



# 2024 Fall Recreation Activity Guide

Wisconsin Rapids Parks & Recreation Department

220 3rd Avenue South, Wisconsin Rapids, WI 54495

Website: [parks.wirapids.org](http://parks.wirapids.org) / Registration/Reservations: [wr.activityreg.com](http://wr.activityreg.com)

Phone: (715) 421-8240 / Email: [parksdepartment@wirapids.org](mailto:parksdepartment@wirapids.org)

Find us on [f](#): Wisconsin Rapids Parks & Recreation



## Pilates and Yoga Workshop & Classes

Instructor Jamie would love to share her talents with you! She has been teaching – over 20 different types of fitness classes – since 2007! Jamie has taught a wide variety of individuals, and prides herself on helping others stay active and injury free.

New this fall: “Potpourri Workshop” This workshop will consist of Pilates, yin yoga, flow yoga, and Iyengar yoga, so you will have the opportunity to learn about each of our upcoming classes.

[More Details](#) ↓



\*Must bring your own mat. \* Pre-registration is required.

Date	Time	Class	Cost Res/Non-R*
September 28	9-10:30 a.m.	Potpourri Workshop	\$30/\$35
October 5	9-10 a.m.	Yin Yoga	\$12/\$16
October 12	9-10 a.m.	Iyengar Yoga	\$12/\$16
October 19	9-10 a.m.	Yoga Flow	\$12/\$16
October 26	9-10 a.m.	Mat Pilates	\$12/\$16
<b>Sept 28-Oct 26</b>		<b>All Class Package</b>	<b>\$65/\$80</b>

\*Rates are based on residency\*

Location: Centralia Center Classroom A/B

## Back by Popular Demand! Volleyball Camp

Open to those in 3rd through 8th grades. Learn to play volleyball through individual skill development and an introduction to team concepts all while having fun!! Lead instructor has over 25 years’ experience coaching at youth, club and high school levels as well as 10 years officiating at the USA, High School and Collegiate levels.



Location: East Junior High Fieldhouse

Dates	Days	Time	Ages
October 7, 9, 14, 16	Mon & Wed	4-5 p.m.	7th-8th grade
October 7, 9, 14, 16	Mon & Wed	5-6 p.m.	3rd-6th grade

Fees: \$16 Resident; \$24 Non-Resident

## Rock Painting (Ages 6+)

Plan to attend this fun rock painting class featuring **Rockin In Rapids (RIR) Administrator and Awesome Artist, Susan Miller!** Each person will receive rocks to paint, and all supplies are included. Ages 6+

Location: Lowell Center Art Room

Date	Day	Time	Theme
September 27	Friday	10-11 a.m.	Halloween
November 27	Wednesday	10-11 a.m.	Christmas

Fees (per person): \$6 Resident; \$9 Non-Resident

## Registration Info

Fall Program Registration begins on **Wednesday, September 18**, at 8 a.m.

Online registration at [wr.activityreg.com](http://wr.activityreg.com). Registration will continue until each class is filled. Classes are filled on first-come, first-served basis. Payment must be made at time of registration. Class sizes are limited.



## Gymnastics (Ages 2-8)

**Location for Gymnastics classes: Centralia Center Classroom A/B**

Park in the main lot, and enter doors under smaller blue canopy on the left side.

### Tumble Bugs (ages 2-3) (Centralia Classroom A)

Boys and girls are introduced to basic tumbling and gymnastics movements through creative warm-ups, games, jumping and tumbling. Parent must participant with child in the class. Class size is limited. **Fees:** \$12 Resident; \$18 Non-Resident (30 minutes)

Dates	Time	Day
October 7, 14, 21, 28	5-5:30 p.m.	Monday
November 4, 11, 18, 25	5-5:30 p.m.	Monday
December 2, 9, 16, 23	5-5:30 p.m.	Monday
October 4, 11, 18, 25	10-10:30 a.m.	Friday
November 1, 8, 15, 22	10-10:30 a.m.	Friday

### Tumble Tykes (ages 4-5) (Centralia Classroom A)

More fun, more fitness, more skills! Children will learn basic skills to further their gymnastic and physical ability with a focus on coordination, balance, and building self-confidence. Class size is limited. **Fees:** \$15 Resident; \$22 Non-Resident (45 minutes)

Dates	Time	Day
October 7, 14, 21, 28	5:40-6:25 p.m.	Monday
November 4, 11, 18, 25	5:40-6:25 p.m.	Monday
December 2, 9, 16, 23	5:40-6:25 p.m.	Monday
October 4, 11, 18, 25	10:40-11:25 a.m.	Friday
November 1, 8, 15, 22	10:40-11:25 a.m.	Friday

### Youth Tumblers (ages 6-8) (Centralia Classroom A/B)

This class is designed for those who wish to learn beginner skills like cartwheels, forward and backward rolls, handstands, swings, pullovers, and walking/jumping on a beam. Classes will focus on floor, bars, beam and vault. **Fees:** \$15 Resident; \$22 Non-Resident (45 minutes)

Dates	Time	Day
October 7, 14, 21, 28	6:35-7:20 p.m.	Monday
November 4, 11, 18, 25	6:35-7:20 p.m.	Monday
December 2, 9, 16, 23	6:35-7:20 p.m.	Monday

### What to Wear?

Students should wear form fitting athletic apparel. Leotards, bike shorts, yoga capris and leggings are all suitable clothing options. Hair should be pulled back and secured away from the student’s face. Pony tails should be low vs top of head.

