

# Winter/Spring 2025



SUMMER  
BASEBALL &  
SOFTBALL

PADDLEBOARD  
PILATES

AND MORE!



## Dear Fond du Lac School District and Community Residents,

As the Winter chill sets in and we look forward to the warmth of Spring, it's the perfect time to explore new opportunities, build connections, and grow through learning and activity. We're excited to present the **Winter/Spring 2025 Activity Guide**, filled with programs for all ages and interests. Whether you're seeking something new for your child, yourself, or your entire family, our offerings are designed to bring the community together and foster growth.

For our youngest learners, **Early Childhood** programs provide a wonderful introduction to learning through play, creativity, and exploration. These classes focus on building foundational skills in a fun, nurturing environment, setting the stage for lifelong learning.

Youth can dive into a variety of **Youth Enrichment** activities that inspire curiosity and creativity, whether through arts, cooking, babysitting, or Lifeguard Training opportunities. We're also offering a robust selection of **Youth Sports** programs where kids can learn teamwork, sportsmanship, and the fundamentals of different sports while having fun and staying active.

Adults are not left out with **Adult Enrichment** classes that range from crafts to personal finance. If you're looking to stay active, we offer a range of **Fitness Classes** designed to meet all skill levels and goals, from yoga and Zumba to our new Paddleboard Pilates class at the Aquatic Center.

And, of course, we're thrilled to offer a variety of **Swimming Lessons** for all ages and skill levels, from beginners to advanced swimmers. Our Aquatics Program is a fantastic way to stay active year-round while building confidence in the water.

One of our most exciting updates this season is the expansion of our **Pickleball Program**! We've added **six Pickleball Courts** at Riverside Elementary Gym, and for the first time, we're offering **Sunday court times** to accommodate even more players. Whether you're a seasoned player or looking to try something new, this is a perfect opportunity to get involved in one of the fastest-growing sports around!

Thank you for your continued support of the Fond du Lac School District Community Education and Recreation Department. We look forward to seeing you and your family this season, as we grow, play, and thrive together.

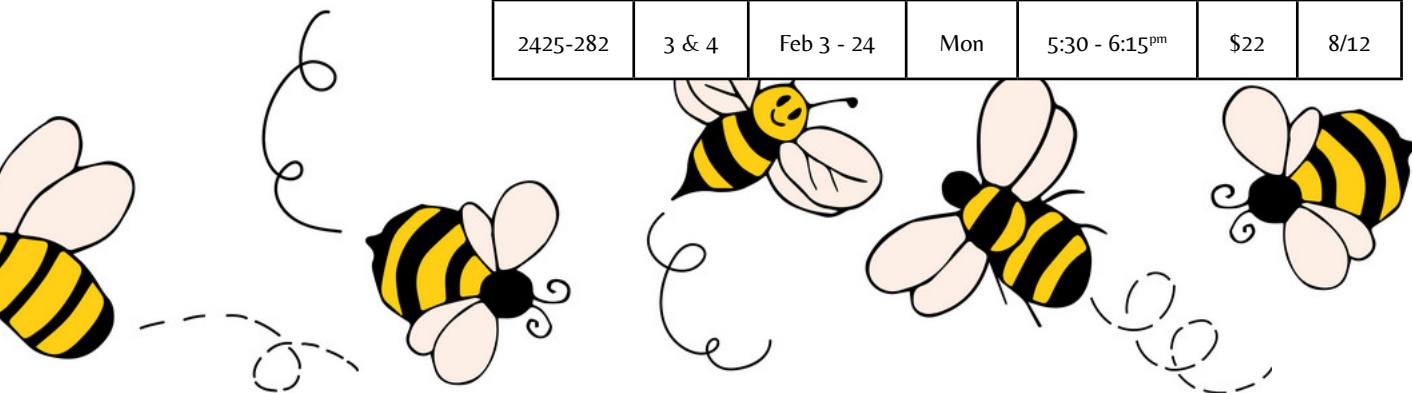
Sincerely,

Bill Greymont  
FDL-SD Community Education and Recreation Department  
Coordinator

## Busy Bees: Ages 3 & 4

Participants will make projects, sing songs, hear stories and play with friends in an active learning environment. This will give children the opportunity to begin practicing introductory school skills on their own. Children will participate without their parents. **Location: Community Ed and Rec Classroom (85 Morningside Dr.)**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2425-282	3 & 4	Feb 3 - 24	Mon	5:30 - 6:15 <sup>pm</sup>	\$22	8/12



## Wonderbugs: Ages 2 & 3 w/ adult

Great socialization class for both parents and toddlers. Different activities will be introduced each week to enjoy and develop physical and social skills, while you both enjoy interacting with other tots. This class will be limited to 10. An adult must attend with child. **Location: Community Ed and Rec Classroom (85 Morningside Dr.)**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2425-305	2 & 3 w/ adult	Mar 10 - 31	Mon	5:30 - 6:15 <sup>pm</sup>	\$22	8/15



