

Village of West Salem Parks & Recreation Department

Activity Guide

Fall/Winter 2016-2017



West Salem Parks & Recreation Dept.
175 S. Leonard Street
West Salem, WI 54669

**Our office is now located
on the SECOND FLOOR
of the West Salem
Community Center**

**DON'T MISS important
registration deadlines
in this brochure:**

Junior League Basketball - 9/12/16
Rookie League Basketball - 10/24/16
Spring Traveling Soccer - 2/13/17

Contact Us

Office Line: 786-0222
Event Cancellation: 791-0023
Fax: 786-3359
Address: 175 S. Leonard Street
Now located on 2nd floor!

General Email:
parknrecstaff@westsalemwi.com
Web Site:
www.westsalemwi.com

**Class & Program Start Dates:
September 2016 - March 2017**

Find us online:   

1. Register ONLINE (Credit Card Only)

Read through our brochure and then go to www.westsalemwi.com to register! Click on  on our homepage. Online registration will open at midnight on Monday, August 29th. There is a small convenience fee to use this service. Payment is either Visa, Discover, Mastercard, or Amex.

What does this mean for you?

- Register Early** Online registration opens first, which helps ensure you get into the programs you want before they are full!
- Up-to-Date Anytime** Review number of class openings in all activities. Register from your home or the office, around the clock, seven days a week.
- Quick Timely Private** Avoid waiting for mail to be processed. Receive e-mail confirmation within minutes of registering. Access your secure account details, family schedule and historical receipts.
- Secure** Safe online payments with Visa, Mastercard, Amex, & Discover.

How do you get started?

1. CREATE AN ACCOUNT

Before registering for activities online, you must establish an online registration account and receive a Login Name and Password. While online, simply click the "Need a New Account? Click Here to Create!" button. **PLEASE NOTE:** If you are registering a child for an activity, please use your own information when filling out the online registration **ACCOUNT** form, **NOT** the information of the child you wish to register for an activity. After entering the Main Adult Contact, simply click on the "Submit and Add Family Member" button to add family members. Once you have added everyone in your family to your account, and filled in all the necessary fields, click the "Submit" button to request your **NEW** Account. You will receive a verification e-mail following the creation of your account.

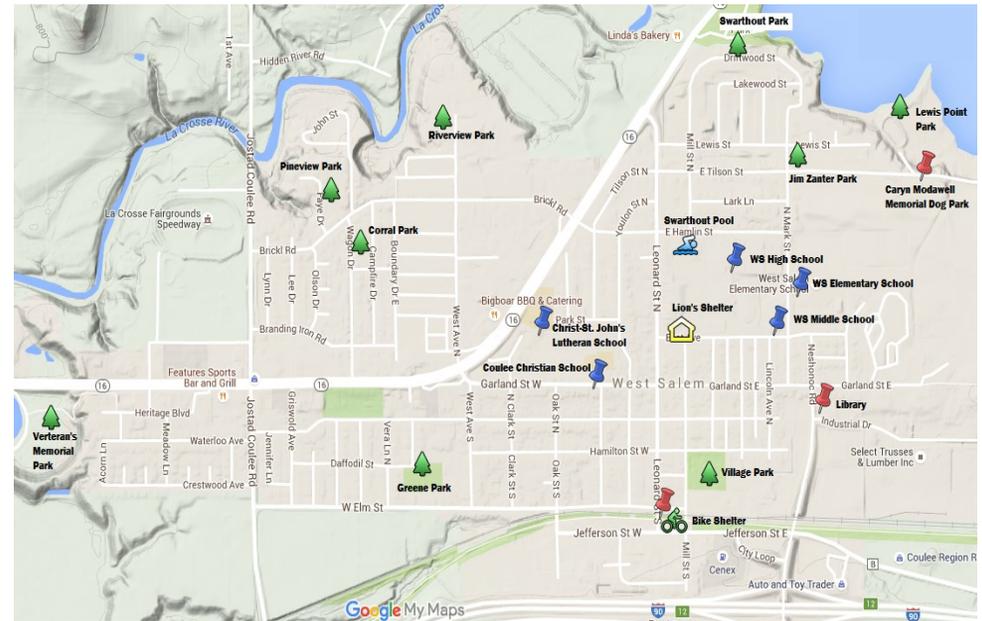
**IF YOU REGISTERED FOR ACTIVITIES IN THE LAST 2 YEARS,
YOU ALREADY HAVE AN ACCOUNT.**
Contact us for your username & password if you forgot it!

2. REGISTER FOR PROGRAMS

Click the  button on the ActiveNet home page. Select the Activity that you would like to enroll into. Clicking the underlined name will show you a detailed activity description. Click the "Add to My Cart" button if you wish to register for the activity. Next, sign in to your online registration account by entering your Login Name and Password. Proceed to the checkout by clicking the Continue button. Confirm your activity name, date, time, enrollee and price. Click Continue to proceed with payment. Enter your credit card information and agree to any required waiver(s) and confirm the payer meets the age requirement. Click Continue. Once payment has been approved, your receipt will display. Please print a copy for your records.

DON'T WAIT! Get accustomed to our online registration system BEFORE you register.

West Salem Parks



For a more detailed map with park descriptions & pictures, visit  KaBOOM.org and find our Map of Play!

Looking to rent a park shelter? Please contact the agency responsible for operating the park you are interested in.
Village of West Salem Parks (608) 786-1858
La Crosse County Parks (608) 785-9770

Park	Location	Operated By
Bike Shelter Caryn Modawell Memorial Dog Park Riverview Park Riverview Park II Corral Park Greene Park Jim Zanter Park Lewis Point Park Pineview Park Lion's Community Shelter Village Park	180 E. Jefferson Street 950 E. Tilson Street 940 West Avenue N. 978 West Avenue N. 663 Wagon Drive 675 Daffodil Street 601 Lewis Street 950 E. Tilson Street 725 Faye Drive 240 East Avenue 121 S. Mill Street	Village of West Salem
Neshonoc Park Veterans Memorial Park	W3373 State Road 16 N4668 County Road VP	La Crosse County
Swarthout Pool Tennis Courts/Ball Diamonds	401 E. Hamlin Street 401 E. Hamlin Street	West Salem School District

