

Thank You Sponsors!! 2016

We would like to thank the following businesses for their continued support of youth programming through our organization.

Please support these local businesses and thank them for their contribution to Viroqua Parks and Recreation.

Traveling Team Sponsors

Aligned for Health Chiropractic
Thorson Funeral Home
Pro-Tech Imaging
Hopkins & Hopkins Law Office
Peoples State Bank
Geary Construction
Citizens First Bank
Street Smarts Driving School
WVRQ Radio

Fall & Winter Team Sponsors

Vernon Memorial
Nelson Agri-Center
Sleepy Hollow
Viroqua Grid Iron
WCCU Credit Union
Organic Valley
Culvers
Citizens First Bank
Dairy Queen

Summer Team Sponsors

Vesbach Oil
Viroqua Realty
Wal-Mart
Dairy Queen
Edward Jones
River Valley Auto
Shane Peterson
Realty
Rockweilers
Spaeth's Flooring
Village Market
Citizens First Bank
Peoples State Bank
Sleepy Hollow
Sports World
WCCU Credit Union
Viroqua Food Co-op
Organic Valley
Kickapoo Homes
Cousins Concrete
Zube Plumbing &
Heating

VIROQUA PARKS AND RECREATION DEPARTMENT

WINTER ACTIVITY GUIDE 2016

DISCOVER. PLAY. GROW.



**REGISTER NOW through
October 15, 2016!!**

VIROQUA PARKS & RECREATION DEPARTMENT
202 N. MAIN STREET, VIROQUA, WI 54665
608-637-7183 EXT. 0, viroquarec@mwt.net

Website: <http://www.viroqua-wisconsin.com/parkandrec>

WELCOME

Recreation and leisure activities have become an increasingly important part of a healthy lifestyle. The City of Viroqua Parks and Recreation Department would like to welcome you to look over our Recreation activities in hope that you can find an activity that fits your needs.

OUR MISSION

The mission of the City of Viroqua Parks and Recreation Department is to ensure a fun, friendly atmosphere for every age to enjoy. We are committed to provide a quality, diverse program that will enrich the lives of every age that participates through promotion, betterment and development of facilities, programs, and our beautiful parklands. These efforts are broadly supported by participants, private benefactors, and City of Viroqua tax payers.

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RESIDENT OR NON-RESIDENT?

The City of Viroqua declares the following policy for residency requirements:

A person is considered a resident if:

The citizen has resided within the corporate limits of the City of Viroqua and can show proof of residency (if needed). Not school district or postal city.

A person is NOT considered a resident if:

The citizen resides outside the City of Viroqua limits. If you live in a township, you are a non-resident.

Due to the fact that the boundaries of the City and School district are different, any person residing outside corporate boundaries of the City of Viroqua are considered a non-resident and will be charged a non-resident fee.

CONTACT INFORMATION

Park & Recreation Office
Located in Park Bowl

Office hours: 7:30 a.m.-3:30 p.m.

Phone: 608-637-7183 Ext. 0

Email: viroquarec@mwtnet.net

Website: <http://viroqua-wisconsin.com/parkandrec>

Parks & Recreation Staff

Dan Stalsberg—Parks & Recreation Director
Nate Noggle—Building & Grounds Supervisor
Tonya Quackenbush—Office Assistant



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

Non-Discrimination: Viroqua Parks and Recreation does not discriminate on the basis of race, color, national origin, sex, religion, age, or physical status in employment.

Recreation Scholarship Program: Viroqua Parks and Recreation Department has a scholarship program in place for participants within the Viroqua School District. Stop by the office or City Hall for an application, which must be returned to the Director prior to registration. Allow one week to process.

Oops! We made a mistake: We make every effort to ensure the accuracy of the information contained in this publication. We apologize in advance and ask for your understanding and patience with any inconvenience it may cause.



CrossFit Kids emphasizes good movement throughout childhood and adolescence. Learning proper mechanics means enhanced sports performance and fewer sports injuries for kids.

CrossFit Kids is meant to be BIG fun for all ages!

Fun means we provide an active alternative to sedentary pursuits, which means less childhood obesity and all-around better health for our children. The program is scalable for any age or experience level.

Class Times:

3-5 year olds

Monday and Wednesday: 3:15 - 3:40 PM

6-12 year olds

Tuesday and Thursday: 3:15 - 3:50 PM

Rates:

First Child - \$48

Second Child - \$24

Additional Children FREE!

For more information about this program, please contact Josh Brown at 637-4427 or jbrown@vmh.org

WINTER RECREATION

PARK BOWL ICE RINKS

During the winter months, The Park Bowl has an ice-skating rink and a Recreation hockey rink with a warming shelter for you to enjoy.

Warming shelter hours are:

Monday through Friday 3:30 p.m.-8:00 p.m.
 Saturday: 10:00 a.m.-8:00 p.m.
 Sunday: 12:00 p.m.-8:00 p.m.

