

# VIROQUA PARKS & RECREATION DEPARTMENT

## 2018 ACTIVITY GUIDE

*DISCOVER. PLAY. GROW.*



**REGISTRATION BEGINS:      APRIL 2, 2018**

**LAST DAY FOR REGISTRATION:      MAY 4, 2018**

VIROQUA PARKS & RECREATION DEPARTMENT  
202 N. MAIN STREET, VIROQUA, WI 54665  
608-637-7183 EXT. 0, [viroquarec@viroqua-wisconsin.com](mailto:viroquarec@viroqua-wisconsin.com)  
Website: <http://www.viroqua-wisconsin.com/parkandrec>

**WELCOME**

Recreation and leisure activities have become an increasingly important part of a healthy lifestyle. The City of Viroqua Parks and Recreation Department would like to welcome you to look over our Recreation activities with hope that you can find an activity that fits your needs.

**OUR MISSION**

The mission of the City of Viroqua Parks and Recreation Department is to ensure a fun, friendly atmosphere for every age to enjoy. We are committed to providing quality and diverse programming that will enrich the lives of every age that participates through promotions, betterment, and development of facilities, programs, and our beautiful parklands. These efforts are broadly supported by participants, private benefactors, and City of Viroqua taxpayers.

**RESIDENT OR NON-RESIDENT?**

The City of Viroqua declares the following policy for residency requirements:

**A person is considered a resident if:**

they reside within the corporate limits of the City of Viroqua and can show proof of residency (if needed).  
Not school district or postal city.

**A person is NOT considered a resident if:**

they reside outside the City of Viroqua limits. If you live in a township, you are a non-resident.

Due to the fact that the boundaries of the City and School district are different, any person residing outside corporate boundaries of the City of Viroqua is considered a non-resident and will be charged a non-resident fee.

**CONTACT INFORMATION**

Park & Recreation Office

Located in Park Bowl

Office Hours: 7:30 a.m.-3:30 p.m.

Phone: 608-637-7183 Ext. 0

Email: [viroquarec@viroqua-wisconsin.com](mailto:viroquarec@viroqua-wisconsin.com)

Website: <http://viroqua-wisconsin.com/parkandrec>

**Park and Recreation Staff**

Dan Stalsberg—Parks & Recreation Director  
Nate Noggle—Building & Grounds Supervisor  
Tonya Quackenbush—Office Assistant



**INSURANCE**--Viroqua Parks and Recreation Department does not provide accident or hospital insurance for individuals participating in sponsored activities. It is recommended that all participants obtain and review their personal insurance policies (medical, dental, and liability).

**NON-DISCRIMINATION**--Viroqua Parks and Recreation does not discriminate in employment opportunities or practices on the basis of race, color, religion, sex, national origin, age, disability, marital status, sexual orientation, ancestry, arrest record, conviction record, membership in the National Guard, state defense force, or any military reserve unit, the use or nonuse of lawful products off the employer’s premises during non-working hours, or any characteristic protected by law.

**RECREATION SCHOLARSHIP PROGRAM**--Viroqua Parks and Recreation Department has a scholarship program in place for participants within the Viroqua School District. Stop by the office or City Hall for an application, which must be returned to the Director prior to registration. Allow one week minimum to process.

**OOPS! WE MADE A MISTAKE...**We make every effort to ensure the accuracy of the information contained in this publication. We apologize in advance and ask for your understanding and patience with any inconvenience it may cause.

**CANCELLATIONS**-- Please make sure to include your birth date, cell phone number, and phone carrier to help us communicate cancellations and schedule changes. We use a system that sends messages directly to your cell phone. Most cancellations will be updated about 30 minutes prior to the start of a program. In the event that severe weather develops immediately prior to the program, the supervisor will make the decision to cancel. Text messages will be sent out as soon as a decision is made.

**IMPORTANT REGISTRATION DATES & INFORMATION**

**REGISTRATION BEGINS:**

**APRIL 2, 2018**

**LAST DAY REGISTRATIONS WILL BE ACCEPTED: MONDAY, MAY 4, 2018**

If you have not signed up prior to this date, you will not be able to participate.

**You Snooze.....You Lose:** Nothing kills a program quicker than waiting until the last minute to sign up.



## EASY WAYS TO REGISTER!!



### ONLINE

To register online, go to: <http://viroqua.recdesk.com>

**\*If you qualify for the family rate, you cannot register online at this point.\***

#### **NEW USERS**

- Click on Create Account button to begin the process of entering your profile.
- Fill out all fields and click Save to complete the Profile setup.
- Be sure to do this for ALL FAMILY MEMBERS who will be added by going to our profile page and clicking the Add New Group/Family Member link.

