



Fall 2024

FDSLSD | COMMUNITY
ED & REC

72 W. 9th St. * Fond du Lac, WI 54935
(920) 929-2885 * www.fdlrecdept.com

Welcome!

FDL-SD Community Education & Recreation Department

72 W. 9th St.
Fond du Lac, WI 54935

Monday - Friday
7:30am - 4:00pm

(920) 929-2885 (office)
(920) 906-6666 (cancellation hotline)
www.fdlrecdept.com

Staff

Bill Greymont
Coordinator

Kent Ellingson
Recreation Supervisor

Tami Triller
Aquatics Manager

Susan Golla
Recreation Secretary

Julie Mich
Recreation Secretary

John Lloyd
Lead Maintenance

How to Register



Online

www.fdlrecdept.com
"Log In" link on the upper right of the screen. Follow prompts & complete process with payment!



Stop In

Monday - Friday, 7:30am - 4:00pm.
After hours? Place registration form & payment in secured drop box located outside the front entrance.



Mail

Drop your registration form and payment in the mail to:
FDL-SD Community Ed & Rec Dept.,
72 W. 9th St., Fond du Lac, WI 54935



Adult Sports & Fitness

10 & 11

Special Events

20 - 22

Adult Enrichment

12 - 14

Swimming Lessons

16 & 17

Bus Trips

20

Youth Enrichment

7 - 9

Early Childhood

2 & 3

Youth Sports

4 - 6

FDL-SD Aquatic Center

15 - 19

Dear Fond Du Lac School District and Community Residents,

I am thrilled to share the latest updates and achievements from FDL-SD Community Education and Recreation Dept in our Fall 2024 Activity Guide. This past year has been noteworthy, marked by the introduction of our new brand and a host of exciting programs and facilities.

New Facilities: Pickleball Courts

We are excited to announce the addition of new indoor pickleball courts in Riverside Elementary School gym. This popular sport has been embraced by people of all ages, and these new courts will provide a fantastic venue for both casual and competitive play. We encourage you to check out page 11 of this Activity Guide for more information. Come out and experience the fun!

Aquatics Opportunities

For our aquatic enthusiasts, we continue to grow our Master Swim program. Whether you're training for a triathlon, looking to improve your technique, or simply want to stay fit, our program offers trained coaching and a supportive community. We also continue to offer our popular swimming lessons, lifeguarding classes and aquatic fitness classes throughout the year. All skill levels are welcome to join and take their swimming skills to the next level.

Preschool Classes

Understanding the importance of early childhood education, we have introduced new preschool classes designed to nurture young minds. Our programs are tailored to stimulate curiosity and foster a love for learning in a safe, nurturing environment, which lays a strong foundation for lifelong learning and success.

Art and Craft Expo

Finally, we're excited to announce our annual Holiday Wonder Art and Craft Expo, which will be held on November 2nd at the Fairgrounds in their Recreation Center building. This event is a fantastic opportunity for local artists and crafters to showcase their talents and for the community to come together to appreciate and purchase unique handmade items just in time for the holidays.

As we reflect on the past year's successes, we are excited about the future. Our team is continuously working to develop new programs and enhance our facilities to better serve our community. Your feedback and participation are invaluable to us and we welcome your suggestions as we begin the 2024-25 school year.

Thank you for your continued support and involvement. Together, we are building a stronger, more vibrant community. We look forward to seeing you at our programs and events.

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. **Location: Woodworth Cafeteria**

