



City of Onalaska

Park & Recreation Department

2016-17 Fall/Winter 
Activity Guide



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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 their 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.

ONLINE REGISTRATION

Go to www.cityofonalaska.com, put the 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. 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

WALK IN REGISTRATION

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

For in-person service, stop by during our office hours: Monday - Friday, 8 am - 5 pm. If you have questions about our online registration, please ask, and we can show you how to set up an account.

Payment type: Cash, Check, or Credit Card



Participate. Educate. Recreate.

...General Information & Sponsors...

NON-RESIDENT POLICY: For registration purposes, a resident is anyone who lives within the corporate boundaries of the City of Onalaska. The City and School District are different; any person residing outside the City boundaries will be considered a non-resident and pay 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 should obtain or review 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 in sending children to programs. If 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. **AGE REQUIREMENTS:** For all programs, an age requirement is specified. Please do not request that your child be 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 to ensure 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. 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.

2 Brothers Powersports
Allen Automatic Transmission
Altra Federal Credit Union
American Legion
Angelini's Ristorante
Anytime Fitness
Bakalars Sausage Company
Becker Tax & Bookkeeping
Blain's Farm & Fleet
Blue Moon
Bobcat of the Coulee Region
Brenengen Auto Group
Bremer Bank
Brewer Investment Group
Buffalo Wild Wings
Burrachos
Carroll's Popcorn & Frozen Yogurt
Complete Nutrition
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
Interstate Roofing
King Street Kitchen
Klaetsch Paving
Kujak Orthodontics
Kwik Trip
La Crosse Loggers
Lindy's Subs
hy Construction Company
Marine Credit Union
MatPerkin's
Mayo Clinic Health System/
Franciscan Health Care

MC Sports
McDonalds
Miller Quick Print
Modern Crane Service, Inc.
M.Y. Life Heath Center
Nutbush City Limits
Oak Forest Dental
Onalaska Area Boy Scouts
Onalaska Area Business Association
Onalaska Athletic Booster Club
Onalaska Firefighters Association
Onalaska Lions Club
Onalaska Police Association
Pepsi Cola of La Crosse
Polito's Pizza of La Crosse
RE/MAX First Choice
Revive Chiro/Wellness Center
River States Truck & Trailer
River Trail Cycles

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.
Woodman's

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

...Family Fun...

Look for the  symbol for information on our new and exciting programs that we are offering this fall and winter!

LEARN SPANISH FOR FUN

We have recently implemented a language program to encourage people of all ages to improve their bilingual skills. Our Spanish Program consists of 5 different classes that will progressively teach and introduce you to the Spanish language. For more specifics please visit the Onalaska Park and Rec website at www.cityofonalaska.com

Age: Youth - Adult Location: Onalaska Omni Center

SPANISH 1-Basic Spanish introduction One Fee: \$72

Dates 9/13/16-10/25/16 Tuesdays, 6-8:30 pm

SPANISH 1 - Basic Spanish conversation One Fee \$72

Dates 11/8/16-12/20/16 Tuesdays, 6-8:30 pm

SPANISH 2-Basic Spanish Introduction Two Fee \$72

Dates 01/17/17-03/07/17 Tuesdays, 6-8:30 pm
(no classes on Valentine's day)

SPANISH 2- Basic Spanish Conversation Two Fee \$72

Dates 3/21/17-5/2/17

PARENT-TOT SPORTS ACADEMY

 NEW

The academy has a team focus, intended to teach participants the general skills of different sports as well as gameplay. The other major goal is to help kids acquire a love of active play as well as develop some skills in a variety of sports. Games and activities to learn and participate in include: basketball, floor hockey, volleyball, ultimate frisbee, tag games and more.

***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.

Location: The Omni Center Fee: \$20 Ages: 3-5

Dates: Jan 3rd, 10th, 17th, 24th Time: 5-5:40pm

ONALASKA OMNI CENTER OPEN SKATE

The Onalaska Omni Center will be having public open skates throughout the winter months. These dates and times may be modified according to facility needs.

To ensure a scheduled skate has not been changed please view our "Arena Schedule"

at www.omnicenter.net.

11:00AM-3:00 PM	5:00PM-8:00PM
NON SCHOOL DAYS	SUNDAYS
OCT 14 th 17 th 18 th	NOV 6 th 13 th 20 th 27 nd
NOV 25 th 28 ^h	DEC 4 th 11 th 18 th
DEC 23 rd 26 th 27 th 28 th 29 th 30 th	JAN 8 th 15 th 22 nd 29 th
JAN 23 rd FEB 24 th	FEB 12 th 19 th



...In-House Basketball...

