

# VILLAGE OF



# HOLMEN

## PARKS AND RECREATION SPORTS & ACTIVITY GUIDE



# FALL & WINTER 2019-2020

*"Creating Community through People, Parks & Recreation"*

- ◀ Youth Sports and Activities
- ◀ Adult Sports Leagues
- ◀ Group Fitness Classes
- ◀ Community Events
- ◀ Leisure and Educational Opportunities

Village of Holmen Park & Recreation Department  
 P.O. Box 158, Holmen, WI 54636  
**Email:** brogan@holmenwi.com gear@holmenwi.com  
**Office:** (608) 526-2152  
**Aquatic Center:** (608) 526-6092 **Fax:** (608) 526-4357  
 Twitter@HolmenParkRec Facebook.com/HolmenParkRec  
**Recreation Cancellation Hotline:** (608) 526-6312

GENERAL INFORMATION



Contact Information

PARK & RECREATION OFFICE

Located in the Holmen Village Hall
P.O. Box 158, 421 S. Main St., Holmen, WI 54636
Office hours: M-F, 8:00 a.m.-4:30 p.m.
Phone: (608) 526-2152 • Fax: (608) 526-4357
Cancellation Hotline: (608) 526-6312
Email: brogan@holmenwi.com or geary@holmenwi.com
Web Site: www.holmenwi.com/holmenpr



PARK & RECREATION STAFF

Mike Brogan, Park & Recreation Director (608) 526-6318
Chris Geary, Assistant Director (608) 526-6317

VILLAGE ADMINISTRATION

Patrick Barlow, Village President (608) 526-6307
Scott Heinig, Administrator (608) 526-4160
Angela Hornberg, Clerk/Treasurer (608) 526-4336
Ann Quamme, Billing Clerk (608) 526-4336
Pete Mezera, Director of Public Works (608) 526-6323
Shane Collins, Chief of Police (608) 526-4212
Fire Department (608) 526-9363
Bud Raymer, Building Inspector (608) 526-4336

Employment Opportunities

FALL JOBS (Hiring July-September)

Flag Football (Supervisor, Referees, Volunteer Coaches) Youth Volleyball (Referees, Scorekeepers, Coaches) Adult Volleyball League (Supervisor) Special Events (Instructors) Group Fitness (Instructors)

WINTER JOBS (Hiring September-December)

Youth Basketball (Supervisor, Coaches, Referees) Adult Volleyball League (Supervisor) Group Fitness (Instructors)

SPRING JOBS (Hiring February-April)

Soccer (Supervisor, Paid & Volunteer Coaches, Certified Referees) Track (Supervisor, Instructors, Meet Volunteers) Park Maintenance (Seasonal 40 Hr./wk.) Group Fitness (Instructors)



Applications available at Village Hall or online.

Resident or Non-Resident?

The Village of Holmen declares the following policy for residency requirements:

A person is considered a resident if:

The citizen has resided within the corporate limits of the Village of Holmen for at least 10 days, and can show proof of residency. (Not school district or postal city)

A person is NOT considered a resident if any of the following occur:

- 1. A Village of Holmen business owner that lives outside of the Village of Holmen limits.
2. Citizens that reside outside of the Village of Holmen limits. If you live in the Town of Holland, Town of Onalaska, City of Onalaska, and other communities, you are a non-resident.
3. Babysitters, daycare employees, relatives, and participants that live outside the corporate limits of the Village of Holmen are considered non-residents and cannot be included for resident rates or on pool memberships.
4. Cannot provide proof of residency when registering for programs.

# REGISTRATION INFORMATION

## Registration Procedures

1. Fill out the appropriate registration forms provided, be sure to give complete information. Extra forms are available at the Park & Rec office, online, or forms may be copied.
2. **REGISTER EARLY!** You may register by mail (P.O. Box 158, Holmen, WI 54636), office walk-in, or use the drop box located in the front of the Holmen Village Hall (421 S. Main St.). Registration procedures may vary for some programs. Deadlines will vary depending on the specific program.
3. Completed registration form and payment is required. Incomplete registrations will be returned. Make checks payable to: HOLMEN PARK & RECREATION DEPT. We now accept VISA and MASTERCARD.
4. Phone registrations are not accepted, unless specifically stated.
5. Instructors may not accept registrations at the class site.
6. **LATE REGISTRATION POLICY:** There will be no prorating of program fees for late registration. Late fees may apply in some cases when stated.

### REFUND POLICY:

- There will be no refunds after the start of any program unless: 1) due to medical reasons, 2) program is cancelled, or 3) a change in the original scheduled activity by the Department.
- There will be a \$5.00 service charge for processing refunds. Refunds may take 1-2 weeks to be completed.
- Non-resident fees can not be transferred from one participant to another after a program has begun

### CANCELLATIONS DUE TO WEATHER:

- Call the Park & Recreation **CANCELLATION HOTLINE AT (608) 526-6312**, or call your coach/instructor. When in doubt, report to the program site.
- Programs held in the public schools will be cancelled when schools are closed (weather, holidays, school functions).

## How to Register Online

Online registration for all fall and winter programs will begin immediately.

Please follow the simple steps below to register online.