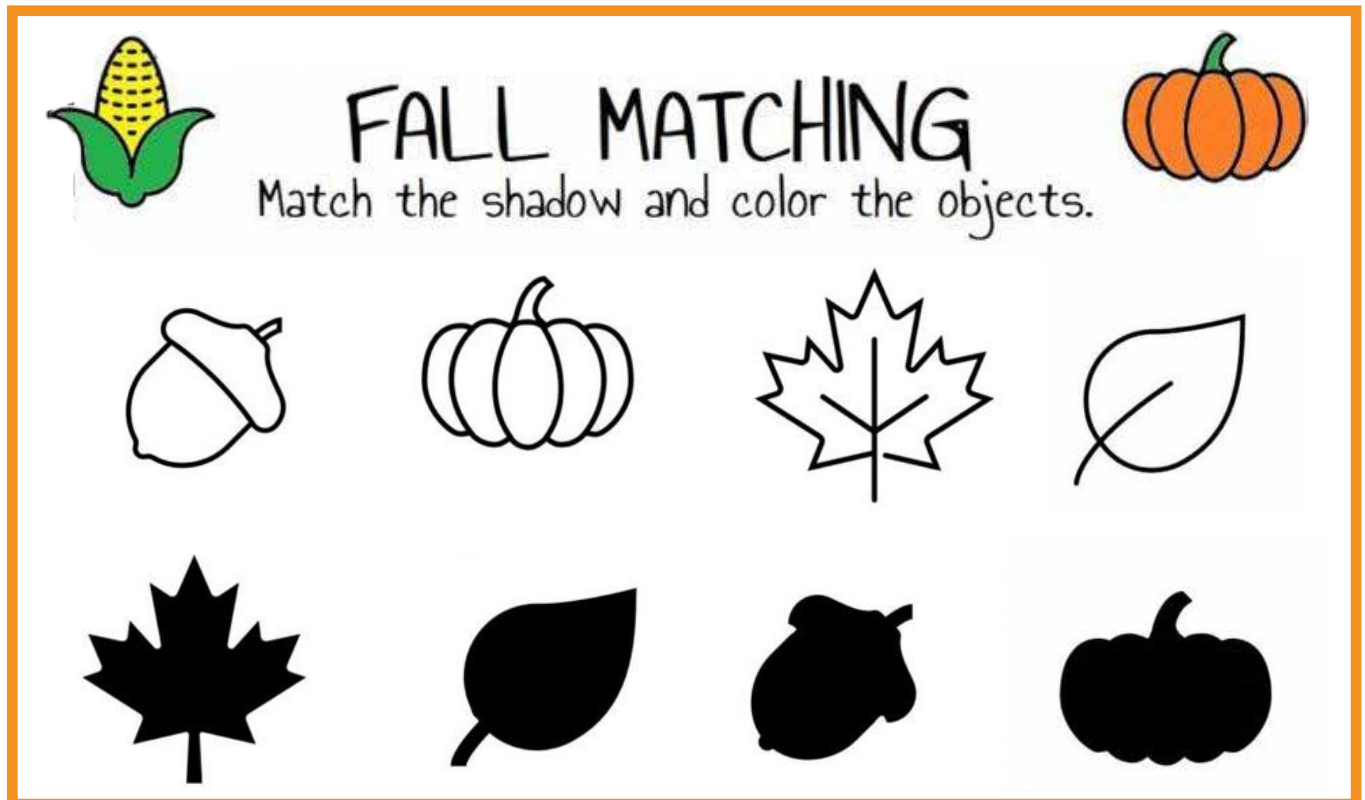
*Please note – Participants **MUST** be at least 4 years old by the first day of class.

Activity Code	Class	Age(s)	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2425-211	Jr. Flag Football	4 - 6	Sept 26 - Oct 17	Thurs	5:15 - 6:00 ^{pm}	\$22	12/20
2425-242	Little Dribblers Basketball	4 - 6	Nov 7 - Dec 5 (No class Nov 28)	Thurs	5:15 - 6:00 ^{pm}	\$22	12/20
2425-243	Little Dribblers Basketball	4 - 6	Nov 7 - Dec 5 (No class Nov 28)	Thurs	6:15 - 7:00 ^{pm}	\$22	12/20

Wiggles & Giggles: Ages 3 & 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: Community Ed and Recreation Classroom (85 Morningside Dr.)**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2425-215	3 & 4	Oct 7 - 28	Mon	5:30 - 6:15 ^{pm}	\$22	8/12



Just for Threes: Age 3

This class encourages social experiences with hands-on activities, arts and crafts, and social play. Children are encouraged to interact through song and games. A perfect option for your independent 3-year-old.

Location: Community Ed and Recreation Classroom (85 Morningside Dr.)



Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2425-217	3	Oct 7 - 28	Mon	9:00 - 9:45am	\$22	8/12
2425-239	3	Nov 4 - 25	Mon	9:00 - 9:45am	\$22	8/12

Beyond the Page: Ages 2 & 3 w/ Adult

It is story time with a twist! Each week we will gather and listen to a popular children's story, we will then bring the story to life through art, games, and FUN! Jump into a new world and discover what adventures might unfold when we go beyond the page! An adult must attend and participate with the child.

Location: Community Ed and Recreation Classroom (85 Morningside Dr.)