## 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
2425-321	Little Kicks Soccer	4 - 6	Apr 10 - May 1	Thurs	5:15 - 6:00 <sup>pm</sup>	\$22	12/20
2425-322	Little Kicks Soccer	4 - 6	Apr 10 - May 1	Thurs	6:15 - 7:00 <sup>pm</sup>	\$22	12/20
2425-340	Little Sports Sampler	4 - 6	May 14 - 28 (no class May 26)	Mon & Wed	5:15 - 6:00 <sup>pm</sup>	\$22	12/20
2425-341	Little Sports Sampler	4 - 6	May 14 - 28 (no class May 26)	Mon & Wed	6:15 - 7:00 <sup>pm</sup>	\$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 & 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 9 - Feb 18, 2025

Tues & Thurs

Times: 5:30, 6:20, 7:10<sup>pm</sup>

Location: Woodworth, Sabish, Theisen, and Riverside



### Gr. 4 & 5

Jan 22 - Feb 19, 2025  
(no games Jan 20)

Mon & Wed

Times: 4:00, 4:55, 5:50<sup>pm</sup>

Location: Elementary Gyms

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

## Middle School Boys Volleyball League

### Gr. 6 - 8

March 4 - 27

Tues & Thurs

Times: 4:00, 4:55, 5:30<sup>pm</sup>

Location: Woodworth, Sabish, Theisen, and Riverside

## Boys' Volleyball Clinic: Grades 6 - 8

This league/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. League play will start March 4. League details will be available at the clinic and with your school's Athletic coordinator. **Location: Theisen Middle School**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost
2425-287	Gr. 6 - 8	Feb 11 - 25	Tues & Thurs	4:15 - 5:30 <sup>pm</sup>	\$10

# FHS Fastpitch Skills Camp: Gr. 5K - 8

Fond du Lac High School Softball Coaching staff and players are inviting all 5K-8th grade girls to their Fastpitch Skills Camp! Participants will learn new softball skills and improve their throwing, fielding, hitting and pitching fundamentals. This camp is a fantastic way to learn new skills, while also having fun with future Fondy teammates. Players should bring a mask, glove, bat, helmet and water bottle. Bats/helmets will be available for players that do not have their own. Players should dress appropriately for indoor practice. Cost includes a T-shirt. **Location: FDL High School Fieldhouse**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost
2425-317	Gr. 5K - 2	Apr 6 & 13	Sun	12:30 - 2:00pm	\$40
2425-318	Gr. 3 - 8	Apr 6 & 13	Sun	2:00 - 4:00pm	\$40

## Summer 2025 Registration

### Fondy Youth Fastpitch

Girls, Grades 5k - 12, at time of registration

Online registration begins Feb. 3<sup>rd</sup> - [www.fdlrecdept.com](http://www.fdlrecdept.com)

Follow us on our FYF Facebook page: [www.facebook.com/fdlgirlsfastpitch](http://www.facebook.com/fdlgirlsfastpitch)



### Fondy Youth Baseball

Youth, Grades 5k - 12, at time of registration

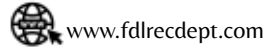
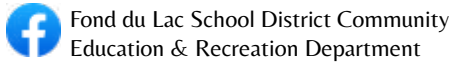
Online registration begins Feb. 3<sup>rd</sup> - [www.fdl youthbaseball.com](http://www.fdl youthbaseball.com)

In-person registration will be held at the Community Ed and Rec Classroom (85 Morningside Dr. - enter door #3) on:

Wed	Feb 5	6:00 - 8:00pm
Wed	Feb 12	6:00 - 8:00pm
Sat	Feb 15	8:00 - 10:00am

# Cardinal Baseball Clinic

Watch our facebook page and website for more information!



## Indoor Floor Hockey: Ages 5 - 11

Coed Rec Indoor 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
2425-302	5 - 7	Mar 6 - 27	Thurs	5:30 - 6:15 <sup>pm</sup>	\$16	5/16
2425-303	8 - 11	Mar 6 - 27	Thurs	6:30 - 7:15 <sup>pm</sup>	\$16	5/16

## Learn the Ropes: Gr. 5K - 12

Participants, come "Learn the Ropes" to jumping as our very own Cardinal Skippers and past jumpers teach participants some start-up skips, jumps, and turns to get them on their way to a fun new experience! 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**



Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost
2425-335	Gr. 5K - 12	May 3	Sat	9:00 <sup>am</sup> - 12:00 <sup>pm</sup> (check in 8:45 <sup>am</sup> )	\$25 (\$30 after May 1)

## Cardinal Skippers Tryouts: Gr. 1 - 11

Join us for try outs and your chance to be a part of the Cardinal Skippers 2025-26 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 7. 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](mailto:ennisj@fonddulac.k12.wi.us) to set up another time.

