

LAKE MILLS RECREATION DEPARTMENT



# FALL & WINTER

PROGRAM GUIDE  
2023-2024



PLAY. LEARN. LIVE





# A NOTE FROM THE DIRECTOR

Welcome back!

Summer is winding down and the excitement for school is ramping up. Getting back into the swing of the school year provides not only our kids with daily structure but also parents as well. We strive to offer programs and activities that can fit into your schedule and enrich your lives. We are pleased to offer a wide variety of programs for all ages to enjoy! For our youngest learners we have our ever popular Intro to Soccer (pg. 13)! New this year we will be offering a Youth Yoga Clinic for our Elementary age students (pg. 6). For our Middle and High Schoolers, we are excited to hit the slopes again this winter with our Ski/Snowboard Club trips starting the first Friday in January (pg. 14). For our older adults in the community, we encourage you to stop by Club 55 Senior Center and enjoy one of our daily activities (pg. 16)!

I'd also like to highlight that our 2023/24 Sponsorship packet is now available! Sponsors are a huge part of our success and allow us to continue to run our programs at an We have several sponsorship opportunities available for our youth rec programming as well so those available for Club 55 Senior Center.

Lastly I would like to share my appreciation to everyone who took the time to fill out our community wide survey. 60% of respondents felt that the department met the needs of their family. We will use the result of this survey to help improve and increase our programs and services for years to come. We would like to thank the entire community for their support of our programs and activities.

As always, our entire staff is dedicated to serving you the best that we can! Feel free to contact the Recreation Department with any questions, comments or suggestions that you may have!

## **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 the back door of the office



### **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:

**322B N. Main St.  
Lake Mills, WI 53551**



### **BY MAIL**

# GENERAL INFORMATION

## **CANCELATION POLICY**

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

## **SELF- CANCELATION POLICY**

Participants may request to drop out within 2 weeks of the program start date, including practices and games. Those who drop under 2 weeks of the start date may be charged additional fees which are 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 forfeit 100% of their registration fee.
- **No Refund will be offered after the halfway point of any program.**
- **Medical Withdraw-** If a participant can no longer continue to participate due to a medical emergency, that 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 the participant's family moves out of any time before the start of a program 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 CANCELATION POLICY**

In the event that Lake Mills Area School District is closed due to inclement weather, all LMRD programs are also canceled. In the event of a rainout, LMRD will make the cancellation prior to 4:00 pm. Weekend cancellations & rain outs will be communicated via LMRD's website, 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 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 LMRD 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 LMRD activities for publication and use as LMRD 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 Recreation Department Registration Form

322B N. Main Street, 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>3</i>	<i>8</i>	<i>1/1/2004</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 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 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 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 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 Recreation Program.

4. In the event that the player named below 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 Recreation Department.

## Photo Policy

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

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## CHILD CARE

### ADVENTURE DAYS

Click on an Adventure Day title to be redirected to their website!

When school is not in session, send your kids to play with the Lake Mills Recreation Department. We will be offering day long programs starting at Lake Mills Elementary School with a fun filled field trip each day!

**2023-24 Grades:** 5K- 4th Grade

**Time:** 9:00 am- 4:00 pm

**Homebase:** LMES Cafeteria, Gym & Playground

### Fall Fun at Schuster's Farm

1326 US Highway 12 & 18, Deerfield, WI 53531

We will spend the morning doing fun activities and playing games. We will have lunch at 11:30am. The bus will leave LMES at 12:15pm for Schuster's Farm and return by 3:00pm. While at Schuster's, we will have some fall fun, meet some animals and participants will get to take home a small pumpkin!

**Min. 25/ Max. 35**

**Registration Deadline:** October 13

**Day/ Dates:** Thursday, October 26

**Fee:** \$30 R/ \$40 NR



More Adventure Day Information to come throughout the year!

