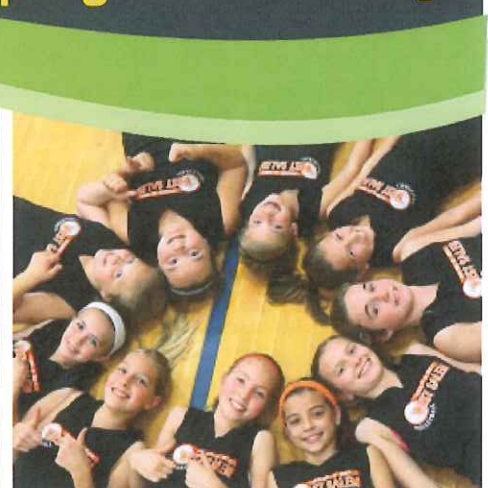


Village of West Salem

Parks & Recreation Department

Activity Guide

Spring /Summer 2015



Contact Us

Office Line: 786-0222
Event Cancellation: 791-0023
Fax: 786-3359
Address: 175 S. Leonard Street
General Email:
parknrecstaff@westsalemwi.com
Web Site: www.westsalemwi.com

Class & Program Start Dates:
March—September 2015

Find us online:   

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Fall 2015

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Swimming Pool Information

All swimming lesson, Sharks swim team & open swim information is provided by the School District of West Salem. For further information please call:

Swarthout Pool:
786-0323
WS School District:
786-0700

Don't forget to find us online!



LIKE
West Salem
Parks & Recreation
on Facebook



FOLLOW
@WestSalemRec
on Twitter

We will use these sites to provide program updates as well as hold contests & give away prizes!

For a detailed map with West Salem park descriptions & pictures, visit KaBOOM.org and find our Map of Play!



General Information

You can purchase the following discounted tickets in our office:



Jet Boat Adventure
Adult: \$24.75
Child (Age 4-11): \$13.85
Age 3 & Under: Not Allowed



Milwaukee County Zoo
Adult: \$10.50
Child (Age 3-12): \$8.50
Age 2 & Under: FREE



Mt. Olympus Water & Theme Park
Adult: \$18.00
Child: \$18.00
Age 2 & Under: FREE



Noah's Ark
Adult: \$31.25
Child: \$31.25
Age 2 & Under: FREE



Pirates Cove Adventure Golf
Adult: \$5.50
Child: \$5.50
4 & Under: FREE



Six Flags Great America
Adult: \$44.25
Child: \$44.25
Age 2 & Under: FREE
Six Flags WPRAs Week (July 4-12)
Adult: \$34.25
Child: \$34.25

-Purchase your tickets now and use them at any point during the attraction's summer season.

- Tickets will be available early May-Aug. 28


- Cash or check payment options available. Sorry, no credit cards.

-Attraction maps and additional information available in our office



Discounted Attraction Tickets

1. Register ONLINE (Credit Card Only)

Read through our brochure and then go to www.westsalemwi.com to register! Click on  on our homepage. Online registration will open at midnight on Monday, March 9th. There is a small convenience fee to use this service. Payment is either Visa, Mastercard, Amex or Discover.

What does this mean for you?

Register Early	Online registration opens first, which helps ensure you get into the programs you want before they are full!
Up-to-Date	Review number of class openings in all activities.
Anytime	Register from your home or the office, around the clock, seven days a week.
Quick	Avoid waiting for mail to be processed.
Timely	Receive e-mail confirmation within minutes of registering.
Private	Access your secure account details, family schedule and historical receipts.
Secure	Safe online payments with Visa, Mastercard, Amex, & Discover.

How do you get started?


1. CREATE AN ACCOUNT

Before registering for activities online, you must establish an online registration account and receive a Login Name and Password. While online, simply click the "Need a New Account? Click Here to Create!" button. **PLEASE NOTE:** If you are registering a child for an activity, please use your own information when filling out the online registration ACCOUNT form, NOT the information of the child you wish to register for an activity. After entering the Main Adult Contact, simply click on the "Submit and Add Family Member" button to add family members. Once you have added everyone in your family to your account, and filled in all the necessary fields, click the "Submit" button to request your NEW Account. You will receive a verification e-mail following the creation of your account.

**IF YOU REGISTERED FOR ACTIVITIES IN THE LAST 2 YEARS,
YOU ALREADY HAVE AN ACCOUNT.**

Contact us for your username & password if you forgot it!

2. REGISTER FOR PROGRAMS

Click the  button on the ActiveNet home page. Select the Activity that you would like to enroll into. Clicking the underlined name will show you a detailed activity description. Click the "Add to My Cart" button if you wish to register for the activity. Next, sign in to your online registration account by entering your Login Name and Password. Proceed to the checkout by clicking the Continue button. Confirm your activity name, date, time, enrollee and price. Click Continue to proceed with payment. Enter your credit card information and agree to any required waiver(s) and confirm the payer meets the age requirement. Click Continue. Once payment has been approved, your receipt will display. Please print a copy for your records.

**DON'T WAIT! Get accustomed to our online registration system
BEFORE you register.**

2. Walk-In (Cash, Checks & Credit Card)

For in-person service, stop by during our office hours:



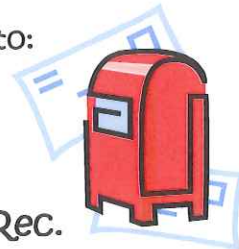
Monday 9 AM - 5 PM, Tuesday 9 AM - 3 PM,
Wednesday 9 AM - 3 PM, Thursday 9 AM - 5 PM,
Friday 9 AM - Noon

You can drop off your registration form, with completed payment, and we will create an ActiveNet account and register you for programs. We will accept cash, checks or credit cards for walk-in registration. We would be happy to walk you through the online registration process if you stop in our office. You can use our iPad to register online-it will only take a few minutes to set up your account.

3. Mail-In (Cash & Checks Only)

Mail completed registration form, along with payment to:

West Salem Park & Rec.
175 S. Leonard Street
West Salem, WI 54669



Please make all checks payable to W&S Rec.

4. 24 Hour Drop Box (Cash & Checks Only)

At your convenience, drop-off your completed registration in a sealed envelop marked Parks & Recreation Registration. The 24 hour drop box is located on the south side of the West Salem Community Center building (near the railroad tracks).

Please make all checks payable to W&S Rec.

What is my BEST CHANCE to get into the class that I want?

REGISTER ONLINE from home!

You will have your confirmation instantly!

Internet registration will also be open **TWO WEEKS EARLIER**, than other registration methods

(March 9th-March 22nd).

Drop Off, Mail-In, and Drop Box registrations will be processed in the office as soon as possible after **Monday, March 23rd.**

Am I Considered a Resident, School District, or Out of District?

What municipality do you pay your taxes to?

Village residents have a West Salem street address (no fire numbers). If you have a fire number and pay school district taxes to West Salem, you are considered a School District Resident. If you pay your taxes to any other district, you are considered Out of District.

Why do I have to pay more if I am nonresident?

A portion of the Village of West Salem taxes are designated to pay for the buildings, parks, instructors and administration for the parks and recreational services. School District taxes help pay for the use of any school facilities, so a slight break is given to the families that live in the West Salem School District, but not in the Village of West Salem.

Class Confirmation

Assume you are enrolled and plan to attend your first class unless otherwise notified by the Park and Recreation office or individual coach. If you register in the office, confirmation of program registration will be sent via email receipt.

You Snooze...You Lose

Nothing kills a program quicker than waiting until the last minute to sign up. If there are not enough participants for a program, it will be cancelled. Registering late will not guarantee that a program will run. Notifications will be given to program participants. In the event a program is cancelled, each participant will receive a full refund.

Waiting Lists

If you are unable to register for a program due to full enrollment capacity, you may request to have your name placed on a waiting list. There are no guarantees for placement. If any openings become available, we will refer to the waiting list to fill programs. Waiting lists are kept for the current program season only.

Refund Policy

There will be no refunds issued for special events, trips, or within 2 weeks of the starting date of any program. All other refunds will be processed after a 50% cancellation charge is deducted. All refunds take a minimum of 2 weeks to process.

Recreation Event Cancellation

Please call the event cancellation line when inquiring about cancellations.



Event Cancellation Line:

791-0023



Employment Opportunities

Persons interested in obtaining part-time/seasonal employment or volunteering with the WJ Park and Rec. Department should complete an application form from the department office. We are currently looking for baseball and softball umpires, soccer officials, concession staff, program staff and lead instructors for various programs.

