

SPRING AND SUMMER
PROGRAM GUIDE



LAKE MILLS
COMMUNITY
RECREATION DEPARTMENT

PLAY. LEARN. LIVE.

2025

A NOTE FROM THE DIRECTOR

Greetings,

The Lake Mills Community Recreation Department is making some exciting changes to better serve our community. Just as the changing seasons bring new growth and renewal, our team is evolving to better serve you and your families. These positive changes reflect our commitment to creating more opportunities for connection, fun, and personal growth within our community.

I'm happy to introduce two new additions to our recreation family. Brandon Sweet is our new recreation coordinator. Brandon joins us with extensive recreation programming, most recently serving as the Adult and 50+ Sport Supervisor at Milwaukee Recreation. His expertise and innovative approach will help us enhance and expand both our adult and youth athletic programs.

I'm also excited to introduce Ryleigh Kulow, our new recreation supervisor. Ryleigh is a recent graduate of Lake Mills High School, who has already made a positive impact with our Youth Development League basketball program for grades 5K-2. A former high school athlete in both basketball and soccer, Ryleigh brings valuable firsthand experience and an infectious enthusiasm that connects with our young participants.

Our expanded team is dedicated to delivering exceptional experiences for participants of all ages. As we prepare for the spring and summer seasons, we look forward to seeing you and your family at our upcoming programs and events. Thank you for being a part of our recreation community. Here's to new beginnings and another fantastic season of fun, fitness, and friendship!

Sincerely,

Carmen Weldon

Director of Community Education

FREQUENT LOCATIONS

CAMPUS FIELD

Campus & Church Streets

CLUB 55-SENIOR CENTER

229 Fremont Street

FAVILLE PARK

County Road V

LM ELEMENTARY SCHOOL (LMES)

155 E Pine Street

LM MIDDLE SCHOOL (LMMS)

318 College Street

LM HIGH SCHOOL (LMHS)

615 Catlin Drive

LM COMMUNITY DISC GOLF COURSE

Pinnacle Dr & E. Lake Park Place

LMHS PRACTICE FIELDS

E. Lake Park Place

ROTARY PARK

Sandy Beach Road

WALLACE PARK

675 Industrial Way

WAYS TO REGISTER



ONLINE

<https://lakemills.cr3.rschooltoday.com/public/home/>

Drop your registration in the secure drop box by door 6 at the high school.



DROP BOX



IN PERSON

Stop by our office and one of our friendly staff will help you register

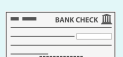
Mail your registration form and payment to:

615 Catlin Drive
Lake Mills, WI 53551



BY MAIL

Checks should be made out to: **LMASD**



STAFF

Carmen Weldon

Director of Community Education
carmen.weldon@lakemills.k12.wi.us
(920) 648-2355 ext 351

Brandon Sweet

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brandon.sweet@lakemills.k12.wi.us
(920) 648-2355 ext 371

Ryleigh Kulow

Recreation Supervisor
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(920) 648-2355 ext 353

Amanda Wermuth

Child Care Supervisor
amanda.wermuth@lakemills.k12.wi.us
(920) 648-2355 ext 466

OFFICE LOCATION

615 Catlin Drive
Lake Mills, WI 53551

*We are now located in the lower level of the high school. You can enter through door 6. Just ring the doorbell!

PHONE

(920) 648-8035

OFFICE HOURS

Monday- Friday
7:30 am -3:30 pm

ONLINE REGISTRATION

<https://lakemills.cr3.rschooltoday.com/public/home/>

LIKE US ON FACEBOOK

Lake Mills Community
Recreation Department-
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GENERAL INFORMATION

CANCELLATION POLICY

A full refund will be issued if a program is cancelled by the Lake Mills Community Recreation Department due to low enrollment or a facility usage conflict.

SELF- CANCELLATION POLICY

Participants may request to cancel a class within 2 weeks of the program start date, including practices and games. Participants who cancel a class less than 2 weeks from the start date may be subject to the fees listed below.

- All refunds distributed via check or credit card will incur a \$3.00 processing fee.
- All refunds distributed via account credit, will be placed in full on the participant's account. Account credits can be used for future registrations for any member of the account.

REFUND POLICY

In the event that a participant requests to drop out from a program or league at any time prior to the start of a program the following refund procedures will occur.