## WE'RE HIRING!!

The Lake Mills Recreation Department is hiring Before & After School Program Staff members for the 2023-24 school year. For more information contact Amanda Wermuth at [amanda.wermuth@lakemills.k12.wi.us](mailto:amanda.wermuth@lakemills.k12.wi.us)

## COMMUNITY TRIPS

### CHICAGO MAGNIFICENT MILE

Enjoy a fun filled day of shopping on Michigan Ave or visit the famous Christkindl Market. If shopping is not your thing, go explore one of the city's museums or parks! Whatever you would like to do in the Windy City this is the trip for you. Our charter bus will depart from Lake Mills Elementary School. Please arrive 15 minutes early. This program is a co-op with surrounding Recreation Departments. Children under 16 must be accompanied by an adult during the trip. **Min. 40/ Max.55**

**Registration Deadline:** November 2

**Day:** Saturday

**Date:** November 18

**Time:** 10:00 am- 10:00 pm

**Pick Up/Drop Off:** LMES-  
Prospect St Parking Lot

**Fee:** \$50R/ \$60 NR



## YOUTH ENRICHMENT

### YOUTH YOGA CLINIC

Lindsey Schaub, RYT-200, introduces school aged kids to yoga. In this non-competitive, fun filled environment participants will 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 will receive a lavender eye mask to take home! Participants should bring a yoga mat. **Min. 6/ Max.12**

**Registration Deadline:** November 2

**Day/Date:** Saturday, November 11

**Time:**

**Grades 4K-1:** 9:00 am- 10:00 am

**Grades 2-4:** 10:00 am- 11:00 am

**Location:** LMES Library

**Fee:** \$20R/ \$30 NR



# ADULT ATHLETICS

## **COED REC PICKLEBALL**

Pickleball is one of the fastest growing sports in America. Pickleball combines elements of tennis, badminton and table tennis. In order to meet the growing pickleball demand in our area, LMRD is offering space, equipment, and an additional time for players in our community. 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!**



**Day:** Wednesday

**Dates:** October 4- April 24

**Time:**

**Beginner/ Intermediate:** 6:00- 7:30 pm

**Advanced:** 7:30- 9:00 pm

**Location:** LMMS (enter through front doors)

**Season Pass:** \$30 R/ \$50 NR

## **MEN'S BASKETBALL LEAGUE**

This eight week league is for both recreational players and seasoned veterans alike. Captains will register their team online. Game times are determined by the number of teams registered. Schedule and league standings are posted online. Community based teams will be given registration priority. **Min. 4/ Max. 6**

**Registration Deadline:** January 12

**Day:** Mondays

**Dates:** February 12- March 18

**Game Times:** 7:00 & 8:00 pm

**Location:** LMES Gym

**Fee:** \$310 + \$15 Individual player fee per Non-Resident player (up to \$45/ team)

## **Important Adult Athletics Info:**

- 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)**

## **COED 6'S VOLLEYBALL**

LMRD offers an adult volleyball league for ages 16 (parent consent required) years and older. From the highly competitive Power leagues, to the just for fun Rec/ B league, there is something for all skill levels. All games will be refed. Team Captains must register their team online. **Team Fees are to be turned into the Rec Office by December 7th.**

**Registration Deadline:** December 7

**Day:** Wednesdays

**Dates:** January 3- March 20

**Game Locations:** LMES or LMMS Gym

**Game Times:** 6:30, 7:30 or 8:30 pm

**Team Fee:** \$165+ \$15 Individual player fee per Non-Resident player \$45 maximum/ team)





# ADULT ATHLETICS

## OPEN GYMS

### COED PICKLEBALL--OPEN GYM

Pickleball is one of the fastest growing sports in America. It combines elements of tennis, badminton and table tennis. Paddles recommended but not required.

**Day:** Saturdays

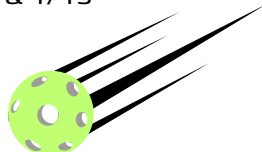
**Dates:** October 7- March 23

**No Open Gym:** 11/25, 12/2, 12/30 & 1/13

**Time:** 7:30- 10:30 am

**Location:** LMMS Gym

**Fee:** FREE!



## GOALTIMATE FRISBEE

### COED ULTIMATE FRISBEE PICKUP GAMES

What is Goaltimate?! Goaltimate 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 Ultimate Frisbee. The First 15 minutes of each week will be instruction, warm-ups and throwing tips. Number of games and breaks determined by players. New teams formed weekly.

**There will be a new player clinic on February 7.** This hour and half clinic will work on throwing, catching, running and the rules of the game. **Online registration for clinic appreciated, but not required.**

**Day:** Wednesdays

**Dates:** February 7- March 20

**Time:** 7:30- 9:00 pm

**Location:** LMHS Lower Gym

**Fee:** FREE!

# YOUTH ATHLETIC-CLUBS

These are NON-RECREATION DEPARTMENT programs. Clubs run in affiliation with Lake Mills High School athletic programs. Contact clubs directly for more information.