2015 Cupcake Craze



Say Cheese

For program promotion purposes, photographs may be taken of participants from time to time. If you do not wish to have your photo taken, please notify the photographer and/or instructor. Photos may be used in publications, on website, or in the newspaper.

Typo, Human Error, We Goofed...!?

Occasionally there may be an error in days, times, registration requirements, or fees in the brochure. When such errors occur, our staff will do everything possible to correct the situation promptly. We thank you for your patience and understanding when these situations arise.

Insurance

The West Salem Parks and Recreation Department does not provide accident or hospital insurance for individuals participating in sponsored activities. It is recommended that all participants obtain or review their personal insurance policies (medical, accident, and liability.)

Returned Checks Policy

A \$35.00 service fee will be assessed on checks returned due to insufficient funds.

Village Park & Lion's Community Shelter

Rental reservations may be made by calling: (608) 786-1858.

Pineview Park, Corral Park, Jim Zanter Park, & Greene Park
Available on a first come, first served basis.

La Crosse County Parks (Veteran's Memorial & Neshonoc):
Rental reservations may be made by calling (608) 785-9770.

**All park locations can be found on the map
on the last page of this brochure.**





EASTER EGG HUNT

March 28 10:30am West Salem Village Park



NATIONAL KIDS TO PARKS DAY

May 16th <http://www.kidstoparks.org/>



COMMUNITY RUMMAGE SALE

May 15-16 TBA Village of West Salem

WEST SALEM JUNE DAIRY DAYS

June 5-7 West Salem Village Park



FARMER'S MARKET



Wednesdays June 3-Oct. 14 2-6pm Bike Trail Shelter

MOVIE IN THE PARK - Frozen

June 12 Dusk West Salem Village Park



YMCA GOT ENERGY? TRIATHLON

June 14 TBA Swarthout Park



WEST SALEM ROD & GUN YOUTH DAY

June 20 1-3pm WS Rod & Gun Club



LA CROSSE AREA DAY at MILLER PARK

June 25 Miller Park, Milwaukee



LA CROSSE COUNTY FAIR

July 15-19th La Crosse Co. Fair Grounds



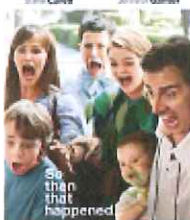
ICE CREAM & CONCERT IN THE PARK



July 30th (Ice Cream) 6:00pm WS Village Park
(Concert) 6:30pm WS Village Park

MOVIE IN THE PARK - Big Hero 6

July 31 Dusk West Salem Village Park



MOVIE IN THE PARK - Alexander & the Terrible...

August 21 Dusk West Salem Village Park

Bike Rodeo



August 26 5:30-7:30pm WS Lion's Shelter



Team Sponsors Needed

For only \$250 you can sponsor one of our many great activities. Being a team sponsor offers an excellent way for a business to support local youth sports. Team sponsorship includes your logo printed on team t-shirts. We anticipate over 100 kids will register for most sport programs, which estimates to hundreds of parents, relatives & friends recognizing our sponsor's business. Call 786-0222 for information.

Boys Traveling Baseball

Traveling Baseball teams are formed based on ability at the 10 year old, 12 & Under, and 14 & Under levels. One team for each of the 12U & 14U age groups will be entered in the Upper Division. The remaining teams (including 10's) for each age group will be equally drafted by coaches & entered accordingly. Traveling Baseball is a volunteer coached league that travels to surrounding communities. The season begins mid April and runs through July. All 12U & 14U teams will have practice on Mon/Wed evenings, and games on Tues/Thurs evenings. All 10 year old teams will have practice Tues/Thurs evenings and games on Mon/Wed evenings. In addition, weekend tournaments are available at an extra expense to the participant. Transportation is the responsibility of the parent/guardian. Strict birth date/grade regulations apply.

Teams will be posted by skill review numbers on the Park & Rec. website and on the Community Center door located near the outside drop box by 5pm on April 10.

Skill Review Information

Dates/Times/Location:

10U: Practice April 13, 14, 16 5:30-7pm at Village Park
11U - 12U: April 6 from 2:30-4:30pm at Riverview Park
13U - 14U: April 6 from 5:00-7:00pm at Riverview Park

Make Up Date For 11U-14U Participants: Wed. April 8 from 5:00-6:15pm at Riverview

Possible Rain Date: Wednesday April 15th; Time TBD

Fee: Early Bird (On/Before March 27th)

\$95 Village Res. / \$100 School Dist. / \$105 Out of Dist.

Non Discounted (March 28-April 1st)

\$115 Village Res. / \$120 School Dist. / \$125 Out of Dist.

REGISTRATION FEE INCLUDES HAT AND TEAM T-SHIRT

Ages: 10-14 (MUST have completed 4th-8th grade in 2014-2015 school year)

Non discounted registration due by April 1st, 2015.

Registration is NOT GUARANTEED after April 1st

Participants must be registered and paid prior to the skill review.

It is **MANDATORY** for players to attend their scheduled skill review. Absences have been allowed in the past for illness or family emergencies. In these situations, the players return & go through the review as a group of mixed ages.

Players are responsible for purchasing their own baseball pants, socks, and belt!

Traveling Baseball Uniforms:

All players will receive a jersey to be worn **ONLY** for games during the course of the season. Jerseys are to be collected on site after the last game of the season by your coach. Participants who do not return their jersey are subject to a \$50 fee.



Girls Traveling Fast-Pitch Softball

Teams will be formed based on the number of participants registered at the 10 & Under, 12 & Under and 14 & Under level. Traveling Softball is a volunteer coached league that travels to surrounding communities. The season runs mid May through the end of July. All softball teams play on Mon. and Wed. evenings. Typically one game is played per evening starting at 5:30pm, 7:00pm or 8:30pm. Practices vary from team to team, based on coach and field availability (most teams practice two times a week). In addition to weekday games, weekend tournaments are available at an additional expense to the participant. Transportation is the responsibility of the parent/guardian. Birth date regulations apply.

- Dates:** Mid May—end of July
Times: Practice—TBD by coach; Games—5:30pm, 7:00pm, or 8:30pm
Sites: Home games played at Village Park, Riverview Park or WSHS fields
Fee: Early Bird (On/Before April 17th)
 \$80 Village Res. / \$85 School Dist. / \$90 Out of Dist.
 Non Discounted (April 17th-24th)
 \$100 Village Res. / \$105 School Dist. / \$110 Out of Dist.
REGISTRATION FEE INCLUDES TEAM T-SHIRT & VISOR
Ages: 8-14 (Just completed 3rd-8th grade in 2014-2015 school year)

If Needed Skill Review for 14U Team ONLY!



Date/Time/Location: May 22nd 6:00-7:30pm at WSHS Softball Fields
 Sliding pants and sunglasses are recommended, visor is required.
 Early bird discount registration due by April 17th, 2015.
 All registrations at non discounted fee are due by April 24th, 2015.

Pre-Season Softball Warm-Up

This program will provide an opportunity for players of all abilities to strengthen their skills and develop the fundamentals of hitting, fielding, pitching and throwing.
What to bring: dress for activity, softball glove, water bottle, & bat if you have a favorite (Please make sure all belongings are labeled).



Dates: May 5, 13, & 22 *WEATHER PERMITTING*
Site: WSHS Softball Fields **Times:** 6:00-7:30pm
Fee: \$20 **Ages:** 13 & 14 (U14 Softball Team)

La Crosse Loggers Baseball Clinic



Loggers players and coaches will conduct the clinic with an emphasis on fundamentals. This is a great opportunity for players to learn from college coaches and some of the nation's top collegiate players. The fee includes: clinic from 10:00-12:00pm, a post-clinic pizza party and autograph session with the Loggers from 12-12:30pm, and a reserved game ticket for that night's game. Players should bring a glove, hat, shorts or baseball pants, & a great attitude! **MUST PRE REGISTER by June 19!**

Date: Friday June 26th **Time:** 10:00am-Noon Clinic; Noon-12:30pm Pizza
Site: The Lumberyard (Copeland Park) **Ages:** 8 and older
Fee: \$25.00 Check payable to La Crosse Loggers—**BRING DAY OF CLINIC**
REGISTRATION DEADLINE: June 19th! **No Transportation Provided!**



Little Hitters Baseball

These two programs will introduce children to the game of baseball. The first 4 weeks will focus exclusively on throwing, catching and batting skill development. The schedule for both programs include the following:



5:30-5:40pm	Stretch/running game/station assignments
5:40-6:30pm	Station work focusing on skills including: Throwing mechanics, catching, relays, fielding & hitting
6:30-7:00pm	Tee Ball or Pitch Ball games

The last 2 weeks will consist of a short 10 minute warm up and 20 minute team practice flowed by hour long game. Tee Ball: Safety ball & tee will be utilized.

