

Winter/Spring 2024



Dear Fond du Lac School District and Community Residents,

We hope this letter finds you in good health and high spirits as we come to the end of one year and prepare to start another. It is with great pleasure that we introduce the latest edition of the FDL-SD Community Education and Recreation Department's Activity Guide. The 2023-24 Winter/Spring activity guide represents our commitment to increasing opportunities and building stronger community partnerships for all residents in the FDL-SD community.

We are thrilled to announce our new programming and partnerships available this Winter and Spring to our community:

- The FDL-SD Aquatic Center is now an official US Masters Swimming workout site!
- More swimming lesson opportunities! Spring swimming lessons are expanding from one session to three this spring!!
- We have a new partnership with the Silver and Fit program. Silver and Fit members can now enjoy the benefits of open swim and fitness classes offered daily at the Aquatic Center!!!

We encourage you to take the time to review our Winter-Spring Activity Guide. It contains valuable information regarding the upcoming events and activities offered by the FDL-SD Community Ed. and Rec. Dept.

The FDL-SD Community Ed. and Rec. Dept. main office is located in the FDL-SD Administrative Building at, 72 W. 9th St. Feel free to visit us in our new office space if we can assist you in any way.

Thank you for your ongoing support, and we can't wait to see you at our FDL-SD Community Ed. and Rec. Dept. activities soon.

Sincerely,

Bill Greymont
FDL-SD Community Education and Recreation Department
Coordinator



&



participants

Wild Things: Ages 3 & 4

Each week we will explore the wild in a classroom setting. Participants will make projects, sing songs, hear stories, and play with friends in an active learning environment. Children will participate without their parents.

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

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2324-278	3 & 4	Mar 4 - 25	Mon	5:30 - 6:15 ^{pm}	\$22	6/12



Blast off into Space: Ages 2 - 4

The sun, stars and outer space is the focus in this class! The children will learn all about space with crafts, stories, and FUN! Children should be able to participate without a caregiver. **Location: Old Rec Dept Classroom (85 Morningside Dr.)**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2324-295	2 - 4	Apr 8 - 29	Mon	5:30 - 6:15 ^{pm}	\$22	6/10



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
2324-299	Little Kicks Soccer	4 - 6	Apr 11 - May 2	Thurs	5:15 - 6:00 ^{pm}	\$22	12/20
2324-300	Little Kicks Soccer	4 - 6	Apr 11 - May 2	Thurs	6:15 - 7:00 ^{pm}	\$22	12/20
2324-316	Sports Sampler	4 - 6	May 13 - 22	Mon & Wed	5:15 - 6:00 ^{pm}	\$22	12/20
2324-317	Sports Sampler	4 - 6	May 13 - 22	Mon & Wed	6:15 - 7:00 ^{pm}	\$22	12/20

Don't miss these opportunities to represent your school and grade in these recreation sport leagues. Games or 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 and sudden cardiac arrest form turned into their school. Interested in coaching a team? Please let your school's athletic coordinator know right away!

Girls' Basketball Leagues

Gr. 6 - 8

Jan 11 - Feb 20, 2024

Tues & Thurs

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

Location: Woodworth, Sabish, Theisen, and Riverside



Gr. 4 & 5

Jan 17 - Feb 19, 2024
(no games Jan 22)

Mon & Wed

Times: 4:00, 4:50, 5:40, 6:30^{pm}

Location: Elementary Gyms

League times and locations may vary based on availability. Details will be sent home through the schools before season begins.

Middle School Boys' Volleyball League

Gr. 6 - 8

March 5 - 28

Tues & Thurs

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

Location: Woodworth, Sabish, Theisen, and Riverside

Boys' Volleyball Clinic: Grades 6 - 8

This clinic is for 6th-8th grade boys looking to play volleyball in a competitive atmosphere; no experience required. The clinic will be offered prior to the start of the league – with the FHS Varsity players and coaches introducing various concepts about competitive volley, including basic skills, positions, and defense. A short, structured league between local middle school teams will follow. **Location: Theisen Middle School**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost
2324-264	Gr. 6 - 8	Feb 6 - 15	Tues & Thurs	5:30 - 6:45 ^{pm}	\$15

Fondy Youth Baseball

Summer 2024 Registration

Grades 5k - 12, at time of registration
Online registration begins Feb. 1st - www.fdl-youth-baseball.com or In-person registration will be held at the Old Rec Dept Classroom (85 Morningside Dr. - enter door #3) during the following dates:

Wed	Feb 7	6:00 - 8:00pm
Sat	Feb 10	8:00 - 10:00am
Wed	Feb 14	6:00 - 8:00pm



Fondy Youth Fastpitch

Summer 2024 Registration

Girls, Grades 5k - 12, at time of registration
Online registration begins Feb. 1st - www.fdlrecdept.com

Follow us on our FYF Facebook page: www.facebook.com/fdlgirlsfastpitch



Have a program idea? We want to hear from you!

