

CITY OF ONALASKA MEETING NOTICE

COMMITTEE/BOARD: Parks & Recreation Board

DATE OF MEETING: August 22, 2016 (Monday)

PLACE OF MEETING: 415 Main St. (Room 112)

TIME OF MEETING: 5:15 P.M.

PURPOSE OF MEETING

1. Call to Order and roll call.
2. Approval of minutes from the previous meeting.
3. Public Input (Limited to 3 minutes/individual)
Consideration and possible action on the following items:
4. Three Rivers Roleo – Katie Rick
5. City of Onalaska Invasive Species Management Plan – Nick Gilman
6. Authorization to proceed with the following projects at the Omni Center
 - a. LED light Replacement
 - b. Surge Protection on Heating and Cooling systems
 - c. Arena 2 Audio System
 - d. Valve Replacement on Arena 2 Sprinkler System
 - e. Omni Center Phone App development
7. Fall/Winter Activity Guide
8. Report from La Crosse County Bluffland Steering committee
9. Report from Onalaska Enhancement Foundation
10. Report from Great River Landing Committee

PLEASE TAKE FURTHER NOTICE that members of the Common Council of the City of Onalaska who do not serve on the Board may attend this meeting to gather information about a subject over which they have decision making responsibility.

Therefore, further notice is hereby given that the above meeting may constitute a meeting of the Common Council and is hereby noticed as such, even though it is not contemplated that the Common Council will take any formal action at this meeting.

NOTICES MAILED TO:

Mayor Joe Chilsen
*Ald. Jim Binash
Ald. Jim Olson
Ald. Jim Bialecki
Ald. Barry Blomquist
Ald. Harvey Bertrand
Ald. Bob Muth
City Attorney Dept Heads
La Crosse Tribune Charter Com.
Onalaska Community Life
WKTY WLXR WLAX
WKBT WXOW
*Committee Members

*Gretchen Newhouse
*Andrea Benco - Chair
*Brian Udermann
*Victor Hill – Vice Chair
*Andrea Vogler
*Ohbe Johnson

Omni Center
Onalaska Public Library

Notices Posted and Mailed: 08/18/16

In compliance with the Americans with Disabilities Act of 1990, the City of Onalaska will provide reasonable accommodations to qualified individuals with a disability to ensure equal access to public meetings provided notification is given to the City Clerk within seventy-two (72) hours prior to the public meeting and that the requested accommodation does not create an undue hardship for the City.

11. Director's Report
 - a. Parks Update
 - b. Recreation Update
 - c. Aquatic Center Update
 - d. Omni Center Update

12. Closed Session:

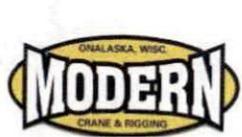
To consider a motion to convene in Closed Session under Section 19.85(1)(e) of the Wisconsin Statutes for the purpose of deliberating or negotiating the purchase of public properties, the investing of public funds or conducting other specified public business, whenever competitive or bargaining reasons require a closed session:

- Tornado Youth Hockey

If any action is required in Open session, as the result of the Closed session, the Board will reconvene in Open Session to take the necessary action and/or continued on with the printed agenda.

Adjournment

THANK YOU TO OUR GENEROUS 2016 SPONSORS:



Professional Women's Double Elimination Bracket



Professional Men's Double Elimination Bracket



2016 Three Rivers Roleo Women's Competitors



Ellie Davenport
Bayport, MN



Sam Hadley
Virginia, MN



Taylor Biser
Madison, WI



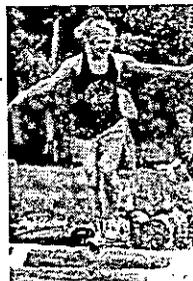
Maggie Bulk
Hermosa Beach, CA



Abby Hoeschler
Minneapolis, MN



Anjali Krongard
Hudson, WI



Gretchen Greene
Madison, WI

Sarah Hadley
Hayward, WI

2016 Three Rivers Roleo Men's Competitors



Garrick Birdsong
Onalaska, WI

Cassidy Scheer
Golden Valley, WI



Shane Burns
La Crosse, WI



Efer Lopez
Bangor, WI



Spencer Wilkinson
Madison, WI



Carl Rick
Onalaska, WI



Alvin Christopherson
Bangor, WI



Will Hoeschler
Minneapolis, MN



Dominik Serpico
Hudson, WI



COMPETITION INFORMATION

In a log rolling competition, opponents step onto a floating log, spin it rapidly, stop or snub it suddenly, and try to reverse the motion of the log in order to send their opponent into the water. When one contestant is off the log, the remaining opponent “takes the fall.” A match is the best of 5 falls. The time limit on the first log is the time limit for the log. If a winner has not been declared by the end of it, “time” is called, and the competitors move on to the next smaller log. Competitors are not allowed to touch their opponents or cross the center line during a match.