BOY'S & GIRL'S LITTLE DRIBBLERS (5 & 6 YEAR OLDS)

This program is an introduction to basketball. The basic fundamentals, such as dribbling, passing and shooting will be emphasized in stations, along with fun activities that incorporate the game's skills. Lower baskets are used. Parent volunteer coaches needed!

Days: Sat. 9:00am -10:00am

Dates: Jan 7th - Feb. 18th

Location: Pertzsch

Fee: \$15R/\$23NR

Max: 50

GIRL'S ROOKIE BASKETBALL (1ST & 2ND GRADE)

This program will focus on developing basic fundamentals such as passing, shooting and dribbling and having fun by playing games. Players will practice all together for 2-3 practices and then be placed on a team and given a practice and game schedule. Practices and games will be Tuesdays from 5:30-6:30pm & Saturdays 10-11:00am.

First 2 Practices: Nov. 29th 5:30-6:30pm, Dec 3rd, 10:00-11:00am

Days: Tuesdays & Saturdays

Dates: November 29th - Feb. 20th

Location: Pertzsch Gym Fee: \$30R/\$45NR



GIRL'S JUNIOR BASKETBALL (3RD & 4TH GRADE)

Players will have 3 practices in November and then be divided into teams. Teams will be mixed with 3rd & 4th graders. The teams will play in a developmental league with the Boys & Girls Club and West Salem Park & Rec. Once players are in teams, they will practice or play games on Tuesdays & Thursdays from 6:30-7:30pm. Saturday games/practice times may vary between 9am-12pm. Teams may play in the La Crosse Rec Fest Tournament towards the end of January.

First 3 Practices: Nov. 15th, 5:30-6:45pm Nov. 17th, 5:30-6:45pm, Nov. 22nd, 5:30-6:45pm

Days: Tuesday, Thursday, & Saturday Dates: Nov. 15th - Feb. 20th

Location: Pertzsch Gym Fee: \$35R/\$52NR

BOY'S ROOKIE BASKETBALL (1ST & 2ND GRADE)

All players will practice as a group for the 2 initial practices. Players will then be placed on a team and given a practice and game schedule. Teams will be mixed with first and second graders. Once players are in their teams, they will practice or play games on Tuesdays at 5:30pm or 6:30pm and on Saturdays at 9:00am or 10:00am.

First 2 Practices: Nov. 29th, 5:30-6:30pm Dec 3rd, 10:00-11:00am

Days: Tuesdays & Saturdays Dates: Nov. 29th- Feb. 20th

Location: Northern Hills

Fee: \$30R/\$45NR

BOY'S JUNIOR BASKETBALL (3RD & 4TH GRADE)

Players will have 3 practices in November, then be divided into teams. Teams will be mixed with 3rd & 4th graders. The teams will play in a developmental league with the Boys & Girls club and West Salem Park and Rec. Once players are in their teams, they will practice or play games on Thursdays at 5:30pm or 6:30pm and on Saturdays at 10:00am, 11:00am, 12:00pm or 1:00pm. Teams may play in the La Crosse Rec Fest Tournament towards the end of January.

First 3 Practices: Nov. 14th 5:30-6:45pm, Nov. 17th 5:30-6:45pm & Nov. 21st 5:30-6:45pm

Days: Thur & Sat (after first 3 practices) Dates: Nov. 14th - Feb. 18th

Location: Eagle Bluff

Fee: \$35R/\$52NR

PARENT-TOT BASKETBALL

Start Smart basketball teaches children ages 3-4 the basic motor skills necessary to play organized basketball while they work one-on-one and spend quality time with their parents. The program focuses on dribbling/ball handling, passing/catching, shooting, and running/agility without the threat of competition or the fear of getting hurt. *Parents are required to assist with the different stations & activities each night.

Day: Wednesdays, 5:30-6:15pm

Max: 20

Location: Middle School

Fee: \$14R/\$21NR

Dates: Jan. 11th - Feb. 15th

Age: 4-5 years old

...Traveling Basketball...

TRAVELING BASKETBALL INFORMATION - GRADES 5 & 6:

All traveling basketball teams are intended for participants living within the city of Onalaska boundaries or attending a school in Onalaska. Traveling teams are intended for individuals within their current grade level. Players in a certain grade level can only play up if the older age group is in need of more players which will be determined after the initial practices. Tournament traveling teams play the majority of tournaments in the Great Northwest Basketball League which has certain team roster requirements.

Tournament Traveling Teams- Teams play weeknight games against local schools and in 3-5 weekend tournaments through the Great Northwest Basketball League. Games and practices vary in time but are usually held early evening for an hour and a half. The weekend tournaments are one day only (Saturday) and they play 3 – 4 games per tournament. No overnight travel. The tournaments are usually within 90 minutes. Tournaments may be held on any Saturday in December, January or February. Players choosing to try out for a tournament team **MUST** attend all the initial practices for their grade.