## SafeSitter (Babysitting)

This training provides kids, grades 6-8, with the information and skills necessary to provide safe and responsible care in the absence of parents/guardians. Students learn safety, child care first aid, rescue, life and business skills. Students should bring a bag lunch, and doll or stuffed animal to class. Participant handbook will be distributed at beginning of class. Limit 8. **Location:** City Hall 1st Floor Conference Room

Date	Day	Time
September 27	Friday	9:30 a.m.-3 p.m.
November 27	Wednesday	9:30 a.m.-3 p.m.

Fees: \$36 Resident; \$54 Non-Resident



Office Staff

**Jake Klingforth**, Parks & Buildings Superintendent  
**Dawn Desorcy**, Recreation Supervisor  
**Samantha Schalinske**, Seasonal Parks & Recreation Coordinator (summer only)



# Office Hours

8 a.m. - Noon & 1 - 4:30 p.m., Monday through Friday  
Online registration and park shelter rentals available any time at:  
[parks.wirapids.org](http://parks.wirapids.org) / [wr.activityreg.com](http://wr.activityreg.com)



## Join the Krakens! Wisconsin Rapids Swim Club

The Wisconsin Rapids Swim Club (WRSC) is a competitive swim team that welcomes swimmers from Wisconsin Rapids and surrounding communities to join. The regular competitive season runs from November-February. Participation in swim meets is encouraged, but not required.

### Practices (beginning October 14):

Mondays & Wednesdays - 6-8 p.m.  
Thursdays - 7-8:30 p.m.

At this time, practices are scheduled for 3 times per week. After the program begins, we will check in with you via email, and, based on responses, may add an occasional extra day of practice.

**Location:** Lincoln High School Natatorium, 1801 16th Street South

### Fees:

Ages 10 & under: \$250 Resident / \$275 Non-Resident  
Ages 11+: \$325 Resident / \$350 Non-Resident  
HS Swim Team Boys: \$125 Resident / \$150 Non-Resident  
HS Swim Team Girls: \$225 Resident / \$250 Non-Resident

### Interested in becoming a Kraken? Come on and try it out!

Register now for one of our trial days! Choose from October 1, 3, 8, or 10 (6:30-7:30 p.m.).

Requirements: Must be between ages 5-18 and be able to swim one length of a 25M pool. **Fee:** \$2 (pre-registration is required)

**Suggested Equipment:** Swim cap & goggles, fins, kickboard, hand paddles, pull buoy, water bottle.

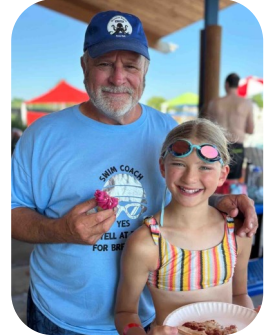
## New for this Season!

We recognize the importance of correct stroke development, especially for our younger swimmers. To assist with this, we will have a swim instructor on deck at some practices to assist with learning proper technique. \*We will also offer private lessons, for an additional fee, if you are interested. Call us for details.\*



## Swim Club - Important Dates to Remember:

- 10/7 - Parent Meeting
- 10/14 - Season Start
- Possible Swim Meet Dates:**
- 11/2 - Lakeland Sprint Invite
- 11/22-11/24 - USA SWIMMING - Oshkosh Championship Meet
- 11/30 - Rice Lake
- 12/7 - Tomahawk
- 12/14 - Philips
- 1/11 - Merrill
- 1/18 - Lakeland
- 1/25 - Wisconsin Rapids
- 2/1-2 - Divisional/ Lakeland
- 2/8-2/9 - Conference/Tomahawk
- 2/21-2/23 - USA SWIMMING Regional Meet @ Ashwaubenon
- 2/28-3/2 - USA SWIMMING Senior State @ Schroeder
- 3/1-3/2 - USA SWIMMING 10 and under State @ Verona
- 3/7-3/9 - USA SWIMMING 11-14 State @ Pleasant Prairie



## Fall/Winter Basketball & Volleyball League & Pickleball Open Play Registration Open!

**Mens' Non-Competitive Basketball League (Non-Reffed)** play will be on Wednesdays at Wisconsin Rapids Area Middle School. Registration deadline is October 14. League play November 13, 2024-March 12, 2025.

**Pickleball Paddle Stacking Open Play** (Ages 16+) All skill levels welcome! Open play will be on Mondays at East Junior High Fieldhouse. No partner necessary. Limited number of participants. Deadline: October 14

**Fall Only** (October 21-December 16): \$30 / **Winter Only** (January 6-April 7): \$35 / **Both Fall & Winter** (October 21-April 7): \$50

**Volleyball League** play will be on Tuesday (Women's) or Thursdays (Coed). Deadline for registration is October 14. Women's League: November 12, 2024-March 18, 2025; Coed League: November 14, 2024-March 6, 2025.

Forms available online or at QR codes below:



## Am I a resident?

Non-Residency is any location outside of the Wisconsin Rapids city limits; i.e., Biron, Grand Rapids, Kellner, Nekoosa, Port Edwards, Rudolph, Saratoga, etc. Even if your address is Wisconsin Rapids, you are not considered a resident if you live in a surrounding community.

## We Have Gift Cards!

Wisconsin Rapids Parks & Recreation Gift Cards are available in any amount, and may be used toward any program offered by Wisconsin Rapids Parks & Recreation. Give us a call if you're interested!