1. Find the activities you want to register for in this brochure.
2. Go to our website at [www.holmenwi.com/holmenpr](http://www.holmenwi.com/holmenpr), click on "Register for Recreation Programs".
3. Choose your activity and click to register.
4. Once you complete the registration form, pay with Visa or MasterCard (Active.com is a secure web site) and receive an e-mail confirmation of your enrollment. This is the only receipt and confirmation you will receive. If you do not receive an email confirmation please contact our office at (608) 526-2152 to confirm your registration. The next step is to attend the class/activity as scheduled. The participant's name will be on the class roster.
5. Each online registrant will pay the event registration fee charged by agency plus a service charge equal to 6.5% of the registration fee plus \$.50, with a minimum service charge of \$2.00. If the registration fee is between \$150-\$500, the service charge will be 3.5% plus \$5.00, and for fees above \$500, the service charge will be 2.5% plus \$10.00.

Visit our website today and see for yourself how easy it is to register online: Click on "Register for Recreation Programs"

Online Registration Available 24 hrs!

Holmen Park & Recreation on the Web: [www.holmenwi.com/holmenpr](http://www.holmenwi.com/holmenpr)

# 5 easy ways to register



**1 ONLINE** [www.holmenwi.com/holmenpr](http://www.holmenwi.com/holmenpr)  
Log-in and follow the step-by-step instructions and receive your approval via e-mail.  
Charge cards only.



### IN-PERSON/WALK-IN

Accepted at the Village Hall office, Mon.-Fri. 8 a.m.-4:30 p.m. Please prepare a completed registration form prior to arrival so we can serve you more efficiently.



### MAIL-IN

Mail your completed registration form along with payment to: Holmen Park & Recreation Registration, P.O. Box 158, 421 S. Main St., Holmen, WI 54636



### 24 HOUR DROP BOX

At your convenience, drop-off your complete registration form with payment in a sealed envelope marked Park & Recreation Registration. The drop box is located at the Village Hall entrance doors.

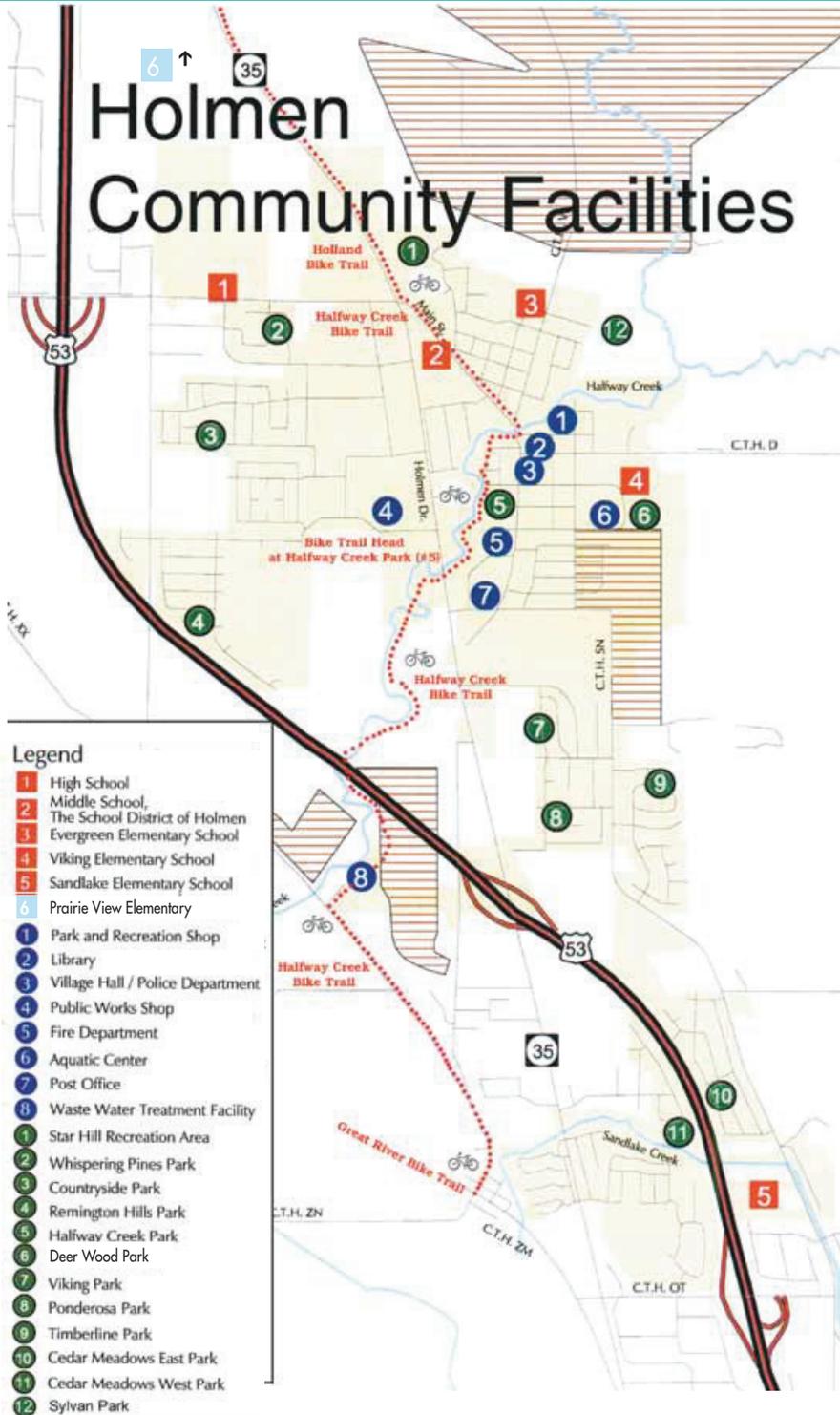


### FAX

(608) 526-4357 Registrations by fax will be accepted on a 24 hour basis with Mastercard or Visa payments. Simply complete the registration form and include your credit card information.