- **During the program-** Individuals in non team activities who request to drop-out after the start of a program, but before the halfway mark, will forfeit 50% of their registration fee. Any adult team that chooses to drop out after the start of a program will forfeit 100% of their registration fee.
- **No refund will be offered after the halfway point of any program.**
- **Medical Withdrawal-** If a participant can no longer continue to participate due to a medical emergency, the participant will receive a prorated refund. The individual must provide a signed doctor's letter in order to receive a refund.
- **Relocation Refund-** If a participant or their family moves at any time before the start of a program, they will receive a refund minus the cost of supplies if ordered already. If the participant moves after the start of a program they will be issued a prorated refund.

WEATHER CANCELLATION POLICY

In the event that Lake Mills Area School District is closed due to inclement weather, all LMCRD programs are also cancelled. In the event of a rainout, LMCRD will make the cancellation prior to 4:00 pm. Weekend cancellations & rain outs will be communicated via LMCRD's webpage, email or Facebook.

RESIDENT VS NON-RESIDENT

Residents support the school district through tax-dollars, while non-residents pay to participate through higher registration fees.

For program fee purposes, participants are categorized by

- **Residents (R):** those who reside within the Lake Mills Area School District boundaries, open enroll to LMASD or are employed by the school district.
- **Non-Residents (NR):** those who do not reside within or attend LMASD schools. **Non-Residents will be responsible for paying a minimum of an additional \$10 per participant per program registration.**

FEES/ LATE REGISTRATIONS

Fees are based off of the minimum amount of participants needed to successfully run a program. We do our very best to anticipate needs for now and the needs for the future of our programs so that we may set our prices accordingly. To ensure proper planning we may set deadlines for our programs. **ALL those who register after a set deadline will have to pay an additional \$10 late fee and may also run the risk of not being able to participate if the program is full.**

AGE/ GRADE REQUIREMENTS

Age and grade requirements are set to benefit all children and make instruction easier for the program leader.

- Age restrictions will be based on the first day of the program unless otherwise specified.
- Grade restrictions will be based on the current school year. **Summer will officially mark the new school year.**

SCHOLARSHIPS

Youth scholarships are available for LMCRD programs. These funds are available to Lake Mills Area School District residents. We encourage those in need to contact our office for more information.

PHOTO POLICY

Participants or their parents (if participant is under 18) permit the taking of photos, audio and videotapes during LMCRD activities for publication and use as LMCRD or LMASD deems necessary. **If you do not want a picture or video taken of yourself, please inform the director or instructor prior to the start of the program.**

NOTICE OF NON-DISCRIMINATION

No person shall, on the basis of sex, race, national origin, ancestry, creed, marital or parental status, age or disability, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity, including employment.

Lake Mills Community Recreation Department Registration Form

615 Catlin Drive, Lake Mills, WI 53551 -- 920-648-8035

Parents/Guardians Name: _____ Date: _____

I am interested in coaching: Name: _____ Sport/Activity: _____

Email (Preferred): _____ LM Resident ___ Non-Resident (add \$10) ___

Phone (Preferred): _____ (Secondary): _____

Address: _____ City: _____ Zip: _____

Emergency Contact Name: _____ Phone: _____

(In case parent/guardian cannot be reached)

Allergies/Medications: _____

Special needs or health concerns: _____

Name of Participant	Program	Grade	Age	DOB	M/F	*Shirt Size	Fee
<i>John Doe - Example</i>	<i>Basketball Camp</i>	<i>1</i>	<i>6</i>	<i>2/8/2018</i>	<i>M</i>	<i>YS</i>	<i>\$45</i>
Add Late/ Non-Res Fee \$10							
Total fees:							

*Shirt Sizes: (Youth) YS, YM, YL or (Adult) AS, AM, AL, AXL

Method of payment: Cash ___ Check # _____

Please make checks payable to: Lake Mills Area School District or LMASD

WAIVER and RELEASE

In consideration of being allowed to participate in the Lake Mills Community Recreation Program, the undersigned parent(s) or legal guardian(s) of the player named above:

1. (a) Agree that prior to participating, they will inspect the facilities and the equipment to be used, and if they believe that anything is unsafe, they will advise their coach or supervisor of such condition(s) and refuse to allow their children to participate.
 (b) Agree that the parent(s) or legal guardian(s) will instruct the minor that prior to participating, they should inspect the facilities and equipment to be used and if they believe that anything is unsafe, they should advise the coach or supervisor of such condition(s) and refuse to participate, without fear of reprisal by any coach, sponsor or other agent of the Lake Mills Community Recreation Department Program.
2. Acknowledge and fully understand that each participant will be engaging in activities that involve risk of serious injury, including permanent disability and death, and severe social and economic losses which might result from their own actions, inaction, or negligence as well as the actions, inactions, or negligence of others, the rules of play, or the condition(s) of the premises or the equipment used. Further, there may be other risks unknown to the Lake Mills Community Recreation Program and/or it's coaches, sponsors and agents not reasonably foreseeable at this time and assume all forgoing risks and accept personal responsibility for the damages following such injury, permanent disability, or death.
3. Intending to be legally bound, hereby release, waive, discharge, or covenant not to sue the Lake Mills Community Recreation Program, the Lake Mills School District, the city of Lake Mills, sponsors, supervisors, coaches, volunteers, officials, or the other agents, all of which are referred to as "releases" from all liability from the undersigned, his or her heirs and next of kin for any claims, demands, losses, or damages on account of injury including death or damage to property, caused or alleged to be caused in whole or part by the negligence of the "releases" or otherwise in connection with association or participation in and/or arising out of my travel to participate in a Lake Mills Community Recreation Program.
4. In the event that the player named above sustains injury or illness while participating in a Lake Mills Youth event, I/we hereby authorize any emergency first aid, medication, medical treatment, or surgery deemed necessary by licensed medical personnel. I/we also give my permission for attending medical personnel to execute on my behalf permission forms regarding treatment of my minor participant or other necessary medical documents and to act in my/our behalf if I/we am not immediately available to do so.
5. My/our child has completed a physical exam, given by licensed medical personnel in the last 24 months, and is physically fit to compete in activities related to the Lake Mills Community Recreation Department.

Photo Policy

Participants or their parents (if participant is under 18) permit the taking of photos, audio and videotapes during Lake Mills Community Recreation Department activities for publication and use as the department deems necessary.

Signature: _____

Date: _____



Summer Playground Program

Join LMCRD staff for a fun, active and enriching summer child care experience. Participants will engage in games, crafts & activities, free play, community exploration, weekly field trips and more. This program takes place primarily outdoors. Participants should dress accordingly and bring a water bottle. Participants should be enrolled in the LMASD Summer School Program. There is no childcare provided during LMASD Summer School hours (8:00 am- 12:00 pm).

2024-25 Grades: 4K- 4th Grade

Days: Monday- Friday

Dates: June 11th*- August 15th (No SPP July 4th)

*Closed June 9th-10th for staff training.

Hours

Non-Summer School Day: 6:00 am- 5:30 pm

AM (Summer School Days ONLY): 6:00- 8:00 am

PM (Summer School Days ONLY): 12:00- 5:30 pm

Homebase: LMES Playground and Cafeteria

Registration Fee: \$50/ one child, \$75 family

Daily Rates: Rates are calculated per child. A discounted fee will apply to families with more than one child enrolled in SPP.

Non-Summer School Full Days: \$36

AM Care (Summer School Days Only): \$6

PM Care (Summer School Days Only): \$20

Priority Registration: February 19th-
February 25th



For more information, please contact Amanda Wermuth at amanda.wermuth@lakemills.k12.wi.us

Summer Playground Program

Frequently Asked Questions

Are snacks provided? Yes, snacks are provided.

Is lunch provided? No, participants should bring their own bag lunch. There is no refrigerator or microwave for participants to use.

What is the minimum attendance policy? Participants must attend at least 7 weeks of the program AND at least 3 days a week.

What should participants bring? Participants should bring a water bottle, a backpack, their lunch and sunscreen.

What should participants keep at home? Participants should not bring any trading cards, toys, or electronic devices to the program. Any cell phones brought to the program must stay in their backpacks.

Is there a lottery system this year? No, due to limited space, there will be no lottery system this year. Instead there will be a wait list.

Spring Adventure Day

When school is not in session, send your kids to play with the Lake Mills Community Recreation Department. We will start the day at Lake Mills Elementary School and end the day with a fun-filled field trip!

2024-2025 Grades: 5K-4th Grade

Time: 8:00 am-4:00 pm

Date: April 21, 2025

Field Trip Location: TBD

Fee: TBD



4K ATHLETIC PROGRAMS

4K T-BALL SKILLS

This five week program is designed to teach boys and girls the basic fundamentals such as throwing, catching, and hitting. Participants will have fun while learning the skills of baseball through basic stations and non-competitive ball games. Volunteer coaches are needed to help run this program.

