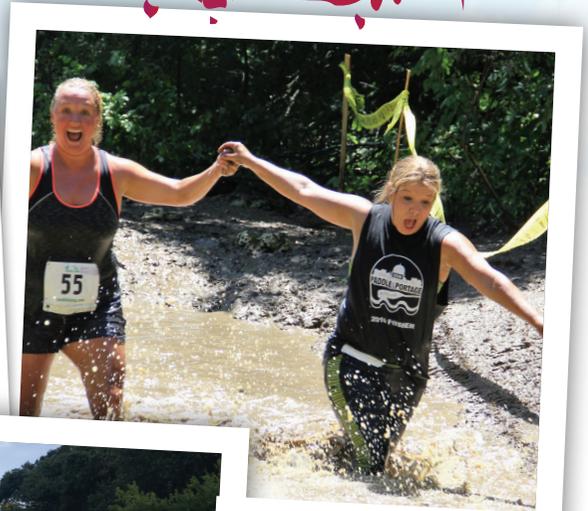
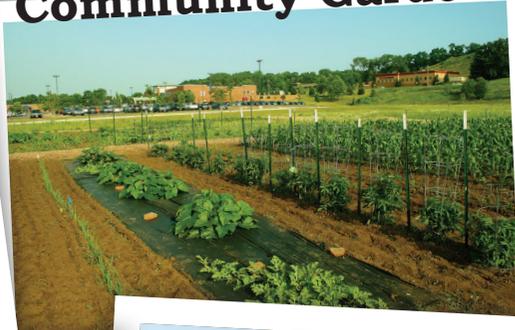


City of Onalaska Park & Recreation

2017
Summer
Activity Guide

Community Garden



Rugged Run
Saturday, June 24th



...Welcome...

It's that time of year again; time to snap out of those winter blues and discover everything the City of Onalaska has to offer!

We invite you to look over our summer brochure and find an activity to fit your lifestyle. Take note of our new programs at the OMNI Center, our WPRA discount ticket program, and our numerous family fun programs.

As always, the Onalaska Park & Recreation Department strives to improve the quality of our programs and ensure we are providing opportunities for all ages and abilities.

If you have any questions or concerns, please feel free to contact the office. Your input is always welcome.

Park & Recreation Director

MEET THE STAFF

Dan Wick: Director

Kraig Koelbl: Recreation Supervisor

Tyler Ketterhagen: Building Coordinator

Samantha Knudson: Recreation Coordinator

Brian Babiash: Buildings Manager

Mark Hanson: Parks Supervisor

Scott Bahr: Park Maintenance

Lane Zahrte: Park Maintenance

Ann Endres: Building Supervisor

Mike McCaffrey: Building Supervisor

Samantha Berg: OMNI Center Administrative Assistant

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.

PARK BOARD

- Jim Binash, Ald.
- Gretchen Newhouse
- Andrea Benco
- Victor Hill
- Ohbe Johnson
- Steven Nott
- Brian Udermann

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@cityofonalaska.com
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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Fun Events**
on pages 28 & 29!

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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, it 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 towards 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 for safety reasons.

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. 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, for example ball field, 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.

...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 RENTALS*

Kayaks 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, life jacket, and a paddle. We have 4 kayaks available at a time. \$50 deposit upon arrival for key.

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

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. This is available to the public for the promotion of recreational services offered throughout the state at an affordable cost to all. Tickets will be available for purchase during regular office hours of Monday - Friday, 8 - 5 pm beginning May 1st.

Pirate's Cove Adventure Golf &

Family Fun Center

(4 & Under Free)

\$5.50 - Adult & Child

Valley Fair

(2 & Under Free)

\$34.00 - Adult/Child

\$41.00- Ride & Refresh

Milwaukee County Zoo

(2 & Under Free)

\$10.50 - Adult • \$8.50 - Child

Noah's Ark Waterpark

(2 & Under Free)

\$27.00 - All Day Pass

Mt. Olympus Water & Theme Park

(2 & Under Free)

\$12.25 - All Day Pass

Wisconsin Ducks Tour

(3 & Under Free)

\$25.50 - Adult

\$14.50 - Child (ages 4-11)

...Program Sponsors...

2 Brothers Powersports
 Allen Automatic
 Transmission
 Altra Federal Credit
 Union
 American Family
 Insurance-Jason Lassen
 American Legion
 Angelini's Ristorante
 Ant's Complete Pest
 Control
 Bakalars Sausage
 Company
 Becker Tax &
 Bookkeeping
 Blain's Farm & Fleet
 Blue Moon
 Bobcat of the Coulee
 Region
 Brenengen Auto Group
 Brewer Investment
 Group
 Buffalo Wild Wings
 Coulee Bank
 Coulee Golf Bowl
 Courtesy Corporation
 Culver's of Onalaska
 Dahl Ford Automotive
 Dairy Queen
 Dental Clinic of
 Onalaska
 Design Photography
 Diggity Dog Daycare
 Dynamic Recycling
 Every Plumbing &
 Heating
 Fantastic Sams
 Onalaska
 Fazoli's
 Festival Foods
 First American Roofing
 & Siding, Inc
 Fleis Insurance Agency
 Games People Play

Gundersen Lutheran
 Health System
 Harley-Davidson
 Harter's Quick Clean-Up
 Hilltopper Refuse &
 Recycling
 Highway 35 Signs
 Holiday Inn Express
 Home Depot
 Hulse Dental
 Interstate Roofing
 King Street Kitchen
 Klaetsch Paving
 Kujak Orthodontics
 Kwik Trip
 La Crosse Loggers
 Lynche Family
 Mathy Construction
 Company
 Mayo Clinic Health System/
 Franciscan Health Care
 MC Sports
 McDonalds
 MC & KL Hanson
 Merchants Bank
 Midwest Fuels
 Miller Quick Print
 Modern Crane Service, Inc.
 M.Y. Life Health Center
 Nutbush City Limits
 Oak Forest Dental
 Onalaska Area Boy Scouts
 Onalaska Area Business
 Association
 Onalaska Athletic Booster
 Club
 Onalaska Firefighters
 Association
 Onalaska Hilltopper Rotary
 Onalaska Lions Club
 Onalaska Police Association
 Pepsi Cola of La Crosse
 Perkin's
 Pet Me Scratch Me

Polito's Pizza of La Crosse
 RE/MAX First Choice
 River Trail Cycles
 Rudy's Feed'N Seed
 Sarah Casperson
 Schaller Jacobson
 Schumacher-Kish Funeral
 Homes
 Seven Bridges Bank
 Ship Shape Car Wash
 Simplified Tax
 Springbrook Community
 Assisted Living, Inc.
 Texas Roadhouse
 The Big E Company
 The Insurance Center
 Venture Machine & Tool
 The Wharf
 Walmart
 Winona Heating &
 Ventilating Co. Inc.
 Wisconsin Insurance Center
 Woodman's



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



...The Onalaska Gold Pass...



Stay active this summer with the Onalaska Gold Pass. For just a dollar a day, the Gold Pass buys you unlimited entry into the **OMNI Center** for all scheduled open gym time and all scheduled open skate. You also get access to the **Aquatic Center** for all open swim sessions.

Feel free to come for an hour a day or all afternoon. There is always plenty to do as you can move freely between the pool, the ice rink, and gym. Concerned about having to bring your ice skates with you? Don't be! With the gold pass you can rent skates, for FREE!