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2425-237	2 & 3 w/ Adult	Nov 4 - 25	Mon	10:15 - 11:00am	\$17	5/8
2425-238	2 & 3 w/ Adult	Nov 4 - 25	Mon	5:30 - 6:15pm	\$17	5/8



'Twas the Night before Christmas: Ages 3 & 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: Community Ed and Recreation Classroom (85 Morningside Dr.)**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2425-254	3 & 4	Dec 2 - 23	Mon	5:30 - 6:15pm	\$22	8/12

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 team practices will take place 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 & 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 League:
Grades 3 - 5**

Sept 24 - Oct 15
Tues & Thurs

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

Location: Pier - North & South Diamonds



**Co-Ed Volleyball League:
Grades 4 & 5**

Sept 25 - Oct 16
Mon & Wed

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

Locations: Elementary Schools - TBD

Middle School Volleyball Leagues

Girls

Sept 12 - Oct 17

Tues & Thurs

Times: 4:00, 4:55 or 5:50^{pm}

Location: Woodworth, Sabish, Theisen,
and/or Riverside

Boys

Mar 4 - 27, 2025

Tues & Thurs

Times: 4:00, 4:55 or 5:30^{pm}

Location: Woodworth, Sabish, Theisen,
and/or Riverside

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

Girls Fall Basketball Clinic: Gr. 4 - 8

Join the NEW Head Coach Tyler Williams and the Fondy Girls Basketball Team in a clinic that will focus on developing a love of basketball through basic skill drills and game play to emphasize skills (Grades 4 - 6), as well as enhancing skill development into finishing, shooting, and applying those skills to small, sided game play (Grades 7 - 8). **Location: Fond du Lac High School**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost
2425-232	Gr. 4 - 6	Oct 26 & Nov 2	Sat	9:00 - 10:00 ^{am}	\$20
2425-233	Gr. 7 & 8	Oct 26 & Nov 2	Sat	10:00 - 11:00 ^{am}	\$20

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, as well as team games. Camp is led by coach Nick Ford and FHS Varsity Boys Basketball players.

Location: Fond du Lac High School

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost
2425-230	Gr. 3 - 5	Oct 26 - Nov 9	Sat	12:00 - 1:30 ^{pm}	\$30
2425-231	Gr. 6 - 8	Oct 26 - Nov 9	Sat	1:30 - 3:00 ^{pm}	\$30



Basketball Leagues

Gr. 4 & 5

Boys' Season: Nov 18 - Dec 18

(no games Nov 27)

Girls' Season: Jan 22 - Feb 19, 2025

(no games Jan 20)

Mon & Wed

Times: 4:00, 4:55 or 5:50^{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 9 - Feb 18, 2025

Tues & Thurs

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

**Location: Woodworth, Sabish, Theisen,
and/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

Cardinal Volleyball Clinic: Gr. 4 - 8

Join the Cardinal Girls Volleyball team for a clinic that will improve 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**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost
2425-225	Gr. 4 & 5	Oct 20	Sun	1:00 - 2:30 ^{pm}	\$23
2425-226	Gr. 6 - 8	Oct 20	Sun	2:30 - 4:00 ^{pm}	\$23



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 t shirt. The skippers are excited to share their passion and fun for the sport of Jump Rope! For more information, please contact: Jolinn Ennis, ennisj@fonddulac.k12.wi.us **Location: Riverside Elementary Gym**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost
2425-235	Gr. 1 - 12	Nov 2	Sat	9:00 ^{am} - 12:00 ^{pm}	\$25 by Oct 28 \$30 after Oct 28 or at door



FONDY SWIM CLUB

**ALL SKILL
LEVELS
WELCOME**

Ready to schedule a tryout?
E-mail: fonddulac.swim@gmail.com

SWIMMING WITH A CLUB IS A GREAT WAY TO DEVELOP PHYSICAL, MENTAL, EMOTIONAL AND SOCIAL SKILLS FOR YOUTH :)

JOIN THE CLUB WITH A SPLASH!

Multi-swimmer family discounts available!

