to grow their skills. Players must bring full gear, skates, and sticks to each session. Does not meet week of July 4th.

Dates: Thurs, June 11th - Aug 6th

Time: 4:00-4:50pm

Fee: \$120

Ages:8-12

Location: Onalaska OMNI Center

GIRLS POWER HOUR

Designed as an introduction to the great sport of hockey for girls ages 7 and up. For those who have never skated or would like to improve on their basic skills. Receive assistance by our trained coaching staff or use our skate aides to get you moving in the right direction. **Participants will be able to use our equipment throughout the week! Does not meet July 4th.**

Dates: Tues, June 10th - Aug 5th

Time: 4:00-4:50pm

Fee: \$90

Min: 8

Ages: 7-14

Location: Onalaska OMNI Center

3V3 SUMMER HOCKEY TOURNEY

Teams will sign up for Mite, Squirt/Peewee, Bantam, or High School level for the tournament. Limited to first 12 teams at each level. **Contact Brian Babiash for more information at 608-781-9566 ext 610 or bbabiash@onalaskawi.gov**

Dates: June 26/27/28

Fee: \$60 per team

BABYSITTING CLASS

To provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about basic child care and basic first aid. For ages 11+

Session 1: May 4th & 6th 4pm-7pm

Session 2: June 8th & 10th 4pm-7pm

Fee: \$50

Location: OMNI Center Banquet Room



...Sports/Outdoor Fun...

PICKLEBALL

Pickleball, the fastest growing sport in America, is a paddle sport for all ages and all athletic ability levels. It combines many elements of tennis, badminton and ping-pong and adds its own rules as well. It is played both indoors or outdoors on a badminton-sized court with a net lower than a tennis net. Players use a paddle and a plastic ball with holes to win a game to 11 points. Pickleball can be played as doubles or singles, but 95% of all play is as doubles. It has very simple rules and is easy to learn and play. To learn how to play the game with rules and video examples as well as where to get equipment; go to : www.greatlaxareapickleball.jimdo.com

Pickleball times listed are drop in play and you will be able to play with a variety of other players over the course of several games. Courts are located at Oak Park, **2011 Craig Lane W Onalaska**

Times begin May 4

Scheduled drop-in play is every morning, 9 am - 12 noon.

Monday through Thursday scheduled drop-in play is 5 pm - dusk.

The courts are open throughout the day for any pick-up games and other fun gatherings. What is "drop-in" play? Drop-in play means that all skill levels are welcome. Just come and show up! A large group of players will be there and you will play games with these other players and rotate through. It makes this game a fun community sport!

(Times subject to change and subject to weather – too cold, rain or too windy will cause play to be cancelled.)

PAINTBALL OUTING

All games are professionally refereed to ensure player safety. The fee includes all gear: goggles, mask, gun, air, & first 100 balls. Participants should wear dark colored clothes or camouflage, long pants, long sleeves, gloves, hat, shoes or boots with some ankle support. Please bring water and dress appropriately for the weather. When you register, please note if you will be bringing your own equipment!

Dates: Sunday, May 17th

Time: 1-4pm

Ages: 10 & Older, parents welcome!

Deadline: April 27th

Fee: \$20 (\$5 on site per 100 extra balls)

Limited to first 8 people who register!

2020 ONALASKA SUMMER FOOTBALL CAMPS

Location: OHS football practice field (806-812 11th Ave South)
AKA: LAWCON Field

Questions: Coach Yashinsky at coachyash@gmail.com

YOUTH FOOTBALL CAMP

(INCOMING 1ST - 8TH GRADERS)

Participants will learn the fundamental skills of football. Attendees will learn age appropriate drills and skills that will help them be successful at whatever level of football they are playing this fall. Groups will be set up based on age and each day will end with flag football games with current Onalaska Football players participating as well.

Dates: July 20th & 21st **Time:** 4:45 - 6:00 pm **Fee:** \$30 includes t-shirt

ONALASKA OFFENSIVE SKILL DEVELOPMENT AND PASSING CAMP

(INCOMING 5TH - 9TH GRADERS)

This 5 session camp will help players develop their skills at all offensive positions. The first half of each camp is dedicated to a skill session where skill players will learn to run routes, throw and catch the football. Offensive Linemen will learn the basics of stance and blocking. The second half of each session will be dedicated to 7 on 7 passing games in age appropriate groupings. Over the past 4 season the Onalaska Football team has averaged 37 points a game and 230 yards passing per game. Come out and learn the basics of what we do to help you perform your best during your season of football this year.

Dates: 6/8, 6/15, 6/29, 7/6, 7/20

Time: 3:30pm-4:45pm

Fee: \$60.00 includes t-shirt

DISC GOLF PROGRAM

This program is to help teach the basics of disc golf. The instructor will start teaching you the basics of rules, and technique. Eventually players will move onto playing rounds during class. It will meet at rowe park near the park shop parking lot. Discs will be provided. Please bring a water bottle.

Fee: \$15

Location: Rowe Park

...Youth Sports...

TENNIS LESSONS

Lessons will be one hour long, except beginners which will be 45 minutes. Beginner ages are typically 5-8, Intermediates ages 7-11, & Advanced ages 11-14. Please bring your own racquet. If you don't have one, please talk with the coach. Beginners, Intermediate, Advanced, or High School: the program will feature six weeks of lessons. Following the lessons, all Intermediate and Advanced players are encouraged to participate in the end of season tournament starting July 20th.

Dates: June 8th - July 16th **Ages:** 5- 18

Fee: \$32R/\$46NR **Max:** 25 per class

Location: Gullikson Courts (Rowe Park)

Instructor: Kurt Gutknecht,
OHS Tennis Coach

Mon. & Wed (starts Mon, June 8th)

8:30am Advanced

9:30am Beginners (7 & up)

10:30am Intermediate

11:30am Beginners (5 & 6)

12:30pm High School Boys

Tue. & Thur. (starts Tue, June 9th)

8:30am Advanced

9:30am Intermediate

10:30am Beginners (7 & up)

11:30am Beginners (5 & 6)

12:30pm High School Girls

Camp90 Soccer

Camp90 is a player development camp designed to inspire creative expression in a player. Our philosophy is based on three core concepts: Kindness, Creativity, and Confidence. Players of all ability levels will work for 90 minutes on developing mental and physical skills through small sided games and fun activities. Coaches will be instructing players on technical skill development for first hour and games the last half hour.

Dates: August 3rd-6th

Time: 8:00-9:30am

Fee: \$45

Ages: 5-13

Location: Jimmy Olson Fields

GOLF LESSONS

Golf lessons will be offered in 2 sessions on either Mon./Tue. OR Th/Fri. Each class will be limited to 5 participants. Participants are allowed to register in only one, 1/2 hour slot for the summer unless there are openings after the deadline. Participants do not need to have their own clubs, but please feel free to bring them if you do.

Session 1: Mon/Tue, starts June 8th- ends June 23rd
Thur/Fri, starts June 11th- ends June 26th

Session 2: Mon/Tue, starts July 6th- ends July 21st
Thur, /Fri, starts July 9th - ends July 24th

Grade: 2nd - 11th (Completed-No Exceptions)

Fee: \$22R/\$33NR

Location: Coulee Golf Bowl

You Pick: Monday/Tuesday OR Thursday/Friday

Times Offered: 9:30am, 10am, 10:30am, 11am, and 11:30am

SUMMER TRACK & FIELD

Don't miss out on this summer track program. Last year over 100 kids participated! Onalaska, Holmen, and the La Crosse Track Club are going to each run programs. On the two dates listed below, each organization will host a meet so you can show your stuff! (Participant's parents will need to help run the meet in Onalaska).

Practice Days: Mondays, Wednesdays & Fridays

1st Practice: Monday, June 8th

Time: 6-10 years old 10:00-11:15am
11-14 Years old 11:15am-12:30pm

Location: Onalaska H.S. Track

Ages: 6-14 **Fee:** \$45R/\$65NR (includes shirt)

Deadline: Thurs, May 28th

Meet Dates: June 26 @ Holmen 9am-1:00pm
July 10 @ Onalaska 9am-1:00pm
(July 10 is last day of track program)



...Youth Camps/Clinics...

GIRLS SUMMER SKILLS PROGRAM

Join us this summer to take your basketball skills to the next level. Girls will work to each day to improve their ball handling, footwork, finishing moves, shooting form and range. In basketball, you are always learning, perfecting, or mastering a skill. Whether you are reviewing the fundamentals or pushing yourself with advanced drills, you will be challenged to be your best.

Dates: Tuesdays and Thursdays, June 16- July 23

Location: Eagle Bluff all June Dates
OHS all July Dates

Fee: \$80

4th-8th Time: 10:15 - 11:30am

YOUTH ARCHERY LESSONS

Come enjoy 4 weeks of instructional shooting with rental equipment. Please arrive a few minutes early the first day of class. Sessions will fill quickly so please register right away! Only 12 students allowed per class. Classes will be instructed by the knowledgeable staff at La Crosse Archery.