### Lake Mills Hoops Club (Basketball)

The purpose of the Lake Mills Hoops Club is to encourage and support the development of the youth players in the Lake Mills School District. Our mission is to help organize, and nurture the skills and passion our young players have for the game of basketball, while providing them with highly competitive opportunities to develop their skills against neighboring communities.

#### Boys Representative

**Phone:** 920.648.2355 x 303

**Email:** [steve.hicklin@lakemills.k12.wi.us](mailto:steve.hicklin@lakemills.k12.wi.us)

#### Girls Representative

**Email:** [alexa.resch1225@gmail.com](mailto:alexa.resch1225@gmail.com)

### Lake Mills Mat Club (Wrestling)

Youth wrestling Club open to all boys and girls grades 5K-8.

#### Website:

<https://www.facebook.com/profile.php?id=100067164133066>

**Email:** [lakemillsmatclub@yahoo.com](mailto:lakemillsmatclub@yahoo.com)

### Lake Mills Youth Baseball Club

The Lake Mills Youth Baseball Club is the official feeder program to the LMHS Baseball program. They offer competitive baseball opportunities for kids in grades 5th-12th.

**Email:** [adam.hosey@lakemills.k12.wi.us](mailto:adam.hosey@lakemills.k12.wi.us)

### Lake Mills Youth Football Program

LMYFB is the beginning of a 6 year program closely aligned with the high school program. We believe that Competition, Discipline, Accountability and Passion are required to reach our goals in life and our program seeks to have athletes put those into practice everyday. In our program 7th and 8th graders practice together and then play separate games on Saturdays. To develop our players it is important to us that all players get game experience and all kids will play. In our commitment to safety all of our coaches are USA Football certified. Along with that we teach Heads Up Football the latest in safe and secure tackling.

#### Website:

<https://sites.google.com/lakemills.k12.wi.us/lcatfootball/youth-football?authuser=0>

**Email:** [tyler.huber@lakemills.k12.wi.us](mailto:tyler.huber@lakemills.k12.wi.us)

## YOUTH ATHLETICS- OPEN GYMS

### YOUTH OPEN GYM

Join your friends for some fun in the gym! During the colder months of the year we will open up the gym for kids and families to stay active inside. Basketballs, footballs, soccer balls, volleyballs and more will be available. Supervision will be provided but parents are welcome to stay. **Family Fun Day is February 18th!!**

**Day:** Sundays

**Dates:** November 5- February 25

**No Open Gym:** 11/26, 12/24, 12/31

**Time:**

**Birth- Kindergarten:** 1:00- 2:00 pm

**Grades 1-8:** 2:00- 3:30 pm

**Location:** LMES Gym

**Fee:** FREE!

### SPONSORED BY:



### FAMILY FUN DAY!!

Fight cabin fever with our annual Family Fun Day! Thanks to community support this event is FREE. We will have plenty of fun activities set up throughout the gym and in the hallway. There will be plenty to do for the whole family!

**Day:** Sunday

**Date:** February 18

**Time:** 1:00- 4:00 pm

**Location:** LMES Gym

**Fee:** FREE

### EVENT SPONSORED BY:



## YOUTH ATHLETICS- BASKETBALL

### BOYS TRAVELING REC BASKETBALL

LMRD traveling basketball program is open to all boys in grades 3-6. Participants will play on a team with other kids in their grade level. Teams will practice here in Lake Mills but will compete against surrounding communities. Parent transportation is required. This program is designed to provide all participants an equal opportunity to participate. Equal playing time is expected through 5th grade, players 6th grade and up are expected to play a minimum of 2 minutes per half. A strong commitment to skill development and work ethic are integral to this program. In addition to league play teams may participate in weekend tournaments beyond the regular season games. All players will return their uniform at the conclusion of the basketball season.