CROSS-COUNTRY SKI TRAILS

Viroqua Parks and Recreation Department work together With Viroqua Hills Golf Course to provide over 4 miles of groomed cross-country trails. Get out and enjoy the white winter scenery and get a little exercise too!!

UPCOMING WINTER EVENTS AT THE LIBRARY!!

November 17th—Thanksgiving Celebration—11:00 a.m. A mini-feast and crafts for ages 1-6.

December 7th—Photos with Santa—10:30 a.m. for ages Birth-6.

December 8th—Polar Express event at 6:30 p.m. for all ages.

HAPPY HOLIDAYS!!



IMPORTANT REGISTRATION DATES & INFORMATION

**Registration Dates:
Now through
October 15, 2016**

**LAST DAY REGISTRATIONS
WILL BE ACCEPTED.** If you have not signed up prior to this date, you will not be able to participate.

You Snooze....You Lose: Nothing kills a program quicker than waiting until the last minute to sign up. If there aren't enough participants by the deadline, it will be c



ONLINE REGISTRATION

To register online, go to:
<http://viroqua.recdesk.com>

*If you qualify for the family rate, you cannot register online at this point.

(NEW USERS)

- Click on Create Account button to begin the process of entering your profile.
- Fill out all fields and click Save to complete the Profile setup.
- Be sure to do this for ALL FAMILY MEMBERS who will be added by going to your profile page and clicking the Add New Group/Family Member link.

(PREVIOUS USERS)

- If you registered online last year and set up a profile, click on Login to RecDesk.
- Make sure your information is updated.

(ALL USERS)

- Register for programs and checkout to make a payment.
- There is a small convenience fee for this service.
- RecDesk will also allow you to access schedules, rosters, and any other information you may need!

EASY WAYS TO REGISTER!!

1 ONLINE	2 IN PERSON	3 MAIL	4 24 HR DROP BOX
Look above for the instructions to register online with RecDesk.	Monday--Friday Drop off at City Hall 7:30 a.m.-4:30 p.m. or Drop off at Rec Office 7:00 a.m.-3:30 p.m. (Exact cash or checks only)	Mail completed registration form, along with payment to: Viroqua Park & Rec 202 N. Main Street Viroqua, WI 54665 (Cash or checks only)	Drop off your completed registration in a sealed envelope marked Parks and Recreation Registration. The 24-hour drop box is located on the south side of the Viroqua City Hall (next to the entrance door) or in the drop box in alley behind City Hall.



FORESTRY CORNER!!



Why NOT to "Top" Trees—Eight Good Reasons

1. **Starvation:** Topping trees removes so much of the crown that it upsets a tree's well-developed crown-to-root ratio and temporarily cuts off its food-making ability.
2. **Shock:** A tree's crown is like an umbrella that shields much of the tree from the direct rays of the sun. By suddenly removing this protection, the remaining bark tissue is so exposed that scalding may result.
3. **Insects and Disease:** The stubs are highly vulnerable to insect invasion and the spores of decay fungi.
4. **Weak Limbs:** The wood of a new limb that sprouts after a larger limb is truncated is more weakly attached than the original limb.
5. **Rapid New Growth:** The resulting sprouts are far more numerous than normal new growth and they elongate so rapidly that the tree returns to its original height in a very short time and with a far more dense and dangerous crown.
6. **Tree Death:** Some species of trees are less tolerant to topping than others.
7. **Ugliness:** A topped tree is a disfigured tree.
8. **Cost:** The true costs of topping are hidden. These include: reduced property value, the expense of removal and replacement if the tree dies, the loss of other trees and shrubs if they succumb to changed light conditions, the risk of liability from the weakened branches, and increased future maintenance.



ADULT CO-ED VOLLEYBALL LEAGUE

Games are played in the Viroqua High School Gymnasium every Wednesday night starting at 7 p.m. No teams are necessary. Just show up and play!!

McIntosh Memorial Public Library Youth Activities

Just a few of the fun activities that are offered at the McIntosh Memorial Public Library!

Pre-School Storytimes

Tuesday Storytime

Activities and stories geared to ages 1-3. Songs, story, nursery rhymes, movement, fingerplays---**10:30-11:00 a.m.**



Tuesday Evening Storytime

Activities and stories geared to ages 2-5. Songs, story, rhymes, fingerplays, special themes, & craft---**6:30-7:00 p.m.**

Wednesday Storytime

Activities and stories geared to ages 3-5. A weekly theme using stories, fingerplays, movement, songs, craft, and games---**11:00-11:30 a.m.**

After School Book Clubs

Monday Activity Club---All Teens 13-18

3:30—Short Story Read Aloud & Discussions-----4:30—Wii Gaming

Tuesday Activity Club—Kids ages 5-10

3:30-4:15—Stories and Craft-----4:15-5:00—Wii Gaming



Wednesday Activity Club—Kids ages 9-12

3:30-4:15—Stories and Activities-----4:15-5:00—Wii Gaming

Also taking place at the Library.....