Fee: \$35

Ages: 8-15

Deadline: One week before class starts

Location: La Crosse Archery (1231 Oak Forest Dr. Onalaska)

Session 1: Tuesdays, June 9th-30th 4-5pm

Session 2: Tuesdays, June 9th-30th 5-6pm

Session 3: Tuesdays, July 7th -28th 4-5pm

Session 4: Tuesdays, July 7th -28th 5-6pm

Session 5: Thursdays, July 9th-30th 4-5pm

Session 6: Thursdays, July 9th-30th 5-6pm

INTRO TO LACROSSE

Lacrosse isn't just the name of a city! It is one of the oldest sports in the nation and is growing rapidly. Nicknamed 'the fastest sport on two feet' lacrosse is a fast moving sport that emphasizes teamwork and coordination. This introductory lacrosse program will utilize experienced coaches to instruct children on the fundamentals of the sport. Through positive reinforcement, and the promotion of hard work, dedication, and sportsmanship our coaches will provide the best possible lacrosse experience for our young athletes. Athletes will be separated based on age and skill level during the session. Gear will be provided! Class lead by High School Coach Ben Johnson

Dates: Mon & Wed June 8th - July 1st

Fee: \$40

Location: Jaycee #2

Time: 12:30pm-2:00pm

Deadline: Friday, June 5th

Ages: 9-14

INDIVIDUAL BASKETBALL SKILLS CLINIC

Registration will be closed after the first 15 players have signed up per each session. These workouts will be very intense and focus on finishing moves, shooting, passing, and ball handling.

Where: Onalaska OMNI Center

Who: Boys and Girls Entering Grades 3-8

Session 1: 9:00-10:30 6/22-7/22 Mon & Wed

Session 2: 9:00-10:30 6/23-7/23 Tues & Thurs

Cost: \$120

Max: 15 per session

Clinic Instructor: Craig Kowal (OHS Boys Basketball Coach)

HILLTOPPER BASKETBALL CAMP

For players entering grades 1 - 9. This camp will give players a chance to learn, refine, and improve overall fundamental basketball skills through skill work and team play.

Fee: \$70 on/or before June 1; \$80 after June 1

1st - 3rd Time: 9:30 - 11 am

4th-9thTime: 12:15-2pm

Dates: Mon-Thur, June 8-11

Dates: Mon-Thur, June 8-11

Location: Eagle Bluff

Location:Eagle Bluff

HILLTOPPER BASKETBALL LEAGUE

Dates: Tuesdays and Thursdays, July 7-23

Location: OHS

Fee: \$85 on/or before June 1; \$95 after June 1

1st - 9th (boys) Time: 12:30 - 2:00pm

REGISTER FOR BOTH THE CAMP & LEAGUE FOR \$120

SPORTS ADVANTAGE SPEED, AGILITY AND STRENGTH CAMPS

For boys and girls currently in grades 3 - 8. During this program, we will cover the following: running form, footwork, speed, body awareness, coordination, reaction/balance mechanics, joint stabilization, and core strength and stability. **Location:** OHS

Dates: Mon. & Wed, June 15-July 22

Time: 1-2pm (grades 3-9)

Fee: \$80 **Location:** OHS

HIGH SCHOOL BASKETBALL CAMP

Dates: June 3-5

Location: Eagle Bluff

Fee: \$65

Grade: 9th-12(boys)

Time: June 3rd 12:30 - 3:30pm

June 4th & 5th 9:00-12:00pm

...Youth Camps/Clinics...

SUMMER STRUM

Beginner Ukulele Class: This four-week, intro to ukulele class is designed to teach participants the absolute basics to getting started playing ukulele. Participants will learn about the anatomy of the ukulele, how to tune and care for your ukulele, and how to play five beginner chords (C, F, G, Am, & C7). This class is not a good fit for individuals who already know how to play the ukulele.

Dates: Weds, July 8, July 15, July 22, July 29

Ages: 9 - 15

Time: 6:20 - 7:05 PM

Fee: \$45

Intermediate Ukulele Class: This class is designed for players who have prior ukulele experience and have mastered the skills described in the beginner class description. This is a great extension to progress into using more complex strumming patterns and chords.

Dates: Weds, August 5, August 12, August 19, August 26

Ages: 9 - 15 **Time:** 6:20 - 7:05 PM

Fee: \$45

**Ukuleles will be available for the beginner & intermediate class; however, participants are strongly encouraged to have an instrument to use at home between lessons.*

Min/Max: 4/6 per session (participants only, there is not enough for parents in the room while class in ongoing)

Location: Life In Harmony Music Therapy, LLC
Contact Life In Harmony Music Therapy at hello@lihmt.com or 608-799-4860 for more information. We ask that only the registered participant attend the class.

SUMMER BOOMS

This class will utilize tuned percussion tubes called Boomwhackers to play today's radio tunes and classic campfire songs. This class will incorporate additional music-based games and team building activities through music. Boomwhackers will be provided.

Fee: \$45 **Min/Max:** 4/8 per session

Dates: Weds, June 10, June 17, June 24, July 1

Ages: 6 - 8

Time: 6:20 - 7:05 PM

Location: Life In Harmony Music Therapy, LLC
Contact Life In Harmony Music Therapy at hello@lihmt.com or 608-799-4860 for more information. We ask that only the registered participant attend the class.

CHALLENGER SPORTS BRITISH SOCCER CAMP

Come enjoy the rare opportunity to receive high-level soccer coaching from a team of international experts. Each day includes individual foot skills, technical drills, tactical practices, small-sided games, coached scrimmages, and a daily tournament. Camp program includes a free ball & shirt. Tiny Tykes Cubs and Lions will run combined.

Dates: August 10-14 at Jimmy Olson Fields Onalaska 111 Riders Club RD

Tiny Tyke Cubs: Ages 3 - 4

Time: 8:00-9:00am

Fee: \$100

Tiny Tyke Lions: Ages 4 - 5

Time: 8:00-9:30am

Fee: \$112

Half Days: Ages 6 - 9

Time: 1:30-4:00 pm

Fee: \$145

Ages 10 - 14

Time: 9:30am-12:30pm

Fee: \$145

ONLINE REGISTRATION ONLY at www.challengersports.com

Register by 7/11 and receive a jersey for **FREE!**

\$10.00 Late Fee Applies after 7/31

Host families needed for instructors. Contact Kraig Koelbl for more information.

LA CROSSE LOGGERS BASEBALL CLINIC

Loggers players and coaches will conduct the clinic with an emphasis on fundamentals. This is a great opportunity for participants to learn from college coaches and some of the nation's top collegiate players. **The fee includes: the clinic, a pizza party with the players, autographs from your favorite Loggers, and a reserved game ticket for that night's game!** Players should bring a glove, hat, shorts or baseball pants, and a great attitude!

****Register through Park & Rec but pay day of at clinic. No transportation provided.***

Dates: Friday, June 19th

Time: 11:00am - 12:30pm

Ages: 8 & older

Location: The Lumberyard (Copeland Park)

Fee: \$25 (check payable to La Crosse Loggers; bring day of clinic)

Deadline: Friday, June 12th

STEM: VARSITY BUILDERS CAMP

For engineers and builders ready for a challenge using LEGO® bricks! We've saved our most challenging engineering projects for this summer camp. Students build a robotic DogBot, a motorized BugBot, geared up Racer and a scary Bat...all challenging for any connoisseur of LEGO® bricks. Students then use these projects (and more) to investigate engineering concepts. We keep it fun too with open ended, creative projects for the students. Unshackle the ball and chain of summer brain drain. Sign up today. Visit YouthEnrichmentLeague.com for sample pictures and more details. **For boys and girls**

entering 1st-5th grades

Fee: \$90

Dates: 6/22-6/25

Time: 9:00am-Noon

Location: OMNI Center

...Youth Camps/Clinics...

CHESS SUMMER CAMP

All levels welcome. The Youth Enrichment League Teach It!...Practice It!...Play It! method keeps chess students progressing with 60+ chess lessons and thousands of puzzles as well as guided games and an end-of-week in-class tournament. Class fee includes ChessKid.com membership for the session (\$49 annual value). Battle summer brain drain...sign up today to THINK, LEARN and PLAY WELL with YEL!. **For boys and girls entering grades 1-6.**

Fee: \$95

Dates: 7/6-7/9

Time: 9:00am-Noon

Location: OMNI Center

FISHING

This class is intended to teach someone to be able to get out and go fishing whenever the time allows. We will cover how to set up and use a fishing pole with spincast reel (closed face), tie hooks/lures to a fishing line, set bobber/float, use weights (sinkers), casting techniques and post fish catching techniques. Licenses and rules governed by the State of Wisconsin DNR will apply (under 16 does not require a fishing license). We will expand specific techniques {artificial lures, Spinning reels (open face), bait selection, different knots, etc.} when and if class progression allows. Open to all ages.