For more info go to: fondyswimclub.com

Exploring German for Kids: Ages 5 - 12

Come and join the fun! We will be exploring the German language and culture. Kids in this class will learn the alphabet, numbers, colors and basic words and expressions. Each class will include songs, games, and enjoyable hands-on activities to experience the German way of life. **Location: Community Ed and Recreation Conference Room (85 Morningside Dr.)**



Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2425-227	5 - 7	Oct 21 - Nov 13	Mon & Wed	4:00 - 5:00pm	\$25	6/12
2425-228	8 - 12	Oct 21 - Nov 13	Mon & Wed	5:15 - 6:15pm	\$25	6/12

"Home Alone" Babysitting Class: Ages 10 - 15

Being in charge of younger children is a great responsibility. Babysitting can be fun, rewarding, and often times a challenging experience. This class will provide the basic 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: Community Ed and Recreation Classroom (85 Morningside Dr.)**



Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2425-246	10 - 15	Nov 9	Sat	8:00am - 4:00pm	\$70	10/20

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: Community Ed and Recreation Classroom (85 Morningside Dr.)**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2425-258	6 - 12	Dec 7	Sat	10:00 - 11:15am	\$25	8/20

Celebrate Crafts: Ages 7 - 15

Greet each month with a craft celebrating the up-coming month. Instructor led class with a unique craft to make and take home. Must be able to work independently and follow directions.

Location: Community Ed and Recreation Classroom (85 Morningside Dr.)



Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2425-200	7 - 15	Ghost	Sept 10	Tues	4:00 - 5:00pm	\$5	6/10
2425-212	7 - 15	Pinecones	Oct 1	Tues	4:00 - 5:00pm	\$5	6/10
2425-247	7 - 15	Ornaments	Nov 12	Tues	4:00 - 5:00pm	\$5	6/10
2425-255	7 - 15	Melting Snowman	Dec 3	Tues	4:00 - 5:00pm	\$5	6/10

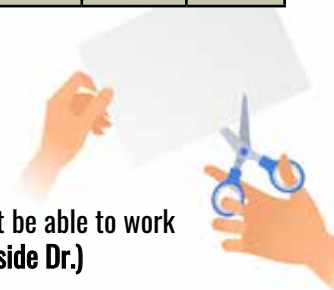
Hangin' with My Gnomies!: Ages 7 - 15

There's no place like Hangin' with My Gnomies! Join Miss Julie for another year of gnomes. Each month we will discover a new way of making a gnome that you will take home with you at the end of class. Must be able to work independently and follow directions. **Location: Community Ed and Recreation Classroom (85 Morningside Dr.)**

Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2425-203	7 - 15	Halloween Gnome	Sept 17	Tues	4:00 - 5:00pm	\$5	6/10
2425-219	7 - 15	Wood Gnome	Oct 8	Tues	4:00 - 5:00pm	\$5	6/10
2425-250	7 - 15	Triangle Gnome	Nov 19	Tues	4:00 - 5:00pm	\$5	6/10
2425-259	7 - 15	Snowman Gnome	Dec 10	Tues	4:00 - 5:00pm	\$5	6/10

Youth Craft Nights: Ages 7 - 15

Join Miss Julie as she leads you through creating crafts. Each month we will explore a new craft. Must be able to work independently and follow directions. **Location: Community Ed and Recreation Classroom (85 Morningside Dr.)**



Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2425-207	7 - 15	Black Cat	Sept 24	Tues	4:00 - 5:00pm	\$5	6/10
2425-223	7 - 15	Stockings	Oct 15	Tues	4:00 - 5:00pm	\$5	6/10
2425-252	7 - 15	Trees	Nov 26	Tues	4:00 - 5:00pm	\$5	6/10
2425-261	7 - 15	Snowmen	Dec 17	Tues	4:00 - 5:00pm	\$5	6/10



Fond du Lac High School Driver Education

2024 Fall Registration

Wednesday, September 4

6:00^{pm}

Fond du Lac High School Commons

\$350.00

(Checks/cash only, checks made payable to "FHS Funds")

Fond du Lac High School Driver Education course includes instruction and 6 behind-the-wheel lessons. Students who turn 15 during the course are eligible for these classes. Classroom capacity is limited to 35 students and determined by date of birth. There are no refunds for these courses. Online option must be paid in full at the time of registration. Any questions, please email Vicki Luczak at luczakv@fonddulac.k12.wi.us **Location: Fond du Lac High School**

Age(s)	Class	Date(s)	Day(s)	Time(s)
15+	inperson class	Sept 11 - Oct 17	Wed & Thurs	3:45 - 6:15 ^{pm}
15+	Online	90 days self-paced. Course work not completed within 90 days is subject to a \$30 renewal fee.		

