

Village of West Salem Parks & Recreation Department

Activity Guide

Spring/Summer 2018



Contact Us

Office Line: 786-0222

Event Cancellation: 791-0023

Fax: 786-3359

Address: 175 S. Leonard Street

Now located on 2nd floor!

General Email:

parknrecstaff@westsalemwi.com

Web Site:

www.westsalemwi.com

Class & Program Start Dates:
March 2018 - August 2018

Find us online:   

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

**Our office is now located on the
SECOND FLOOR of the
West Salem Community Center**

**DON'T MISS important
registration deadlines:**

Traveling Baseball - 3/26/18

Traveling Softball - 4/16/18

8U Rookie Baseball - 4/23/18

Little Hitters Baseball - 5/21/18

Flag Football - 7/30/18

Fall Soccer - 8/6/18

Volleyball - 8/13/18

West Salem Parks & Recreation Department

2018 Spring/Summer Activity Guide

WEST SALEM PARKS

General Information

Discounted Tickets _____ 2
 How to Register _____ 3-4
 Policies & Registration Information _____ 5-6
 Parks Rental _____ 6
 Upcoming Community Events Calendar _____ 7

Youth Sports

Girls Traveling Softball _____ 10
 Baseball
 Boys Traveling Baseball _____ 8
 8U Rookie Baseball _____ 9
 Little Hitters Baseball _____ 9
 La Crosse Loggers Clinic _____ 10
 Park & Rec. Legion Baseball Night _____ 10
 Martial Arts _____ 11
 Flag Football _____ 12
 Panther Youth Football Camp _____ 12
 Soccer
 Youth Academy Soccer Training (Spring/Summer/Fall) _____ 13
 Summer Soccer Clinic _____ 13
 Challenger Soccer Camp _____ 14
 Fall Soccer _____ 14
 Basketball
 Girls Fundamentals
 Basketball Camp _____ 14
 Volleyball
 5th-6th Traveling Volleyball _____ 15
 3rd-4th Volleyball _____ 15
 Middle School Volleyball League _____ 15
 High School Volleyball League _____ 16
 Girls Fundamentals Volleyball Camp _____ 16
 Junior Poms _____ 16
 Junior Golf _____ 17
 Tennis Camp _____ 17
 Training Wheels Running Camp _____ 17
 Gymnastics + Tumbling _____ 18
 Baton Twirling _____ 18

Youth Programs

Cupcake Craze _____ 19
 Art in the Park _____ 19
 Games Galore _____ 19
 Boater's Safety _____ 19
 Beginning Archery _____ 20
 Advanced Archer _____ 20

Youth Events

West Salem Rod & Gun Club Youth Day _____ 20
 Rapid Fire Paintball _____ 21
 Easter Egg Hunt _____ 21
 Young Explorer: Professor Venom _____ 21

Community Events

School's Out For Summer _____ 22
 Kid's To Parks Day™ Contest _____ 22
 Tunnels to Towers 5K _____ 22
 Movies in the Park _____ 23
 Ice Cream & Jazz in the Park _____ 23
 West Salem Flea Market _____ 24
 June Dairy Days _____ 24

Adult Leagues

Men's Softball _____ 24
 Co-Ed Softball _____ 24

Adult Fitness

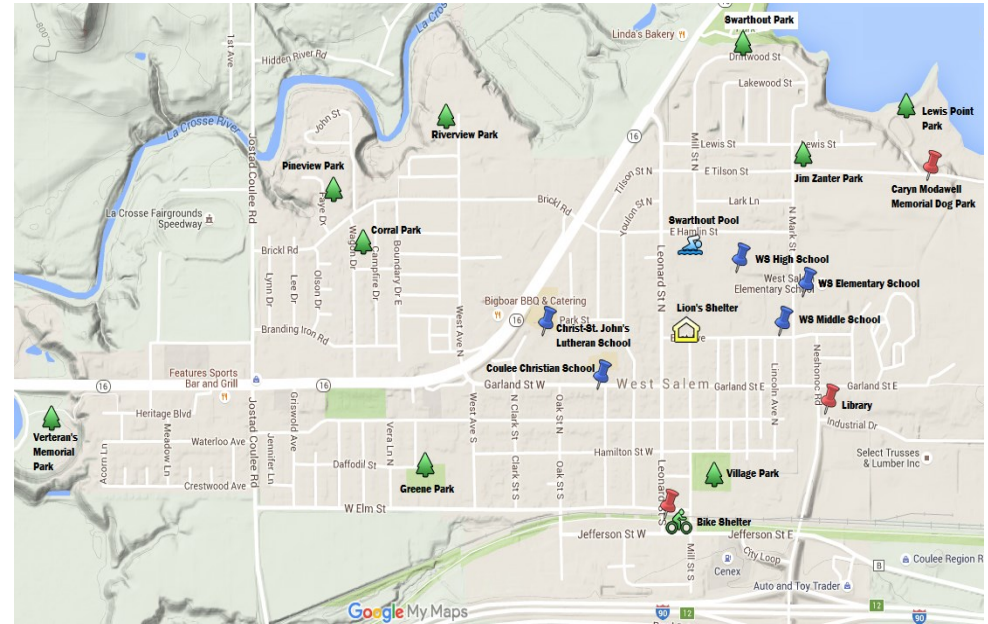
BirthFIT _____ 25
 Martial Arts _____ 25
 Cardio Tennis _____ 26
 Pilates _____ 26

Seniors

Senior Nutrition Program _____ 27
 50+ Senior Trips _____ 27
 Dementia Friendly Communities: A Guide to Communication... _____ 26

Maps

WS Area Program Contact List _____ 28
 West Salem School Fields _____ 29
 West Salem Parks _____ 30



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 Parks (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	950 E. Tilson 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	La Crosse County
Lewis Point Park	950 E. Tilson Street	
Pineview Park	725 Faye Drive	
Lion's Community Shelter	240 East Avenue	
Village Park	121 S. Mill Street	
Neshonok Park	W3373 State Road 16	
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	

Don't forget to register for programs that start late summer and run through fall!
 Look for this symbol in our brochure to find these programs!

