

# West Salem Parks & Recreation

## Fall & Winter Activities

# NOTICE 2011-2012

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

Check out our fall  
movies in the park!

Saturday, Sept. 17th  
Mogamind



Saturday, October 22nd  
Pirates of the Caribbean:  
On Stranger Tides

### 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

### In this brochure

Basketball	Holiday Events
Volleyball	Adult Programs
Fall Festival	Kritter Klub
	Practice with a Panther

### Find us on Facebook!

Search for West Salem Parks  
& Recreation Department  
and "Like" us.

### Recreation Department Information

175 South Leonard Street

Office Line: 786-0222

Web Site: [www.westsalemwi.com](http://www.westsalemwi.com)

Event Cancellation Line: 791-0023

Email: [mczerwan@westsalemwi.com](mailto:mczerwan@westsalemwi.com)

Work Cell: 790-1497

Email: [tdagaetano@westsalemwi.com](mailto:tdagaetano@westsalemwi.com)

Fax: 786-1988

Facebook: West Salem Parks & Recreation Department

# How to Register

## 1. Register ONLINE (Credit Card Only)

Read through our catalog and then go to [www.westsalemwi.com](http://www.westsalemwi.com) to register! Click on Online Registration on our homepage. Online registration will open at midnight on Tuesday, September 6th. There is a small convenience fee to use this service. Payment is either Visa, MasterCard, Amex or Discover.

### What does this mean for you?

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

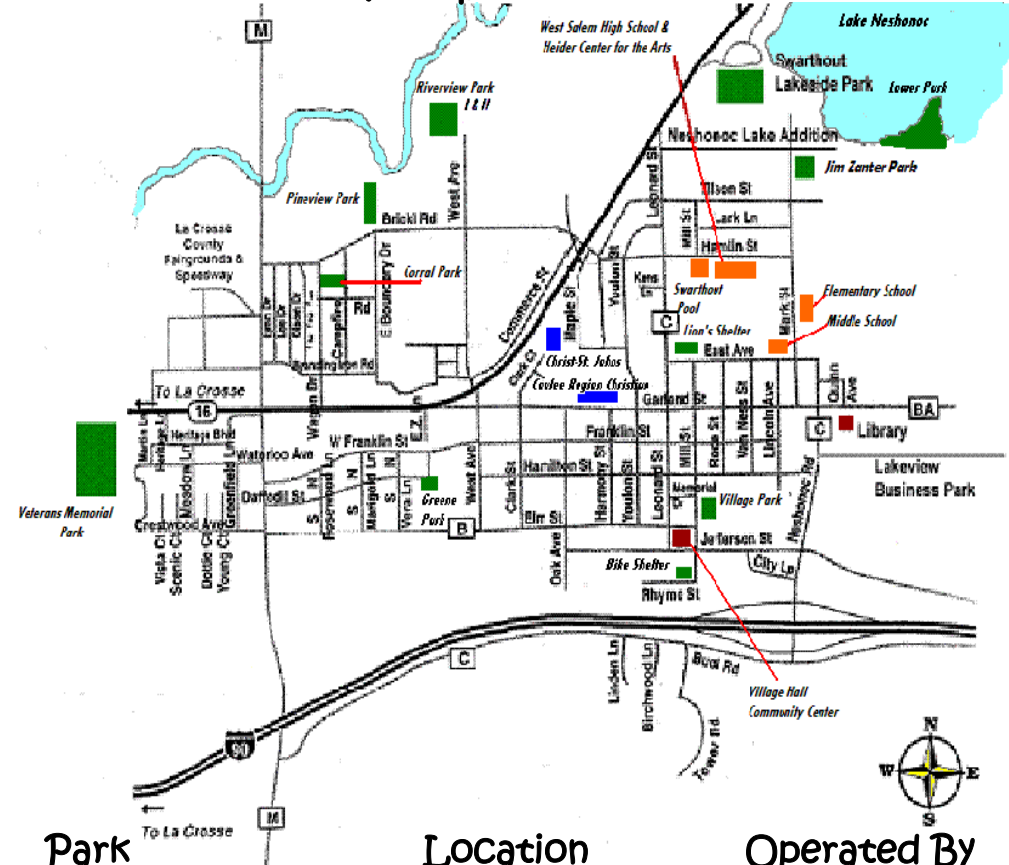
**PLEASE NOTE:** If you are registering a child for an activity, please use your own information when filling out the online registration **ACCOUNT** form, **NOT** the information of the child you wish to register for an activity. After entering the Main Contact, simply click on the "Submit and Add Family 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 SUMMER ACTIVITIES YOU ALREADY HAVE AN ACCOUNT.** Contact us for your username and password if you forgot it!

#### 2. REGISTER FOR PROGRAMS

Click the "Register Now" 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.