West Salem School Fields

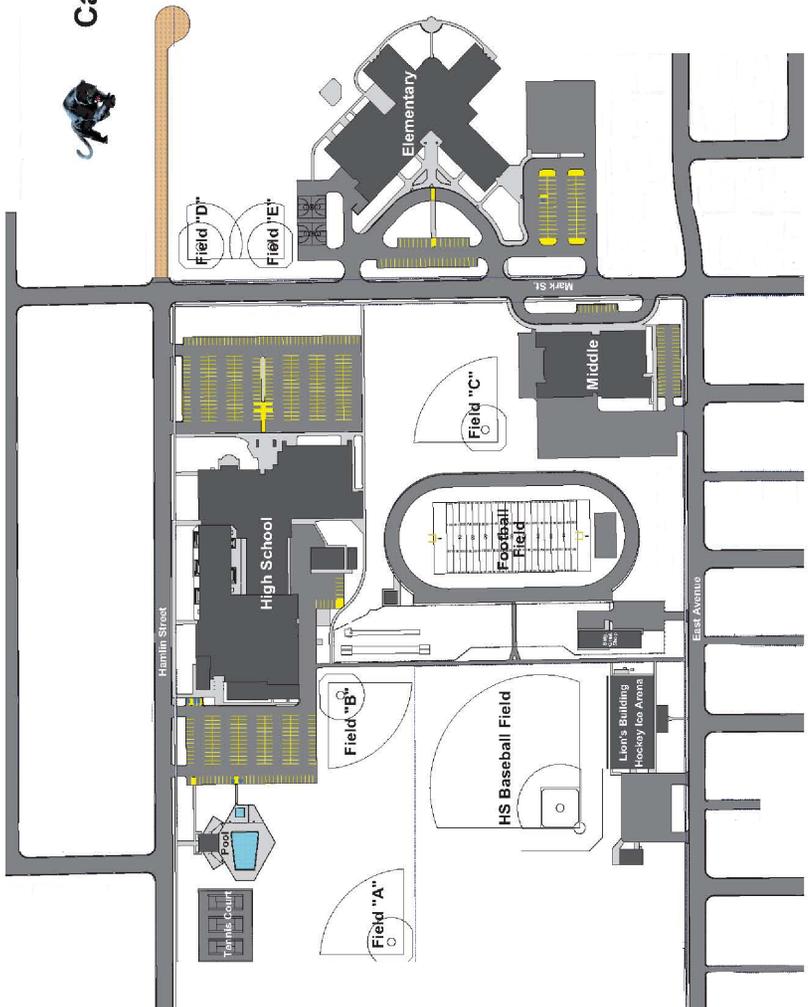


Campus Map

Soccer #2	Soccer #1
High School Game Field	Soccer #1

**West Salem School District Policy 384
Animals on School Grounds**

Animals are not allowed on school grounds. Exceptions include licensed service dogs for individuals with an appropriate disability & certified search dogs accompanied by law enforcement. This does not preclude pet owners from walking their leashed animals on public sidewalks boarding the schools. Owners must pick up & properly dispose of any and all animal waste left behind by such animals on District property & are subject to local laws & ordinances pertaining to animal control.



2. Walk-In (Cash, Checks & Credit Card)

For in-person service, stop by during our office hours:



**Monday 9 AM - 5 PM, Tuesday 9 AM - 3 PM,
Wednesday 9 AM - 3 PM, Thursday 9 AM - 5 PM,
Friday 9 AM - Noon**

You can drop off your registration form, with completed payment, and we will create an ActiveNet account and register you for programs. We will accept cash, checks or credit cards for walk-in registration. We would be happy to walk you through the online registration process if you stop in our office. You can use our iPad to register online - it will only take a few minutes to set up your account.

3. Mail-In (Cash & Checks Only)

Mail completed registration form, along with payment to:

West Salem Park & Rec.
175 S. Leonard Street
West Salem, WI 54669



Please make all checks payable to WSR Rec.

4. 24 Hour Drop Box (Cash & Checks Only)

At your convenience, drop-off your completed registration in a sealed envelop marked Parks & Recreation Registration. The 24 hour drop box is located on the south side of the West Salem Community Center building (near the railroad tracks).

Please make all checks payable to WSR Rec.

What is my BEST CHANCE to get into the class that I want?

REGISTER ONLINE from home!

You will have your confirmation instantly!

Internet registration will also be open **TWO WEEKS EARLIER**, than other registration methods

(August 29th—September 12th).

Drop Off, Mail-In, and Drop Box registrations will be processed in the office as soon as possible after Monday, September 12th.

Am I Considered a Resident, School District, or Out of District?

What municipality do you pay your taxes to?

Village residents have a West Salem street address (no fire numbers). If you have a fire number and pay school district taxes to West Salem, you are considered a School District Resident. If you pay your taxes to any other district, you are considered Out of District.

Why do I have to pay more if I am nonresident?

A portion of the Village of West Salem taxes are designated to pay for the buildings, parks, instructors and administration for the parks and recreational services. School District taxes help pay for the use of any school facilities, so a slight break is given to the families that live in the West Salem School District, but not in the Village of West Salem.

Class Confirmation

Assume you are enrolled and plan to attend your first class unless otherwise notified by the Park and Recreation office or individual coach. If you register in the office, confirmation of program registration will be sent via email receipt.

You Snooze...You Lose

Nothing kills a program quicker than waiting until the last minute to sign up. If there are not enough participants for a program, it will be cancelled. Registering late will not guarantee that a program will run. Notifications will be given to program participants. In the event a program is cancelled, each participant will receive a full refund to their ActiveNet Account.

Waiting Lists

If you are unable to register for a program due to full enrollment capacity, you may request to have your name placed on a waiting list. There are no guarantees for placement. If any openings become available, we will refer to the waiting list to fill programs. Waiting lists are kept for the current program season only.

Refund Policy

There will be no refunds issued for special events, trips, or within 2 weeks of the starting date of any program. All other refunds will be processed after a **50% cancellation charge** is deducted. All refunds take a minimum of 2 weeks to process.

Recreation Event Cancellation

Please call the event cancellation line when inquiring about cancellations.



Event Cancellation Line:
791-0023



Thank you to all of our Spring/Summer sponsors for the support you've given to our programs.