Registration Deadline: May 2nd

2024-25 Grades: 4K

Day: Fridays

Dates: May 30th - June 27th

Location: Wallace Park, T-Ball Fields

Game Time: 6:00 - 7:00 PM

Fee: \$30 R / \$40 NR



SPORTS SAMPLER

This is a great way to introduce your child to a variety of sports. Each week we will cover skills that are used in sports. This program uses a variety of sport and balance equipment in a fun and playful atmosphere! Adult participation is required.

Registration Deadline: May 2nd

2024-25 Grade: 4K

Day: Wednesdays

Dates: July 9 - August 6

Location: Wallace Park, T-Ball Fields

Game Time: 6:00 - 6:30 PM

Fee: \$25 R / \$35 NR



4K SOCCER SKILLS

This five week program is designed to teach boys and girls the basic fundamentals of soccer such as dribbling, defending, and shooting. Every session is packed with exciting drills and non-competitive games. Volunteer coaches are needed to help run this program.

Registration Deadline: May 2nd

2024-25 Grades: 4K

Day: Wednesdays

Dates: May 28th - June 25th

Location: LMHS Practice Football Field

Game Time: 6:00 - 7:00 PM

Fee: \$30 R / \$40 NR

Did you know....

LMCRD has scholarships available for families in need. Contact Carmen Weldon, Director of Community Education for more information.

carmen.weldon@lakemills.k12.wi.us

YOUTH ATHLETICS

WINDMILL GIRLS SOFTBALL LEAGUE

Girls are divided into divisions according to their grade. Teams will participate in the Windmills Girls Softball League, which consists of surrounding communities. Transportation is required. Coaches will contact their team with practice times and team information after the rosters have been formed. **There will be a volunteer coaches meeting on Thur. March 20th @ 5:30 PM.** Parents interested in coaching should attend.

We will have a mandatory uniform handout on Thursday, April 24th at 6:00 PM in the LMMS Cafeteria. If this is your child's first time participating in the Windmill Girls Softball League, we will have a mandatory first year parents meeting directly following the uniform handout.

Registration Deadline: March 14th

2024-25 Grades: 5K-6

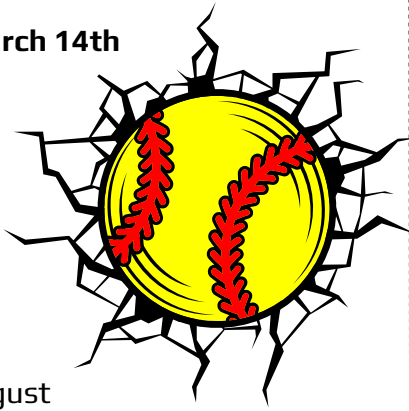
Game Days:

5k-2 (U8): Wednesdays

3-4 (U10): Mondays

5-6 (U12): Tuesdays

7-8 (U14): Thursday's



Dates: Late May - Early August

Location: Rotary Park

Fee:

5K-2 (U8): \$65 R / \$75 NR

3-6 (U10 & U12): \$85 R / \$95 NR

SPRING SOCCER

Have a ball with this recreational based program for children in 5K - 5th grade. Players will have fun while learning the fundamental skills and rules needed to play soccer. Practices will start two weeks before the season. The games will be held at the LMHS Practice Football Field on E. Lake Park Place on Saturday mornings. Coaches will contact participants with team practice information and game schedules.

Volunteer coaches are needed to run this program. Coaches will work with the recreation department to schedule practices. **The volunteer coaches meeting is Thursday, March 20th from 6:00-7:00 PM in the LMES Cafeteria.** Coaches will pick up rosters and schedule practice times at the meeting.

Registration Deadline: March 14th

Grades: 5K-5

Game Days: Saturdays

Season Dates: April 19th - May 17th

Location: LMHS Practice Football Field

Fee: \$30 R / \$40 NR



YOUTH ATHLETICS

LITTLE LEAGUE BASEBALL - GRADES 3 & 4

LMCRD's Little League Baseball program is open to both boys and girls. Teams will participate in the Eastern Suburban Youth Baseball League, which consists of surrounding communities. Transportation is required. Coaches will contact their team with practice times and team information after the rosters have been formed. **There will be a volunteer coaches meeting on Tue. March 18th @ 5:30 PM.** Parents interested in coaching should attend.

We will have a mandatory uniform handout on Thursday, April 17th @ 6:00 PM in the LMMS Cafeteria. If this is your child's first time participating in the Little League program, we will have a mandatory first year parents meeting directly following the uniform handout.