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

# West Salem Parks



Park	Location	Operated By
Ball Diamonds	401 E. Hamlin Street	W.S. School District
Bike Shelter	180 E. Jefferson Street	Village of West Salem
Corral Park	663 Wagon Drive	Village of West Salem
Greene Park	675 Daffodil Street	Village of West Salem
Jim Zanter Park	602 Lewis Street	Village of West Salem
Lion's Community Shelter	240 East Avenue	Village of West Salem
Lower Park	950 Tilson Street	Village of West Salem
Pineview Park	725 Faye Drive	Village of West Salem
Riverview Park II	978 West Avenue N.	Village of West Salem
Riverview Park	940 West Avenue N.	Village of West Salem
Swarthout Lakeside Park	Hwy 16	La Crosse County
Swarthout Pool	401 E. Hamlin Street	W.S. School District
Tennis Courts	401 E. Hamlin Street	W.S. School District
Veterans Memorial Park	N4668 County Road VP	La Crosse County
Village Park	121 S. Mill Street	Village of West Salem

## Park Rental Information

Village Parks 786-1858

La Crosse County Parks 785-9770

## Spring Programs



### Easter Egg Hunt

**Saturday, March 31, 2012 at 10:30am**

(Please arrive at 10:15am for instructions)

**West Salem Village Park**

**Open to children 2-9 years**

(Children will hunt in separate age divisions)

**FREE—Co-sponsored by WS Police Dept.**

## Look for our 2012 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 and local schools.

## Thank you to all of our TEE, PITCH, & JR. LEAGUE BASEBALL sponsors for the support you've given to our programs.



Advocare, Brenengen Auto Group, Cenex, Coulee Refrigeration, Cousins Subs, Harris Bank, Image World, Jones Chiropractic, Lakeview Health Center, MC Sports, Meridian Corporation, Pischke Motors, ServPro, Union State Bank, United Auto Supply, Vermer, Village Lumber, West Salem Fire Department, West Salem Rod & Gun Club

## West Salem Senior Citizen Center

### 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.

### 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.**

### Bingo

Dates: Third Thursday of each month

Time: 12:30 (After lunch)



## How to Register

### 2. Walk-In (Drop Off—Cash & Checks Only; Stay & Pay—Credit Card Only)

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 either drop off your registration form, with completed payment, and we will create an ActiveNet account and register you for programs **OR** stop in and use our internet to create an ActiveNet account and register for programs yourself. We will accept cash or checks only for drop off registration and credit card payment only for stay & pay registration. We would be happy to walk you through the online registration process if you stop in our office. It will only take a few minutes to set up your online account.

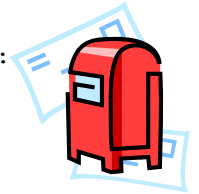
### 3. Mail-In (Cash & Checks Only)

Mail completed registration form, along with payment to:

West Salem Park & Rec.

175 S. Leonard Street

West Salem, WI 54669



**Please make checks payable to WS Rec.**

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

At your convenience, drop-off your completed registration in a sealed envelope 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 WS Rec.**

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

**REGISTER ONLINE** from home or walk-in stay & pay!

You will have your confirmation instantly!

Internet registration will also be open **TWO WEEKS EARLIER**

(Sept. 6-19th) than other registration methods.

**Don't forget—if you registered for summer you already have an account! Contact for your username & password.**

Drop Off, Mail-In, and Drop Box registrations will be processed in the office as soon as possible after Monday, September 19th

## Policies & Registration Information

### 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 a nonresident?*

A portion of the Village of West Salem taxes is 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.

### 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.

### 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. Exceptions may be made in the cases of medical or family emergencies.

### Recreation Event Cancellation

Please call the event cancellation number when inquiring about cancellations.

**Event Cancellation Line: 791-0023**



## Spring Park & Rec. Traveling Soccer

This league is made by combining local communities. The communities include West Salem, Onalaska, Holmen, Bangor, and La Crescent. Travel is limited to the communities which are named. Games will be played on Tuesdays and Saturdays for grades 1 & 2, and Thursdays and Saturdays for grades 3 & 4 between the beginning of April & end of May. Each team will have its own practice time which will be determined by the **volunteer coach**.

**Transportation for practices and games is the responsibility of the parent/guardian.**

Separate teams will be formed for girls and boys. Co-ed teams will only be formed if there are not enough registrants at a particular level. Teams will be formed by grade only. 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. It is possible that parents may receive a letter requesting a coach if a volunteer is not in place at the end of the registration period.

### Fees

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

**Any registrations received or postmarked after February 17th are subject to a \$15 late fee. Full payment is required with registration.**

**Dates:** Mid March—May

**Times:** Practice—TBD by coach; Games—Game schedule will be handed out

**Site:** Pineview Park

**Fee: Early Bird (Before February 17th)**

\$40 Village Resident / \$45 School District / \$50 Out of District

**Non Discounted (After February 17th)**

\$55 Village Resident / \$60 School District / \$65 Out of District

**Grades:** 1-4



**REGISTRATION OPENS JANUARY 2ND!**

### CRC & Park and Rec Traveling Soccer Uniforms:

All players will be issued a soccer jersey to be worn **ONLY** for games during the course of the season. Jerseys are collected, on site, after the last game of the season by your coach. Participants that do not return their jersey are subject to an additional \$50 fee.

Black shorts, socks, and soccer cleats are recommended.

**Shin protectors are mandatory.**

## Spring CRC Traveling Soccer

This is a large radius traveling league. The league currently includes the following cities; Onalaska, La Crescent, La Crosse, Winona, Mauston, Tomah, Sparta, Melrose, Richland Center, Decorah, Caledonia, Holmen, and Bangor. Games will be played on Saturdays and Sundays between the beginning of April and early June. Each team will have its own practice time which will be determined by the **volunteer coach**.

**Transportation for practices and games is the responsibility of the parent/guardian.**

Separate teams will be formed for girls and boys. Co-ed teams will only be formed if there are not enough registrants at a particular level. The Coulee Region Soccer Club, which West Salem is a member of, has strict guidelines for registration. A player having a birthday on or before August 1, will play at the next level. Please call the office if you should have any questions regarding this policy. Original birth certificates may be necessary for verification.