# HOLMEN COMMUNITY FACILITIES



- 10. CEDAR MEADOWS EAST PARK**  
3103 S. Cedar Avenue  
Playground, Basketball Court, Open Field, Picnic Shelter (reservable) (1.46 acres)
- 11. CEDAR MEADOWS WEST PARK**  
3303 S. Locust Avenue  
Playground, Open Field, Walking Trail (1.18 acres)
- 3. COUNTRYSIDE PARK**  
1000 Western Avenue  
Playground, Soccer Field, Volleyball Court, Basketball Court, Open Shelter (reservable) (3.25 acres)
- 6. DEER WOOD PARK**  
500 Anderson Street  
Open until 11:00 p.m., 3 Baseball/Softball Fields (reservable), 4 Tennis Courts, Half-Mile Walking Trail, Basketball Courts/Ice Hockey Rink, Batting Cage, Nature Trails, Sledding Hills, Playground, Restrooms, Picnic Shelter, and Aquatic Center nearby (40 acres)
- 5. HALFWAY CREEK PARK**  
300 W. Roberts Street/400 Walnut Drive  
Band Shell (reservable) Restrooms, East & West Playground, Access to Trail, Volleyball Court, Horseshoe Pits, Enclosed (reservable) Shelters, Picnic Areas. (14.51 acres)
- 8. PONDEROSA PARK**  
300 Flora Court  
Basketball Court, Playground, T-Ball Field (1.06 acres)
- 4. REMINGTON HILLS PARK**  
1100 S. Cherry Lane  
Playground, Open Space, Open Shelter (reservable), Volleyball Court, Soccer/Football Field, Basketball Court, Softball/Baseball Field, 1 Tennis Court/2 Pickleball Courts (7.5 acres)
- 9. TIMBERLINE PARK**  
700 Evergreen Drive  
Playground, Basketball Court (2.5 acres)
- 7. VIKING PARK**  
1602 Viking Avenue  
Playground, Basketball Court (.533 acres)
- 2. WHISPERING PINES PARK**  
925 Dana Lane  
Playground, Basketball Court, Open Shelter (reservable), Open Field (1.66 acres)
- 12. SYLVAN PARK**  
403 E. McHugh Street  
Playground, Basketball Court, Open Shelter, Soccer Field (1.94 acres)

# EDUCATIONAL PROGRAMS

## Cake Decorating Classes

### BUILDING BUTTERCREAM SKILLS

\$140 per person

This is a 4-part, beginner level class for teens and adults

Wednesdays 4:30-6:00 p.m., Sept. 11 – Oct. 2

**BASICS:** In this class we will begin to build skills you can use for all decorating projects. Whether you are new to cake decorating or have been decorating for years this class is for you. We will cover:

Making buttercream: consistency, tinting, flavoring. Decorating bags: preparing, filling, striping. Piping skills: Bag position, pressure control, decorating tips. Cupcakes: filling and icing. 6 cupcakes, frosting, and all of the tools you need to decorate with will be provided for you to use in class.

**PATTERN & TEXTURE:** Part two of Building Buttercream Skills will cover: Leveling and torting Cakes, Filling between the layers, Smooth icing the cake, Textured Icing techniques, Pattern transfers. Cake, frosting, and all of the tools you need to decorate with will be provided for you to use in class.

**FLOWERS:** In part 3 of Building Buttercream Skills we will practice using many different piping tips to create Borders, Leaves, Grass, Drop flowers, Daisies, Sunflowers, & Zinnias. 6 cupcakes, frosting, and all of the tools you need to decorate with will be provided for you to use in class.

**DESIGN & WRITING:** In class 4 we are going to: Torte, Fill & Ice a cake, learn to print or write on a cake using tip 3, Learn to make ribbon roses, & Decorate a cake. Cake, frosting, and all of the tools you need to decorate with will be provided for you to use in class.

### KIDS BAKE CAMP (8-13 YR. OLDS)

In this fun, four-day camp, young bakers will explore the world of baking and create a delicious array of sweet treats. Laura's Baking Delights will introduce kids to different fundamentals each day.

**COST:** \$85 per person

**DATES:** 4:30-6:00 p.m. Wednesdays Oct. 9, 16, 30 & Nov 6 (no class Oct. .23rd)

**CLASS 1:** Cookies – bakers will learn how to decorate cookies using different icing mediums and techniques.

**CLASS 2:** Cake pops – bakers will use basic decorating skills to make creative cake pops

**CLASS 3:** Cupcakes – bakers will focus on using



### Laura's Baking Delights

Classes for Holmen Park & Rec  
Fall & Winter '19-'20

Class size: Min.. 4 – Max. 12

Age & Skill levels are merely suggestions.

If you feel your child is mature enough and experienced enough for a class, go ahead and sign them up.