GOLD PASS FEE

Individual \$90
Family(max of 7) \$190

10% OFF
April 3rd-9th

***For more Aquatic Center information see pages 24-27**

Aquatic Center:	Daily Open Swim Times
M-F	12:30-4:30pm 6:30-8:30pm
Saturday	12:00-7:00pm
Sunday	12:00-5:00pm

OMNI Center:	Days of the Week June 12th-Sept 1st	Times	Cost	Details
Daily Open Gym	M-F	2:00-5:00pm	\$5.00 (Free with Gold Pass)	*Ages 7 & under must be under adult supervision *If attendance is low at 3:00pm, staff may be sent home and open gym will be unsupervised
Daily Open Skate	M-F	12:00-2:00pm	4.00/adult 3.00/child Skate Rental Additional (Free with Gold Pass)	*Ages 7 & under must be under adult supervision (see ice schedule for additional open skates) *city reserves the right to alter the schedule to meet building needs
U-14 Open Hockey	M, W, F	10:30-11:45am	\$5.00 (Free with Gold Pass)	
15-18 Open Hockey	M, W, F	2:15-3:30pm	\$5.00 (Free with Gold Pass)	
Adult Open Hockey	F	7:00-8:30pm	\$7.00	
Parent/Child Stick & Puck	Tue. Fri.	11:00-12:00pm 4:30-5:30pm	\$5.00/child	No goalies, must be accompanied by a guardian. 1 kid/1parent. Bring own stick and puck

...Onalaska OMNI Center...



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



OMNI PASS

The OMNI Pass will allow you unlimited access to all Open Gym times & Open Skates. It also lets you rent ice skates at no extra charge.

*Does not include aquatic center like gold pass!

Individual Fee: \$60

Family Fee: \$135 (max of 7)



HIGH SCHOOL GIRLS HOCKEY TOURNAMENT

July 14th, 15th, 16th

HIGH SCHOOL BOYS HOCKEY TOURNAMENT

July 7th, 8th, 9th

RINK RATS DEVELOPMENTAL HOCKEY LEAGUE

This developmental youth hockey league will focus on skill training such as, speed, puck handling, and game scenarios. The program will offer small arena games and high intensity practices with specialty training equipment, breakout sessions, and game play from a highly regarded coach in the area.

Groups will be divided based on age and ability, and only be on ice for about 1 hour of each practice. Schedules will be sent out after registration before first practice.

Jersey Provided

Coached by Shaun Borre, varsity assistant coach and head JV coach for the state qualifying West Salem Bangor Hockey Co Op Team. Shaun played Class A junior hockey for two years after playing for Wisconsin Rapids in high school.

Teams: Squirts 10 & under	Peewees 12 & under	Bantams 14 & under	Fee: \$225.00 each session or \$390.00 for both sessions
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Spring Session:

Dates: April 9th- May 11th

Sundays: 5:00-7:00pm

Tuesdays: 5:30-7:30pm

Thursdays: 7:10-9:10pm

(times subject to change)

Summer Session 2

Dates: July 9th- August 8th

Sundays 5 :00 pm –7:00pm

Tuesdays 5:30 pm—6:30pm

Thursdays 5:30 pm-6:30pm

(times subject to change)

Questions- Please contact Tyler Ketterhagen

Email: tketterhagen@cityofonalaska.com, Phone: (608) 781—9566 ext.. 603

LEARN TO PLAY HOCKEY

Designed as an introduction to the great sport of hockey. 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!

Session 1: June 12th - 22nd

Time: Mon. Tues. & Thur. 9:00-10:30am

Fee: \$50R/\$55NR

Session 2: July 10th - July 20th

Ages: 4-12

Location: Onalaska OMNI Center

ADULT HOCKEY TOURNAMENT

Adult hockey tournament at Celebrate Onalaska. Bring your own equipment. Adult rule will apply/ no checking/ no slap shots/ Must be 21 and over to be on a roster.

Date: June 23rd -25th

Ages: 21+

Location: OMNI Center

Fee: \$650- includes 90 drink tickets

...Sports/Outdoor Fun...

PICKLEBALL

Pickleball is a combination of Ping-Pong, tennis and badminton and has been played for over 45 years by people of all ages. This mini-tennis game is played by 2 or 4 people on a badminton-sized court using wood or composite paddle racquets and a plastic, poly ball with holes. This is a drop-in program, play when you have time. Some equipment provided, but please bring your own if able. *Contact Park & Rec to be put on the Pickleball email list

Novice/Mentored Games (May)

Experienced players will be there to assist novice/new players
Time: Wednesdays 4:00-7:00pm

Competitive/Experienced

Time: Monday/Thursday 4:00- dusk
Tuesday 8:00-11:00am
Saturday 8:00-11:00am
Times are subject to change.

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: Saturday, May 13th **Time:** 1-4pm
Ages: 10 & Older, parents welcome!
Deadline: April 29th
Fee: \$17 (\$5 on site per 100 extra balls)

LIGHTNING LACROSSE

The La Crosse Lightning Lacrosse Club is for all Coulee Region boys & girls! We offer High School Boys Varsity & JV teams for grades 9-12, as well as several teams for youth grades 1-8. **For more information:**

laxinlax@gmail.com or
www.laxinlax.com

PARK SCAVENGER HUNT

This summer, Onalaska Parks and Recreation Department will be having a park scavenger hunt. To participate, all you have to do is stop by the Parks and Recreation Office and pick up a Park Scavenger Hunt Passport. Each park will have a unique stamp. Follow the directions to the stamp, then stamp your passport with the stamp provided at the designated location within the park. Bring in your completed passport with all of the stamps before August 18th to be entered into a drawing!

Pick up your passport at the National Kids to Parks Day- see pg. 28

HUNTER'S SAFETY EDUCATION

The course is taken online and must be completed before the field day. Participants must be 10 years old and be able to attend the entire field day. Pre-registration is required! You must have your DNR Customer ID #, as well as proof of completion of valid online course (IHEA Course no longer accepted). You can obtain this # by calling customer service at 1-888-936-7463 or going to the DNR website.

Contact Mike Brown at 608-799-5037 or brownmtjc@gmail.com

Ages: 10 & up **Session 1:** Monday, June 19th **Deadline:** June 5th
Time: 8:00-2:30pm **Location:** Holmen Rod and Gun Club
Located at W7656 County Road T- right turn off of Hwy 53 North, watch for the signs.

BOATER'S SAFETY EDUCATION COURSE

This boater's safety class will cover boating safety features, equipment requirements, rules and regulations, ethics, responsibility and basic navigation knowledge. After passing this class, all students will receive their WI DNR Boating Safety Education Certificate. This certification is required for persons from 12-16 years of age, and persons born after 1/1/89, to operate a motorboat. **Ages:** 12 & up **Min/Max:** 6/20 **Fee:** \$10
Dates/Times:

April 25 & 27—5:30-8:30pm (classroom instruction)

April 29 8-11am (classroom test)

Site: West Salem Village Hall Senior Center

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.

Session 1: Tuesdays, June 6th-27th 4-5pm
Session 2: Tuesdays, June 6th-27th 5-6pm
Session 3: Thursdays, July 6th -27th 4-5pm
Session 4: Thursdays, July 6th -27th 5-6pm
Session 5: Tuesdays, August 1st-22nd 4-5pm
Session 6: Tuesdays, August 1st-22nd 5-6pm
Fee: \$35

Ages: 8-15

Deadline: One week before class starts

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



...Youth Sports...

TENNIS LESSONS

Lessons will be one hour long, except beginners 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: the program will feature six weeks of lessons, with skills testing at the end. 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 24th.