Players will be notified of their team placement after the registration period is complete and the coach has been determined. It is possible that parents may receive a letter requesting a coach if a volunteer is not in place at the end of the registration period.

### Fees & Tournaments

Player fees help to cover the costs of soccer balls, nets, goals, uniforms, referees, player league fees, and field maintenance. A portion of the player fee is paid to the League (CRC) to cover CRC and WYSA memberships, player cards, scheduling and player fees. Tournament fees are extra and are **not included in the user fee**.

**Any registrations received or postmarked after February 3rd are subject to a \$20 late fee. Full payment is required with registration.**

**Dates:** Mid March—June

**Times:** Practice—TBD by coach; Games—Game schedule will be handed out

**Site:** West Salem Elementary School

**Fee:** **Early Bird (Before February 3rd)**

\$70 Village Resident / \$75 School District / \$80 Out of District

**Non Discounted (After February 3rd)**

\$90 Village Resident / \$95 School District / \$100 Out of District

**Grades:** 5-8

**REGISTRATION OPENS JANUARY 2ND!**



### Interested in Officiating Soccer Games this Spring?

Be sure to get Certified or Re-Certified! Courses are offered over the winter! Visit [www.wisref.org](http://www.wisref.org) for a listing of upcoming classes in the Coulee Region. *Only certified Soccer Referees will be hired for Spring 2012.*

## Policies & Registration Information



### Say Cheese

For program promotion purposes, photos 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 class 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 \$25.00 service fee will be assessed on checks returned due to insufficient funds.

### Employment Opportunities

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

## Parks Rental

**Village of West Salem Parks:** *Reservations may be made by calling 786-1858.*

**Village Park** — Available through mid October

**Lion's Community Shelter** — Available through September 30th

**Pineview, Corral, Jim Zanter, and Greene Park**

Available on a first come, first served basis, no reservation required.

**La Crosse County Parks:** *Reservations may be made by calling 785-9770.*

**Veteran's Memorial Park & Neshonoc Park**

Available through October 2nd

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

## Upcoming Community Events

<b>Garland Days</b>		
September 9-11	TBA	Village of West Salem
<b>Community Rummage Sale</b>		
September 16-17	TBA	Village of West Salem
<b>Movie in the Park—Megamind</b>		
September 17th	Dusk	Village Park
<b>Homecoming Parade</b>		
October 7th	2:15 pm	Downtown West Salem
<b>Farmers Market</b>		
Wednesdays Through Oct. 11	3:00 - 6:30 pm	Bike Trail Park
<b>Movie in the Park—Pirates of the Caribbean: On Stranger Tides</b>		
October 22nd	Dusk	Village Park
<b>Trick-Or-Treating</b>		
October 31st	3-6 pm	Downtown Businesses <i>Sponsored by West Salem Business Association</i>
	4-8 pm	Village of West Salem
<b>First Responders Chili Supper</b>		
November 10	4-7 pm	West Salem Elementary

### Coaches rebate

Volunteer adult coaches will receive a \$15.00 rebate (one per coach) at the end of the season.

The only way we can continue to offer an inexpensive youth program that is 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 786-1858, for more information.**



## Winter Adult Activities

### Adult Men's Basketball League

Intent to Participate forms and sponsor fee due Thurs. Oct. 20th at managers meeting. Individual player fees and completed roster due Wed. Nov. 2 before first game. Registration will be limited to the first 18 teams to have their Intent to Participate and sponsor fee money turned in. For more information on registering a team, please call the WJS Park & Rec. Office at 786-0222.

**Mandatory Managers Meeting:** Oct. 20, 6:30pm at WJS Community Center.

**Dates:** Season: Nov 2, 9, 16, 30 Dec 7, 14, 21, Jan 4, 11, 18, 25, Feb 1, 8, 15, 22, 29  
Tournament: Mar 7, 14, 21, 28

**Times:** 6:30 pm, 7:30 pm & 8:30 pm **Sites:** WJS Elementary & High Schools

**Fee:** **Sponsor:** \$150.00 **Players:** \$15.00 a person

### Adult Co-Ed Volleyball League

3 men/3 women on the court (No referees). Max of 10 players per roster. Intent to Participate forms and sponsor fee due Thurs. Oct. 20th at managers meeting. Individual player fees and completed roster due Wed. Nov. 2 before first game. Registration will be limited to the first 8 teams to have their Intent to Participate and sponsor fee money turned in. For more information on registering a team, please call the WJS Park & Rec. Office at 786-0222.

**Mandatory Managers Meeting:** Oct. 20, 7:30pm at WJS Community Center.

**Dates:** Season: Nov 2, 9, 16, 30 Dec 7, 14, 21, Jan 4, 11, 18, 25, Feb 1, 8, 15,  
Tournament: Feb. 22, 29

**Times:** 6:00 pm, 7:00 pm, 8:00 pm, 9:00pm **Site:** WJS Middle School

**Fee:** **Sponsor:** \$85.00 **Players:** \$5.00 a person

### Adult Open Soccer



**Dates:** Sundays, Nov. 6 - March 25 **Site:** WSES Gym

**Fees:** \$10.00 a night or \$50.00 for a year (collected on site) **Time:** 5:00-7:00 pm

### Bunco & Wine Tasting Nights

West Salem and Onalaska Recreation departments in conjunction with the Wine Guyz are proud to announce a NEW program. Calling all BUNCO gals...please join us for a sensory explosion as we sample fabulous fine wines, complimented with a selection of delicious gourmet meats, artisan cheeses, and savory breads. Learn how to use wine to compliment food that will represent the five taste sensations in the chic but relaxed setting at the Wine Guyz. Wine tasting will run from 6-7pm followed by a Bunco extravaganza until 9pm. Bring your friends or come and meet some new ones. Preregistration required! **Max: 12**