All classes held at Halfway Creek Park  
West Shelter (400 Walnut St.)

fondant to decorate cupcakes

**CLASS 4:** Cake – bakers will learn the basics of making icing, writing, & simple borders  
Everything you need to decorate with will be provided for you to use in class.

### INTRO TO FONDANT

**COST:** \$80 per person

Intermediate level class for teens and adults

**DATES:** Wednesday 4:30-6:00 p.m. Nov 13 & 20

In this 2-part class you will learn the basics of working with fondant.

- Color and flavor fondant
- Roll out fondant
- Cover a round cake
- Applique method
- Texture and dimension
- Rose and bow

Cake, frosting, fondant, and all of the tools you need to decorate with will be provided for you to use in class.

### TOM THE TURKEY – FAMILY WORKSHOP

**COST:** \$40 per turkey (up to 4 people per turkey)

**DATE:** November 27th, 10:00-Noon

Perfect for your thanksgiving table! Tom the turkey is made up of one 8" layer of cake and 13 cupcakes.

We will be using icing, fondant and modeling chocolate to create a dessert fit for a crowd. This class is designed for kids and parents to create together! You may have up to 4 people work on one turkey.

Everything you need to decorate with will be provided for you to use in class.

### GINGERBREAD HOUSE – FAMILY WORKSHOP

**COST:** \$50 per house (up to 4 people per house)

**DATE:** Dec. 4, 4:30-6:00 p.m.

Celebrate the season with family bonding and gingerbread fun at our Holiday Workshop. Parents and children work together to design and decorate their very own gingerbread house. We'll provide endless decorating options, from frosted candy roofs to pretzel picket fences, all while enjoying cheerful holiday tunes, sipping hot chocolate and experiencing quality family time. Spread the holiday spirit by inviting friends to join you for this special event! This class is designed for kids and parents to create together! You may have up to 4 people work on one house. Houses, frosting and decorations will be provided! Registration for this class closes November 20th.

# EDUCATIONAL PROGRAMS

## Cake Decorating Classes

### ROYAL ICING COOKIE CLASS

Beginner class for all ages

**COST:** \$30 per person

**DATE:** December 11, 4:30-6:00 p.m.

All the fun of making holiday cookies, without the mess in your kitchen! We all love a fun cookie exchange or baking with the kiddos, but does anyone dread the mess? Have no fear! I have the solution to letting you enjoy the holidays without the stress. We will get together with friends new & old and decorate Christmas cookies using royal icing. I am going to teach you about royal icing consistency, how to pipe with it, how to flow your cookies, and some fun wet on wet designs that you'll be able to use on cookies for any occasion.

Everything you need to decorate with will be provided for you to use in class.

### CHRISTMAS TREE – FAMILY WORKSHOP

**COST:** \$40 per tree (up to 4 people per tree)

**DATE:** December 18, 4:30-6:00 p.m.

Perfect for your Christmas gathering! Made of 24 cupcakes. We will be using icing, fondant and modeling chocolate to create a dessert fit for a crowd. This class is designed for kids and parents to create together! You may have up to 4 people work on one tree. Everything you need will be provided.

### FLOWERS AND CAKE DESIGN

**COST:** \$80 per person

Intermediate class for teens & adults

**DATE:** January 8, 15 & 22, 4:30-6:00 p.m.

In this 3-part class we will explore more sophisticated ways to bring your cakes and desserts to life. You'll create pansies, lilies, roses, apple blossoms, primrose, daffodils, & violets. Then you'll discover the secrets to arranging them for a beautifully balanced cake design. And finally, how to pipe a stunning reverse shell boarder and a basket weave texture.

Cake, frosting, fondant and all of the tools you need to decorate with will be provided for you to use in class.

### KIDS BAKE CAMP (8-13 YR OLDS)

In this fun, four-day camp, young bakers will explore the world of baking and create a delicious array of sweet treats. Laura's Baking Delights will introduce kids to different fundamentals each day.

**COST:** \$85 per person

**DATES:** 4:30-6:00 p.m. Wednesdays February 12, 19, 26 & March 4

**CLASS 1:** Cookies – bakers will learn how to decorate cookies using different icing mediums and techniques.

**CLASS 2:** Cake pops – bakers will use basic decorating skills to make creative cake pops

**CLASS 3:** Cupcakes – bakers will focus on using fondant to decorate cupcakes

**CLASS 4:** Cake – bakers will learn the basics of making icing, writing, & simple borders. Everything you need will be provided for you to use in class.

### PRIVATE DECORATING LESSONS

**COST:** Starting at \$50 per hour, per person. 1 hour minimum. Choose from a class above, or want to learn something else? Want one-on-one instruction customized to your specific level of experience? If so, private lessons with instructor Laura Liudahl are perfect for you! You provide the topic, we provide the lesson! Bring home your completed projects.



# YOUTH SPORTS PROGRAMS

## Youth Volleyball Grades 3-4

Program is open to youth grades 3-4. Program will focus on teaching basic fundamentals, with "in-house" league play. 30 minutes of team practice, followed by "in-house" style league games.

**Dates:** Saturdays, September 7–October 19  
**Time:** 9-10:30 a.m.  
**Location:** Holmen High School Gym  
**Fee:** Resident – \$20.00 (T-shirt included)  
Non-Resident – \$35.00 (T-shirt included)



**Register By:** August 30

**Parent Volunteer Coaches Wanted. Please indicate on your registration.**

No volleyball on September 28 (Oktoberfest Parade)

\*Practice will be held at Holmen Middle School on 9/14 due to a tournament at the high school.