Log	Diameter	Color	Elite Men Time	Elite Women Time
1	15”	red	1 min	N/A
2	14”	white	3 min	1 min
3	13”	blue	5 min	3 min
4	12”	yellow	unlimited	unlimited

Running vs. Bucking Matches

Watch the roller’s feet. When both competitors are facing the same direction, they are involved in a running match. Each roller is using the same step. If the rollers are evenly skilled, a running match tends to take a longer amount of time. You can expect to see a stronger opponent try to stop the log or splash in an attempt to catch their opponent off guard. The judge will stop the match if the rollers come too close to an object that might interfere with rolling or may be dangerous.

When competitors face in opposite directions, they are said to be involved in a bucking match. Only one roller can use his/her front step at a time (this is typically a roller’s strongest step). The other competitor is forced to use his/her back step. A stronger competitor may try to stop the log, turn it the other direction, and force his or her opponent to use a back step.



Meredith Ingbretson
Hayward, WI



Shana Verstegen
Madison, WI

Lizzie Horvitz
Minneapolis, MN



Wellesley Howard-Larsen
Grand Marais, MN



Maggie Penning
Hayward, WI



Jenny Atkinson
Stillwater, MN



Emily Christopherson
Portland, OR



Claudia Duffy
Hayward, WI



Order Of Events:

Introductions
National Anthem
Pro Competition
Finals
Awards

Amateur Competition

U 17 Girls
U 17 Boys
U7 Co-ed
Adult Sport
U 13 Boys
U 13 Girls
U 10 Girls
U 10 boys



Past Champions

Men's

Women's

2010	Jacob Rick	Shana (Martin) Verstegen
2011	Jacob Rick	Shana (Martin) Verstegen
2012	Carl Rick	Shana (Martin) Verstegen
2013	Carl Rick	Emily Christopherson
2014	J.R. Salzman	Gretchen Greene
2015	J.R. Salzman	Gretchen Greene

*2008 and 2009 Amateur Competition only



Welcome to the 9th Annual Three Rivers Roleo!

For the second consecutive year Fox Sports North and Fox Sports Wisconsin will be airing the Three Rivers Roleo. It will be televised on Fox Sports Wisconsin: Wednesday July 20 at 9:30 p.m., Thursday July 21 at 9 a.m. and Saturday July 23 at 11 a.m. Check-out foxsportswisconsin.com for local channels. In Minnesota, it will air on Fox Sports North Wednesday July 20 at 7 p.m., Thursday July 21 at 9 a.m., Friday July 22 at 9:30 p.m. and July 23 at 11 a.m.

More than 20 of the top professional rollers from around the country are scheduled to compete at the 2016 Roléo, including four time Women's World Champion Shana Versteegen (Madison, WI.), who's been featured on multiple national outlets, including CNN News, as well as ESPN's Sports Center, and ESPN Radio's Mike & Mike in the morning. The current women's world champion, Meredith Ingebretson will be also be in the women's field. On the men's side, several top ranked competitors will be competing, including local rollers Garrick Birdsong (Onalaska) and Carl Rick (La Crosse).

Today is a celebration of the History of Onalaska, as well as the sport of log rolling. It's my pleasure to welcome you to the historic Great River Landing for a day of competition and fun. Onalaska was founded as part of the lumbering industry, and the site of Three Rivers Roleo is a historic logging site in Onalaska. And because of the support of both the log rolling community, and those that live in and around the Coulee Region, the Three Rivers Roleo has become one of the most respected and competitive tournaments on the professional Log Rolling circuit. I'm also proud of our amateur rollers and their families, who continue to build a wonderful foundation for our sport. Thank you all for attending this year. Let's Roll!

Sincerely,

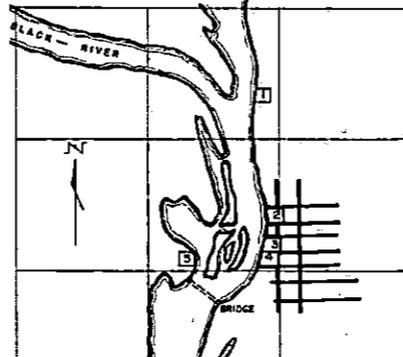
Katherine Rick

Director

Threeriversroleo@gmail.com



MAP SHOWING THE LOCATIONS OF SAW MILLS AT ONALASKA 1850 — 1910



LOCAL LOG ROLLING PROGRAMS

Onalaska Park and Rec – Great River Landing:

Sign-up available at www.cityofonalaska.com
Adult only classes are available.

La Crosse YMCA: Offers year-round classes for beginners starting at age 6, adults and advanced rollers. Sign-up at www.laxymca.org.

La Crosse Park and Rec:

Summer Classes available. Contact lacrossearealogrolling@gmail.com.