**Date:** November 17th or February 9th

**Time:** 6:00-7:00pm Happy Hour, 7:00-9:00 Bunco

**Site:** Wine Guyz (122 King Street, La Crosse)

**Fee:** \$15.00 **Ages:** 21 & older



## Fall Adult Activities

### Adult Co-Ed Kickball League

Lace up your sneakers, join the fun, and don't miss your chance to re-live your playground glory. This co-ed league is sure to provide you with lots of fun, exercise and friendly competition. Each team must have a minimum of 10, but no more than 18 players. **Players must be 21+.** Intent to Participate forms and sponsor fee due Wed. Sept. 7th at managers meeting; completed roster due Wed. Sept. 14th before first game. For more information on registering a team, please call the WS Park & Rec. Office at 786-0222.

**Mandatory Managers Meeting:** Wed. Sept. 7th, 7pm at WS Community Center

**Dates:** Season: Sept. 14, 21, 28, Oct. 5, 12, 19 **Tournament:** Oct. 26

**Times:** 6:00 pm, 7:00 pm, 8:00 pm, 9:00pm **Site:** Riverview Ball Park

**Fee:** **Sponsor:** \$125—No Player Fees!



### Results Health & Fitness Boot Camp

Boot camps are the **ULTIMATE** metabolic challenge! Time is precious and we want you to get the most benefit out of your workouts for fat loss and building lean muscle! We use timed intervals of all sorts of body weight exercises; kettlebells, jump ropes, plyometrics, trx, bosu and so much more! Active recovery happens in between each set of high intensity hard work exercise, to really challenge your heart rate and make that metabolism soar sky high! Participants will need to bring water, comfortable clothes and athletic shoes and a set of heavier dumbbells IF they have them. An individual nutrition plan will also be included.

Sara Stuebs has been teaching fitness for over 11 years as a group fitness instructor and personal trainer. She is a certified personal trainer through NETA and a certified group fitness instructor through ACE.

**Dates:** Wednesdays & Fridays for each 4 week session (8 total classes)

**Session 1:** Sept. 12-Oct. 7

**Session 2:** Oct. 17-Nov. 11

**Session 3:** Nov. 28-Dec. 23

**Session 4:** Jan 9-Feb. 3

**Session 5:** Feb. 13- March 9

**Session 6:** March 19-30 & April 9-20

**Site:** Northwoods Martial Arts Studio **Time:** 6:00-6:45am OR 8:30-9:15am

**Fee:** \$50 first session-1st week FREE for new customers; \$69 additional sessions

**Ages:** 18 & older or 16-17 with a parent



### Adult Zumba

Zumba fuses hypnotic Latin rhythms and easy to follow moves to create a dynamic workout that will blow you away. The routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Instructor: Anne Formanek (certified Zumba instructor) Questions—call the Onalaska Park & Rec. Dept. at 781-9560

**Date:** Sept. 12, 14, 19, 21, 26, 28 Oct. 3, 5, 10, 12 **Time:** 5:30-6:30pm

**Ages:** 18 & Older **Site:** Onalaska Community Center

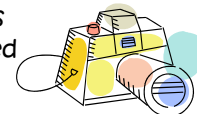
**Fee:** \$35 Village / \$40 School Dist. / \$45 Out of Dist.

## Take Time For Fun Photo Contest

The West Salem Rec. Dept. is looking for your photos for our "Take Time For Fun" Photo Contest.

**Please use the following criteria when submitting a photo:**

1. E-mail submissions only to mczerwan@westsalemwi.com
2. Include: Name, address, phone, date taken, location and short description (include names of participants if applicable)
3. Only photos of Park and Recreation events or within West Salem Parks will be accepted



**Awards include:**

*1st place photo*

Placed in an upcoming brochure, a \$25 Park & Rec. gift certificate and t-shirt

*2nd place photo*

Placed in an upcoming brochure, a \$5 Park & Rec. gift certificate and t-shirt

*3rd place photo*

Placed in an upcoming brochure

**Entry Deadline: Friday, February 24, 2012**

## Lion's Community Shelter Ice Rink

The Lion's Community Shelter Rink (240 East Avenue) is an enclosed outdoor rink with lights and dasher boards. Open skate times are available to the general public and are without sticks and pucks. **This schedule is subject to change, additional times may be available please check the [www.westsalemhockey.com](http://www.westsalemhockey.com) website for current updates.** The rink ice is provided and maintained by the West Salem Hockey Association

	Open Skate Times	West Salem Hockey	Skating Lessons
<b>Monday</b>	8:00-3:15 pm	3:15-11:00 pm	
<b>Tuesday</b>	8:00-3:15 pm	3:15-11:00 pm	
<b>Wednesday</b>	8:00-3:15 pm	7:00-11:00 pm	5:30-7:00pm
<b>Thursday</b>	8:00-3:15 pm	3:15-11:00 pm	
<b>Friday</b>	8:00-3:15 pm	3:15-11:00 pm	

**Weekend Schedule will be posted on the WS Hockey Association Website after registration on October 12th.**



## Fall Family & Youth Events



### 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 movies 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)**

**Time:** Dusk; Approx. 7:30/8:00pm      **Site:** West Salem Village Park  
**Fee:** Free! Non-perishable food donations are encouraged      **Ages:** All  
**Dates/Movies:** **Megamind**      Saturday, Sept. 17th      Rated: PG



**Pirates of the Caribbean: On Stranger Tides**

### Fall Festival

Bring the entire family out to Village Park for an exciting evening of fun fall activities. Join us for pumpkin decorating, a nature scavenger hunt, bingo, craft activities, caramel apples, a scarecrow race and various fall themed games.