**Location: Riverside Gym**

Age(s)	Date(s)	Day(s)	Time(s)
Gr. 1 - 11	May 7	Wed	4:00 - 5:00 <sup>pm</sup>

# 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. 6th w/ Parents meeting and open practice or register online at [www.fonddulacwrestling.com](http://www.fonddulacwrestling.com)
- 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](http://www.fonddulacwrestling.com)
- Email [fondywrestling@gmail.com](mailto:fondywrestling@gmail.com) with any questions.



Age(s)	Date(s)	Day(s)	Time(s)	Cost	Notes
Gr. 5k - 2 Beginner	Jan 6 - Feb 24	Mon	5:45 - 6:30 <sup>pm</sup>	\$25/child	May have more sessions
Gr. 3 - 8 Club	Jan 7 - Mar 13	Tues & Thurs	6:00 - 7:15 <sup>pm</sup>	\$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.

## 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 2025. NFL Flag is the official Flag Football Program of the NFL. Leagues are no contact and give boys and girls 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. 1st 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
2425-325	Gr. 5K & 1	COED	Apr 12 - May 17	Sat	8:15 - 11:30 <sup>am</sup> (1 1/2 hour time slots)	\$40
2425-326	Gr. 2 & 3	COED	Apr 12 - May 17	Sat	8:15 - 11:30 <sup>am</sup> (1 1/2 hour time slots)	\$40
2425-327	Gr. 4 & 5	COED	Apr 12 - May 17	Sat	8:15 - 11:30 <sup>am</sup> (1 1/2 hour time slots)	\$40
2425-328	Gr. 6 - 8	Boys	Apr 12 - May 17	Sat	8:15 - 11:30 <sup>am</sup> (1 1/2 hour time slots)	\$40
2425-329	Gr. 6 - 8	Girls	Apr 12 - May 17	Sat	8:15 - 11:30 <sup>am</sup> (1 1/2 hour time slots)	\$40





# Boating Safety



The Fond du Lac Coast Guard Auxiliary is offering an in-person Boating Safety Course for everyone 12 and older. Here is your chance to learn more about your boat, its safe operation, the legal requirements, emergency preparedness, and enjoying water sports. Upon successful completion of the course, you will receive a Wisconsin DNR Boating Safety certificate. Everyone registered for the course is required to attend all four nights of instruction and complete the final exam with an 80% score or better. *Course materials picked up and payment made on Wednesday, April 16th between 6pm to 8pm at the Fond du Lac Yacht Club - 705 Mohawk Avenue.*

Tues & Thurs  
Apr 22 - May 1  
6:00 - 9:00pm

FdL Yacht Club (705 Mohawk Ave.)  
\$10 per participant



U. S. Coast Guard Auxiliary  
Flotilla 095-47-01  
Fond du Lac, Wisconsin

To reserve your spot:

- Go to the DNR website at <https://gowild.wi.gov>
- Select the Browse Classes tab at the bottom of the home page.
- Select Course Type = BOAT
- Select County = Fond du Lac
- Then click the Enroll tab for the Fond du Lac Yacht Club Class

For more Information: [uscgaux0954701@gmail.com](mailto:uscgaux0954701@gmail.com)

## Kids Yoga: Gr. 3K - 2

Your child will learn how to recognize what to do when they are feeling different emotions by using various poses and breathing techniques in a fun and interactive way. Your child will gain confidence in their ability to use mindfulness to teach others. **Pre-school 3k/4k** children will learn fun and basic yoga poses and gain awareness of how to stretch and move their bodies. They will also learn to breathe by recognizing their feelings and using beanie babies to calm themselves. This class will include themes and interactive games to build self-confidence. **Elementary (5K-2)** children will learn fun and basic yoga poses through interactive theme days, using dice and flashcards, by then gaining flexibility and balance.

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

Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2425-271	Gr. 3K & 4K	Pre-School Class	Jan 8 - 29	Wed	4:00 - 4:30pm	\$10	4/10
2425-272	Gr. 5k - 2	Elementary Class	Jan 8 - 29	Wed	4:45 - 5:15pm	\$10	4/10
2425-285	Gr. 3K & 4K	Pre-School Class	Feb 5 - 26	Wed	4:00 - 4:30pm	\$10	4/10
2425-286	Gr. 5k - 2	Elementary Class	Feb 5 - 26	Wed	4:45 - 5:15pm	\$10	4/10
2425-299	Gr. 3K & 4K	Pre-School Class	Mar 5 - 26	Wed	4:00 - 4:30pm	\$10	4/10
2425-300	Gr. 5k - 2	Elementary Class	Mar 5 - 26	Wed	4:45 - 5:15pm	\$10	4/10



# "Home Alone" Babysitting Class: Ages 10 - 15

Being in charge of younger children is a great responsibility. Babysitting can be fun, rewarding, and often a challenging experience. This class will provide the basic information on preparing yourself to babysit, dealing with children, parent rules, in addition to 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 Rec Classroom (85 Morningside Dr.)**



Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2425-308	10 - 15	Mar 14	Fri	8:00 <sup>am</sup> - 4:00 <sup>pm</sup>	\$70	15/20