#### **PREVIOUS USERS**

- If you registered online last year and set up a profile, click on Login to RecDesk.
- Make sure your information is updated.

#### **ALL USERS**

- Register for programs and checkout.
- There is a small convenience fee for this service.
- RecDesk will also allow you to access schedules, rosters, and other information you may need!

### MAIL

Mail completed registration form, along with payment to:

Viroqua Park & Rec  
202 N. Main Street  
Viroqua, WI 54665  
**(Checks or Money Orders only)**

### IN PERSON

#### Monday-Friday

Drop off at City Hall  
7:30 a.m.-4:30 p.m.

or

Drop off at Rec Office  
7:00 a.m.-3:30 p.m.

**(Exact cash or checks only)**

### 24-HOUR DROP BOX

Drop off your completed registration in a sealed envelope marked **Parks and Recreation Registration**. The 24-hour drop box is located at Park Bowl by the office.



**Resident Family Rate: \$75 Non-Resident Family Rate: \$100**  
**Rate does not include Traveling Teams or Tackle Football.**

**Summer Recreation Programs begin the week of June 11, 2018.**

**Last week of program will be the week of July 16, 2018.**

**Playoffs and Championships for Midget & Little League will begin on July 18<sup>th</sup>.**

**Traveling teams may begin practice earlier than the dates listed above.**

**Participants will be notified of start dates through the text messaging system.**

### Arbor Day Coloring Contest

Help us celebrate Arbor Day by participating in our 2<sup>nd</sup> Annual Arbor Day coloring contest!  
Stop by the Park and Rec office or visit our website to get your coloring sheet.

**All entries must be returned to the Park and Rec office by Wednesday, April 25<sup>th</sup>.**

**Winners will be announced on Arbor Day—April 27<sup>th</sup>.**

Categories include Pre-K/Kindergarten, 1<sup>st</sup>/2<sup>nd</sup>, and 3<sup>rd</sup>/4<sup>th</sup> grades.

Prizes will be awarded to the top three winners in each category.

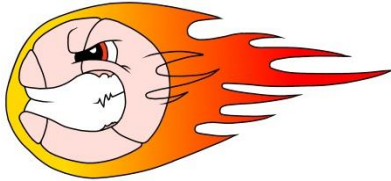


### 3<sup>rd</sup> ANNUAL PITCH HIT RUN COMPETITION

Scotts Major League Baseball PITCH HIT RUN provides youngsters across the country an opportunity to participate in an exciting baseball/softball skills competition. **There are two separate divisions: baseball and softball.** This event is intended to encourage youth participation and emphasize the “FUN” element of baseball/softball. Since there is NO registration fee, everyone has the opportunity to participate.

There are four levels of competition—Local, Sectional, Team Championship, and National Finals. The 1<sup>st</sup> place All-Around Pitching, Hitting, and Running Champions in each age division advance to the Sectional Competition. **Last year, Drew Fortney advanced all the way to the Team Championship where he competed at Miller Park!**

**DATE: Saturday, May 5, 2018**  
**TIME: 10:00 a.m.**  
**Registration is from 9:00 -10:00 a.m.**  
**Program Code: PHR**



### 2<sup>nd</sup> ANNUAL JR HOMERUN DERBY

Major League Baseball Jr. Homerun Derby provides players across the country an opportunity to participate in a homerun derby contest. Jr. Homerun Derby is a free national program for boys and girls 14 years of age and under. The program includes three levels of competition, with top performers from the Local level advancing to Regionals, and ultimately, the National Finals. The Jr. Homerun Derby is divided into two age groups—14U and 12U.

**DATE: Saturday, May 5, 2018**  
**TIME: Immediately following PHR**  
**Program Code: JRHR**

## Viroqua Parks and Recreation Night at the Lumberyard!!

# Wednesday, August 1st



Vs.



**Gates Open: 6:00 p.m.**

**First Pitch: 7:05 p.m.**

**Tickets: \$7.00**

**50% of All Ticket Sales Go To Viroqua Parks and Recreation Department**

Let the La Crosse Loggers help your Parks and Recreation Department improve your ballpark and bring your ball players to the Lumberyard for a night of baseball fun while showcasing your organization in front of 3,000 La Crosse area baseball fans!