Pitch Ball: Safety ball is pitched by coaches.

Dates:	Tee Ball: June 9, 16, 23, 30 July 7, 14 (Tuesdays)	Registration after May 26 NOT Guaranteed
	Pitch Ball: June 11, 18, 25 July 2, 9, 16 (Thursdays)	
Times:	5:30-7:00pm	Sites: WSHS Softball Fields
Fee:	On/Before 5/15: \$30 Village Res. / \$35 School Dist. / \$40 Out of Dist. Between 5/16-5/26: \$45 Village Res. / \$50 School Dist. / \$55 Out of Dist.	
Ages:	Tee Ball: 5-6 (Just completed PK or K in 2014-2015 school year) Pitch Ball: 6-7 (Just completed K or 1st grade in 2014-2015 school year)	

Interested in helping your child's baseball team?

Teams are coached by volunteers. Coaches will run stations under the direction of a site supervisor. Kids will then be split into their teams with their coach for games.

Volunteer Coach Meeting: Little Hitters-Thurs. May 28 at the Park & Rec. office, 6:00pm
Rookie League-Thurs. May 28, at the Park & Rec. office, 7:00pm

How are teams formed?

Teams are formed randomly based on age, grade level and gender. While you can make special requests we cannot guarantee all will be met. However, siblings will be placed on the same team and volunteers will coach their children. Carpooling requests are secondary to family requests. Our primary focus is to ensure quality organized teams for all participants.

Studies show that children adapt very well when given opportunities to meet new friends while participating in youth sports programs.

Rookie League Baseball (9 & Under)

This is a progression from the Little Hitters program, which will also offer intensive station-based skill development. Additional aspects of the game are introduced, including developing pitching and catcher's skills. All teams will practice together for two hours on Mondays. U9 Teams will play in-house games on Tuesdays and U8 Teams will play in-house games on Wednesdays. Games are played using the general rules for 10 & Under Baseball. Equal teams will be determined after the first two weeks of practice during your child's age group. Games will start the week of June 15th.

First Practice All Ages:	June 1st—5:30-7:30pm @ WSHS Varsity Sball	Registration after May 26 NOT Guaranteed
Dates:	June 1-July 22 (Mon, Tues & Wed)	
Times/Sites:	Team Practice U9 & U8: Mondays 5:30-7:30pm @ WSHS Varsity Sball U9 Warm Up & Game: Tuesdays 5:00-7:00pm @ Riverview Park U8 Warm Up & Game: Wednesdays 5:30-7:30pm @ Christ-St. John's	
Fee:	On/Before 5/15: \$65 Village Res. / \$70 School Dist. / \$75 Out of Dist. Between 5/16-5/26: \$80 Village Res. / \$85 School Dist. / \$90 Out of Dist. REGISTRATION FEE INCLUDES HAT AND TEAM T-SHIRT	
Ages:	8-9 (Just completed 2nd or 3rd grade in 2014-2015 school year)	

Tennis Camp

This camp will focus on teaching players the game of tennis, including proper grip, strokes, and other tennis basics through drills and games. Each player will need a tennis racquet. If you are unsure what size racquet your child needs please speak with coach Julie Kamla at the first class.

Dates: June 15, 16, 17, 18, & 19 **Site:** WS High School Tennis Courts
Times: K-3 Fall of 2015: 3:00-3:45pm, 4-8 Fall of 2015: 3:45-4:45pm
Fee: \$25 Village Res. / \$30 School Dist. / \$35 Out of Dist.
Ages: Grades K-8 fall of 2015



Coulee Region Tennis Association Programs

The Coulee Region Tennis Association is offering a variety of leagues and programs for kids & adults throughout the summer. Below are some program highlights. If you would like additional information on any of these programs, please visit www.couleeregiontennis.com.



La Crosse Team Tennis League

- Adults - Join a team or sub! (beginner to advanced teams)
- Leagues available Tues or Weds May 26-Aug 5 at UWL Tennis Courts
- Contact Sally Ruud, League Coordinator: sallyruud@charter.net

USTA Junior Team Tennis

- 14 & Under / 18 & Under; Players may register as individuals or teams
- League runs 5-7pm in June/July at UWL Tennis Courts
- Fee \$80 & current USTA member; Register by June 5, 2015

Midwest Youth Team Tennis

- All kids ages 5-10; players split into age groups 5-8 & 9-10
- League runs Mon/Wed evenings May 4-20 at UWL Tennis Courts
- Fee \$60 if registered by April 24, \$80 late registration

Summer Track & Field

This program will focus on teaching participants about the sport of track & field. Specific emphasis will be put on giving kids the basic foundation for learning proper form and technique while having fun. The final day of practice will be dedicated to an inter-team meet combining traditional and silly contests, which will allow participants to showcase what they've learned. Various events include: sprints, distance, relays, softball throw, long jump & high jump. Event options will vary by age group. Additionally, three optional local meets will be offered for participants to compete in if they are interested. Transportation to meets is the responsibility of the parent/guardian.

Dates: June 8, 10, 15, 17, 22, 24, 29, July 1, 6, & 8
Time: 6-9 Years - 9:00-10:15am; 10-14 Years - 10:30-Noon
Site: West Salem High School Track **Ages:** 6-14
Fee: \$25 Village Res. / \$30 School Dist. / \$35 Out of Dist.
Optional Meets:

- Meet #1: June 26 Holmen High School 9:00-Noon
- Meet #2: July 10 Ona. Luther High School 9:00-Noon
- Meet #3: July 17 LaCrosse Central 9:00-Noon
- Meet Check in begins at 8:30am



Fall 2015

Flag Football

Teams are coached by volunteer parents and typically practice 1-2 times a week based on coach and field availability in addition to their Saturday game. Volunteers are needed and coaches will be recruited if necessary. Coaches will meet with their players and their parents at the mandatory Parent Player Meeting to inform them of their next practice time/site, distribute paperwork, answer questions, etc.

Volunteer Coaches Meeting: August 19th at 7:00pm at Park & Rec. Dept. office; equipment will be available for pick-up.

Mandatory Parent Player Meeting : ALL parents, participants and volunteer coaches must be present on Thursday, August 20th, at the West Salem Lion's Shelter to get their team assignment, complete paperwork and get practice/game schedules.

Pee Wee Flag Grades 1-2

5:30-6:15pm

Jr. Flag Grades 3-5

6:30-7:15pm

Dates: Games: Sept. 5, 12, 19, 26 Oct. 10, 17, 24

Practices: 1-2 additional weeknights

Times: 1/2 Games: 8am, 9am, 10am 11am, or 12pm

3-5 Games: 9am, 10:30am or 12pm

Practices: TBA by coach

Sites: 1/2: Field behind Swarthout Pool 3-5: WS Elementary School

Fee: On/Before 8/9: \$30 Village Res. / \$35 School Dist. / \$40 Out of Dist.

Between 8/10-8/14: \$45 Village Res. / \$50 School Dist. / \$55 Out of Dist.

Registrations received after August 14th are NOT guaranteed

Grades: Grades 1-2, 3-5 in Fall of 2015



Junior Golf

Sessions will focus on grip, stance, set up, full swing, chipping, putting and golf etiquette. All sessions will be conducted at Walsh's Golf Center in La Crosse under the guidance of PGA member, David Swift. Participants are responsible for providing their own clubs & transportation to and from the golf course.

Class cancellations due to weather will be determined by the instructor.

Please contact the golf course directly at 781-0838. Register early!

Dates: June 16, 18, 23, 25 (Tues. & Thurs.) **Rain date:** June 30

Times: 1:00-2:00pm or 2:00-3:00pm

Fee: \$30

Site: Walsh's Golf Center

Ages: 8-15

The class min/max participation limit is 6/12!