Volunteer Coaches are needed to run this program. Coaches will set the practice schedule. **The volunteer coaches meeting is Wednesday, October 4 at the LMRD Office, 5:30-6:30 pm.**

**Registration Deadline:** September 29

**Grade:** 3-6

**Season Dates:** November- February

**Game Day:** Saturday or Sunday

**Fee:**

**Grade 3:** \$95 R/ \$105 NR

**Grades 4-6:** \$105 R/ \$115 NR



**SCHOLARSHIPS** are available for kids who would like to participate in LMRD sponsored programs. These funds are available to Lake Mills Area School District residents. We encourage those who are in need of financial assistance to contact the Recreation Department for more information.

# YOUTH ATHLETICS- BASKETBALL

## OPTIMIST YOUTH DEVELOPMENT LEAGUE-BASKETBALL

The Youth Development League combines both our Basketball Skills and Drills AND Intro to Basketball Game Play programs into one 8 week program. The YDL program is designed to teach players the skills they need to be a successful basketball player focusing on sportsmanship, technical skills and overall game play.

The first four weeks will consist of skills development and game literacy, while the last 4 weeks will be live games. Participants will be divided up into smaller teams within their league. Additional practice time outside of the regularly scheduled program, will take place during one of the following prescheduled open gyms times chosen by coaches.

Third grade teams will have the opportunity for cross community scrimmages at the end of the program.

5K is a skills program only. There is no time commitment outside of the scheduled Saturday program time.

**Registration Deadline: November 10**

**2023-24 Grades: 5K-3**

**Day: Saturdays**

**Dates: December 2- January 27**

**(No Program 12/30) (No Practice 12/24 or 12/31)**



### YDL-Basketball

Grade	Time	Fee
5K	8:30- 9:00 am	\$35 R/ \$45 NR
1	9:00- 9:45 am	\$55 R/ \$65 NR
2	9:45- 10:30 am	\$55 R/ \$65 NR
3	10:30- 11:30 am	\$55 R/ \$65 NR

**Volunteer coaches are needed to run this program.**

### Prescheduled Practice Times:

Thurs, 5:00- 6:00 pm or  
Thurs, 6:00- 7:00 pm or  
Sun, 3:30- 4:30 pm



### Coaches Meeting:

Wednesday,  
November 15  
5:00-5:30 pm  
LMRD office

## OPTIMIST TRI STAR COMPETITION

It's that time of year again! In this FREE event participants will show off their skills while passing, shooting and dribbling their way through the competition! The top participant in each age bracket will qualify for the State Competition! This competition is run by the Lake Mills Optimist Club.

**Day of registration ONLY, onsite, 10:30- 11:30 am**

**Ages: 7-13 (as of 3/11/2024)\*\***

**\*\*Now open to younger players!**

**Day/ Date: Saturday, January 27**

**Time: Competition starts at 11:30 am.**

**Location: LMES Gym**

**Fee: FREE!**

**Pizza Party Following Competition!**





# YOUTH ATHLETICS- ARCHERY

## NASP ARCHERY

The [National Archery in the Schools Program](#) is an in-school program aimed at improving educational performance among students in grades 4-12. Students learn focus, self-control, discipline, patience and the life lessons required to be successful in the classroom and in life.

### NASP ARCHERY INTRO

Bull's-eye! Nearly everyone can enjoy success in archery. In this program participants will learn how to determine their dominant eye, make a string bow, and the eleven steps to achieving archery success. We will provide Genesis bows and arrows to be used by all students. **FIRST DAY ATTENDANCE IS MANDATORY.**

### NASP ARCHERY CLUB

Archery Club is for our intermediate/ advanced archers! Participants will work independently on improving their skills with unlimited shooting. The instructor will work with each student to help perfect their skills! Get yourself ready for NASP tournaments or hunting. We provide Genesis bows and arrows to be used by all students. **Prerequisite: NASP Archery Intro**

**Grades:** 4-12

**Day:** Sundays

**Dates:**

**Fall Session:** September 24- October 22

**Fall Registration Deadline: September 15**

**Winter Session:** January 21- February 18

**Optional:** Fort Atkinson Tournament, February 24\*

**Winter Registration Deadline: January 12**

**Time:**

**Intro:** 4:00-5:00 pm

**Club:** 5:00-6:00 pm

**Location:** LMMS Gym

**Fee:** \$30 R/ \$40 NR



## S3DA ARCHERY

For the advanced archer that wants to perfect their skills and hunt using your own bow. You may use/purchase your own bow or you may rent one from the DNR. If you need to rent a bow contact Jane @ 920-728-2176. We will use indoor and outdoor 3-D targets.