If you have a suggestion or an idea for a program that you would like to see the FdL-SD Community Education and Recreation Dept. offer, please let us know at 920-929-2885.

Fondy Cardinals

Youth Fastpitch Skills Camp: Gr. 5K - 8

Fondy Youth Fastpitch is inviting all 5K – 8th grade students to their winter skills camp. This Camp will give fast pitch softball players an opportunity to improve their throwing, fielding, hitting and pitching fundamentals while also learning new softball skills. Players should bring a mask, glove, bat, helmet and water bottle. We have extra bats and helmets if needed. All activities will be held indoors, so dress appropriately and wear gym shoes. Camp will be led by the FDL High School coaching staff, players and also instructors from Base Knox Academy. Camp fee includes a t-shirt. **Location: Feb 25 & Mar 3 at FdL High School, Mar 17 & 24 at Riverside**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost
2324-271	Gr. 5K - 2	Feb 25 - Mar 24	Sun	12:30 - 2:00 ^{pm}	\$75
2324-272	Gr. 3 - 8	Feb 25 - Mar 24	Sun	2:00 - 4:00 ^{pm}	\$75

Cardinal Baseball Clinic: Gr. 5 - 8

Join Fondy Baseball Coach Mike Kleinhans for the Cardinal Baseball Clinic. This clinic is for players in grades 5th-8th and will help them to learn the "Cardinal" way and prepare the players for the upcoming baseball season. Proper baseball techniques will be taught with live participation in drills. Bring your glove, helmet, and tennis shoes. Clinic features a Q and A session for players and parents from 11:00-11:30. **Location: FHS Field House**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost
2324-273	Gr. 5 - 8	Feb 24	Sat	9:00 - 11:30 ^{am}	\$15

Fondy Cardinals Softball Clinic: Gr. 3 - 8

Open to all youth registered for the Fondy Youth Fastpitch Leagues. Participants are invited to improve their fielding and hitting fundamentals, learn new softball skills, and have fun. Players will be grouped by age and ability during the clinic. All participants should bring a glove and dress appropriately for outdoors. **Location: FHS Varsity and JV diamonds**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost
2324-294	Gr. 3 - 8	Apr 8 - 29	Mon	6:00 - 7:30 ^{pm}	FREE

Indoor Floor Hockey: Ages 5 - 11

Coed rec floor hockey. Youth will learn the basics and participate in drills and games. The class will teach teamwork, stick handling, rules, passing, shooting and most of all FUN! **Location: Woodworth Cafeteria**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2324-280	5 - 7	Mar 7 - 28	Thurs	5:30 - 6:15pm	\$16	5/16
2324-281	8 - 11	Mar 7 - 28	Thurs	6:30 - 7:15pm	\$16	5/16



Fondy Girls Basketball Camp: Gr. 3 - 8

Join Fondy Girls Basketball Coach Jake Jalling and his team for a Girls skills camp.

Location: Fond du Lac High School

Grades 3 - 5: skill introduction and development in the areas of ball handling, passing, shooting, and basic defensive concepts. All levels of skill and experience are encouraged to join.

Grades 6 - 8: enhance skills and have the opportunity for high repetitions in shooting.

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost
2324-301	Gr. 3 - 5	Apr 13	Sat	9:00 - 10:30am	\$10
2324-302	Gr. 6 - 8	Apr 13	Sat	10:30am - 12:00pm	\$10

Learn the Ropes & Cardinal Skippers Tryouts: Gr. 5K - 12

Our very own Cardinal Skippers and past jumpers will teach participants some start-up skips, jumps, and turns to get them on their way to a fun new experience! Pre-registration is recommended. Every participant will receive a t-shirt and should bring a water bottle and jump rope with them to the clinic. Jump ropes will be available to borrow if you don't have one of your own. **Location: Riverside Gym**

Join us for try outs and your chance to be a part of the Cardinal Skippers 2024-25 Jump Rope team! Tryouts are open to all students grades 1-11. Those trying out do not need to register and can attend at any time between 4:00pm and 5:00pm on Wednesday, May 8. There is no cost to tryout and pre-registration is not required. If you would like to try out, but cannot make this day, please contact the Skipper Coach, Jolinn Ennis, at ennisj@fonddulac.k12.wi.us to set up another time. **Location: Riverside Gym**



Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost
2324-315	Gr. 5K - 12	May 4	Sat	9:00am - 12:00pm (Check-in: 8:45am)	\$25 (\$30 after May 1)
N/A	Gr. 1 - 11	May 8	Wed	4:00 - 5:00pm	N/A



NFL Flag Football: Gr. 5k - 8

The FDLSD Community Education and Recreation Department is pleased to be offering NFL Flag Football to the community in Spring of 2024. NFL Flag is the official Flag Football program of the NFL. Leagues are no contact and give participants of all abilities the chance to develop their fundamental football skills in a positive, inclusive environment. Leagues are open for Boys AND Girls in K-8th grade. Each team will have 10-12 kids per team and will be divided by schools. Teams will have 1 or 2 volunteer coaches. First week will be a team practice. Remaining weeks will have 30 minutes of practice, followed by a scrimmage. Cost includes a Reversible NFL Team Jersey and flags for participants to keep. **Location:** TBD

We are looking for volunteer coaches!!

Activity Code	Grade(s)	League	Date(s)	Day(s)	Time(s)	Cost
2324-303	5K & 1	COED	Apr 13 - May 18	Sat	8:15 - 9:45 ^{am}	\$35
2324-304	2 & 3	COED	Apr 13 - May 18	Sat	8:15 - 9:45 ^{am}	\$35
2324-305	4 & 5	COED	Apr 13 - May 18	Sat	10:00 - 11:30 ^{am}	\$35
2324-306	6 - 8	Boys	Apr 13 - May 18	Sat	10:00 - 11:30 ^{am}	\$35
2324-307	6 - 8	Girls	Apr 13 - May 18	Sat	10:00 - 11:30 ^{am}	\$35

Cardinal Kids & Junior Cardinal Wrestling: Gr. 5k - 8

Beginner to advanced wrestling program focusing on fun, fitness & introduction to wrestling basics.

Location: Riverside South Balcony - Wrestling Room

- Registration in person Jan. 2nd w/ Parents meeting and open practice
- Practice Attire: Clean shorts or sweatpants, clean T-shirt.
- Shoes should be clean shoes that aren't worn outside or wrestling shoes.
- All kids will receive a T-shirt with entry
- 4k can participate if not disruptive.
- Dates/times may change. Please check www.fonddulacwrestling.com
- Email fondywrestling@gmail.com for any questions.



Age(s)	Date(s)	Day(s)	Time(s)	Cost	Notes
Gr. 5k - 2 Beginner	Jan 8 - Feb 19	Mon	5:45 - 6:30 ^{pm}	\$25/child	May have more sessions
Gr. 3 - 8 Club	Jan 2 - Mar 14	Tues & Thurs	6:00 - 7:15 ^{pm}	\$75/child	Includes USA Card

Gr. 6th - 8th Note: Theisen, Sabish and Woodworth have a middle school program. Participants may still attend club programs after middle school practice as well.

Celebrate Crafts: Ages 7 - 15

Celebrate each month with a fun craft for the month coming up. Instructor led class with a unique craft to make and take home each class. All supplies and directions are provided, but colors/designs may vary. **Location: Old Rec Dept Classroom (85 Morningside Dr.)**

Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2324-254	7 - 15	String Heart	Jan 9	Tues	4:00 - 5:00 ^{pm}	\$5	6/15
2324-265	7 - 15	Rainbow	Feb 13	Tues	4:00 - 5:00 ^{pm}	\$5	6/15
2324-283	7 - 15	Peeps Doh & Salt Dough Eggs	Mar 12	Tues	4:00 - 5:00 ^{pm}	\$5	6/15
2324-296	7 - 15	Mother's Day	Apr 9	Tues	4:00 - 5:00 ^{pm}	\$5	6/15
2324-319	7 - 15	Father's Day	May 14	Tues	4:00 - 5:00 ^{pm}	\$5	6/15



Check out our Facebook page for craft pictures!