Holmen Park and Rec:

Summer Classes available.
Contact (608) 526-2152

La Crescent Park and Rec:

Summer Classes available.
Contact (507) 895-2595

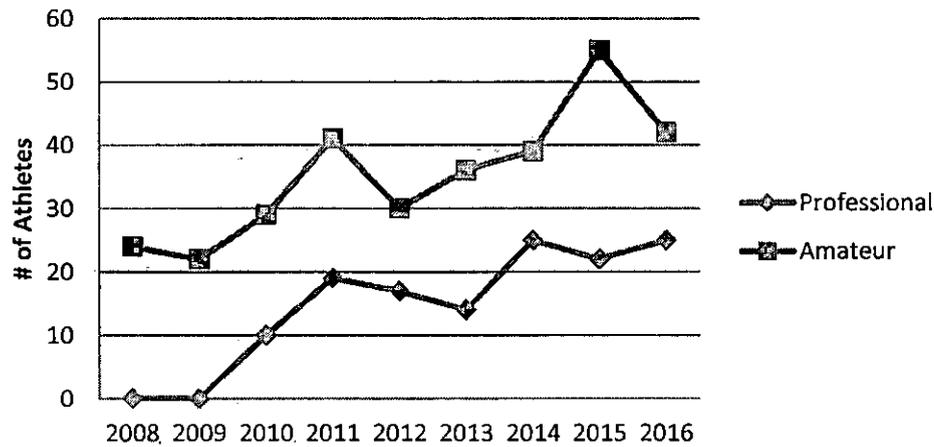
Winona Park and Rec:

Summer Classes available.
(507) 457-8258



	Professional	Amateur	Total	Spectators	Notes	Vendors	Television
2008	n/a	24					
2009	n/a	22					
2010	10	29	39				
2011	19	41	60	300			
2012	17	30	47	350			
2013	14	36	50	400			
2014	25	39	64	About 500			
2015	22	55	77	Nearly 1000	Moved to July from August	Blue Moon	Fox Sports North/ Fox Sports Wisconsin
2016	25	42	67	Nearly 1000	All top 8 ranked women Construction	Shenanigans Rotary After Hours Beer	Fox Sports North/ Fox Sports Wisconsin

Athlete Attendance



	Sponsors
2008	No prize Money
2009	No prize Money
2010	No prize Money
2011	STIHL, KT, TWF, Fowler & Hammer & City of Onalaska
2012	STIHL, KT, TWF, Fowler & Hammer & City of Onalaska
2013	STIHL, KT, TWF, Fowler & Hammer & City of Onalaska, & USLRA
2014	STIHL, TWF, Kwik Trip, Onalaska Tourism, & Fowler & Hammer
2015	TWF, US Foods, KT, GL, City of Onalaska, STIHL, USLRA, Woodman's, TIC, Fowler & Hammer, Associated Bank, Adoni, Dairland Power, Hawkins Ash, DLW Timberworks, Midwest Dental, River Rock, Pepsi, Advertising Concepts, Robertson Ryan & Association, Aperture, Organic, Subway, & Modern
2016	TWF, Charmant, US Foods, KT, STIHL, Dahl, Onalaska, TIC, Holiday Inn Express, Shenanigans, Midwest Dental, Adoni, Subway, Fowler Hammer, Modern, OV, Univeristy of Wisconsin La Crosse Alumni Association, Robertson Ryan & Assoicates, Pepsi of La Crosse, Dynamic Recycling, Aperture, River Rocks, Advertising Concept, and Clearview Sign

Memo

To: Park and Recreation Board
From: Daniel D. Wick – Park and Recreation Director
cc: [Name]
Date: August 17, 2016
Re: Additional Capital Improvement Projects

I am proposing that we do the following projects with the remaining funds from 2015 & 2016:

- LED Lights in Omni Center – Anticipated cost of \$20,750 – This would be to replace lights in Arenas 1 & 2, Arena 1 lobby and front restrooms. The plan would be to replace 800 bulbs with new LED bulbs.

PROJECTION: Based on 12 hours of operation per day for all of the lights we would go from 44,000 watts to 22,000. This would have a simple payback of less than a year if you figure in an anticipated \$5300 rebate from Riverland Energy. **Please note:** this proposal is only for approximately ½ of the lights in the Omni Center.

- Surge Protection for Omni Center Heating and Cooling Systems - \$7,900 – We are planning to install two surge protectors on the electronic boards of our Heating and cooling plants at the Omni. This summer we have had to reboot these systems a total of 7 times. These have been caused by both weather and construction related problems. This does not cover our refrigeration or dehumidification systems. We have no backup power at the Omni Center.
- Arena #2 Audio system \$30,890, currently the vendor is in the facility installing the audio system in the rest of the building. This project came in, well over budget and that is why we have did not authorize this part if the install.
- Sprinkler System – \$6,590 - contractor has found that the sprinkler system in arena two has a faulty valve that would not start the sprinkler system within the guidelines set by the Fire Code. In testing the valve, it did not open until 4 minutes 42 seconds into the test and it should open within 30 seconds.
- Omni Center App development - \$15,000 – we would like to work with Slipstream, LLC to help us track Omni Center users better, which potentially would open up the opportunity to collect additional room tax. This is some very cutting edge material and products that should help the Omni Center reach our goal of becoming self-sufficient.

Total amount we are looking for is \$81,130.



