

FALL 2023



Dear Fond Du Lac School District and Community Residents,

We are excited to announce that in August 2023, as part of the Fond du Lac School District (FDL-SD) rebranding strategy, our department name will now be the **FDL-SD Community Education and Recreation Department**.



This name change emphasizes the fact our department provides more to the Fond du Lac Community than just recreational leagues and sports. Our early childhood, youth, and adult enrichment activities provide lifelong learning opportunities for the entire community. This change will put us in a better position to increase opportunities for participants and build stronger community partnerships that will support the District's strategic pillars to improve student achievement, safety, employee engagement, and build a collaborative culture.

Overall, we could not be more excited about becoming the FDL-SD Community Education and Recreation Department. Along with the name change you will also see our new logos and color schemes, aligned to the overall District brand, focusing on increasing community awareness of our identity and role supporting lifelong learning and activity in the Fond du Lac School District Community.

Please take the time to review our Fall Activity Guide. It contains valuable information regarding the events and activities offered by the FDL-SD Community Education and Recreation Department this fall.

The FDL-SD Community Education and Recreation Department main office is located in the FDL-SD Administrative Center, 72 W. 9th St. Feel free to visit us in our new office space if we can assist you in any way.

Sincerely,

Bill Greymont
FDL-SD Community Education and Recreation Department
Coordinator

Little Sports: Ages 4 - 6

These introductory classes will teach fundamentals of each sport. These fundamentals include things like, passing, catching, ball handling, and teamwork. The classes will work on skill development, sportsmanship, and coordination in a fun, noncompetitive environment. *Please note - Participants must be 4 years old by the first day of class. Location: Woodworth Cafeteria

Activity Code	Class	Age(s)	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2324-209	Jr. Flag Football	4 - 6	Sept 21 - Oct 12	Thurs	5:30 - 6:15pm	\$22	12/20
2324-229	Little Dribblers Basketball	4 - 6	Nov 2 - 30 (No class Nov 23)	Thurs	5:15 - 6:00pm	\$22	12/20
2324-230	Little Dribblers Basketball	4 - 6	Nov 2 - 30 (No class Nov 23)	Thurs	6:15 - 7:00pm	\$22	12/20

Wiggles & Giggles: Ages 2 - 4

Children will develop and improve motor skills, balance, coordination, and flexibility through activities that make them wiggle and giggle. Children will also grow socially and confidently while having fun and making new friends. The class includes group parachute games, dancing, singing, and so much more.

Location: Old Rec Dept Classroom (85 Morningside Dr.)



Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2324-213	2 - 4	Oct 9 - 30	Mon	5:30 - 6:15pm	\$22	8/15

The Wheels are Turning: Ages 2 - 4

The world moves fast. Come and learn all about planes, trains, and automobiles in this fun class! Class will include arts and crafts, stories, and sensory play all centered around things that move.

Location: Old Rec Dept Classroom (85 Morningside Dr.)

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2324-231	2 - 4	Nov 6 - 27	Mon	5:30 - 6:15pm	\$22	8/15

'Twas the Night before Christmas: Ages 2 - 4

Explore the magic of Christmas! Children will participate in activities all based on Christmas. Class will include art and craft projects, stories, large motor skills, and so much more! Location: Old Rec Dept Classroom (85 Morningside Dr.)



Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2324-244	2 - 4	Dec 4 - 18	Mon	5:30 - 6:15pm	\$16	8/15

Don't miss these opportunities to represent your school and grade in these recreation sport leagues. Games/matches will take place on the days listed below and practices at the coach's discretion. Students will receive league registration information from their schools. Please return all registration information to your school's athletic coordinator. All participants must have a signed concussion and sudden cardiac arrest form turned into their school. Interested in coaching a team? Please let your school's athletic coordinator know right away!



Co-Ed Kickball: Grades 3 - 5

Sept 21 - Oct 17

Tues & Thurs

Times: 4:00, 4:45, & 5:30^{pm}

Location: McDermott Park

Co-Ed Volleyball: Grades 4 & 5

Sept 20 - Oct 18

Mon & Wed

Times: 4:15, 5:00, & 5:45^{pm}

Locations: Elementary Schools - TBD



Basketball

Gr. 4 & 5

Boys' Season: Nov 15 - Dec 18
(no games Nov 22)

Girls' Season: Jan 17 - Feb 19, 2024
(no games Jan 22)

Mon & Wed

Times: 5:30, 6:20, or 7:10^{pm}

Location: Elementary Schools -
To Be Determined

Details will be sent home through the schools
before each season.