Kids' Gnomes: Ages 7 -15

Join Julie for another year of gnomes. Each month we will discover a new way of making gnomes that you take home with you at the end of class. All supplies and directions are provided, but colors/designs may vary. **Location: Old Rec Dept Classroom (85 Morningside Dr.)**

Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2324-259	7 - 15	Fairy Gnome	Jan 23	Tues	4:00 - 5:00 ^{pm}	\$5	6/15
2324-267	7 - 15	Beach Gnome	Feb 20	Tues	4:00 - 5:00 ^{pm}	\$5	6/15
2324-285	7 - 15	Cupcake Gnome	Mar 19	Tues	4:00 - 5:00 ^{pm}	\$5	6/15
2324-311	7 - 15	Mermaid/ Merman Gnome	Apr 16	Tues	4:00 - 5:00 ^{pm}	\$5	6/15
2324-320	7 - 15	Cow Gnome	May 21	Tues	4:00 - 5:00 ^{pm}	\$5	6/15

Kids' Craft Nights: Ages 7 - 15

Join the FdL-SD Community Ed & Rec Department instructor led classes, each featuring a unique craft to make and take home at the end of class! **Location: Old Rec Dept Classroom (85 Morningside Dr.)**



Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2324-263	7 - 15	Wind Chime	Jan 30	Tues	4:00 - 5:00pm	\$5	6/15
2324-276	7 - 15	Beach Picture	Feb 27	Tues	4:00 - 5:00pm	\$5	6/15
2324-289	7 - 15	Spinners	Mar 26	Tues	4:00 - 5:00pm	\$5	6/15
2324-312	7 - 15	Smash Can	Apr 23	Tues	4:00 - 5:00pm	\$5	6/15
2324-322	7 - 15	Owls	May 28	Tues	4:00 - 5:00pm	\$5	6/15

Check out our Facebook page for craft pictures!

"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: Old Rec Dept Classroom (85 Morningside Dr.)**



Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2324-270	10 - 15	Feb 23	Fri	8:00am - 4:00pm	\$70	15/20

Super Chefs: Ages 6 - 12

Our Super Chefs will explore the world of cooking! We will be offering healthy cooking classes for youth in a fun, hands on environment. Each class will offer the children a chance to make something different and something they can try at home. **Location: Old Rec Dept Classroom (85 Morningside Dr.)**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2324-308	6 - 8	Apr 13	Sat	9:30 - 10:30am	\$15	8/15
2324-309	9 - 12	Apr 13	Sat	11:00am - 12:00pm	\$15	8/15

Summer 2024 Registration

Adult Softball Leagues

Sponsor Fees:

Men's/Women's League - \$215

Co-ed League - \$190

Team Sponsors from 2023:

Monday, February 5

2023 Teams Changing Sponsors:

Monday, February 12

Open Registration:

Wednesday, February 14

The Recreation Department reserves the right to change or adjust any and all leagues.

Summer softball registration will begin in early February. All adult softball information will be sent to the previous summer managers and sponsors by the end of January. Please read this information carefully. Leagues are filled on a first come, first serve basis. Detailed information can be found on our website: www.fdlrecdept.com and also at <https://www.teamsideline.com/sites/fondulacrec/home>

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 and balls are provided. No locker rooms are available. **Location: Riverside North Balcony**



Age(s)	Date(s)	Day(s)	Time(s)	Cost
16+	Nov 1 - Feb 28	Mon & Wed	5:00 - 8:00pm	FREE

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. Please bring along 1-3 lbs weights.

Location: Woodworth Cafeteria

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost (R/NR)
2324-255	16 +	Jan 9 - Feb 20	Tues	5:30 - 6:30pm	\$50/\$55
2324-279	16 +	Mar 5 - Apr 23	Tues	5:30 - 6:30pm	\$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.

Activity Code	Age(s)	Location(s)	Date(s)	Day(s)	Time(s)	Cost (R/NR)
2324-257	16+	Rec. Dept Classroom	Jan 11 - Feb 22	Thurs	5:30 - 6:30pm	\$45/\$50
2324-282	16+	Woodworth Cafeteria	Mar 7 - Apr 25 (no class Apr 4)	Thurs	5:30 - 6:30pm	\$45/\$50



Adventures in Investing

Jeff Kemp is back! Jeff is not a Financial Advisor but is sharing his knowledge and lifetime of investment experiences for the benefit of the Fond du Lac community. These lessons help individuals empower themselves with the fundamental investment information necessary to make informed choices with one's own money. Classes will focus on the following topics with plenty of extras and room for questions: Week one, Mutual Funds; Week two, Index Investing; Week three, Bonds; Week four, Economic Forces; Week five, Asset Allocation; and Week six, Tax Smart Investing and Retirement Planning. Classes are free of charge and all ages are encouraged to attend.

Location: Theisen Middle School Auditorium

Age(s)	Date(s)	Day(s)	Time(s)	Cost
All	Jan 23 - Feb 20	Tues	6:00 - 7:30pm	FREE



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

In what could be the most enlightening 2 hours you have ever spent, this class will show you how you can 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. **Location: Virtual**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost (R/NR)
2324-274	18+	Feb 27	Tues	5:30 - 7:30pm	\$25/\$30

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.