Fall 2018

WEST SALEM SCHOOL FIELDS

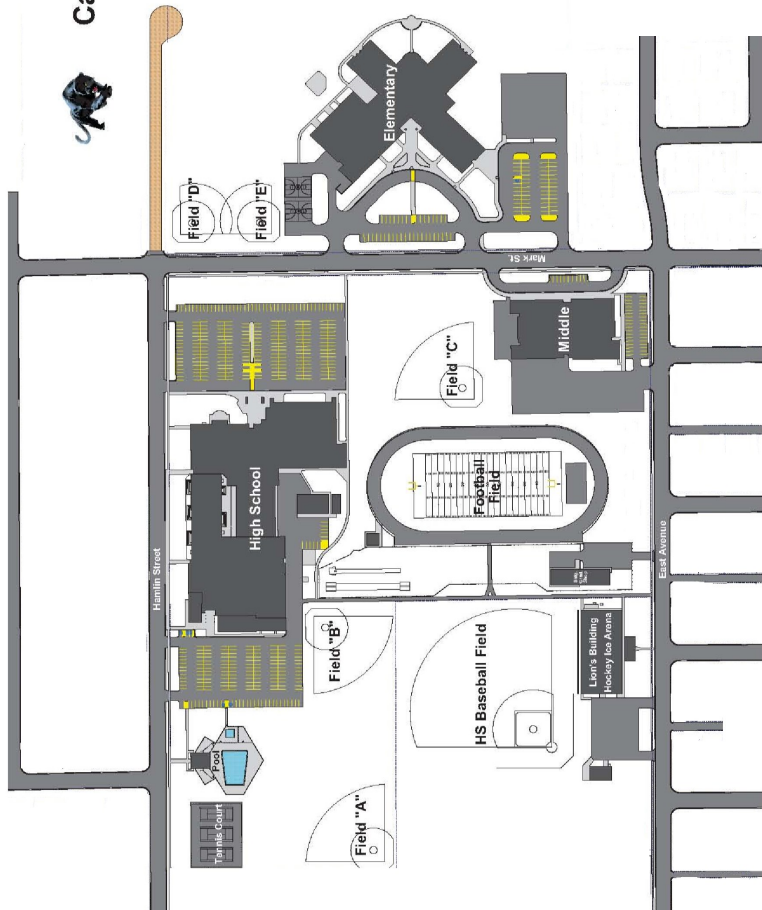


Campus Map

Soccer Practice #2	
High School Soccer Game Field	
Soccer Practice #1	

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 Ball & Pitch Ball programs this summer.

Field A - Varsity Softball Diamond

Field B - JV Softball Diamond

Swimming Pool Information

All swimming lessons, Sharks swim team & open swim information is provided by the School District of West Salem. Please visit their website for specific information:

www.wsaalem.k12.wi.us/content/community/lws-swimming-pool

During the summer months, please call the pool directly.

Swarthout Pool:

786-5309

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!



You can purchase the following discounted tickets in our office:



Wisconsin Ducks Tour
Adult: \$25.75
Child (Age 4-11): \$14.50
Age 3 & Under: FREE



Milwaukee Country Zoo
Adult: \$11.25
Child (Age 3-12): \$9.25
Age 2 & Under: FREE



Mt. Olympus Water + Theme Park
Adult: \$10.00
Child: \$10.00
Age 2 & Under: FREE



Noah's Ark
Adult: \$28.00
Child 36 inches-48 inches: \$28.00
Child 35 inches and under: FREE



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



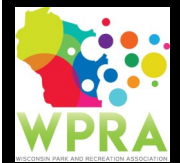
Six Flags Great America
Adult: \$50.25
Child: \$50.25
Age 2 & Under: FREE
Six Flags WPRA Week (6/30 - 7/8)
Adult: \$38.25
Child: \$38.25

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

- Tickets will be available early May-Aug 24

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


- Attraction maps and additional information available in our office.



GENERAL INFORMATION

DISCOUNTED ATTRACTION TICKETS

I. 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 12th. 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 Anytime** Review number of class openings in all activities. 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 (Visa, Mastercard, Amex, & Discover accepted)

How do you get started?


I. 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 & 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 you're a 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.

**DONT WAIT! Get accustomed to our online registration system
BEFORE you register.**

West Salem Area Program Contact List

This information is given for public reference. Please contact respective program providers for information

PROGRAM	WEBSITE	CONTACT	NUMBER
Baseball			
Friends of West Salem Baseball	Facebook: Friends of West Salem Baseball	Vinnie Pontius	385-5195
WS American Legion Baseball	westsalempost51.org/baseball		
Basketball			
Neshonoc Lakers: Middle & High School Girls		Mike Malott	786-1220
West Salem Hoops: Middle & High School Boys		Annette Kastenschmidt	790-7319
Boys & Girls Club			
West Salem Boys & Girls Club	bgcgl.org	Britton Slowey	786-1392
Hockey			
West Salem Hockey Association	westsalemhockey.com	Scott Szymanski	498-0236
Parks			
Village of West Salem Parks Rental: Village Administration Office	westsalemwi.com		786-1858
La Crosse County Parks Rental: La Crosse County Facilities Dept.	co.la-crosse.wi.us		785-9770
La Crosse River State Trail	lacrosseriverstatetrail.org		269-4123
Lake Neshonoc - Lake District		Jim Leicht	786-0513
Pool			
Swimming Lessons: West Salem School District	wsalem.k12.wi.us/content/community/ws-swimming-pool		
Swimming Lessons: Swarthout Pool (May-August)	wsalem.k12.wi.us/content/students/summer-school		786-5309
Sharks Swim Team	Facebook: West Salem Swarthout Pool		786-5309
Summer School			
West Salem School District	wsalem.k12.wi.us/content/students/summer-school		786-0700
Volleyball			
High School Summer League: Holmen Park & Rec	holmenwi.com/holmenpr	Mike Brogan	526-6318
Senior Center			
WS Senior Nutrition Center		Tammy Caspersen	786-2975
Wrestling			
West Salem/Bangor Wrestling	Facebook: West Salem Bangor Wrestling	Geri Petersen	780-1266

Senior Nutrition Program

To Qualify: You must be 60+ or attend with a spouse that is 60+.

To Register: All participants must complete a registration form at the meal site. Meals must be ordered by noon, at least 1 day in advance by calling the meal site manager at 786-2975 between 10:30am-12:30pm or the County Aging Department at 785-5700 any other time.

Suggested donation for meals is \$3.25, but anything or nothing is ok.

Dates: Monday - Friday **Time:** Meal served at 11:30am

Congregate Meal Site: 2nd floor of WS Community Center, 175 S. Leonard St.

If you are unable to attend the congregate meal site, you may be eligible for home meals

If you are interested in volunteering with the Senior Nutrition program, please call Tammy at 786-2975 between 10:30am-12:30pm

THANK YOU to all of our Fall/Winter sponsors for the support you've given our programs!

Altra Federal Credit Union, Anytime Fitness, Bangor Lanes, Blue Moon, Brenengen Auto Group, Bruce DeFries Photography, Culpitt Roofing, Courtesy Corporation, Edward Jones, Family Dentistry of West Salem, Fox Hollow, Features – West Salem, Features – Holmen, Games People Play, Greengrass Café, Howies, Hunter's Last Chance, Image World, Impact Drywall, Jail House Saloon, La Crosse Archery, Lautz Lassig Custom Builders Inc, Ledegar Roofing, Market Bar, Nick's Bar, Outdoor Services Inc, Pepsi Cola of La Crosse, River City Chiropractic, Sanger Construction, Silverado Saloon, Sports Hub, St. Joes Meats, State Room, The Barn of Southridge, The Grounds Crew LLC, Thee OT Pub, The Pizza Oven, TRICOR Insurance, and West Salem Planning & Molding

55+ Senior Trips

Trip	Venue	Date	Fee	Register By
Newsies!	Fireside Theater, Ft. Atkinson	3/10	\$85	2/23
Drinking Habits	Bloomington, MN	4/19	\$65	4/5
Happy Days	Palace Theater, WI Dells	5/24	\$65	5/11
Wizard of Oz	Palace Theater, WI Dells	7/18	\$65	7/6
Putnam County Spelling Bee	Lanesboro, MN	8/18	\$65	8/3
Show TBD	Palace Theater, WI Dells	10/11	\$65	9/28
ELF	Fireside Theater, Ft. Atkinson	11/7	\$85	10/17
Branson on the Road	Palace Theater, WI Dells	12/3	\$65	11/23

To register: Stop at the Onalaska Park & Rec. Dept. (415 Main St.) and fill out a waiver. Full payment (cash, check or credit) and a signed waiver are needed to reserve a spot.