Middle School

Boys' Season: Nov 7 - Dec 19

Girls' Season: Jan 11 - Feb 20, 2024

Tues & Thurs

Times: 5:30, 6:20, or 7:10^{pm}

Location: Woodworth, Sabish,
Theisen, or Riverside

Students interested in playing should contact the
Athletic Coordinator at their school.

- Schedule may change based on facility availability
- Details will be sent home through schools and available on our website: www.fdlrecdept.com
- Permission slips must be returned to your school's athletic coordinator
- Fees vary by school, please check with your school/coaches

Hometown Hockey: Gr. 4 - 6

The FDL-SD Community Education and Recreation Department in conjunction with the Fond du Lac Blue Line Hockey Club, will be hosting Hometown Hockey. Hometown Hockey is a recreational hockey program for kids between the grades of 4 and 6. First session will include a learn to skate class; remaining sessions will be 3 on 3 games with no goalies. All sessions will be held on Rink C at Blue Line. Equipment is provided. **Location: FDL Blue Line - 550 Fond du Lac Ave**



Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost
2324-202	Gr. 4 - 6	Sept 26 - Oct 31	Tues Thurs	6:00 - 6:45 ^{pm} 6:45 - 7:30 ^{pm}	\$10 <small>Includes equipment rental</small>

Girls' Fall Basketball Clinic: Gr. 3 - 8

Join the Girls Basketball Team in a 4-week clinic that will focus on developing a love of basketball through basic skill drills and game play to emphasize skills (Gr. 3 - 5), as well as enhancing skill development into finishing, shooting, and applying those skills to small-sided game play (Gr. 6- 8). **Location: Fond du Lac High School**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost
2324-217	Gr. 3 - 5	Oct 14 - Nov 4	Sat	8:30 - 9:30 ^{am}	\$35
2324-218	Gr. 6 - 8	Oct 14 - Nov 4	Sat	9:45 - 11:15 ^{am}	\$40

Boys' Fall Basketball Clinic: Gr. 3 - 8

Camp is designed to help young players in the community grow both their love for the game of basketball and improve their fundamental skills. Camp will include pivoting, dribbling, passing, and shooting. These skills will be taught through drills, individual and team games. Camp is led by coach Nick Ford and FHS Varsity Boys. **Location: Fond du Lac High School**



Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost
2324-223	Gr. 3 - 5	Oct 21 - Nov 11	Sat	12:00 - 1:30 ^{pm}	\$40
2324-224	Gr. 6 - 8	Oct 21 - Nov 11	Sat	1:30 - 3:00 ^{pm}	\$40

Cardinal Volleyball Clinic: Gr. 4 - 8

Join the Cardinal Girls' Volleyball team for a clinic that will improve your volleyball skills and fundamentals through drills, techniques, and games in a fun and recreational setting. This camp will be led by Coach Emily Riese and FHS Varsity Girls Volleyball players.

Location: FdL High School Fieldhouse



Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost
2324-219	Gr. 4 & 5	Oct. 15	Sun	1:00 - 2:30 ^{pm}	\$22
2324-220	Gr. 6 - 8	Oct. 15	Sun	2:30 - 4:00 ^{pm}	\$22

Cardinal Skippers Clinic: Gr. 1 - 12

Here's your opportunity to find out what the Cardinal Skippers Jump Rope Team is all about! Current Cardinal Skippers and past jumpers will teach participants some start up skips, jumps, and turns to introduce them to the Skippers program. Registration includes a jump rope. The skippers are excited to share their passion for the sport of Jump Rope! For more information, please contact Coach Ennis at ennisj@fonddulac.k12.wi.us Location: Riverside Elementary Gym

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost
2324-235	Gr. 1 - 12	Nov 11	Sat	9:00 ^{am} - 12:00 ^{pm}	\$25 by Oct 30 \$30 after Oct 30

"Home Alone" Babysitting Class: Ages 10 - 15

Babysitting can be a fun, rewarding, and some times challenging experience. This class will provide information on preparing yourself to babysit, dealing with children, parent rules and expectations, discipline, safety, first aid, and how to deal with emergencies should they arise. The class will cover basic first aid, choking, and CPR. Students will receive an American Heart - CPR/AED certification upon completion of the course. Please bring a bag lunch with you to class. Location: Old Rec Dept Classroom (85 Morningside Dr.)



Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2324-227	10 - 15	Oct 27	Fri	8:00 ^{am} - 4:00 ^{pm}	\$70	15/20

Christmas Cookies: Ages 6 - 12

Get in the spirit of the season by decorating Christmas cookies! We will provide the cookies, you provide the creativity for the decorating! Let your creativity run wild as we decorate Christmas trees, candy canes, ornaments, stockings, snowflakes, and more! All participants will receive 15 cookies that they will decorate and a Christmas Cookie tin to take home. Location: Old Rec Dept Classroom (85 Morningside Dr.)

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2324-247	6 - 12	Dec 9	Sat	10:00 - 11:15 ^{am}	\$25	8/20

Youth Craft Nights: Ages 7 - 15

Join the FDL-SD Community Education & Recreation Department for these instructor led classes, each featuring a unique craft to make and take home at the end of class! Sample pictures will be posted on our Facebook page - Fond du Lac School District Recreation Department. **Location: Old Rec Dept Classroom (85 Morningside Dr.)**

Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2324-199	7 - 11	Pumpkins	Sept 5	Tues	4:00 - 5:00 ^{pm}	\$5	6/15
2324-203	11 - 15	Pumpkins	Sept 12	Tues	4:00 - 5:00 ^{pm}	\$5	6/15
2324-208	7 - 11	Pumpkins	Sept 19	Tues	4:00 - 5:00 ^{pm}	\$5	6/15
2324-211	7 - 11	Ghosts	Oct 3	Tues	4:00 - 5:00 ^{pm}	\$5	6/15
2324-214	11 - 15	Ghosts	Oct 10	Tues	4:00 - 5:00 ^{pm}	\$5	6/15
2324-233	7 - 11	Reindeer	Nov 7	Tues	4:00 - 5:00 ^{pm}	\$5	6/15
2324-237	11 - 15	Reindeer	Nov 14	Tues	4:00 - 5:00 ^{pm}	\$5	6/15
2324-245	7 - 11	Ornaments	Dec 5	Tues	4:00 - 5:00 ^{pm}	\$5	6/15
2324-252	11 - 15	Ornaments	Dec 19	Tues	4:00 - 5:00 ^{pm}	\$5	6/15

A Year of Gnomes: Ages 7 - 15

Each month we will make a unique gnome for you to take home at the end of class. Some will have a theme for the following month and some are just for fun! Sample pictures will be posted on our Facebook page - Fond du Lac School District Recreation Department.

Location: Old Rec Dept Classroom (85 Morningside Dr.)



Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2324-210	7 - 15	Halloween Gnome	Sept 27	Wed	4:00 - 5:00 ^{pm}	\$5	6/15
2324-225	7 - 15	Holiday Gnome	Oct 24	Tues	4:00 - 5:00 ^{pm}	\$5	6/15
2324-241	7 - 15	Paintbrush Gnome	Nov 21	Tues	4:00 - 5:00 ^{pm}	\$5	6/15
2324-243	7 - 15	Paintbrush Gnome	Nov 28	Tues	4:00 - 5:00 ^{pm}	\$5	6/15
2324-248	7 - 15	Monster Gnome	Dec 12	Tues	4:00 - 5:00 ^{pm}	\$5	6/15
2324-250	7 - 15	Monster Gnome	Dec 13	Wed	4:00 - 5:00 ^{pm}	\$5	6/15

Zumba Cardio & Toning: Ages 16+

Zumba - Let it move you! There are a lot of ways to lose weight and get in shape, some are just more fun! Join the ultimate dance-fitness party that beats a boring old workout any day. Some benefits of Zumba workouts include combining all elements of fitness - cardio, muscle, conditioning, balance and flexibility, boosted energy, and a serious dose of awesome each time you leave class. Bring everything including your smile and let the music free your body. Zumba is the ultimate dance-fitness party that will groove you into shape. Participants should bring 1-3 lbs. weights.