City of Onalaska

Park & Recreation Department

2016-17 Fall/Winter 
Activity Guide



CITY OF ONALASKA PARK & REC DEPT.



... Welcome ...

It's that time of year again; as you get ready to gear up for fall & winter activities we invite you to look over our winter activity guide. We hope you let the Onalaska Park & Recreation Department be a part of your fall and winter seasons.

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.

Dan Wick
Park & Recreation Director

MEET THE STAFF

- Dan Wick:** Director
- Kraig Koelbl:** Recreation Supervisor
- Kelly Hanson:** Recreation Supervisor
- 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
- Louanne Pierce Keane:** Administrative Assistant

PARK BOARD

- Jim Binash, Ald.
- Gretchen Newhouse
- Andrea Benico
- Victor Hill
- Ohbe Johnson
- Andrea Vogler
- Brian Udermann



FOLLOW US AT:
Onalaska Park & Rec
Onalaska Aquatic Center
Onalaska Omni Center

MISSION STATEMENT

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

CITY OF ONALASKA PARK & RECREATION

415 Main Street
Onalaska, WI 54650
Office Hours: Monday - Friday 8 am - 5 pm
Phone: 781-9560
Fax: 781-9563
Hotline: 791-0833
parkrecinfo@cityofonalaska.com

ONALASKA OMNI CENTER

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

ONALASKA AQUATIC CENTER

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

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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.

Participate. Educate. Recreate.

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



...General Information & Sponsors...

NON-RESIDENT FEE: 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.

NOVOS: 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.

ANNOUNCEMENT 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.

REGISTRATION 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 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.

3AY CHLSE: 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 a minor typo in the 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, Concussion 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
- King Street Kitchen
- Klaetsch Paving
- Kujak Orthodontics
- Kwik Trip
- Interstate Roofing
- La Crosse Loggers
- Lindy's Subs
- Marine Credit Union
- Mathy Construction Company
- Mayo Clinic Health System/ Franciscan Health Care
- MC Sports
- McDonalds
- 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 Lions Club
- Onalaska Police Association
- Pepsi Cola of La Crosse
- Perkin's
- 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...

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
SPANISH 1- Basic Spanish conversation One **Fee:** \$72
SPANISH 2- Basic Spanish Introduction Two **Fee:** \$72

Dates: 9/13/16-10/25/16 Tuesdays, 6-8:30 pm
Dates: 11/8/16-12/20/16 Tuesdays, 6-8:30 pm
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

FAMILY SCAVENGER HUNT

Join in the fun for the 5th annual Family Scavenger Hunt! This is a free program and we encourage you to get out and explore with your family! Pre-registration is required! Here's how it works! On Monday, October 12th, we will e-mail all registered participants the "List" of 50 things to hunt for! You will have 2 weeks to collect as many items from the list as you can, and put them all into a shoebox. Be creative, items on the list can be bought, created, or found unless the item is marked "picture", "photo" or "drawing". The items in the shoebox will not be returned, so please do not put anything valuable in it. The shoeboxes should be dropped off in the Park and Rec Office between Monday, October 26th at 8am and Friday, October 30th at 5pm.

SCORING: The 3 families who collect the most items AND are the most creative win a prize. Winners will be notified by Friday, November 6th. Each item on the list is worth up to 3 points. One point is awarded just for collecting the item and the other 2 points will be awarded based on creativity/originality. Substitutes are worth half a point. The date/time entries are received will be a determining factor if there is a tie.

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 th	DEC 4 th 11 th 18 th 25 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 26 th
FEB 19 th 22 nd 23 rd	FEB 14 th 21 st 28 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 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

Dates: Jan. 11th - Feb. 15th

Fee: \$14R/\$21NR

Age: 4-5 years old

City of Onalaska Park & Recreation • Office Hours: Monday - Friday 8 am - 5 pm

...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



Phone 608.781.9560 • Fax 608.781.9563 • Hotline 608.791.0833 • parkrecinfo@cityofonalaska.com

...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 "T". **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
2nd Practice: Thur, Sept 1st, 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**

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. Singlet's 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.

Day: Mondays & Wednesdays, 5:00-6:15pm **Fee:** \$30 **Location:** OHS Commons **Min/Max:** 10/20
Dates: Jan. 6th - Feb. 10th **Age:** 5-12 years 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 Fris 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 Pimstill at (608) 304-0371 or spimstill@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.cityofonaska.com under fall programs

Age: 8-14 (girls and boys welcome!) **Cost:** \$60 **Location:** OHS Fieldhouse **Dates:** 9/20, 9/27, 10/11, 10/25 at 3:30-4:30pm
 10/4, 10/18 at 11am-Noon
 10/4, 10/18 at Noon-1:30pm

COURT REGION HOOP GROUP

Each session will contain 45-60 minutes of skill work and 45 mins of game play. Skill work to include shooting, ball handling, passing, post moves, and defense. Entry form/waiver can be found at the city website, www.cityofonaska.com under fall programs. (t-shirt included) **Location:** OHS Fieldhouse **Age:** 5-14 (girls and boys welcome!) **Dates:** 9/20, 9/27, 10/11, 10/25
Time: 4:30-6pm **Cost:** \$50R/\$55NR \$60R/\$65NR if after Sept. 16th



... 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

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

Cost: \$18R/\$23NR

Location: The Water Front **Min/Max:** 5/15

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

Time: 5:30-6:30pm

INTRO TO KARATE

For participants interested in learning the basics of karate. Things you will learn: punching, kicking, kick punch combinations, self defense & form. The instructors teach coordination, respect, self-discipline, self control, memory, balance, focus and team work. Participants must wear sweatpants & a t-shirt.