Cost: \$30

Time: 12:30-2:00pm

Date: June 23rd & 24th

Location: Great River Landing

K9 FRISBEE TOSS & FETCH

This is a family friendly competition where humans and their dogs compete to catch as many frisbees as possible in 60 seconds. Even if your dog does not know how to catch a frisbee, participants of all ages and ability are encouraged to come out and have some fun! The goal of K9 Frisbee Toss & Fetch is to provide dog lovers and their dogs with an opportunity to get outside, have some fun, and socialize with other members in their community.

For more information please contact us at:

www.facebook.com/groups/couleeregiondiscdogs

Email Us: couleeregiondiscdogs@outlook.com

Spring: April 8, 15, 22, 29, May 6

Summer: June 10, 17, 24, July 1, 8

Location: Wellington Greens Park, N5367 Rylla St, Onalaska, WI



UMPIRE MEETING/CLINIC: BASEBALL & SOFTBALL

The clinic will have two parts: coulee region baseball & softball rules and positioning. This clinic is highly recommended for anyone umpiring with Park & Rec this summer. Umpires from other organizations are welcome and encouraged to participate as well.

Dates: Wed, May 27th **Time:** 6:00pm-8:00pm

Fee: \$10

Location: OMNI Center Meeting Room

HOW TO RIDE WITHOUT TRAINING WHEELS

All ages welcome. Parents looking for a more efficient, enjoyable technique to help your youngster learn to ride a bike? Learn an approach that takes the stress out of helping someone to ride. When someone is ready, learning to ride a bike can be done in 2-3 hours! Bring a bike and a helmet!

Dates: Session 1 Monday, April 20th

Session 2 Monday, May 18th

Time: 6:30 - 7:30pm

Fee: \$10.00

Location: Aquatic Center Hill

Max: 10

Bike Instructor: *Matthew Christen is a licensed cycling instructor, certified by the League of American Bicyclists.*

WATERCOLOR PAINTING

Experience a relaxed introduction to a unique medium that is both a challenge and a delight. This four week session course with help you learn the basics and the right tools that are essential for your painting experience. This is designed for those who have never used watercolor or for those with limited experience. The only requirement is for you to come with a willingness to experiment and have fun! You will leave with one completed painting each session.

The course will be repeated again July 15 – August 5 and return students are welcome to register for the second session to learn more techniques and work on your own projects with guidance from the teacher. Participants will need to buy some of their own supplies. They are listed on the activity listing online.

Cost: \$80

Time: 1:30pm-3:30pm

Session 1: June 10, 17, 24, and July 1

Session 2: July 15, 22, 29, and August 5

Location: Community Center

...In-House Softball/Baseball...

CO-ED ROOKIE TEE BALL

(turn 5 by July 30th, completing kindergarten)

Introduction to the skills of baseball/softball such as base running, hitting, throwing, and fielding. Players use a safety ball. Participants will be divided into teams and play games against each other. *Must turn 5 by July 30th.*

Regular Dates: Mon. & Wed, June 3rd - July 21st

1st Practice: Everyone June 3rd from 6-7pm (schedule to follow)

Times: 5:30/6:30/7:30 (rotate times)

Fee: \$18R/\$25NR

Location: Jaycee Field #2 (Quincy St.)

COACH PITCH BASEBALL

(completing 1st or 2nd Grade)

Participants will hit off coach pitch. Players will use a safety ball. Participants will be divided into teams and play against each other.

Regular Dates: Tue. & Thur., June 4th - July 21st

1st Practice: Everyone June 4th from 6-7pm (schedule to follow)

Times: 5:30/6:30/7:30 (rotate times)

Fee: \$22R/\$33NR

Location: Jaycee Field #2 (Quincy St.)

COACH PITCH SOFTBALL

(completing 1st, 2nd or 3rd grade)

Participants will hit off coach pitch. Players will use a safety ball. Participants will be divided into teams and play against each other.

Regular Dates: Tue. & Thur., June 4th - July 21st

1st Practice: Everyone June 4th from 6-7pm (schedule to follow)

Times: 5:30/6:30/7:30 (rotate times)

Fee: \$22R/\$33NR

Location: Rowe Park Field

INTERMEDIATE BASEBALL (ages 9, 10 & 11)

This program is for players not wanting to play on, or not placed on, a 9, 10, or 11 year old traveling team. Players will use a regulation baseball and be introduced to the pitcher and the catcher position. Players should be used to catching and fielding a hard baseball. Participants will be divided into teams and will play each other.

Dates: Tue. & Thur., May 26th - July 21st **Fee:** \$32R/\$48NR

1st Meeting Date: Everyone May 26th & May 28th from 5:30 - 7:00pm

Times: 5:30 or 7:00 (rotate times once teams are formed)

Location: Onalaska Middle School Field

IN-HOUSE BASEBALL & SOFTBALL COACHES MEETING

Date: Thursday, May 21st **Time:** 6pm

Location: Onalaska OMNI Center Meeting Room

IN-HOUSE PROGRAM INFO

Park & Rec Staff will divide players into teams. On the first day, players will come at the time and place listed, where we will hand out game/practice schedules. Teams will rotate between times listed. The Park & Rec Department will rely on parent volunteers to coach, preferably 2 coaches per team. Park & Rec will have one staff person on site to administer/oversee the program. Any special requests must be made prior to the start of the program. All programs will end on Tuesday, July 21st at our "Ball-A-Palooza" event. See below.

Ball-A-Palooza

Tuesday, July 21st - 5-8:00pm

To end all of our in-house baseball & softball programs, we will be holding a "Ball-A-Palooza/Tailgate" party. All teams (even the teams that play on Tue./Thur.) will play their final games of the season at the Jimmy Olson Fields by the OMNI Center. Along with the games, a tailgate style meal of hot dogs/brats, beans & a beverage for \$3/person and inflatables will be on site. Families can go swimming at the Aquatic Center after their game free of charge from 6:30-8:30pm. More details will be handed out a few weeks before the event at your program!



**PARENT VOLUNTEERS NEEDED
FOR ALL PROGRAMS!**

...Traveling Softball...

LEAGUE AND TOURNAMENT SOFTBALL GENERAL INFORMATION

Parents/Guardians must choose whether their child will play on a "League" traveling team or a "Tournament" traveling team. Travel teams are for players that are between ages 9-14. 9 year olds must be able to throw, field, and hit a hard softball. *Your age as of January 1st, 2020 determines what level a player must play.* Players at various ages may be combined to form teams or players of higher skill level may be moved up to an older age level determined at tryouts.

League Teams: Practice and play games just during the week. Teams do not play on the weekends. Typically they practice 2 days a week and play 2 games a week. Practice will start mid May after coaches are lined up.

Tournament Teams: Practice and play games during the week and also play in 3-5 tournaments. Typically they practice 2-3 times a week (depending if there is a tournament), play in 2 league games, and have Saturday and/or Sunday tournament games. Practices will start in mid May after coaches are lined up.

Tryouts: All players must attend tryouts, whether they are playing league or tournament. League players are evaluated so we know which division to enter teams into. Tournament players who do not make the tournament team will be placed on the appropriate league team. Teams will be determined after tryouts and posted on the City website by tryout pennie color and number.

Uniforms & Deposit: All players and parents must sign a concussion form to receive the uniform. BLACK SOFTBALL PANTS or SHORTS must be purchased on your own. Park and Rec WILL NOT be ordering these. Pants from previous years may be worn.

Games: Travel time to week-night league games is usually between 10-45 minutes. Coaches will ask players to be at games early, so please be aware of that, on top of travel time. All ages, 9-14, play games on Monday and Wednesday evenings at either 5:30, 7, or 8:30pm. Typically the younger teams get the earlier games, but it still will vary. Home games are played at Jimmy Olson Fields on Riders Club Road or Jaycee Fields on Quincy Street. 14 upper will only play double headers on Wednesday nights.

Practices will start in early May and are held on non-game days, during the week and may vary in time. Coaches determine their own practice schedule so we will not know when each team is practicing until a coach is hired or a parent volunteers. Practice times, days and locations may vary depending on field availability throughout the season.

Transportation: Parents are responsible for providing transportation to and from all practices, games and tournaments.

**PARENT VOLUNTEERS INTERESTED IN COACHING PLEASE
CONTACT KRAIG AT 781-9560 EXT. 4 BEFORE TRYOUTS SO WE
KNOW YOU'RE INTERESTED.**

Softball Tryouts

(LEAGUE & TOURNAMENT TEAMS)

9 & 10 YEAR OLDS

If a player turns 11 before January 1st, 2020, they must play 11/12 & under softball. All league and tournament players in this age division attend tryouts at the same time and day listed below.

Registration Deadline: Wed March 25th

Tryout Date: Thurs, April 16th

Time: 5:00-6:30pm

Location: Jaycee Field #1 on Quincy St.

League Player: \$115

Tournament Player: \$140

11 & 12 YEAR OLDS

If a player turns 13 before January 1st, 2020, they must play 13/14 & under softball. All league and tournament players in this age division attend tryouts at the same time and day listed below.

Registration Deadline: Wed March 25th

Tryout Date: Wed, April 15th

Time: 6:15-8:15pm

Location: Jaycee Field #1 on Quincy St.