Location: Woodworth Cafeteria

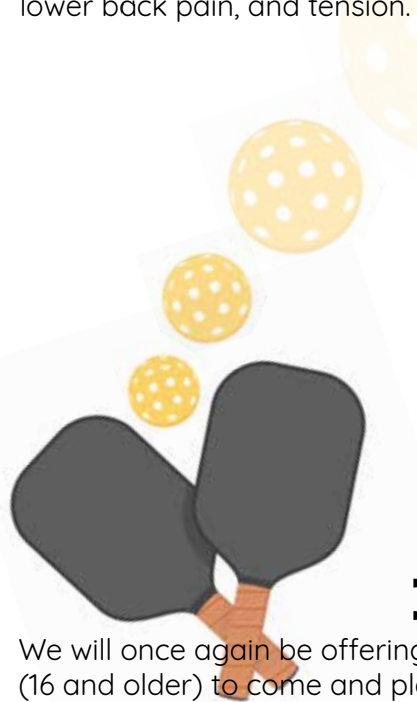


Activity Code	Day(s)	Date(s)	Time(s)	Instructor	Cost (R/NR)
2324-204	Tue	Sept 12 - Oct 24	5:30 - 6:30 ^{pm}	Kirsten Quam	\$50/\$55
2324-232	Tue	Nov 7 - Dec 19	5:30 - 6:30 ^{pm}	Kirsten Quam	\$50/\$55

Yoga: Ages 16+

This Yoga class designed to improve the health, performance, and mental acuity of individuals interested in improving their level of fitness. Based on the ancient fitness science of hatha yoga, it blends balance, strength, flexibility, and power in a fitness format. Yoga overcomes the mystery by delivering a practical, user-friendly style, which is accessible, understandable, and doable by individuals at any level of fitness; reducing the risk of injury and augments recovery for ailments including stress, lower back pain, and tension. Location: Old Rec Dept Classroom (85 Morningside Dr.)

Activity Code	Day(s)	Date(s)	Time(s)	Instructor	Cost (R/NR)
2324-206	Thurs	Sept 14 - Oct 26	5:30 - 6:30 ^{pm}	Tammy Vermeulen	\$45/\$50
2324-228	Thurs	Nov 2 - Dec 21 <small>(no class Nov 23)</small>	5:30 - 6:30 ^{pm}	Tammy Vermeulen	\$45/\$50



Indoor Pickleball: Ages 16+

We will once again be offering indoor pickleball! We will have three indoor courts available for adults (16 and older) to come and play. Reservations are not required, just show up and play. Time limits will apply. Nets are provided. Please bring one indoor pickleball to your first session. No locker rooms are available. Beginners welcome! Instruction available 4:30 - 5:30pm.

Location: Riverside North Balcony

Age(s)	Date(s)	Day(s)	Time(s)	Cost
16+	Nov 1 - Mar 6	Mon & Wed	4:30 - 7:30 ^{pm}	FREE

Womens' Volleyball League Ages 18+

Wednesdays: Oct 18 - Mar 6, 2024

Sponsor Fee: \$125.00
Team Fee: \$160.00

Riverside Gym

6:00, 6:45, 7:30, & 8:00^{pm} game times

Mens' Basketball League Ages 16+

Mondays: Nov 20 - Mar 18

10 game schedule
\$300.00 per team

Riverside Gym

6:00, 7:00, 8:00, & 9:00^{pm} game times

Check Rec. Dept. website for additional league information.
FdL Recreation Department reserves the right to change or adjust any and all leagues.

Freezer Meals: Ages 18+

If you are tired of stressing over the question, "What's for dinner?" or often find yourself without a meal plan, then this freezer meal class is for you! Freezer meals make dinner so much easier as well as healthy and delicious! The instructor will provide the ingredients necessary for the freezer bag, as well as necessary supplies such as bags, labels, and recipes. The veggies and canned goods will be pre-washed and pre-cut per recipe requirements for your convenience. Participants will assemble their bags which involves reading recipes and measuring ingredients with the assistance of the instructor. No cutting or cleaning up required! Meals average 4-6 servings and \$3 per serving. Three classes to choose from. Take one or take them all - different recipes will be prepped at each class.

Location: Old Rec Dept Classroom (85 Morningside Dr.)