- For each \$7 ticket that is sold, Viroqua Parks and Recreation will get to keep 50% of the ticket sales to help pay for bats, balls, tournament fees, and more!
- Viroqua Parks and Recreation will be showcased through a pre-game parade of players on the Copeland Park field prior to first pitch.
- One lucky individual from Viroqua Park and Recreation will get to throw out a ceremonial first pitch.
- A Logger representative will make a special fundraising check presentation to Viroqua Parks and Recreation during the seventh inning stretch of your game!
- Tickets are available for purchase at Viroqua Parks and Recreation Department. **Registration Code: LOGGERTIX**



# CITY OF VIROQUA PARKS AND RECREATION DEPARTMENT SUMMER RECREATION PROGRAMS



## Park & Rec Experience

This program is open to participants ages 3-5 and introduces children to a variety of activities including tag games, parachute activities, water games, crafts, playground time, sports activities, and much more! Program meets at Park Bowl Baseball Field or pavilion on Monday and Wednesday mornings from 9:00-9:30 a.m.

**Fee: \$15/City Resident and \$20/Non-Resident**



**Program Code: PREXP**

## Tot Ball—Ages 4-5

This is a fun way to teach the fundamentals of baseball and softball to younger children. Participants in Tot Ball will spend most of their time practicing the fundamentals like throwing, catching, running bases, and more. There will be some scrimmaging done at the end of the season. Tot Ball will meet at Ebbets Ball Field on Monday and Wednesday mornings from 10:30-11:30 a.m.

**Fee: \$20/City Resident and \$25/Non-Resident**



**Program Code: TBALL**

## U8 Softball—Ages 6-8

U8 Softball players will learn the fundamentals of softball and learn more situational softball. There will be a few games in the evenings with other communities. Transportation is not provided. Program meets at Ebbets Field on Tuesday and Thursday mornings from 10:30-11:30 a.m.

**Fee: \$30/City Resident and \$35/Non-Resident**



**Program Code: U8SB**

## Midget League—Ages 6-8

Midget League teaches players more situational baseball and continues to develop the fundamentals. This program meets on Monday and Wednesday mornings where there is a large-group fundamentals practice at 8:30 a.m. at Park Bowl with games beginning at 9:00 a.m. at Ebbets, Polo, or Park Bowl ball fields. Busing is provided from fundamentals practice to game fields if needed. Participants will have a chance to hit by the coach pitching or off a tee. **Playoffs will begin on July 18<sup>th</sup> with Championship game on July 25<sup>th</sup>.**

**Fee: \$30/City Resident and \$35/Non-Resident**



**Program Code: ML**

## Little League—Ages 9-12

Little League is live baseball where the participants pitch to each other. This program meets on Tuesday and Thursday mornings where there is a large-group fundamentals practice at 8:30 a.m. at Park Bowl with games beginning at 9:00 a.m. at Ebbets, Polo, or Park Bowl ball fields. Busing is provided from fundamentals practice to game fields if needed. **Playoffs will begin on July 19<sup>th</sup> with Championship game on July 25<sup>th</sup>. Participants must be no older than 12 years old by June 1, 2018, to play.**

**Fee: \$30/City Resident and \$35/Non-Resident**



**Program Code: LL**

## Tennis

**BEGINNER:** For new players or those with little experience. Lessons teach basic footwork, grip, forehand, and backhand strokes, good sportsmanship, rules, and tennis etiquette. Play fun games and increase self-confidence as tennis techniques develop.

**BEGINNER 1:** For new or briefly exposed players. Class covers the same skills as beginner level, but moves at a faster pace for older students.

**INTERMEDIATE:** For players who have completed the beginner class or have previous exposure. Emphasis is placed on further development of strokes.

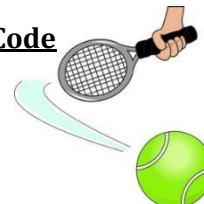
**ADVANCED:** This is a skill development class for players who are already comfortable with the basic shots of tennis, and who can play matches. Emphasis on skill-refinement and strategy through drills and match play will be the focus.

**Fee: \$30/City Resident and \$35/Non-Resident**

**Program Code**

<b>BEGINNER</b>	Ages 5-7	T/TH	9:00-9:55 a.m.
<b>BEGINNER 1</b>	Ages 8-12	M/W	10:10-11:05 a.m.
<b>INTERMEDIATE</b>	Ages 8-12	M/W	9:00-9:55 a.m.
<b>ADVANCED</b>	Ages 10 & up	T/TH	10:10-11:05 a.m.

**TENNIS1  
TENNIS2  
TENNIS3  
TENNIS4**



**Golf**

This program will provide instruction to improve on the fundamentals and enjoyment of golf. Instruction will work on pre-swing skills such as grip, aim, and posture. In-swing skills like club path, time, and balance will be addressed, as well as short game skills like chipping, pitching, and putting. A selection of clubs will be available. Golfers will have an opportunity to participate in a golf outing at the program end at Viroqua Hills. Meet at the putting green on the first day of lessons.