Spring Pee Wee Soccer Camp

This program is intended to be an introduction to soccer. The first day is scheduled as practice and instruction. Separate teams will be formed on site, with at least *one parent volunteer* needed for each team for Saturday's game. The teams will be set up by random selection in a co-ed style. A strong knowledge of soccer is not necessary to volunteer, rather the ability to organize 6-8 excited players during their game. A parent or guardian is required to be on site during the program due to the large number of young participants. **Shin protectors are mandatory.**

Dates: Practice: May 11, 12, 13, 14 **Game:** May 16
Times: Practice: PK: 4:30-5:15pm K: 5:15-6:00pm 1st/2nd: 6:00-7:00pm
Game: PK: 9:00-10:00am K: 10:00-11:00am 1st/2nd: 11:00-12:00pm



Site: Pineview Park
Ages: Current PK (4-5yrs) - 2nd grade
Fee: \$28 Village Res.
 \$33 School Dist.
 \$38 Out of Dist.

A shirt will be provided by our sponsors,
Linda's Bakery & Brenengen Auto
 for each participant.

Summer Soccer Clinic

The camp will focus on the fundamental skills and development of a soccer player. The camp will emphasize personalized instruction as well as small sided games to give each player significant touches on the ball every day. Participants should bring a water bottle, soccer or tennis shoes. **Shin protectors are mandatory.**



Dates: July 27, 28, 29, & 30
Times: K-1 Fall 2015: 5:30-6:30pm 2-5 Fall 2015: 6:30-7:30pm
Site: Pineview Park **Ages:** Incoming K-5th grade Fall 2015
Fee: \$30 Village Res. / \$35 School Dist. / \$40 Out of Dist.

Challenger Soccer Camp

Challenger is excited to bring one of their high quality coaching schools to West Salem for a combined West Salem and Onalaska clinic. The week long program will contain Challenger's own brand of innovative practices; small sided games, camp world cup, cultural education, character building and fun! All camps include a free ball, camp shirt, poster & online instruction resource. **ALL THIS**, plus Challenger's new 1,000 Touches camp curriculum. Register online by June 26th and receive a free jersey. Host a coach and receive an \$80 rebate.

Dates: August 10, 11, 12, 13, 14
Site: Pineview Park—725 Faye Drive, West Salem
Ages: 3-4 4-6 6-9 10-14
Time: 9-10 am 10:30am-12 pm 1-4 pm 9-12pm
Fees: \$86 \$100 \$129 \$129



A \$10 late fee is added to registrations received after July 31st.

REGISTER ONLINE at www.challengersports.com

Fall 2015

RUSH Soccer



RUSH Wisconsin West is looking for highly motivated and committed players who desire to take their soccer knowledge and skills to the next level. RUSH is a nationally competitive, elite soccer club with top quality coaching staff from Viterbo and UWL. Commitment to this club includes mandatory year round training and games with a mixture of tournaments and league games. Those interested in joining RUSH soccer will need to complete a team tryout. Teams will be comprised of athletes from the greater La Crosse area.

Dates: Fall-Winter 2015; Summer 2016 league info to follow

Ages: U9-U13 boys & girls

Fee: Determined by age and events

Contact Scott Pirnstill at srpirstill@viterbo.edu for additional program information and tryout dates

Youth Sports

Fall Soccer

Teams will be coached by volunteer parents and will practice 2 times a week based on coach & field availability. Teams will compete against other communities in two jamborees held at Fields for Kids in La Crosse and one jamboree in Tomah. Separate teams will be formed for girls & boys. Combined age or co-ed teams will be formed if there are not enough registrants at a particular level.

Dates: First possible practice Aug. 24th; Jamborees—Sept. 12, 19, & 26
Additional week day scrimmages possible

Ages: 1st-6th grade Fall 2015

Time: Practice—TBD by coach; Jamboree Schedules—TBD

Site: Practice—Pineview or Greene Park; Jamborees—La Crosse & Tomah

Fee: On/Before August 17: \$40 Village Res. / \$45 School Dist. / \$50 Out of Dist.
Between August 18-21: \$55 Village Res. / \$60 School Dist. / \$65 Out of Dist.

Fall 2015

Girls Fundamentals Basketball Camp

Are you looking to get out of the house and improve your basketball skills this off-season? Join Coach Matt Quick and his staff for an 8 session Basketball Fundamentals Camp this summer. Girls attending this camp will work on fine tuning their basketball skills through various drills and games. Coaches will emphasize drill work to improve ball handling, shooting, footwork, and proper technique. Participants should dress for activity, bring a water bottle and their basketball shoes.

Dates/Sites: June 23, 25, 30 & July 2 at WS High School and
July 7, 9, 14, & 16 at WS Middle School

Time: 2:00-4:00pm

Fee: \$30

Grades: Girls entering 5th - 8th grade in Fall 2015



Questions?

Information regarding refunds, class confirmation, waiting lists & what fee you are required to pay can be found on pages 5-7 of the brochure. If you can't find the information you're looking for, feel free to contact our office!



Hard 2 Guard Basketball Camp

This skill intensive basketball camp for incoming grades 7-12 is run by WSHS Varsity girls basketball coach Mike Malott & his staff. Additional camp information and registration forms are available at hard2guardws.com/index.html

Questions?

Contact Coach Malott at 786-1220 x2354

Fall 2015

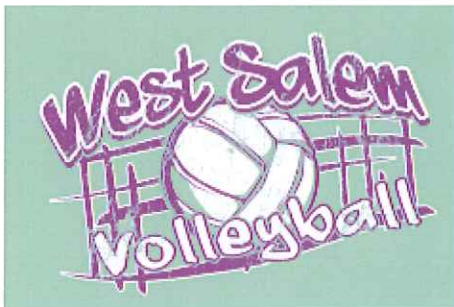
5th & 6th Grade Traveling Volleyball

Traveling volleyball teams will be created at the 5th and 6th grade levels. Teams are part of a traveling league and will play games in West Salem, La Crosse, G.E.T, Onalaska, Holmen, Winona, and Bangor. The season runs from late August through the end of October. An end of the season tournament will be held at Aquinas High School. Practices will be held on Monday, Tuesday, & Thursday, the first 3 weeks (No practice 9/7). Following that, practice will be held Mondays, with games being held on Tuesday and Thursday nights. Transportation to the tournament, games, and practice is the responsibility of the parent or guardian.

Teams are coached by volunteer parent coaches. Practice schedules will be created based on the availability of volunteer coaches and school facilities. Coaches should be available for Monday practices, as well as the weekday games and tournament. Co-coaching is also encouraged as it can help give participants more one-on-one attention.

Coaches meeting will be held Aug. 19th 6:00pm at WS Rec.

- Dates:** 1st week of practice— August 24, 25, 27
Monday Practices, Tues & Thurs games from Sept. 14-Oct. 22
End of season Tournament: October. 24th (times TBD)
- Times/Sites:** Practice— WSES or WSMS, Coaches will notify players of time & site
Games— schedules will be handed out once they are available
- Fee:** **On/Before 8/10:** \$40 Village Res. / \$45 School Dist. / \$50 Out of Dist.
Between 8/11-8/17: \$60 Village Res. / \$65 School Dist. / \$70 Out of Dist.
Registrations received after August 17th are NOT guaranteed
- Grades:** 5th & 6th Grade Girls in Fall of 2015



3rd-4th Grade Volleyball

Fall 2015

This program will begin with 3 weeks of practices focusing on the fundamentals of volleyball. The remaining 5 weeks will consists of practices and scrimmages against each other, La Crosse BGC & Onalaska Park & Rec. Volunteer coaches are needed. **Coaches meeting will be held Aug. 19th 6:00pm at WS Rec.**

- Dates:** 1st week of practice—August 25 & 27th
Tues. & Thurs. practices or games Sept. 15th—Oct. 15th
- Site:** Participants will be notified by coach of first practice time & site;
Remaining dates: regional sites including West Salem, Onalaska, LaX BGC
- Times:** Practice - TDB based on gym & coach availability;
Games - Specific team schedule will be handed out at practice- times vary
- Fee:** **On/Before 8/10:** \$30 Village Res. / \$35 School Dist. / \$40 Out of Dist.
Between 8/11-8/17: \$50 Village Res. / \$55 School Dist. / \$60 Out of Dist.
Registrations received after August 17th are not guaranteed

Volleyball Fundamentals Camp

Boys & girls attending this camp will work on fine tuning their volleyball skills through various drills and games. Camp will focus on fundamentals including passing, setting, serving and hitting. Participants should dress for activity and bring a water bottle and their volleyball shoes.