Participants will provide their own meat protein for each meal, as well as any ingredients needed on the cook day. Cook day ingredients are not frozen in the bag - such as cooking oil, noodles, or cheese. These items do not need to be brought to class.



Hearty Bowls
<i>Lasagna Soup, Chicken & Wild Rice Soup, Creamy Vegetable Stew, Minestrone</i>
Freezer Fiesta
<i>Ranch Chicken Chili, Taco Soup, Cabos Lime Chicken, Sweet & Tangy Street Tacos</i>
Cozy Crockpot
<i>Mediterranean Chicken, Creamy Sausage Tortellini Soup, Primavera Meat Lasagna, Cookoff Chili</i>

Activity Code	Class	Day(s)	Date(s)	Time(s)	Cost (R/NR)
2324-201	Hearty Bowls	Wed	Sept 13	6:00 - 7:00 ^{pm}	\$50/\$55
2324-216	Freezer Fiesta	Wed	Oct 11	6:00 - 7:00 ^{pm}	\$50/\$55
2324-239	Cozy Crockpot	Wed	Nov 15	6:00 - 7:00 ^{pm}	\$50/\$55

Adult Craft Nights: Ages 16+

Join the FDL-SD Community Education & Recreation Department for these instructor led classes each featuring a unique craft to make and take home at the end of class! Sample pictures will be posted on our Facebook page – Fond du Lac School District Recreation Department. **Location: Old Rec Dept Classroom (85 Morningside Dr.)**

Class full? Add your name to the waitlist and we will look into adding more classes. If you are interested in doing the craft but are unable to make the class, call the Rec. Dept. to purchase a craft kit to take home and do yourself!

Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2324-200	16+	Fall Wreath	Sept 5	Tues	7:00 - 8:30 ^{pm}	\$5	8/20
2324-207	16+	Pumpkins	Sept 19	Tues	7:00 - 8:30 ^{pm}	\$5	8/20
2324-212	16+	Halloween Candles	Oct 3	Tues	5:30 - 6:45 ^{pm}	\$5	8/20
2324-215	16+	String Pumpkin or Ghost Garland	Oct 10	Tues	5:30 - 6:45 ^{pm}	\$5	8/20
2324-234	16+	Christmas Trees	Nov 7	Tues	5:30 - 6:45 ^{pm}	\$5	8/20
2324-238	16+	Holiday Garland	Nov 14	Tues	5:30 - 6:45 ^{pm}	\$5	8/20
2324-246	16+	Holiday Candle & Decoupage	Dec 5	Tues	5:30 - 6:45 ^{pm}	\$5	8/20
2324-253	16+	Ornaments	Dec 19	Tues	5:30 - 6:45 ^{pm}	\$5	8/20

A Year of Gnomes: Ages 16+

Each month we will make a unique gnome for you to take home at the end of class. Some will have a theme for the following month and some are just for fun! Sample pictures will be posted on our Facebook page – Fond du Lac School District Recreation Department. **Location: Old Rec Dept Classroom (85 Morningside Dr.)**

Class full? Add your name to the waitlist and we will look into adding more classes. If you are interested in doing the craft but are unable to make the class, call the Rec. Dept. to purchase a craft kit to take home and do yourself!

Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2324-205	16+	Halloween Gnome	Sept 12	Tues	7:00 - 8:30 ^{pm}	\$5	8/20
2324-222	16+	Holiday Gnome	Oct 17	Tues	5:30 - 6:45 ^{pm}	\$5	8/20
2324-226	16+	Holiday Gnome	Oct 24	Tues	5:30 - 6:45 ^{pm}	\$5	8/20
2324-240	16+	Board Gnome	Nov 21	Tues	5:30 - 6:45 ^{pm}	\$5	8/20
2324-242	16+	Board Gnome	Nov 28	Tues	5:30 - 6:45 ^{pm}	\$5	8/20
2324-249	16+	Succulent Gnome	Dec 12	Tues	5:30 - 6:45 ^{pm}	\$5	8/20
2324-251	16+	Succulent Gnome	Dec 13	Wed	5:30 - 6:45 ^{pm}	\$5	8/20