League Player: \$115

Tournament Player: \$140

13 & 14 YEAR OLDS

If a player turns 15 before January 1st, 2020, they must play High School Softball. All league and tournament players in this age division attend tryouts at the same time and day listed below.

Registration Deadline: Wed March 25th

Tryout Date: Wed, April 15th

Time: 6:15-8:15pm

Location: Jaycee Field #1 on Quincy St.

League Player: \$115

Tournament Player: \$140

...Traveling Baseball...

Baseball Tryouts

(LEAGUE & TOURNAMENT TEAMS)

9 & 10 YEAR OLDS

If a player turns 11 before April 30th, 2020, they must play 11 & under baseball. Not all players will be placed on a team. Players not placed on a team will play in the Intermediate or Coach Pitch programs. All league and tournament players in this age division attend tryouts at the times and days listed below:

Registration Deadline: Fri, March 20th

Tryout Date: Mon. April 20th & Tues, April 21st

Time: 4:00-5:30pm Tournament Players
5:30-7:00pm League Players

Location: Jimmy Olson Field on Riders Club

League Player: \$115

Tournament Player: \$140

11 & 12 YEAR OLDS

If a player turns 13 before April 30th, 2020, they must play 13 & under baseball. All league and tournament players in this age division attend tryouts at the time and day listed below:

Registration Deadline: Fri, March 20th

Tryout Date: Sunday, April 19th

Time: 12:00 - 2:15pm

Location: OHS Baseball Fields (East Ave)

League Player: \$115

Tournament Player: \$160

13 & 14 YEAR OLDS

If a player turns 15 before April 30th, 2020, they must play Junior Legion Baseball. All league and tournament players in this age division attend tryouts at the same time and day listed below:

Registration Deadline: Fri, March 20th

Tryout Date: Sunday, April 19th

Time: 2:30 - 4:45pm

Location: OHS Baseball Fields (East Ave)

League Player: \$115

Tournament Player: \$185

LEAGUE AND TOURNAMENT BASEBALL

GENERAL INFORMATION

Parents/Guardians must choose whether their child will play on a "League" traveling team or a "Tournament" traveling team. Travel teams are for players that are between ages 9-14. 9 year olds must be able to throw, field, and hit a hard baseball. *April 30th, 2019 is the date which determines what level a player must play.* Please register your child according to their age, NOT grade. The divisions that our teams play in are based upon single age groups. Attempts will be made to form teams at the 9, 10, 11, 12, 13 and 14 year old age levels. Each age level offers an upper and lower division. 11 and 13 year old players may be placed on 12 or 14 year old teams after tryouts, but you still register them in their correct age group. 9 year olds may also play on a 10 year old tournament or league team, depending on skill. Players at various ages may be combined to form teams if numbers are low, and players of higher skill level may be moved up to an older age level after tryouts.

League Teams: Practice and play games just during the week. Teams do not play on the weekends. Typically they practice 2 days a week and play 2 games a week. Practice will start in May after coaches are lined up.

Tournament Teams: Practice and play games during the week and also play in 4-6 local (within an hour, usually no overnight trips) tournaments. Typically they practice 2-3 times a week (depending if there is a tournament) play in 2 league games, and have Saturday and/or Sunday tournament games. Practices will start in May after coaches are lined up.

Tryouts: All players must attend tryouts, whether they are playing league or tournament. Teams will be determined after tryouts and posted on the City website by tryout pennie color and number.

Uniforms & Deposit: All players and parents must sign a concussion form to receive the uniform. BASEBALL PANTS must be purchased on your own. Park and Rec WILL NOT be ordering these. Pants from previous years may be worn. You may want to do so before mid-May so that you have them before the games start.

Games: Travel time to week-night league games is usually between 10-45 minutes. Coaches will ask players to be at games early, so please be aware of that, on top of travel time. 8-10 year olds play on Monday and Wednesday evenings at 5:30, 7, or 8:30pm. 11-14 year olds play on Tuesday and Thursday evenings at 5:30, 7, or 8:30pm. 12 & 13 Upper will play only double headers on Tuesdays. 14 upper will play only double headers on Wednesdays.

Practices will start in early May and are held on non-game days, during the week and may vary in time. Coaches determine their own practice schedule so we will not know when each team is practicing until a coach is hired or a parent volunteers. Practice times, days and locations may vary depending on field availability throughout the season.

Transportation: Parents are responsible for providing transportation to and from all practices, games and tournaments.

PARENT VOLUNTEERS INTERESTED IN COACHING PLEASE CONTACT KRAIG AT 781-9560 EXT. 4 BEFORE TRYOUTS SO WE KNOW YOU'RE INTERESTED.

...Youth Enrichment...

WATER ROCKET LAUNCH

Enjoy launching high flying rockets into the air? Come join us as we learn how to build and decorate water rockets and launch them into space. Bring your imagination as we go on this space adventure!

Date: Wed, July 29th

Time: 2-3:30pm **Ages:** 7-14

Location: OMNI Center

Deadline: Fri, July 17th

Fee: \$10R/\$15NR

Min/Max: 5/15



YOUNG EXPLORER: NATURE'S NICHE

Join the West Salem, Holmen, & Onalaska Parks & Recreation Departments for a trip around the globe to explore the sights and sounds of various rain forests! Participants will be able to get up close and personal with live "Creature Teachers," including creepy crawly arthropods, amphibians, birds, mammals, lizards, turtles and snakes. The program will include an interactive educational show as well as time for participants to play with the animals.

Date: Tuesday, June 23rd

Time: 1:00-2:30pm

Site: Onalaska OMNI Center

Ages: All **Fee:** \$10

*All children in attendance must preregister!

HORSE RIDING SIX WEEK BEGINNER LESSONS

Join us for a six-week lesson program to learn about horses and the basics of riding. All children are asked to wear jeans and shoes with a heel (no tennis shoes or sandals). Helmets will be provided. No transportation provided. Waivers are required to be signed by a parent or legal guardian before participation.

Ages: 8 - 18 **Fee:** \$225 **Min/Max:** 3/5 per session

Spring Sessions

Saturdays 2:30 - 3:45 pm March 21, 28, April 4, 11, 25, May 16.

Registration closes March 21.

Mondays 7:30-8:45pm March 30, April 6, 13, 20, 27, May 4.

Registration Closes March 28.

Summer Sessions

Mondays 7:30-8:45pm June 1, 8, 15, 22, 29, July 6. Registration closes May 28

Mondays 7:30-8:45pm July 27, August 3, 10, 17, 24, 31. Rain Date September 14

Registration Closes July 23

Fall Sessions

Sundays 12-1:15pm August 30, September 13, 20, October 4, 25, November 1.

Registration Closes August 27

Mondays 7:15-8:30pm September 28, October 5, 12, 19, 26, November 2.

Registration Closes September 24

HORSE SUMMER CAMP - BEGINNER

Join us for a three day summer camp. Children will learn about horses, help care for horses and basic riding skills. All children are asked to wear jeans and shoes with a heel (no tennis shoes or sandals). Helmets will be provided. Children will need to pack bag lunches. No transportation provided. Waivers are required to be signed by a parent or legal guardian before participation.

Ages 8-18 years old. Min/Max: 6/10. Camp runs from 9-2pm. Fee \$295.

July 28-30. Registration closes July 24.

PONY PALS

Have a young child interested in horses? Join us for Pony Pals. Children will get to help groom the horses and go for a pony ride. All children are asked to wear jeans and shoes with a heel (no tennis shoes or sandals). Helmets will be provided. No transportation provided. Waivers are required to be signed by a parent or legal guardian before participation.

Ages 5-7 years old. Min/Max: 8/16. Fee \$20.

Spring Session 1: Sunday April 26th 1:30-2:45pm. Registration closes April 23.

Spring Session 2: Saturday May 30th 1:30-2:45pm. Registration closes May 28.

Summer Session 1: Saturday August 8 12-1:15pm. Registration closes August 7

Summer Session 2: Saturday August 29 3-4:15pm Registration Closes August 27

Fall Session 1: Saturday September 12 12-1:15pm Registration closes September 10

Fall Session 2: Saturday October 3 12-1:15pm Registration Closes October 1

Location: 6442 Hamlet Ave, Sparta, WI 54656

...Adult Programs...

YOGA

Instructor: Michelle Montet
Take time for yourself to release some of the stress in your life with the calming ritual of Yoga. These are continuing yoga classes, but feel free to join at anytime!

Days: Tue./Thur. **Time:** 5:30-6:30pm

Location: Community Center

Session 1: April 7th - July 9th
(Twice/week, 12 weeks)

Fee: \$75R/\$80NR

Session 2: July 20th - Sep 24th
(twice/week, 10 weeks)

*No class

09/07/20

Fee: \$60R/\$65NR

ZUMBA

It's time to ditch the workout & join the party! Zumba fuses hypnotic Latin rhythms & easy to follow dance moves to create a one of a kind fitness program. It's based on the principle that a workout should be "fun & easy to do." All levels welcome!