Trip Info: Detailed itineraries are mailed out 10 days in advance of each trip. Fees include coach bus, meal and show, unless otherwise stated. Busses for day trips pick up in West Salem (interstate ride share) and Onalaska (Sam's Club).

Questions? Please contact the Onalaska Park + Recreation Department: (608)781-9560

2. WALK-IN (Cash, Checks & Credit Card)

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



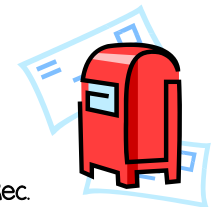
Monday 9 AM - 5 PM, Tuesday 9 AM - 3 PM,
Wednesday 9 AM - 3 PM, Thursday 9 AM - 5 PM,
Friday 9 AM - Noon

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. Please note that a 7% convenience fee will be charged by ActiveNet for any in office credit card program payments.

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 WS Rec.

4. 24 HOUR DROP BOX (Cash & Checks Only)

At your convenience, drop-off your completed registration in a sealed envelope 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 WS 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 5th-March 19th).

Drop Off, Mail-In, and Drop Box registrations will be processed in the office as soon as possible after
Monday, March 19th.

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

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 LINE:
(608) 791-0023**

Please call the event cancellation line when inquiring about cancellations.



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 will need a tennis racket and 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:	Session 1: May 2, 7, 9, 14, 16 & 21	Time:	5:30-6:30pm
	Session 2: June 4, 6, 11, 13, 18 & 20	Site:	WSHS Tennis Courts
Fee:	\$27	Ages:	16+
		Limit:	14 Max, 6 Min

Pilates

Pilates mat is a challenging yet safe method to sculpt your body and increase agility in your everyday movements. Some benefits include: increased core strength, enhanced flexibility and balance, reduced pain and stiffness, improved posture and alignment, as well as increased motivation and confidence. Each class will include a warm up with alignment and breathing exercises, then shift to strength and flexibility and finish with relaxation and restorative moves. Participants are asked to bring a mat, towel and water bottle if desired.

Instructor: Jen Nolte - Certified Pilates and Personal Trainer, Wellness Coach

- Session 1:** Mondays + Thursdays March 26-May 17 @ Library Meeting Room
Time: 6-6:45pm (5/4-5:30 4/9 + 5/14) **Fee:** 8 classes - \$32 / 16 classes - \$48
 - Session 2:** Wednesdays June 6-Aug 1 (No class 7/4) @ Neshonoc Boat Landing on Tilson St.
Time: 6-6:45pm **Fee:** 8 classes - \$32
 - Session 3:** Mondays + Thursdays Aug 20-Oct 4 (No class 9/3 + 10/1) @ Library Meeting Room
Time: 6-6:45pm **Fee:** 6 classes - \$28 / 12 classes - \$40
 - Session 4:** Mondays + Thursdays Oct 15-Nov 26 (No class 11/22) @ Library Meeting Room
Time: 6-6:45pm **Fee:** 6 classes - \$28 / 12 classes - \$40
- Ages:** 18+ **Min/Max:** 10/20 participant per session



Dementia Friendly Communities: A Guide To Communication & Understanding



Most of us, if not all, know someone who is managing a dementia-related disease. These are our friends, our family, our neighbors. The challenge for all of us is to help our friends and neighbors continue to live a fulfilling life in our community. Come to this question and answer session, lead by Lakeview Health Center's certified social worker, Paul Kaiser, ready to develop a deeper understanding of "dementia" & how to better support people with dementia in our communities.

Please join us April 20th at 4 p.m. at the Hazel Brown Leicht Memorial Library.

BIRTHFIT

Attention Moms and Moms-to-be: As Regional Director for BIRTHFIT, Dr. Erica Boland of Coulee Health is holding the BIRTHFIT Prenatal and Postpartum Series. BIRTHFIT's mission is to empower women through the motherhood transition. BIRTHFIT Postpartum encourages new moms to return to the gym, the trails or whatever venue they choose with strength, balance, and confidence in their postpartum body, all while building relationships and support with other local moms. The Prenatal Series is an in depth Child Education course that address all aspects from conception to planning for the postpartum period. Relaxation techniques, your birth mission, and building your birth team are a few topics covered. The courses conducted across the country have given incredible feedback, and Dr. Erica is excited to offer this unique service to women in our area. More information on this course can be found on her website: www.birthfitwisconsin.com

Dates: Postpartum Series: March / May Sessions, Class meets Tue & Thurs for 4 weeks
Prenatal Series: March / May Sessions, Four 3 hour classes or weekend intensive
Site: Coulee Health- 920 HWY 16
Min/Max: 2/9
Fee: Postpartum Series: \$189 a session
Prenatal Series: \$209
Register: www.birthfitwisconsin.com



Martial Arts Classes

We are partnering with A&C Martial Arts in West Salem to offer a variety of martial arts classes for participants of all ages. Additional classes can be found on page 11. If you have questions about any of the programs, please contact Angela Davidson at 732-0381 or acmartialarts1@gmail.com

Site: All classes will be held at A + C Martial Arts (143 Leonard Street S)
 Participants in all classes are asked to go barefoot, dress in comfortable clothes you can move in and to not wear jewelry.

Women's Self Defense Seminar

This seminar is geared towards women only. During this seminar, you will learn how to get out of some basic grabs, such as a hair grab or lapel grab, as well as some basic ground defense. You will also learn multiple strikes/kicks to help you defend yourself against an attack. The seminar will end with you testing your newly learned "skills" by defending yourself against our "attacking" instructor. This seminar is loads of fun and giggles while also being serious.

Date: May 12th OR July 14th **Time:** 100pm-5:00pm **Ages:** 13+
Fee: \$30 **Instructor:** Master Reardon **Minimum participants:** 5

Jiu Jitsu



Come and learn ground defense in our Jiu Jitsu program! This is an excellent program that not only helps you physically, but mentally. If you have ever watched an MMA fight and wanted to know how they do all the stuff when they are on the ground fighting, this is the program for you!

Dates & Times: Mondays 6:15-8:00pm
Session 1: May 7 - 28 **Session 2:** July 2 - 30
Ages: 16+ **Fee:** \$20 **Instructor:** Master Reardon

Employment Opportunities

Persons interested in obtaining part-time/seasonal employment or volunteering with the WS 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.



2017 Running Camp

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.
NEW! Shelter Availability Calendar Link is available under the VILLAGE SERVICES heading on the Village of West Salem website.