Hours of Operation

September 5 - December 31

Mon - Thurs 6:00 ^{am} - 11:00 ^{am} 4:00 - 6:30 ^{pm}	Fri 6:00 ^{am} - 11:00 ^{am}	Sat 8:00 ^{am} - 12:00 ^{pm}
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Aquatic Center closes from 11:00^{am} - 4:00^{pm}, Monday - Thursday



WATER WELLNESS



\$3.75/class

Punch Cards Available for all Water Wellness Classes
10 Classes: \$35 • 20 Classes: \$60



<p><u>Low Impact Aerobics</u> This is a 45 minute workout in the large pool that includes a warm-up, aerobic activity, toning and a cool down.</p>	<p>Tue & Thur 8:00 - 8:45^{am}</p>	
<p><u>Moderate-High Impact Aerobics</u> This class is a 45 minute workout that includes a warm-up, 20-30 minutes of aerobic activity, toning and a cool down.</p>	<p>Wed & Fri 8:00 - 8:45^{am}</p>	<p>Moderate: Tue & Thur 9:00 - 10:00^{am}</p>
<p><u>DEEP</u> - [Deep End Exercise Program] Flotation belts provide buoyancy, eliminating stress on the joints. This class includes cardiovascular conditioning and toning.</p>		<p>Tue & Thur 6:00 - 6:45^{pm}</p>
<p><u>Joint Efforts</u> A series of range-of-motion exercises done in the small pool heated to 89 degrees. The pool depth ranges from 1.5 ft to 4 ft.</p>	<p>Mon - Thurs 10:00 - 10:45^{am}</p>	
<p><u>Water Yoga</u> Improve balance and great for stretching. Experience the benefits of the 89 degree water at the FDL Community Aquatic Center.</p>	<p>Mon & Wed 9:00 - 9:45^{am}</p>	

Water wellness classes are ongoing at the FdL Community Aquatic Center, registration not required unless otherwise noted.

Fall Swim Lessons

Online registration opens **Thursday, Oct. 12th at 8:00^{pm}** on the Rec. Dept. website
www.fdlrecdept.com – *No In-person registration available.*

- FEES:**
- Residents of the FDL School District - \$33.00 per child
 - Non-Residents: \$40.00 per child
 - There will be a \$5.00 fee for any class changes

Saturdays • November 4th – December 16th

Classes will NOT meet on Saturday, Nov. 25th

Small Pool Lessons (3 - 5 yrs Old)		Large Pool Lessons (6 yrs and older)	
Starfish	9:00 – 9:30 a.m.	Level 1	9:00 – 9:40 a.m.
	11:20 – 11:50 a.m.	Level 2	9:00 – 9:40 a.m.
Sunfish	9:00 – 9:30 a.m.		9:45 – 10:25 a.m.
	9:35 – 10:05 a.m.		11:15 – 11:55 a.m.
	11:20 – 11:50 a.m.	Level 3	9:45 – 10:25 a.m.
Dolphin	9:35 – 10:05 a.m.		10:30 – 11:10 a.m.
	10:10 – 10:40 a.m.	Level 4	10:30 – 11:10 a.m.
Super Dolphin	10:10 – 10:40 a.m.	Level 5/6	11:15 – 11:55 a.m.
	10:45 – 11:15 a.m.		
Orca	10:45 – 11:15 a.m.		

Note: Parents must observe lessons from the balcony or hallway areas only.