League Traveling Teams - Teams will practice during the week and play in local weeknight games against other schools. League teams may play in one end-of-the-season tournament on a Saturday. Players **MUST** attend initial practices for their grade listed below.

For 5th & 6th Graders - Deadline to register is Wednesday, November 2nd

5TH GRADE GIRLS - TRAVELING LEAGUE TEAM

Initial Tryout/Practice Dates: Nov 7th & 10th, 5:30-6:45pm at Pertzsch

Fee: \$65

6TH GRADE GIRLS - TRAVELING LEAGUE TEAM

Initial Tryout/Practice Dates: Nov 7th & 10th, 5:30-6:45pm at Pertzsch

Fee: \$65

5TH GRADE BOYS -TRAVELING LEAGUE OR TOURNAMENT TEAM

Initial Tryout/Practice Dates: Nov. 8th & 10th 5:30-6:45pm at Eagle Bluff

Fee: Tourn. -\$110 & League - \$65

6TH GRADE BOYS -TRAVELING LEAGUE OR TOURNAMENT TEAM

Initial Tryout/Practice Dates: Nov. 8th & Nov. 10th, 6:45-8:00pm at Eagle Bluff

Fee: Tourn. -\$110 & League - \$65

TRAVELING BASKETBALL INFORMATION - GRADES 7 & 8:

A tournament traveling team will be offered for boys in 7th & 8th grade after their middle school season. Players interested need to register at the Park and Rec office. The first practice will be held on Thurs. Dec. 15th. The teams will play in 3-7 tournaments in January and February as part of the Great Northwest Basketball League. Usually no overnight stay will be required, but extensive travel may be required. Practices will be mostly 2 times a week, after 7pm. *Limit of 10 players per team.
If registration reaches the max number, a tryout process will be held. Fee: \$110



...Youth Sports...

1ST & 2ND GRADE "LITTLE HITTERS" VOLLEYBALL

This beginner skills program will focus on learning terms of the game, fundamentals, skills, hand/eye coordination and fun volleyball related activities. It is recommended that a parent/guardian be on the court assisting their child each night. Lightweight, softer balls and a lower net will be used. The program will run 6 Mondays at Eagle Bluff Gym. Enter through side door "1". Fee: \$18R/\$27NR Time: 6-6:45pm Max: 20/session Location: Eagle Bluff Gym

1st Practice: Mon, Sept. 12th, All 1st and 2nd Graders; 6-6:45pm at Eagle Bluff Gym *No practice on 10/17/16

Dates: Mondays, Sept. 12th - Oct. 24th (Off Oct. 17th)

3RD & 4TH GRADE "SPIKERS" VOLLEYBALL

This program is available to those going into 3rd and 4th grade. It is an in-house league with some travel to other communities (West Salem, LaCrosse). The program will begin with a few initial practices and then players will be divided into teams to play games. All games and practices are held on Tues/Thur evenings from 5:30-7:30pm (depending on # of teams). Volunteer Coaches are needed to run this program! Call 781-9560 if interested!

1st Practice: Tues, Sept. 6th, 3rd graders 5:30-6:30pm 4th graders 6:30-7:30pm at Eagle Bluff Gym

2nd Practice: Thur, Sept. 8th, 3rd graders 5:30-6:30pm 4th graders 6:30-7:30pm at Eagle Bluff Gym

Dates: Tues & Thur, Sept. 6th- Oct. 25th Fee: \$30R/\$45NR Time: 5:30-7:30pm Min/Max: 20/45

Location: Eagle Bluff Gym (enter side door I)

5TH & 6TH GRADE TRAVELING VOLLEYBALL LEAGUE

Players will be divided into separate 5th & 6th grade teams (as long as numbers allow.) Teams in the league are St. Pat's, Bl. Sacrament, Holmen, West Salem, etc. Practices will vary between 5-8pm, and once we get into games, times vary from 4-8:30pm. Once games begin, typically practices are on Mondays and games are Tues/Thur. Home gym locations are Northern Hills or Omni Center. Transportation is NOT provided. Volunteer Coaches are needed to run this program! Call 781-9560 if interested!

1st Practice: Mon, Aug. 29th, 5th graders 5:30-6:30pm, 6th graders 6:30-7:30pm at The Omni Center

Dates: Aug. 29th - Oct. 22nd Fee: \$45R/\$67NR Time: Varies 4-8:30pm Location: Omni Center & Northern Hills

*End of season tournament tentatively scheduled for Saturday, October 22nd in LaCrosse

ONALASKA WRESTLING PRESEASON CAMP

NEW

Former UW- La Crosse wrestler, Cody See will be running a preseason wrestling camp for area kids. He will be working with kids who are striving to take their wrestling to the next level. Kids will be exposed to new techniques, drilling, and situational wrestling. This camp will be a great stepping stone into the wrestler's upcoming season.