**Fee: \$30/City Resident and \$35/Non-Resident**

**Program Code**

Ages 6-8	T/TH	9:15-10:00 a.m.	<b>GOLF1</b>
Ages 8-10	M/W	9:15-10:00 a.m.	<b>GOLF2</b>
Ages 8-11	T/TH	10:30-11:15 a.m.	<b>GOLF3</b>
Ages 9-14	M/W	10:30-11:15 a.m.	<b>GOLF4</b>



**Soccer**

The Viroqua Parks and Recreation Department has teamed up with Driftless United Athletics to provide soccer instruction again this summer. Soccer meets on Monday evenings in the Polo and Ebbets baseball field outfields. Participants should plan to bring their own soccer ball and water. Cleats and shin guards are not required, but are encouraged for ages 9 and up.

**Program Code**



Ages 5-6	4:00-5:00 p.m.	Size 3 Ball	<b>SOCCER1</b>
Ages 7-8	5:00-6:00 p.m.	Size 4 Ball	<b>SOCCER2</b>
Ages 9-10	6:00-7:00 p.m.	Size 4 Ball	<b>SOCCER3</b>
Ages 11-14	7:00-8:00 p.m.	Size 5 Ball	<b>SOCCER4</b>

**Cheerleading Camp**

This class will teach the basics of cheerleading in a relaxed atmosphere as they work on routines throughout the summer. The group will also work on a dance routine throughout the summer. Bring a loud voice, a smile, and cheer with us! Program meets in the High School Foyer.

**Fee: \$30/City Resident and \$35/Non-Resident**

**Program Code**



Ages 5-7	T/TH	10:15-11:00 a.m.	<b>CHEER1</b>
Ages 8-12	T/TH	9:00-10:00 a.m.	<b>CHEER2</b>



**Intro to Volleyball**

This program is a skills and fun introduction to volleyball for ages 8-10. It is meant to introduce the sport of volleyball and start to develop the fundamental skills of serving, passing, and setting. This program will run Monday, August 6<sup>th</sup> through Thursday, August 9<sup>th</sup> in the Viroqua High School Gym from 9:00-11:00 a.m. **Fee: \$20 (Not part of the Family Rate)**

**Program Code: VBALL**

**Volleyball Camp**



This is an all-skills volleyball camp for ages 11-14 that will excite players about the fun competition of volleyball and the importance of team play. Players will develop fundamental skills including serving, passing, setting, and hitting. This camp will run from Monday, August 6<sup>th</sup> through Thursday, August 9<sup>th</sup> from 9:00-11:45 a.m. at the Viroqua High School Gymnasium.

**Program Code: VBALL2**

**Fee: \$30 (Not part of Family Rate)**

**SPECIAL EVENTS**

**Outdoor Explorers**



We are going on an adventure in Eckhart Park and would love for your child to join us to be an Outdoor Explorer on Friday, June 22<sup>nd</sup> from 10:00-11:15 a.m. We will take a hike around the park, have a scavenger hunt, make an outdoor-themed craft, and play other outdoor games. This adventure will meet at the Eckhart Park Pavilion and is open to ages 4-8. **FEE: \$5**

**Program Code: EXPLORE**

**Whiffle Ball**



Boys and girls ages 7-14 will team up with or play against Park and Rec staffers and play some whiffle ball on Tuesday, June 5<sup>th</sup> from 10:00-11:30 a.m. Gather your friends because it will be a smashing good time! **FEE: \$5**

**Program Code: WBALL**

**Kickball Fun**

Boys and girls ages 7-14 will team up with Park and Rec staffers to have some fun out on the field with a fun game of Kickball at the Park Bowl Softball Field on Friday, July 20<sup>th</sup> from 10-11:30 a.m. **Fee: \$5**

**Program Code: KBALL**

**Candy Bar Bingo**



Join us for some Bingo fun on Thursday, June 7<sup>th</sup> from 1:00-2:15 p.m. at Eckhart Park Pavilion. Bring one full-size candy bar to put into the prize pool. This event is open to all ages, however those who can't read numbers or manage their own card must be accompanied by someone to assist them. No fee to participate, but pre-registration is required.

**Program Code: BINGO**



## **TRAVELING BASEBALL TEAMS**

(These teams do not qualify as part of the Family Rate.)