Registration Deadline: March 14th
2024-25 Grades: 3-4
Game Days: Tuesdays & Thursdays
Season Dates: Early June - Mid July
Location: Wallace Park
Fee: \$75 R / \$85 NR



SPRING TRAINING - LITTLE LEAGUE

LMCRD will be hosting a mandatory "Training Day" for all Little League players. Coaches will be selecting teams directly following the event. For more information on the selection process, please contact the Recreation Department.

Day/Date: Thursday, April 10th
Location: LMMS Gym
Time: 6:00 - 7:00 PM

5TH & 6TH GRADE BASEBALL UPDATE:

The Lake Mills Baseball Club will be running all baseball programs for players in grades 5 and above. For more information on the Lake Mills Baseball Club, visit their Facebook Page @lakemillsbaseballclub

T-BALL LEAGUE 5K-GRADE 1

This is an instructional baseball league. Participants will work on the proper techniques of throwing, batting, baserunning, catching, and fielding. Rubber t-balls are used and will be hit off a tee. Volunteer coaches are needed to help run this program. **There will be a coaches meeting & equipment handout on Thursday, May 8th, in the LMES Cafeteria at 5:30 PM.** Coaches will contact their players and schedule practice times.

Registration Deadline: May 2nd
2024-25 Grade: 5K-1
Day: Tuesdays
Dates: June 10th - July 15th
Location: Wallace Park, T-Ball Fields
Game Time: 6:00 - 7:00 PM
Fee: \$30 R / \$40 NR



MINOR LEAGUE (COACH PITCH) GRADES 1&2

Minor League is a co-ed developmental league. In this league, coaches will pitch to the batters. The focus of this league is on skill development and sportsmanship over winning. No scores will be kept and coaches will assist in making any calls on the field. Volunteer coaches are needed to help run this program. **There will be a coaches meeting & equipment handout on Thursday, May 8th, in the LMES Cafeteria at 6:15 PM.** Coaches will contact their players and schedule practice times. Some cross-community play will be scheduled.

Registration Deadline: May 2nd
2024-25 Grade: 1-2
Day: Mondays
Dates: June 9th - July 14th
Location: Wallace Park
Game Time: 6:00 - 7:00 PM
Fee: \$30 R / \$40 NR

Youth Enrichment

INTRO TO SPORTS OFFICIATING

These introductory sports officiating classes will provide students with the fundamental knowledge and skills required to become effective and confident sports officials. The program focuses on the rules, mechanics, and responsibilities of officiating various sports. Students learn about the role of the official in maintaining fairness, safety, and sportsmanship in athletic competitions. Key focus areas include rules and regulations, mechanics, professionalism, and game management. This course is ideal for those students looking to pursue officiating in youth and adult sports. Whistles will be provided.

Basketball Officiating

Registration Deadline: February 14th

2024-25 Grades: 9th-12th

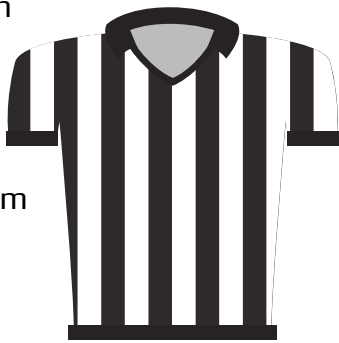
Day: Friday

Date: February 28th

Time: 11:00 am-2:00 pm

Location: LMHS Lower Gym

Fee: Free



Flag Football Officiating

Registration Deadline: April 7th

2024-25 Grades: 9th-12th

Day: Monday

Date: April 21st

Time: 11:00 am-2:00 pm

Location: L-Cat Stadium

Fee: Free



YOUTH ENRICHMENT LEAGUE {YEL!}

{YEL!}'s Teach It! Practice It! Play It!@ classroom method emphasizes 21st Century Learning skills like STEM, teamwork, and problem solving.

Robotics Junior 1.3

Build a soccer goalie, an airplane, and more. Then program the goalie to block, the airplane to soar, or design your own computer code to make them do...whatever you want.

LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site or program.

Registration Deadline: March 24th

2024-25 Grades: 1st-4th grade

Day: Mondays

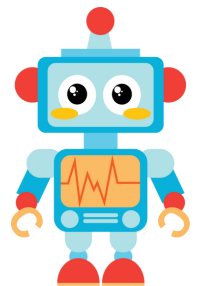
Dates: April 7th-May 19th

no class on Monday, April 21st

Time: 3:15-4:15 pm

Location: LMES Music Room

Fee: \$85 R/\$95 NR



YOUTH YOGA

Participants will learn to cultivate calm minds and strong bodies while improving brain function, lowering stress, and learning to connect with their bodies! This playful class will incorporate games, stories, and music. Participants should bring a yoga mat.