**Program fee does NOT include the \$25 S3DA membership fee or any tournament entry fees.**

**Registration Deadline: December 29**

**Ages:** 9-18 years (as of January 1, 2024)

**Day:** Sundays

**Dates:** January 7- February 11

**Time:**

**Ages 9-11:** 6:00- 6:30 pm

**Ages 12-18:** 6:30- 7:00 pm

**Location:** LMMS Gym

**Fee:** \$30 R/ \$40 NR



## YOUTH ATHLETICS- DANCE

### **FALL YOUTH DANCE CLINIC**

This clinic will be led by Dance Coach Kim Hegeman. All dancers will learn a pom-pom routine. Participants will get to show their skills during half time of the LMHS Varsity Football game. Participants should wear comfortable clothes and dance or tennis shoes, as well as bring a water bottle for drink breaks. No one will be allowed to dance in socks or wet shoes. Program includes a t-shirt and instruction. **Min. 15/ Max. 35**

**Registration Deadline: August 25**

**2023-24 Grades: 1-8**

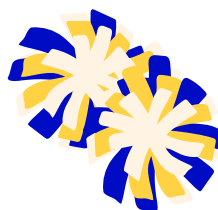
**Clinic Day/ Date: Saturday, September 9**

**Clinic Time: 1:00- 3:30 pm**

**Clinic Location: LMHS Upper Gym**

**Performance Day/ Date: Friday, September 15**

**Fee: \$35 R/ \$45 NR**



### **HIP HOP DANCE CLINIC**

This clinic will be led by Dance Coach Kim Hegeman. All dancers will learn a hip hop routine. Participants will get to show their skills during halftime at a LMHS Varsity Basketball game. Participants should wear comfortable clothes and dance or tennis shoes. Bring water or Gatorade for drink breaks. No one will be allowed to dance in wet shoes or socks. Program includes a t-shirt and instruction. **Min. 15/ Max. 35**

**Registration Deadline: January 12**

**2023-24 Grades: 1-8**

**Clinic Day/ Date: Saturday, January 27**

**Clinic Time: 1:00- 3:30 pm**

**Clinic Location: LMHS Upper Gym**

**Performance Day/ Date: Tuesday, January 30**

**Fee: \$35 R/ \$45 NR**

## YOUTH ATHLETICS- GYMNASTICS

### **GYMNASTICS & TUMBLING**

The gymnastics and tumbling program is ideal for your first timer to the intermediate gymnast. During this program participants will utilize equipment like the vault, low/high beams, uneven bars, parallel bars, and others. Participants will work on balance, strength and coordination while having tons of fun! **Min. 15/ Max. 32**

**Registration Deadline: February 9**

**2023-24 Grades: 4K-5**

**Day: Saturdays**

**Dates: February 24- March 23**

**Time:**

**Grades 3-5: 8:00- 9:00 am**

**Grade 4K: 9:00- 9:45 am**

**Grade 5K: 9:45- 10:30 am**

**Grade 1: 10:30- 11:30 am**

**Grade 2: 11:30 am- 12:30 pm**

**Location: LMHS Lower Gym**

**Fee: \$36 R/ \$46 NR**



### **TAKE NOTE OF REGISTRATION DEADLINES!!!**

Please register in advance of the deadline. LMRD reserves the right to cancel programs due to lack of registrations by registration deadline!

# YOUTH ATHLETICS- VOLLEYBALL

## **MEDAL LEAGUE GIRLS VOLLEYBALL**

The Medal Volleyball League is open to all girls 5th through 8th grade. This league is designed to help develop strong confident volleyball players. The serving line and net height have been altered to help give players a higher chance to succeed. Participants will play against teams from surrounding communities. Volunteer coaches will set practice schedules. League T-shirt included.

**Registration Deadline: January 5**

**2023-24 Grades: 5-8**

**Game Day: Sundays**

**Game Dates:**

**Grades 6-8:** February 25- March 24

**Grade 5:** March 3- March 24

**Time:** Tournaments are from 12:30- 3:30 pm

**Fee:**

**Grades 6-8:** \$35 R/ \$45 NR

**Grade 5:** \$30 R/ \$40 NR

**Volunteer Coaches are needed to run this program.** We will host **one mass practice & coaches meeting** on Friday, January 26 in the Lake Mills Middle School Gym from 5:00- 6:15 pm.