# Super Chefs: Ages 6 - 12

Our Super Chefs will explore the world of cooking! We will be offering healthy kids 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: Community Ed and Rec Classroom (85 Morningside Dr.)**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2425-323	6 - 8	Apr 12	Sat	9:30 - 10:30 <sup>am</sup>	\$15	8/15
2425-324	9 - 12	Apr 12	Sat	11:00 <sup>am</sup> - 12:00 <sup>pm</sup>	\$15	8/15



# FHS Driver Education: Ages 15+

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. Checks/cash only, checks made payable to "FHS Funds", NO refunds. Online option must be paid in full at the time of registration. Any questions, please email Vicki Luczak at [luczakv@fonddulac.k12.wi.us](mailto:luczakv@fonddulac.k12.wi.us) **Location: Fond du Lac High School**

Winter Registration:

Thurs  
Jan 2  
6:00 PM

Spring Registration:

Wed  
Feb 26  
6:00 PM

Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost
15+	Winter - Classroom	Jan 8 - Feb 13	Wed & Thurs	3:45 - 6:15 <sup>pm</sup>	\$350
15+	Winter - Online	90 days self-paced. Course work not completed within 90 days is subject to a \$30 renewal fee.			\$350
15+	Spring - Classroom	Mar 5 - Apr 17	Wed & Thurs	3:45 - 6:15 <sup>pm</sup>	\$350
15+	Spring - Online	90 days self-paced. Course work not completed within 90 days is subject to a \$30 renewal fee.			\$350

Registrations held at FHS Commons

[www.fdlrecdept.com](http://www.fdlrecdept.com) (920) 929-2885

## Celebrate Crafts: Ages 7 - 15

Greet each month with a craft celebrating the up-coming month. Miss Julie will lead class with a unique craft to make and take home. Must be able to work independently, use scissors, and follow directions.

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

Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2425-368	7 - 15	Valentine's Day	Jan 7	Tues	4:00 - 5:00 <sup>pm</sup>	\$5	6/10
2425-284	7 - 15	St. Patrick's Day	Feb 4	Tues	4:00 - 5:00 <sup>pm</sup>	\$5	6/10
2425-298	7 - 15	Easter	Mar 4	Tues	4:00 - 5:00 <sup>pm</sup>	\$5	6/10
2425-316	7 - 15	Mother's Day	Apr 1	Tues	4:00 - 5:00 <sup>pm</sup>	\$5	6/10
2425-337	7 - 15	Father's Day	May 6	Tues	4:00 - 5:00 <sup>pm</sup>	\$5	6/10

## Kids' Gnomes: Ages 7 -15

Join Miss Julie for another year of gnomes. Each month we will create a different gnome that you will take home with you at the end of class. Must be able to work independently, use scissors, and follow directions.

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

Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2425-275	7 - 15	Valentine's Day Gnome	Jan 14	Tues	4:00 - 5:00 <sup>pm</sup>	\$5	6/10
2425-288	7 - 15	Mystery Gnome	Feb 11	Tues	4:00 - 5:00 <sup>pm</sup>	\$5	6/10
2425-307	7 - 15	Peeps Gnome	Mar 11	Tues	4:00 - 5:00 <sup>pm</sup>	\$5	6/10
2425-319	7 - 15	Jack Sparrow Gnome	Apr 8	Tues	4:00 - 5:00 <sup>pm</sup>	\$5	6/10
2425-338	7 - 15	Ice Cream Cone Gnome	May 13	Tues	4:00 - 5:00 <sup>pm</sup>	\$5	6/10



# Kids' 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, use scissors, and follow directions. **Location: Community Ed and Rec Classroom (85 Morningside Dr.)**

Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2425-276	7 - 15	Bead Stakes	Jan 21	Tues	4:00 - 5:00 <sup>pm</sup>	\$5	6/10
2425-293	7 - 15	Clothespin Container	Feb 18	Tues	4:00 - 5:00 <sup>pm</sup>	\$5	6/10
2425-309	7 - 15	Standing Chicks	Mar 18	Tues	4:00 - 5:00 <sup>pm</sup>	\$5	6/10
2425-331	7 - 15	Magnets	Apr 15	Tues	4:00 - 5:00 <sup>pm</sup>	\$5	6/10
2425-342	7 - 15	Buttons & Flowers	May 20	Tues	4:00 - 5:00 <sup>pm</sup>	\$5	6/10

## Crafter's Choice: Ages 7 - 15

Join Miss Julie as we dive into our unused craft supplies and use our imagination.