Dates: June 12th - July 20th *no class July 3&4

Ages: 5- 18

Fee: \$23R/\$34NR **Max:** 20 per class

Location: Gullickson Courts (Oak Forest)

Instructor: Kurt Gutknecht,
OHS Tennis Coach

Mon. & Wed (starts Mon., June 12th)

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 13th)

8:30am Advanced

9:30am Intermediate

10:30am Beginners (7 & up)

11:30am Beginners (5 & 6)

12:30pm High School Girls

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 12th- ends June 27th
Thur./Fri. starts June 15th- ends June 30th

Session 2: Mon./Tue. starts July 10th- ends July 25th
Thur./Fri. starts July 13th - ends July 28th

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

INTRO TO MARTIAL ARTS

For participants interested in learning the basics of martial arts, this is your chance. You will learn: punching, kicking, kick punch combinations, self-defense, form, and more importantly: coordination, respect, self-discipline, self-control, memory, balance, focus and team work. Participants must wear comfortable pants & a t-shirt. Sign up today!

Instructor: Donald Hickok

Dates: Tue. & Thur., June 13th-July 18th *no class 07/04/17

Min/Max: 5/20

Deadline: June 6th **Location:** H&H Karate

Fee: \$40

Little Warriors/Ninjas (ages 4-7)

Time: 2:00-2:30pm

Beginners (ages 8+)

Time: 2:45-3:15pm



SUMMER TRACK & FIELD

Don't miss out on this summer track program. Last year over 120 kids participated! Onalaska, Holmen, West Salem Park & Recreation Departments & the La Crosse Track Club are going to each run programs. On the 2 Fridays 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: Wednesday, June 14th

Time: 6-10 years old 9:00-10:15am

11-14 Years old 10:15-11:30am

Location: Onalaska Luther H.S. Track

Ages: 6-14 **Fee:** \$32R/\$48NR (includes shirt)

Deadline: Friday, June 2nd

Meet Dates: June 23 @ Holmen 9am-1:00pm

June 30 @ La Crosse 9am-1:00pm

July 14 @ Onalaska 9am-1:00pm



...Youth Camps/Clinics...

2017 ONALASKA SUMMER FOOTBALL CAMPS

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

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 24th & 25th **Time:** 4:00 - 5:30 pm **Fee:** \$30 includes t-shirt

ONALASKA PASSING CAMP (INCOMING 5TH - 9TH GRADERS)

This camp will teach you the basics of throwing and catching the football. Come learn the fundamentals that helped the Onalaska football team throw for over 3,800 yards and 49 touchdowns last year. Each session will work on drills related to running routes, catching the football along with quarterback fundamentals for those who want to play QB. Each session will conclude with the teaching of basic pass plays that can be used this fall at any level of football.

Dates: June 26th-28th **Time:** 2:30 - 4 pm **Fee:** \$35.00 includes t-shirt

COULEE REGION LINEMEN CAMP (INCOMING 5TH-9TH GRADERS)

This camp is designed for the heart of the football team, the offensive line. Over 3 days, campers will be taught the fundamentals of the offensive line. This camp is non-padded and all contact will be made using blocking sled, tackling dummies, and padded shields. A football team is only as good as its offensive line, and linemen should be proud of the role they play on the team. This camp is a great way to get a headstart on your football season as a member of the offensive line!

Dates: June 26-28th **Time:** 1:00-2:30pm **Fee:** \$35.00 includes t-shirt

ROBBY GLANTZ POWER SKATING CLINIC

Have you ever wanted to learn how to skate like the pros? Here is your chance with the Robby Glantz Power Skating Clinic. Robby is a former skating instructor with the Anaheim Ducks, LA Kings, and Atlanta Thrashers and has coached Sydney Crosby, and Jonathan Toews. Robby will help to develop your Power Skating, Power Moves and Speed with the Puck during this clinic. Sign up early to reserve your spot as space is limited! Total On-Ice: 4.5 Hours.

Location: Onalaska OMNI Center

Dates: October 5-7

Discount Tuition: \$175 (It was \$205!)

Group A (Mites & Squirts): Thur. & Fri.: 5:30-7:00 pm • Sat: 8:30-10:00 am

Group B (Pee Wees, Bantam, HS & Up): Thur. & Fri.: 7:15-8:45 pm • Sat: 10:15-11:45 am

To Enroll or Questions: Contact Tyler Ketterhagen (608) 781-9566 x603 or tketterhagen@cityofonalaska.com

INDIVIDUAL BASKETBALL SKILLS CLINIC

Registration will be closed after the first 16 players have signed up. 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

When: Mon./Wed June 19, 21, 26, 28 July 10, 12, 17, 19, 24, 26, 31 Aug.2

Times: 9:00-10:30am or 10:30-Noon

Cost: \$120

Max: 8 per session

Clinic Instructor: Craig Kowal (OHS Boys Basketball Coach)



HILLTOPPER BASKETBALL CAMP

For boys 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 - 11am

Dates: Mon-Thur, June 12-15

Location: OMNI Center

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

Dates/Location:

Please check the website for updated information

HILLTOPPER BASKETBALL LEAGUE

Dates: Tuesdays and Thursdays, June 20- July 13

*no camp week of July 4th

Location: OHS

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

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

REGISTER FOR BOTH THE CAMP & LEAGUE FOR \$120



...Youth Camps/Clinics...

BASEBALL PRE-TRYOUT CAMP

Onalaska High School Varsity Baseball Coach Larry Swiggum and his players will run this camp. Camp will include various small group drill work to get the players ready for tryouts. Throwing, fielding grounders, hitting, base running, and pitching will be covered.

Dates/Time: Tues, March 28th 3-5pm
Thurs, May 30th 3-5pm

Ages 8-14 **Fee:** Pre-registration \$25, Day of \$30

Location: OHS Varsity Baseball Field
(Riders Club Rd.)



WILD WINDS RANCH

Onalaska Park & Rec is happy to team up with Wild Winds Ranch in West Salem once again this year to provide you with the opportunity to spend time with horses on the ranch. All children are asked to wear jeans and shoes with a heel. Helmets provided. Please pack a lunch for day camps. No transportation provided. All programs require a waiver signed by your parent/guardian before participation. You can find these on our website at www.cityofonalaska.com.

Location: Wild Winds Ranch, West Salem
(2 mi North on Cty Rd. M from Hwy 16 in West Salem)

Deadline: One week before start date

Six Week Learn to Ride

(Advanced beginner to intermediate)

Dates: Wed, June 14 - July 19

Session 1: 4 - 5:30 pm

Session 2: 6 - 7:30 pm

Ages: 8 & Older **Max:** 4/session

Fee: \$175

Two Day Learn to Ride (For Beginners)

Dates: June 29 & 30 **Time:** 9 am - 3 pm

Ages: 8 & Older **Fee:** \$175

Max: 6

Six Week Learn to Ride (Beginners)

Dates: Tues, June 13 - July 18

Session 1: 4 - 5:30 pm

Session 2: 6 - 7:30 pm

Ages: 8 & Older **Max:** 4 /session

Fee: \$175

Trail Riding Adventure

Dates: July 8th **Time:** Noon-4:00pm

Ages: 8 & Older **Fee:** \$90

Max: 4 *Riding experience required

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. First Kicks and Mini Soccer will run combined.

Dates: August 7 - 11 at Pineview Park- 725 Faye Drive in West Salem, WI

First Kicks: Ages 3 - 4

Time: 7:30-8:30am

Fee: \$92

Mini Soccer: Ages 4 - 5

Time: 7:30-9:00am

Fee: \$103

Half Days: Ages 6 - 9

Time: 1 - 4 pm

Fee: \$135

Ages 10 - 14

Time: 9am - Noon

Fee: \$135

ONLINE REGISTRATION ONLY at www.challengersports.com

Register by 6/23 and receive a jersey for **FREE!**

\$10.00 Late Fee Applies after 7/28

Host families needed for instructors. \$80 refund towards the cost of your camp fee!