Grades	Dates	Time	Fee
7th-8th	June 10, 17, 24, July 8, 15, 22, August 5 & 12	5:30-6:45pm	\$8.00
5th-6th	June 26, July 10, 24, August 7, & 21	10:00-11:00am	\$5.00
3rd-4th	June 26, July 10, 24, August 7, & 21	9:00-10:00am	\$5.00
Site: All sessions will be held at WSHS unless notified by coach			

Middle School Volleyball League

Middle school summer volleyball is an intermural league for girls going into 6th, 7th, and 8th grades. The league will play games on Thursday evenings from 6:00-8:00pm (schedule determined by number of teams) at Holmen High School. Players register as individuals and will be assigned to a team. No pre-arranged teams will be allowed. Teams will be formed on-site the first night and will be made up of players from West Salem, Onalaska, and Holmen.

Dates: Thursdays, June 11—July 30 **Site:** Holmen High School Gym
Time: 6:00-8:00pm-may vary depending on number of teams
Fee: \$33 **Grades:** Girls entering 6th, 7th, or 8th grade in Fall 2015

Girls & Boys Volleyball Camp

This camp is designed for West Salem area students who wish to learn about volleyball and improve their volleyball skills. This camp will provide each camper with individual instruction in fundamental skills such as serving, passing, setting and hitting. All participants will also be involved in team oriented play. Students entering grades 4 through 7 in the fall of 2015 are invited to attend. Camp will be directed by West Salem High School Volleyball Varsity Coach Tina Thompson.

Dates: June 15, 16, 17 & 18
Site: West Salem High School Gymnasium
Times: Grades 4-5: 8am-10am; Grades 6-7: 10:30am-12:30pm
Fee: Before June 1st: \$40.00; After June 1st: \$45.00
 Make checks payable to West Salem High School
 Fee includes instruction and camp t-shirt
Grades: Boys & Girls entering 4th-7th grade in Fall 2015



How to Register:

Registration forms for this camp will be available in the West Salem Middle School Office, West Salem Elementary School Office, and West Salem Park & Rec. Dept. Office. Completed registration forms and payment can be dropped off in the WS Middle School or WS Elementary School office.

Questions? Contact Tina Thompson at (608) 786-2090 or
 Thompson.Tina@wsalem.k12.wi.us

Gymnastics & Tumbling

Rockin' Rollers

Rockin' Rollers is designed to be a fun and explorative introduction to gymnastics class for boys and girls ages 3-4. Youngsters will work on refining their introductory gymnastics skills such as forward and backward rolls, balancing, vaulting, jumps, and turns. Children will utilize the floor, mats, and low balance beams in class. The last night will include a skills showcase for kids special guests.



Dates: Session 1: June 9, 11, 23, 25, 30 & July 2
 Session 2: July 21, 23, 28, 30, August 4 & 6
Time: 1:00-1:30pm **Site:** WS Elementary School
Fee: \$30 Village / \$35 School Dist. / \$40 Out of Dist.
Ages: 3-4 **Min/Max:** 15/30

Terrific Tumblers

Participants in Terrific Tumblers will work on improving their strength, flexibility, body awareness, balance, movement, and spatial relationships. Students will learn beginner moves on the balance beam, spring board, floor, and bars. The last night will include a skills showcase for Participant's special guests.



Dates: Session 1: June 9, 11, 23, 25, 30 & July 2
 Session 2: July 21, 23, 28, 30, August 4 & 6
Time: 1:30-2:15pm
Site: WS Elementary School
Fee: \$35 Village / \$40 School Dist. / \$45 Out of Dist.
Ages: 5-6 **Min/Max:** 15/30

Junior Gymnasts

Junior Gymnasts is designed to be a beginner to intermediate level gymnastics class. Coaches will work with participants to help them improve their strength, flexibility, and balance. Gymnastics skills including handstands, cartwheels, & back walkovers on floor, jumps, leaps & dismounts on beam, swings & hip circles on bars and vaulting will be introduced in class. The last night of class will include a skills showcase for participant's special guests.



Dates: Session 1: June 9, 11, 23, 25, 30 & July 2
 Session 2: July 21, 23, 28, 30, August 4 & 6
Time: 2:15-3:15pm **Site:** WS Elementary School
Fee: \$40 Village / \$45 School Dist. / \$50 Out of Dist.
Ages: 7-10 **Min/Max:** 15/30

WE LOVE PARENTS BUT...

With your child's best interest in mind, parents are invited to their child's first & last class meetings. We have found that the quality of instruction has often been affected by parents and/or sibling distraction, interruptions & various other concerns during class time. We also feel it is most beneficial for children to have recreational times with their peers. We hope that you will be able to run some errands or enjoy some quite time during your child's practice. Thanks for your understanding.

Kindermusik Classes

Site: All classes are held at Prince of Peace Lutheran Church in West Salem

Fee: \$30.00 per Class

Ages: The age range provided is just a guide. Parents can place their kid according to their readiness.

Participant Min/Max: 4/12 Kids per Class

Children of ALL abilities are welcome to participate.

Prince of Peace Lutheran Church is disability accessible.

Each session kids will receive a CD with music from class to keep.



Sing & Play

This curriculum focuses on your child's beginning movement, helping to build the muscles your young toddler needs to walk, run and climb; and on vocal development, helping to nurture your child's speaking and

singing voice. This class is a mix of both parent-child joint activities and child-focused activities.

Class	Dates	Time	Theme	Ages	
Sing & Play	Thurs.	3/19-4/9	9:30am	Playtime!	1-2 years old
		4/16-5/7	9:30am	Hello Day!	
		5/14-6/4	9:30am	Big Back Yard	
		7/9-7/30	4:30pm	Way Up High	
		8/6-8/27	4:30pm	I Can Do That!	
		9/3-9/24	9:30am	Zoom!	

Wiggle & Grow



Each week in this music-filled class, your child will love singing, dancing, and playing instruments with you and their new friends. You'll love helping them practice a wide variety

of abilities such as gross and fine motor skills, turn-taking, social skills and active listening.

Class	Dates	Time	Theme	Ages	
Wiggle & Grow	Sat.	3/21-4/11	9:00am	Marvelous Me	2-3 years old
		4/18-5/9	9:00am	Go, Go, Go!	
		5/16-6/6	9:00am	Silly All Over	
	Tues.	7/7-7/28	4:30pm	Shapes On The Farm	
		8/4-8/25	4:30pm	Pet Parade	
		9/5-9/26	9:00am	Up In The Sky	



Laugh & Learn

Each week in class we combine your preschooler's natural love of music, storytelling and imaginative play with age appropriate activities that

introduce early music concepts & foster language growth, independence, social and emotional skills, and self-control. Parents join class for the final activities.

Class	Dates	Time	Theme	Ages	
Laugh & Learn	Sat.	3/21-4/11	11:00am	Outside My Window	3-4 years old
		4/18-5/9	11:00am	Animals A Dancing	
		5/16-6/6	11:00am	Out & About	
	Wed.	7/8-7/29	4:30pm	Let's Play	
		8/5-8/26	4:30pm	On The Go	
		9/5-9/26	11:00am	Make Believe	



Games Galore

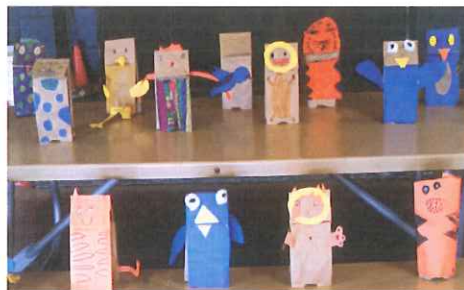
This program will introduce one activity each week at a different West Salem Park. Activities to be covered include group games, sports, relays and cooperative play. Parent attendance & participation required.

Dates / Parks / Activities:

June 10, Pineview Park—Soccer
 June 15, Jim Zanter Park—Relays
 June 17, Pineview Park—Kickball
 June 22, Jim Zanter—Parachute & Tag
 June 24, Village Park—Water Games
 (Rain Date: June 29th)

WS Park Map located in back of brochure

Times: 3:00-4:00 pm
Fee: \$20 Village Res. / \$25 School Dist.
 \$30 Out of Dist.
Ages: 3-6 years



Art in the Park

Join our staff in expanding your creative genius. Participants will get to experience using many different art mediums in a beautiful park setting. Projects will be displayed in the "art gallery" for special guests to visit the last night of class.

Dates: June 16, 23, 30, July 7
Time: 3:00-4:00pm
Site: WS Village Park
Fee: \$25 Village Res.
 \$20 School Dist.
 \$25 Out of Dist.
Ages: 4-10 years

Baton Twirling

Learn the basics of baton twirling and get started on your way. This is a great class to introduce you to the art of baton twirling. Classes are taught by 30 year Warrior Baton Corps. instructor Zoe Leis.