1st Community Credit Union, Alforex Seeds, Allied Co-Op, Altra Federal Credit Union, Beyer Cabinets, Birdd Construction, Brenengen Auto Group, Castle Realty, Coulee Health, Dahl Automotive, Family Dentistry of West Salem, Features Sports Bar & Grill-West Salem, Hunter's Last Chance, IBEW Local 14, Krome's, Linda's Bakery, Mayo Clinic Health System, McDonald's, Neshonoc Sports, Pischke Motors, Schnieder Window Covering, Silverado Saloon, Spartan Storage, Sport Clips, The Overtime Pub, Union State Bank, Vermeer, West Salem Lion's Club, West Salem American Legion, West Salem Fire Department & Westview Inn

Thank You!

- To the West Salem School District (Custodians, Teachers, and Administration).
 - To our volunteers for sharing your time & talents.
 - To the many businesses, organizations, and individuals that have made us what we are.
- We Couldn't have done it without you!**

Senior Nutrition Program

Dates: Monday - Friday **Time:** 11:30am
Site: 2nd floor of WS Community Center, 175 S. Leonard St, West Salem

Cards & Games:

Senior members gather together Mondays and Thursdays to play cards & games.

Christmas Party: December 12th

Join us for Christmas themed games from Noon to 1:30pm

Meals on Wheels:

West Salem residents can register for the Meals on Wheels Program by calling Tammy at 786-2975 between 10:30am-12:30pm or the County Aging Department at 785-9710 any other time. Accepted donations for meals is \$3.25, but anything or nothing is ok.

If you are interested in volunteering at the Senior Center or with the Meals on Wheels program, please call Tammy at 786-2975 between 10:30am-12:30pm.

Martial Arts Classes

We are partnering with A+C Martial Arts in West Salem to offer a variety of martial arts classes for participants of all ages. Additional classes can be found on page 11. If you have questions about any of the programs, please contact Angela Davidson at 732-0381 or acmartialarts1@gmail.com

Site: All classes will be held at A + C Martial Arts (124 Leonard Street S.)
Participants in all classes are asked to go barefoot, dress in comfortable clothes you can move in and to not wear jewelry.

Women's Self Defense Seminar

This seminar is geared towards women only. During this seminar, you will learn how to get out of some basic grabs, such as a hair grab or lapel grab, as well as some basic ground defense. You will also learn multiple strikes/kicks to help you defend yourself against an attack. The seminar will end with you testing your newly learned "skills" by defending yourself against our "attacking" instructor. This seminar is loads of fun and giggles while also being serious.

Date: November 12 **Time:** 1:00pm-5:00pm **Ages:** 13+
Fee: \$30 **Instructor:** Master Reardon **Minimum participants:** 6

Jiu Jitsu

Come and learn ground defense in our Jiu Jitsu program! This is an excellent program that not only helps you physicaly, but mentally. If you have ever watched an MMA fight and wanted to know how they do all the stuff when they are on the ground fighting, this is the program for you!

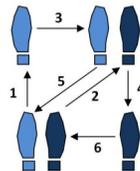


Dates: Wednesdays October 5-26
Time: 6:00-7:45pm
Ages: 16+ **Fee:** \$20
Instructor: Master Reardon

Ballroom Dancing Lessons

Strap on your dancing shoes and get ready to move! Participants are encouraged to register as couples. These are introductory lessons and no previous experience is necessary. Repeat participants are encouraged. Join instructors Barbara and Daryl Olson for 6 evenings of fun as they will get you ready to dance the night away. Dances covered will include: Swing, Foxtrot, Rumba, Cha Cha, Bolero and Waltz.

Program Participant Max: 12 couples
Date: Weds. Nov. 2 - Dec. 14 (No class 11/23)
Time: 6:30-7:30pm **Fee:** \$30 per couple
Site: Halfway Creek Park West Shelter (400 Walnut Dr.)



Register by October 28th through Holmen Park & Recreation

Employment Opportunities

Persons interested in obtaining part-time/seasonal employment or volunteering with the WJS Park and Rec. Department should complete an application form from the department office. We are currently looking for basketball referees, flag football officials, soccer officials, program staff and lead instructors for various programs.



2016 Cupcake Craze

Say Cheese

For program promotion purposes, photographs may be taken of participants from time to time. If you do not wish to have your photo taken, please notify the photographer and/or instructor. Photos may be used in publications, on website, or in the newspaper.

Typo, Human Error, We Goofed...!

Occasionally there may be an error in days, times, registration requirements, or fees in the brochure. When such errors occur, our staff will do everything possible to correct the situation promptly. We thank you for your patience and understanding when these situations arise.

Insurance

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

Returned Checks Policy

A \$35.00 service fee will be assessed on checks returned due to insufficient funds.

Village Park & Lion's Community Shelter

Rental reservations may be made by Calling: (608) 786-1858.
NEW! Shelter Availability Calendar Link is available under the *What's New* heading on the Village website.

**Pineview Park, Lewis Point Park, Corral Park,
 Jim Zanter Park, & Greene Park**

Available on a first come, first served basis.

La Crosse County Parks (Veteran's Memorial & Neshonoc):

Rental reservations may be made by Calling (608) 785-9770.

All park locations can be found on the map on the last page of this brochure.



MOVIE IN THE PARK - Home
September 10 Dusk Village Park

COMMUNITY RUMMAGE SALE
September 16 & 17 TBA Village of West Salem

HOMECOMING PARADE
October 7 2:15pm Downtown West Salem



FARMER'S MARKET
Weds. through 10/12/16 2-6pm Bike Trail Shelter

MOVIE IN THE PARK - The Good Dinosaur
October 21 Dusk Village Park



TRICK-OR-TREATING
October 31 3-5pm Downtown Businesses
4-6pm Village Park
Co- Sponsored with West Salem Business Association
4-8pm Village of West Salem

FIRST RESPONDERS CHILI SUPPER
November 10 4-7pm West Salem High School



WINTER WONDERLAND
Nov. 26-Jan 6 4:30-10pm Village Park
Visit from Santa
Dec. 3rd 4:30-6:30pm Village Park

Coaches Rebate

Volunteer adult coaches will receive a \$25.00 rebate (one per coach) at the end of the season.

The only way we can continue to offer inexpensive youth programs that are able to accommodate all interested children, is with the help of adult volunteer coaches. Teams without coaches will have their registration fee returned.

Volunteer coaching can be a very rewarding and educational experience. You do not need to be an expert. You only need a desire to provide a fun, recreational experience for children.

