

Fort Atkinson Parks & Recreation

Office Location: Municipal Building Gymnasium

30 N. Water St. W - Fort Atkinson, WI 53538

Telephone: (920) 563-7781

**Office Hours: Weekdays 8:00-Noon & 1:00-5:00
or 24 hours a day @ www.fortparksandrec.com**



F O R T • A T K I N S O N
P A R K S & R E C R E A T I O N

DECEMBER NEWSLETTER

School Winter Break Activities

GAMES, GAMES, GAMES (Grades 3-5)

Spend 90 minutes getting some great exercise while playing some of these great games....Dodgeball, Whiffle Ball, Capture the Flag, & other inside games along with some Xbox Kinetic & Wii Sports Games.

Dates: December 27, 28

Time: 10:30-Noon

Location: Municipal Building Gymnasium

Fee: \$10 (\$15 after Dec. 21)



JR. NBA SKILLS CHALLENGE (Age 7-14)

Dribble & Shoot your way through our Jr. NBA Basketball Skills Challenge. Will take about 10 minutes to complete.

Dates: Thursday, December 28

Times: Noon-1:00pm

Location: Municipal Building Gymnasium

Fee: FREE

SLAM JAM BASKETBALL TOURNAMENT (Gr 3-8 Divisions)

Hoops lowered to 8 feet with a mini basketball for a 3-on-3 half court tournament.

Grade 3-4, 5-6, 7-8 Divisions will be offered.

Date: Friday, December 29

Start Time: 9:00am **Fee:** \$5/team

Location: Municipal Gymnasium

(Registration Deadline: Dec 27)



Note: *Special registration form is available @ the Parks and Rec. Office, Youth Center or call 563-7781. All teams guaranteed 3 games*

FORT YOUTH CENTER (Grades 6-8)

Get together with your friends at the Youth Center and play video, card or board games... watch a movie...or play games in the gym. Special Winter Break activities to beat the boredom.

Date: Dec. 26, 27, 28 **Time:** 12:00-4:00 pm

Fee: Free / \$2

YOUTH CENTER LOCK-IN

Date: Fri Dec 29-30 **Time:** 9:00pm-8:00am

Fee: \$10/\$20

Fee: YC member/Non-member

Location: Muni Building Gym & Dance Room

FORT YOUTH CENTER LOCK-IN (Grades 6-8)

Spend 11 hours with your friends over night taking part in our video game challenge, late night Laser Tag, Movies all night long. Permission slip can be picked up at Parks & Rec office or Youth Center.

Date: Fri Dec 29-30 **Time:** 9:00pm-8:00am

Fee: \$10/\$20

Fee: YC member/Non-member

Location: Muni Building Gym & Dance Room

Follow Fort Atkinson Parks & Rec on Social Media!
www.fortparksandrec.com for a complete listing of programs

Start Smart Series (Ages 3-4-5)

These unique programs blends our staff, parents and their children for a 4 day program. Our lead instructor shows parents how to best teach the proper skills for this age level utilizing special equipment and age appropriate sized balls. This program is a great way to share a learning and fun experience with your child. Due to limited equipment and space, register early!



START SMART SOCCER

Dates: Monday March 5...Wednesday March 7...Monday March 12...Wednesday March 14
Time: 4:00-4:45 pm **Fee:** \$16 (\$20 after Feb. 24)
Location: Municipal Building Gymnasium **Max:** 20/session

START SMART BASEBALL

Dates: Monday, April 9...Wednesday April 11...Monday April 16...Wednesday April 18
Time: 4:00-4:45 pm **Fee:** \$16 (\$20 after March 24)
Location: Municipal Building Gymnasium **Max:** 18/session



Grade 5K-Adult Programs

INDOOR SOCCER (Grades 5K-3)

Each Saturday, players will practice a soccer skill, then it's game time for the rest of the hour. All players will get to play on offense, defense and be a goalie by the end of the program. Teams are formed by school. The hour you sign up for - will be the time you have for all 4 weeks. The Municipal Gym will be transformed into an indoor soccer stadium and a soft soccer ball is used to make play safer and the ball easier to control.

Time: 9:00-10:00 Grade 2-3
 10:00-11:00 Grade 5K-1
 11:00-12:00 Grade 1-2



Starts: Saturday, March 3
Ends: Saturday, March 24
Max per hour: 40

Fee: \$20 includes T-shirt (\$25 after Feb. 16)

FIT WITH FRAN - Aerobic Workout & Toning (Next Session Starts Jan. 8)

Cardio Pump: 40 minute aerobic workout with 15 minute stretching and cool down period.

Time: Monday 8:15am Tuesday 9:15am Wednesday 8:15am Thursday 9:15am
Fee: \$53 (or combine with Body Pump for \$73)

Body Pump: 40 minute class: upper body strengthening, abdominal/hip and thigh workouts & stretching

Time: Monday 9:15am Tuesday 8:30am Thursday 8:30am
Fee: \$40 (or combine with Cardio Pump for \$73)

AHA HEARTSAVER CPR & AED(Ages 16+)

Adult, Child & Infant CPR and use of an AED will be taught in this program. Upon successful completion of the class, you will be certified for 2 years under American Heart Association. Call to set up a group class (day cares, churches, companies). 920-563-7781

Date: Monday, January 22 **Time:** 6:00-9:30pm **Fee:** \$40.00 **Location:** Senior Center

REGISTRATION FORM: Clip & Return to Fort Parks & Rec 30 N. Water St. W - Fort Atkinson, WI 53538

Participant's Name _____

Address _____ City _____

Phone Number _____ School _____ Grade/Age _____

Email _____

Name of Program(s) Registering For _____

T-Shirt Size (if included in activity): YS (6-8) YM (10-12) YL (14-16) AS AM AL AXL