Location: H&H Karate **Deadline:** Wed, Oct. 7th

Instructors: Curt & Donald Hickok **Fee:** \$28

Dates: October 12th - November 5th

Little Warriors: Ages 4-6 Mon. & Th 4:30-5pm

Basic Curriculum: Ages 7 & up Tu 4:30-5:15 Th 5-5:45pm

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

Splash, 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: January 23rd 2017

Time: 8:30am-5:00pm

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.wihoa.org **Time:** 9:00am-3:00pm



LETS HAVE A BALL AT THE MALL! NEW

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



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

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 NEW

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 meeting others who share a similar love for music! This class welcomes individuals of all abilities and strives to foster inclusion for all participants.

Dates: Thursdays, Jan 5th-Feb 23rd **Cost:** \$ **Min/Max:** 8/15

Location: Onalaska Omni Center

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 **Location:** TBD

Womens 6's Wed Evenings \$95/team

Mens 6's Mon Evenings \$95/team

Open 6's 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 23rd- Nov 18th

Time: 6:00am-7:00am **Location:** Onalaska Omni Center

Fee: \$50 **Min/Max:** 12/25

Deadline: Friday, Sept 16th 2016

ZUMBA

Zumba fuses hypnotic Latin rhythms and easy to follow dance moves to create a one-of-a-kind fitness program that will bow 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 NEW

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 - 7 and 55 +

Day/Time: Thursdays 10:15-11am

Cost: \$ **Min/Max:** 7/10 **Location:** Onalaska Omni Center

...Adult & Older Adult...

COMMUNITY CENTER GAME DAYS

At the Onalaska Community Center, we offer several afternoon games 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" at 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." at The Palace Theater, Wisconsin Dells

Date: Wednesday, November 16th 2016 **Fee:** \$47

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

"Greetings" at 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 neighborhood of Onalaska!

Location: 255 Riders Club Rd. Onalaska, WI 54650
Date: November 24th 2016



CUPCAKE CRAZE!

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

Age: 5+ **Cost:** \$10R/\$15NR **Date:** **Location:**
Min/Max: 2/40

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 department 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 15th, 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 Riper 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



OPPR
CITY OF ONALASKA PARK & REC DEPT.