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 16th

Time: 10:00am - 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 9th

SPORTS ADVANTAGE SPEED, AGILITY AND LIFTING CAMPS

For boys and girls currently in grades 3 - 9. 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 19-Aug 2nd

(no camp week of July 4th)

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

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



...Youth Camps/Clinics...

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's ready, learning to ride a bike can be done in 2-3 hours! Bring a bike and a helmet!

Dates: Thursday, April 13th
Tuesday, May 30th

Time: 6:00 - 7:30pm **Fee:** \$7.00 **Location:** Rowe Shelter #1

WRENCH & ROLL YOUTH BIKE CAMP

Wrench and Roll Youth Bike Camp program provides participants the opportunity to build confidence, knowledge, and skills in a safe, fun, and active environment. Join the fun – a Flat Tire Race, Slow-Poke Race, and a Mini-Bike (non motorized) Race to mention a few! Active, Hands-On activities build handling skills, basics for avoiding crashes, rules of the road, mechanical knowledge, as well as enjoying some group riding. Drinks and snacks provided.

Dates/Time: June 12, 13, 14 9:00 am until 12:00 pm

Cost: \$27.00, fee includes beverages and healthy snacks for the rides.

Location: Rowe Park Shelter #1

Who: All youth between ages of 10-16

Helmets are required. Helmets will be provided for participants who do not have a helmet.



WRENCH & ROLL ADVANCED YOUTH BIKE CAMP

Build your expertise with bicycling! Enjoy longer rides, bicycle maintenance (wrenching), way-finding, and developing the five layers of safe riding in an advanced bike camp setting. Participants will delve deeper into how bikes work, adjusting gears, brakes, and identifying how to use common bike tools. Learn map reading and route planning on longer bicycle rides exploring some of the great scenery in our area. This camp will build on the skills that started to develop in the original Youth Bike Camp experience. Experience fun approaches to learning new skills, meet other youth riders, and enjoy the ride! Helmets required. Snacks, water, and safety vests provided.

Date/Time: June 15 & 16 9:00 AM -2:00 PM

Ages: 11-17

Cost: \$27.00, fee includes beverages and healthy snacks for the rides.

Location: Rowe Park Shelter #1

Prerequisite: Attended a previous Youth Bike Camp Session, permission from Instructor, previous bicycling experiences such as the La Crosse Area Youth Mt Biking team.

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

UMPIRE MEETING/CLINIC: BASEBALL & SOFTBALL

The clinic will have two parts: lecture/instruction and on-field 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 31st **Time:** 5:30pm
Fee: \$10

Location: OMNI Center Meeting Room



MIDDLE SCHOOL SUMMER VOLLEYBALL LEAGUE

This summer intramural league is for players going into 6th, 7th & 8th grade in the fall of 2017. Players register as individuals and will be assigned to a team. No pre-arranged teams allowed. Open to players from all communities. Fundamentals and drills will be done to evaluate players the first night to split teams evenly. Game play will be the majority of the league. This is a recreational league.

Dates: Thursdays, June 9th - July 21st

Fee: \$33

Location: Onalaska OMNI Center

Time: 6-8:00pm

Deadline: Friday, June 2nd

PERSONAL TRAINING SESSION

These training sessions offer all-around holistic athletic training emphasizing dynamic Olympic lifts, core functional strength exercises, and a complete focus on linear speed, power, flexibility, agility, and strength. Programs can also be individualized based off of the client's preferred sport or weaknesses. Capabilities for video feedback and side by side comparisons help the athlete see which areas need improvement.

Instructor: Aaron Matuszeski, CSCS

Ages: All Welcome

Six Sessions

Fee: \$118

Nine Sessions

Fee: \$172



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

START SMART - PARENT TOT BASEBALL (Ages 4)

Start Smart Baseball is a developmentally appropriate program that prepares children for organized tee ball in a fun, non-threatening environment without fear of getting hurt. Age appropriate equipment is used in teaching throwing, catching, batting, running, and agility.

Dates: Wednesdays, June 20th - August 1st **Fee:** \$20R/\$30NR

Session 1: 5:30pm-6:10pm **Max:** 20 participants

Location: OMNI Center Arena

Please Note: A parent/guardian is required each night to work one on one with their own child. One staff will be on site to lead the program and demonstrate the stations.

CO-ED ROOKIE TEE BALL (turn 5 by July 30th, completing kindergarten)

Introduction to 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.*

Dates: Mon. & Wed, June 7th - July 26th

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

Fee: \$17R/\$25NR

Location: Jaycee Field #2 (Quincy St.)

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

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.

Dates: Tue. & Thur., June 8th - July 26th

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

Fee: \$22R/\$33NR

Location: Jaycee Field #2 (Quincy St.)

1st Practice: Everyone June 8th from 6-7pm (schedule to follow)

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.

Dates: Tue. & Thur., June 8th - July 25th

Times: 5:30 or 6:30 (rotate times)

Fee: \$22R/\$33NR

Location: Jaycee Field #1 (Quincy St.)

1st Practice: Everyone June 8th from 6-7pm (schedule to follow)

INTERMEDIATE BASEBALL (ages 9 & 10)

This program is for players not wanting to play on or not placed on a 9 or 10 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 30th - July 26th **Fee:** \$32R/\$48NR

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

Location: Onalaska Middle School

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



PARENT VOLUNTEERS NEEDED FOR ALL PROGRAMS!

IN-HOUSE BASEBALL & SOFTBALL COACHES MEETING

Date: Thursday, May 25th **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 Wednesday, July 26th at our "Ball-A-Palooza" event. See below.

Ball-A-Palooza

Wednesday, July 26th - 5-8:30pm

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! Rain Date: Thursday, July 27th

...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 8-14. 8 & 9 year olds must be able to throw, field, and hit a hard softball. *Your age as of January 1st, 2017 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 local 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 softball players will pick up their visor, socks, & jersey on TUESDAY, MAY 30th between 6:30-7:30pm at the OMNI Center. All players must pay a \$50.00 deposit & parents must sign a concussion form on this day to receive the uniform. BLACK SOFTBALL PANTS must be purchased on your own either online or at a local sporting goods dealer. The 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, 8-14, 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.

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.

Softball Tryouts (LEAGUE & TOURNAMENT TEAMS)

8, 9 & 10 YEAR OLDS

If a player turns 11 before January 1st, 2017, 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.

Deadline: Fri., April 7th

Date: Tuesday, April 18th

Time: 5-6:30pm

Location: Jaycee Field on Quincy St.

League Players: \$95

Tournament Players: \$120

11 & 12 YEAR OLDS

If a player turns 13 before January 1st, 2017, 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.

Deadline: Fri., April 7th

Date: Wed, April 19th

Time: 6:00-8:00pm

Location: Jaycee Field #1 on Quincy St.

League Players: \$95

Tournament Players: \$150

13 & 14 YEAR OLDS

If a player turns 15 before January 1st, 2017, 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.

Deadline: Fri., April 7th

Date: Wed, April 19th

Time: 6:00-8:00pm

Location: Jaycee Field #1 on Quincy St.

League Players: \$95

Tournament Players: \$150

Parent volunteers interested in coaching please contact Kraig at 781-9560 Ext. 4 before tryouts so we know you're interested.

...Traveling Baseball...