We will also be selling pulled pork sandwiches with two sides from Big Boar Smokers BBQ for dinner. **Proceeds from these sandwiches will be used to fund the new basketball court in Zanter Park.**

Following dinner we will be showing newly released Pirates of the Caribbean: On Stranger Tides on our big screen in the park. We will also have a campfire and concessions, including s'mores, popcorn, candy, beverages, & glowsticks, available during the movie. Don't forget your blankets & lawn chairs!

Fall Festival is fun for **all ages** and it's a great way to spend some quality time with the entire family!

**Dates:** Sat. Oct. 22nd      **Sites:** Village Park      **Ages:** ALL!  
**Time:** *Games/Activities:* 4:30-6pm      *Dinner:* 5:30-7:30pm  
*Movie:* aprx. 7:00 (dusk)  
**Fee:** *Pre-Reg:* \$20 Family      *On-Site:* \$25 Family  
 Pulled Pork Sandwich Dinner: \$7.50  
 Concessions available for an extra fee



### Zanter Basketball Court Fundraiser

We will be selling pulled pork sandwich dinners from Big Boar Smokers BBQ to raise money for the basketball court in Jim Zanter Park. Dinner includes sandwich, beans and coleslaw. Tickets can be purchased at the Park & Rec Office & local businesses.

## Holiday Activities

### Brunch With Santa

Ho! Ho! Ho! your way into a morning of holiday fun. You will get to enjoy brunch, a craft, cookie decorating and a visit from Santa Claus. Brunch will include scrambled eggs, bacon & sausage, fresh fruit, country fried potatoes & fresh baked sweet rolls. Don't forget your camera—there will be photo opportunities with Santa available.

**Date:** Saturday, Dec. 10th  
**Time:** 10:00am-12:00pm  
**Site:** Stoney Creek Inn—  
 Thomas G.  
 Rowe Room  
**Fee:** *Pre-Reg:* \$8.00  
*On-Site:* \$10.00  
**Ages:** ALL



### Letters To Santa

Have you shared your wishes with Santa yet this year? Children and 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 mini mailbox in the lobby of the West Salem Post Office. **Be sure to include your full name and home address so Santa can find you!**

**Dates:** December 1st - 19th, 2011  
**Cost:** FREE

*Linda's*  
**Bakery**



Hwy 16 - West Salem

**608-786-1818**

You Really CAN Taste the Difference!

### 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 4th 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 3 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 Christmas Edition**

**1st Prize:** \$50 Gift Certificate to Linda's Bakery for Holiday Goodies  
**2nd Prize:** \$30 Gift Certificate to Linda's Bakery for Holiday Goodies  
**3rd 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 Recreation Department Office.

Forms available in the Park & Rec. office or online at [www.westsalemwi.com](http://www.westsalemwi.com).

## Winter Family Activities

### Daddy-Daughter Winter Formal



Girls, take dear ol' dad out for a special night of dancing. Fathers, enjoy a wonderful evening with your daughter(s) while creating lasting memories you and your daughter will cherish forever. Join us for our Daddy Daughter Winter Formal—this unforgettable evening includes refreshments, snacks, music and dancing. A professional photographer will be on hand to capture your moment (for an additional fee).

**Date:** Friday, January 20th      **Time:** 6:00-8:00pm      **Grades:** K-5  
**Fee:** *Pre-Reg:* \$12 per couple; \$5 each additional child      **Site:** WSHS Commons  
*On-site:* \$18 per couple; \$7 each additional child

### Badger Hockey Game

Join the West Salem and Onalaska Park & Rec. Departments for a night of hockey at the University of Denver Pioneers take on the Wisconsin Badgers. This bus trip will leave the Park & Rec. office at 2:00pm with the game starting at 7:00pm. We should arrive in Madison around 4:30pm allowing families time to grab dinner on their own before the game. Tickets guarantee lower reserved seating. Please bring extra money for souvenirs and dinner.

**Only 24 tickets will be available!**  
**Registration cut off is Thurs, Feb. 3rd**

**Dates:** Friday, Feb. 17th (No School Day)  
**Times:** Bus leaves the WS Park & Rec. at 2:00pm; returns approx. 11:30pm  
**Sites:** Kohl Center, UW Madison  
**Fee:** \$40 + extra spending money  
**Ages:** All (14 & under with adult)



### Women's Self-Defense Class

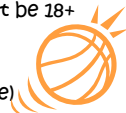
One in four women will be sexually assaulted in their lifetime—most often by a male, most often by someone larger and stronger. Come learn proactive and reactive self-defense skills which will help you and your loved ones NOT become a statistic. Learn how to recognize and avoid high risk situations and how to apply proven self-defense techniques. Open to all women ages 13 and above.

**Date:** October 5, 12, 19 & 26  
**Time:** 6:30 – 7:30 PM  
**Site:** Northwoods Martial Arts  
**Fee:** \$25      **Ages:** 13 & up  
**Min/Max Participants:** 5 min/15 max

### 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, however the Rec. Dept. is not responsible for lost or stolen items.