## **VOLLEYBALL SKILLS**

Your child will love this introduction to the game! In this class, participants will go over the proper techniques to SET them up for success. This program will cover passing, setting, hitting and footwork skills. Participants will receive a take away item. **Min. 15/ Max. 30**

**Registration Deadline: February 16**

**2023-24 Grades: 3-4**

**Game Day: Sundays**

**Dates:** February 25- March 24

**Time:** 4:00- 5:00 pm

**Location:** LMMS Gym

**Fee:** \$30 R/ \$40 NR

# TOT ATHLETICS

## **INTRO TO SOCCER**

This class will be a parent child class, designed to introduce your tot to the basics of soccer. We will use age appropriate drills to teach your child while promoting a fun environment with zero pressure of competition. Parents will work side by side with their children to teach them the basics of trapping, kicking, dribbling, and passing. We will provide the equipment, just wear athletic shoes. **Min. 6/ Max. 12**

**Registration Deadline: September 1**

**Age (by start of program): 2 & 3 years old**

**Day:** Monday

**Dates:** September 11- October 2

**Time:**

5:00- 5:30 pm **OR** 5:30- 6:00 pm

**Location:** LMES Green Space

(Inclement Weather Location: LMES Gym)

**Fee:** \$25 R/ \$35 NR

## **TINY TUMBLERS- TOT GYMNASTICS**

Have fun with your child teaching them the basics of gymnastics and tumbling. Through the various tumbling and gymnastics exercises your child will learn body control, balance, and much more. **This is an adult child class, spotting and assisting your tiny tumbler is required. Min. 6/ Max. 15**

**Registration Deadline: February 9**

**Age (by 2/23/24): 3 & 4 years old**

**Day:** Fridays

**Dates:** February 23- March 15

**Time:** 6:00-6:45 pm

**Location:** LMHS Lower Gym

**Fee:** \$28 R/ \$38 NR





# YOUTH ATHLETICS- SNOW & ICE

## LEARN TO SKATE

In this introductory program, skaters will learn skating safety and a variety of basic skating skills and techniques such as falling/ getting back up, skating forwards & backwards, stopping, turning and much more. **Participants are required to bring their own skates (sharpened) and are required to wear a helmet**- no exceptions. Participants should wear waterproof gloves and dress in layers, snow pants NOT recommended. Hockey sticks are optional. **Min. 10/Max. 24**

**NEW APPROVAL REGISTRATION**--All registrations will be placed into an approval que on a first come, first serve basis. Upon determining program dates, registrations will be approved & payments will be rendered.

**Registration Deadline: TBD**

**2023-24 Grades: 5K-5**

**Day: Saturday & Sunday**

**Date: January/February--TBD\*\***

**\*\*Exact date to be determined based off weather & rink conditions.**

**Time: 1:30-3:00 pm**

**Location: Sandy Beach Ice Rink**

**Fee: \$30 R/ \$40 NR**



## HAVE AN IDEA FOR A PROGRAM?

Contact the Recreation Department and give us your ideas!! LMRD is always looking for new programming ideas at ALL ages!

Call us at (920) 648-8035

## SKI CLUB

Ski Club is open to all students' grades 5th through 12th. The four dates listed below are confirmed. Online waiver must be complete prior to the trip date-NO EXCEPTIONS. Please arrive at the school 15 minutes before we depart. Students are responsible for all money or possessions they bring on this trip. Lockers are available for rent on site, quarters are required. **Meal vouchers will no longer be included**. It is recommended that participants bring \$20-\$25 for food/snack or drinks. **Lessons are not available**.

**Chaperone Information:** Adult Chaperones are needed to make this program safe. Each trip requires three to four chaperones. All skiing/snowboarding chaperones will receive a free lift ticket and rental if needed. Chaperones will receive more information on their duties and responsibilities prior to the trip date.