Baseball Tryouts (LEAGUE & TOURNAMENT TEAMS)

8, 9 & 10 YEAR OLDS

If a player turns 11 before April 30th, 2017, 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:

Date: Mon. April 10th & Wed, April 12th
Time: 4:00 - 5:30pm Tournament Players
5:45 - 7:15pm League Players
Location: Jimmy Olson Field on Riders Club
League Players: \$95
Tournament Players: \$120
Deadline: Fri., March 24th

11 & 12 YEAR OLDS

If a player turns 13 before April 30th, 2017, they must play 13 & under baseball. All league and tournament players in this age division attend tryouts at the time and day listed below:

Date: Sunday, April 2nd
Time: 12 - 2:15pm
Location: OHS Baseball Fields
League Players: \$95
Tournament Players: \$150
Deadline: Fri., March 24th

13 & 14 YEAR OLDS

If a player turns 15 before April 30th, 2017, 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:

Date: Sunday, April 2nd
Time: 2:30 - 4:45pm
Location: OHS Baseball Fields
League Players: \$95
Tournament Players: \$150
Deadline: Fri., March 24th

**A competitive 14 year old team will be developed that will run in connection with the Legion Baseball program. Additional tournament entry fees, equipment and use of the Legion field will be provided by the Legion. There is more extensive travel and some overnight stays may be required.*

Parent volunteers interested in coaching please contact Kraig at 781-9560 Ext.. 4 before tryouts so we know you're interested.

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 8-14. 8 & 9 year olds must be able to throw, field, and hit a hard baseball. *April 30th, 2017 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 low numbers, or 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 baseball players will pick up their hat, belt, socks, & jersey on TUESDAY, MAY 30th between 5:30-6:30pm at the OMNI Center. All players must pay a \$50.00 deposit & parents must sign a concussion form on this day to receive the uniform. GRAY BASEBALL PANTS must be purchased on your own either online or at a local sporting goods dealer. The 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.

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.

...Youth Enrichment...

WEE CHEER

Your "wee" ones will learn basic cheers along with some dance moves, routines, and stretching exercises. The last day will conclude with a mini performance.

Dates: Tues & Thurs, June 20th-July 27th

Time: 4:00-4:45pm **Deadline:** June 9th

Ages: 4-6 **Location:** Community Center

Fee: \$25R/\$30NR **Min/Max:** 10/25

RECREATIONAL DANCE

This program will be broken down into 6 parts: rules, recipes, props, poetry & prose, collaboration & choreography and performance projects. Participants will learn a variety of dance styles! The last day will conclude with a mini performance.

Dates: Tues & Thurs, June 20th-July 27th

Time: 5-5:50pm **Deadline:** June 9th

Ages: 7-12 **Location:** Community Center

Fee: \$25R/\$30NR **Min/Max:** 10/25

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!

Class 1: Wed, July 12th

Class 2: Wed, Aug. 2nd

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

Location: OMNI Center

Deadline: One week before class starts

Fee: \$10R/\$15NR **Min/Max:** 5/15

BATON LESSONS

Learn the basics of baton twirling and see where it can take you. Maybe you'll end up twirling for your middle school, high school or college band! This is a great way to introduce you to the art of baton twirling. Classes are taught by Zoe Leis, the instructor for the Warriors Performing Arts, who has been teaching for over 36 years!

Dates: Wed/Fri., June 14th- July 7th

Time: 9:15-10am **Ages:** 5 & up **Min:** 8

Location: Onalaska Middle School Gym

Deadline: June 2nd **Fee:** \$25R/\$30NR

BASIC SPANISH FOR FUN- YOUTH (SESSION 2)

This language program was created to encourage people of all ages to improve their bilingual skills. This Spanish class will progressively introduce you to the Spanish language. Pre-requisite: review of session 1 fundamentals. This class will take those learning acquisitions to the next level using the same format.

Day/Time: Monday, 6:00-7:00pm **Dates:** April 3rd- May 8th (6weeks) **Fee:** \$45R/50NR

YOUNG EXPLORER: RAINFOREST ADVENTURE

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 27th

Time: 1:-2:30pm

Site: West Salem Elementary School

Ages: All

Fee: \$10

*All children in attendance must register & pay!

CHEFS OF TOMORROW- HEALTHY SNACKS

Learn the basics of the kitchen including measurements, safety, sanitation and of course taste testing! Participants will learn how to make healthy snacks, such as FRUIT SUSHI, that they can make right at home!

Dates: Monday, August 7th **Time:** 2:00-4:00pm **Ages:** 7-13 **Location:** OMNI Center

Deadline: One Week Prior **Min/Max:** 6/12

Fee: \$15.00

RECYCLED RHYTHMS

Come learn about the world of music through rhythm! We will create our own 'band' of percussion instruments made from recycled items and groove with a new genre/style of music each week. Participants are encouraged to bring recycled items from home that can be transformed into an instrument.

Cost: \$35

Deadline: June 2nd

Dates: Tues. June 13 – June 27 **Time:** 10:00-10:45am **Ages:** 6 – 11 **Min/Max:** 5/10

Location: Life In Harmony Music Therapy, LLC 860 N. Mill Street, #2 West Salem, WI 54669

Contact Life In Harmony Music Therapy at admin@lihmt.com or 608-799-4860 for more information.

SONGWRITER'S CORNER

This class will help young songwriters bring their thoughts and ideas to life. This class will explore participants' favorite songs and learn about some different terminology used when writing music such as chord progression, bridge, rhyme schemes, etc. This class is a great fit for individuals who enjoy writing poetry or other creative writing and we encourage you to bring your ideas to this group on the very first day!

Cost: \$45

Min/Max: 5/10 per session

Session 1: Tues., July 11 – Aug. 1st **Time:** 10:00-10:45am **Ages:** 12 – 16 **Deadline:** 06/30

Session 2: Tues. Aug. 8th- Aug 29th **Time:** 10:00-10:45am **Ages:** 8 - 12 **Deadline:** 07/28

Deadline:

Location: Life In Harmony Music Therapy, LLC 860 N. Mill Street, #2 West Salem, WI 54669

Contact Life In Harmony Music Therapy at admin@lihmt.com or 608-799-4860 for more information.

...Adult Programs...

HATHA YOGA

Instructor: Holly

Take time for yourself to release some of the stress in your life with the calming ritual of Hatha Yoga. These are continuing yoga classes, meaning basic knowledge of general yoga postures is recommended. Equipment needed includes a yoga mat, block, yoga strap and blanket.



Days: Tue./Thur. **Time:** 6:30-7:30pm

Location: Community Center

Session 1: April 4th - May 25th

(Twice/week, 8 weeks)

Fee: \$50R/\$55NR

Session 2: May 30th- Aug. 22nd

(twice/week, 12 weeks)

*No class 07/04/17

Fee: \$75R/\$80NR

ADULT SOFTBALL LEAGUES

Co-Rec League (One Division)

Day: Wednesdays (5/10-8/09) **Fee:** \$250

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

Day: Thursdays (5/11-8/10) **Fee:** \$250

Location: Jimmy Olson Fields (Riders Club)

Deadline: Friday, March 24th by 5pm

PICKLEBALL

See page 10 for pickleball information!



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!

Session 1: Feb. 27-May 3rd
(Mon./Wed)

Session 2: May 15th- June 7th
(Mon./Wed)
June 12- Aug. 28th
(Only Mondays)

Time: 5:30-6:30pm

Instructor: Anne Formanek

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

Location: Community Center

BASIC SPANISH FOR FUN-ADULTS! (SESSION 2)

We have recently implemented a language program to encourage people of all ages to improve their bilingual skills. Our Spanish class will progressively introduce you to the Spanish language. Pre-requisite: review of session 1 fundamentals. This class will go to the next level of conversation, emphasizing thematic oral interaction and participation.