Strive on



Project Scope and Definition

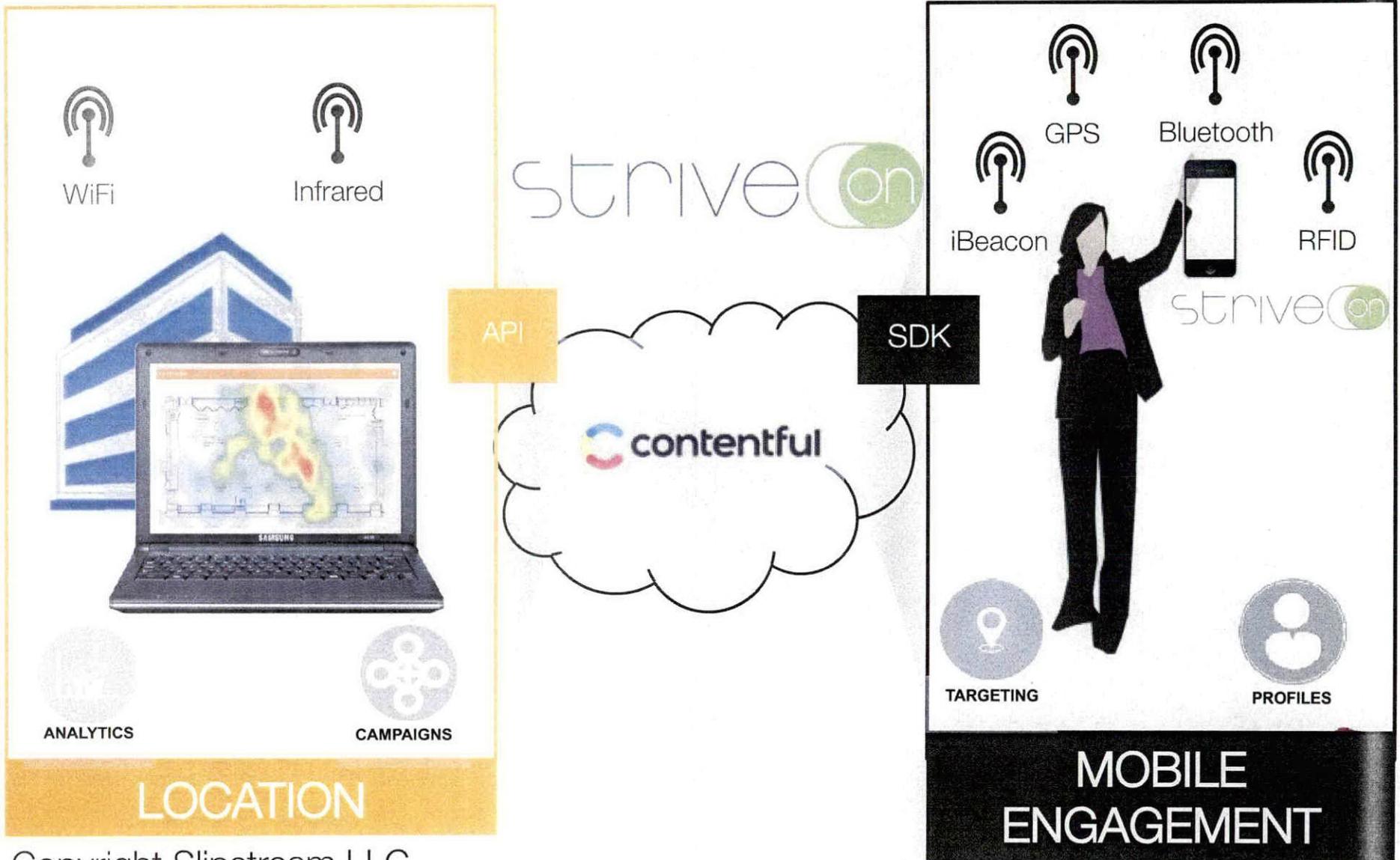
- ▶ Focus: Omni Center, Onalaska
- ▶ Need solution to identify:
 - Attendees – number (count), engagement, demographics, interactions and background
 - Economic impact – lodging, food, places visited, and other purchases
 - Impact – study impact of weddings, reunions, sporting events and regular usage by locals
 - Promotion – develop and implement strategies to promote the

Strive

Mobile+Sensors

Awareness, Notifications and Interaction

Smart Location Platform: Location Analytics and Mobile Engagement *with Permission* “Our Technology Stack”



Proposed Solution and Stages – Phase 1

▶ Phase 1: Omni Center Interaction

- Scanalytics
 - Floor mats at strategic points and analytics – Intelligent floor sensors and smart mats
- StriveON mobile app
 - Beacons for Level 1 engagement – text, audio, and video
 - Sponsorship package – facility, beacon and content level
 - Content updates and campaigns for engagement
 - Level 1 Notifications – text and real time notification push
- Basic Analytics and reports

Proposed Solution and Stages – Phase 2

▶ Phase 2: Omni Center + Location Interaction

- StriveON mobile app
 - All features of Phase 1 (including improvements)
 - Include strategic location tracking – restaurants, hotels, and other related locations
 - Improve Omni Center engagement including real time locations tied to sports, brackets, scores and results
- Pilot - Wedding and Reunion package – mobile engagement
- Advanced Analytics including measuring economic impact