Location: Ona HS Mezzanine Min/Max: 10/20 Dates: Nov. 7th, 8th, & 10th Day: Mon, Tues, Thur Time: 5-6:30pm

Fee: \$50 Ages: 7th grade - 12th grade.

WRESTLING PROGRAM

Onalaska High School Varsity Wrestling Coach, Lyle Blum, and his team will work with kids to teach them the fundamentals of wrestling in a non-threatening and fun manner. Singlets will be provided or can be purchased. There will be an opportunity to get involved in a weekend tournament if the child is willing to give it a try. Fee: \$30

Day: Mon & Wed, 5:00-6:15pm Location: OHS Commons Min/Max: 10/20 Dates: Jan. 9th - Feb. 8th Age: 5- 12 yr old

LEARN TO PLAY HOCKEY

This clinic offers young kids, who have never tried hockey, an opportunity to learn about our hockey program and learn to skate for free. Equipment and skates will be provided for you to use for all three 50 minute ice sessions.

Session 1: Sept 18th, 7:00-7:50pm

Session 2: Sept 19th-Sept 22nd 6:00-6:50pm

Location: Onalaska Omni Center

Contact: Josh Genz 608-797-7230 or genz.josh@gmail.com

This is NOT A SCHOOL SPONSORED ACTIVITY



...Youth Sports...

KINDERGARTEN FOOTBALL - SKILL DEVELOPMENT PROGRAM

This program is for children entering kindergarten in the fall of 2016. It is a developmental introduction to football, preparing children for organized sports in a fun, non-threatening environment. It teaches them how to throw, catch, and kick a football, along with positions, agility and coordination. Parents are required to assist with the different stations and activities. A program leader will be on hand to assist with stations and drills.

Date: Wednesdays, Sept. 14th, 21st, 28th Oct. 5th, 12th & 19th Time 5:30- approximately 6:30pm
Fee: \$18R/\$27NR Min: 10 Location: Community Park JC #2 (Quincy St.)

1ST & 2ND GRADE FLAG FOOTBALL

This program is available for kids going into 1st & 2nd grade this fall. This program will start with two initial practices and then players will be divided into teams. Once teams are formed, teams will practice and play games for 1 hour on Monday evenings (either 5:30 or 6:30) and Saturday mornings (9:00am or 10:00am.) Volunteer coaches needed!

1st Practice: Sat, Sept. 10th: 1st graders 9-10am; 2nd graders 10:15-11:15am at Jimmy Olson Fields

2nd Practice: Mon, Sept. 12th: 1st graders 5:30-6:30pm; 2nd graders 6:30-7:30pm at Jimmy Olson Fields

Teams Announced- Monday, Sept. 19th - All players meet at Jimmy Olson Fields at 6:00pm

Fee: \$23R/\$34NR Preliminary End of Season: Oct. 22nd Location: Jimmy Olson Fields

3RD & 4TH GRADE FLAG FOOTBALL

The program is available for kids going into 3rd and 4th grade this fall. The program will start with two initial practices and then players will be placed on teams. Once teams are formed, practices will be Thursdays (5:30 or 6:30pm) and games will be on Tuesday evenings and Saturday mornings. Volunteer coaches needed!

1st Practice: Wed, Aug. 31st: 3rd graders 5:30-6:30pm; 4th graders 6:30-7:30pm

2nd Practice: Thur, Sept 1st: 3rd graders 5:30-6:30pm; 4th graders 6:30-7:30pm

Teams Announced- Tue, Sept. 6th - All players meet at Jimmy Olson Fields at 6:00pm to meet team and coach. Teams will have practice and get schedules.

Fee: \$28R/\$42NR Preliminary End of Season: Oct. 15th Location: Jimmy Olson Fields

5TH & 6TH GRADE FLAG FOOTBALL

For players going into 5th and 6th grade in the fall. This will be the ninth year for the tackle football program. Helmets, jerseys, shoulder pads, football pants and mouth guards will be provided. Depending on numbers, games may be played against other programs.

Registration Deadline for Tackle Football: Thursday, August 11 Location: Jimmy Olson Fields

1st Practice: Monday, Aug 22, 5:30-7:30pm at Rowe Park (just South of OHS) Helmets only!

2nd Practice: Tuesday, Aug 23, 5:30-7:30pm at Rowe Park, Helmets only!

3rd Practice: Thursday, Aug 25, 5:30-7:30pm at Rowe Park, Full Pads

There will also be practices on Mon. Aug 29, Wed. Aug 31 and Thurs. Sept 1

Regular Season Practices (Sept-Oct): Tuesdays and Thursdays
from 5:30-7:00pm for ALL teams

Preliminary Frist Scrimmage: Sat. Sept 3

Preliminary Game Days and Times- Saturdays- approximately 6 games
total for each team

Preliminary End of Season: Oct. 15th (night game)

Registration Fee: \$100/participant (includes practice jersey)

Equipment Deposit: \$50.00/participant

(CREDIT CARD ONLY- due at time of equipment fitting)



... Youth Sports ...