**U10, U12, U14 R&V and Jr. Legion Fees: \$50/City Resident and \$55/Non-Resident**  
**U10, U12, U14 Independent Fees: \$40/City Resident and \$45/Non-Resident**

### **U10 R&V Baseball—Going into 4<sup>th</sup> Grade**

**Program Code: U10BB**

U10 will play in the Ridge and Valley League on Monday and Wednesday afternoons/evenings. Practices will be on Tuesdays and Thursdays at Polo Field from 11-12:30. This team will also play in at least one weekend tournament. Transportation is provided to the weekly league games only. **Participants need to be registered for Little League to participate.**

### **U10 Independent League Baseball—Going into 5<sup>th</sup> Grade**

**Program Code: U10IBB**

The U10 Independent team will play in the Coulee Region Sports League. Games will be on Monday and Wednesday nights. Practices will be on Tuesdays and Thursdays at Polo Field. The team will also play in at least one weekend tournament.

**Transportation is NOT provided for this league.** **Participants need to be registered for Little League to participate.**

Info at [crsportsleague.org](http://crsportsleague.org).

### **U12 R&V Baseball—Going into 6<sup>th</sup> Grade**

**Program Code: U12BB**

U12 will play in the Ridge and Valley League on Monday and Wednesday afternoons/evenings. Practices will be on Tuesdays and Thursdays at 10:30 a.m. at Rouu Field. This team will also play in at least two weekend tournaments. Transportation is provided to weekly league games only. New participants need to have played one year in Little League to participate.

### **U12 Independent League Baseball—Going into 7<sup>th</sup> Grade**

**Program Code: U12IBB**

The U12 Independent Baseball team will play in the Coulee Region Sports League. Games will be on Tuesday and Thursday nights. Practices will be on Mondays and Wednesdays at 10:30 a.m. at Rouu Field. This team will participate in at least two weekend tournaments. **Transportation is NOT provided for this league.** New participants need to have played one year in Little League to participate. Info at [crsportsleague.org](http://crsportsleague.org).

### **U14 R&V Baseball—Going into 8<sup>th</sup> Grade**

**Program Code: U14BB**

U14 will play in the Ridge and Valley League on Monday and Wednesday afternoon/evenings. Practices will be on Tuesdays and Thursdays at Mason Field. This team will also play in at least two weekend tournaments. Transportation is provided to the weekly league games only.

### **U14 Independent League Baseball—Going into 9<sup>th</sup> Grade**

**Program Code: U14IBB**

The U14 Independent Baseball team will play in the Coulee Region Sports League. Game nights will depend on league pairings, but will play 1-2 nights a week and practices will be at Mason Field and determined based on game schedule. This team will also play in at least two weekend tournaments. **Transportation is NOT provided for this league.** Info at [crsportsleague.org](http://crsportsleague.org)

### **Jr. Legion—Ages 15 & 16**

**Program Code: JRLEG**

Junior Legion is a traveling team for players not on Varsity Legion. They play 30-40 games and various tournaments throughout the summer.



## **TRAVELING SOFTBALL TEAMS**

(These teams do not qualify as part of the Family Rate.)

**Fees: \$50/City Resident and \$55/Non-Resident**



### **U10 R&V Softball—Ages 9 & 10**

**Program Code: U10SB**

U10 will play in the Ridge and Valley League on Tuesday and Thursday afternoons/evenings. Practices will be from 10:30-11:30 a.m. on Mondays and Wednesdays at Park Bowl Softball Field. Transportation will be provided to weekly league games.

### **U12 R&V Softball—Ages 11 & 12**

**Program Code: U12SB**

U12 will play in the Ridge and Valley League on Tuesday and Thursday afternoons/evenings. Practices will be from 12:00-1:30 p.m. on Mondays and Wednesdays at Park Bowl Softball Field. Team will play in at least one weekend tournament. Transportation will be provided to weekly league games.

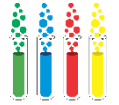
### **U14 R&V Softball—Ages 13 & 14**

**Program Code: U14SB**

U14 will play in the Ridge and Valley League on Tuesday and Thursday afternoons/evenings. Practices will be from 1:30-3:00 p.m. on Mondays and Wednesdays at Park Bowl Softball Field. Team will play in at least one weekend tournament. Transportation will be provided to weekly league games.

# CITY OF VIROQUA PARKS AND RECREATION DEPARTMENT

## NEW RECREATION PROGRAMS!!



### Mad Science!!

Spend a little time in Bigley Park being a true Mad Scientist as you learn about chemical reactions that you might encounter in your daily life. Participants will learn to swirl, pour, and mix like a scientist!! This program will be held on Thursday, June 7<sup>th</sup> from 10:30-11:45 a.m. and is open to ages 6-10. **Fee: \$10**

**Program Code: SCIENCE**

### Oodles of Art



Age appropriate art activities and hands-on art for the young artist in a park setting. Drawing, painting, and crafting will make your young child's imagination soar! All supplies will be provided. Parent or caregiver participation is allowed, but not required. Open to ages 3-6 on Mondays from 9:45-10:15 a.m. at Bigley Park Pavilion.