\$3.50 per class or \$30.00 for 10 classes

Baby Seals

Parent-Tot swim class ~ no registration needed
Ages: 6 months - 3 years

Wednesdays
6:00 - 6:30pm

Swim Lessons

Small Pool	Large Pool
Starfish: 3 - 5 years old	Level 1: 6 - 14 years old
No or little experience in water. Will learn proper kicking, submerging head, and basic front float.	No experience in water or is unable to prone float, back float, or do rhythmic breathing. Will learn supported floating, submerging of face, blowing bubbles, and able to move comfortably through the water. <i>* Same skills as Starfish/Sunfish</i>
Sunfish: 3 - 5 years old	Level 2: 6 - 14 years old
Must be able to submerge head. Will learn front & back floats.	Must be able to do skills of level 1. Will learn front and back floats, front and back glides, rhythmic breathing, and combined arm & leg motions. <i>* Same skills as Dolphin/Super Dolphin</i>
Dolphin: 3 - 5 years old	Level 3: 6 - 14 years old
Must be able to do front & back floats. Will learn front crawl combination.	Must be able to do skills of level 2. Will learn front crawl, back crawl, treading of water, and butterfly kick.
Super Dolphin: 3 - 5 years old	Level 4: 6 - 14 years old
Must be able to do flutter kick 15 yards with a board, beginner stroke 10 yards, & jump into deep water. Will learn rhythmic breathing and coordination of front crawl.	Must be able to do skills of level 3. Will learn stride jump, feet-first surface dive, elementary backstroke, sidestroke, butterfly, and coordination of front & back crawls. At conclusion of level 4, student will be able swim front crawl for 25 yards, swim elementary backstroke for 15 yards, breaststroke for 15 yards, back crawl for 25 yards, and tread water.
Orca: 3 - 5 years old	Level 5/6: 6 - 14 years old
Must be able to flutter kick on front & do rhythmic breathing. Will learn coordination of front crawl, elementary back stroke, and back crawl.	Level 5: Must be able to do all skills of level 4. Will learn long shallow dive, surface dives, flip turns, and will perfect front crawl, back crawl, breaststroke, side stroke, survival float, and treading of water. Level 6: Must be able to perfect skills of level 5. Level 6 will include perfection of all strokes & surface dives, conditioning, underwater swimming, competitive turns for all strokes, and life guarding basics.
Registering for the incorrect class will not guarantee your child(ren) a spot in classes. If the appropriate class is full, your registration fee will be refunded and your child(ren) must participate in swim lessons at a later date.	

Lifeguard Training

The Fond du Lac Community Aquatic Center will be offering a Red Cross blended learning format Lifeguard Training class. Upon completion of this course you will be certified as a Red Cross Professional Lifeguard, also certified in CPR for the Professional Rescuer, and Community First Aid & Safety. Certifications are valid for two years. Participants must be 15 years of age to be hired as a lifeguard.

Please contact the Aquatic Center (929-3536) to make an appointment for your prerequisite test prior to the class start date.



Activity Code	Date(s)	Day(s)	Time(s)	Cost
2324-221	Oct 15 - Nov 5	Sun	8:00am - 1:00pm	FREE

Warrens Cranberry Fest

Join us for a day of fall fun at the 50th Annual Warren's Cranberry Festival. Tour the cranberry marshes and browse more than three miles of antiques, arts & crafts booths, and many food vendors. This festival is spread across the town of Warrens and a considerable amount of walking will be required. The festival has courtesy cars and people movers available, but cannot guarantee availability for everyone. The festival is held rain or shine. For more information on the festival, visit www.cranfest.com **Departure: FdL Aquatic Center (100 W. 9th St.)**



Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost (R/NR)	Min/Max
2223-375	All	Sept 22	Fri	6:45am - 7:30pm	\$46/\$51	40/52

14th Annual Chicago Shopping Trip

The options are endless and the food is amazing in the Windy City! Shop over 400 exclusive stores and boutiques in three indoor malls all on the Magnificent Mile or explore Chicago's skyline at Willis Tower. Take a stroll or hop on the trolley to Millennium Park for some outdoor skating and photo opportunities with famous Chicago architecture. The day will include lots of walking and be prepared for all kinds of weather! **Departure: Old Rec Dept Building (85 Morningside Dr.)**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost (R/NR)	Min/Max
2324-236	All	Nov 11	Sat	6:30am - 7:30pm	\$46/\$51 (18+) \$15 (5 -17) FREE (4 & under)	40/52

Trick your Trunk

Save the date and join us for our 10th Annual Halloween Trick your Trunk! Deck out your ride like you would your house (include candy for all the little ones). Little ghouls and goblins will trick or treat from trunk to trunk and have a wicked great time!

Location: Woodworth Middle School North Parking Lot

Age(s)	Date(s)	Day(s)	Time(s)	Cost
All	Oct 27	Fri	5:00 - 6:30pm	FREE

We are always looking for groups, individuals, and organizations interested in decorating their vehicle and handing out candy. If you are interested in helping, please contact the Rec Dept at (920) 929-2885. Prizes will be awarded for the best vehicle!