**Dates:** Nov. 6, 13, 20, 27, Dec. 4, 11, 18 Jan. 8, 15, 22, 29, Feb. 5, 12, 19, 26  
**Times:** *Family Time:* 4:00-6:00 pm      *Adult Time:* 6:00-8:00 pm  
**Ages:** *Family Time:* must have a supervising adult 18+      *Adult Time:* must be 18+  
**Site:** West Salem Middle School Gym  
**Fee:** \$1.00/participant, per time slot (collected on site) or \$10 punch card good all season (sold on site or at Park & Rec. office)



## Fall Youth Sports

### Flag Football

ALL parents, participants and volunteer coaches must be present on Thursday, September 8th at the West Salem Middle School field for a Parent/Volunteer Coaches Meeting and Team Assignment Night.

#### Pee Wee Flag Grades 1-2

5:30-6:30PM

#### Jr. Flag Grades 3-6

6:30-7:30PM



Teams are coached by volunteer parents and typically practice 1-2 times a week based on coach and field availability in addition to their Saturday game. Volunteers are needed and coaches will be recruited on site if necessary. If you are interested in volunteering, please arrive 15 mins. prior to your child's scheduled age group to discuss practice and game schedules. Park & Rec. Staff will be there to go over basic fundamentals and player/position rotation at that time. After teams are divided, coaches will meet with their players to inform them of their next practice time/site. Equipment will be available for pick up. **Rain site:** Lion's Shelter.

**Dates:** Games: Sept. 10, 17, Oct. 1, 8, 15, 22      Practices: 1-2 additional weeknights  
**Times:** 1/2 Games: 8:30am, 9:45am, 11am 12:15pm      3/6 Games: 9:00am, 10:30am  
 Practices: TBA by coach  
**Sites:** 1/2: West Salem Middle School      3/6: West Salem Elementary School  
**Fee:** \$25 Village Res. / \$30 School Dist. / \$35 Out of Dist.

A late fee of \$15 will be applied to registrations received after September 9

**Ages:** Grades 1-2, 3-6

Team shirts are to be returned at the last game of the season to your child's coach

### Tri-Community Paintball Team Challenge

Holmen, Onalaska and West Salem have been playing paintball recreationally for years with Arrows in the Square. This event will have each community form a 8-10 member team to compete against the neighboring communities in a variety of games and contests. We will play elimination games, capture the flag and more. Points will be awarded throughout the afternoon and the team with the highest point total will be crowned **champion and receive a t-shirt**. Teams will be filled on a first come, first serve basis and will be limited to 10 participants per community. Additional players will be placed on a waiting list and placed on a team if a community doesn't fill their roster. **Fee includes goggles, mask, gun, air, and first 200 balls!** Wear dark colors, long pants & sleeves, gloves, hat, and shoes or boots. Dress in layers and appropriately for the weather. **NO TRANSPORTATION PROVIDED!**

**Date:** Sunday, October 9      **Time:** 1:00-4:00 pm  
**Site:** Arrows in the Square—N7681 Casberg Coulee Rd., Holmen, WI  
**Ages:** 11-18      **Limit:** 10      **Fee:** \$20

Extra balls available for \$5 per 100 on site. Based on past trips most participants spend another \$5-\$10.



## Fall Youth Sports

### Team Sponsors Needed

For only \$250 you can sponsor a flag football, volleyball, or basketball team this fall or winter. Being a team sponsor offers an excellent way for a business to be a good corporate citizen and to support local youth sports. Team sponsorship includes your logo printed on team t-shirts. We anticipate over 100 kids will register for our programs which estimates to hundreds of parents, relatives and friends recognizing your business.

Call 786-0222 for more info.



### Jr. League Bowling

This is published as a courtesy for **West Bowl Lanes**, if you should have questions please feel free to call 786-9000.

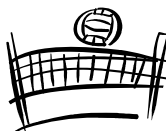
**Sign Up:** Girls and Boys ages 6-18: West Bowl Lanes Saturday, September 10 between 9-NOON

**Season:** September 17-late February (make-ups available) 3 games played per date, One time sanctioning fee, amount TBD



### 1st-4th Grade Girls In-House 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 3, 6, 10, 13, 17, 20 (Mon & Thurs)  
**Times:** Grades 1-2: 6:00-7:00pm Grades 3-4: 7:00-8:00pm  
**Site:** WSES Gym (Oct. 13 @ WSMS) **Grades:** 1-4  
**Fee:** \$25 Village / \$30 School / \$35 Out of Dist.

### Don't forget to LIKE us on Facebook!



Search for **West Salem Parks & Recreation Department**, then click the "Like" button at the top of the page. We will use Facebook to provide updates on programs, post pictures from programs, as well as hold contests & give away prizes!

## Winter Youth Events



### Mt. La Crosse Trip

Join the West Salem and Onalaska Parks & Recreation Departments for a day of skiing or snowboarding at Mt. La Crosse. Participants can rent skiing or snowboarding equipment, or bring their own. The day will also include a skills assessment lesson and a pizza lunch.

**15 participant minimum!**

**Dates:** January 23 **Ages:** 11 & Up

**Site:** Mt. La Crosse

**Time:** Bus leaves WS Park & Rec. office at 8:30am; returns approx. 3:30pm

**Fee:** \$32 Lift Only  
 \$37 Lift & Ski Rental  
 \$46 Lift & Snowboard Rental

**Please note level of skiing/snowboarding experience on registration form!**

### Cupcake Craze

Come get messy with frosting as you decorate all different types of Cupcakes with us! You'll learn how to use decorating utensils and see what the new trends are. 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.