PARENT-TOT SOCCER

Start Smart soccer is a developmentally appropriate intro soccer program for ages 4-5. It prepares children for organized soccer without the threat of competition or the fear of getting hurt. Age appropriate soccer equipment is used to teach kicking, dribbling, trapping, throw-ins and agility. *Parents are required to assist with the different stations & activities each night. A program leader will be on hand to assist with stations and drills.

Day: Wednesdays, 5:30-6:15pm Fee: \$15R/\$22NR Location: Middle School
Max: 20 Dates: Mar. 1st - Apr. 12th Ages: 4-5 years old

SPRING SOCCER

Registration will begin mid-January. A complete flyer will be emailed out in January, as well as posted on our City website.

Traveling League: There is no travel which requires staying over night in a hotel. Teams compete in the Tri-Rivers Soccer League with teams from Holmen, West Salem, la Crescent, Caledonia, Arcadia, Melrose and Bangor.

Ages: 10-14 Practice: Begins mid-March Games: Saturdays & Sundays in April & May

In-House League: Teams compete in the Tri-Rivers Soccer League against teams from West Salem, La Crescent, Bangor, Caledonia, Melrose & Holmen.

Grades: 1st-4th Games: 1st & 2nd Grade: Tue & Sat 3rd & 4th Grade: Thur & Sat Practice: Begins mid-March

Kindergarten: Kindergarten soccer is an introductory program designed to get players familiar with the game, skills & rules.

Dates: Monday nights in late March through May

WEST SALEM AREA INDOOR SOCCER- FUTSAL

Sponsored by Viterbo University Women's Soccer

Futsal is an excellent introduction to the sport of soccer and is great for the development of foot skills and ball control. Futsal is played indoors with teams of three to five players, using a smaller ball and mini goals. Each session will focus on teaching the rules of the game, skill development and playing games. All sessions will be professionally run by Viterbo University coaches and players.

Dates: Sundays- Feb 12, 19, 26 March 5, 19 Ages: 5-14 Site: West Salem Elementary School Fee: \$30/player

Time: Ages 5-7: 1-2pm, Ages 8-11: 2-3pm, Ages 12-14: 3-4pm

Questions: contact Scott Pirnstill at (608) 304-0371 or spirnstill@viterbo.edu



HILLTOPPER SPEED & AGILITY CAMP

During this 6 week program we will cover each of the following fundamental movements: running form, footwork, speed, body awareness, coordination, acceleration, & much more. Entry form/waiver can be found at the city website, www.cityofonalaska.com.

Grade: 1-8 (girls and boys welcome!) Cost: \$60 Location: OHS Fieldhouse Dates: 9/18, 9/25, 10/2, 10/9, 10/16, 10/23

* ON 10/16 WE WILL MEET OUTSIDE THE WEIGHT ROOM UPSTAIRS AT 2-3PM

Time: 3:30-4:30pm

COULEE REGION HOOP GROUP

Each session will contain 45-60 minutes of skill work and 45 mins of game play. Skill work will include shooting, ball handling, passing, post moves, and defense. Entry form/waiver can be found at the city website, www.cityofonalaska.com.

(t-shirt included) Location: OHS Fieldhouse Grade: 1-8 (girls and boys welcome!) Dates: 9/18, 9/25, 10/2, 10/9, 10/23

Time: 4:30-6pm Cost: \$55R/\$60NR \$65R/ \$70NR if after Sept. 14th



...Youth Programs...

PAINTBALL TRIP

All games are refereed to ensure safety and fair play. The fee includes goggles, mask, gun, air and first 100 balls. Players should wear dark colors, long pants and sleeves, gloves, hat and footwear with ankle support. Please bring water and dress for the weather. A waiver must be signed & present the day of the event in order to participate. Location is Arrows in the Square, N7681 Casberg Coulee Rd, Holmen.

Date: October 9th Fee: \$17 (100 extra balls, \$5)

Time: 1-4pm Max: 10 Age: 10 & older, parents welcome

INTRO TO ARCHERY

The class will include 4 weeks of instruction and shooting with rental equipment.

Location: La Crosse Archery-1231 Oak Forest Dr.