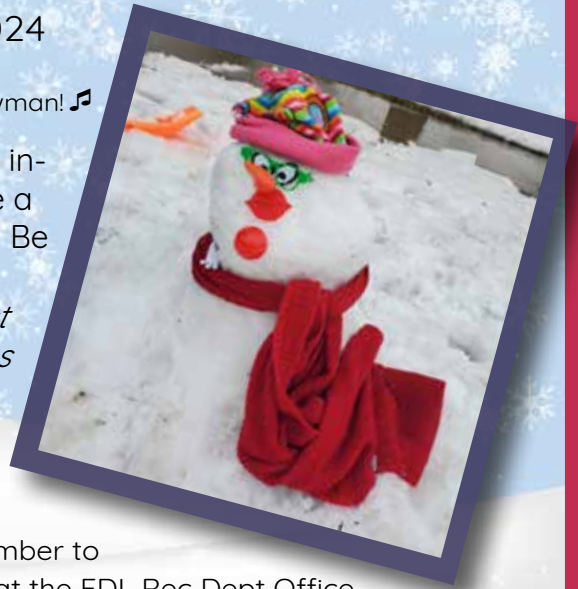


Family Snowman Building Contest

First snowfall of the 2023 Season - March 3, 2024

♪ Do you want to build a snowman? It doesn't have to be a snowman! ♪

Open to all residents in the FDL School District. Anyone interested, should build a snowman in their yard and take a picture of the snowman and your family standing by it. Be creative, make your snowman unique. Prizes will be awarded for the following categories: *Fondy Spirit, Most Likes on Facebook, Best Animal, Best use of Accessories and Funniest!*



How to enter:

Send a photo along with your name, address, and phone number to ellingsonk@fonddulac.k12.wi.us or drop off your photo and info at the FDL Rec Dept Office.

Photos will be posted on the Rec Dept Facebook page and the winners will be selected by the Recreation Department. FdL Recreation Department reserves the right to use entered photos in future publications. One entry valid per household.



Letters to Santa

Children of all ages, here's your chance to write a letter to Santa! Please remember to include your name, city, age, and most importantly, how you plan to stay on the "NICE" list!

(Parents/Guardians, please remember to print a full name and complete address, so Santa will know where to send the letter. He wants to make sure each child will get a letter back.)

Drop-off your letter at one of the special mailbox locations:

FdL Aquatic Center, 100 W. 9th St.

Community Education and Rec. Dept. Office, 72 W. 9th St.

FdL Public Library, 32 Sheboygan St.

The mailboxes will arrive on Wednesday, November 1st. Santa's helpers will pick-up the mailboxes on Friday, December 1st. Santa needs time to make his lists and write back to the all the children before Christmas.

Santa can't wait to hear from you!

Ho! Ho! Ho!

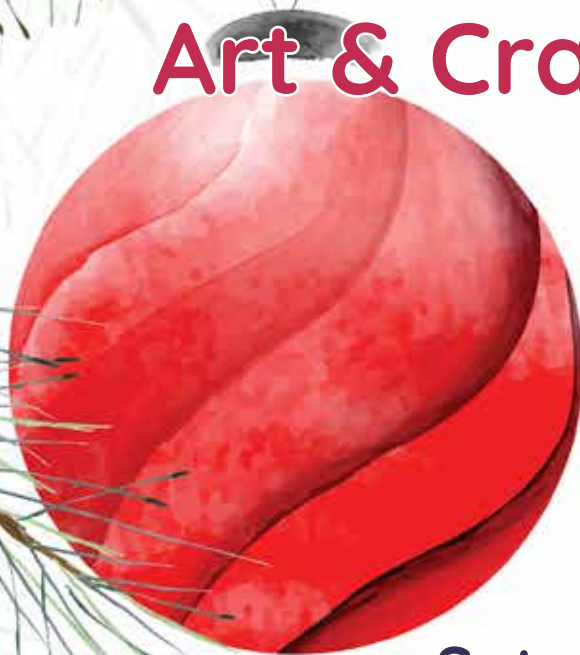
www.fdlrecdept.com (920) 929-2885

FDLSD | **COMMUNITY
ED & REC**

presents:

Holiday Wonder

Art & Craft Expo



Saturday, November 4th

9:00^{am} - 3:00^{pm}

Admission: \$2.00

(10 & under FREE w/ paid adult)

Held at FdL Fairgrounds Recreation Center