**Program Code: ART**

**Fee: \$10/City Resident and \$15/Non-Resident**



# CITY OF VIROQUA PARKS AND RECREATION DEPARTMENT

## FALL RECREATION PROGRAMS



### Flag Football—Fall Grades 2-4

Our program plays according to the NFL flag football rules. Games are played on Saturday mornings at Park Bowl. Football fundamentals begin 15 minutes prior to games starts at 9:30 and 10:30 a.m. Games consist of 2-15 minute halves with a 5-minute halftime. Program runs from August 18 through October 6. **No games played Labor Day weekend.**

**Program Code: FLAGFB**

**Fee: \$30/City Resident and \$35/Non-Resident**

### 5<sup>th</sup>/6<sup>th</sup> Grade Travel Flag Football

Teams will be playing in a 9-man Crawford Grant Vernon Traveling Flag Football league. Each team will have one scrimmage, two home, and two away games with a tournament on October 13<sup>th</sup> in Prairie du Chien and will practice 1-2 evenings per week. Games will be played at 9:30 or 10:30 a.m. Games are played on Saturday mornings in which transportation is **NOT** provided. **No games played on Labor Day weekend. Fee: \$30 (not part of family rate)**

**Program Code: 5/6FOOTBALL**

### 7<sup>th</sup>/8<sup>th</sup> Grade Tackle Football

Games are played on Tuesday or Thursday evenings. Transportation is provided. Equipment handout will be on August 20<sup>th</sup> at 4:00 p.m. at the High School Weight Room. Practice will begin on August 22<sup>nd</sup> and will be nightly. Season will run through first part of October. **Fee: \$50 (not part of family rate)**

**Program Code: 7/8STACKLE**

## HEALTH BENEFITS OF WALKING

**20** WALKING 20 MINUTES/DAY WILL BURN 7 POUNDS OF BODY FAT/YEAR

**45** WALKING 45 MINUTES/DAY HALVES ODDS OF CATCHING A COLD

**1** WALKING 1 MINUTE CAN EXTEND LIFE BY 1.5-2 MINUTES

**20** WALKING 20-25 MINUTES/WEEK CAN EXTEND LIFE BY SEVERAL YEARS



#### DEMENTIA

Seniors who walk 6-9 miles/week are less likely to suffer from mental decline as they age, including dementia.



#### DIABETES

Walking 30 minutes/day, 5 days/week, along with moderate diet changes, can halve risk of Type 2 Diabetes.



#### HEART DISEASE

Walking 30 minutes/day, 5 days/week can halve the risk of heart disease and reduce stress, cholesterol, and blood pressure.



#### ARTHRITIS

Walking can reduce pain and improve function, mobility, mood, and quality of life, without worsening symptoms.



#### DEPRESSION

Walking triggers endorphins, promotes relaxation, and prevents anxiety and depression.

WALKING 3-5 HOURS/ WEEK REDUCES MORTALITY BY 50% IN WOMEN WITH BREAST CANCER



WOMEN WHO WALK FOR 1 HOUR/DAY, 5 DAYS/WEEK AND CONSUME 1,500 CALORIES/DAY CAN LOSE AND KEEP OFF 25 LBS



WALKING 30 MIN/DAY, 4 DAYS/WEEK CAN REDUCE THE RISK OF DIABETES BY NEARLY 60%



PROSTATE CANCER PATIENTS WHO WALK 90 MIN/WEEK HAVE NEARLY 50% LOWER MORTALITY RISK



WOMEN WHO WALK REGULARLY ARE 31% LESS LIKELY TO DEVELOP COLON CANCER THAN THOSE WHO EXERCISE LESS THAN ONE HOUR/ WEEK





# THANK YOU SPONSORS!



We would like to thank the following businesses for their continued support of youth programming through our organization.

Please support these local businesses and thank them for their contribution to Viroqua Parks and Recreation.