Session 1 (a): 10/24, 10/31, 11/07, 11/14 at 4:00-5:00pm

Session 1 (b): 10/24, 10/31, 11/07, 11/14 at 5:00-6:00pm

Session 2 (a): 11/28, 12/05, 12/12, 12/19 at 4:00-5:00pm

Session 2 (b): 11/28, 12/05, 12/12, 12/19 at 5:00-6:00pm

Ages: 8-16 Min/Max: 8/12 Fee: \$35



OUTDOOR EXPLORERS

NEW

Join one of our recreation staff as we hike around waterfront trails by the Black River learning more about the natural environment around us. Each hike will explore a new feature/element of the park trails with nature related activities and crafts!

Age: 6-12

Dates: 10/05, 10/12, 10/19, 10/26

Time: 5:30-6:30pm

Cost: \$18R/ \$23NR

Location: The Water Front/Great River Landing

Min/Max: 5/15

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!

Location: H&H Karate Deadline: Wed, Sept. 28

Instructors: Donald Hickok Fee: \$40

Dates: October 3rd-October 28th

Little Warriors: Ages 4-5 Mon. & Th 4:15-4:45pm Max: 10

Little Ninjas: Ages 6-7 Mon. & Th 4:45-5:15pm Max: 10

Beginners: Ages 8 & up Tue & Fri 4:30-5:00pm Max: 20

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

NEW

SPLISH, SPLASH ON YOUR DAY OFF!

No school? No worries! The Park & Rec Staff is here to make your day off of school even better! Get out of the winter blues and grab your swimsuit for a day of fun at the Kalahari in the Wisconsin Dells. We will be taking a COACH BUS down to the indoor water park for the day. The bus ride there, admission to the park, a large slice of pizza and a large soda is included in the price! Grab a group of friends and join us at the water park!

Date: Jan 23rd, 8am-5pm

Price: \$52

Pick Up/Drop Off:

Onalaska Sam's Club parking lot near 12th ave entrance.



...Youth and Adult Programs...

WISCONSIN HOCKEY OFFICIALS SEMINAR

Hockey officials certification training course for levels 1 through 3. Instruction from Wisconsin certified training officials. Classroom and on-ice instruction. Located at the Onalaska Omni Center. Lunch will be offered. All levels welcome!

Date: September 17th, 2016

Location: The Omni Center

To Register: www.wiho.org

Time: 9:00am-3:00pm



LET'S HAVE A BALL AT THE MALL!

Join us this fall as we travel up to the Twin Cities to spend a day shopping at the Mall of America! This day trip is sure to be a blast for all ages as the Mall of America has a lot to offer; over 520 stores, 60 restaurants, Nickelodeon Universe® indoor theme park, Moose Mountain Adventure Golf, Dutchman's Deck ropes-climbing course, zip-line, SEA LIFE® Minnesota Aquarium, and more! Each participant will receive a COMPLIMENTARY shopping bag with a coupon book and map/directory. All ages are welcome, but those under 18 must be accompanied by someone age 18+.

Date: October 14th 2016 (no school Onalaska School District)

Fee: 2 for \$50.00, each additional person \$20.00

Times: 7:30am Departure, 7:00pm return

Pickup/Drop off: Sam's Club Parking lot near 12 Ave



VOLLEYBALL OPEN GYM

Join us at the Omni Center to get introduced to the sport of volleyball or to perfect your skills.. Everyone is welcome, whether you're new to volleyball or a seasoned athlete, this open gym is geared towards having fun!

Location: Onalaska Omni Center

Time: 6-8pm **Dates:** 9/14, 9/21, 9/28 **Fee:** \$3.00/night

YOGA SCULPT/POWER YOGA

In connection with an inhale or exhale, you'll flow through a series of movements called Sun Salutations that will raise your heart rate. A unique combination of postures will encourage strength, flexibility, and balance providing a healing environment that naturally promotes growth as you learn to honor your body and calm your mind. Every other week you'll incorporate light-to-moderate dumbbells to reap the benefits of both yoga and weight training. Please bring your own set of dumbbells or wrist weights; 2-5 lbs are recommended for women & 5-8 lbs are recommended for men.

Session 1: Oct. 6- Dec 29th, no class Thanksgiving

Session 2: Jan 5th - Mar 23rd

Days: Thursdays **Time:** 5-6pm **Fee:** \$47R/\$52NR



YOGA SCULPT

Add more power to your yoga routine! Yoga sculpt is a full body workout that lets you reap the benefits of both yoga and weight training. While practicing your favorite yoga postures, you'll incorporate light-to-moderate dumbbells to work your arms, shoulders, chest, back, and core. The result is body-shaping, toning, and sculpting. Increase lean muscle mass, fire up your metabolism, sharpen mental focus and concentration skills all while calming the body and reducing stress and tension! Please bring your own set of dumbbells or wrist weights; 2-5 lbs are recommended for women & 5-8 lbs are recommended for men. We do have a limited set of 2#, 3# & 5# weights available.