Day/Time: Monday, 7:00-8:30pm

Dates: April 3rd-May 8th (6 weeks)

Fee: \$65R/70NR

COMMUNITY GARDEN PLOTS

Mayo Clinic Health System – Franciscan Healthcare and City of Onalaska Park & Rec Department are becoming partners again to provide garden plots to reserve for this upcoming planting season. Please stop by our office for the Guidelines and Rules. 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.

Open House: May 1st



MAYO CLINIC
HEALTH SYSTEM

**We are
Hiring!
VISIT WWW.**

**CITYOFONALASKA.COM
TO FIND OUT MORE
INFORMATION ON
EMPLOYMENT**

...Older Adult Programs...

YOUNG AT HEART

Music spans the ages of time and there is no better way to connect the generational gap than with music! This class welcomes children ages three to six and individuals ages 55+ and older. This group will use songs from the past and songs of today, parachutes, instruments, and other music props to bring out the youth in everyone! Bring a grandparent along or adopt one at the group!

Ages: Designed for 3 – 6 and 55 + **Dates:** 06/22-08/10

Day/Time: Thursday 10:15-11:00am **Min/Max:** 14/20

Cost: \$85.00R/\$90.00NR for you and your grandchild!

\$40.00R/\$45.00NR for additional siblings

Location: Onalaska OMNI Center **Deadline:** 06/09/17

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 783-8314. Beginner to advanced players welcome. Bring your own game if you have one, extras needed!

Date: Wednesday afternoons

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 562-6054. All materials provided.

Days: Every Thursday of the month

Time: 12:30-3:30pm

Location: Community Center

BOARD/TABLE/DICE GAME DAY

Join us for a variety of games at the Community Center. The game for the day will be decided by the group. All games are easy to grasp and highly enjoyable!

Days: Last Monday of the month

Time: 1-3pm

Location: Community Center

Fee: \$1/time, pay on site

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 Betty at 785-6145 to sign up.

Days: Monday-Friday

Time: 11:30am, meal served

Location: Community Center

To Register: Call 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 789-782



...50+ Day Trips...

Menopause the Musical- Palace Theater, WI Dells

Date: 04/05/17
Time: 10:00am-5:30pm Fee: \$50.00
Min/Max: 39/50
DEADLINE: March 17th

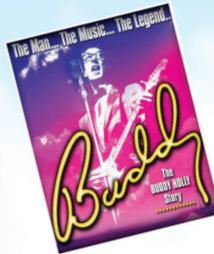


Apache Mall- Rochester, MN

Date: 04/25/17
Time: 9:30am-4:30pm Fee: \$18.00
Min/Max: 28/50
DEADLINE: April 11th
*Lunch and shopping is on your own

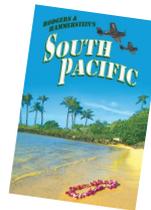
Buddy Holly- Palace Theater, WI Dells

Date: 05/18/17
Time: 9:30am-5:00pm Fee: \$50.00
Min/Max: 39/50
DEADLINE: April 28th



South Pacific- Fireside Theatre, Fort Atkinson, WI

Date: 06/01/17
Time: 7:30am-6:30pm Fee: \$98.00
Min/Max: 30/50
DEADLINE: May 4th



The House on the Rock- Spring Green, WI

Date: 06/27/17
Time: 8:30am-6:00pm Fee: Adult (18+) \$45.00,
Child (5-17) \$35.00

Min/Max: 32/50
DEADLINE: June 13th
*Children must be at least 5yrs old and accompanied by an adult.
*Lunch not provided- food options available in attraction

Heartsongs: The Legendary Women of Country- Plymouth, MN

Date: 07/12/17
Time: 8:00am-6:30pm Fee: \$60.00
Min/Max: 40/50
DEADLINE: June 23rd

Lambeau Field Tour- Green Bay, WI

Date: 08/02/17
Time: 7:00am-6:30pm Fee: \$64.00
Min/Max: 40/50
DEADLINE: July 19th
Bring your children/grandchildren- ages 10+ welcome!

Grease- Chanhausen, MN

Date: 08/30/17
Time: 8:00am-6:00pm Fee: \$84.00
Min/Max: 40/50
DEADLINE: August 1st

La Crosse Queen Boat Tour- La Crosse, WI

Date: 09/14/17
Time: 9:45am-1:00pm Fee: \$42.00
Min/Max: 20/40
DEADLINE: August 31st
*Transportation not provided

Steel Magnolias- Commonweal Theatre, Lanesboro, MN

Date: 10/07/17
Time: 10:00am- 5:30pm Fee: \$54.00
Min/Max: 35/50
DEADLINE: September 22nd

A Country Christmas: Music and Stories of Christmases Past- Plymouth, MN

Date: 11/16/17
Time: 8:00am-6:30pm Fee: \$60.00
Min/Max: 40/50
DEADLINE: October 27th

Branson on the Road- Palace Theater, WI Dells

Date: 12/05/17
Time: 9:30am-5:00pm Fee: \$55.00
Min/Max: 39/50
DEADLINE: November 17th

TRIP INFO: 55+ Day Trips are an exciting way to get people out to wonderful dinner theaters while 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)

...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 and eagles. An occasional fish may also swim under your craft.

Session 1: June 19th **Session 2:** July 11th
Time: 6:30-8:00pm
Fee: \$10 **Age:** 18 & older **Min/Max:** 6/14

YOUNG ADULT KAYAKING

Explore the backwaters, including a beaver dam, and plan to get wet! Learn the basic paddle strokes and rescues and then have some fun! All equipment is provided.

Date: July 17 & 18 **Time:** 6:00-8:00pm
Fee: \$20 **Age:** 11 & older **Min/Max:** 6/14

COUPLES & FAMILY KAYAKING

Spend some fun family time on the water. Learn the basics of paddling a kayak. Each family member will paddle their own craft. Explore as a family/couple or enjoy a guided tour to the beaver lodge. All equipment is provided.

Class 1: June 27th @ 7:15-8:30pm
Class 2: July 13th @ 6:30-8:00pm
Class 3: Aug. 2nd @ 6:00-7:30pm
Fee: \$20/family **Age:** 8 & older **Min/Max:** 6/14

PADDLE, SPLASH & PLAY

Learn the basics of paddling a kayak and then play games using them. Participants WILL get wet and have fun doing it! All equipment provided. Basic swim skills required! Each participant will paddle an individual boat.

Class 1: June 20th & 27th @ 5:30-6:45pm
Class 2: Aug. 8th & 10th @ 6:00-7:15pm
Fee: \$15 **Age:** 7-10 **Min/Max:** 6/10

PRIVATE GROUP RENTAL

Have a birthday party, family get together or looking for some co-worker bonding? Call the Park and Rec to see about setting up a guided private group event. **Min Group Size:** 6

Min Age: 8 and older

# of People	Fees (2 Hour Increments)
6-8 participants	\$75.00 Per 2 Hour Rentals
9-12 participants	\$95.00 Per 2 Hour Rentals

FISHING ADVENTURES

Interested in learning the basics of fishing? Come join us at the waterfront for some fishing instruction: casting, fishing identification, knot tying, safety & more. Parents welcome!

**Anyone over the age of 16 will need a fishing license.*

Date: Thursday, Aug. 3rd
Time: 2-4pm
Fee: \$12R/\$21NR
Ages: 6-12
Min/Max: 10/50
Location: The Great River Landing (111 Irvin St., Onalaska)

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 at practices that will be used during these classes. There are also mentors to work with new skiers.