## Flag Football Grades 1-4

Flag football is open to youth grades 1-4. Game days will consist of 30 minutes of team warmup/practice followed by an in-house game. Coaches may schedule practices during the week (TBA by coaches).



**Dates:** Saturdays, September 7 - October 26  
**Times:** 9:00 a.m. or 10:30 a.m. (determined by schedule)

\*\*All 1st/2nd grade players will meet from 9 a.m.-10:30 a.m. on 9/7. Check in at Deer Wood Park Shelter.

\*\*All 3rd/4th grade players will meet from 10:30 a.m.-Noon on 9/7. Check in at Deer Wood Park Shelter.

**Site:** Deer Wood Park – Fields A/B/C

**Fee:** Resident – \$20 Non-Resident – \$35

**\*Volunteer coaches are needed for all flag football teams. Please call 526-2152 or indicate on your registration if you are interested. There will be a coaches meeting on Tuesday, September 3rd at 6 p.m. at Holmen Village Hall.\*\***

No flag football on September 28 (Oktoberfest Parade)

## Traveling Volleyball Grades 5-6



5th & 6th grade girls will be placed on teams and play Tuesday & Thursday league games against local teams (Onalaska, West Salem, Boys & Girls Club, Blessed Sacrament, St. Pats, G-E-T, etc.) No Transportation Provided.

**Location:** Saturdays, Holmen High School Gym A/B  
Tuesdays/Thursdays, Determined by schedule once matches start on September 17. (Teams may practice on Tues./Thurs. prior to league matches beginning.)

\*\*Practice will be held at Holmen Middle School on 9/14 due to a tournament at the High School.

**Dates:** September 7-October 12 (League matches begin on September 17th)

**End of Season League Tournament:** Saturday, October 12th at La Crosse Aquinas High School

### Sat. Practice

**Times:** 5th Grade: 10:30 a.m.-Noon  
6th Grade: Noon-1:30 p.m.  
Weekday times determined by schedule

**Fee:** Resident \$24, Non-Resident \$48

**Register by:** August 30th

\*Teams are submitted on September 3rd – there will be NO late sign-ups after that date.

**Volunteer coaches are needed for all traveling volleyball teams. Please call 526-2152 or indicate on your registration if you are interested. There will be a coaches meeting held on Thursday, September 5th at 5:30 p.m. at Holmen Village Hall.**

## Youth Basketball Grades 1-2

**Grades 1-2:** Format will be instructional with modified practice game play on lowered baskets for optimal success.

**Dates:** Saturdays, January 11-February 29

**Site:** Viking Elementary

**Times:** 10:00 a.m.-11:30 a.m.

**Fee:** Resident \$20.00, Non-Resident \$35.00

**Register by:** Friday, December 27th

**Parent Volunteer Coaches Wanted. Please indicate on our registration.**



**NOTE:** There is a youth tackle football league in Holmen (not operated by the Village of Holmen) for grades 3-6. Call Dan Anderson at (608) 526-9687 or Ron Watson at (608) 526-2321 or visit the website at holmenyouthtacklefootball.org for more information.






# Pizza Corral

1505 Holmen Drive, Holmen  
**Holmen 608-526-3660**



2017

Voted #1 Best Pizza  
 Restaurant 2019



2018

Critic's Pick for Best Pizza 2019  
 #1 Best Pizza in 2017  
 #3 Best Pizza Carry-Out 2019



2019

**www.pizzacorral.com**

**We Deliver!** (after 4:30pm)

**Bring the whole family!**  
 Pizza, Broasted Chicken  
 Sandwiches, Ice Cream

Open  
 7 Day  
 A Week!



**\$2.00  
 OFF**

Any Size Pizza or Broasted Chicken  
 Expires: March 31st, 2020

GROUP FITNESS

Pilates Barre

This 45 minute full body workout will not waste your time! Pilates Barre is the fastest and most effective way to change your body. You will have a leaner, stronger, and new physique in no time. You will use small hand weights to work upper body, then go to the wall or use the back of a chair for support as you work your legs, seat, hips, thighs, and core. Next we go to the pilates mat to finish with abs and core. Each workout is a little different to keep things fresh and fun. No previous experience required. Equipment provided at studio.



Instructor: Sarah Lau-Melby

Class #1 Day: Mondays Time: 5:15-6:00 p.m.

Dates: Session #1: September 9- October 28 Session #2: November 11 - December 16 Session #3: January 6 - March 2 (No class 2/10)

Class #2 Day: Wednesdays Time: 4:30-5:15 p.m.

Dates: Session #1: September 11- October 23 Session #2: November 13 - December 18 Session #3: January 8 - March 4 (No class 2/5 or 2/12)

Class #3 Day: Thursdays Time: 5:15-6:00 a.m.

Dates: Session #1: September 12- October 24 Session #2: November 7 - December 19 Session #3: January 9 - March 5 (No class 2/6)

Site: GET Fit Studio, 315 Ryan St., Holmen

Fee: \$30 per person

Limit: 8 min. 15 max.