Womens' Volleyball League

Ages 18+



Wednesdays: Oct 16 - Feb 26

(No games Nov 27, Dec 25, or Jan 1)

Sponsor Fee: \$130.00

Team Fee: \$160.00

Riverside Gym

6:45, 7:30, & 8:15^{pm} game times

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



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 do-able 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: Community Ed and Recreation Classroom (85 Morningside Dr.)**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost (R/NR)
2425-202	16+	Sept 12 - Oct 24	Thurs	5:00 - 6:00 ^{pm}	\$46/\$51
2425-234	16+	Oct 31 - Dec 19 (no class Nov 28)	Thurs	5:00 - 6:00 ^{pm}	\$46/\$51

Zumba: 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	Age(s)	Date(s)	Day(s)	Time(s)	Cost (R/NR)
2425-204	16+	Sept 17 - Oct 22	Tue	5:30 - 6:30 ^{pm}	\$52/\$57
2425-240	16+	Nov 5 - Dec 17	Tue	5:30 - 6:30 ^{pm}	\$52/\$57

Adult Pickleball: Ages 16+

Come and join the newest craze in Sports - Pickleball! Thinking about playing pickleball, but don't know how? Our 4-week beginner class will introduce the basics of pickleball; including fundamentals of serving, return of a serve, dinking, scoring, etc. Paddles will be provided but you are welcome to bring your own. Our Skills & Drills – Intermediate class will help improve your pickleball skills through drills, serving, return of a serve, dinking, technique, etc. The importance of having fun will be enforced. Limited spots available. Sign up today to join the FUN!! **Location: Riverside Elementary**

Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost (R/NR)	Min/Max
2425-199	16+	Beginner	Sept 4 - 25	Wed	4:00 - 5:00 ^{pm}	\$25/\$30	6/12
2425-214	16+	Skills & Drills - Intermediate	Oct 2 - 23	Wed	5:15 - 6:15 ^{pm}	\$25/\$30	6/12
2425-224	16+	Beginner	Oct 16 - Nov 6	Wed	4:00 - 5:00 ^{pm}	\$25/\$30	6/12

Indoor Pickleball Play: Ages 16+

We will have six indoor courts available for adults (16 and older) to come and play. All participants must pay the daily fee or have a punch card to participate. Reservations are not required, just show up and play. If people are waiting to play, players need to rotate in, time limits will apply. Nets are provided. No locker rooms are available. Single day fees: FDL-SD Residents -\$8.00 / Non-residents - \$15.00, per day. **Location: Riverside Elementary**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost (R/NR)
2425-236	16+	Nov 3 - Mar 2	Sun	9:00 ^{am} - 12:00 ^{pm}	\$8/\$15 per day
2425-244	16+	Nov 7 - Mar 6	Thurs	7:00 - 9:00 ^{pm}	\$8/\$15 per day

Indoor Pickleball Play will not meet on Nov 28, Dec 1, 26, 29, or Jan 2



10 Pickleball Punches

FDL-SD Residents -\$30.00
Non-residents - \$50.00

Punch cards may be purchased online or at the Comm Ed and Rec Dept. Cards cannot be purchased at time of play, you must buy a day pass. Cards will be kept onsite with Coordinator. Punches valid only for Fdl-SD CERD Indoor Pickleball Play Nov 2024 - Mar 2025.

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!

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.

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: Community Ed and Recreation Conference Room (85 Morningside Dr.)**

Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost (R/NR)	Min/Max
2425-206	18+	Simple Sheet Pan	Sept 19	Thurs	6:00 - 7:00pm	\$50/\$55	6/10
2425-216	18+	Freezer Fiesta	Oct 7	Mon	6:00 - 7:00pm	\$50/\$55	6/10
2425-241	18+	Cozy Crockpot	Nov 7	Thurs	6:00 - 7:00pm	\$50/\$55	6/10



<i>Simple Sheet Pan</i>
<i>Sausage & Gnocchi, Greek-Style Chicken, Herbed Chicken & Veggies, Sweet Garlic Chicken or Pork</i>
<i>Freezer Fiesta</i>
<i>Mango Salsa Chicken, Taco Soup, Ranch Chicken Chili, Fajitas</i>
<i>Cozy Crockpot</i>
<i>Sweet Barbacoa Street Tacos, Greek Lemon Orzo Soup, Chicken Cacciatore, Chili Mac Casserole</i>

“Voice-Overs...Now is your time!”: Ages 18+

In what could be the most enlightening webinar you've ever taken, our instructor and professional voice coach will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. Most people go about it the wrong way. In this introductory class, you will learn about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you've been looking for. In addition to online instruction, you will be given the opportunity to book a 1-on-1 script read and voice evaluation via telephone with your instructor for the following day. This class will be presented via Zoom, you will receive a link the 24 hours prior to the class. **Location: Virtual**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost (R/NR)
2425-208	18+	Sept 24	Tues	6:30 - 8:30pm	\$25/\$30

Celebrate Crafts: Ages 16+

Greet each month with a craft celebrating the up-coming month. Instructor led class with a unique craft to make and take home. All supplies and directions are provided.