Dates: 01/07, 01/21, 02/04, 02/18, 03/04, 03/18

Days: 1st & 3rd Saturdays **Time:** 9-10am **Fee:** \$24R/\$27NR

Yoga Instructor: Jennifer Jean, CYT.

Yoga Location: Springbrook Assisted Living

Yoga Age: 14 & older

CELEBRATE HARMONY

This class focuses on celebrating diversity by creating harmony through music, drumming, movement, and playing tone chimes. This class is open to all individuals 18+, however, this class is geared for individuals with developmental disabilities who are looking to meet others who share a similar love for music! This class welcomes individuals of all abilities and strives to foster inclusion for all participants. **Location:** Onalaska Omni Center

Time: 11:15am-12pm **Min/Max:** 8/15

Session 1- Thursdays, Sept 29th-Oct 20th **Cost:** \$45

Session 2- Thursdays, Jan 19th-Mar 9th **Cost:** \$85

...Adult & Older Adult...

WINTER INDOOR ADULT VOLLEYBALL LEAGUES

These are competitive leagues. Teams from the 2015-16 season will have first chance to enter, but then it's first come, first serve. Leagues run end of October - mid March and games are from 6-10pm. Information available on city website, www.cityofonalaska.com

	<u>Location:</u> TBD
<u>Womens 6's</u>	Wed Evenings \$95/team
<u>Mens 6's</u>	Mon Evenings \$95/team
<u>Open 6's</u>	Wed Evenings \$95/team

18+ PICK-UP HOCKEY LEAGUE

Pick-up is designed to give players a chance to play in an informal game. This 8 week session is limited to 25 skaters and will be allowed only on a "first-come-first-serve" basis. Open to ages 18 years+. All skaters must register before the session begins. Goalies please contact the Park and Rec office to register.

Age: 18 and older Dates: Fridays, Sept 30th- Nov 18th
Time: 6:00am-7:00am Location: Onalaska Omni Center
Fee: \$50 Min/Max: 12/25
Deadline: Friday, Sept 23rd 2016

ZUMBA

Zumba fuses hypnotic Latin rhythms and easy to follow dance moves to create a one-of-a-kind fitness program that will blow you away. Bring water! No experience needed!

Days: Mon & Wed Time: 5:30-6:30pm Min/Max: 10/25
Instructor: Anne Formanek

Location: Onalaska Community Center
Fee: 5 Classes-\$16 10 Classes- \$28 Unlimited-\$45
Session 1: Sept. 12th - Nov. 16th
Session 2: Nov. 28th - Dec. 21st, Jan 9th - Feb 15th
Session 3: Feb. 27th - May 3rd

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 seven 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 - 5 and 55 + Dates: Jan 19th-Mar 9th
Day/Time: Thursdays 10:15-11am
Cost: \$85 Min/Max: 7/10 Location: Onalaska Omni Center

COMMUNITY CENTER GAME DAYS

At the Onalaska Community Center, we offer several afternoon game days. Come meet new friends and enjoy an afternoon of fun with dice or cards.

Mah Jongg: (Every Wednesday except 3rd of the month)

Time: 1-4pm Fee: \$2.00 on site Contact: Trish 783-8314

Bunco: (Every 3rd Wednesday of the month)

Time: 1-3pm Fee: \$1.00 on site Contact: P&R 781-9560

Bridge: (Every Thursday of the month)

Time: 1-3pm Fee: \$.50 on site Contact: Rodger 526-6054

LCR Dice Game (Left, Center, Right):

(Last Monday of the month)

Time: 1-3pm Fee: \$1.00 on site Contact: P&R 781-9560

DAY BUS TRIPS

"Blues Brother Revival"-The Palace Theater, Wisconsin Dells

Date: Wednesday, October 19th, 2016 Fee: \$47

Time: 9:30am-5:00pm Deadline: 10/5/16

"Miracle on 34th St."-The Palace Theater, Wisconsin Dells Date:

Wednesday, November 16th 2016 Fee: \$47

Time: 9:30am-6:00pm Deadline: 11/02/16

"Greetings" - Daytrippers Dinner Theater, Bloomington, MN

Date: Thursday, December 1st Fee: \$64

Time: 7:30am-7:00pm Deadline: 11/17/16

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 FREE with your meal at the Onalaska Nutrition Site. Call 24 hours in advance to reserve your meal at 789-7829.

Location: Community Center

Days: Thursdays, 10:45-11:15am To Register: Call 789-7829

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: Mon-Fri @ 11:30am

Location: Community Center To Register: Call 789-7829

...Winter & Holiday Activities...

VAN RIPER PARK SLEDDING HILL

Located in Van Riper Park (Riders Club Road, next to Aquatic Center) this hill does have lights, restrooms, and a warming shelter with concessions. These are only available during the hours listed below. Bring your own equipment and sled at your own risk; there is no supervision. *During warming shelter open hours, if no one has been to the hill within the first 2 hours of the shift, we will close the hill down, meaning no lights or restrooms available.