Volunteering as a coach is contingent upon successful background screening.

POLL WORKERS NEEDED!



Are you interested in:

- ★ Serving your community?
- ★ Doing rewarding work?
- ★ The election process?

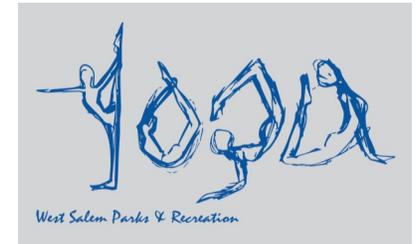
If you answered yes, the Village of West Salem hopes you'll consider becoming part of our pool of poll workers. Interested persons **MUST** reside in the Village of West Salem with a West Salem street address (not a fire number address). You will be trained how to work at an election, and would receive a small stipend per hour of work at an election. **If interested, call the Village of West Salem at 786-2858, for more information.**

Adult Yoga

Build your strength, mobility, and flexibility via a yoga Class with a focus on alignment and breathing while learning to Calm your mind and relax your palate as a means of stress reduction. Participants can use yoga mats available at class or bring their own. New registrants receive a free yoga t-shirt.

Instructor: Ann Yehle (Registered Yoga Instructor)
Dates & Times: Tuesdays Sept. 6 - Dec. 20 4:00-5:00pm
Thursdays Sept. 8 - Dec 22 8:00-9:00am
Tuesdays Jan. 3 - April 25 4:00-5:00pm (No class 3/14)
Thursdays Jan. 5 - April 27 8:00-9:00am (No class 3/16)

Ages: 18 & Older
Site: WS Library Meeting Room
Fee Per Date/Time Slot:
Half Session (8 Classes) - \$38
Full Session (16 Classes) - \$73
Min/Max Participants:
10/30 participants per session



If you have questions about whether this class is for you, do not hesitate to contact Ann at 608-217-1114 or via email at akyehle@wisc.edu.

Don't forget to find us online!



LIKE
West Salem
Parks & Recreation
on Facebook

We will use these sites to provide updates on programs as well as hold contests & give away prizes!

FOLLOW
@WestSalemRec
on Twitter



Adult Open Soccer

Dates: Nov. 6 - March 26
Sundays
Time: 5:00-7:00 pm
Fees: \$10.00 a night or
\$50.00 for a season
(collected on site)
Site: WSES Gym

Cardio & Curl

Anything goes!! This class is a little bit of everything, and every Class will be different. Each class will incorporate all aspects of fitness, including cardio, interval training, strength training, pilates and yoga, giving you a great workout with variety. Participants must provide their own yoga mat and hand weights. Meant for all fitness levels, beginners are welcome!!



Instructor: Amy Jo Krueger-Slaby
Dates: Session 1: Tuesdays & Thursdays Sept. 6-Nov. 10
Session 2: Tuesdays & Thursdays Nov. 15-Feb. 2 (off Nov. 22 & 24, Dec 27 & 29)
Time: Tues: 6:30-7:15pm; Thurs: 6-6:45pm **Site:** WSHS Dance Studio
Ages: 18+ **Fee Per Session:** 10 Classes - \$30 / 20 Classes - \$45

Look for our 2017 Spring/Summer Activities Brochure in Early April!

Brochures are mailed to all households in the West Salem School District. Additional brochures can be found in our office, the Hazel Brown-Leicht Library, local schools and on our website westsalemwi.com/parkandrec.htm

Adult Men's Basketball League

Intent to Participate forms and sponsor fee due Wed. Oct. 26 at managers meeting. Individual player fees and completed roster due Wed. Nov. 9 before second game. Registration will be limited to the first 18 teams to have their Intent to Participate and sponsor fee turned in. For more information on registering a team, please call the WS Park & Rec. Office at 786-0222.

Mandatory Managers Meeting: Oct. 26, 6:30pm at WS Community Center

Dates: Season: Nov 2, 9, 16, 30, Dec 7, 14, 21, Jan 4, 11, 18, 25, Feb 1, 8, 15, 22
Tournament: Mar 1, 8, 15

Times: 6:30 pm, 7:30 pm & 8:30 pm **Sites:** WS Elementary & High School
Fee: **Sponsor:** \$150.00 **Players:** \$15.00 a person

Adult Women's Basketball League



Intent to Participate forms and sponsor fee due Wed. Oct. 26 at managers meeting. Individual player fees and completed roster due Sun. Nov. 13 before second game. Registration will be limited to the first 8 teams to have their Intent to Participate and sponsor fee turned in. For more information on registering a team, please call the WS Park & Rec. Office at 786-0222.

Mandatory Managers Meeting:

Oct. 26, 7:00pm at WS Community Center

Dates: **Season:** Nov 6, 13, 20, Dec 4, 11, 18, Jan 8, 15, 22, 29, Feb 5, 12, 19, 26

Tournament: Mar 5 & 12

Times: 11:00am, 12:00pm **Site:** WS High School
Fee: **Sponsor:** \$150.00 **Players:** \$10.00 a person

Open Gym Basketball

All participants must sign in at the door for each session. A limited number of basketballs will be available to check out. A driver's license or student ID will be needed to check out equipment. Please feel free to bring your own basketball. The WS Rec. Dept. is not responsible for lost or stolen items.

Dates: Nov. 6, 20, Dec 4, 18, Jan. 8, 22, Feb. 12, & 26 **Times:** 4:00-5:00pm
Ages: All; Children must have a supervising adult 18+ **Site:** WSMS Gym
Fee: \$1.00/participant, per time slot (collected on site) or \$6 punch card good all season (sold on site or at Park & Rec. office)

Open To Families

West Salem Area Program Contact List

This information is given for public reference. Please contact respective program providers for information