**If you have life jacket, please bring it with you!*

Date: Monday, June 19th **Time:** 4-6pm **Fee:** \$10/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*



**KAYAK RENTALS NOW
 AVAILABLE
 SEE PAGE 6**

...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. **Participants will be encouraged to attend the "Clean the Park" day on Wednesday, July 5th during or after a class.

BEGINNER, INTERMEDIATE & ADVANCED LESSONS

Session 1 (6 Classes)
Days: Monday & Wednesday
Dates: June 12th – June 28th
Time: 5:10-6:00pm
Fee: \$30R/\$36NR
Min/Max: 4/18
Ages: All



Session 2 (6 Classes)
Days: Monday & Wednesday
Dates: July 3rd – July 19th
Time: 5:10-6:00pm
Fee: \$30R/\$36NR
Min/Max: 4/18
Ages: All



Session 3 (6 Classes)
Days: Monday & Wednesday
Dates: July 24th – August 9th
Time: 5:10-6:00pm
Fee: \$30R/\$36NR
Min/Max: 4/18
Ages: All

EXPERT CLASS

Expert class is geared for self-starter, driven individuals looking to go pro in the next couple years or currently are professionals. This class may have more students per instructor as it will be designed like a practice. Entry to this class is subject to instructor approval. Young professionals encouraged to enroll for instruction and training programs

Pre Req: An expert roller is defined as a roller who can get on an unheld log with another roller. The roller can do all of the following on a #3 log: pole, kick on demand, transition on demand, splash, rock and roll, and roll continuously half the pool and back without falling, front and back step. ****Experts should not be enrolled in any other classes****

Session 1

Days: Monday & Wednesday (12 classes)
Dates: June 12th – July 19th
Time: 4:00-5:00pm **Fee:** \$55 **Min:** 4

Session 2

Days: Monday & Wednesday (6 classes)
Dates: July 24th – August 9th
Time: 4:00-5:00pm **Fee:** \$30 **Min:** 4

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

ADULT LESSONS

Days: Mondays (6 classes)
Dates: June 12th – July 17th
Time: 6:10-7:00pm
Fee: \$30R/\$36NR
Min/Max: 4/18
Ages: 18+

ONCE A WEEK-BEGINNER, INTERMEDIATE & ADVANCED

Days: Wednesdays (6 classes)
Dates: June 14th – July 19th
Time: 6:10-7:00pm
Fee: \$30R/\$36NR
Min/Max: 4/18
Ages: ALL

COLLEGIATE LOG ROLLING

Days: Wed (6 classes) **Dates:** June 14th-July 19th **Ages:** 18+
Time: 7:10-8:00 pm **Fee:** \$30R/\$36NR **Min/Max:** 4/18

Try Log Rolling

Interested in giving log rolling a shot? Now you can! Simply bring a pair of shoes to the FREE date and time below. All lessons will be given at the Great River Landing.

**Sunday, June 4th from
4:00-5:00pm**



...Onalaska Aquatic Center...

OPEN SWIM HOURS:

MONDAY – FRIDAY

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

SATURDAY

12-7pm

SUNDAY

12-5pm

***Modified Hours: June 5th- June 9th**
4:00pm-7:00pm

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.

LESSON CANCELLATIONS

Like us on Facebook at "Onalaska Aquatic Center" to stay up to date with your swim lessons!

Onalaska Aquatic Center

250 Riders Club Road

Onalaska, WI 54650



POOL FEES:

Afternoon Admission	\$3.00
Night Admission	\$1.00
Family Membership	\$120.00
Single Membership	\$45.00
Lap Swim	\$2.00
Water Babies (3 & under)	\$1.00
Swim Lessons	\$20.00/Res \$30.00/Non-Res
Swim Team	\$30.00/Res \$40.00/Non-Res

Everyone that enters the pool has to pay

Pool Opens June 3rd, 2017

10% OFF POOL PASSES

During the week of April 3rd-9th, 2017



...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. Passes must be purchased at the Park & Rec office or on-line, not at the Aquatic Center.

ONALASKA SWIM TEAM

Swim Team is designed for swimmers of all levels, however swimmers must be able to swim 25 yards non-stop. The team will compete in some out of town swim meets which are usually held on Thursday evenings and/or Saturday/Sunday afternoons. Along with the program fee, all participants are required to purchase a season pool pass and will be responsible for their entry fees for out of town swim meets. Last day of practice is 7/31, no practice 7/4.

Start Date: June 19th **Days:** Monday-Friday **Time:** 11:15am-12:15pm
Fee: \$30R/\$40NR **Minimum:** 40 participants *Home Meet is July 29th

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

The Birthday Party Package includes (for all paying customers): use of all Aquatic Center amenities, 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.

Details: \$15 for room rental which you pay at the Park & Rec office when you reserve your date. The day of, you will pay \$4/person at the pool so you pay for the exact number of people you bring.

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.*



ADULT OPEN LAP SWIM

Days: Monday & Wednesday
Time: 8:00am-9:00am
Fee: \$2.00/day (passes do not count)
 No pre-registration required

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!

Prereq: 300 yard swim, Timed Brick Test
 Must be 15 by the end of the course
Date: June 7, 8 & 9 4:00- 8:00pm
 June 10 & 11 9:00am - 1:00pm
Location: Onalaska Aquatic Center
Cost: \$175.00

...Swimming Lessons...

Session 1	June 12th- June 23rd
5:00-5:25	Level 2
5:00-5:45	Level 4
5:30-5:55	Parent-Tot
6:00-6:25	Parent-Tot

Session 2	June 26th - July 7th *No lessons July 4th
9:00 - 9:45	Level 4 & 5
9:30 - 9:55	Level 2
10:00 - 10:25	Pre-School
10:00 - 10:45	Level 3
10:30 - 10:55	Pre-School
5:00 - 5:25	Level 1
5:00 - 5:45	Level 3 & 6
5:30 - 5:55	Level 2 & Pre- School
6:00 - 6:25	Parent-Tot

Session 3	July 10th - July 21st
9:00 - 9:45	Level 4 & 5
9:30 - 9:55	Level 1
10:00 - 10:25	Level 2
10:00 - 10:45	Level 3
10:30 - 10:55	Level 2
5:00 - 5:25	Level 1 & 2
5:00 - 5:45	Level 3
5:30 - 5:55	Pre-School
6:00 - 6:25	Parent-Tot

Session 4	July 24th - August 4th
9:00 - 9:45	Level 5 & 6
9:30 - 9:55	Pre-School
10:00 - 10:25	Level 1 & 2
10:00 - 10:45	Level 3 & 4
10:30 - 10:55	Level 2
5:00 - 5:25	Pre-School
5:00 - 5:45	Level 3
5:30 - 5:55	Level 1 & 2
6:00 - 6:25	Parent-Tot

Session 5	August 7th - August 18th
9:00 - 9:45	Level 4 & 5
9:30 - 9:55	Pre-School
10:00 - 10:25	Level 1 & 2
10:00 - 10:45	Level 3 & 5
10:30 - 10:55	Level 1
5:00 - 5:25	Level 2
5:00 - 5:45	Level 3 & 6
5:30 - 5:55	Parent-Tot
6:00 - 6:25	Parent-Tot

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. Private swimming lessons will take place during normal swimming lesson times or before the Aquatic Center opens on Saturday and Sunday mornings.

One class	\$15.00	Program #: 4000.104
Three classes	\$40.00	Program #: 4000.105
Six classes	\$66.00	Program #: 4000.106

Register now for your one-on-one private swimming lessons!

