

Dells/Delton Parks & Recreation Department

Winter 2020/2021 Youth and Adult Programs

CREATING COMMUNITY THROUGH PEOPLE, PARKS AND PROGRAMS

ENRICHMENT PROGRAMS

After School Program

The children will participate in activities that are designed to meet the needs of the families in the community. We will provide a variety of activities including homework time, arts and crafts, group games, nutrition education and more. We will take advantage of the opportunity to develop socialization skills, cognitive growth, character, independence and a positive self-image. A snack will be provided each day.

*Kids that attend Neenah Creek will be bussed to Spring Hill School.

REGISTER AT ANY TIME DURING THE SCHOOL YEAR!

Grades:	Grades 4K - 5
Dates:	September 14- June 2 nd (all school days) *only offered while school is having in-person classes
Time:	End of School - 5:45 pm
Location:	Spring Hill Elementary School
Fee:	\$6/day for one child & \$4/day for each sibling; \$10 per child for Early Release Days

**You can sign up for this program at any point during the year.

Winter Break Camp

Join your friends and the Kidz Klub staff as we celebrate winter! There will be arts & crafts, outdoor recreational activities, and much more! Snacks and field trip included in the fee. **Please pack your child(ren) a lunch for all days they attend.**

REGISTER BY: December 18th (Minimum of 10 participants needed)

Grades:	5K- 5 th
Dates:	December 28- 31 st
Time:	8:00 am – 5:00 pm
Location:	Bowman Stable Building (730 Capital St.)
Fee:	\$25 per child per day



Dells/Delton Parks and Recreation Department

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YOUTH BASKETBALL



Little Hooper's Youth Basketball

This beginner program will introduce boys and girls to the fundamentals of basketball along with fun games to keep the kids progressing through the sessions. Each session is 3 weeks (6 practices). Parent helpers are needed!

Age/Time: Grades 4k & 5k (4:15 - 5:00PM)
Grades 1 & 2 (5:10 - 6:00PM)

Location: Justagame Fieldhouse

Fee (per session): \$45 Dells/Delton \$55 NR

Max: 20 kids per time frame

November Session Dates: Mondays & Tuesdays; Nov. 2- Nov. 17 (Register by: October 29)

December Session Dates: Mondays & Tuesdays; Nov. 30- Dec. 15 (Register by: Nov. 26)

January Session Dates: Mondays & Tuesdays; Jan. 11- Jan. 26 (Register by: Jan. 7)

February Session Dates: Mondays & Tuesdays; Feb. 8- Feb. 23 (register by: Feb. 4)

3rd Grade Basketball

3rd grade Little Hooper's will participate in their own session. This session is designed to help transition 3rd graders and their coaches into team practices. More practice dates for November—February will be scheduled and released per the coaches. Players will participate in 2-3 tournaments and scrimmage games.

Age/Time: Grade 3 (Boys and Girls)

Dates: October 22, 26, 27 & 29 (scrimmage & tourney dates TBD)

Location(s): Justagame Fieldhouse & surrounding communities

Fee: \$60 Dells/Delton \$70 NR (Includes a reversible jersey to keep)

WD Youth Basketball Club

WDYCB coordinates boys and girls basketball grades 4-8 and is operated by its own Board of Directors. The club strives to teach all kids the basic fundamentals of basketball. Teams practice during the week and participate in weekend tournaments at JustAgame Fieldhouse and other communities.

Location: Online www.dellsclubhoops.com/register.cfm

Contact: Jennifer Nevar 1-608-219-6367 with questions

YOUTH & ADULT MARTIAL ARTS & KICKBOXING

This program is in partnership with Next Level Martial Arts Academy. Next Level Martial Arts Academy is offering an introductory and advanced course in Martial Arts.

Ages 5 to 7 year olds is a basic class where the kids will tumble, learn self-defense and focus on laying the foundation for strong character, focus, discipline, respect, listening skills, caring, awareness, coordination, and agility.

Ages 8 to 13 year olds: This course you will learn a variety of strikes, kicks, blocks, proper stances and how to fall safely. You will also learn self-defense techniques against grabs, holds, chokes and punches. A strong emphasis for all three age groups will be placed on building confidence, focus, discipline, respect, and manners.