Dates: June 10, 12, 17, 19,
 July 1, 3, 8, 10
Sites: WS Middle School
 (outside practice June 17 & 19)
Times: 11:30-12:15pm
Fee: \$25 **Ages:** 5 & up
Min/Max: 8/25



Dance Instruction

This program is designed for kids interested in exploring their dance abilities. The routines will have specific choreography. The dancers will learn to move as one team. Many styles will be incorporated to popular music. No previous dance experience needed. A short routine will be performed on the last night at the La Crosse County Fair.

Dates: Practice: July 6, 7, 8, 13, 14, 15
 Performance at LaX Co. Fair: July 16
Times: Practice: Ages 4-5: 5:30-6:30pm
 Ages 6-10: 6:30-7:30pm Performance: TBA
Site: WS High School Dance Studio **Ages:** 4-10
Fee: \$30 Village Res. / \$35 School Dist. / \$40 Out of Dist.



Girls Shine

This Camp will give girls the opportunity to find value within themselves and joy in finding what they like to create! We will explore multiple art/maker activities, paint and create a personal journal. This will be an inspiring afternoon packed full of art and self discovery! Camps will be held at Sunshine Alley in West Salem.

Camp 1

Date: Saturday, April 25th
Time: 10am-3pm **Fee:** \$30.00
Ages: 5th-8th grade girls
Please bring a sack lunch

Camp 2

Date: Sunday, May 17th
Time: 1-4pm
Fee: \$25.00
Ages: 2nd-5th grade girls



Bike Rodeo

This is a FREE event for children in PK-6th grade. The event will teach bike rules of the road & safety awareness. All participants will receive a free bike inspection & bike licensing, a prize & snacks. There will also be drawings for Grand Prizes (must be present to win).

Date: Wed, Aug. 26
Time: 5:30-7:30pm
Site: WS Lion's Community Shelter
Fee: FREE!
Ages: PK-6th grade (Parent participation is mandatory for PK-1st grade kids)



Co-sponsored by WS Safe Routes to School & West Salem Police Dept.

Boater's Safety Education Course

This boater's safety class will cover boating safety features, equipment requirements, rules and regulations, ethics, responsibility and basic navigation knowledge. After passing this class, all students will receive their WI DNR Boating Safety Education Certificate. This certification is required for persons from 12-16 years of age, and persons born after 1/1/89, to operate a motorboat.

Dates/Times: April 28 & 30—5:30-8:30pm (Classroom instruction)
 May 2 8-11am (Classroom test)

Site: Village Hall Board Room **Fee:** \$10
Ages: 12 & up **Min/Max:** 6/20



Learn to Water Ski

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

Date: June 8th **Time:** 4:00-6:00pm
Site: Airport Beach, off Fisherman's Road on French Island
Fee: \$15 **Ages:** 8 & older
Max: 20 Participants



*An additional waiver must be signed by parents/guardian prior to class. The waiver is available at the Park & Rec. Office or on the Park & Rec. website:

www.westsalemwi.com/parkandrec.htm

Beginning Archery

Beginning archery is a great introduction to the sport of archery. No prior experience please. Bows will be provided for participants on site. Registrants should wear comfortable clothing to move in. No transportation provided.

Dates: June 24 OR July 15; kids can only attend 1 session!

Time: 6:00-7:30pm

Fee: \$5.00

Ages: 6-14

Site: Arrows in the Square,

N7681 Casberg Coulee Road, Holmen, WI

Participant Min/Max: 6/16 per Class

NO PREVIOUS EXPERIENCE PLEASE! Participation limited to 1 class only.



West Salem Rod & Gun Club 11th Annual Youth Day



Do you enjoy the outdoors? Would you like to try a new outdoor activity? Join us for an afternoon at the West Salem Rod & Gun Club taking part in a variety of activities ranging from casting and archery to pellet rifle shooting. The event is open to kids up to age 13.

How to Register:

Pre-registration is encouraged but not mandatory. You can register through the West Salem Park & Rec. Department either in their office or via their online software until June, 12th.

On-site registrations will also be accepted the day of the event!

Date: Saturday, June 20
 Time: 1:00-3:00pm
 Site: WS Rod & Gun Club
 McKinnley Valley Rd
 off CTY C, West Salem
 Age: Children up to 13
 Fee: FREE!



Contact Mark Ziegler at 786-1302 with any questions!



Linda's Bakery
 Hwy 16 - West Salem
608-786-1818



Cupcake Craze

Come get messy with frosting as you decorate all different types of cupcakes with us! You don't have to bring anything, all supplies are provided. Of course you'll be able to have a taste after all the hard work is done. Sponsored by: Linda's Bakery!

Date: May 7 **Time:** 6 - 7pm
Site: Hazel Brown Leicht Memorial Library Community Room
Fee: \$10 Village Res.
 \$25 School Dist.
 \$20 Out of Dist.
Ages: 5 & up **Min/Max:** 12/24



Young Explorer: Creature Superheroes

Join the West Salem, Holmen, & Onalaska Parks & Recreation Departments for a trip around the world to learn about unsuspecting Creature Superheroes living among us! Participants will be able to get up close & personal with the Critter Crusader and his companions the "Creature Teachers". You'll be able to see them as they use their super human abilities to battle the evil forces bent on the destruction of Nature. The program will include an interactive educational show as well as time for participants to play with the animals.

Date: Monday, June 22nd
Time: 1:00-2:30pm
Site: Onalaska Omni Center
 255 Riders Club Road, Onalaska
Ages: All **Fee:** \$10

(All children in attendance must register & pay.)



Rapid Fire Paintball

A game is won when a player successfully returns the opponent's flag to their own team's flag station. All games are professionally refereed to insure player safety and fair play. Fee includes all gear-goggles, mask, gun, air and first 100 balls. On game day, you should wear dark colored clothes or camouflage, long pants, long sleeves, gloves, hat, shoes or boots with some sort of ankle support. Bring water & dress appropriately for the weather.

NO TRANSPORTATION IS PROVIDED!
SIGNED WAIVERS REQUIRED FOR ALL!



Date: Sunday, May 3rd **Time:** 1:00-4:00pm
Fee: \$17 per person (includes equipment and first 100 balls) \$5.00 per 100 on site
Site: Arrows in the Square, Holmen **Ages:** 10 & older, parents welcome
Max: 8 Participants (We will compete with Holmen & Onalaska Rec Depts.)

Easter Egg Hunt

Saturday, March 28th at 10:30am
 (Please arrive by 10:15am for instructions)

West Salem Village Park
 Open to children 2-9 years
 (Kids will hunt in separate age divisions)



FREE-Co-sponsored by:
 West Salem Police Dept,
 West Salem Fire Dept,
 and West Salem First Responders



Family Fun Night

You & your family are invited to join us for our fun and exciting summer wrap-up event in Village Park! Game stations will be set up around the park for you to enjoy at your leisure. We will also organize large group games including kickball & capture the flag. Stick around Village Park after the games and wind down with a viewing of Alexander and the Terrible, Horrible, No Good, Very Bad Day on our big screen at dusk. Concessions including hot dogs, nachos, popcorn, candy and drinks will be available throughout the night.



Date: Fri, August 21st
 Site: West Salem Village Park
 Time: Games: 5:30-7:30pm
 Movie: Dusk-Approx 8:00pm
 Ages: ALL
 Fee: Suggested donation of \$10 a Family collected on-site



Ice Cream & Jazz in the Park

Join the West Salem Adult Jazz Band in Village Park for an evening of musical entertainment and ice cream sundaes. Selections will range from big band classics to more recent pop stylings. Bring your lawn chairs & blankets!

Date: Thursday, July 30th
 Fee: Donations
 Time: Ice Cream - 6:00-6:45pm
Music - 6:30-8:00pm
 Site: West Salem Village Park
 Ages: All



Come join the Park & Rec. Dept. for a night at the movies in Village Park. Bring your sleeping bags, blankets, or lawn chairs and settle in for an evening of free entertainment. The family friendly movies will begin at dusk. Make sure you visit our concession stand to purchase your popcorn, drinks, snacks, and glowsticks throughout the movie. We will be collecting non-perishable food items to be donated to the local food pantry. (Dates are weather permitting.)