Activity Code	Class	Day(s)	Date(s)	Time(s)	Cost (R/NR)
2324-258	Hearty Bowls	Thurs	Jan 18	6:00 - 7:00pm	\$50/\$55
2324-269	Cozy Crockpot	Wed	Feb 21	6:00 - 7:00pm	\$50/\$55
2324-291	Freezer Fiesta	Wed	Mar 27	6:00 - 7:00pm	\$50/\$55

<i>Hearty Bowls</i>
Creamy Vegetable Soup, Minestrone Soup, Street Corn Cowder, Creamy Sausage Tortellini
<i>Cozy Crockpot</i>
Philly Style Cheesecake, Lasagna Soup, Honey Garlic Chicken, Souvlaki (Gyros)
<i>Freezer Fiesta</i>
Chicken Tortilla Soup, Taco Pasta, Smothered Fritos Bowl, Tator Taco Casserole

Adult Craft Workshops: Ages 16+

Join the FdL-SD Community Ed & Rec Department in these instructor led classes each featuring a unique craft to make and take home at the end of class! All supplies and directions are provided, but colors/designs may vary. **Location: Old Rec Dept Classroom (85 Morningside Dr.)**

Check out our Facebook page for craft pictures!



Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2324-261	16+	Tiered Tray	Jan 24 & 31	Wed	5:00 - 7:00pm	\$20	6/15
2324-277	16+	Monogram Mugs	Feb 28	Wed	5:00 - 7:00pm	\$20	6/15
2324-287	16+	Bow Making	Mar 20	Wed	5:00 - 7:00pm	\$20	6/15
2324-298	16+	Painting Techniques	Apr 10 & 17	Wed	5:00 - 7:00pm	\$20	6/15
2324-314	16+	Purse Planter	May 1	Wed	5:00 - 7:00pm	\$20	6/15

Celebrate Crafts: Ages 16+

Join the FdL-SD Community Ed & Rec Department in these instructor led classes each featuring a unique craft to make and take home at the end of class! All supplies and directions are provided, but colors/designs may vary. Participants must attend the time slot registered for. **Location: Old Rec Dept Classroom (85 Morningside Dr.)**

Check out our Facebook page for craft pictures!

Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2324-256E	16+	String Heart	Jan 9	Tues	5:30 - 7:00 ^{pm}	\$5	6/20
2324-256L	16+	String Heart	Jan 9	Tues	7:15 - 8:45 ^{pm}	\$5	6/20
2324-266E	16+	Tea Towel	Feb 13	Tues	5:30 - 7:00 ^{pm}	\$5	6/20
2324-266L	16+	Tea Towel	Feb 13	Tues	7:15 - 8:45 ^{pm}	\$5	6/20
2324-284E	16+	Napkin Holder	Mar 12	Tues	5:30 - 7:00 ^{pm}	\$5	6/20
2324-284L	16+	Napkin Holder	Mar 12	Tues	7:15 - 8:45 ^{pm}	\$5	6/20
2324-297E	16+	Smash Can	Apr 9	Tues	5:30 - 7:00 ^{pm}	\$5	6/20
2324-297L	16+	Smash Can	Apr 9	Tues	7:15 - 8:45 ^{pm}	\$5	6/20
2324-318E	16+	Cow Decor	May 14	Tues	5:30 - 7:00 ^{pm}	\$5	6/20
2324-318L	16+	Cow Decor	May 14	Tues	7:15 - 8:45 ^{pm}	\$5	6/20





A Year of Gnomes: Ages 16+

Join Julie for another year of gnomes. Each month we will discover a new way of making gnomes that you take home with you at the end of class. All supplies and directions are provided, but colors/designs may vary. Participants must attend the time slot registered for. **Location: Old Rec Dept Classroom (85 Morningside Dr.)**

Check out our Facebook page for craft pictures!

Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2324-260E	16+	Fairy Gnome	Jan 23	Tues	5:30 - 7:00 ^{pm}	\$5	6/20
2324-260L	16+	Fairy Gnome	Jan 23	Tues	7:15 - 8:45 ^{pm}	\$5	6/20
2324-268E	16+	Beach Gnome	Feb 20	Tues	5:30 - 7:00 ^{pm}	\$5	6/20
2324-268L	16+	Beach Gnome	Feb 20	Tues	7:15 - 8:45 ^{pm}	\$5	6/20
2324-286E	16+	Tub Gnome	Mar 19	Tues	5:30 - 7:00 ^{pm}	\$5	6/20
2324-286L	16+	Tub Gnome	Mar 19	Tues	7:15 - 8:45 ^{pm}	\$5	6/20
2324-310E	16+	Mushroom Gnome	Apr 16	Tues	5:30 - 7:00 ^{pm}	\$5	6/20
2324-310L	16+	Mushroom Gnome	Apr 16	Tues	7:15 - 8:45 ^{pm}	\$5	6/20
2324-321E	16+	Cow Gnome	May 21	Tues	5:30 - 7:00 ^{pm}	\$5	6/20
2324-321L	16+	Cow Gnome	May 21	Tues	7:15 - 8:45 ^{pm}	\$5	6/20

Adult Craft Nights: Ages 16+

Join the FdL-SD Community Ed & Rec Department in these instructor led classes each featuring a unique craft to make and take home at the end of class! All supplies and directions are provided, but colors/designs may vary. Participants must attend the time slot registered for. **Location: Old Rec Dept Classroom (85 Morningside Dr.)**

Check out our Facebook page for craft pictures!

Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2324-262E	16+	Spindle Snowman	Jan 30	Tues	5:30 - 7:00 ^{pm}	\$5	6/20
2324-262L	16+	Spindle Snowman	Jan 30	Tues	7:15 - 8:45 ^{pm}	\$5	6/20
2324-275E	16+	Beachy Decor	Feb 27	Tues	5:30 - 7:00 ^{pm}	\$5	6/20
2324-275L	16+	Beachy Decor	Feb 27	Tues	7:15 - 8:45 ^{pm}	\$5	6/20
2324-290E	16+	Bathroom Stuff	Mar 26	Tues	5:30 - 7:00 ^{pm}	\$5	6/20
2324-290L	16+	Bathroom Stuff	Mar 26	Tues	7:15 - 8:45 ^{pm}	\$5	6/20
2324-313E	16+	Tile Planter	Apr 23	Tues	5:30 - 7:00 ^{pm}	\$5	6/20
2324-313L	16+	Tile Planter	Apr 23	Tues	7:15 - 8:45 ^{pm}	\$5	6/20
2324-323E	16+	Owls	May 28	Tues	5:30 - 7:00 ^{pm}	\$5	6/20
2324-323L	16+	Owls	May 28	Tues	7:15 - 8:45 ^{pm}	\$5	6/20



Please check
our website for
the current pool
schedule.

Hours of Operation

January 2 - June 2

Mon - Thurs	Fri	Sat
6:00 - 11:00 ^{am} 4:00 - 6:00 ^{pm}	6:00 - 11:00 ^{am}	8:00 - 11:00 ^{am}

Aquatic Center closes from 11:00^{am} - 4:00^{pm}, Monday - Thursday
Closed Fridays & Saturdays at 11:00^{am}



Water Wellness \$3.75/class

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



Low-Moderate 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 & Thur
8:00 - 8:45^{am}

Moderate:
Tue & Thur
9:00 - 9:45^{am}

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 - 8:45^{am}

DEEP - [Deep End Exercise Program]

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

Tue & Thur
6:00 - 6:45^{pm}

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/Tue/Thur
10:00 - 10:45^{am}

Water Yoga

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

Mon/Tues/Wed
9:00 - 9:45^{am}

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

Winter/Spring Swim Lessons & Registration

Session 1 online registration opens **Wednesday, Jan. 31st at 8:00^{pm}**

Session 2 online registration opens **Wednesday, Mar. 27th at 8:00^{pm}**

Registration available on the Rec. Dept. website at www.fdlrecdept.com - No in-person registration available.