**Minimum of 25 participants are needed to run each trip.**

**IMPORTANT:** All Registration deadlines are FINAL.  
**No exceptions.**

**2023-24 Grades: 5-12**

**Date/ Location/ Deadline:**

Friday, January, 5; Devil's Head; **Deadline: 1/3**

Friday, January 19; Tyrol Basin; **Deadline: 1/17**

Friday, February 2; Devils Head; **Deadline: 1/31**

**Monday February, 19; Tyrol Basin; Deadline: 2/15\*\***

**\*\*Non-School Day Trip runs 9:00 am- 5:00 pm**

**Time: 4:00- 11:00 pm**

Meet in LMHS Lobby 15 minutes prior to departure

**Fee:**

**Tyrol Basin:**

**Lift Ticket ONLY:** \$60 R/ \$70 NR

**Lift Ticket & Equipment Rental:** \$85 R/ \$95 NR

**Devil's Head Ski Resort:**

**Lift Ticket ONLY:** \$50 R/ \$60 NR

**Lift Ticket & Equipment Rental:** \$75 R/ \$ 85 NR

# SPECIAL EVENTS

## **GLOW THROW** **FAMILY FUN EVENT**

Enjoy the fun of disc golf with a glowing twist during LMRD's annual Glow Throw event! Glow sticks will line the disc baskets for this special after hours family fun event. Participants should bring a flashlight and a disc. There will be a limited amount of discs available for use. Each participant will receive glow sticks and a LED disc light to keep.

**Registration Deadline: October 11**

**Day/Date:** Friday, October 13

**Time:** 7:00 pm

**Location:** Lake Mills Community Disc Course

**Fee:** \$5/ registrant

## **RECREATIONAL TOURNAMENT**

Join us for our Annual Glow Throw Tournament event. Glow sticks will line disc baskets for this special after hours tournament in the park. Participants should grab their flashlight and glow in the dark discs--LED disc lights will be provided to keep. Prizes will be given to the top two finishers. Check in at 7:25 pm.

**Registration Deadline: October 11**

**Day/Date:** Friday, October 13

**Start Time:** 7:30 pm

**Location:** Lake Mills Disc Course

**Fee:** \$10/ registrant

**Event Sponsored By:**  
Farmers & Merchants  
State Bank

**Course Sponsored By:**  
Bank of Lake Mills



## **KNICKERBOCKER FESTIVAL**

### **CANDLELIGHT SNOWSHOE HIKE**

Enjoy snowshoeing in a whole new light! After your hike, relax next to the fire pit! Adult and youth size snowshoes will be provided by the Lake Mills Recreation Department free of charge, first come first serve. This event is a partnership between the Lake Mills Wellness Coalition, Fort HealthCare, and the Lake Mills Recreation Department.

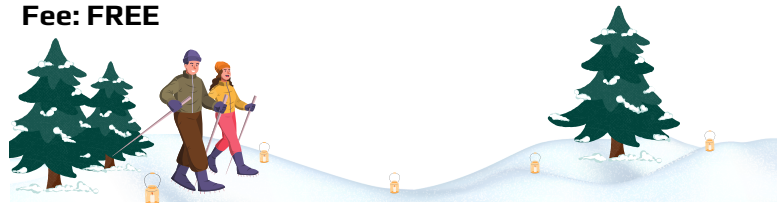
**Day:** Friday

**Date:** February 2

**Time:** 6:00- 7:30 pm

**Location:** Korth County Park

**Fee:** FREE



### **FAMILY GAMES IN THE PARK**

Have some family fun in Commons Park during the 2023 Knickerbocker Ice Festival! We are bringing back all of your favorites like the Snowball Eating Contest, the IditarDad race and the world famous Frozen Fish Toss. This event is a collaboration between the Lake Mills Recreation Department and the Lake Mills Wellness Coalition.

**Day:** Saturday

**Date:** February 3

**Time:** 1:00- 2:30 pm

**Location:** Commons Park

**Fee:** FREE

## CLUB 55-SENIOR CENTER

Under the Direction of Lake Mills Recreation Department

### CLUB 55 SENIOR CENTER MISSION STATEMENT :

Club 55 serves the community as a gathering place for adults to provide engaging activities and programs that support healthy living and independence.

**Days:** Monday- Thursday

**Hours:** 10:00 am- 3:00 pm

**Location:**

Rock Lake Activity Center,  
229 Fremont Street, Lake Mills, WI

**Daily  
Activities!**

**Club 55 Senior Center Phone:**

920.728.2176

**Website:** [lakemillsseniorcenter.org](http://lakemillsseniorcenter.org)

**Senior Center Supervisor:** Jane Riedl

**Email:** [jane.riedl@lakemills.k12.wi.us](mailto:jane.riedl@lakemills.k12.wi.us)

## W.A.S.C. ACCREDITED!

This year we are especially excited as we received our Wisconsin Association of Senior Center (WASC) official accreditation that we have been working toward for two years. Representatives from WASC were here to present a plaque of recognition. We had many seniors share in our celebration of dedication to serving the needs of older adults in our community.