PROGRAM	WEBSITE	CONTACT	NUMBER
Baseball			
Friends of West Salem Baseball	Facebook: Friends of West Salem Baseball	Rick Schultz	786-1516
WS American Legion Baseball	westsalempost51.org/baseball		
Basketball			
Neshonoc Lakers: Middle & High School Girls		Mike Malott	786-1220
West Salem Hoops: Middle & High School Boys		Annette Kastenschmidt	790-7319
Boys & Girls Club			
West Salem Boys & Girls Club	bgcgl.org	Mac McCann	786-1390
Hockey			
West Salem Hockey Association	westsalemhockey.com	Pete Belling	317-3348
Parks			
Village of West Salem Parks Rental: Village Administration Office	westsalemwi.com		786-1858
La Crosse County Parks Rental: La Crosse County Facilities Dept.	co.la-crosse.wi.us		785-9770
La Crosse River State Trail	lacrosseriverstatetrail.org		269-4123
Lake Neshonoc - Lake District		Jim Leicht	786-0513
Pool			
Swimming Lessons: West Salem School District	wsalem.k12.wi.us		786-0700
Swimming Lessons: Swarthout Pool (May-August)	Facebook: West Salem Swarthout Pool	Sarah Nighbor	786-0323
Sharks Swim Team	Facebook: West Salem Swarthout Pool	Sarah Nighbor	786-0323
Soccer			
Rush Wisconsin West (competitive off season soccer)	rushwiwest.com	Scott Pirnstill	304-0371
Summer School			
West Salem School District	wsalem.k12.wi.us		786-0700
Volleyball			
Club Shock	clubshockvolleyball.com	Janet Kowalke	317-0522
High School Summer League: Holmen Park & Rec	holmenwi.com/holmenpr	Mike Brogan	526-6318
Senior Center			
WS Senior Nutrition Center		Tammy Caspersen	786-2975
Wrestling			
West Salem/Bangor Wrestling	Facebook: West Salem Bangor Wrestling	Amy Kratochvill	792-5458

West Salem/Bangor Youth Wrestling Club

The purpose of the West Salem/Bangor Youth Wrestling Club is to promote the sport of wrestling to our youth through instructional training of proper wrestling techniques. Our club has a highly qualified team of coaches to assist in the instructional training of the club's participants. The roll of our coaches is to conduct practices in an environment designed to promote a fun, yet informative, safe training experience. Hard work, dedication & sportsmanship are promoted, and through positive reinforcement, our coaches will provide the best possible training for our young athletes.

Practices will be held Tuesdays and Thursdays January 3rd- end of March
Times: Grades PK-2: 6-7:15pm Grades 3-8: 6-7:30pm
 WSMS Mat Room/Cafeteria WSHS Mat Room

Registration fee is \$50 AND wrestlers must have a current USA card. (The USA wrestling card can be purchased online. Choose West Salem Bangor Wrestling as the club.) Additional forms and information available at the meeting or by email. **Fees increase to \$65 after December 20!

Open Mats are optional for registered, experienced wrestlers in grades 3-8. Open mats will be held Tuesdays and Thursdays in the Bangor Elementary Multi-Purpose Room from 6-7:30pm, starting in Nov. Participants **MUST BE REGISTERED** for Youth Wrestling before attending an open mat. This can be done at open mat. Questions? Email Amy!

Registration/Mandatory Parent Meeting:

Nov. 28 from 5-7pm @ WSHS OR Nov. 29 from 5-7pm @ Bangor HS Cafeteria

Questions? Contact Program Coordinator Amy Kratochvill:
 792-5458 or wbyouthwrestling@gmail.com

Fliers & forms will be sent home from school, but can also be emailed by request. Like **WB Youth Wrestling** on Facebook for updates on open mats, practices, tournaments and so much more!

The Lion's Community Shelter Rink (240 East Avenue) is an enclosed outdoor rink with lights and dasher boards. The rink ice is provided and maintained by the West Salem Hockey Association. Ice is scheduled to be available after October 21st, weather permitting. **Please check the West Salem Hockey Association website at www.westsalemhockey.com for open skate hours. A three week schedule will also be posted by the rink door.**

The facility will be open for recreational community open skate, when games are not scheduled, **without sticks or pucks as follows:**



Monday through Friday - Noon through 2:30pm
 Friday - 8:30pm through 10:00pm
 Saturday - 4:30pm through 7:30pm
 Sunday - 4:00pm through 6:00pm



The facility will be open for shared community open skate, when games are not scheduled, **without sticks or pucks on 1/2 of the rink and sticks & pucks on 1/2 of the rink as long as rink dividers are present as follows:**

Saturday - 7:30pm through 10:00pm
 Sunday - 8:30pm through 10:00pm

****If rink dividers are NOT in place, no stick or puck use is allowed****

Please be aware that ice resurfacing and WSHA games may periodically interrupt Open Skate Times.

Winter Wonderland

Village Park will once again be transformed into a Winter Wonderland from Nov. 26, 2016-Jan. 6, 2017. Christmas trees decorated by local sponsors, along with other park decorations, will be on display for the West Salem Community to enjoy at their leisure. Additionally, families are invited to head to Village Park on December 3rd to participate in a variety of activities while enjoying the Winter Wonderland Christmas lights and decorations in the park. Santa will be visiting from 4:30-6:30pm to greet kids and chat about their Christmas lists. In addition to having Santa on hand, local choirs will be entertaining the crowd with carols throughout the evening and a coloring station will be set up for kids. Refreshments, including hot chocolate, cookies and candy canes, will be provided. Please join us in celebrating the Christmas season and spreading holiday cheer to the West Salem Community.



Winter Wonderland: November 26 - January 6 from 4:30pm-10:00pm
Visit with Santa: Saturday, December 3rd from 4:30-6:30pm



Local businesses, clubs, groups, families, etc. that are interested in sponsoring tree, or would like additional information, please contact our office at 786-0222.

Ready, Set, Decorate!

Sponsored by Linda's Bakery

It's that time of the year again, get out your ladders and lights, your cardboard Santa's and reindeer. Decorate and light up your home so that it can be seen from space. Nominate a home in the 9th Annual West Salem Holiday Lights Home Decorating Contest. Any home in the school district of West Salem is eligible for this contest. Prizes will be awarded to the top 4 homes and a drawing for a special prize will be held for anyone who nominates a home. Nominations are due by Wednesday, December 14. Judges will be out the night of December 15, to view nominated homes!

Contest winners will be pictured in the Coulee News!

- 1st Prize:** \$50 Gift Certificate to Linda's Bakery for Holiday Goodies
- 2nd Prize:** \$40 Gift Certificate to Linda's Bakery for Holiday Goodies
- 3rd Prize:** \$30 Gift Certificate to Linda's Bakery for Holiday Goodies
- 4th Prize:** \$20 Gift Certificate to Linda's Bakery for Holiday Goodies
- Nominator Prize:** \$20 Gift Card to Cenex I-90 West Salem



Official nomination forms will be accepted at the West Salem Parks and Rec. Department Office. Forms available in the Park & Rec. office or online at www.westsalemwj.com.