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

Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2425-290	7 - 15	Piano Pieces	Jan 28	Tues	4:00 - 5:00 <sup>pm</sup>	\$5	6/10
2425-295	7 - 15	Under the Sea	Feb 25	Tues	4:00 - 5:00 <sup>pm</sup>	\$5	6/10
2425-311	7 - 15	Red Truck	Mar 25	Tues	4:00 - 5:00 <sup>pm</sup>	\$5	6/10
2425-333	7 - 15	Mushrooms	Apr	Tues	4:00 - 5:00 <sup>pm</sup>	\$5	6/10
2425-344	7 - 15	Perler & Melt Beads	May 27	Tues	4:00 - 5:00 <sup>pm</sup>	\$5	6/10





# Adult Softball Leagues Summer 2025 Registration

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](http://www.fdlrecdept.com) and also <https://www.teamsideline.com/sites/fondulacrec/home>

**Open Registration:**  
Monday  
March 3

**Sponsor Fees:**  
\$215  
Men's/Women's  
\$190  
Co-ed

FdL-SD Community Education & Recreation Department reserves the right to change or adjust any and all leagues.

## Paddle Board Pilates with Proactive Core Health: Ages 16+

This class is an indoor paddle board Pilates mat-style class taught by a licensed physical therapist, also trained in Pilates instruction. Pilates is great for anyone, beginner or advanced, wanting to increase or improve their flexibility, stability, mobility and strength. This is a fantastic program that works on improving an individual's body awareness by focusing on deep core muscles while adding in the extra balance challenge of being on the water. Be sure to sign up for a class today to join!

**Location:** FdL-SD Aquatic Center

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost (R/NR)	Min/Max
2425-266	16+	Jan 6 - Feb 10	Mon	9:00 - 9:45 <sup>am</sup>	\$30/\$35	4/6
2425-290	16+	Feb 17 - Mar 24	Mon	9:00 - 9:45 <sup>am</sup>	\$30/\$35	4/6
2425-313	16+	Mar 31 - May 5	Mon	9:00 - 9:45 <sup>am</sup>	\$30/\$35	4/6

## Pilates with Proactive Core Health: Ages 16+

Water not your thing? Join us on the pool deck for our indoor Pilates mat-style class taught by a licensed physical therapist, also trained in Pilates instruction. Pilates is great for anyone, beginner or advanced, wanting to increase or improve their flexibility, stability, mobility and strength. This is a fantastic program that works on improving an individual's body awareness by focusing on deep core muscles. Be sure to sign up for a class today to join! **Location:** FdL-SD Aquatic Center

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost (R/NR)	Min/Max
2425-267	16+	Jan 6 - Feb 10	Mon	10:00 - 11:00 <sup>am</sup>	\$30/\$35	8/15
2425-291	16+	Feb 17 - Mar 24	Mon	10:00 - 11:00 <sup>am</sup>	\$30/\$35	8/15
2425-314	16+	Mar 31 - May 5	Mon	10:00 - 11:00 <sup>am</sup>	\$30/\$35	8/15



## 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)
2425-270	16 +	Jan 7 - Feb 18	Tues	5:30 - 6:30 <sup>pm</sup>	\$52/\$57
2425-296	16 +	Mar 4 - Apr 22 (No class Apr 1)	Tues	5:30 - 6:30 <sup>pm</sup>	\$52/\$57

## 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: Theisen Middle School - 2nd Floor Commons**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost (R/NR)
2425-265	16+	Jan 2 - Feb 13	Thurs	5:30 - 6:30 <sup>pm</sup>	\$46/\$51
2425-301	16+	Mar 6 - Apr 24 (no class Apr 3)	Thurs	5:30 - 6:30 <sup>pm</sup>	\$46/\$51

## 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; and 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)
2425-278	16+	Jan 12 - Mar 2	Sun	9:00 <sup>am</sup> - 12:00 <sup>pm</sup>	\$8/\$15 per day
2425-273	16+	Jan 9 - Mar 6	Thurs	7:00 - 9:00 <sup>pm</sup>	\$8/\$15 per day



### 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 Jan 2025 - Mar 2025.*

## Pet CPR & First Aid: Ages 16+

Pets are part of the family and being equipped to deliver First Aid to them in an emergency is vital. This course will provide you with the basics in CPR and First Aid care to help your furry family member in their time of need. Topics include: How to put together a Pet First Aid Kit and a Pet Disaster Kit, How to take your pet's basic vital signs (heart rate, respiratory rate, temperature), Seizures, Hypothermia, Heat Stroke, Shock, Bleeding, Signs of Infection, Burns, Poisoning, Allergies, Dehydration, Giving Medications, How to perform CPR / Rescue breathing, Choking, and Head to tail weekly health inspections. Upon successful completion of the course, students will receive a Pro Pet Hero Completion card which is valid for 2 years. This is a great class for all pet owners, pet sitters, and those interested in going into the veterinary field. *Please note, no live pets will be present in class - all skills will be performed on pet mannequins.* **Location: Community Ed and Rec Classroom (85 Morningside Dr.)**



Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2425-279	16+	Jan 23	Thurs	5:00 - 9:00 <sup>pm</sup>	\$65	10/20
2425-304	16+	Mar 6	Thurs	5:00 - 9:00 <sup>pm</sup>	\$65	10/20

## Adventures in Investing: All Ages

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 Funds; Week three, Bonds; Week four, Economic Forces; Week five, Asset Allocation; and Week six, Retirement Planning and managing your investment portfolio. 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 29 - Mar 5	Wed	6:00 - 7:30 <sup>pm</sup>	FREE



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](http://www.fdlrecdept.com) for an employment application.