Location: Community Ed and Recreation Classroom (85 Morningside Dr.)

Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2425-201	16+	Ghost	Sept 10	Tues	5:30 - 7:00pm	\$5	6/15
2425-213	16+	Witch's Broom	Oct 1	Tues	5:30 - 7:00pm	\$5	6/15
2425-248	16+	Ornaments	Nov 12	Tues	5:30 - 7:00pm	\$5	6/15
2425-256	16+	Snowmen	Dec 3	Tues	5:30 - 7:00pm	\$5	6/15



Hangin' with My Gnomies!: Ages 16+

There's no place like Hangin' with My Gnomies! Join Julie for another year of gnomes. Each month we will discover a new way of making a gnome that you will take home with you at the end of class.

Location: Community Ed and Recreation Classroom (85 Morningside Dr.)

Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2425-205	16+	Halloween Gnome	Sept 17	Tues	5:30 - 7:00pm	\$5	6/15
2425-218	16+	Wood Gnome	Oct 8	Tues	5:30 - 7:00pm	\$5	6/15
2425-251	16+	Triangle Gnome	Nov 19	Tues	5:30 - 7:00pm	\$5	6/15
2425-260	16+	Snowman Gnome	Dec 10	Tues	5:30 - 7:00pm	\$5	6/15

Adult Craft Nights: Ages 16+

Join Julie as she leads you through creating projects where no crafting experience is needed, and all supplies and instructions are provided for you. Make the craft for yourself or give it as a gift.

Location: Community Ed and Recreation Classroom (85 Morningside Dr.)

Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2425-209	16+	Black Cat	Sept 24	Tues	5:30 - 7:00pm	\$5	6/15
2425-222	16+	Mugs	Oct 15	Tues	5:30 - 7:00pm	\$5	6/15
2425-253	16+	JOY Sign	Nov 26	Tues	5:30 - 7:00pm	\$5	6/15
2425-262	16+	Lighted Gnome	Dec 17	Tues	5:30 - 7:00pm	\$5	6/15

Craft Workshops: Ages 16+

Join Julie as we dive into more detailed projects. All classes include supplies and directions.

Location: Community Ed and Recreation Classroom (85 Morningside Dr.)

Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2425-210	16+	Chef's Choice	Sept 25	Wed	5:00 - 7:00pm	\$10	6/10
2425-229	16+	Deer Statue	Oct 23	Wed	5:00 - 7:00pm	\$10	6/10
2425-249	16+	Large Ornaments	Nov 13 & 20	Wed	5:00 - 7:00pm	\$10	6/10
2425-257	16+	North Pole Sign	Dec 4	Wed	5:00 - 7:00pm	\$10	6/10





Hours of Operation September 3 - December 31

Mon & Wed	Tues & Thurs	Fri	Sat
6:00 - 11:00am 4:00 - 6:30pm	6:00 - 12:00pm 4:00 - 6:30pm	6:00 - 11:00am	8:00am - 12:00pm

Aquatic Center closes from 11:00am - 4:00pm Mon & Wed and 12:00 - 4:00pm on Tues and Thurs



WATER WELLNESS

\$4.50/class

Punch Cards Available for all Water Wellness Classes
10 Classes: \$40 • 20 Classes: \$75



Low Impact Aerobics

This is a 45 minute workout in the large pool that includes a warm-up, aerobic activity, toning and a cool down.

Tue & Thurs
8:00 - 8:45am

Moderate-High Impact Aerobics

This class is a 45 minute workout that includes a warm-up, 20-30 minutes of aerobic activity, toning and a cool down.

Mon, Wed, & Fri
8:00 - 8:45am

DEEP – [Deep End Exercise Program]

Flotation belts provide buoyancy, eliminating stress on the joints. This class includes cardiovascular conditioning and toning.

Tue & Thurs
6:00 - 6:45pm

Joint Efforts

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.

Mon, Tues, & Thurs
10:00 - 10:45am

Balance & Strength

Improve balance and strength, while experiencing the benefits of the 89 degree water at the FDL-SD Aquatic Center.

Mon
9:00 - 9:45am

Water Yoga

Improve balance, stretch and relax. Experience the benefits of the 89 degree water at the FdL-SD Aquatic Center.