Pineview, Corral, Jim Zanter, Lewis Point+ Greene Parks

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 (pg. 21 for details)
 March 24 10:30am West Salem Village Park





VILLAGE WIDE RUMMAGE SALE
 May 18-20 For more information, please call the
 West Salem Historical Society at 786-1675



NATIONAL KIDS TO PARKS™ DAY (pg. 22 for details)
 May 19 <http://www.kidstoparks.org/>

WEST SALEM JUNE DAIRY DAYS
 June 1-3 West Salem Village Park



FARMER'S MARKET  
 Wednesdays June 6-Oct. 10 2-6pm Bike Trail Shelter

MOVIE IN THE PARK - Despicable Me 3
SCHOOL'S OUT FOR SUMMER (pg. 22 for details)
 June 7 Food + Games: 6pm West Salem Village Park
 Movie: Dusk



WEST SALEM ROD + GUN YOUTH DAY (pg. 20 for details)
 June 16 1-3pm WS Rod & Gun Club



LA CROSSE AREA DAY at MILLER PARK
 June 27 Brewers vs. Royals Miller Park, Milwaukee

WEST SALEM FLEA MARKET (pg. 24 for details)
 July 14th 9am-3pm West Salem Village Park



LA CROSSE COUNTY FAIR
 July 18-22 La Crosse Co. Fair Grounds

ICE CREAM + CONCERT IN THE PARK (pg. 23 for details)
 July 26th (Ice Cream) 6:00pm WS Village Park
 (Concert) 6:30pm 



MOVIE IN THE PARK - Coco (pg. 23 for details)
 August 3 Dusk West Salem Village Park

3rd ANNUAL TUNNELS TO TOWERS 5K RUN/WALK
 September 9 846am West Salem Village Park

2nd Annual West Salem Flea Market

'Ohana Yoga presents, their 2nd Annual Flea Market on July 14th from 9am - 3pm. There's something for the whole family! Find your happy place with yoga in the park, led by 'Ohana instructors. Get your groove on with live music featuring Quenten Brown from 11am-2pm. Grab some goodies or a famous West Salem American Legion Chicken-Que for lunch. Put your warrior face on with face painting and of course, shop till you drop with an assortment of wonderful local vendors!

'Ohana is taking yoga OFF the mat, bringing together family and friends, building community and spreading love! Let's give back to this great community in which we live. Bring your smiles, laughter and love! All proceeds will be donated to the WS Park & Rec Dept. This is an event you wont want to miss!



Yoga in the Park Schedule:
 10am (All levels / 1hr long)
 12pm Kids yoga (5-12yrs old / 30 mins)
 1:30pm (All levels / 1hr long)



Find 'Ohana Yoga on Facebook + look for additional info on vendors, activities, etc.

June Dairy Days

Saturday, June 2
 5 Mile Run & 5K Fun Run/Walk
 7-7:45am Register/Check-in @ WSHS
 Sponsored by: Gundersen Health Systems

Sunday, June 3
 32 or 62 Mile Bike Tour Through the Country
 7-8:30am Register/Check-in @ Lion's Shelter
 Sponsored by: Mayo Clinic Health System

Additional information & registration forms for both events can be found at: junedairydays.com

Men's Softball

Intent to Participate forms and sponsor fee due Wed. April 25th at the managers meeting. Individual player fees & completed roster due at the beginning of the first night of league play. Teams are allowed 20 players. 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: April 25th 6:00pm @ WS Park & Rec
Dates: Wednesdays May 9th - Aug. 15th, including tournament
Times: 6pm, 7pm, 8pm, & 9pm
Sites: Emmy Miller Field at West Salem Village Park & Riverview Park
Fee: Sponsor/Ball Fee: \$250.00 Players: \$10.00 Each



Co-Ed Softball

Intent to Participate forms and sponsor fee due Wed. April 25th 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: April 25th 6:30pm @ WS Park & Rec
Dates: Tues. May 15th- Aug. 14th including tournament
Times: 6pm, 7pm, 8pm & 9pm **Sites:** Emmy Miller Field at WS Village Park
Fee: Sponsor/Ball Fee: \$250.00 Players: \$10.00 Each

SUMMER MOVIES IN THE PARK

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, & glowsticks during the movie. (Dates are weather permitting)

We will be collecting non-perishable food items to be donated to the local food pantry.

Thursday, June 7
Despicable Me 3

Rated: PG

Running Time: 90 mins



School's
Out For
Summer
Event
Night!



Friday, August 3
Coco

Rated: PG

Running Time: 109 mins

THANK YOU TO OUR 2018 MOVIE IN THE PARK SPONSORS:



Ice Cream + Jazz in the Park



Join us in Village Park for an evening of musical entertainment and ice cream sundaes. The West Salem Adult Jazz Band will be performing selections ranging from big band classics to more recent pop stylings. Don't forget to bring your lawn chairs and your blankets!

Date: Thursday, July 26 **Fee:** Donations **Site:** WS Village Park
Time: Ice cream - 6-6:45pm Music - 6:30-7:30pm **Ages:** All!

9U-14U Boys Traveling Baseball (Current 3rd-8th Grade)

Traveling Baseball teams are formed at each age group from 9U-14U and entered into the league based on registration numbers and skill level. Coaches will draft teams based on practice performance for 9U & 10U or review results for 11U-14U. Traveling Baseball is a volunteer coached league that travels to surrounding communities. The season begins mid April and runs through July. All 11U-14U teams have games on Tues/Thurs evenings and all 9U-10U teams have games Mon/Wed evenings. Each team will practice 2 times a week based on coach & field availability. In addition, weekend tournaments are available at an extra expense to the participant & may include an extra practice. Transportation is the responsibility of the parent/guardian. Birth date regulations apply.

Skill Review Dates/Times/Location:

9U: Practice April 23 5:30-7pm at Village Park
10U: Practice April 30 5:30-7pm at Riverview Park
11U - 12U: April 19 from 5:30-7pm at Riverview Park
13U - 14U: April 12 from 5:30-7pm at Riverview Park
Possible Rain Dates: TBD for the week of April 23



Fee: Early Bird (On/Before March 26th):

\$100 Village Res / \$105 School Dist / \$110 Out of Dist.

Non Discounted (March 27-April 3):

\$120 Village Res.
\$125 School Dist.
\$130 Out of Dist.

Ages: 9-14 (MUST currently be in 3rd-8th grade for the 2017-2018 school year)



Additional Information For All Traveling Baseball Teams:

Registration is NOT GUARANTEED after March 26, 2018. Registrations received after March 26, 2018 are subject to a \$20 Late Fee. It is MANDATORY for players to attend their scheduled skill review. If you have an emergency & can't make the review, contact our office for your make up options.

REGISTRATION FEE INCLUDES TEAM HAT!

Only teams with program sponsors will also receive an additional team t-shirt. *Players are responsible for purchasing their own baseball pants, socks, and belt!* All players will receive a jersey to be worn for games during the course of the season. Participants who do not return their jersey are subject to a \$50 fee.

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 do it without you!

8U Rookie Baseball (Current 2nd Grade)

Registration after
April 23 NOT
Guaranteed

This is a progression from the Little Hitters program, which will offer station-based skill development & games against local communities (Holmen, Trempealeau & LaX BGC) Additional aspects of the game are introduced, including developing pitching and catcher's skills. All teams will practice together for an hour on Tuesdays and play their games on Mondays and Wednesdays. Teams will be determined after the first few group practices. Games are tentatively scheduled to start the 2nd week in June. **REGISTRATION FEE INCLUDES HAT**

Coaches Meeting will be held at 6:30pm on May 2nd at WS Rec.
Dates/Times: 1st practice - May 15th 6:30-7:30pm @ Christ-St. John's Lutheran School
 Games: Mondays & Wednesdays in June & July, Specific schedule will be handed out
Sites: Practice: 6:30-7:30pm at Christ-St. John's Lutheran School - 500 Park Street
 Games: Christ-St. John's, Holmen, Trempealeau or LaX BGC
Fee: **On/Before 4/23:** \$70 Village Res. / \$75 School Dist. / \$80 Out of Dist.
Between 4/24-4/30: \$85 Village Res. / \$90 School Dist. / \$95 Out of Dist.
Grades: MUST be in 2nd grade for the current 2017-2018 school year

Interested in helping your child's baseball or softball team?