# Celebrate Crafts: Ages 16+

Greet each month with a craft celebrating the up-coming month. Miss Julie will lead class with a unique craft to make and take home. All supplies and directions are provided. **Location: Community Ed and Rec Classroom (85 Morningside Dr.)**

Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2425-269	16+	Valentine's Day	Jan 7	Tues	5:30 - 7:00 <sup>pm</sup>	\$5	6/15
2425-283	16+	St. Patrick's Day	Feb 4	Tues	5:30 - 7:00 <sup>pm</sup>	\$5	6/15
2425-297	16+	Easter	Mar 4	Tues	5:30 - 7:00 <sup>pm</sup>	\$5	6/15
2425-315	16+	May Flowers	Apr 1	Tues	5:30 - 7:00 <sup>pm</sup>	\$5	6/15
2425-336	16+	Dairy Month	May 6	Tues	5:30 - 7:00 <sup>pm</sup>	\$5	6/15



## Gnome Sweet Gnome: Ages 16+

Join Miss Julie for another year of creating gnomes. Each month we will create a different gnome that you will take home with you at the end of class. All supplies and directions are provided.

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

Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2425-274	16+	Valentine's Day Gnome	Jan 14	Tues	5:30 - 7:00 <sup>pm</sup>	\$5	6/15
2425-289	16+	Mystery Gnome	Feb 11	Tues	5:30 - 7:00 <sup>pm</sup>	\$5	6/15
2425-306	16+	Peeeps Gnome	Mar 11	Tues	5:30 - 7:00 <sup>pm</sup>	\$5	6/15
2425-320	16+	Jack Sparrow Gnome	Apr 8	Tues	5:30 - 7:00 <sup>pm</sup>	\$5	6/15
2425-339	16+	Ice Cream Cone Gnome	May 13	Tues	5:30 - 7:00 <sup>pm</sup>	\$5	6/15

## Adult Craft Nights: Ages 16+

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

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

Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2425-277	16+	Boards & Beads	Jan 21	Tues	5:30 - 7:00pm	\$5	6/15
2425-292	16+	Plates & Mirrors	Feb 18	Tues	5:30 - 7:00pm	\$5	6/15
2425-310	16+	Standing Chicks	Mar 18	Tues	5:30 - 7:00pm	\$5	6/15
2425-330	16+	Beads & Lids	Apr 15	Tues	5:30 - 7:00pm	\$5	6/15
2425-343	16+	Bottle Cap Flowers	May 20	Tues	5:30 - 7:00pm	\$5	6/15

## Crafter's Choice: Ages 16+

Join Miss Julie as we dive into our unused craft supplies and use our imagination. All supplies and directions are provided.

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

Activity Code	Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost	Min/Max
2425-287	16+	Piano Pieces	Jan 28	Wed	5:30 - 7:00pm	\$5	6/15
2425-294	16+	Under the Sea	Feb 25	Wed	5:30 - 7:00pm	\$5	6/15
2425-312	16+	Wood Pieces	Mar 25	Wed	5:30 - 7:00pm	\$5	6/15
2425-334	16+	Shovels	Apr 22	Wed	5:30 - 7:00pm	\$5	6/15
2425-345	16+	Wreaths	May 27	Tues	5:30 - 7:00pm	\$5	6/15





# Hours of Operation

January 2 - June 2

<b>Mon - Thurs</b> 6:00 - 12:00 <sup>pm</sup> 4:00 - 6:00 <sup>pm</sup>	<b>Fri</b> 6:00 - 12:00 <sup>pm</sup>	<b>Sat</b> 8:00 - 12:00 <sup>pm</sup>
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Aquatic Center closes from 12:00 - 4:00<sup>pm</sup>, Monday - Thursday  
 Closed Fridays at 11:00<sup>am</sup>



## Water Wellness

**\$4.50/class**

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



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

<b>Low-Moderate Impact Aerobics:</b> 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 <sup>am</sup>	
<b>Moderate-High Impact Aerobics:</b> 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 <sup>am</sup>	
<b>DEEP - [Deep End Exercise Program]:</b> Flotation belts provide buoyancy, eliminating stress on the joints. This class includes cardiovascular conditioning and toning.		Tue & Thur 6:00 - 6:45 <sup>pm</sup>
<b>Joint Efforts:</b> 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 <sup>am</sup>	
<b>Water Yoga:</b> Improve balance, stretch, and relax. Experience the benefits of the 89-degree water at the FdL-SD Aquatic Center.	Wed 9:00 - 9:45 <sup>am</sup>	
<b>Balance &amp; Strength:</b> Improve balance and strength, while experiencing the benefits of the 89 degree water at the FDL-SD Aquatic Center.	Mon 9:00 - 9:45 <sup>am</sup>	
<b>Mindful Grace:</b> Improve balance and strength, while experiencing the benefits of the 89 degree water at the FDL-SD Aquatic Center.	Tues 9:00 - 9:45 <sup>am</sup>	