Community Trunk-Or-Treat

Co-Sponsored by West Salem Business Association



Enjoy a unique way to trick-or-treat! Our Halloween Trunk-or-Treat provides a safe environment for families to enjoy an evening of Halloween fun in a neat atmosphere! Costumed children (age 12 & under) trick-or-treat outdoors by

going between downtown businesses (on Leonard St.) and booths set up in West Salem Village Park to get their bag filled with goodies.

NOTE: Adults **MUST** accompany children. No drop offs!

Date: Monday, October 31st
Ages: 12 and under



Site/Time:
Downtown WS Businesses...3-5pm
Village Park.....4-6pm
Fee: FREE!

If your business or organization is interested in participating in this event, please contact the Park & Rec. Dept. at 786-0222!

Easter Egg Hunt

Saturday, April 8th
starting at 10:30am
(Please arrive at 10:15am for instructions)

West Salem Village Park
Open to children 2-9 years
(Children will hunt in two separate age divisions: 2-5, 6-9)

FREE!

Event is co-sponsored by:

West Salem Police Dept, West Salem Fire Dept,
West Salem First Responders, & West Salem Park & Rec. Dept.
In case of poor weather, the egg hunt will be held at the WS Lion's Shelter.



Pee Wee Basketball

This 8-week program will provide children with basic basketball skills & fundamentals. Small sided game play will also be introduced. Players will receive a mini basketball.

Dates: Dec. 3, 17, 31 Jan. 7, 14, 28 Feb. 4, 11 (Saturdays)
Times: K: 8:30-9:30am 1-2: 9:30-10:30am
Site: WS Elementary School Gym
Fee: \$35 Village Res. / \$40 School Dist. / \$45 Out of Dist.
Ages: Grades K-2



Rookie League Basketball

This 15-week program will provide children with basic basketball skills and fundamentals. In addition, participants will experience game play. A specific game schedule will be handed out on November 30 for the remainder of the season. Games will be played at West Salem schools, La Crosse Boys & Girls Clubs, Northern Hills Elementary School, and Irving Pertzsch Elementary School.

Volunteer coaches are needed to help the entire season.
Coaches meeting will be held October 27th at 6:00 at the WS Rec. Dept.

Dates: Saturdays & Wednesday Nov. 5th—February 25
Times: First Practice for all teams: Nov. 5 Boys 8:30-9:45 Girls 9:45-11:00am
Remaining Practices: Specific team schedule to be handed out—times vary (Sats in Nov: 8:30-11:00am + Weds Nov-Feb: TBD by Nov.-between 4:30-8pm)
Games (Dec-Feb): range 8:00am-Noon
Sites: Practice—WSES Gym & WSMG Gym
Games—Regional Sites—See list above: Dec. 3, 10, 17, Jan. 7, 14, 21, 28 Feb. 4, 11, + 18; Tournament: Feb. 25
Fee: **Early Bird (On/Before Oct. 24th)**
\$50 Village Res. / \$55 School District / \$60 Out of District
Non Discounted (Between Oct. 25-31)
\$65 Village Res. / \$70 School District / \$75 Out of District
Ages: Boys Grades 3 & 4, Girls Grades 3 & 4

Junior League Basketball

This is a competitive traveling league participating in the Great Northwest Basketball League. Teams will participate in 5-6 weekend tournaments and 1-2 weekday practices. Practices are generally held between 6:00 and 9:00pm. **Registered players will be notified of their first practice.** Early Bird Registration is due by Sept. 12th. All registration is due by Sept. 16th! Transportation is the responsibility of the parent or guardian.

Volunteer coaches are needed to help the entire season.
Coaches meeting will be held October 27th at 6:30 at the WS Rec. Dept.

Dates: Practice: Begins anytime after October 31st
Weekend Tournaments: TBD (December-February)
Times: Practice: TBD by coach Tournaments: TBD
Sites: Practice: WS Middle and Elementary School Gyms
Weekend Tournaments: TBD Varied
Fee: **Early Bird (On/Before September 12th)**
\$80 Village Resident / \$85 School District / \$90 Out of District
Non Discounted (Between September 13-16)
\$100 Village Resident / \$105 School District / \$110 Out of District
Ages: Boys Grades 5 & 6, Girls Grades 5 & 6



****Registration AFTER SEPTEMBER 12th is not guaranteed!****

Junior Poms

The WSHS Dance Team & coach, Liv Mercer, will be teaching the girls a short routine that will be performed at half time of a WS Varsity football or boys basketball game. A member of the dance team will meet participants at the WSES flagpole each day to walk them over to practice at the HS. Participants can be picked up in the West Salem High School Commons after practice. A portion of the proceeds will benefit the high school dance team. Please send a snack/drink with your child to practice. Performance info will be handed out at the first practice.

Dates: **Session 1:** Practice: Sept. 19, 20, & 21
Performance: Sept. 23
Session 2: Practice: Dec. 5, 6, & 7
Performance: Dec. 9

Time: Practice: 3:30-5:00pm
Performance: Half time of varsity game

Site: Practice: WSHS Dance Studio
Performance: WSHS Football Field or Gym

Ages: Gr. K-5



Fee/session: \$20 Village Resident / \$25 School District / \$30 Out of District

WSHS Dance Team Super Fan T-Shirts

Super Fan shirts will be available for purchase through the WSHS dance team at the WS Park & Rec. Dept. Office. These shirts are sold for an additional \$12.00 as a fundraiser for the WSHS Dance Team. Super Fan shirts can be worn for either/ both the performance(s), but **do not** have to be purchased to participate. Orders are due Sept. 15 for session 1 or Nov. 29 for session 2 to ensure they are ready by the performance date. *Order forms are available in the WS Park & Rec. Dept. Office.*

1st-2nd Grade Volleyball

This program will utilize many creative methods such as individual, partner, and small group games with a variety of equipment. Players will learn the fundamentals of volleyball while experiencing team cooperation in a positive environment.