Registration Deadline: April 3rd

2024-25 Grades: 4K-1 and 2-4

Day: Thursdays

Dates: April 17th-May 15th ***no class on May 1st***

4K-1st Grade: 5:00-5:45 pm

2nd-4th Grade: 6:00 pm-7:00 pm

Location: LMES LMC

Fee: \$40 R/\$50 NR



Youth Enrichment

BABYSITTER TRAINING COURSE

Become a certified babysitter through this American Red Cross one day training. This training will help participants develop leadership skills, learn how to keep themselves and others safe, and learn about basic childcare and basic first aid. This training is approximately 7 hours long from start to finish. All training materials are supplied. Participants need to attend the training in full. Participants should bring a water bottle and a bag lunch.

Registration Deadline: April 19th

2024-25 Grades: 5th-8th grade

Day: Saturday

Date: May 3rd

Time: 9:00 am-4:00 pm

Location: LMMS FACS room 245

Fee: \$100 R/\$110 NR



YOUTH ENRICHMENT LEAGUE {YEL!} PROJECT RUNWAY SEWING CAMP

{YEL!}'s Project Runway Sewing Camp participants will create a variety of projects including a swimsuit cover-up, a mini messenger bag, an ear bud case, as well as a personalized sewer's handbook. Students will showcase their projects on the last day of class for family and friends.

Registration Deadline: June 2nd

2025-26 Grades: entering 5th-8th grade

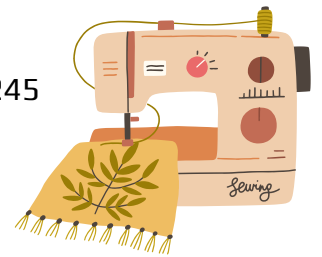
Days: Monday-Thursday

Dates: June 16th-19th

Time: 1:00 pm-4:00 pm

Location: LMMS FACS room 245

Fee: \$140 R/\$150 NR



YOUTH ENRICHMENT LEAGUE {YEL!} VIDEO GAME CREATION CAMP FORCE WARRIORS: HEROES OF THE REBELLION

{YEL!}'s Teach It! Practice It! Play It!® classroom method emphasizes 21st Century Learning skills. The legend of the Force Warriors lives on...through you! Participants design their own Knights of the Rebellion, chart a course across the galaxy, and create their own epic duel with the infamous Dark Knight. Participants will leave class with their own video creation.

Registration Deadline: July 14th

2025-26 Grades: entering 1st-3rd grade

Days: Monday-Thursday

Dates: July 28th-July 31st

Time: 9:00 am-12:00 pm

Location: LMES Music Room

Fee: \$120 R/ \$130 NR



YOUTH ENRICHMENT LEAGUE {YEL!} SCOUT' BOTS ROBOTIC CAMP

{YEL!}'s Teach It! Practice It! Play It!® classroom method emphasizes 21st Century Learning skills. Build and code space rovers to scout out Mars, the moon, and other extraterrestrial environments. Participants will also learn basic computer programming.

Registration Deadline: June 23rd

2025-26 Grades: entering 1st-4th grade

Days: Monday-Thursday

Dates: July 7th-July 10th

Time: 1:00 pm-4:00 pm

Location: LMES Art Room

Fee: \$120 R/\$130 NR



ADULT FITNESS AND ATHLETICS

COED PICKLEBALL

Pickleball is one of the fastest growing sports in America. Pickleball combines elements of tennis, badminton, and table tennis.



Players may attend any or all of the time slots. We are using the app called **Team Reach** to reserve time slots. Search Lake Mills Pickleball and enter code 53551 to be added to the group! See app for play instructions.

Day: Wednesdays

Dates: happening now-April 30th

Time: 6:00 pm-9:00 pm

Location: LMMS Gym

Fee: \$30 R/ \$40 NR

COED PICKLEBALL--OPEN GYM

Please see the Team Reach app for play instructions. Paddles are recommended, but not required.

Day: Mondays, Tuesdays, Thursdays, and Fridays

Dates: happening now-April 25th

Time: 5:30 am-7:00 am

Location: LMMS Gym

Fee: FREE!



COED PICKLEBALL--OPEN GYM

Please see the Team Reach app for play instructions. Paddles are recommended, but not required.

Day: Saturdays

Dates: happening now-April 26th

Time: 7:00 am- 11:00 am

Location: LMMS Gym

Fee: FREE!