# Winter/Spring Swim Lessons

**Fees** (per participant):      Resident: \$45.00      Non-Resident: \$55.00

Online registration opens the following dates at 8:00<sup>pm</sup> on the FdL-SD Community Education & Recreation Department website, [www.fdlrecdept.com](http://www.fdlrecdept.com) - No in-person registration available:

- Session 1: Thursday, Jan 2
- Session 2: Wednesday, Jan 29
- Session 3: Thursday, Feb 6
- Session 4: Wednesday, Mar 26
- Session 5: Thursday, Mar 20

- \$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.

<b>Session 1*</b>	<b>Session 2</b>	<b>Session 3*</b>	<b>Session 4</b>	<b>Session 5*</b>
Mon - Thurs	Sat	Mon - Thurs	Sat	Mon - Thurs
Jan 20 - 31	Feb 1 – Mar 22	Feb 24 - Mar 6	Mar 29 – May 17	Apr 7 - 17

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

Ages 3 - 5 • Small Pool						
Class	Time	Session				
		1	2	3	4	5
Pre-School 1	10:10 - 10:40am		✓		✓	
	10:45 - 11:15am		✓		✓	
	4:00 - 4:30pm	✓		✓		✓
Pre-School 2	9:00 - 9:30am		✓		✓	
	9:35 - 10:05am		✓		✓	
	10:45 - 11:15am		✓		✓	
	11:20 - 11:50am		✓		✓	
	4:30 - 5:00pm	✓		✓		✓
	5:00 - 5:30pm	✓		✓		✓
Pre-School 3	9:35 - 10:05am		✓		✓	
	10:10 - 10:40am		✓		✓	
	10:45 - 11:15am		✓		✓	
	5:30 - 6:00pm	✓		✓		✓

Ages 6 - 14 • Large Pool						
Class	Time	Session				
		1	2	3	4	5
Level 1	9:00 - 9:40am		✓		✓	
Level 2	9:00 - 9:40am		✓		✓	
	9:45 - 10:25am		✓		✓	
	11:15 - 11:55am		✓		✓	
Level 3	9:45 - 10:25am		✓		✓	
	10:30 - 11:10am		✓		✓	
Level 4	10:30 - 11:10am		✓		✓	
	11:15 - 11:55am					
Level 5/6	11:15 - 11:55am		✓		✓	
Jr. Lifesaving (11-14)	8:00 - 8:45am		✓		✓	
Adult (15+)	8:00 - 8:45am		✓		✓	

# Swim Lessons

Small Pool	Large Pool
<p><b>Pre-School 1:</b> 3-5 years old</p>	<p><b>Level 1:</b> 6 - 14 years old</p>
<p>Formerly Starfish. No or little experience in water. Will learn proper kicking, submerging head, basic front float, and safety around water.</p>	<p>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.</p>
	<p><b>Level 2:</b> 6 - 14 years old</p>
<p><b>Pre-School 2:</b> 3-5 years old</p>	<p>Must be able to do skills of level 1. Will learn front and back floats, front and back glides, rhythmic breathing, and combined arm &amp; leg motions.</p>
	<p><b>Level 3:</b> 6 - 14 years old</p>
	<p>Must be able to do skills of level 2. Will learn front crawl, back crawl, treading of water, and butterfly kick.</p>
<p><b>Pre-School 3:</b> 3-5 years old</p>	<p><b>Level 4:</b> 6 - 14 years old</p>
	<p>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 &amp; back crawls. At conclusion, student will be able to swim front crawl, back crawl, and elementary back for 25 yards each and breast stroke, butterfly, and side stroke for 15 yards each.</p>
<p>Formerly Super Dolphin &amp; Orca. Must be able to do skills learned in Pre-School Level 2. Will learn rotary breathing and work on refining previously taught skills without assistance.</p>	<p><b>Level 5/6:</b> 6 - 14 years old</p>
	<p><b>Level 5:</b> 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><b>Level 6:</b> Must be able to perfect skills of level 5. Level 6 will include perfection of all strokes &amp; 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.



\$4.50 per class or  
10 Classes: \$40 • 20 Classes: \$75

## Water Buds

Formerly Baby Seals

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

Mondays & Wednesdays  
6:00 - 6:30pm

[www.fdlrecdept.com](http://www.fdlrecdept.com) (920) 929-2885

## Lifeguard Training: Ages 15+

The Fond du Lac School District 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.