Warming Shelter Hours:

Friday: 4-8pm Saturday: 12-8pm Sunday: 12-6pm



FESTIVAL FOODS TURKEY TROT

You won't want to miss this! Join us this Thanksgiving morning as the Festival Foods Turkey Trot comes to Onalaska, WI. Featuring a 2 mile walk and a 5 mile run, we will start at the Omni Center and run throughout the residential neighborhoods of Onalaska!

Location: 255 Riders Club Rd.
Onalaska, WI 54650

Date: November 24th 2016



CREEPY CUPCAKES!

Get in the Halloween spirit while learning how to decorate the creepiest and crawliest cupcakes! This night of decorating cupcakes will be sure to get you ready for Halloween! Each participant will learn 4 different cupcake designs as well as help decorate and eat a giant group cake made of cupcakes!

Age: 5+ **Cost:** \$10R/\$15NR

Date: Wednesday, 10/26/16

Location: Omni Center

Time: 5:00pm-7:00pm

Min/Max: 8/20

OUTDOOR PUBLIC ICE SKATING RINK

An ice rink is located in Van Riper Park (255 Riders Club Rd) on the Jimmy Olson East Baseball Field Outfield. This Rink does not have lights or a warming shelter on site. Skate at your own risk.

HOLIDAY DECORATING CONTEST

This is the 15th Annual Holiday Home/Business Decorating Contest. Decorate your house for the holidays and be recognized for having the best display in town. One home winner will be chosen from each district, along with the Best Decorated Business in town. The winners will be treated to a Park & Rec "Special Gift." You will receive a call if you win. The Judges will be out the nights of December 12th-16th so make sure your lights are on!

** To nominate a household, call the Park and Rec office (781-9560) and leave the address.



COLORING & DESSERTS WITH YOUR POLICE & FIRE CHIEFS

Come join your local Park & Rec, Police and Fire departments for a night of coloring and decorating cookies. Check out the fire trucks, squad cards and other emergency equipment. Don't forget to bring your camera! Pre-Registration required! Please register any and all children participating in program.

Date: Nov 17th, 2016

Fee: FREE **Ages:** ALL **Location:** City Hall

Time: 6-7pm **Max:** 50 **Deadline:** November 11th

LETTERS TO THE NORTH POLE

If you've been a good boy or girl this year, write Santa a letter telling him all the good things you've done. Drop off your letter in Santa's big red mailbox outside of City Hall. Make sure you include a return address so Santa can find you and send you a letter back!!!

When: Nov. 9th - Dec. 7th **Ages:** All **Cost:** FREE

...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 Park and Rec 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 Riper Park					
Shelter #1	75	N/C	\$25	\$75	\$100
Shelter #2	75	N/C	\$25	\$50	\$75
Community Center					
1/2 Day (4 hours)	100	N/C	\$25	\$75	\$100
Full Day	100	N/C	\$50	\$125	\$175
OmniCenter					
Shelter 1/2 Day (4 hours)	200	N/C	\$25	\$75	\$125
Full Day	200	N/C	\$50	\$100	\$175
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 Riper Park		N/C	\$25	\$75	\$150



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

Open Skate

Onalaska Omni Center
Visit www.omnicenter.net and view
our "Arena Schedule" for updated
dates & times!



Onalaska Parks and Recreation Department Presents:
The 18th Annual Fall Gift & Craft Show

Saturday: October 8th, 2016 9-4 pm
Sunday: October 9th, 2016 10-3 pm



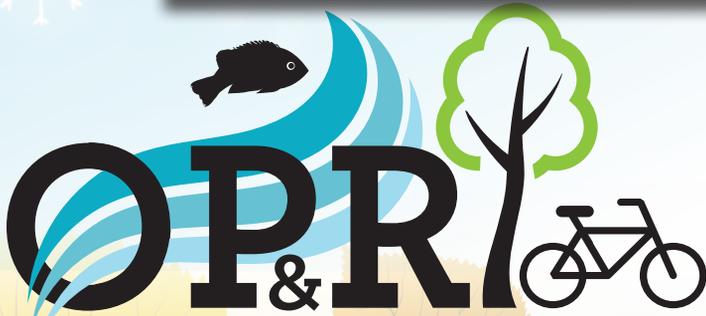
Onalaska Omni Center
255 Riders Club Road,
Onalaska WI, 54650



Follow Us At:
"Onalaska Park & Rec"
"Onalaska Aquatic Center"
"Onalaska Omni Center"

Public Ice Skating Rink

Van Riper Park
255 Riders Club Road
Jimmy Olson East Outfield
(Skate At Your Own Risk)



CITY OF ONALASKA PARK & REC DEPT.