All of our baseball & softball teams are coached by volunteers. We would happily pair you with another volunteer as co-coaching is encouraged to provide more one on one attention.

Volunteer Coach Meeting Information:

All Traveling Baseball Teams: 7:30pm Wednesday, April 18 @ WS Rec
 8U Rookie Baseball Meeting: 6:30pm Wednesday, May 2 @ WS Rec
 Little Hitters Meeting: 6pm Wednesday, May 30 @ WS Rec

Little Hitters Baseball (Current 4K-1st Grade)

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, 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 followed by an hour long game.

Dates: Tee Ball: June 12, 19, 26 July 3, 10, & 17 (Tuesdays)
 Pitch Ball: June 14, 21, 28 July 5, 12, & 19 (Thursdays)
Times: 5:30-7:00pm **Sites:** WSHS Softball Fields
Fee: **On/Before 5/21** \$35 Village Res. / \$40 School Dist. / \$45 Out of Dist.
Between 5/22-5/28: \$50 Village Res. / \$55 School Dist. / \$60 Out of Dist.
Grades: Tee Ball: MUST be in 4K-K for the current 2017-2018 school year
 Pitch Ball: MUST be in K-1st grade for the current 2017-2018 school year

Registration after
May 21 NOT
Guaranteed

How are teams formed?

Teams are formed randomly based on age, grade level & gender. While you can make special requests we cannot guarantee all will be met. Siblings will be placed on the same team & volunteers will coach their children. Carpooling requests are secondary to family requests.

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

Kids to Parks Day™ Photo Contest



Kids to Parks™ Day is a national day of outdoor play organized by National Park Trust, which encourages children across the country to explore their neighborhood parks and discover science, history, nature and adventure right around the corner or just across town. In honor of Kids to Parks™ Day, we are running a contest, open to the entire West Salem community. We are asking families to get outside and head to as many parks in the Village of West Salem as possible. Please document your day out with family photos at each park. Be as creative as possible. **Submissions can be dropped off in person at our office or emailed to parknrecstaff@westsalemwi.com between May 21-25th.** Three \$20 gift certificates for the West Salem Park & Rec. Dept. will be up for grabs. They will be awarded to the top entries, based on number of parks visited and creativity of photos. Bonus points will be awarded to families who post photos or videos on social media with #KidsToParks & #WestSalemParkandRec

Date: Visit parks on Saturday, May 19th; Submit photo entries between May 21 - May 25
Site: All Parks located in the Village of West Salem (Map located on page 30)
Submissions can be emailed to parknrecstaff@westsalemwi.com or dropped off in person at the WS Park & Rec Office (175 S. Leonard Street, West Salem)

School's Out For Summer

Join the West Salem Park & Recreation Department in celebrating the last day of school at our Welcome to Summer Party in Village Park. Various game stations, including badminton, CanJam, bean bag toss, etc. will be set up around the park for families to enjoy at their leisure. In addition to games, a tailgate meal of hot dogs/brats, chips & beverage will be available for \$3/person. Stick around after games and dinner, & catch **Despicable Me 3** which will be shown on our big screen in the park. Don't forget to bring lawn chairs and blankets for the movie, along with a non-perishable food item or 2 for the food pantry.

Date: Thursday, June 7th - Last day of School
Fee: **Games & Movie: FREE!**
Meal: \$3 a person
Time: Food: 6:00-7:30pm
 Games: 6:00-8:30pm
 Movie: Dusk
 (approx. 9pm)
Site: WS Village Park
Please bring a non-perishable food item for the food pantry



3rd Annual Tunnels To Towers 5K Run/Walk

Follow the footsteps of 9/11 hero, firefighter Stephen Siller to ensure that we never forget and honor the sacrifices of our first responders and military heroes.



Sunday, September 9, 2018

Run/Walk starts at 8:46am in WS Village Park
 Packet pick up available Sept. 8 and 9 at WSFD

Register at t2trun.org after March 2nd!
 (50% discount code EARLYBIRD valid 3/2-3/17)

Proceeds will benefit the Stephen Siller Tunnel to Towers foundation, including the building of specially adapted, custom designed 'smart' homes for catastrophically injured veterans.



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 & fair play. Fee includes all gear-goggles, mask, gun, air & first 100 balls. You should wear dark colored clothes or camo, long pants, long sleeves, gloves, hat, shoes or boots with some sort of ankle support. Bring water & dress appropriately for the weather. No transportation provided. **SIGNED WAIVERS REQUIRED!**

Date: May 20th **Time:** 14pm **Ages:** 10 & older; parents welcome
Fee: \$17 per person (includes equipment and first 100 balls) \$5.00 per 100 on site
Site: Arrows in the Square, Holmen
Max: 8 Participants (We will compete with Holmen & Onalaska Rec Depts.)



Young Explorer: Professor Venom

Join the West Salem, Holmen, & Onalaska Parks & Recreation Departments for a trip around the globe to explore various habitat homes of various animals in this Harry Potter themed event! Participants will be able to get up close and personal with live "Creature Teachers",



including creepy crawly arthropods, amphibians, birds, mammals, lizards, snakes and a huge land tortoise The program will include an interactive educational show as well as time for participants to play with the animals.

Date: Tuesday, June 26th **Time:** 1-2:30pm
Site: Onalaska Omni Center
Ages: All **Fee:** \$10

All children in attendance must register & pay!

Easter Egg Hunt

Saturday, March 24 at 10:30am

(Please plan to arrive by 10:15am for instruction and to be entered into the bike raffle)

West Salem Village Park

Open to children 2-9 years

FREE!

Additional Information:

- Please make sure each child brings their own basket to collect eggs in!
- Children will hunt in 2 age divisions; ages 2-5 & ages 6-9
- 2 bikes will be raffled off at this event. Tickets will be handed out BEFORE the hunt begins, with the winning tickets pulled AFTER the hunt

Concessions provided by Union State Bank will be available after the hunt

Event is co-sponsored by:

Union State Bank of West Salem, West Salem Police Department, West Salem Fire Dept, West Salem First Responders, & West Salem Park & Rec. Dept.

In case of poor weather, the egg hunt will be held at the WS Lion's Shelter.



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 1 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, Coaches will contact you regarding first practice
Times: Practice - TBD by coach; Games - 5:30pm, 7:00pm, or 8:30pm
Sites: Home games played at Village Park, Riverview Park or WSHS
Fee: **Early Bird (On/Before April 16th)**
 \$85 Village Res. / \$90 School Dist. / \$95 Out of Dist.
Non Discounted (April 17th-23rd)
 \$105 Village Res. / \$110 School Dist. / \$115 Out of Dist.