...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 of: front crawl, back crawl, butterfly, elementary backstroke, and more. This class is used to learn how to perform the strokes and then later improve their 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 they will 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!

Summer is here! Who doesn't want to be outside, sunbathing, swimming, playing catch on the beach or just barbecuing in the backyard? While summer means fun in the sun, make sure you're not getting too much of a good thing. Avoid consequences of overexposure to the sun like sunburns, premature aging of the skin, wrinkling, and skin cancer, including melanoma, by practicing proper sun protection. The hours between 10 a.m. and 4 p.m. daylight savings time (9 a.m. to 3 p.m. standard time) are the most hazardous for UV exposure in the continental United States. UV rays are the greatest during the late spring and early summer in North America.

CDC recommends easy options for sun protection:

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

For more information, please visit
http://www.cdc.gov/cancer/skin/basic_info/prevention.htm
or call 1-800-CDC-INFO.

*The above information was cited from
"Don' Get Burned! Summer Sun Safety Tips"
from www.CDC.gov*

...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 21st (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 - April 1st	\$10	\$5
April 2nd - 20th	\$15	\$8
Race Day	\$20	\$10
Post Race Meal	\$3.00 (pay day of)	
	Shirts are an additional \$15.00	

Packet Pick-Up:

April 20th 12-5pm
 April 21st 8am-3pm at Park & Rec Office

To Register:

Online: www.cityofonalaska.com
www.active.com

In Office: Onalaska Park & Rec Office

Mail: Onalaska Park & Rec Department
 415 Main St.
 Onalaska, WI 54650

THE RUGGED RUN

The Rugged Run is an adventure run which includes many favorite obstacles of adventure runners around the world! The run consists of two courses. First is a 1 mile youth race with 10 fun obstacles. Kids between the ages of 7-18 are encouraged to participate and attempt every obstacle. The second course is a 2 mile race that features 16 obstacles found at many competitive adventure runs.

Register: Visit www.TheRuggedRun.com

Race Packet Pickup:

Friday, June 23rd 8am-5pm @ Onalaska Park & Rec
 (415 Main St. Onalaska)

Saturday @ Event Staging Area before race

Day Of Event Info: SATURDAY, June 24th

8:00am Day of Registration Begins
 9:00am 1 Mile Youth Race Begins
 9:45am 2 Mile Waves Begin

June 24th, 2017



NATIONAL KIDS TO PARKS DAY

Join the Onalaska Park and Recreation Department for the National Kids to Parks Day! Come help us plant a tree down the by Great River Landing and check out the Onalaska Fire Department Rescue Boat! There will also be face painting, nature bingo, as well as fishing/casting games! You can even test your luck fishing with us down by the water as we will have fishing poles available for use. *Anyone over the age of 16 will need a fishing license. Lunch will also be available but limited on a first-come, first-serve basis.

Date: Saturday, May 20th, 2017 **Time:** 11am-2pm **Location:** Great River Landing

11TH ANNUAL DIGGITY DOG DIP

The Onalaska Park & Recreation Department and Diggity Dog Daycare are cosponsoring Onalaska's 11th 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: Saturday, September 2nd **Time:** 10am - 2pm **Cost:** \$10/dog

Location: Onalaska Aquatic Center
 (250 Riders Club Road)

NATIONAL NIGHT OUT Tuesday, August 1st 5-8pm

Join the Onalaska Police Department for their 6th annual event! Come as a Family!
Location: Community Park Shelter (Quincy Street)

ONALASKA FIRE HOUSE 5K Saturday, April 8th at 8am

This will be the 6th Annual Firehouse 5k. For race details, visit www.zapevent.com/reg/event/12284

Location: Onalaska City Hall



...Family Fun Special Events...

20TH 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.

Saturday, April 8th 9-4pm

Sunday, April 9th 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 23rd & 24th

Onalaska OMNI Center

Friday Night Fish Fry

Live Music

Pancake Breakfast

Hypnotist

Sporting Contests



High School Sports

Youth Games

Petting Zoo

Fireworks

The Rugged Run

& MUCH MORE!

..... Fall Program Sneak Peak!

Program specifics will be available on the City website mid July

Football

TACKLE FOOTBALL

For kids in 5th & 6th grade. Parent/Player meeting & equipment handout will be on Thursday, August 10th.

FLAG FOOTBALL

There will be a division of 3rd & 4th graders and 1st & 2nd graders.

3rd & 4th grade: Starts week of August 28th

1st & 2nd grade: Starts on Sat. Sept 9th

Soccer

Fall Academy Soccer Training (FAST)- A soccer program for 4-6 year olds designed to teach basic footwork with and without the ball. Highschool coach, Andy Olson, will lead the program then go to Wednesdays (6-7) and Saturdays (10-11am) in September and October. More info coming in July.

Fall Tri-Rivers Youth Soccer League- For players U7-U12 that want to practice in the fall and play in some Saturday jamboree style events in the local area in September and October. More in to come in July.

Volleyball

TRAVELING VOLLEYBALL

Initial practices will start the week of August 28th for players in 5th & 6th grade.

3RD & 4TH GRADE VOLLEYBALL

Will start Tuesday, September 5th

1ST & 2ND GRADE VOLLEYBALL

will start Monday, September 11th

Adult

Programs

FALL ADULT KICKBALL

Days: Wednesday evening (Sept 6- Oct 18)

Fee: \$100.00/Team

Registration Deadline: Fri. Aug. 25th

**2017 Fall
registration opens
Mid-Late July**

...Parks & Facilities...

Park	Acres	Basketball	Volleyball	Tennis	Pickleball	Ball Field	Horseshoe	Playground	Restroom	Shelter	Open Shelter
Coachlite Green 2001 Grandview	1.4	X						X			
Community Park 515 Quincy St.	13.6			X		X	X	X	X	X	X
Elmwood Hills Meadowlark Ln.	2.5	X						X			X
Glenn Fox Park 650 Winter St.	3.8	X				X	X	X	X		X
Greens Coulee Park Greens Coulee Rd	67										
Hilltopper Heights 500 Wells St.	3	X						X			X
Holiday Heights 1600 Medary Ln.	21.6	X						X			
Meier Farm Park Rolling Oaks Drive	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 100 Oak Forest Dr.	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 Aspen Valley Drive	5.5	X						X			X
Robinson Park Mary Drive	5.7	X						X			X
Rowe Park 710 Hilltopper Pl.	28.8			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
Great River Landing First St. & Irvin St.	48										
Wellington Greens Rylla Street	3.8	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

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, credit card only.

BUILDING	CAPACITY	GROUP 1	GROUP 2	GROUP 3	GROUP 4
Rowe Park					
Shelter #1	100	N/C	\$25	\$55	\$80
Shelter #2	90	N/C	\$25	\$55	\$80
Community Park					
Park Shelter	75	N/C	\$25	\$55	\$80
Lions Shelter	75	N/C	\$25	\$50	\$75
Glen Fox Park					
Park Shelter	75	N/C	\$25	\$55	\$80
Van Ripper Park					
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
OmniCenter (255 Riders Club Road)					
Shelter 1/2 Day (4 hours)	200	N/C	Call 781-9566 x603 to book		
Full Day	200	N/C	Call 781-9566 x603 to book		
Meeting Room	75	N/C	Call 781-9566 x603 to book		
Banquet Hall	250	N/C	Call 781-9566 x603 to book		
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



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



Fleis Nightfall Frolic
Friday, April 21st



Celebrate Onalaska
June 23rd-24th,
2017

www.CelebrateOnalaska.com