Adults Brazilian Jiu Jitsu: Referred to as "Gentle Art," is a martial art that focuses on controlling an opponent and making them submit through choke holds, joint locks or superior position which inflicts a level of discomfort. Most of the techniques in Jiu Jitsu are ground based due to the idea that control is easier to achieve on the ground as opposed to standing. Through the use of leverage and position students will learn to overcome their opponents. This class offers something for everyone, including physical fitness, self-defense, and mental focus. All skill sets are welcome to join!

Adult Kickboxing: This class is 45 minutes of intense cardio training, Muay Thai and boxing techniques. We recommend this class to anyone interested in learning self-defense, training for competition or just wanting to get into great shape! Comfortable clothes and a water bottle is recommended.

Participants will not be required but are recommended to purchase a uniform for \$34.99 from Next Level. Please call the Park & Rec office if you have questions or visit our website at www.citywd.org.

FALL SESSION 2: Nov. 2 – Dec 18 (No Class the week of Thanksgiving)

Register by: October 30

WINTER SESSION 1: January 4– February 12

Register by: January 1

WINTER SESSION 2: February 22– April 9 (No classes the week of March 29th)

Register by: February 19

Location: Wisconsin Dells Rec Center (722 Michigan Ave)

Fees: Ages 5-7 \$45 Dells/Delton, \$55 for Non-Residents
Ages 8-13/Advanced Teen/Adult \$65 Dells/Delton, \$75for Non-Residents
Combo (Adult Kickboxing and Jiu Jitsu) \$120

Age Groups: Ages 5-7 **Day/Time:** Wednesdays; 5:15 – 5:45pm
Fridays; 4:30- 5pm

Ages 8-13 **Day/Time** - Mondays & Fridays; 5 - 5:45 pm

Advanced Teen **Day/Time**– Mondays & Fridays; 5:45– 6:30pm

Adult Kickboxing **Day/Time** – Mondays & Wednesdays; 6:30– 7:30pm (Minimum 4 participants)

Adult Jiu Jitsu **Day/Time** - Mondays & Wednesdays; 7:30– 8:30pm (Minimum 4 participants)

Combo Adult Class Includes both Adult Kickboxing and Jiu Jitsu (M & W 6:30– 8:30pm)

ADULT SPORTS

Dells/Reedsburg Co-Op Adult Volleyball Leagues

The Dells and Reedsburg Recreation Departments are teaming up to offer Coed Rec and Coed Power Leagues on Monday nights. Games are played at Justagame Fieldhouse. (Possibility of adding a Women's League if there's enough interest)

Age: Adult 18+ (Out of High School)

Location: Justagame Field House

Day & Time: Mondays; 6:30/7:30/8:30pm

Fee: \$150/team (No refs!)

Fall Session October 26– December 21 (12/28 as a make up date)

Register by: October 19

Winter Session: January 4– March 1 (3/8 as a make up date)

Register by: December 28

Adult Basketball League

All games are played at JustAgame Fieldhouse. The schedule will be worked out after all teams are registered. This league does not use referees; call your own fouls.

Register by: October 28

Age: Adult 18+ (Out of High School)

Dates: November 4– February 2021

Location: JustAgame Fieldhouse

Time: Wednesdays, Games at 6:30/7:30/8:30

Fee: \$325/team

UPHAM WOODS ACTIVITIES

Winter Sports Camp

This camp meets on Wednesdays and provides an introduction to a variety of winter sports and activities. Program. Campers will participate in a different activity each week. These activities include, but are not limited to, broom ball, snow shoeing, outdoor survival, and cross-country skiing. This program is led by the naturalist staff @ Upham Woods Outdoor Learning Center, and all equipment is provided.

Register by: January 17

Age: 6- 11

Dates Wednesdays; January 20 & 27, February 3 & 10

Location: Upham Woods Outdoor Learning Center (N194 County Rd N, Wisconsin Dells, WI 53965)

Time: 4:00 - 5:00 pm

Fee: \$30 Dells/Delton, \$40 NR

**** Winter Sports Camp requires a minimum of 10 kids to sign up.**