NORDIC WALKING

Learn how to nordic walk using poles to exercise your entire body. This is a gentle, but effective technique that has proven to be beneficial for everyone, from couch potatoes to athletes! The use of special poles helps activate upper-body muscles for a full body workout. Learn the techniques and many health benefits on this hands-on hike. Dress in active, outdoor clothing and hiking boots. Poles will be provided.

Registration deadline: March 15th

Day: Saturdays

Dates: March 29th and April 12th

Time: 10:00 am

Location: meet at Korth Park Pavillion

Fee: \$25 R/\$35 NR



WORK OUT WITH US!

The weight room at Lake Mills High School is open and waiting for you!

Days: Monday-Friday

Dates: happening now-May 23rd

Mornings: 6:30 am-7:30 am

Afternoon: 4:00 pm-5:30 pm

Location: enter through door 10A by the weight room

Fee: FREE!



ADULT FITNESS AND ATHLETICS

COED GOALTIMATE FRISBEE

Goaltimate Frisbee is a half court frisbee disc game similar to half-court basketball, but ultimate frisbee style. It's better suited for indoor play and requires less players (4 on 4) compared to traditional frisbee. The first 15 minutes of each week will be instruction, warm-ups, and throwing tips. The number of games and breaks will be determined by the players.



Day: Tuesdays

Dates: February 4th-April 29th

*No class on February 18th

Time: 6:30 pm-8:30 pm

Location: Lake Mills High School Lower Gym

Fee: FREE

MEN'S BASKETBALL

This eight week league is for both recreational players and seasoned players alike. Captains should register their team online. Game times will be determined by the number of teams registered. The minimum number of teams needed in order for this program to run is four.

A site supervisor is needed to run this program.

Registration deadline: February 17th

Day: Mondays

Dates: March 3rd-April 28th

Time: 7:00 pm and 8:00 pm

Location: LMES Gym

Team Fee: \$300 R

Individual non-resident fee: \$15 per player (\$45 max)

Team captains must register their team online.



Sunrise Slow Flow Yoga

Join Lindsey Schaub, RYT-200, for a morning full of relaxation and mind/body practice amidst the serene setting along Rock Lake at Bartel's Beach. Yoga enthusiasts of all levels and abilities are invited to stretch their bodies, awaken their minds and fuel their soul as we begin the day together with the sunrise.

Day: Tuesdays

Time: 5:30-6:15 am

Registration deadline: May 20th

Session 1: June 3rd-June 24th

Registration deadline: June 24th

Session 2: July 8th-July 29th

Location: Bartel's Beach

Fee: \$20.00 R/ \$32.00 NR

Drop in: \$5.00 R/\$8.00 NR (exact change only)



Important Adult Athletics Information:

- Ongoing program locations are subject to change.
- All participants must fill out a waiver prior to participation.
- Participants must be at least 16 years old. All participants under 18 must have a parent/guardian signature.
- **\$15 individual player fee per non-resident player (max. of \$45/ team)**

ADULT ENRICHMENT

BASIC AUTOMOTIVE CARE

Become a more confident car owner! In this hands-on workshop, you will learn the basics of what makes your vehicle tick-from understanding essential systems to performing basic maintenance that could save you time and money. You'll discover how to identify common issues, perform basic maintenance, and know when it's time to call a pro. Perfect for the new car owner or anyone wanting to better understand their vehicle.

Registration Deadline: April 12

Day: Saturday

Date: April 26th

Time: 8:00 am-12:00 pm

Location: LMHS Tech Ed. Room/Topel's Auto

Fee: \$25 R/ \$35 NR



SPANISH FOR TRAVELERS (LIVE VIRTUAL)

Embark on an exciting journey through the Spanish speaking world-right from your own home. This interactive, beginner-friendly, LIVE virtual course is designed for adults eager to learn practical Spanish for travel. Instructors will guide you in practicing essential phrases for greetings, ordering in restaurants, and asking for directions. With Futura's dynamic, hands-on approach, you'll stay engaged and have fun while building confidence for your next adventure. Basic computer experience and the ability to access zoom is required.

Registration Deadline: May 20th

Day: Tuesdays

Dates: June 3rd, 10th, 17th and 24th (4 classes)

Time: 6:00-7:00 pm

Location: in the comfort of your own home!

Fee: \$75 R/ \$85 NR



INTRO TO LATIN DANCE

Have you ever wanted to learn how to salsa dance or bachata dance? Join married instructor team Abbie and Jonny in a 6 week beginner dance series that will help you learn the basics and gain confidence on the dance floor. No partner required to register.