Candlelight Yoga

This Vinyasa Yoga or step-by-step approach will take you from one Yoga pose to another in a constant flow with unifying the breath. This class will use unscented candles in a relaxed and calm environment. All levels and ages are welcome to participate and enjoy the opportunity to relax, unwind and stretch.

Instructor: Sarah Lau-Melby

Day: Sundays

Time: 5:00-5:45 p.m.

Dates:

Session #1: September 8 - October 27

Session #2: November 10 - December 15

Session #3: January 5 - March 1 (No class 2/9)

Site: GET Fit Studio, 315 Ryan St., Holmen

Fee: \$30 per person

Limit: 8 min., 15 max.

Pilates Fusion

Pilates Fusion is a unique class designed to build strength and gain flexibility. The moves fit perfectly together to form a class filled with intense choreography that's fun, challenging and will make you sweat. And to top it all off, the music is awesome!

It's about energy, power, and rhythm. Think sculpted abdominals, increased overall core strength, and greater stability.

Mats are available on site, or bring your own.

Instructor: Sarah Lau-Melby

Day: Wednesdays

Time: 5:15-6:00 a.m.

Dates

Session #1: September 11 - October 23

Session #2: November 13 - December 18

Session #3: January 8 - March 4 (No class 2/5 or 2/12)

Site: GET Fit Studio, 315 Ryan St., Holmen

Fee: \$30 per session

Limit: 8 Min, 15 Max

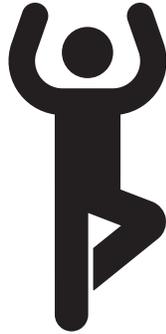


REGISTER EARLY! See page 3 for Details.

GROUP FITNESS

**Yoga Morning Flow**

Wake up the mind and body with this gentle flow of traditional Hatha/Vinyasa yoga where each movement is synchronized with breath. This class includes traditional asana (poses) and sequences: sun salutations, standing poses, seated poses and more. Whether you are a beginner or intermediate this will start your day.



**Equipment Needed:** Yoga Mat and Blocks

**Instructor:** Elaine Bodin

**Days:** Tuesdays/Thursdays

**Time:** 7:55 a.m.-8:45 a.m.

**Dates:**

Session #1: September 10 - October 31

Session #2: November 5 - December 19

Session #3: January 7 - February 27

**Site:** Halfway Creek Park West Shelter, 400 Walnut Dr.

**Fee:** \$45 per person

**Limit:** 7 min./17 max

**Golden Fit**

A class for all individuals age 50 or over or for anyone looking to start with fitness. You will learn proper form and technique while working on strength and balance.

Small cardio increments are included to get your body back to full mobility. If you don't use it you lose it. Lets keep your body and mind active and fit. Chairs are provided and can be used for all or some of this workout.

**Instructor:** Sarah Lau-Melby

**Days:** Mondays & Wednesdays

**Time:** 9:00-9:45 a.m.

**Dates:**

Session #1: September 9 - October 28

Session #2: November 11 - December 18

Session #3: January 6 - March 4 (No Class 2/5, 2/10 & 2/12)

**Site:** GET Fit Studio, 315 Ryan St., Holmen

**Fee:** \$40 per person

**Limit:** 8 Min., 15 Max.

**Fit Seniors Plus**

This class is not only for seniors but also for anyone looking to starting a new fitness program. This class will consist of mild cardio for warm-ups; joint mobility, flexibility, balance, stretching and light strength training to build muscle while strengthening bones. The use of a chair and modifications are always offered.

Equipment needed: good athletic shoes, weights optional (1-3 lbs.), exercise balls provided.

**Instructor:** Elaine Bodin

**Days:** Tuesdays/Thursdays

**Time:** 9:00-9:45 a.m.

**Dates:**

Session #1: September 10 - October 31

Session #2: November 5 - December 19

Session #3: January 7 - February 27

**Site:** Halfway Creek West Shelter (400 Walnut Dr.)

**Fee:** \$40 per person

**Limit:** 7 min./17 Max

**Zumba**



Are you ready to party yourself into shape? When participants see a Zumba class in action, they can't wait to give it a try. Zumba classes feature exotic rhythms set to high-energy Latin and international beats. Before participants know it, they're getting fit and their energy levels are soaring! There's no other fitness class like a Zumba Fitness-Party. It's easy to do, effective and totally exhilarating, often building a deep-rooted community among returning students.

**Instructor:** Anne Formanek

**Days:** Tuesdays & Thursdays

**Time:** 5:30-6:30 p.m.

**Dates:**

Session #1: September 10 - October 31

Session #2: November 5 - December 19

Session #3: January 7 - February 27

**Site:** Halfway Creek Park, West Shelter, 400 Walnut Dr.

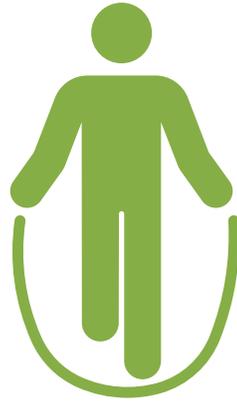
**Fee:** \$30 per person

**Limit:** 8 Min., 20 Max.

# GROUP FITNESS

## Tabata Express

Short on time? Tabata Express is the most remarkable approach to HIIT (High Intensity Interval Training). It is short, but effective. This 30 minute workout will allow you to drop sizes and inches and be in the best shape of your life. We will use different timing sequences that will combine cardio and strength moves to find results. You will burn 5x more calories after you workout with this EPOC system. Bring small weights, yoga mat and water and be ready to sweat!