Spring : Feb. 17th-April 29th
(Mon./Wed)

Summer: May 11th- May 27th
(Mon./Wed)
June 1st- Aug. 26th
(Only Mondays)

Location: Community Center

Time: 5:30-6:30pm

Instructor: Anne Formanek

Fee: \$15R/\$20NR (5 Classes)
\$25R/\$30NR (10 Classes)
\$40R/\$45NR (Unlimited)

ADULT SOFTBALL LEAGUES

Co-Rec League (One Division)

Day: Wednesdays (5/13-8/12) **Fee:** \$315

Men's 12" League (A & B Divisions)

Day: Thursdays (5/14-8/13) **Fee:** \$315

Location: Jimmy Olson Fields (Riders Club) **Deadline:** Thurs, March 26th

Note: Game ball will use Optic Cover with .52 cor and 300 compression per ASA rule

ADULT OPEN HOCKEY

Open adult pick up hockey games at the OMNI Center. Players do not need to pre-register and will pay each time they come out to play.

Friday 7:30-9:00pm

Fee: \$7.00

Starts Fri June 12th

Note: Participants must provide own gear. Full protective equipment must be worn.

OPEN LAP SWIM

Days: Mon-Fri

Time: 11:00am-11:45am

Looking to spend some time in the water getting a good workout? Or are you wanting to work on your swim stroke before a meet? Come out to open lap swim at the Onalaska Aquatic Center. Participants must be 14 or older to participate on their own. Children under 14 looking to lap swim can come with a parent/guardian.

Fee: R\$2 NR\$3

*No pre-registration required pay on site

*Included with aquatic center pass

COMMUNITY GARDEN PLOTS

Mayo Clinic Health System and City of Onalaska Park & Rec Department are partnering again to provide garden plots to reserve for this upcoming planting season. Guidelines and rules are posted online or stop by our office for them. Plot size is 20x20 feet and can be reserved at the Park & Rec. Office, Monday -Friday between 8 and 5pm. Sorry no phone reservations for your plot.

KAYAK AND CANOE RENTAL

With a special thanks to God's Country Musky Club this year for the donation of a canoe to Onalaska Park and Recreation. Kayaks and a canoe are available to rent from the Park & Rec Department. Come to our office to put a payment down, and sign the waiver. Included in the fee is 1 kayak/canoe, life jacket, and a paddle. We have 4 single seat kayaks, one double seat kayak, and one two seat canoe available at a time. \$50 deposit upon arrival for key, deposit is refunded upon key return.

Fees: \$25/kayak/canoe for the whole day (M-F, back by 5pm Fri.)
\$30/kayak/canoe for the weekend (noon Fri-noon Mon.)

**Do not rent if you are not physically able to get back in or get to shore if you fall out.*

**Kayaks/canoe are at the Great River Landing and are not allowed to be transported and launched at another location.*



...Older Adult Programs...

MAH JONGG

Have you always wondered how to play Mah Jongg but have never had a way to learn? Well here's your chance! An expert player will teach the group and show anyone interested just how much fun it is to play! To register, call Trish at 779-1822. Beginner to advanced players welcome. Bring your own game if you have one, extras needed!

Date: Wednesdays

Time: 1-4pm

Location: Community Center

Fee: \$2/time, pay on site

BUNCO

Come meet new people while playing this easy dice game in a fun environment.

Days: 3rd Wednesday of every month

Time: 1-3pm

Location: Community Center

Fee: \$1/time, pay on site

BRIDGE GROUP

To register, contact Roger at 526-6054. All materials provided.

Days: Every Thursday of the month

Time: 12:30-3:30pm

Location: OMNI Center

COUNTY NUTRITION PROGRAM

Call 24 hours in advance to reserve your meal at the Onalaska Community Center. Suggested donation of \$3.25 on site. They also do home-delivery meals, but you have to contact Dawn at (608) 789-8571 to sign up.

Days: Monday-Friday

Time: 11:30am, meal served

Location: Community Center

To Register: Call (608)789-7829

FREE SENIOR EXERCISE PROGRAM

The Onalaska Park & Recreation Department has teamed up with the La Crosse County Aging Unit and YMCA to sponsor an exercise class. The class is specifically designed for seniors. The class is FREE with your meal at the Onalaska Nutrition Site.

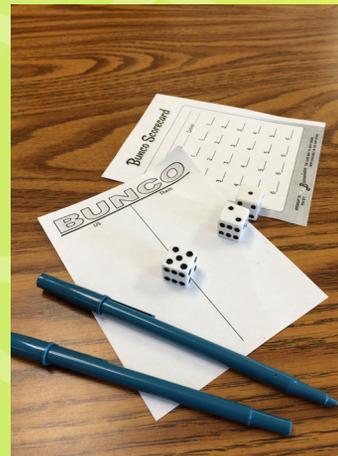
Call 24 hours in advance to reserve your meal at 789-7829.

Day: Every Thursday

Time: 10:45-11:15am

Location: Community Center

To Register: Call 789-7829



...Trips/ Adult Programs...

Dirty Rotten Scoundrels Palace Theater, WI Dells

Date: 04/01/20
Time: 9:00am-5:00pm
Min/Max: 35/50
Fee: \$67.00



Highwaymen Palace Theater, WI Dells

Date: 04/30/20
Time: 7:00am-6:30pm
Min/Max: 39/50
Fee: \$67.00



Legally Blonde the Musical Palace Theater, WI Dells

Date: 06/11/20
Time: 7:00am-6:30pm
Fee: \$67.00
Min/Max: 30/50



DEADLINE: May 11th

Dial M for Murder Palace Theater, WI Dells

Date: 09/17/20
Time: 9:00am-5:00pm
Min/Max: 40/50
DEADLINE: August 17th
Fee: \$67.00



Beauty and the Beast Palace Theater, WI Dells

Date: 12/02/20
Time: 7:00am-6:30pm
Min/Max: 39/50
DEADLINE: November 4th
Fee: \$67.00



TRIP INFO: 55+ Day Trips are an exciting way to get people out to wonderful dinner theaters by providing transportation, great shows & meals. A post card is mailed out at the beginning of each year with the dates of each trip and different programs that are offered. To get your name added to the mailing list, call the Park and Rec office with your name and address. To register for a trip, you must stop in to the Park & Recreation Office or Register online. These trips fill quickly so don't wait to register. Trip itineraries are mailed out approximately 2 weeks before the trip. These itineraries will provide you with exact details. Fee includes coach bus, meal and show unless stated otherwise.

Bus Information: Busses will be picking up at 2 locations!

West Salem Park and Ride 32-01

(Buol Rd., West Salem, WI 54669, across from the BP)

Onalaska Sam's Club

(1211 Crossing Meadows Dr., Onalaska, WI 54650, near 12th Ave)

RETIREMENT INCOME WORKSHOP

Date: Wed April 8th
Time: 6:00-7:30pm
Fee: \$5

SOCIAL SECURITY WORKSHOP

Date: Wed, April 1st
Time: 6:00-7:30pm
Fee: \$5

These financial workshops are presented by Scott Davies CFP® and Tyler Adams CFP®. Both of these sessions will help people to learn more about personal finances. If you are someone who is interested in learning more about retirement income or the many different options of how to maximize your social security benefits. Both workshops will take place at the **Onalaska OMNI Center Banquet Room**. Fee for the workshop includes workbook. Please make sure to preregister so we have enough materials prepared.

...On The Water...

ADULT KAYAKING

Explore the waters of the Onalaska Waterfront in the comforts of a recreational touring-kayak. Learn the basics of paddling a kayak and then head down the river for a guided, leisurely paddle. While you are enjoying the beauty of the area, keep your eyes open for egrets, eagles and the beaver lodge. An occasional fish may also swim under your craft.

Session 1: June 15th **Time:** 6:00-7:30pm
Session 2: July 1st **Time:** 6:30-8:00pm
Session 3: Aug 4th **Time:** 6:30-8:00pm
Fee: \$10 **Age:** 18 & older **Min/Max:** 4/8

FAMILY & FRIENDS PADDLE NIGHT

Spend a fun night with your family and friends on the water! Learn the basics of paddling a kayak. Each person will paddle their own craft. One double Kayak is available for a ultra fun challenge. all equipment is provided. Sign up online or in office as a group. Group size is limited to 4 people.

Class 1: June 24th **Time:** 6:00-7:30pm
Class 2: July 21st **Time:** 6:00-7:30pm
Class 3: Aug. 13th **Time:** 6:00-7:30pm
Fee: \$40 per group **Age:** 8 & older **Min/Max:** 4/8

KAYAK RENTALS AVAILABLE

NATURE ART JOURNALING

Cost: \$40 (includes both days – all art materials provided)

Leader: Jan Wellik, EdD – director of Eco Expressions nature art program for kids www.EcoExpressions.org

This summer program will offer youth the chance to combine outdoor exploration and creative expression! Participants will explore a variety of art mediums including oil pastels, water color painting and colored pens/pencils for sketching. All materials will be provided. Dress to be outdoors on the trail. Bathroom and water fountain will be accessible at the main building.