Saturdays

Session 1: February 24 – March 30

Session 2: April 13 – May 18

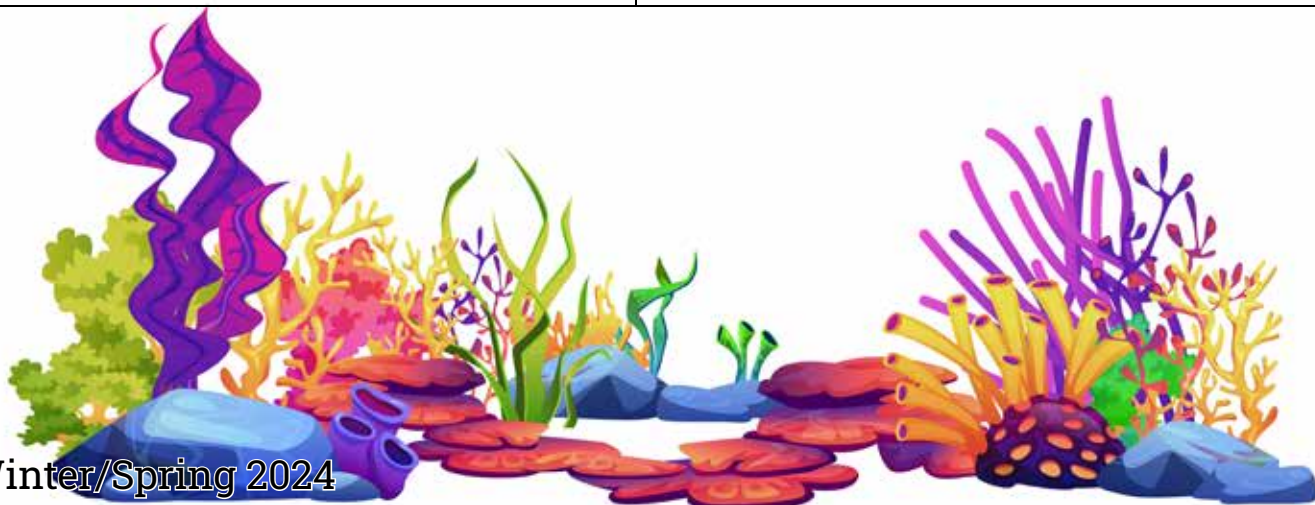
Fees per child:
There will be a \$5.00 fee for any class changes.

\$33.00 - FdL-SD Residents

\$40.00 - Non-Residents

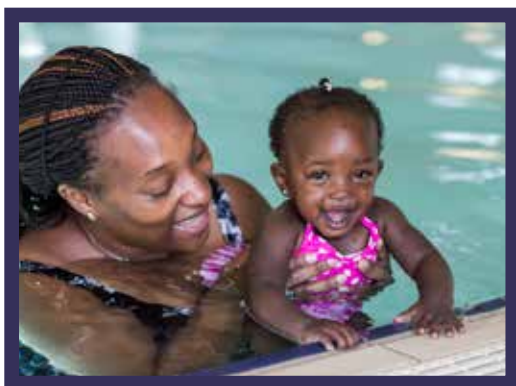
Note: Parents must observe lessons from the balcony or hallway areas only. Parents are not allowed on deck.

Small Pool Lessons (Ages 3 - 5)		Large Pool Lessons (Ages 6 - 14)	
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.	Jr. Lifesaving (13+)	8:00 – 8:45 a.m.
Orca	10:45 – 11:15 a.m.	Adult (15+)	8:00 – 8:45 a.m.



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 to 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.	<p>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.</p> <p>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.</p>
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.	



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

Baby Seals

Parent-Tot swim class ~ no registration needed

Ages: 6 months - 3 years

Mon. & Wed.

6:00 - 6:30pm



Lifeguard Training: Ages 15+

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. Minimum of 5 participants needed to run the class.

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



JOIN OUR TEAM

Activity Code	Date(s)	Day(s)	Time(s)	Cost
2324-292	Apr 1 - 3	Mon - Wed	8:00 ^{am} - 4:00 ^{pm}	FREE



Birthday Parties are Back!

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

Party includes use of either pool for one hour and the use of the classroom for one hour.

Times available:

Friday Evenings: 4:00 – 8:00p.m. (Small Pool Only)

Saturday Afternoons: 1:00p.m. or later (Either Pool)

Cost:

FdL School District Residents: \$50.00 for 2 hours, for up to 20 swimmers

Non-Residents: \$60.00 for 2 hours, for up to 20 swimmers

Additional \$15.00 for every 20 swimmers

*Additional swimmers and/or rentals during closed hours may be available at additional costs.
The classroom may be decorated; however, you are responsible for clean-up.*

Call 920-929-2885 or 920-929-3536 for more information!

Swim Club Lessons: Ages 6 - 15

Continue to develop your child's swimming ability with lessons taught by Fondy Swim Club members. Students will learn the fundamentals needed to become a competitive swimmer. Online registration opens **Wednesday, Feb 28th at 8:00pm** at www.fdlrecdept.com. Limited class spots available, watch for more information in the new year! **Location: Aquatic Center - Large Pool**

Age(s)	Date(s)	Day(s)	Time(s)	Cost (R/NR)
6 - 15	Mar 18 - 28	Mon - Thurs	5:00 - 5:45pm	\$33/\$40
6 - 15	Mar 18 - 28	Mon - Thurs	5:45 - 6:30pm	\$33/\$40



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

Day(s)	Time(s)
Tues & Thurs	11:00am - 12:30pm
Sun	1:00 - 2:30pm

Swimmers must be registered with U.S. Masters Swimming to participate.