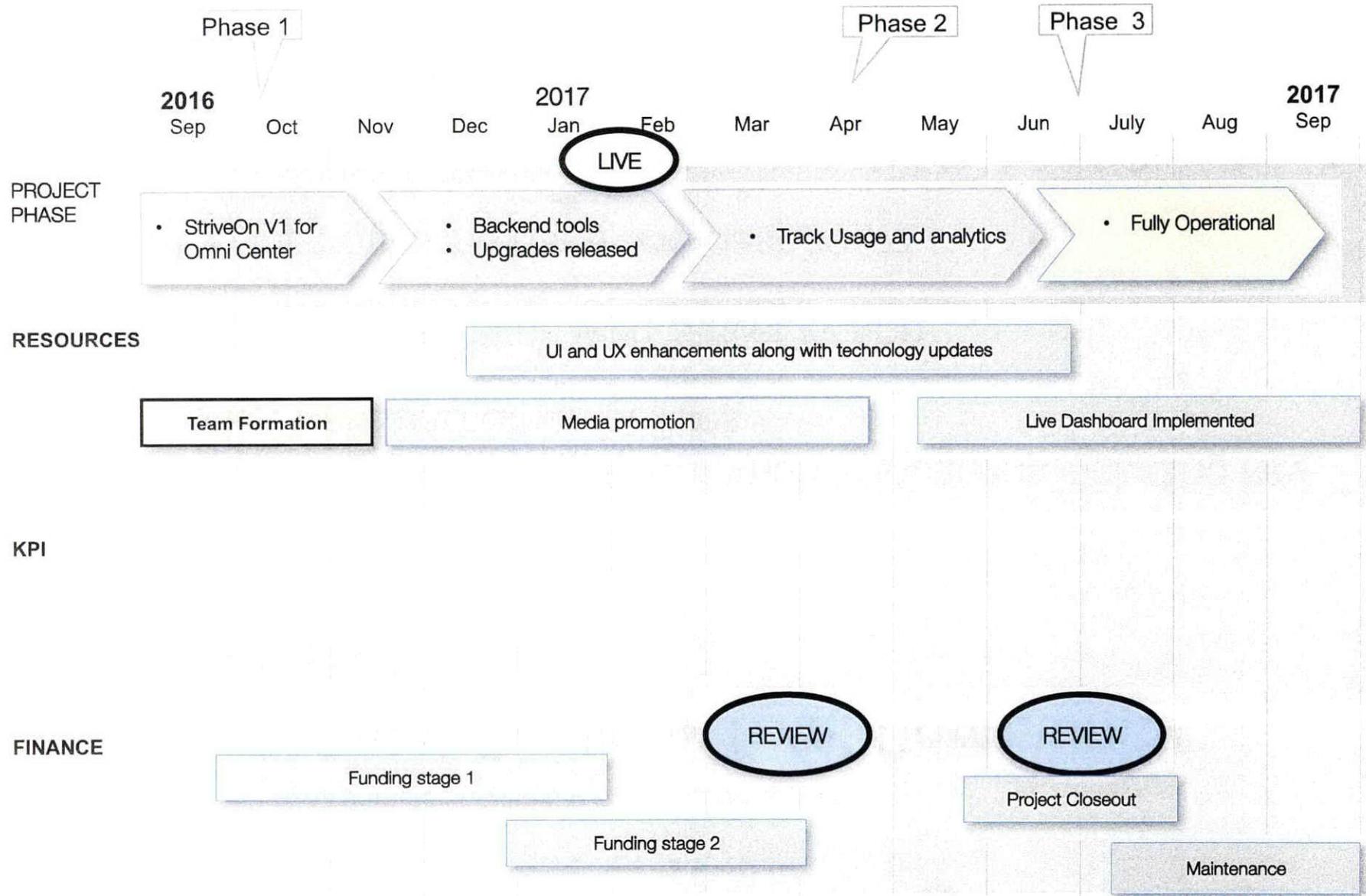
Proposed Solution and Stages – Phase 3

▶ Phase 3: Omni Center + Total Community Engagement

- StriveON mobile app
 - Expand features to other community locations including key parks, trails and other facilities
 - Geofence integration with StriveON app
 - Administrative interface and dashboard
- Advanced Analytics including development of Community Economic Impact Index and Health Index

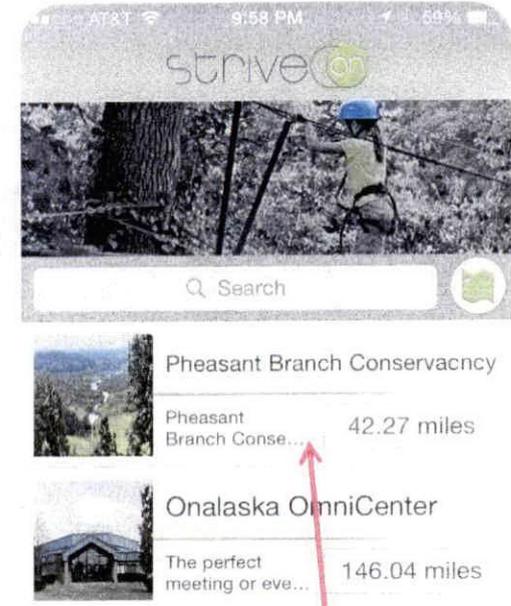
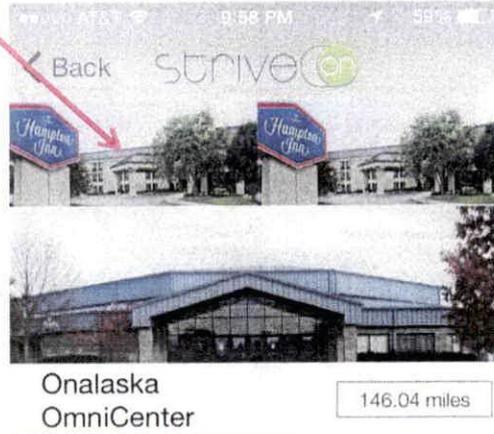
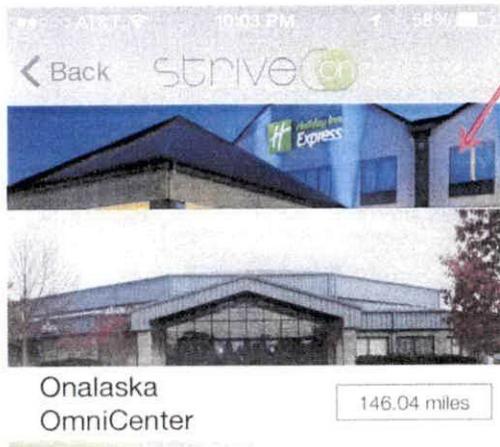
Phased Rollout Plan