TO RECEIVE E-MAIL BLASTS OF WHAT'S GOING ON AT CLUB 55-SENIOR CENTER, CLICK [HERE!](#)

## EQUIPMENT RENTALS

### SNOWSHOES

Did you know, LMRD has snowshoes available for the whole family to rent?! We have both Adult XL/L & S/M, as well as youth sizes! **A \$25 (refundable) security deposit is required at time of rental.**

Rental Type	Daily (24 hours)	Weekend (Fri.- Mon.)
Adult	\$5	\$8
Youth	\$3	\$5



### DISC GOLF

Got discs? Disc Golf rentals are available at the Recreation Department Office. Each 24 hour rental comes with 3 discs and a carrying case. Call our office for availability 920.648.8035.

**Rental Fee:** \$3 (24 hour rental)

**Disc Rentals FREE on Wednesdays!!!!**

## LM COMMUNITY DISC GOLF COURSE

### DISC GOLF

The Lake Mills Disc Golf course is a 9 hole (par 3-4) disc golf course, great for all ages and experience levels! The course is open all year round. **Disc golf course is located on School District property and therefore drinking, tobacco, drugs and firearms are prohibited.**

**Location:** Corner of E. Lake Park Place & Pinnacle Drive

**Have you noticed our new look?  
Thanks to a generous donation from the Bank of Lake Mills we upgraded all 9 of our baskets!**





# 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, Lendegary 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](mailto: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>

# THANK YOU 2023-24 SPONSORS!!!

2023-24 Sponsorship opportunities are still available!! If you are interested in sponsoring a LMRD program, please contact Ben Dayton at 920.648.8035 or [ben.dayton@lakemills.k12.wi.us](mailto:ben.dayton@lakemills.k12.wi.us)

## Disc Golf Course

- Badger Truck
- Bank of Lake Mills
- Levake Soil Testing
- Farmers & Merchants State Bank
- Russ's Painting

## Glow Throw

- Farmers & Merchants State Bank

## Youth Open Gym:

- Dental Associates of Lake Mills
- Farmers & Merchants State Bank
- Fort HealthCare

## Family Fun Day:

- Badger Trucking
- Bank of Lake Mills
- Farmers & Merchants State Bank
- Fort HealthCare

## Little League Jerseys

(Three Year Term)

- Bank of Lake Mills
- Doyle's Dogs
- Farmers & Merchants State Bank

## Club 55 Senior Center

### **Trips:**

- Bank of Lake Mills
- Farmers & Merchants State Bank
- Fort HealthCare

### **Luncheons:**

- Rainbow Hospice Care
- Lake Mills Veterinary Clinic

### **Bingo:**

- Eggert Law LLP
- Drehm Insurance
- Farmers & Merchants State Bank
- Neuberger, Griggs, Sweet & Froehl LLP
- Rainbow Hospice Care
- Rock Lake Activity Center

## Flashlight Egg Hunt

- Bank of Lake Mills
- Farmers & Merchants State Bank

## Coach Pitch League

- Farmers & Merchants State Bank

## Youth Soccer

- Aaron Genthe Edward Jones
- Badger Chevy
- Countryside Jewelry
- Crystal Farms
- Dance Studio 3-D
- Dog Guard
- Doyle's Dogs
- Eggert Law LLP
- Farmers & Merchants State Bank
- Kuhl Property Maintenance
- Lake Mills Cleaners & Dyers
- Lake Mills Dental Associates
- Legendary Lake Mills
- Neuberger, Griggs, Sweet & Froehl LLP
- Optimal Physical Therapy
- Optimal Stretch & Recovery
- Re/Max Community Realty
- Russ's Painting
- Timber Creek Pizza Co.
- Tracy's Photography
- Tutor Doctor
- Steven J Fahsel, DDS
- Summit Credit Union

## T-ball League

- Dog Guard



322B N. Main Street  
Lake Mills, WI 53551  
920.648.8035

To register visit: <https://lakemills.cr3.rschooldtoday.com/public/home/>