## Traveling Team Sponsors

Aligned for Health Chiropractic  
 Thorson Funeral Home  
 Pro-Tech Imaging  
 Hopkins & Hopkins Law Office  
 Peoples State Bank  
 Geary Construction  
 Citizens First Bank  
 Street Smarts Driving School  
 WVRQ Radio  
 Vernon Memorial Healthcare

## Summer Team Sponsors

Vesbach Oil  
 Wal-Mart  
 Dairy Queen  
 Edward Jones  
 River Valley Auto  
 Shane Peterson Realty  
 Vernon Memorial Healthcare  
 Peoples State Bank  
 Rockweilers  
 Spaeth's Flooring



WCCU Credit Union  
 Viroqua Food Co-op  
 Organic Valley  
 Kickapoo Homes  
 Cousins Concrete  
 Culvers  
 Sports World  
 Sleepy Hollow  
 Citizens First Bank  
 Village Market



## Fall Football Team Sponsors



Nelson Agri Center  
 Viroqua Grid Iron

Sleepy Hollow  
 WCCU Credit Union

Vernon Square Cinema  
 Organic Valley



Eckhart Large



Eckhart Small



Eckhart Enchantment



Hanson Park



Bigley Park



Park Bowl Skate Park



Washington Park



Court Street Park

Looking for a place for your special event? 2018 Shelter Reservations are now being accepted. Reservations can be made at Viroqua City Hall, 202 N. Main Street, Viroqua, WI 54665 Phone: (608) 637-7154 Ext. 17

**ALL SHELTER RENTALS COST \$50.00 PER DAY.**

No Reservations accepted without payment.

**ECKHART SMALL:** Small Shelter & Play Area in Eckhart Park  
**ECKHART LARGE:** Large Shelter & Play Area in Eckhart Park  
**BIGLEY PARK SHELTER:** Shelter at Park Bowl Entrance

**HANSON PARK:** Shelter & Play Area on Chicago Ave.  
**WASHINGTON PARK:** Play Area on Lewison Lane  
**COURT STREET PARK:** Play Area on Court Street

# OTHER COMMUNITY RECREATION PROGRAMS

## **James P. Bigley Pool 2018 Summer Swimming Lesson Schedule 637-1660**

### **Swimming Lesson Registration Information:**

Summer lesson registration for all sessions will take place at the Bigley Pool on the following dates:

**Tuesday, May 29th 4:00 - 6:00 pm**

-OR-

**Thursday, May 31st 4:00 - 6:00 pm**

### **Morning Lessons**

Bigley Pool will offer the following sessions: Monday - Friday (25 minute lessons)

**Session - I**  
June 18th - 29th

**Session - II**  
July 9th - 20th

**Session - III**  
July 30th - Aug. 10th

### **Lesson Time Schedule:**

**9:30-9:55**

**10:00-10:25**

**10:30-10:55**

**11:00-11:25**

(NOTE: Not all swimming levels will be offered at each time listed above.)

Check VAS webpage for level offerings - [www.viroqua.k12.wi.us](http://www.viroqua.k12.wi.us) & click on District -then Bigley Pool

### **Evening Swimming Lessons**

**June 11th - 22<sup>nd</sup>** (Monday - Friday)



### **Swimming Times:**

Group - 1 (4:45 - 5:10)

Group - 2 (5:15 - 5:40)



NOTE: Only levels 1, 2, & 3 will be offered for evening lessons!

### **Swimming Lesson Fees**

Viroqua School District Resident - \$40.00

Non-Resident - \$45.00

Please download and fill out the student emergency form which can be found on the VAS webpage (Bigley Pool) and bring to registration. All lesson registration will take place at the Bigley Pool. Swimming fee must be paid at the time of registration. A swim test will be administered to any first year participant to the program unless documentation from a completed program/level is brought. Please bring a swimming suit if a swim test is required.

**Registration by phone WILL NOT be accepted.**

## Driftless United Futbol Youth Soccer Camps & Fall Leagues

All camps are 5 days (M-F) and will take place in **early August**. Registration will open in June.

**U8 AND U10 CAMP** - Skill building exercises, fun games and activities in an inclusive, safe, and active setting.

**U12 AND U14 CAMP** - Basic skills as well as team play through fun and active drills, creative exercises, and small sided games.

**HIGH SCHOOL CAMP** – Players will train to improve their ball control, foot skills and moves through a variety of established conditioning, techniques, and tactics.



### **FALL LEAGUES FOR U8-U14 (1<sup>ST</sup>-8<sup>TH</sup> GRADE) AND HIGH SCHOOL**

Registration will open in June. Season runs mid-August to mid-October.