There are three levels to every move – hard, harder, and hardest, so something for all levels of fitness!

**Instructor:** Sarah Lau-Melby

**Class 1:**

**Days:** Wednesdays

**Time:** 5:15-5:45 p.m.

**Dates:**

Session #1: September 11 - October 23

Session #2: November 13 - December 18

Session #3: January 8 - March 4 (No class 2/5 or 2/12)

**Class 2:**

**Days:** Fridays

**Time:** 5:00-5:35 a.m.

**Dates:**

Session #1: September 13 - October 25

Session #2: November 8 - December 20

Session #3: January 10 - March 6 (No class 2/7)

**Site:** GET Fit Studio, 315 Ryan St., Holmen

**Fee:** \$30 per person    **Limit:** 8 Min., 15 Max.

## Yoga

**Instructor:** Sarah Lau-Melby

**Days:** Thursdays

**Time:** 9:00-9:45 a.m.

**Dates:**

Session #1: September 12 - October 24

Session #2: November 7 - December 19

Session #3: January 9 - March 5 (No class 2/6)

**Site:** GET Fit Studio, 315 Ryan St., Holmen

**Fee:** \$30 per person

**Limit:** 8 min./15 max



## Group Strength

A class that will build endurance and strength. In this class participants can pick the weight that is best suited for them. We will use equipment such as weight bench, bars, resistance bands, Kettlebells & TRX. (Equipment provided at studio).

**Instructor:** Sarah Lau-Melby

**Class #1:**

**Day:** Mondays/Wednesdays

**Time:** 4:30-5:15 p.m.

**Dates**

Session #1: September 9 - October 28

Session #2: November 11 - December 18

Session #3: January 6 - March 4 (No class 2/5, 2/10 & 2/12)

**Fee:** \$40 per session

**Class #2:**

**Day:** Tuesdays

**Time:** 5:00-5:45 a.m.

**Dates**

Session #1: September 10 - October 29

Session #2: November 12 - December 17

Session #3: January 7 - March 3 (No class 2/11)

**Fee:** \$30 per session

**Site:** GET Fit Studio,  
315 Ryan St., Holmen

**Limit:** 8 Min, 15 Max



## Senior Chair Aerobics

The Village of Holmen has contracted with the YMCA to offer weekly chair aerobics group exercise classes on Wednesdays at the Holmen Village Hall Community Room. Discover what so many other Holmen area seniors already have.

**Days:** Each Wednesday

**Time:** 11:00 a.m. -1:30 p.m.

**Who:** Adults, 55 and older

**Fee:** Free with paid senior meal. (County nutrition program)

ADULT LEAGUES AND PROGRAMS

**Ballroom Dancing Adult/Teen Couples**

Has dancing been missing from your life? Did you know that dancing helps improve your memory and other brain functions, like planning and organizing? Dancing also makes you happy; dancing lowers anxiety, increases self-esteem, and helps you meet new friends. Dancing is great for couples looking for date night activities that are fun and romantic. Single people will find dancing more fun than online dating. The Coulee Region offers many dance venues for socializing and enjoying music. Learning to dance is an investment in joy that can last a lifetime. If you enjoy music, you can learn to dance!

Instructors Dave Ford and Melinda Knutson will teach basic ballroom dance for the swing and the foxtrot in a 4-week series of classes. You will learn basic steps and patterns, no experience necessary. But, those with experience will learn to move with grace and skill. Please register as a couple; if you don't have a partner, find a friend who likes music. We need similar numbers of leaders and followers on the floor; we will be rotating partners multiple times each lesson to build your skills as a social dancer.

**Dates:** Thursdays  
October 24, November 7, 14 & 21

A special introductory class for beginners only will be held on Wednesday, October 23, same time and place. If you have never danced the swing or foxtrot, please attend this session to learn the basic steps and get extra help from the instructors. Those who have some ballroom dance experience or have taken other classes do not need to attend; we will review the basic steps again on October 24.

**Time:** 7-8:30 p.m.

**Place:** Halfway Creek Park, West Shelter  
400 Walnut Dr.

**Fee:** \$45 per couple

**Enrollment:** 5 min./13 max couples



**Adult Co-Rec Softball League**

TUESDAY NIGHTS AT DEER WOOD PARK

**Co-Rec:** 5 Men/5 Women on the field. Competitive and Recreational Divisions will be offered.

**League Dates:** September 3–October 29, 8 weeks

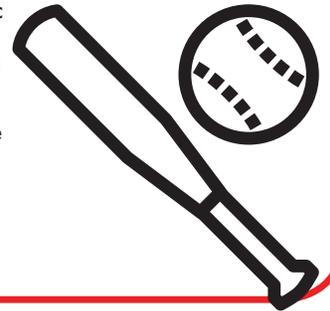
**Game Times:** 6:00 p.m., 7:00 p.m., 8:00 p.m., 9:00 p.m.

**Entry Fee:** \$165.00 PER TEAM (No Player Fees!)

**REGISTRATION:** Team Registration ONLY. Deadline to register is Friday, August 23. Register at the Holmen Park & Recreation office at 421 S. Main Street or call (608) 526-2152 for more information.