REGISTRATION FEE INCLUDES TEAM VISOR

Ages: 9-14 (MUST currently be in 3rd-8th grade for the 2017-2018 school year)

Sliding pants and sunglasses are recommended, visor is required.

Early bird discount registration due by April 16th, 2018.

All registrations at non discounted fee are due by April 23rd, 2018.

Registration after April 16 NOT Guaranteed

Park & Rec. Legion Baseball Night

The WS Legion Baseball program will be hosting the 5th annual WS Park & Rec. Youth Night. All participants in any WS Park & Rec. youth baseball or softball program are invited to cheer on the WS Legion team during their 6pm baseball game against Onalaska. All youth participants that attend the game wearing their team jersey will be given a free hot dog and will be allowed to take the field with Legion players for the National Anthem.

Fee: FREE; please wear your team jersey or West Salem apparel

Date: Friday, June 8

Time: WS Legion game scheduled to start at 6pm, please arrive at 5:30pm!



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 & some of the nation's top collegiate players. The fee includes: the clinic, a post-clinic pizza party, and autograph session with the Loggers, and a reserved game ticket for that night's game. Players should bring a glove, hat, shorts or baseball pants, and a great attitude! **No Transportation Provided!**

MUST PRE REGISTER by June 8th!

Date: Friday, June 15th **Time:** 10:00am-12:30pm

Site: The Lumberyard (Copeland Park) **Ages:** 8 and older

Fee: \$25.00 Check payable to La Crosse Loggers - **BRING DAY OF CLINIC**



Martial Arts Classes

We are partnering with A&C Martial Arts in West Salem to offer a variety of martial arts classes for participants of all ages. Additional classes for teens and adults can be found on page 25. If you have questions about any of the programs, please contact Angela Davidson at 732-0381 or acmartialarts1@gmail.com

Site: All classes will be held at A + C Martial Arts (143 Leonard Street S)
Participants in all classes are asked to go barefoot and to not wear jewelry.

Little Warriors

Little Warriors is an introductory class geared toward younger children to assist with focus and self-control. Participants will learn in a fun and encouraging atmosphere through the use of games and drills.

Dates & Times: Tuesdays 4:30-5:00pm + Thursdays 4:00-4:30pm
Session 1: May 1 - 31 **Session 2:** July 3 - 31
Ages: 4-6 **Fee:** \$20 **Instructor:** Mrs. Davidson

Taste of Martial Arts

Taste of Martial Arts is a sample of Tae Kwon Do & basic self defense. Students will learn the fundamentals of martial arts & self defense in a safe, family friendly environment.

Dates & Times: Tuesdays 5:00-5:45pm + Thursdays 4:30-5:30pm
Session 1: May 1 - 31
Session 2: July 3 - 31
Fee: \$40 Child / \$15 Parent Participant w/ child
Ages: 7+ **Instructor:** Mrs. Davidson



Self Defense

The Self Defense program focuses strictly on different scenarios that may arise and ways to get out of them. Many martial arts styles, such as Tae Kwon Do, Judo, and Hapkido are used to teach the quickest & most effective ways to get away from the situation or how to take control if the need arises.

Dates & Times: Thursdays 5:30-6:15pm
Session 1: May 3 - 31 **Session 2:** July 5 - 26
Ages: 10+ **Fee:** \$15 **Instructor:** Master Reardon

Boxing

This session will teach you the basics of boxing, help you get into shape and make you sweat all while having fun! Price includes 6 weeks of classes, 16 oz boxing gloves and hand wraps. Wear comfortable clothing you can move around in.

Dates & Times: Tuesdays 6:30-8:00pm
Session 1: May 1 - June 5 **Session 2:** July 3 - August 7
Ages: 12+ **Fee:** \$95 **Instructor:** Master Reardon

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. Please **DO NOT** bring your own. Registrants should wear comfortable clothing to move in. **No transportation provided!**

Dates: **Session 1:** Wednesday, June 27
Session 2: Wednesday, July 18
Participation limited to 1 session only!
Fee: \$7.00 **Ages:** 6-14
Time: 6:00-7:30pm
Site: Arrows in the Square,
 N7681 Casberg Coulee Rd, Holmen
Participant Min/Max: 6/16 per class

Advanced Archery

Each week, young archers with some previous experience will have 15 hours of supervised instruction at Arrows in the Square. Participants will work on safety, skills & consistency each week. Kids must bring their own equipment.
No transportation is provided!

Dates: June 19, 26 July 10, & 17
Fee: \$22.00 **Ages:** 6-14
Time: 6:00-7:30pm
Site: Arrows in the Square,
 N7681 Casberg Coulee Rd,
 Holmen
Participant Min/Max: 8 per class

WEST SALEM ROD & GUN CLUB 14TH 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 at their office or online until June, 11th.
On-site registrations will also be accepted the day of the event!



Date: Saturday, June 16
Time: 1:00-3:00pm
Site: WS Rod & Gun Club
 McKinnley Valley Rd
 off CTY C, WS
Age: Children up to 13
Fee: FREE!

Contact Mark Ziegler at 786-1302 with any questions!

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.



Date: July 24 **Time:** 6:00-7:00pm
Site: WS Community Center - 2nd floor
Fee: \$10 Village Res. / \$15 School Dist.
 \$20 Out of Dist.
Ages: 5 & up
Min/Max: 12/24

Thanks to our Sponsor:
 Linda's Bakery



Games Galore

This program will introduce one new group 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. A map of all West Salem parks is located on page 30 of the brochure

Dates	Park	Activity
June 11	Pineview Park	Soccer
June 13	Jim Zanter Park	Relays
June 18	Pineview Park	Kickball
June 20	Jim Zanter	Parachute/Tag
June 25	Village Park	Water Games
June 27th - Rain Date		
Time: 3:00-4:00pm	Ages: 3-6 years	
Fee: \$20 Village Resident / \$25 School District		\$30 Out of District

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 12, 19, 26, July 3
Time: 3:00-4:00pm
Site: WS Village Park
Fee: \$15 Village Res.
 \$20 School Dist.
 \$25 Out of Dist.
Ages: 4-10 years

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 24 & 26 - 5:30-8:30pm (classroom instruction)
 April 28 8-11am (classroom test)
Site: WS Community Center - 2nd Floor
Ages: 12 & up **Fee:** \$10 **Min/Max:** 6/20

Each registrant is asked to secure a WI DNR Customer ID number and email it to the WS Park & Rec by April 18th. Please visit the following website for instructions:
<http://dnr.wi.gov/gowild/customerNumber.html>



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 parents at the mandatory Parent/Player Meeting to inform them of their next practice time/site, distribute paperwork, answer questions, etc. Players will receive a long sleeve uniform for the season they get to keep.