Dates: Tues. July 14 & Thurs. July 16 (attend both days)
Time: 9AM-11:30AM **Location:** Great River Landing
Ages: 7-12 **Min. 3/Max. 20**

LEARN TO WATER SKI

The Onalaska Park & Recreation Department is working with the River City Water Ski Team to offer you the opportunity to learn how to water ski. The ski team has been around for over 40 years. The team practices Mon./Tue./Thur. and performs throughout summer. They have certified drivers and spotters that will be used during these classes. There are also mentors to work with new skiers. *If you have a life jacket, please bring it with you!

Date: Monday, June 15th **Time:** 4-6pm **Fee:** \$15/class
Max: 20 participants **Ages:** 8 & older
Location: Airport Beach, off Fisherman's Road (East of airport on French Island)

*An additional waiver must be signed by parents/guardian prior to class. The waiver is available at the Park and Rec Office or on the City's website: www.cityofonalaska.com

CREATIVE CANVAS RIVER PAINTING

Interested in painting? How about painting with a view? Come out to this event put on by Creative Canvas and Board to paint a beautiful river scene. Creative Canvas painting classes are Instructor led and require no experience to join. The primary goal is to be sure participants enjoy themselves and are comfortable as they get creative! You can expect to be led step by step through the painting. Want to take liberties and paint in your own style? We highly encourage you to express your own creativity! We will provide everything needed to help you create your work of art. We supply aprons, but please wear clothing appropriate for paints that stain. Our paints are acrylic and will stain clothing.

Date: Thur June 11th
Time: 6:00-8:30pm
Ages: 12 and Up
Fee: \$35
Registration Deadline: June 10th
Location: Great River Landing



...Log Rolling...

LOG ROLLING LESSONS

You've seen it on ABC, ESPN & Outdoor Life Network. Here's your opportunity to learn the great American sport of log rolling. The Coulee Region is home to many of the world's best log rollers and you can be part of the action. Log rolling teaches balance, agility, and mental toughness. Most importantly, it's really fun for kids and adults. Please bring an old pair of shoes (that can get wet) to class.

BEGINNER, INTERMEDIATE & ADVANCED LESSONS

This class is designed for those looking just to start or continue to improve on your skills.

These classes meet twice a week at the great river landing.



Session 1 (6 Classes)
Days: Mon & Wed
Dates: June 8th – June 24th
Time: 5:10-6:00pm
Fee: \$30R/\$36NR
Min/Max: 4/8
Ages: All

Session 2 (6 Classes)
Days: Mon & Wed
Dates: June 29th – July 15th
Time: 5:10-6:00pm
Fee: \$30R/\$36NR
Min/Max: 4/8
Ages: All

Session 3 (6 Classes)
Days: Mon & Wed
Dates: July 20th – August 5th
Time: 5:10-6:00pm
Fee: \$30R/\$36NR
Ages: All



ONCE A WEEK- BEGINNER, INTERMEDIATE & ADVANCED

This class is designed for people looking to work on log rolling but only may have one day to make it. All levels are able to attend this class.

Days: Wednesdays (6 classes)
Dates: June 10th – July 15th
Time: 6:10-7:00pm
Fee: \$30R/\$36NR
Min/Max: 4/8
Ages: ALL



ADULT LESSONS

All levels can attend this once a week adult only class. come and work on your log rolling skills with our instructor!

Days: Mondays (6 classes)
Dates: June 8th – July 13th
Time: 6:10-7:00pm
Fee: \$30R/\$36NR
Min/Max: 4/8
Ages: 18+

Private Group Lessons

Have a birthday party, family get together or looking for some co-worker bonding? Call the Park and Rec office to see about setting up your very own private log rolling lessons.

# of People	Fees	Details
2-6 participants	\$55.00 Per Hour Rental	L6 & 1 Teacher
7-12 participants	\$75.00 Per Hour Rental	L6 & 2 Teachers
13-18 participants	\$95.00 Per Hour Rental	L6 & 3 Teachers

...Onalaska Aquatic Center...

OPEN SWIM HOURS:

MONDAY – FRIDAY

12-4:30pm
6:30-8:30pm

SATURDAY 12-7pm

SUNDAY 12-5pm

STAY UP TO DATE!

Like us on Facebook at “Onalaska Aquatic Center” to stay up to date with information on weather closings and cancellations at the Aquatic Center!

Pool Opens June 3rd, 2020

CELEBRATE ONALASKA CARDBOAT RACE

DATE: FRIDAY JUNE 26TH

REGISTRATION DEADLINE: JUNE 20TH

FEE: FREE!

Come and take part in the 2nd annual Family Fun Day at the pool with Celebrate Onalaska! Pool admission is free to all for the night swim from 6:30-8:30pm. Bring your own cardboard boat to compete for prizes against others! Boats must be made of corrugated cardboard and duct tape only! We do encourage you to design your boat to look its best though and you can use latex paint to add color. For a full list of the rules head to the cityofonalaska.com/aquaticcenter.

AQUATIC CENTER RULES:

1. If you plan to leave the pool and come back (same session), please have your hand stamped by the cashier prior to leaving the facility.

2. No flotation devices of any kind (water wings, life jackets) allowed.

3. No food carry-ins allowed.

4. Children under the age of 7 must be supervised by an adult at all times.

5. If a child has more than one time-out in a day, they will be removed from the pool with a call to their parents.

6. Slides will be closed due to the lack of participation or unruly behavior by participants.

7. The Aquatic Center will close if there is heavy rain, danger of an electric storm, unusually cold weather, or due to lack of participants. Decisions for lessons will be made every half hour.

POOL ADMISSION RATES

Admission Type	Resident Fee	Non Resident Fee
Weekday Afternoon	\$3.00	\$4.00
Weekday Night	\$1.00	\$2.00
Weekend	\$3.00	\$4.00
Lap Swim	\$2.00	\$3.00
Water Babies (3 & under)	\$1.00	\$2.00
Single Membership	\$45.00	\$60.00
Family Membership	\$120.00	\$150.00
Seniors 65+	Free	Free

**250 Riders Club Road
Onalaska, WI 54650
608-781-9524**

10% OFF POOL PASSES

During the week of March 30th-April 5th, 2020

...Onalaska Aquatic Center...

POOL MEMBERSHIPS

Family memberships cover all family members who reside at the same address. There is a max of 2 adults allowed per pass, 18 years or older. Babysitters or relatives visiting are not allowed on the family pass. Individual cards will be printed for each person, which you pick up at the Aquatic Center front desk the first time you go. Scholarships are available for pool memberships. Stop in our office to apply. **Passes must be purchased at the Park & Rec office or on-line, not at the Aquatic Center.**

*SENIOR PASS

Area Seniors age 65 and older can get a free pool membership at the Park and Rec Office or can get in for single day use with proof of age (ie Drivers License). This pass is only good for use of the individual senior, and must be applied for separately from family passes.

EXCLUSIVE AQUATIC CENTER RENTALS

The Onalaska Aquatic Center will be available for groups to rent out for exclusive use on Saturdays & Sundays. No carry-ins are allowed & no refunds. If the Aquatic Center staff closes due to bad weather, then you can re-schedule your party date.

# of Users	Pool/No Slide	Pool/With Slides
1-60	\$150.00	\$200.00
61-136	\$175.00	\$225.00
137-236	\$200.00	\$250.00
237-336	\$225.00	\$275.00

Rental Hours

Saturday	9:30-11:30am or 7:30-9:30pm
Sunday	9:30-11:30am or 5:30-7:30pm

BIRTHDAY PARTY RENTALS

\$20 for room rental which you pay at the Park & Rec office when you reserve your date. The day of, you will pay \$5/person at the pool so you pay for the exact number of people you bring. The \$5 per person includes: Aquatic Center admission, a hot dog, chips & water and exclusive use of the party room for a 2-hour time slot. **You can pick any 2 hours during open swim time.**

Please Note:

* No carry-ins except for a birthday dessert. Room holds up to 25 people. The room may be booked back to back so make sure your set up/clean up are done in those 2 hours.*

OPEN LAP SWIM

Days: Mon-Fri

Time: 11:00am-11:45am

Looking to spend some time in the water getting a good workout? Or are you wanting to work on your swim stroke before a meet? Come out to open lap swim at the Onalaska Aquatic Center. Participants must be 14 or older to participate on their own. Children under 14 looking to lap swim can come with a parent/guardian.

No pre-registration required * No fee for pass holding members



FAMILY NIGHT SWIM

Days: Tuesday and Thursday

Time: 6:30-8:30pm

Details: Parent/guardian required.

RED CROSS LIFEGUARD CERTIFICATION CLASS

Gain the necessary skills to qualify as a lifeguard. You must attend every class, NO EXCEPTIONS! Participants must be 15 at time of class.

Prereq: 300 yard swim, Timed Brick Test
Must be 15 by the end of the course

Date: May 27, 28, 29 4:00- 8:00pm
June 30 8:00am - 12:00pm

Location: Onalaska Aquatic Center

Cost: \$175.00

...Swimming Lessons...