FDL-SD Aquatic Center admission fees apply.

JOIN US AT THE AQUATIC CENTER FOR
WINTER FUN...INDOORS:)



All skill levels welcome

Swimming with a club is a great way to develop physical, mental, emotional and social skills for youth :)

Schedule a tryout any time of the year!

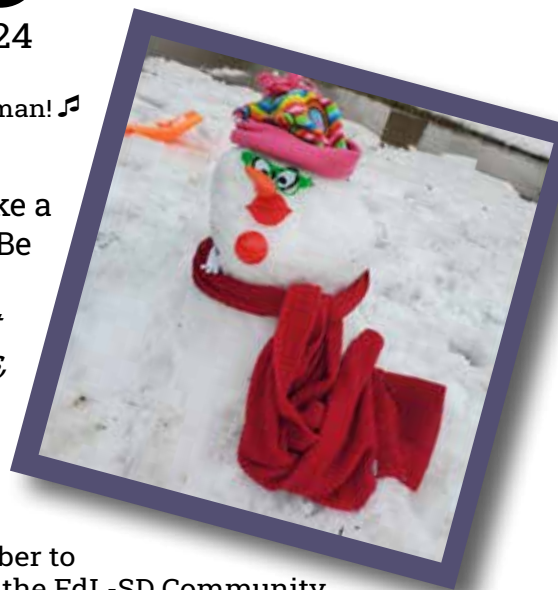
E-mail: fonddulac.swim@gmail.com
fondyswimclub.com

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@fnddulac.k12.wi.us or drop off your photo and info at the FdL-SD Community Ed & Rec Dept Office.

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

2024 Easter Eggstravagnza Family Day

Join us for Family Fun! The FdL-SD Community Ed & Rec Dept will be hosting an Easter Eggstravagnza for your Family. Bring your family and enjoy swimming, arts and crafts, inflatables, open gym, egg coloring, Families must bring their own eggs for egg coloring, supplies are provided. Easter goody bag for all children 12 and under. Ages 12 and under must be accompanied by an adult.

Location: Aquatic Center and Riverside Gym

1:00-3:00 p.m. Open Swimming

1:00-3:30 p.m. Open gym, inflatables, face painting, egg coloring

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost
2324-288	All	Mar 23	Sat	1:00- 3:30 ^{pm}	\$5/ family



"Hooked on Fishing" Casting Contest

Let's get kids "Hooked on Fishing"! Our casting contest is open to children 3 to 17 years of age, with beginner, intermediate, and advanced divisions. Doors will open at 11:00am and casting will begin at 11:30am. Door prizes, raffles, fly tying, DNR, concessions, and more! **Location: Aquatic Center and Riverside Gym**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost
2324-293	All	Apr 7	Sun	11:00 ^{am} - 2:00 ^{pm}	\$4

Outdoor Skating Rink

McDermott Park

Special Events

Daily
December - March
(Rink access dependent upon ice conditions & weather)

Lights available daily
4:00 – 9:00^{pm}

Some weekend hours may have supervision & warming shelter available.

Watch our websites for more information, www.fdlrecdept.com and www.fdl.wi.gov/

Cardinal Skippers Community Night

Join us for this exciting evening as our very own competitive jump rope team, the Cardinal Skippers, perform for family, friends, and the Fond du Lac Community. Cardinal Skippers team will be performing a variety of jump rope stunts and tricks throughout the show! Tickets may be purchased from any Cardinal Skipper or at the door the evening of the event. **Location: Goodrich Little Theater**



Age(s)	Date(s)	Day(s)	Time(s)	Cost
ALL	May 23	Thurs	5:30 ^{pm}	\$5

**WE'RE
HIRING!**

Our department offers many opportunities for employment. We are always looking to hire lifeguards, swim instructors, class instructors, and sports officials. Seasonal positions are available year round.

Visit our website at www.fdlrecdept.com for an employment application.

www.fdlrecdept.com (920) 929-2885

FDSLSD | COMMUNITY
ED & REC

Presents:

Springtime Splendor

Arts & Crafts Expo

Saturday, April 27th
9:00^{am} - 3:00^{pm}

Admission: \$2.00
(10 & under FREE w/ paid adult)

Held at FdL Fairgrounds Recreation Center

E-mail michj@fonddulac.k12.wi.us
or visit our website for more
information