Volunteer Coaches Meeting: Monday, August 13th at 7:00pm at Park & Rec Dept. office

Mandatory Parent Player Meeting: ALL parents, participants and volunteer coaches must be present on Wednesday, August 15th, 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 5:00-5:30pm
Rookie Flag Grades 3-4 5:45-6:15pm
Jr. Flag Grades 5-6 6:30-7:00pm

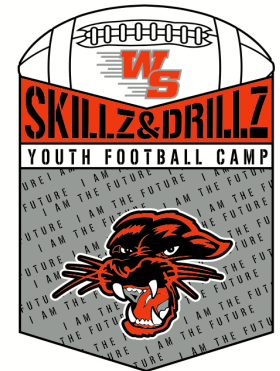


Dates: Games: Sept. 8, 15, 22, Oct. 6, 13, 20, 27
 Practices: 1-2 additional weeknights
Times: Games: 8am, 9am, 10am 11am, or 12pm
 Specific game schedule will be handed out
 Practices: TBA by coach
Sites: WSES Practice Football Fields

Fee: **On/Before 7/30:** \$40 Village Res. / \$45 School Dist. / \$50 Out of Dist.
Between 7/31-8/6: \$60 Village Res. / \$65 School Dist. / \$70 Out of Dist.
Registrations received after August 6th are NOT guaranteed
Grades: Grades 1-2, 3-4, and 5-6 in Fall of 2018

2018 Panther Youth Football Camp

Join West Salem High School's Varsity Football Head Coach Justin Jehn for Panther Youth Football Camp this summer. This four day camp aims to teach football skills and create excitement about becoming a Panther football player. Camp features include a focus on small group and individual instruction, touch football games and unique motivational talks. Coach Jehn will be joined by members of the Varsity and Middle school football coaching staff, along with former and current Varsity Football players.



Dates: June 18, 19, 20 & 21
Times: Entering Grades 5-8: 1:00-2:30pm
 Entering Grades 2-4: 2:30-4:00pm
Site: WS Elementary School Practice Fields
 Inclement weather Site: Lion's Shelter or gymnasium
Cost: \$30 per participant

Registration flyer can be found at:

www.facebook.com/SchoolDistrictofWestSalem, www.wsalem.k12.wi.us,
 or by contacting Coach Jehn at jehn.justin@wsalem.k12.wi.us

Youth Academy Soccer Training

Attention families of 4, 5, and 6 year old boys and girls. You are invited to this introduction to soccer program. The focus is on providing a fun environment that includes camp style skill development and small sided in-house league games. Multiple sessions are offered over the course of the year. Players are required to wear shin guards and cleats at each session.

Parents are encouraged to help, but participation is not required.



Spring Session

Dates: Saturdays + Mondays: April 14, 16, 21, 23, 28, 30, May 5, 7, 12, 14
Times: Saturdays 8-9am + Mondays 6-7pm **Site:** Greene Park
Ages: 4-6 **Fee:** \$35 Village Res. / \$40 School Dist. / \$45 Out of Dist.

Summer Session

Dates: Mondays & Wednesdays: June 25, 27, July 2, 9, 11, 16, 18, 23, 25
Times: 6:00 pm to 7:00 pm **Site:** Pineview Park
Ages: 4-6 **Fee:** \$35 Village Res. / \$40 School Dist. / \$45 Out of Dist.

Fall Session

Fall 2018

The fall session will expand to include opportunities for U7-8 players. Additionally, Saturday play dates will include some travel to Onalaska and Holmen to allow players to gain experience playing against local communities.

Dates and Times:

U4-6: August 14, 16, 21, 23, 28, and 30 from 6-7pm (Tuesdays & Thursdays)
 September 8, 10, 15, 17, 22, 24, October 1, 6, 8, & 13 (Mons. & Sats)
 Mondays - 6-7pm; Saturdays - 9-10am

U7-8: August 14, 16, 21, 23, 28, and 30 from 7-8pm (Tuesdays & Thursdays)
 September 4, 8, 11, 15, 18, 22, 25, October 2, 6, 9, & 13 (Tues. & Sats)
 Tuesdays - 6-7pm; Saturdays - 10-11am

Site: **Both divisions** - All August dates + Weeknights in Sept-October - Riverview Park
Both divisions - Saturday dates - Rotate between West Salem, Onalaska and Holmen
U7-8 - TBD trip to Tomah in September and/or October with times TBD

Ages: 4-6 (PK-K grade Fall 2018) + 7-8 (1st-2nd grade Fall 2018)
Fee: \$45 Village Res. / \$50 School Dist. / \$55 Out of Dist.

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 23, 24, 25, & 26
Times: 7:00-8:15pm
Site: Pineview Park
Ages: Incoming 2nd-5th Grade Fall 2018
Fee: \$30 Village Res. / \$35 School Dist. / \$40 Out of Dist.

Gymnastics + Tumbling

Rockin' Rollers

Rockin' Rollers is designed to be a fun & explorative introduction to gymnastics. Youngsters will work on refining their introductory skills such as forward & backward rolls, balancing, vaulting, jumps, & turns. Children will utilize the floor, mats, & low beams. The last night will include a skills showcase for special guests. **Program Min/Max: 15/30**

Dates: June 11, 13, 18, 20, 25, & 27 **Time:** 5:30-6:00pm
Site: WS Elementary School **Ages:** 3-4
Fee: \$30 Village / \$35 School Dist. / \$40 Out of Dist.



Terrific Tumblers

Participants in Terrific Tumblers will work on improving their strength, flexibility, body awareness, balance, movement, & spatial relationships. Students will learn beginner moves on the beam, spring board, floor, and bars. The last night will include a skills showcase for special guests. **Program Min/Max: 15/30**

Dates: June 11, 13, 18, 20, 25, & 27 **Time:** 6:00-6:45pm **Ages:** 5-6
Site: WS Elementary School **Fee:** \$35 Village / \$40 School Dist. / \$45 Out of Dist.

Junior Gymnasts



Junior Gymnasts is designed as a beginner to intermediate level class. Coaches will work to help participants improve their strength, flexibility, & balance. Gymnastics skills including handstands, cartwheels, & back walkovers on floor, jumps, leaps & dismounts on beam, swings & hip circles on bars & vaulting will be introduced. The last night of class will include a skills showcase for special guests. **Program Min/Max: 15/30**

Dates: June 11, 13, 18, 20, 25, & 27
Time: 6:45-7:30pm **Ages:** 7-10
Site: WS Elementary School
Fee: \$40 Village / \$45 School Dist. / \$50 Out of Dist.

WE LOVE PARENTS BUT...

With your child's best interest in mind, parents are invited to their child's first & last class. 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 kids to have recreational times with their peers. We hope that you will be able to run some errands or enjoy some quiet time during your child's practice. Thanks for your understanding.

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 18 year Warrior Baton Corps. veteran and instructor Leah Justin

Dates: June 13, 14, 15, 20, 21, 22, 28 & 29 **Times:** 9:15-10:00am
Sites: West Salem Elementary School Gymnasium **Fee:** \$25
Ages: 5+ **Min/Max:** 8/25



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 12, 14, 19, 21 (Tues. & Thurs.)
Rain date: June 26
Times: 1:00-2:00pm or 2:00-3:00pm
Site: Walsh's Golf Center
Fee: \$30 **Ages:** 8-15
 The class min/max participation limit is 6/12!

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 racket. If you are unsure what size racket your child needs please speak with coach Julie Kamla at the first class.