Session 1	June 8th- June 19th
9:30-9:55	Level 2
10:00-10:25	Pre-School
10:00-10:45	Level 3
10:30-10:55	Level 1
11:00-11:25	Pre-School
11:30-11:55	Level 1
5:00-5:25	Level 1 & Level 2
5:00-5:45	Level 4
5:30-5:55	Pre-School
6:00-6:25	Parent-Tot

Session 2	June 22nd - July 3rd
9:00 - 9:45	Level 4 & Level 5
9:30 - 9:55	Level 2
10:00 - 10:25	Pre-School
10:00 - 10:45	Level 3
10:30 - 10:55	Level 1
11:00 - 11:25	Pre-School
11:30 - 11:55	Level 1
5:00 - 5:25	Level 1
5:00 - 5:45	Level 3
5:30 - 5:55	Level 2 & Pre- School
6:00 - 6:25	Parent-Tot

Session 3	July 6th - July 17th
9:00 - 9:45	Level 4 & Level 5
9:30 - 9:55	Level 1
10:00 - 10:25	Level 2
10:00 - 10:45	Level 3

Session 3	July 6th - July 17th
10:30 - 10:55	Level 1
11:00 - 11:25	Pre-School
11:30 - 11:55	Level 2
5:00 - 5:25	Level 1 & Level 2
5:00 - 5:45	Level 3 & Level 6
5:30 - 5:55	Pre-School
6:00 - 6:25	Parent-Tot

Session 4	July 20th - July 31st
9:00 - 9:45	Level 5 & Level 6
9:30 - 9:55	Pre-School
10:00 - 10:25	Level 2
10:00 - 10:45	Level 3 & Level 4
10:30 - 10:55	Level 1
11:00 - 11:25	Level 2
11:30 - 11:55	Level 1
5:00 - 5:25	Pre-School
5:00 - 5:45	Level 3
5:30 - 5:55	Level 1
6:00 - 6:25	Parent-Tot

Session 5	August 3rd - August 14th
9:00 - 9:45	Level 4 & Level 5
10:00 - 10:25	Level 1 & Level 2
10:00 - 10:45	Level 3
10:30 - 10:55	Level 2
11:00 - 11:25	Level 1
11:30 - 11:55	Pre-School

...Swimming Lessons...

SWIMMING LESSON CLASS DESCRIPTIONS

Parent-Tot: (6 months -3 years old) Adult accompanies the child in the water in this class. The parent and child will learn how to: enter the water safely, submerge face in the water, explore the water on the child's front and back, parent will learn how to properly support their child in the water, and the child will explore changing body positions in the water. This class does not teach the child to be safe in the water, but is merely an introduction to the water.

Pre-school Swimmers: (ages 4 and 5 years) In this course the child will learn how to: enter the water safely using a ladder, gain an overall comfort for the water, learn to submerge their face in the water comfortably, learn to move through the water, learn basic pool safety, and start to learn how to float in the water. This class is meant to teach the child how to be comfortable and safe in the water.

LEVELS 1 - 6: (AGES 6 AND OLDER)

Level 1 Introduction to Water Skills: This is for beginner swimmers. No previous experience. Must be at least 6 years of age to enroll. In this course, the child will: learn to float with instructor support on their front and back, practice kicking, kicking using arm motions, bob in the water, and roll over in the water.

Level 2 Fundamental Skills: Students must have passed Level 1 skills. In this course, the child will: enter the pool by jumping or stepping from the side, learn proper arm and leg movements for strokes, open their eyes under water and pick up a submerged object, start floating on their front and back without instructor support, and learn to jellyfish float.

Level 3 Stroke Development: Students must have passed Level 2 skills. In this course, the child will: learn to jump into deep water from the side, submerge and retrieve objects, learn to tread water, perform a front glide with kicks, back glide with kicks, front, back, and survival floats, and learn general water safety rules. This is the longest class with how many skills are learned and many of these skills are the foundation for the swimming strokes that are learned later.

Level 4 Stroke Improvement: Students must have passed Level 3 skills. In this course, the child will learn how to dive from the side of the pool, learn and perform the swimming strokes front crawl, back crawl, butterfly, elementary backstroke, and more. This class is used to learn how to perform the strokes and then later improve technique and distance.

Level 5 Stroke Refinement: Students must have passed Level 4 skills. In this course, the child will understand the rules for safe diving, demonstrate how to dive from the side of the pool, swim underwater for at least three body lengths, tread water for at least two minutes, and increase the distance and technique of their other swimming strokes.

Level 6 Stroke Proficiency: Students must have passed Level 5 skills. In this final learn to swim course, the child will learn proper flip-turn technique for their strokes, tread water for at least three minutes, one minute without hands and two with hands, and then increase the distance and proficiency of their other swimming strokes.

THE AGE LIMITATIONS OF ONALASKA AQUATIC CENTER SWIMMING LESSONS SHOULD BE RESPECTED DUE TO THE DEVELOPMENTAL ABILITIES OF THE CHILD. IF THE CHILD IS NOT OLD ENOUGH TO ENROLL IN A CERTAIN LEVEL THEY WILL NOT BE ABLE TO ENROLL.

**How to
be safe in
the Sun!**

- 1) Wear sunscreen (SPF 15 or higher)
- 2) Cover skin with clothing
- 3) Where a hat
- 4) Use sunglasses
- 5) Find shade

Swim Lessons Fee:

Resident Rate: \$23

Non Resident Rate: \$32

In the event more than 2 classes per session are cancelled, attempts may be made to make up missed lesson time on an available morning of a weekend. We apologize for any inconveniences in advance!*

PRIVATE SWIMMING LESSONS

Private lessons offer one-on-one instruction for all ages and abilities. These lessons are 30 minutes long. Once you register, an instructor will contact you to schedule your lesson at a mutually agreed upon time. Participants will be contacted at the beginning of the month they are looking to have the lessons. Private swimming lessons will take place during normal swimming lesson times or before the Aquatic Center opens on Saturday and Sunday mornings. Last day to register is July 12th!

**Three classes Resident \$45.00
Non Resident \$50.00**

**Six classes Resident \$72.00
Non Resident \$77.00**

...Family Fun Special Events...



FLEIS NIGHTFALL FROLIC 5K RUN/WALK & YOUTH RACE

The Fleis Nightfall Frolic 5k Run/Walk and Youth Race is an event to spread health awareness by encouraging everyone to get out, start exercising and begin a healthier lifestyle. All proceeds go to benefit the John Fleis Youth Scholarship Fund which provides financial assistance to families in the Onalaska community to participate in Park & Rec programs. Join the fun and festivities for this nightfall race!! This year's event will be a post race meal. Every youth race participant will receive a free meal with their race registration.

Date: Friday, April 17th
(Rain or Shine)

Time: Youth Race: 6:30pm (.62 miles)
5K Run/Walk: 7:00pm (3.1 miles)

Location: Rowe Park (710 Hilltopper Place)

Cost: * No Refunds *

Registration Fee:	5K Run/Walk	Youth Race
Jan 1st - March 14th	\$10	\$5
Mar 15th - April 16th	\$15	\$8
Race Day	\$20	\$10
Post Race Meal	\$3.00 (pay day of)	
Shirts are an additional \$13.00		

Packet Pick-Up:

April 16th 12-5pm
April 17th 8:00am-Noon in Office
5:30pm at race

To Register:

Online: www.active.com
www.cityofonalaska.com
In Office: Onalaska Park & Rec Office
Mail: Onalaska Park & Rec Department
415 Main St.

DRIFTLESS OUTDOORS SHOW

Visitors to the Driftless Outdoors Show can expect 50,000 square feet of kayaks, canoes, bikes, camping, fishing, archery, hiking, equipment and information brought to you by some of the nation's top experts and retailers. Visitors are invited to learn new skills, upgrade equipment and make new friends; all while enjoying food trucks, live music, & celebrating the Driftless Region as one of the best places to enjoy outdoor sports.

Celebrity appearances and expert presentations on archery, paddling, fishing and more are expected.

Dates: May 8th & 9th **Times:** Fri 8th 4:00-8:00pm Show
Driftless after Dark Music 7-10pm

Location: OMNI Center **Sat** 9th 9:00-5:00pm Show



23RD ANNUAL SPRING GIFT & CRAFT SHOW

The Onalaska Spring Gift and Craft Show is one of the most popular events in the area and features over 100 exhibitor booths. Get out of the house and enjoy the spring weather by stopping in and seeing many different types of hand-crafted & homemade items such as jewelry, spices, soaps, lotions, art, wood crafts, rugs, yard art, home decor, and much much more! Entry to the event is free but food donations are greatly appreciated! Also enter in a free door prize event at the door. Located at the OMNI Center. Overflow parking in pool lot.