**Date:** Thurs. Oct. 27

**Time:** 6:00-7:15pm

**Ages:** 5 & older

**Site:** Onalaska Community Center

**Fee:** \$5 Village / \$10 School / \$15 Out

**Registration Deadline: Wed., Oct. 19<sup>th</sup>**

**When registering please make note of any food allergies or dietary restrictions.**



### Movie & a Makeover



Girls, in grades 1-5, come join us for a Girls' Night Out! We'll enjoy manicure/pedicure time, facials, try out some new hairstyles and more! We'll finish our evening with popcorn and a screening of Monte Carlo (PG). Please bring your own hairbrush or comb.

**Dates:** Thurs. Feb. 16 **Time:** 6:00-9:00pm

**Site:** Hazel Brown Leicht Library Community Room

**Fee:** \$12 Village / \$17 School Dist. / \$22 Out of Dist.


**Grades:** 1-5

### Questions?

Information regarding refunds, class confirmation, waiting lists and our payment structure can be found on the first two pages of the brochure.




# 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.  
Tuesday, Nov. 1st—Thursday, Nov 3rd—Saturday, Nov. 5th**

This program does not concentrate on the game of ice hockey, but rather simply 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's Youth Hockey program. All skating instructors will be USA Hockey Certified Coaches, with assistance from High School and Junior level players. Sign up will be available soon on our website. Some skates will be available for children that don't have them. This is a free program.

\*\*All participants will receive gifts at the conclusion of the program.\*\*

### HOCKEY REGISTRATION

<p><b>When: Sat., September 17th</b> 9:00am—12:00pm</p> <p><b>Where: WS Elementary</b></p>	<b>OR</b>	<p><b>Wed., September 21st</b> 5:00pm—8:00pm</p> <p><b>West Salem Lions Shelter</b></p>
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### 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 \$40 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
1997-1998	Bantam	\$190/\$40 = \$230
1999-2000	Pee Wee	\$125/\$40 = \$165
2001-2002	Squirt	\$75 /\$40/\$10 trophy fee = \$125
2003-04-05	Mite/In House Mite	\$45 /\$40/\$10 trophy fee = \$105
2005 & younger	Termite	FREE/FREE = FREE
<b>FIRST YEAR is</b>	<b>FREE at ALL LEVELS</b>	<b>Except USA HOCKEY FEES!!</b>

Please visit [www.westsalemhockey.com](http://www.westsalemhockey.com) for more information.  
Contact registrar Lori Szymanski with any questions at  
[loriszymanski@yahoo.com](mailto:loriszymanski@yahoo.com) or 608-498-0235.



## Fall / Winter Youth Activities

### Northwoods Taste of Martial Arts

The Taste of Martial Arts program is a blended sample of Tae Kwon Do, Judo, Hapkido and modern day self-defense with an emphasis on mental focus and Character development. Students learn the fundamentals of martial arts and self-defense in a safe and family friendly environment. Students will learn the difference between a bully and a martial artist and the difference between fighting and defending yourself. This program is open to anyone age five and above, including adults. **Instructor:** George Baldwin **Class info:** 612-0712

**Dates:** **Session 1:** Oct. 4, 6, 11, 13, 18, 20, 25, 27 **Session 2:** Feb. 7, 9, 14, 16, 21, 23, 28, Mar. 1  
**Time:** 4:00-5:00pm **Site:** Northwoods Martial Arts Studio  
**Fee:** \$35 Village / \$40 School / \$45 Out / \$15 Parent with child **Grades:** K-Adult

### Ice Skating Lessons

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

**Dates:** **Session I:** Nov 2, 9, 16, 30 Dec 7, 14  
**Session II:** Jan 4, 11, 18, 25, Feb. 1, 8  
**Times:** **Gr 5-6:** 5:30-6:00pm  
**Gr 3-4:** 6:00-6:30pm  
**PK-2:** 6:30-7:00pm  
**Site:** Lion's Shelter Ice Rink  
**Fee:** \$15 Village / \$20 School / \$25 Out  
**Ages:** PK to 6th grade



### Arts & Crafts

Join our staff in expanding your creative genius. Participants will get to experience using many different art mediums. Let your creativity soar.

**Dates:** Oct. 6, 13, 20, Nov. 3, 10, 17  
**Time:** 3:30-4:30pm  
**Site:** WS Elementary  
Multi-purpose room  
**Fee:** \$20 Village / \$25 School  
\$30 Out of District  
**Ages:** 5-10



### Kritter Klub

Four Kritter Klub programs will be offered. Each program will offer a different theme, craft, information, and take home goodie. Sign up for all 4 and get a deal! The Humane Society staff will lead the programs, with some visits from your furry friends.

**Dates:** Class 1: Gifts and Giving – November 10<sup>th</sup>  
Class 2: A Picture is Worth a Thousand Words – January 12<sup>th</sup>  
Class 3: Red Carpet Ready – February 9<sup>th</sup>  
Class 4: Pet Therapy Dogs & Adoption – March 8<sup>th</sup>  
**Times:** 6:00-7:30pm **Site:** Onalaska Community Center  
**Fee:** \$5 a Class or \$15 for all 4 **Ages:** 7-12



### Thank You!!

- To the WS School District staff
- To our dedicated volunteers for sharing your time & talents.
- To the many businesses, organizations, & individuals that have made us what we are.