Wed
9:00 - 9:45am

Water wellness classes are ongoing at the FDL-SD Aquatic Center, registration not required unless otherwise noted.

Fall Swimming Lessons & Registration

Fees: **Resident:** \$40.00 per child **Non-Resident:** \$48.00 per child

Online registration opens the following dates at 8:00^{pm} on the FdL-SD Community Education & Recreation Department website www.fdlrecdept.com - No in-person registration available:

Session 1: Tuesday, Sept 3
 Saturdays: Thursday, Oct 10
 Session 2: Monday, Oct 14
 Session 3: Monday, Oct 28

- \$5.00 processing fee will be assessed for any transfer, change in lesson times and/or sessions, or refunds.
- 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 (minus the \$5.00 processing fee) and your child(ren) must participate in swim lessons at a later date.
- Parents/guardians must observe lessons from the balcony or hallway areas only.

Saturdays: Nov 2nd – Dec 14th

(Classes will NOT meet on Saturday, Nov 30th)

Small Pool Lessons (3 - 5 yrs old)		Large Pool Lessons (6 - 14 yrs old)	
Starfish	9:00 - 9:30 ^{am}	Level 1	9:00 - 9:40 ^{am}
	11:20 - 11:50 ^{am}	Level 2	9:00 - 9:40 ^{am}
Sunfish	9:00 - 9:30 ^{am}		9:45 - 10:25 ^{am}
	9:35 - 10:05 ^{am}		11:15 - 11:55 ^{am}
Dolphin	11:20 - 11:50 ^{am}	Level 3	9:45 - 10:25 ^{am}
	9:35 - 10:05 ^{am}		10:30 - 11:10 ^{am}
Super Dolphin	10:10 - 10:40 ^{am}	Level 4	10:30 - 11:10 ^{am}
	10:45 - 11:15 ^{am}	Level 5/6	11:15 - 11:55 ^{am}
Orca	10:45 - 11:15 ^{am}	Adult Swim Lessons (18+)	
			8:00 - 8:45 ^{am}





Lessons are held Monday – Thursday

Session 1	Session 2	Session 3
Sept 9 - 19	Oct 21 - 31	Nov 4 - 14

*These classes are being held during the High School Swim season. The large pool is unavailable for lessons during this time frame.

Small Pool Lessons Only* (3 - 5 yrs old)	
Starfish	4:00 - 4:30 ^{pm}
Sunfish	4:30 - 5:00 ^{pm}
Dolphin	5:00 - 5:30 ^{pm}
Super Dolphin/Orca	5:30 - 6:00 ^{pm}

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. * Same skills as Starfish/Sunfish
 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. * Same skills as Dolphin/Super Dolphin
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.	<u>Level 5:</u> 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. <u>Level 6:</u> 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.	



\$4.50 per class or \$40.00 for 10 classes

Baby Seals

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

Mondays & Wednesdays
6:00 - 6:30pm

www.fdlrecdept.com (920) 929-2885

Registration Deadline:
Sunday, Sept 22

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	Age(s)	Date(s)	Day(s)	Time(s)	Cost
2425-221	15+	Oct 13 - Nov 3	Sun	8:00 ^{am} - 1:00 ^{pm}	\$75

Water Safety Instructor (W.S.I) Training

W.S.I Training Course trains candidates to teach Red Cross Swimming and Water Safety programs to people of all ages and abilities. The course covers topics such as:

Teaching skills: Using course materials, conducting training sessions, evaluating participant progress, and organizational and presentation skills

Water safety: Basic Water Rescue and Personal Water Safety

Swimming skills: Higher-level swim skills, stroke mechanics, and diving from a diving board

Fitness: Aquatic fitness and training

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost
2425-220	16+	Oct 11, 12 & 19	Fri & Sat	8:00 ^{am} - 4:30 ^{pm}	\$75

Day(s)	Time(s)
Tues & Thurs	10:30am - 12:00pm
Mon & Wed	6:00 - 7:00am



U.S. MASTERS SWIMMING

A workout group for improving technique, speed, stamina, and overall fitness. Led by a Masters certified swim coach.

Swimmers must be registered with U.S. Masters Swimming to participate. FDL-SD Aquatic Center admission fees apply.



BIRTHDAY PARTY

Birthday Parties are Back!

Come & celebrate your birthday with the Fond du Lac School District Aquatic Center!

Call 920-929-2885 or 920-929-3536 for costs and available sessions!