High Risk
Medium Risk
ALL OK



Phase 1 - Current Screens - Gallery/Menu

Sponsors



gallery



amenities



smart trails



trails



onalaska trail



gallery

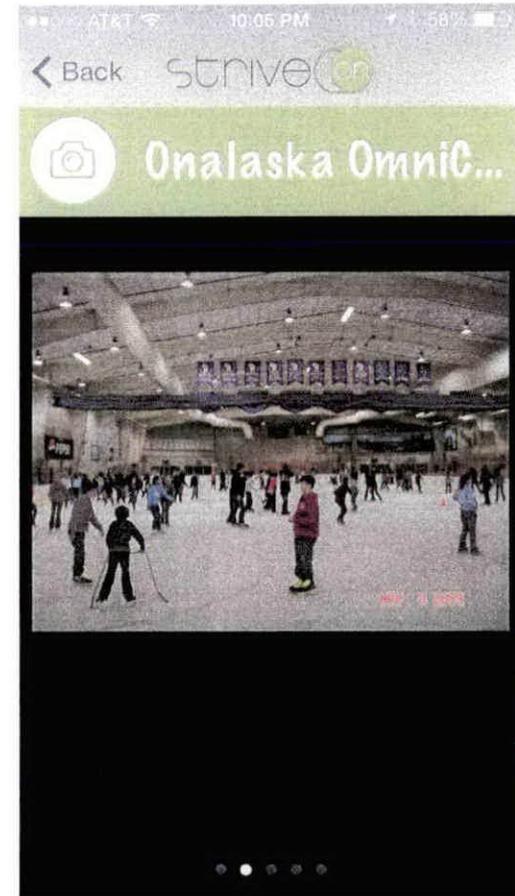
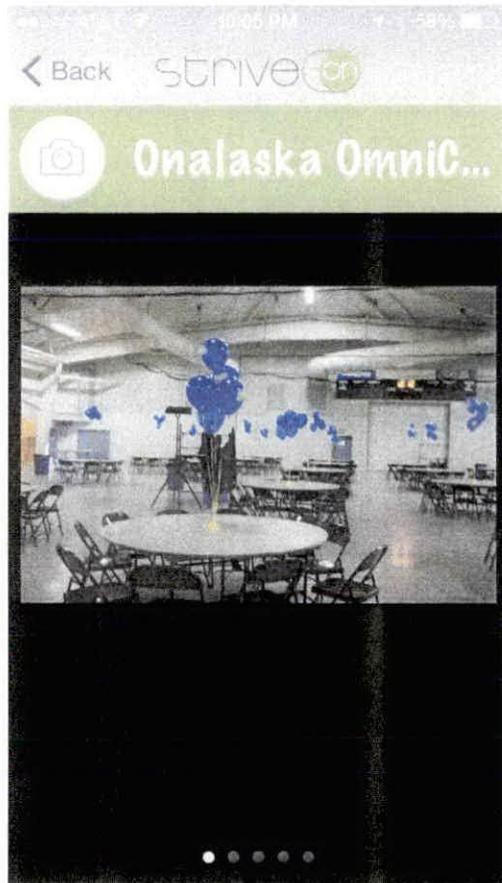


amenities

Menus/Items

List of parks, trails and facilities

Phase 1 - Current Screens – Gallery



Contact

▶ Choton Basu

choton.basu@gostrive.com

▶ Bill Bowen

bill.bowen@gostrive.com

strive(on)



August 20, 2016
1024 Oak Ave. N.
Onalaska, WI 54650

Onalaska Parks and Recreation Board
415 Main Street
Onalaska, WI 54650

Dear members of the Onalaska Parks and Recreation Board,

We would like to formally express our deep appreciation for the addition of the Oak Park Pickleball Courts to the city park system. Pickleball is one of the fastest-growing sports in the country. It's fun for all ages, easy to learn, and a great way to be active.

Participation in Onalaska has grown each year, thanks to the painting of lines on the Parkridge tennis courts and especially now with the beautiful Oak Park courts, the only dedicated pickleball courts in a 90 mile radius. We have even had players from as far away as California and Tennessee stop in Onalaska to play after finding our information on the usapa website. Like us, all have been favorably impressed with our wonderful facility.

Both new and experienced players are welcome and encouraged to join us. We are happy to teach anyone interested in learning the game. With the continued help of the Onalaska Parks and Recreation department, we would like to help participation in pickleball grow even more by hosting "learn to play" sessions next spring.

Once again, thank you for your forward thinking in renovating the Oak Park tennis courts. This is one more reason that Onalaska is a great place to live, work, and PLAY!

Sincerely,

G Ann Nidiger
Bob Marson
Don McEwen
Bud Beckman
Judy Brenner
Skip Cam
Neanne Morrison
Robert Matzoff
Lynn Bantley

Michael Matthe
Jim
Pam McDonald
Jesse Matthe
Mike Rowden
Carol Bantley
Kat
Mary Bruder