**We Couldn't have done it without you!**

## Winter Youth Sports

### Pee Wee Basketball

This 8-week program will provide children with basic basketball skills and fundamentals. Small sided game play will also be introduced.

**Dates:** Nov. 5, 12, 19, Dec. 3, 17 Jan. 7, 14, 21 (Saturdays)  
**Times:** K: 8:30-9:30am 1-2: 9:30-10:30am  
**Site:** WJS Elementary School Gym  
**Fee:** \$20 Village Res. / \$25 School Dist. / \$30 Out of Dist.  
**Ages:** Boys Grades K-2 Girls Grades K-2



### Rookie League Basketball

This 14-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 19 for the remainder of the season. Games will be played at WJS High school or La Crosse Boys & Girls Club. **Volunteer coaches are needed to help the entire season.**

**Dates:** Nov. 5, 12, 19, Dec. 3, 10, 17 Jan. 7, 14, 21, 28, Feb. 4, 11, 18, & 25  
**Times:** Nov. Practice: 10:30-12:00pm; Dec- Feb Games: range 8:30-11:45am  
**Sites:** WJS Elementary Gym—Practice: Nov. 5, 12, 19, Dec. 3 (at WJSHS)  
 WJS High School/La Crosse BGC—Games: Dec. 10, 17 Jan. 7, 14, 21, 28  
 Feb. 4, 11, 18; Tournament: Feb. 25  
**Fee:** \$40 Village Resident / \$45 School District / \$50 Out of District  
**Ages:** Boys Grades 3-4, Girls Grades 3-4

### Junior League Basketball

This is a competitive traveling league participating exclusively in the Great Northwest Basketball League. Teams will participate in 6 weekend tournaments and 1-3 weekday practices. Practices are generally held between 6:00 and 9:00pm. **Registered players will be notified of their first practice.** Registration is due by October 14. Please note, return of pre-registration letter only holds your spot, a completed registration form with remainder of fees is required for participation. Transportation is the responsibility of the parent or guardian. Volunteer coaches are still needed.

**Dates:** Practice: Begins anytime after November 1st  
 Weekend Tournaments: TBA (December-March)  
**Times:** Practice: TBA by coach Weekend Tournaments: TBA  
**Sites:** Practice: WJS Middle and Elementary School Gyms  
 Weekend Tournaments: TBA Varied  
**Fee:** **Early Bird (Before October 14th)**  
 \$70 Village Resident / \$75 School District / \$80 Out of District  
**Non Discounted (After October 14th)**  
 \$90 Village Resident / \$95 School District / \$100 Out of District  
**Ages:** Girls: Grades 5 & 6, Boys: Grades 5 & 6

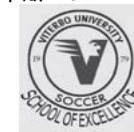
## Winter Youth Sports

### West Salem Area Indoor Soccer—Futsal

*Sponsored by Viterbo University Men's Soccer*

Futsal is an excellent introduction to the sport of soccer for young children and is great for the development of foot skills and ball control. Futsal is played indoors with teams of 3-5 players with 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.

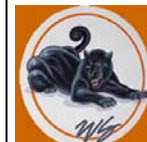
**Dates:** Sundays – Feb 19, 26, March 4, 11, 18, 25  
**Site:** West Salem Elementary School  
**Time:** Ages 5-7 at 1:00-2:00pm, Ages 8-10 at 2:00-3:00pm  
**Fee:** \$25 per player **Ages:** 5-10



**Questions: Contact Andy Lee at (608) 796-3822 or awlee@viterbo.edu**

Online registration is available at [www.viterboocccercamps.com](http://www.viterboocccercamps.com) after **January 2nd!**

### Practice with a Panther



Come meet and compete with players of the West Salem Panthers Varsity Girls or Boys basketball teams. Girl's practice will be led by coach Mike Malott and his staff, while boy's practice will be led by coach Chad Hayes and his staff. Bring a pair of gym shoes and wear comfortable clothing to take part in numerous drills and games. Each participant will receive an item to be signed by the team, a t-shirt, & **FREE** admission to a Varsity game where they will showcase their new skills at halftime.

#### Girls Program

**Dates/Times:** Practice: Dec. 17 from 1-3 pm Game: Dec. 22, game starts at 7:30pm  
**Site:** WJSHS Gym **Grades:** 3rd-6th **Fee:** \$10

#### Boys Program

**Date/Time:** Practice: Nov. 18, 6-8 pm Game: Dec. 3, game starts at 7:30  
**Site:** WJSHS Gym **Grades:** 3rd-6th **Fee:** \$10  
 \*food will be served before the boy's practice for an additional fee to benefit the WJSHS boys basketball program\*

### Junior Wrestling

The West Salem/Bangor Wrestling Club has been successful for over 3 decades providing youth with fundamental wrestling skills. Weekend tournaments are available. The West Salem tournament will be held March, 3rd. Program contacts: Barb Gilster: 386-7836 or Mike Pinter 792-7242

**January 5th before the 1st practice**

**Dates:** Jan. 5, 9, 12, 16, 19, 23, 26, 30, Feb. 2, 6, 9, 13, 16, 20, 23, 27, Mar. 1, 5, 8, 12, 15, 19, 22, 26, 29  
**Times:** 6:00-7:15pm **Ages:** PK-8th Grade  
**Site:** WJSMS Mat Room **Fee:** \$30  
**Deadline to register: December 19**