Dates: June 18, 19, 20, 21, & 22 **Site:** WSHS Tennis Courts
Times: K-3 Fall of 2018: 3:15-4:00pm 4-8 Fall of 2018: 4:00-5:00pm
Fee: \$25 Village Res. / \$30 School Dist. / \$35 Out of Dist.
Ages: Grades K-8 fall of 2018



Training Wheels Running Camp

Feel like going for a run? Training Wheels Running Camp will be teaching kids about correct running techniques, how to fuel up, how to stretch properly, and how to increase your core strength along with incorporating fun games at the end of some days. At the end of the program the kids will have the opportunity to take their skills they have learned and compete at two optional meets. Fees include a fun camp tee shirt and snacks on the last day. Participants will need to bring a water bottle, good running shoes, a hand held stopwatch and appropriate clothing based on the weather. We will run rain or shine (but not in thunder & lightning).

Dates: June 18, 19, 20, 21, 22, 25, 26, 27, & 28
Time: 6-8 Years - 9:00-10:00am,
 9-12 Years - 10:15-11:15am
Site: West Salem High School Track
Ages: 6-12
Fee: \$20 Village Res. / \$25 School Dist.
 \$30 Out of Dist.

Optional Meets: *Additional info regarding meets will be handed out at practice.*



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 1,000 Touches camp curriculum.

Register online by June 22nd & receive a free jersey. Host a coach and receive an \$80 rebate.

Dates: August 6, 7, 8, 9, & 10	Site: Van Riper Park - 111 Riders Club Rd
Ages: 3-4 4-5 6-9 10-14	
Time: 8-9 am 8-9:30 am 1:30-4:30 pm 9:30-12:30 pm	
Fees: \$94 \$105 \$138 \$138	



A \$10 late fee is added to registrations received after July 27th.

REGISTER ONLINE at www.challengersports.com

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 three jamborees. Specific jamboree sites are TBD. 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 20th; Jamborees - Saturdays, TBD-
Ages: 3rd-6th grade Fall 2018
Time: Practice-TBD by coach; Jamboree Schedules-TBD
Site: Practice: Pineview or Greene Park; Jamborees: TBD
Fee: **On/Before August 6:** \$50 Village Res. / \$55 School Dist. / \$60 Out of Dist.
Between August 7-13: \$65 Village Res. / \$70 School Dist. / \$75 Out of Dist.



Program and Activity Sponsors Needed

Being a sponsor offers a unique opportunity to spotlight your business or organization while supporting our community. Your sponsorship enables us to further our mission of advocating & enriching lives through active & healthy lifestyles. No matter which sponsorship package you choose, our commitment to you ensures that you will receive the recognition & publicity you deserve.

Please call 786-0222 for more information!

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, & proper technique. Participants should dress for activity, bring a water bottle and their basketball shoes.

Dates/Sites: June 12, 14, 19, 21, 26, 28, July 10, & 12
Site: West Salem High School Gym
Time: 12:00-2:00pm **Fee:** \$30
Grades: Girls entering 5th - 8th grade in Fall 2018

Fall 2018

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., Bangor, Onalaska, Holmen, and Winona. The season runs from late August through the end of October. An end of the season tournament will be held at Aquinas. Practices will be held on Monday, Tuesday, & Thursday, the first 2 weeks (No practice 9/3). 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 encouraged as it gives participants more one-on-one attention.



Coaches meeting will be held 6pm Aug. 22nd at WS Rec.

Dates: 1st week of practice— August 27, 28, & 30
 Mon Practices, Tues & Thurs games 9/10 - 10/18
 End of season Tournament: October 20th

Times/Sites: Practice— Coaches will notify players of time & site
 Games— schedules will be handed out once they are available

Fee: **On/Before 8/13:** \$40 Village Res. / \$45 School Dist.
 \$50 Out of Dist.
Between 8/14-8/20: \$60 Village Res.
 \$65 School Dist. / \$70 Out of Dist.

Grade: 5th & 6th grade girls in fall of 2018

Registrations received after August 13th are NOT guaranteed

3rd-4th Grade Volleyball

Fall 2018

This program will begin with 3 weeks of practices focusing on the fundamentals of volleyball. The remaining 5 weeks will consist of practices and scrimmages against each other, LaX BGC & Onalaska Park & Rec. Volunteer coaches are needed.

Coaches meeting will be held 6pm Aug. 22nd at WS Rec.

Dates: 1st week of practice—August 28 & 30 / Tues. & Thurs. practices or games 9/18 - 10/11

Site: Practices: TBD; Participants will be notified after 8/22 / Games: WS, Ona & LaX BGC

Times: Practice - TBD based on gym & coach availability;
 Games - Specific team schedule will be handed out at practice- times vary

Fee: **On/Before 8/13:** \$30 Village Res. / \$35 School Dist. / \$40 Out of Dist.
Between 8/14-8/20: \$50 Village Res. / \$55 School Dist. / \$60 Out of Dist.

Registrations received after August 13th are NOT guaranteed

Grade: 3rd & 4th grade girls in fall of 2018

Middle School Volleyball League

Middle school summer volleyball is an intramural 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 the Onalaska Omni Center. 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 7 - July 19 **Site:** Onalaska Omni Center

Time: 6:00-8:00pm—may vary depending on number of teams

Fee: \$25 **Grades:** Girls entering 6th, 7th, or 8th grade in Fall 2018

Junior Poms

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. Specific performance information will be sent home with your child the 1st week of camp. Shirts are provided—don't forget to include your child's size!

Dates: **Practice:** July 9, 10, 11, 16, 17, 18
Performance: July 19

Times: **Practice:** Ages 4-5: 5:30-6:30pm
 Ages 6-10: 6:30-7:30pm

Performance: TBA

Site: WSHS Dance Studio

Ages: 4-10

Fee: \$32 Village Res. / \$37 School Dist.
 \$42 Out of Dist.

Program Min/Max: 12/24 per age group

Thanks to our sponsor: Altra Federal Credit Union



Girls Fundamentals Volleyball Camp

Are you looking to get out of the house and improve your volleyball skills this off-season? Girls attending this camp will work on fine tuning their volleyball skills through various drills and games. Participants should dress for activity, bring a water bottle and volleyball shoes.

Dates: June 12, 14, 19, 21, 26, 28, July 10, & 12 **Time:** 2:00-4:00pm

Site: West Salem High School Gym **Fee:** \$30

Grades: Girls entering 7th - 8th grade in Fall 2018



High School Girls Summer Volleyball League

Team Registration Only! The High School Girls Summer Volleyball League is available to 2018 freshmen, sophomores, juniors and seniors. League games are played on Monday evenings at the Onalaska Omni Center or Central High School. Games are scheduled to be played between 5:00-10:00pm. Each team MUST have an adult coach/manager



This league is broken down into three levels of play:
GOLD Division: Seniors & Juniors competing on Varsity
SILVER Division: Juniors & Sophomores not competing on Varsity
BRONZE Division: Freshmen

Dates: Mondays from June 11-July 30

Site: SILVER & BRONZE Divisions: Omni Center; GOLD Division: Central High School

Times: Game Schedule to be handed out; between 5 - 10pm

Fee: Individual Fee: \$15 per person (T-shirt included in registration fee)

Grades: Freshmen, sophomore, junior and senior girls in fall 2018

HOW TO REGISTER

For information on how to register, please contact Tina Thompson at 608-780-5343 or thotin@holmen.k12.wi.us
 Extra individual registration forms will be available at WS Park & Rec. Dept. Office