**American  
Red Cross**

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost
2425-263	15+	Dec 26 - 28	Thur - Sat	8:00 <sup>am</sup> - 4:00 <sup>pm</sup>	\$75
2425-346	15+	Mar 22, 29, & Apr 5	Sat	8:00 <sup>am</sup> - 4:00 <sup>pm</sup>	\$75

## Water Safety Instructor (W.S.I) Training: Ages 16+

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
2425-264	16+	Dec 26 - 28 & 30	Thur - Sat & Mon	8:00 <sup>am</sup> - 4:30 <sup>pm</sup>	\$75

## Private Party Rentals!

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



**Available:** Friday Evenings: 4:00 – 8:00p.m. (Small Pool Only)  
Saturday Afternoons: 12:30p.m. or later (Either Pool)

**Cost\*:** \$60.00 for 2 hours, for up to 20 swimmers  
Additional \$20.00 for every 20 swimmers

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

**Call (920) 929-2885 to book your party today!**

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





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

Day(s)	Time(s)
Mon & Wed	6:00 - 7:00am
Tues & Thurs	10:45am - 12:00pm

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

FDL-SD Aquatic Center admission fees apply.

Like to Swim?

## TAKE THE PLUNGE!

- Competitive community swim team for ages 6 and up
- Supportive, and family-friendly with professional coaches
- Reach out to us for more information!  
[fonddulac.swim@gmail.com](mailto:fonddulac.swim@gmail.com)

SCAN ME

## FSC - splash to Success Swimming 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 26th at 8:00pm** at [www.fdlrecdept.com](http://www.fdlrecdept.com). Limited class spots available, watch for more information in the new year!

Location: Aquatic Center - Large Pool

Age(s)	Class	Date(s)	Day(s)	Time(s)	Cost (R/NR)
6 - 15	Level 1, 2, & 3	Mar 17 - 27	Mon - Thurs	5:00 - 5:45pm	\$45/\$55
6 - 15	Level 1, 4, 5/6, & Pre-Comp	Mar 17 - 27	Mon - Thurs	5:45 - 6:30pm	\$45/\$55

# 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 with 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:

E-mail a photo along with your name, address, and phone number to [ellingsonk@fonddulac.k12.wi.us](mailto:ellingsonk@fonddulac.k12.wi.us) or drop off 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. The FDL-SD Community Education & Recreation Dept reserves the right to use entered photos in future publications. One entry valid per household.*

# 2025 Easter Eggstravaganza Family Day

Join us for Family Fun! The FdL-SD Community Ed & Rec Dept will be hosting an Easter Eggstravaganza for your Family. Bring your family and enjoy swimming, arts and crafts, inflatables, open gym, and 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**



12:30-2:30 p.m. Open Swimming

12:30-3:00 p.m. Open gym, inflatables, face painting, arts & crafts, egg coloring

Activity Code	Age(s)	Date(s)	Day(s)	Time(s)	Cost
2425-332	All	Apr 19	Sat	12:30- 3:00 <sup>pm</sup>	\$5/family

# 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. The 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 30	Fri	5:30 <sup>pm</sup>	\$5

# OUTDOOR SKATING RINK

## FOND DU LAC'S BRAND NEW SYNTHETIC ICE RINK

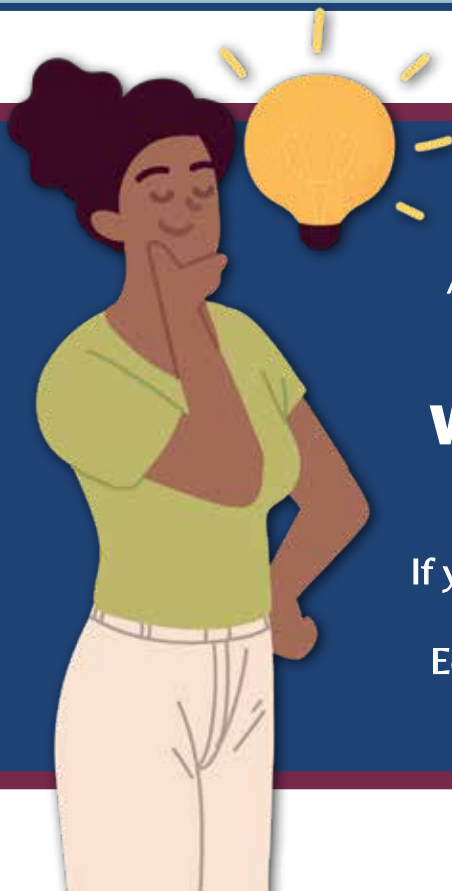
**GRAND OPENING!!!**

**December 16 • McDermott Park**



**BE PART OF THE FUN!**

**8:00am - 10:00pm Daily**



Have a program idea?  
A special skill you'd like to share with others?

**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.



**FDSLSD** | COMMUNITY  
ED & REC

Presents:

# Springtime Splendor

Arts & Crafts Expo

Saturday, April 26<sup>th</sup>

9:00<sup>am</sup> - 3:00<sup>pm</sup>

FdL Fairgrounds Recreation Center

Admission: \$2.00

(10 & under FREE w/ paid adult)

E-mail [michj@fonddulac.k12.wi.us](mailto:michj@fonddulac.k12.wi.us) or visit our website for more information