Dates: October 17, 18, 19, & 20 **Times:** 6-7pm
Site: WSHS Gym **Grades:** 1-2
Fee: \$22 Village Resident / \$27 School District
 \$32 Out of District

West Salem Area Indoor Soccer—Futsal

Sponsored by Viterbo University Women's Soccer

Futsal is an excellent introduction to the sport of soccer and is great for the development of foot skills and ball control. Futsal is played indoors with teams of three to five players, using a smaller ball and mini goals. Each session will focus on teaching the rules of the game, skill development and playing games. All sessions will be professionally run by Viterbo University coaches and players.

Dates: Sundays – Feb 12, 19, 26 March 5, 19 **Ages:** 5-14
Time: Ages 5-7 at 1-2pm Ages 8-11 at 2-3pm Ages 12-14 at 3-4pm
Site: West Salem Elementary School **Fee:** \$30 per player
Questions: Contact Scott Pirmstill at (608) 304-0371 or spirmstill@viterbo.edu

Movies in the Park

Come join the Park & Rec. Dept. for a night at the movies in Village Park. Bring your sleeping bags, blankets, or lawn chairs and settle in for an evening of free entertainment. The family friendly movie will begin at dusk. Make sure you visit our concession stand to purchase your popcorn, drinks, snacks, and glow sticks throughout the movie. We will be collecting non-perishable food items to be donated to the local food pantry. **(Dates are weather permitting!)**

Fee: Free! Non-perishable food donations are encouraged!
Time: Dusk; Approx. 7:00pm-7:30pm
Site: West Salem Village Park
Ages: All

Saturday, September 10th

Home

Rated: PG

Running Time: 94 mins



Friday, October 21st

The Good Dinosaur

Rated: PG

Running Time: 93 mins

Pee Wee Bowling

Get your kids up and active this October with our afternoon Pee Wee Bowling League. Registration includes 2 games of bowling, shoes, meal, and soft drink. Rewards will be given out the last night of bowling.

Dates: October 3, 10, 17, 24 **Times:** 4:30-6:00pm **Fee:** \$40
Site: Features in West Salem **Ages:** 4-10
Register for this program at Features in West Salem by Sept. 28!

Junior League Bowling

This is published as a courtesy for Features in West Salem, if you have questions please feel free to Call 786-9000.

Sign Up: Girls & Boys ages 8-18: Features in West Salem-Sept. 10 between 9:00-12:00pm
Season: League runs until March 11th (make-ups available) 5 weeks off for holidays
Fee: \$8.00 per week **Times:** Saturdays 9:00-11:00am



Cupcake Craze

Come get messy with frosting as you decorate all different types of Cupcakes with us! You don't have to bring anything; all supplies are provided. Of course you'll be able to have a taste after all the hard work is done.

Sponsored by: Linda's Bakery!

Dates: November 17 **OR** January 19 **Times:** 6-7pm
Site: WS Community Center - 2nd floor (175 S Leonard St)
Fee: \$10 Village Res. / \$15 School Dist. / \$20 Out of Dist.
Ages: 5 & up **Min/Max Participants:** 12/24 a Class



Cookies for Santa

Leave the mess at home & come decorate cookies for Santa! Kids will have the opportunity to decorate various cookies and holiday treats to take home for Santa...and even make something for themselves!

***An adult is recommended to be present to help those who can't decorate their own.**

Please note: food allergy alternatives are not available for this program.

Date: Tuesday, Dec. 13 **Time:** 6:00-7:30pm
Site: WS Community Center - 2nd floor (175 S Leonard St)
Fee: \$10 Village Resident / \$15 School District / \$20 Out of District
Ages: 5 & up **Min/Max Participants:** 10/20

Paintball Outing

Holmen, Onalaska and West Salem have been playing paintball recreationally for years with Arrows in the Square. All games are professionally refereed to insure player safety and fair play. **Fee includes goggles, mask, gun, air, and first 100 balls!** Wear dark colors, long pants & sleeves, gloves, hat, and shoes or boots. Bring water and dress in layers and appropriately for the weather. The Green Bay Packers play at 7:30pm, so join us for an action packed day.

NO TRANSPORTATION PROVIDED!

Date: Sunday, October 9th **Time:** 1:00-4:00 pm
Site: Arrows in the Square—N7681 Casberg Coulee Rd., Holmen, WI
Ages: 10 & up, parents welcome **Reg. Max:** 10 **Fee:** \$17 a person
 Extra balls available for \$5 per 100 on site. Most participants spend another \$5-\$10.

Ice Skating Lessons

This introductory class will help you achieve basic skills. No need for previous skating experience. **Ice skates are NOT provided!**

Dates: Jan. 4, 11, 18, 25, Feb. 1, & 8
Times: **Gr 3-7:** 6:00-6:30pm
PK-2: 6:30-7:00pm
Students can open skate during the opposite session time slot!
Ages: PK to 7th grade
Site: Lion's Shelter Ice Rink
Fee: \$15 Village / \$20 School / \$25 Out

Letters To Santa

Have you shared your wishes with Santa yet this year? Children & those young at heart, can all write to Santa and receive a letter in return. All you need to do is drop off your letter in Santa's mailbox in the lobby of the West Salem Community Center. **Be sure to include your full name and home address so Santa can find you!**

Dates: Nov. 28th - Dec. 19th
Fee: FREE

**New Name,
Same
Program**

Tri Rivers Youth Soccer League

This is a traveling recreational soccer league. The league currently includes the following cities; Arcadia, Bangor, Caledonia, Holmen, Melrose-Mindoro, Onalaska, La Crescent, Sparta, Tomah and West Salem. Not all communities have teams at each age level; so teams will not necessarily travel to all communities listed.

Games & Practices

Games will be scheduled between April 8th and May 20th on the following days:

Grades 1&2 Tuesdays and Saturdays **Grades 3&4** Thursdays and Saturdays
 Home games & practices @ Pineview Park, Greene Park and Christ-St. John's

Grades 5&6 Saturdays and Sundays **Grades 7&8** Saturdays and Sundays
 Home games & practices @ West Salem Elementary School

Each team will have its' own practice time TBD by the **volunteer coach**. A specific practice and game schedule will be handed out the beginning of April.

Transportation is the responsibility of the parent/guardian.

Teams & Coaches

Separate teams will be formed for boys and girls. Teams will be formed by grade. Combined grade teams will only be formed if there are not enough registrants at a particular level. A specific birth date does not apply for this league.