Saturday, April 18th 9-4pm

Sunday, April 19th 10-3pm

CELEBRATE ONALASKA



This FREE weekend event has been developed with the collaboration of various individuals, community organizations, associations, and businesses from the Onalaska area. The event has many activities scheduled for the whole weekend. Don't miss this great community event! Find specific event information at www.CelebrateOnalaska.com

June 26th & 27th
Onalaska OMNI Center

14TH ANNUAL DIGGITY DOG DIP

The Onalaska Park & Recreation Department and Diggity Dog Daycare are cosponsoring Onalaska's 12th annual dog dip at the Onalaska Aquatic Center. Bring your dog for a day of fun in the sun. Let them run free and splash around. Three shots are required for the dogs to enter: Bordetella, Distemper, and Rabies. Proof of license can be shown by way of a current year's license tag or receipt when registering the dog for the event. *Register on site*

Date: Sat September 5th
Time: 10am - 2pm
Cost: \$15/dog



...Family Fun Special Events...

GREAT RIVER SOUND AT DASH-PARK

Come to Dash-Park every Tuesday evening June-August for live music in a free to the public concert. The Onalaska Hilltopper Rotary Club and a weekly local business sponsor will feature a live band from 6:30- 8:30pm. Check www.greatriversound.com for dates, bands and weather related updates. Donations collected for Centering Onalaska and Onalaska School District Scholastic Book program.

6/2	TUGG	7/21	Paul & Mary
6/9	Gregg Hall		Leithold "Leit Jazz"
6/16	Sapsuckers		featuring the Best
6/23	SpaceHeaters		Sellers quartet
6/30	String Ties	7/28	Old Soul Society
7/7	Pigtown Fling	8/4	Flying A's
7/14	Jenna Rae	8/11	Shufflin Duprees
		8/18	Tequilla Brothers
		8/25	Andy Hughes & the Mighty Few



WALK & TALK WITH YOUR CITY!

Join City Staff and City Officials for a walk through your neighborhood this summer 2020! Meet your elected officials, Police and Fire Departments, City Administrator, City Attorney, City Planner, Public Works Department, Parks and Recreation Director and other key staff to have a conversation about City happenings, projects, events and concerns. Walking routes will be posted on the City's website in spring 2020 and will be safe walks for all fitness levels.

Walks will start at 11:00 a.m. on the following Tuesdays except where noted:

May 12- Meet at Onalaska Care Center

May 26- Meet at Great River Landing

June 9- Meet at Nathan Hills Park

June 23- Meet at Holiday Heights Park

July 7- Meet at Dash Park

July 21- Meet at Hilltopper Heights Park

August 4- Meet at Community Center

August 18- Meet at Pierce Park (start at 6:30pm)

September 1- Meet at Glenn Fox Park

September 15- Meet at Park Ridge Park

September 29- Meier Farm Park (start at 6:30pm)

October 13- Meet at Onalaska Library

Fall Program Sneak Peak!

Program specifics will be available on the City website mid July

Football

TACKLEBAR FOOTBALL

For kids in 5th & 6th grade. Parent/Player meeting & equipment handout will be on Thursday, August 13th.

FLAG FOOTBALL

There will be a division of 3rd & 4th graders and 1st & 2nd graders.
3rd & 4th grade: Starts week of August 31st
1st & 2nd grade: Starts on Sat. Sept 12th

Soccer

Fall Academy Soccer Training (FAST)- A soccer program for 4-6, 7-8, & 9-10 year olds designed to teach basic footwork with and without the ball and game play. High school coach, Andy Olson, will lead the program. Times and days will vary by age during September and October. More info coming in July. Players will also be invited to play in games with Holmen and West Salem.

Volleyball

TRAVELING VOLLEYBALL

Initial practices will start the week of August 24th for players in 5th & 6th grade.

3RD & 4TH GRADE VOLLEYBALL

Will start Tuesday, September 1st

1ST & 2ND GRADE VOLLEYBALL

Will start Monday, September 14th

Adult Programs

FALL ADULT KICKBALL

Days: Wednesday evening (Sept 2- Oct 14)

Fee: \$100.00/Team

Registration Deadline: Fri. Aug. 21st

2020 Fall registration opens Mid-Late July

...Parks & Facilities...

Park	Acres	Basketball	Volleyball	Tennis	Pickleball	Ball Field	Horseshoe	Playground	Restroom	Shelter	Open Shelter	Electricity
Coachlite Green 2001 Grandview	1.4	X						X				
Community Park 515 Quincy St.	13.6			X		X	X	X	X	X	X	X
Dash-Park Corner of Main Street & HWY35	0.62											X
Elmwood Hills 2748 Cotton Wood dr	2.5	X						X			X	
Glenn Fox Park 650 Winter St.	3.8	X				X	X	X	X		X	X
Great River Landing 101 Irvin Street	48							X	X			X
Greens Coulee Park 804 Stone Bridge Ave	67											
Hilltopper Heights 1301 Well Street	3	X						X			X	
Holiday Heights 1600 Medary Ln.	21.6	X						X				
Meier Farm Park 1040 Charles Ave	9.2							X				
Oak Knoll Park 600 11th Ave S	0.2							X				
Oak Park #1 2011 Craig Lane W	1.5	X			X							
Oak Park #4 2133 Franklin St.	1							X				
Oakwoods Park 101 17th Ave South	1.5	X						X				
Park Avenue Park 801 Park Ave	0.3	X						X				
Parkridge Park 1123 10th Ave N	3.4	X		X	X			X				
Pierce Park 750 Aspen Valley Drive	5.5	X						X			X	
Robinson Park 4200 South Kinney Coulee Road	5.7	X						X			X	
Rowe Park 710 Hilltopper Pl.	28.8			X		X	X	X	X	X		X
Sandalwood Park 1900 Ester Drive	12.1	X						X				
Thomas Farms Park 2514 Thomas Court	1.5							X				
Van Riper Park 201 Rider's Club Rd.	40		X			X		X	X		X	X

...Shelters & Rates...

GROUP CLASSIFICATION

Group 1: Directly affiliated with the City of Onalaska

Groups, committees or organizations who are directly affiliated with the City or operate for the benefit of the City of Onalaska

Group 2: Service, Civic, Charitable & Educational

Service groups, civic groups, charitable organizations, education institutions oriented in the Onalaska community with tax-exempt status (Rotary, Lions, Jaycees, Etc)

Group 3: City Residents not affiliated with the City of Onalaska

Non-civic, private, religious and commercial groups who are located in the City

Group 4: Non Residents

Non-civic, private, religious and commercial groups who are located outside the City

BUILDING	CAPACITY	GROUP 1	GROUP 2	GROUP 3	GROUP 4
Rowe Park (next to Onalaska High School)					
Shelter #1	100	N/C	\$25	\$55	\$80
Shelter #2	90	N/C	\$25	\$55	\$80
Community Park (Monica Lane/6th Avenue N)					
Park Shelter	75	N/C	\$25	\$55	\$80
Lions Shelter	75	N/C	\$25	\$50	\$75
Glen Fox Park (650 Winter Street)					
Park Shelter	75	N/C	\$25	\$55	\$80
Van Ripper Park (Riders Club Road/Kramer Road)					
Shelter #1	75	N/C	\$25	\$75	\$100
Shelter #2	75	N/C	\$25	\$50	\$75
Community Center (515 Quincy St.)					
1/2 Day (4 hours)	100	N/C	\$25	\$75	\$100
Full Day	100	N/C	\$50	\$125	\$175
Sports Fields (no lights)					
Community Park		N/C	\$20	\$50	\$75
Van Ripper Park		N/C	\$20	\$50	\$75
Sports Fields Lights					
Community Park		N/C	\$25	\$75	\$150
Van Ripper Park		N/C	\$25	\$75	\$150
OMNI Center (255 Riders Club Road)					
West Wing Shelter	200	N/C	Call 781-9566 x603 to book		
Community Board Room	25	N/C	Call 781-9566 x603 to book		
Banquet Hall(s)	100/225	N/C	Call 781-9566 x603 to book		
Full Arena Dry Floor	Please Call	N/C	Call 781-9566 x603 to book		
Half Arena Dry Floor	Please Call	N/C	Call 781-9566 x603 to book		
Arena Ice	1850	N/C	Call 781-9566 x603 to book		

RENTAL INFORMATION

Shelters are on a first come, first serve basis. Shelters may be rented from 8am to 11pm, May to September. To rent a shelter, full payment to the Park and Rec Department is due at the time of booking to secure your date. We do not take reservations over the phone. If you are interested in a shelter, call 781-9560 to check availability. All shelter rentals are non-refundable and can only be reserved up to one year in advance. All shelters require a key pick up the last weekday before your event as we are not open on the weekends. A \$50 deposit is due at time of key pick up, cash or check.



Park & Rec Department
Onalaska City Hall
415 Main Street
Onalaska, WI 54650

Celebrate Onalaska
June 26th & 27th, 2020
www.CelebrateOnalaska.com



Fleis Nightfall Frolic
5k/Youth 1k
Friday, April 17th, 2020
cityofonalaska.com/parkrec

Driftless Outdoors
May 8th & 9th, 2020
Onalaska Omni Center
driftless.explorelacrosse.com