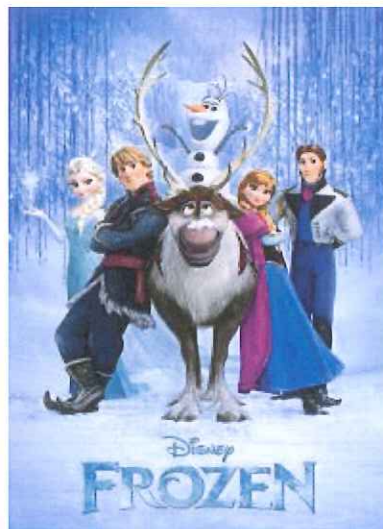
Fee: FREE - non-perishable food donations are encouraged
Time: Dusk; approximately 8:00pm
Site: WS Village Park
Age: All

Friday, June 12

Frozen

Rated: PG

Running Time: 108 mins



Friday, July 31

Big Hero 6

Rated: PG

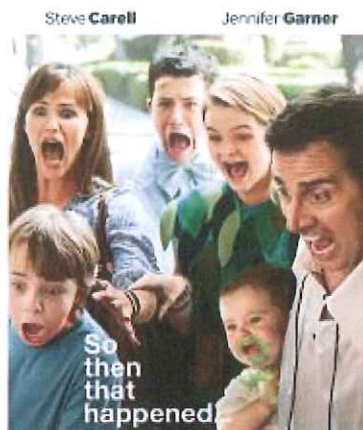
Running Time: 93 mins

Friday, August 21

Alexander and the Terrible, Horrible, No Good, Very Bad Day

Rated: PG

Running Time: 81 mins



Thanks to our 2015 Sponsors:

Family Dentistry of West Salem
 Mayo Clinic Health System
 Altra Federal Credit Union
 Lautz Custom Builders
 Miller Quik Print

BirthFIT

Attention postpartum moms: Dr. Erica at Coulee Health is conducting the BirthFIT Postpartum Series. As Regional Director for the organization, she encourages women to safely remain active during their pregnancies. The organization focuses on pregnant women, obviously, but they've recently expanded the market to include helping women safely start or return to physical activity after giving birth. BirthFIT empowers new moms to return to the gym, the trails or whatever venue they choose with strength, balance, and confidence in their postpartum body. The courses conducted across the country so far have given incredible feedback, and Dr. Erica is excited to continue offering this unique service to women in our area. The series meets from 6-7pm twice per week for four weeks; sessions will be held in April, June, and September. More information on this course can be found on their website www.couleehealth.com or www.BirtFit.com



Dates: Sessions in April, June, & September
 Class meets Mondays & Thursdays
Site: Coulee Health- 920 HWY 16
Time: 6:00-7:00pm
Fee: \$149 a session
Min/Max: 2/10

Men's Softball

Intent to Participate forms and sponsor fee due Wed. April 22nd at the managers meeting. Individual player fees and completed roster due at the beginning of the first night of league play. Teams are allowed 20 players, with all team members needing to be at least 21 years old. For more information on registering a team please call the WS Park & Rec. Office at 786-0222.

Mandatory Managers Meeting : Wed. April 22nd 6:00pm at Park & Rec Office

Dates: Wednesdays May 13th - Aug. 19th, including tournament

Times: 6:00pm, 7:00pm, 8:00pm, & 9:00pm

Sites: Emmy Miller Field at West Salem Village Park

Fee: *Sponsor/Ball Fee:* \$230.00 *Players:* \$10.00 Each



Co-Ed Softball

Intent to Participate forms and sponsor fee due Wed. April 22nd at the managers meeting. Individual player fees and completed roster due at the beginning of the first night of league play. Teams are allowed 20 players, with all team members needing to be at least 18 years old or high school graduates. For more information on registering a team please call the WS Park & Rec. Office at 786-0222.

Mandatory Managers Meeting :

Wed. April 22nd 6:30pm
 at Park & Rec Office

Dates: Tues. May 19- Aug. 18,
 including tournament

Times: 6pm, 7pm, 8pm & 9pm

Sites: Emmy Miller Field at
 WS Village Park

Fee: *Sponsor/Ball Fee:* \$230.00
Players: \$10.00 Each



Zumba Fusion

Zumba Fusion is the ultimate workout! A 60 minute dance party is followed by some weight training that focuses on toning and building muscle for your entire body. Zumba combines hypnotic Latin rhythms and easy to follow moves to create a dynamic workout that will blow you away! The routines feature interval training sessions where fast & slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. The weight training session that follows is appropriate for all abilities, while still being challenging. It includes plyometrics along with various weight and balancing exercises designed to target a variety of muscle groups. Participants of Zumba Fusion will need to provide their own hand weights & yoga mat. **Instructor:** Amy Jo Krueger (Licensed Zumba instructor)

Dates: Session 1: Tuesdays & Thursdays April 7 - June 11
Session 2: Tuesdays & Thursdays July 7 - September 10
Time: 6-7:15pm **Site:** WJ Middle School Cafeteria **Ages:** 18+
Fee: Per Session: 10 Classes-\$35 / 20 Classes-\$50



Cardio Tennis

Imagine playing nonstop tennis for an hour, burning hundreds of calories, hitting dozens of balls...and having a ton of fun the whole time. That's Cardio Tennis. Participants are encouraged to bring a heart rate monitor.

What You Can Expect in Cardio Tennis



- A tennis pro who is engaging and motivating.
- Getting into your target heart rate zone quickly.
- Games & drills that are "cooperative" & "competitive".
- A safe, healthy workout designed for everyone, from beginners to advanced, young adults to seniors.

Dates: April 12, 15, 19, 22, 26, & 29; An additional June Session may be added
Site: WJHS Tennis Courts **Time:** 6:00-7:00pm
Limit: 14 Max, 6 Min **Fee:** \$25

Adult Yoga

Build your strength, mobility, and flexibility via a yoga class with a focus on alignment and breathing while learning to calm your mind and relax your palate as a means of stress reduction. Participants can use yoga mats available at class or can bring their own. Registration includes a free yoga t-shirt.

Instructor: Ann Yehle (Registered Yoga Teacher)

Dates: Session 1: Tuesdays May 5 - Aug 25 4:00-5:00pm (No class 7/28)
Session 2: Thursdays May 7 - Aug 27 7:15-8:15am (No class 7/30)
Session 3: Tuesdays Sept. 1 - Dec. 22 4:00-5:00pm (No class 12/8)
Session 4: Thursdays Sept. 3 - Dec. 17 7:15-8:15am (No class 10/15 & 11/26)
Session 4 is 14 Thurs. AM Classes plus 2 choice Session 3 Tues. night Classes

Ages: 18 & Older **Site:** WJ Library Meeting Room

Fee: Per Session: Half Session (8 Classes) - \$38
 Full Session (16 Classes) - \$73

Min/Max: 15/30 participants per session

If you have questions about whether this class is for you, do not hesitate to contact Ann at 608-217-1114 or via email at akyehle@wisc.edu.



Running Club

Do you have an interest in running but don't know where to start? Maybe you already run and are looking for running partners to keep you motivated! Why not start Monday nights at Coulee Health? Dr. Erica will be leading a 3 mile run Monday nights at 7:15pm. All abilities are encouraged to attend! Have kiddos? Weather permitting, put them in the stroller and bring them along! No need to register, just show up at Coulee Health between 7 and 7:15pm to join Dr. Erica on a run, rain or shine. If the time changes or a cancellation occurs it will be posted on Coulee Health's Facebook page, www.couleehealth.com and West Salem Park & Rec. Facebook Page

Dates: Monday nights
Site: Start at Coulee Health- 920 W. CTY HWY 16
Time: Start at 7:15pm **Ages:** Any **Fee:** FREE!



Senior Nutrition Program

Dates: Monday - Friday **Time:** 11:30am

Site: 2nd floor of WS Community Center, 175 S. Leonard St, West Salem

Cards & Games

Senior members gather together Mondays and Thursdays to play cards & games.

Meals on Wheels

West Salem residents can register for the Meals on Wheels Program by calling Tammy at 786-2975 between 10:30am-12:30pm or the County Aging Department at 785-9710 any other time. Accepted donations for meals is \$3.25, but anything or nothing is ok.

If you are interested in volunteering at the Senior Center or with the Meals on Wheels program, please call Tammy at 786-2975 between 10:30am-12:30pm.

The West Salem Rec. Dept. is looking for your photos for our "Take Time For Fun" Photo Contest.