FdL-SD Aquatic Center Fees as of June 1, 2024

Daily Fees

	Resident	Non-Resident
2 and under	Free	Free
Youth 3-17	\$3.50	\$4.00
Adult 18-54	\$4.50	\$5.00
Senior 55+	\$3.50	\$4.00

Monthly Pass

	Resident	Non-Resident
Youth 8-17/Senior 55+	\$40.00	\$45.00
Adult 18+	\$45.00	\$50.00

3 Month Pass

	Resident	Non-Resident
2 and under	Free	Free
Youth 8-17/Senior 55+	\$90.00	\$105.00
Adult 18-54	\$100.00	\$110.00
Family (2-5)	\$120.00	\$135.00
Family (6+)	\$135.00	\$150.00

6 Month Pass

	Resident	Non-Resident
2 and under	Free	Free
Youth 8-17/Senior 55+	\$120.00	\$135.00
Adult 18-54	\$130.00	\$150.00
Family (2-5)	\$160.00	\$170.00
Family (6+)	\$170.00	\$185.00

9 Month Pass

	Resident	Non-Resident
2 and under	Free	Free
Youth 8-17/Senior 55+	\$150.00	\$165.00
Adult 18-54	\$165.00	\$180.00
Family (2-5)	\$180.00	\$195.00
Family (6+)	\$195.00	\$210.00

Annual Pass

	Resident	Non-Resident
2 and under	Free	Free
Youth 8-17/Senior 55+	\$180.00	\$205.00
Adult 18-54	\$200.00	\$225.00
Family (2-5)	\$225.00	\$250.00
Family (6+)	\$255.00	\$280.00

Swim Lessons:

Resident: \$40.00/Child (6 class sessions)
\$45.00/Child (8 class sessions)

Non-Resident: \$48.00/Child (6 class sessions)
\$55.00/Child (8 class sessions)

** \$5.00 fee for any lesson changes **

Private Lessons:

\$40.00/child/half hour

Water Wellness & Baby Seals Class Fees:

\$4.50 per class

-or-

10 punch card for \$40.00
20 punch card for \$75.00

Birthday Parties:

\$60 for 2 hours
(up to 20 swimmers)

Warrens Cranberry Fest

Join us for a day of fall fun at the 51st 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 carts 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-SD Aquatic Center parking lot, 100 W. 9th St.



Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost (R/NR)	Min/Max
2324-395	All	Sept 27	Fri	6:45 ^{am} - 7:30 ^{pm}	\$47/\$52	40/52

15th 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: FDL-SD Aquatic Center parking lot, 100 W. 9th St.**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost (R/NR)	Min/Max
2425-245	All	Nov 9	Sat	6:30 ^{am} - 7:30 ^{pm}	\$48/\$53 (18+) \$15 (5-17) FREE (4 & under)	40/52



Trick your Trunk

Save the date and join us for our Annual Halloween Trick your Trunk! Deck out your ride like you would your house *(be sure to 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 25	Fri	5:00 - 6:00 ^{pm}	FREE

We are always looking for groups, individuals, or 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 awarded for the best decorated vehicle!

Family Snowman Building Contest

First snowfall of the 2024 Season - March 7, 2025

♪ 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: *Largest, Most Likes on Facebook, Best Animal, Best use of Accessories and Best Traditional Snowman!*



How to enter: Send a photo along with your name, address, and phone number to ellingsonk@fonddulac.k12.wi.us or drop of your photo and info at the FDL-SD Community Education & Recreation Dept Office.

Photos will be posted on the FDL-SD Community Education & Recreation Dept Facebook page and the winners will be selected by the FDL-SD Community Education & Recreation Dept. FDL-SD Community Education & Recreation Dept reserves the right to use entered photos in future publications. One entry valid per household.



FROM THE DESK OF SANTA CLAUS



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 & complete address, so Santa knows where to send the letter back!)

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

- FdL Aquatic Center, 100 W. 9th St.
- Comm. Ed. & Rec. Dept. Office, 72 W. 9th St.
- FdL Public Library, 32 Sheboygan St.

The mailboxes will arrive on Monday, November 4th. Santa's helpers will pick-up the mailboxes on Monday, December 2nd. 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!

FDSLSD / **COMMUNITY
ED & REC**

presents:

Holiday Wonder

Art & Craft Expo

Saturday, November 2nd

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

Admission: \$2.00

(10 & under FREE w/ paid adult)

Held at FdL Fairgrounds Recreation Center