Players will be notified of their team placement after the registration period is complete and the coach has been determined. If a coach is not in place by the end of the registration period, an email will be sent to all parents at that level requesting a coach.

Fees & Tournaments

Player fees help to cover the costs of soccer balls, nets, goals, uniforms, referees, player league/scheduling fees, and field maintenance.

Tournament fees are extra and are **not included in the user fee**.

Strict birthdate, grade regulations and roster limits apply for tournaments. Please call the office if you should have any questions regarding this policy.

REGISTRATION OPENS JANUARY 3rd!

Any registrations received after February 13th, are subject to a \$20 late fee.
 Full payment is required with registration.

Registration is **NOT GUARANTEED** after Feb. 13th.
Registration will be taken on a first come, first served basis!

Fee Grades 1-4: **Early Bird (On/Before February 13th)**
 \$45 Village Resident / \$50 School Dist. / \$55 Out of Dist.
Non Discounted (February 14th- February 24th)
 \$65 Village Resident / \$70 School Dist. / \$75 Out of Dist.

Fee Grades 5-8: **Early Bird (On/Before February 13th)**
 \$70 Village Resident / \$75 School Dist. / \$80 Out of Dist.
Non Discounted (February 14th-February 24th)
 \$90 Village Resident / \$95 School Dist. / \$100 Out of Dist.



Interested in Officiating Soccer Games this Spring?
 Be sure to get Certified or Re-Certified! Visit www.wisref.org for a listing of upcoming classes held this winter in the Coulee Region.

WE HAVE A NEW HOME!

The West Salem Parks & Recreation Department office is now located on the **second floor** of the West Salem Community Center building located at 175 S. Leonard Street

Martial Arts Classes

We are partnering with A+C Martial Arts in West Salem to offer a variety of martial arts classes for participants of all ages. Additional classes for teens and adults can be found on page 19. If you have questions about any of the programs, please contact Angela Davidson at 732-0382 or acmartialarts1@gmail.com

Site: All classes will be held at A + C Martial Arts (124 Leonard Street S.)
Participants in all classes are asked to go barefoot and to not wear jewelry.

Little Warriors

Little Warriors is an introductory class geared toward younger children to assist with focus & self-control. Participants will learn in a fun and encouraging atmosphere through the use of games & drills.

Dates & Times: Mondays 4:00-4:30pm + Wednesdays 4:00-4:30pm
Session 1: Oct. 3 - Oct. 26 **Session 2:** Dec. 5 - Dec. 28
Session 3: Feb. 6 - Mar. 1
Ages: 4-6 **Fee:** \$20 **Instructor:** Mrs. Davidson

Taste of Martial Arts

Taste of Martial Arts is a sample of Tae Kwon Do & basic self defense. Students will learn the fundamentals of martial arts and self defense in a safe, family friendly environment.

Dates & Times: Mondays 5:00-5:45pm + Thursdays 4:30-5:30pm
Session 1: Oct. 3 - Oct. 27 **Session 2:** Dec. 5 - Dec. 29
Session 3: Feb. 6 - Mar. 2
Ages: 7+ **Fee:** \$40 / \$15 Parent Participant w/ child **Instructor:** Mrs. Davidson

Kendo

Kendo is a Japanese Sword Art. In this class you will learn the basic techniques of this beautiful art.

Dates: Nov. 5, 12, 19, Dec 3 & 10 **Time:** 9:00-10:00am
Ages: 7+ **Fee:** \$15 **Instructor:** Mr. Larson



Self Defense

The Self Defense program focuses strictly on different scenarios that may arise and ways to get out of them. Many martial arts styles, such as Tae Kwon Do, Judo, Hapkido are used to teach the quickest and most effective ways to get away from the situation or how to take control if the need arises.

Dates & Times: Thursdays 5:30-6:15pm
Session 1: Oct. 6 - Oct. 27 **Session 2:** Jan. 5 - Jan. 26
Ages: 10+ **Fee:** \$15 **Instructor:** Master Reardon

WEST SALEM HOCKEY



West Salem/Bangor/Mindoro



AGES 2-HIGH SCHOOL

LEARN TO SKATE FOR FREE PROGRAM

Give it a shot! Have your child try our 3 session learn to skate program.
November 8th 6-7pm, November 10th 6-7pm, & November 12th 1-3pm

This program does not concentrate on the game of ice hockey, but rather on teaching children the progression of standing to skating forward and backwards and executing turns. We will also have information available on area programs that include ice skating and West Salem Youth Hockey's FREE TRANSITION PROGRAM with continued Learn to Skate and Learn to Play over 12 weeks. All skating instructors will be USA Hockey Certified Coaches, with assistance from High School and Junior level players. Registration is required & available at westsalemhockey.com. Some skates will be available for children that don't have them. This is a free program!

****All participants will receive a gift at the conclusion of the program.****

All this is made possible by generous donations from our local businesses and community. 100% of expenses and costs are raised through the fund raising efforts of the West Salem Hockey Association.

HOCKEY REGISTRATION

When: Sat., September 10th 9:00am—12:00pm **OR** **Wed., September 14th 5:00pm—8:00pm**
Where: WS Elementary

WSHA TEAM LEVELS AND REGISTRATION FEE SCHEDULE

Below is a table of our team levels and fees. West Salem is a volunteer run organization and due to that our fees are lower than other associations in our area. When looking at the fees remember the season is four months of winter entertainment and exercise for your child. The \$50 fee paid online to USA Hockey is for insurance and Wisconsin Amateur Hockey Association fees and is MANDATORY for all skaters. The fee for skaters ages 6 and under is FREE.

Year of Birth	Team/Age Division	WSHA fee/USA Hockey Fee
2002-2003	Bantam	\$235/\$50 = \$285
2004-2005	Pee Wee	\$160/\$50 = \$210
2006-2007	Squirt	\$105/\$50 = \$155
2008-2009	Mite Level (In House-ADM)	\$50 /\$50/\$10 trophy fee = \$110
2010 & younger	Termite	FREE/FREE = FREE

FIRST YEAR is FREE for ALL LEVELS Except USA HOCKEY FEES 6 & up!!

Please visit www.westsalemhockey.com for more information.
 Contact registrar Lori Szymanski with any questions at loriszymanski@yahoo.com or 608-498-0235.