COSTUME SWAP

Bring in old Halloween costumes and accessories from October 3rd-13th. If you donate a costume, you will receive a coupon to exchange for a different costume or accessory. If you don't have a costume, you can bring 2 food pantry items.

FALL FESTIVAL

Friday, October 14th from 3:30-5:00 p.m. for all ages. Costume & accessory swap, crafts, and games.



COMMUNITY HALLOWEEN EVENTS



TRUNK-OR-TREAT

There will be Trunk-or-Treating on **Wednesday, October 26th** at the Immanuel Lutheran Church Parking Lot from 4:30-6:00 p.m. Bring your family to trick or treat and try out your costumes early!!

TRICK OR TREAT VIROQUA—OCTOBER 31ST

Safe Trick or Treat Downtown---3:30-5:00 p.m.
Neighborhood Trick or Treat—5:00-7:00 p.m.

**City of Viroqua Parks & Recreation Department
Winter Basketball Programs
Registration Ends: October 15, 2016**

The youth basketball program is undergoing some exciting changes for this season in which the Viroqua Park and Rec along with the Viroqua Basketball Club are working together. The following basketball activities that have been scheduled for this season.

Lil' Hoopsters 1

Program Code: LH1

This is a fun program to help your little players learn and love the sport of basketball. Boys and Girls will be active, build confidence and have fun while learning the basic fundamentals of basketball. Coaches use stations to teach basketball skills and focus on teamwork and sportsmanship. This program is open to Pre-Kindergarten and Kindergarten. This program begins December 10th from 8:30-9:30 a.m. and ends February 4th with a parent/child playdate. It will meet in the Elementary School Gymnasium. (No basketball on December 24th, 31st, or January 28th)

FEE: \$10/City Resident \$15/Non-Resident



Lil' Hoopsters 2

Program Code: LH2

Boys and Girls in this program will take the next step to continue to learn basic basketball skills through station work and modified game play. This program is open to 1st and 2nd grade. It begins on December 10th from 9:45-11:00 a.m. and ends February 4th with a parent/child playdate. It will meet in the Elementary School Gymnasium. (No Basketball on December 24th, 31st, or January 28th)

FEE: \$10/City Resident \$15/Non-Resident



Basketball Fundamentals

In this program, kids will develop all the basketball skills from shooting and dribbling to teamwork and sportsmanship. Supportive coaches build your child's confidence while having fun and being a part of a team. This program will have separate leagues for boys and girls and will be divided out according to grade. This program will meet on Saturday mornings starting November 5th and will meet for 12 Saturdays.

FEE: \$20/City Resident \$25/Non-Resident



- | | |
|--|------------|
| 3 rd Grade Boys—8:30-10:15 a.m.—Middle School Gym | CODE: 3BBB |
| 4 th Grade Boys—8:30-10:15 a.m.—Middle School Gym | CODE: 4BBB |
| 3 rd Grade Girls—10:30-11:45 a.m.—Middle School Gym | CODE: 3GBB |
| 4 th Grade Girls—10:30-11:45 a.m.—Middle School Gym | CODE: 4GBB |
| 5 th Grade Boys—8:30-10:15 a.m.—High School Gym | CODE: 5BBB |
| 6 th Grade Boys—8:30-10:15 a.m.—High School Gym | CODE: 6BBB |
| 5 th Grade Girls—10:30-11:45 a.m.—High School Gym | CODE: 5GBB |
| 6 th Grade Girls—10:30-11:45 a.m.—High School Gym | CODE: 6GBB |

TRAVELING BASKETBALL LEAGUES

You must register for these programs through the Viroqua Basketball Club on Saturday, October 8th and Saturday, October 15th in the High School Commons Area from 9:00-11:00 a.m.



3rd & 4th Grade Traveling Basketball League

Traveling basketball consists of competitive team play for players at play dates. There will be an additional practice during the week in the Elementary, Middle, or High School Gyms. **Must be registered in Basketball Fundamentals through Park and Rec to play in this league.** \$20

5th & 6th Grade Traveling Basketball League

Traveling basketball consists of competitive team play in the Driftless League for players that will travel around the region playing in tournaments. There will be an additional practice during the week in the Elementary, Middle, or High School Gyms. **Must be registered in Basketball Fundamentals through Park and Rec to play in this league.** \$30

7th & 8th Grade Traveling Basketball League

Traveling basketball consists of competitive team play in the Great Northwest Basketball League where teams will play in three to four tournaments. Playing time is not guaranteed to be equal at this level. These teams will practice during the week, with a possibility of Saturday practice from 11:30 a.m.-1:00 p.m. in the Elementary, Middle, or High School Gyms. \$30

To Register: Please fill out the registration forms that are available online at <https://sites.google.com/site/viroquaclubbasketball/> and drop them off at the High School Commons on one of the dates listed above. You will also be able to purchase basketball apparel that morning. Apparel samples will be available at both registration dates.

Checks for registration should be made to: Viroqua Basketball Club

Questions? Please email viroquaclubball@gmail.com