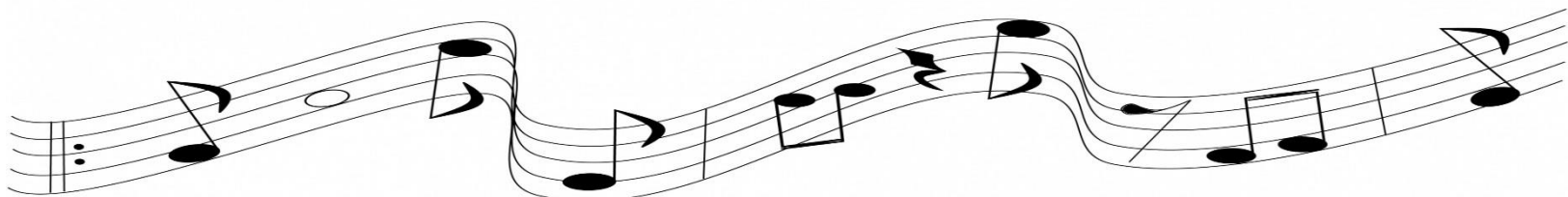


**ADDITIONAL PROGRAM INFO AND REGISTRATION** @ [driftlessunitedathletics.org](http://driftlessunitedathletics.org). Please like our Facebook page *Driftless United Futbol* for updates on registration and program information.



**MUSIC, FOOD AND FUN UNDER THE  
TREES IN ECKHART PARK. FREE  
ADMISSION. JULY 14, 2018**

[www.driftlessmusicfestival.com](http://www.driftlessmusicfestival.com)



## 2018 PROGRAM REGISTRATION FORM

Family Last Name: \_\_\_\_\_ Father: \_\_\_\_\_ Mother: \_\_\_\_\_ Home Phone: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip Code: \_\_\_\_\_

Family Email: \_\_\_\_\_ Emergency Contact: \_\_\_\_\_ Phone Number: \_\_\_\_\_

(Check Box) If Text Messaging Information has not changed and is the same as last year. (Only complete the following if you are new or have changes)

Text Messaging Info: Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Cell Phone Number: \_\_\_\_\_ Provider: \_\_\_\_\_

Name: \_\_\_\_\_ Birth Date: \_\_\_\_\_ Cell Phone Number: \_\_\_\_\_ Provider: \_\_\_\_\_

Special Considerations (allergies, disabilities, etc.): \_\_\_\_\_

Registrant Name (First/Last)	M/F	Birth Date	Age	Fall Grade	School	Shirt Size <small>Youth—XS, SM, M, L Adult—S, M, L, XL</small>	Program Numbers	Fee
<b>Viroqua Parks and Recreation Department is uses a messaging system through Rec Desk to communicate schedule changes or cancellations. Please be sure to include your birthdate, along with your cell phone number and provider or email address to receive these notifications. Thank you!</b>							<b>Traveling/Tackle FB Fees:</b>	
							<b>Total Fees:</b>	

### IMPORTANT

I the parent/guardian of the registrant, a minor, agree that the registrant and I will abide by the rules of the League, its affiliated organizations and sponsors. Recognizing the possibility of physical injury associated with sports, I hereby release, discharge and/or otherwise indemnify the City of Viroqua, it's affiliated organizations and sponsors, their employees and associated personnel, including the owners of fields and facilities utilized for the programs, against any claim by or on behalf of the registrant as a result of registrants participation in the programs and/or being transported to or from the same, which transportation I hereby authorize. I agree to return all parts of the uniform owned by the Viroqua Parks and Rec. Dept. or pay for any lost items.

**CONSENT TO MEDICAL TREATMENT (MINOR):** As a parent or legal guardian of the above-name child, I hereby give consent for emergency medical care prescribed by a duly licensed Doctor of Medicine or Doctor of Dentistry. This care may be given under whatever conditions are necessary to preserve life, limb, or well-being of my dependent.

PARENT/GUARDIAN SIGNATURE: \_\_\_\_\_ DATE: \_\_\_\_\_

**MAIL FEES TO: VIROQUA PARKS & REC, 202 N. MAIN STREET, VIROQUA, WI 54665**      Scholarships are available for those in need.

**FEES: City Resident:** \$75.00 Maximum per family    **Non-Resident:** \$100.00 Maximum per family---**Family Rate excludes tackle football and traveling teams.**

Programs will begin the week of **June 11, 2018** and end the week of **July 16, 2018**. Playoffs for Midget and Little League will begin on July 18<sup>th</sup> & 19<sup>th</sup> with Championship games on July 25<sup>th</sup>. **NOTE:** If you turn 13 before June 1<sup>st</sup>, you will not be allowed to play Little League.

**\*\*If your family qualifies for the family rate, you CANNOT register online. You must use the paper registration form. Thanks. \*\***

**Office Use:**

Check #: \_\_\_\_\_

Cash Paid \_\_\_\_\_

Date \_\_\_\_\_