Registration Deadline: February 20th

Day: Thursdays

Dates: March 6th-April 17th

no class on March 27th

Time: 7:00 pm-8:00 pm

Location: Dance Studio 3-D

Fee: \$48 per person/\$90 per couple



BEGINNING SPANISH (LIVE VIRTUAL)

Kickstart your Spanish journey with this engaging summer course that's perfect for beginners! You'll learn essential vocabulary, basic grammar, and practical phrases for everyday conversations. By the end of the course, you'll have the foundational skills to keep learning Spanish and speaking with confidence. Basic computer experience and the ability to access zoom is required.

Registration Deadline: May 20th

Day: Wednesdays

Dates: June 4th, 11th, 18th and 25th (4 classes)

Time: 6:00-7:00 pm

Location: in the comfort of your own home!

Fee: \$75 R/ \$90 NR



COMMUNITY RESOURCES

Rock Lake Activity Center

Rock Lake Activity Center is a 501c3 not-for-profit organization. It is the mission of the Rock Lake Activity Center to positively affect the health and wellness of the community through quality programming and activities.

Location: 229 Fremont Street, Lake Mills, WI

Hours: 24 hour access for members

Office/ Drop in Hours:

Monday-Friday, 8:00 am- 10:30 am

Monday-Thursday, 5:00- 8:00 pm

Phone: 920.945.0156

Website: <https://rocklakeac.org/>



Check out their website for membership/ Drop In pricing and activity pricing and details.

L.D. Fargo Public Library

The mission of the L. D. Fargo Public Library is to serve the people of Lake Mills and the surrounding area as a reading, learning, entertainment, cultural, and technological center.

Location: 120 E. Madison Street, Lake Mills, WI

Hours:

Monday-Thursday, 9:00 am– 8:00 pm

Friday, 9:00 am– 5:00pm

Saturday, 9:00 am– 1:00 pm

Sunday, Closed

Phone: 920.648.2166

Website: <http://www.lakemills.lib.wi.us>



Check out their website for a list of events, programs and Library Card Applications!

Legendary Lake Mills

A Chamber Main Street Organization, Legendary Lake Mills serves local businesses as well as Lake Mills residents. Comprised of local business and independent community members, Lenedary Lake Mills strives to make Lake Mills a better place to do business, to work and to live.

Location: 200 E. Water Street, Lake Mills, WI

Phone: 920.648.3585 or 920.648.6721

Website: <https://legendarylakemills.com/>

Check out their website for a list of community events, local job listings, volunteer opportunities and much more!



Lake Mills Parks & Forestry

The mission of the City of Lake Mills Parks & Forestry Department is the commitment of effective and responsible management of city owned parks and recreational areas, cemetery, urban forest and resources which enrich the quality of life within the community; and to maintain and operate all facilities and resources to accepted standards of safety, cleanliness and efficiency for the citizens of Lake Mills.

Location: 200D Water Street, Lake Mills, WI

Phone: 920.648.2344

Website: <https://www.ci.lake-mills.wi.us/>

Check out their website for park shelter rentals, lake access information and much more!

Lake Mills Food Pantry- St. Vincent DePaul

The Lake Mills Food Pantry serves individuals and families in the Lake Mills School District. Qualifying clients may use the pantry once a week and select their own food choices from our shelves, freezer and refrigerator. Our goal is to provide a variety of food in a respectful environment to anyone who finds themselves in need.

Location: 720 E. Lake Street, Lake Mills, WI

Phone: 920.945.0382

Website: <http://www.svdplm.com/food-pantry/>

Sunrise Reach

Sunrise Reach was founded on the concept of improving access and equity for the underserved, underprivileged, and marginalized populations of our community through “pop-up” assistance and awareness. Need for these programs is always self-determined. Our only requirement for assistance is that you live within the Lake Mills Area School District.

Location: 121 S. Main Street, Lake Mills, WI

Email: info@sunshinereach.org

Website: <https://sunrisereach.org/>

The Mill

The Mill is the Lake Mills School District Food Pantry that orders food, household items, toiletries and school supplies at NO COST! Forms are confidential and all you need is a student ID number to complete the form. Orders are due by noon on Wednesdays and can be picked up Fridays between 2:30-3:30 pm outside the LMHS office.

Website: <https://www.lakemills.k12.wi.us/district/district-food-pantry-the-mill.cfm>