Please use the following criteria when submitting a photo:

1. E-mail submissions to parknrecstaff@westsalemwi.com
2. Include: Name, address, phone, date taken, location and short description (include names of participants if applicable)
3. Only photos of Park and Recreation events or within West Salem Parks will be accepted

Awards include:

1st place photo

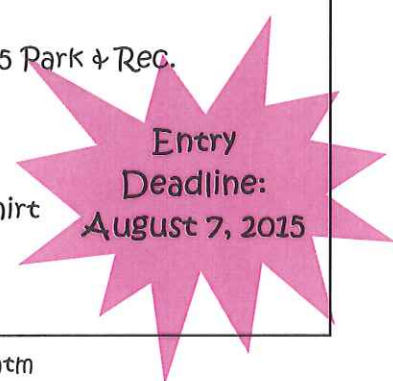
Placed in an upcoming brochure, a \$25 Park & Rec. gift certificate & t-shirt

2nd place photo

Placed in an upcoming brochure, a \$5 Park & Rec. gift certificate & t-shirt

3rd place photo

Placed in an upcoming brochure



Looking for Volunteer Opportunities?

We are looking for anyone interested in helping the West Salem community! If you would like to volunteer, help a neighbor, be on a committee, or know someone who could use a helping hand with simple outdoor clean up to yard work, please contact: Katie Rasmussen 608-786-0305



Thank You!

- To the West Salem School District (Custodians, Teachers, and Administration).
 - To our dedicated volunteers for sharing your time & talents.
 - To the many businesses, organizations, and individuals that have made us what we are.
- We Couldn't have done it without you!**

Thank you to all of our Fall/Winter sponsors for the support you've given our programs.

4 Rivers, Altra Federal Credit Union, Bangor Lanes, Blue Moon, Brenengen Auto Group, Culver's, DJ's Vogue, Earl's Grocery & Saloon, Family Dentistry of West Salem, Features Holmen, Features West Salem, Fox Hollow, Games People Play, Harter Trucking Inc., Hunter's Last Chance, Image World, Krome's, Lakeview Health Center, Market Bar & Multi Stack, McDonald's, Mulder Health Care Facility, River City Chiropractic, Silverado Saloon, Sloopy's Bar & Grill, Sport Clips, and State Room

West Salem School Fields



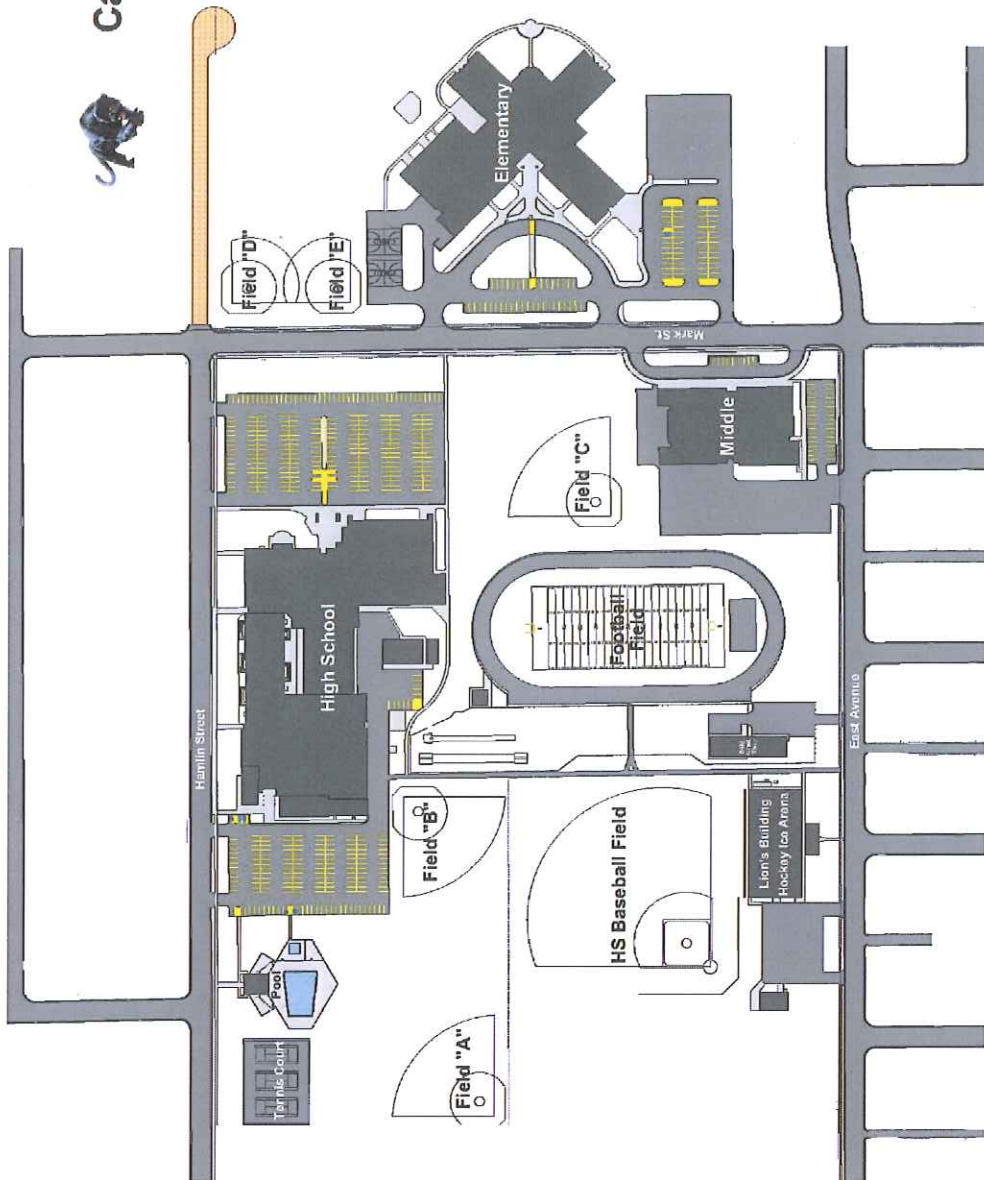
Campus Map



Soccer #2	Soccer #1
High School Soccer Game Field	

**West Salem School District Policy 384
Animals on School Grounds**

Animals are not allowed on school grounds. Exceptions include licensed service dogs for individuals with an appropriate disability & certified search dogs accompanied by law enforcement. This does not preclude pet owners from walking their leashed animals on public sidewalks boarding the schools. Owners must pick up & properly dispose of any and all animal waste left behind by such animals on District property & are subject to local laws & ordinances pertaining to animal control.



We will be using the following fields for our in-house (Tee, Pitch, & Rookie Baseball) programs this summer.

Field A - Varsity Softball Diamond

Field B - JV Softball Diamond

Christ St. John's Fields- See Park Map - 500 Park Street

West Salem Parks



For a more detailed map with park descriptions & pictures, visit **KaBOOM.org** and find our Map of Play!

Looking to rent a park shelter? Please contact the agency responsible for operating the park you are interested in.

Village of West Salem (608) 786-1858
 La Crosse County Parks (608) 785-9770

Park	Location	Operated By
Bike Shelter	180 E. Jefferson Street	Village of West Salem
Caryn Modawell Memorial Dog Park	943 E. Garland Street	
Riverview Park	940 West Avenue N.	
Riverview Park II	978 West Avenue N.	
Corral Park	663 Wagon Drive	
Greene Park	675 Daffodil Street	
Jim Zanter Park	601 Lewis Street	
Lower Park	950 Tilson Street	
Pineview Park	725 Faye Drive	
Lion's Community Shelter	240 East Avenue	
Village Park	121 S. Mill Street	
Neshonoc Park	W3373 State Road 16	La Crosse County
Veterans Memorial Park	N4668 County Road VP	
Swarthout Pool	401 E. Hamlin Street	West Salem School District
Tennis Courts/Ball Diamonds	401 E. Hamlin Street	

West Salem Parks & Recreation Dept.
175 S. Leonard Street
West Salem, WI 54669

NEW In this brochure:

Family Fun Night, Kindermusik,
Gymnastics & Tumbling, Bike Rodeo,
Girls Shine, Fall Soccer, RUSH Soccer,
Young Explorer: Creature Superheroes,
Girls Fundamentals Basketball Camp,
3rd & 4th Grade Volleyball,
Volleyball Camps, BirthFIT & Running Club



DON'T MISS the early fall

programs in this brochure:

5th & 6th Grade Traveling Volleyball,
3rd & 4th Grade Volleyball,

Fall Soccer, RUSH Soccer
& Flag Football