**TEAMS SUPPLY GAME BALLS.** Home team provides 2 game balls (11" & 12") per game, visiting team provides 2 backup balls (11" & 12") per game. Ball specifications: Optic Yellow, ASA approved, .52 COR, 300 lbs.... compression, 11" for women and 12" for men.

**Get your team registered today, league starts September 3**



**Adult Co-Rec Volleyball League**

WEDNESDAY NIGHTS HOLMEN MIDDLE SCHOOL, GYM A

**3 Divisions - A, B, C**

**Co-Rec:** 3 Men/3 Women on the court (No Referees) "A", "B", & "C" Divisions will be offered.

**League Dates:** November 6–March 4, 14 weeks.  
No games on 11/27, 12/25, 01/01/20 and 02/26/20

**Game Times:** 6:00 p.m., 7:00 p.m., 8:00 p.m., 9:00 p.m.

**Team Entry Fee:** \$90.00 PER TEAM (No Player Fees!)

**REGISTRATION:** Team Registration ONLY.  
Deadline to sign up is October 4.

Priority given to 2018-19 teams registered prior to October 4, 2019.



COMMUNITY PROGRAMS

HALLOWEEN TRICK-OR-TREAT at the Library

Join Holmen Park & Recreation and the Holmen Library with other local businesses and organizations for an entertaining Halloween themed night in Holmen, Wisconsin!

This event is free for all children and family members.

Costumes are encouraged!

Holmen Library, 121 West Legion St.

Booth volunteers, please set up your station by 4:30 p.m.

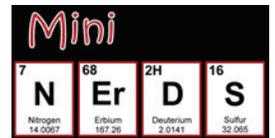
Wednesday October 30, 2019 4:30-6:00 p.m.

Join our Team of Mini Nerds

And learn how LEGO® bricks, Robotics, Science and Technology can be fun!

Join us on non-school days for some robotics fun and learning!

We will work in teams of up to three students, grades K-5, assisted by a local FIRST® LEGO® League team N.O.A.M. - Nerds On A Mission who are excited to help spread S.T.E.M. learning in our community!



The Power of the Force Grades K-5

We will explore what forces are and how they can make objects move. We will create and program a robot to investigate the effects of balanced and unbalanced forces on the motion of an object.

Date: Saturday, October 19th, 2019

Time:

- Session 1: 10:00-11:30 a.m.
Session 2: 12:30-2:00 p.m.
Session 3: 2:30-4:00 p.m.

Location: Holmen Library - Main meeting room

Limit: 15 students per session

Fee: \$6.00



Drop and Rescue Grades K-5

We will explore different weather-related hazards that can influence the survival of a population in our region. We will create and program a device to relocate people and animals in a safe, easy to use, and respectful way or efficiently drop materials into an area.

Date: Saturday, January 18th, 2020

Time:

- Session 1: 10:00-11:30 a.m.
Session 2: 12:30-2:00 p.m.
Session 3: 2:30-4:00 p.m.

Location: Holmen Library - Main meeting room

Limit: 15 students per session

Fee: \$6.00

## COMMUNITY EVENTS

### Concerts in the Park Series

Bring a blanket or lawn chair, pack a cooler and join your neighbors at Halfway Creek Park, 300 W. Roberts St. for FREE entertainment that is sure to please.

**Shows start at 5:00 p.m.**

**August 25:** Sage Band

**September 1:** Under Paris Skies

**September 8:** Cat and the Fiddle

**September 15:** Big Strum



### Movie Night Under the Stars

**Sponsored by**  
Altra Federal Credit Union



**Date:** Friday, September 20th

**Time:** Movie begins at dusk (7:00 p.m.)

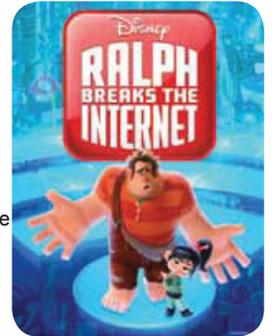
**Site:** Halfway Creek Park Bandshell,  
208 Pool Street

**Feature Film:**

**Disney's Ralph Breaks the Internet**

Video game villain Wreck-It-Ralph must brave the internet to help Vanellope fix her game Sugar Rush.

**Fee:** There is no fee to attend the movie, but canned food items will be collected for donation to a local food pantry.



### Adopt-a-Trail Program



Sponsor a half mile today. Adopting a half mile section of trail is easy and can be done by families, businesses, youth groups, service organizations or church groups. Sponsors adopt a half mile section and participate in at least three clean up days per year. Clean up involves trash pick up, fallen brush and reporting trail damage. Sponsors will receive signage on their section of the trail recognizing their organization.

For more information call (608) 526-2152.

**Commitment:** 3 years.

**Fee:** \$300.00, includes full color signage.

Applications are available online or at the Village Hall.



# SOCCER & VOLLEYBALL PROGRAMS

**DATES & REGISTRATION MATERIALS FOR VYSA WILL BE RELEASED IN JANUARY THROUGH THE SCHOOLS! CHECK VIRTUAL BACKPACK!**

## Viking Youth Indoor Soccer Grades K-6

The Viking Youth Soccer Academy is offering indoor soccer this winter for grades K-6. All practices and games will be on Sunday afternoons. Sessions will be held at the Holmen Middle School. All players must be equipped with shin guards, soccer socks, water bottle, and gym shoes (high-tops not recommended).

**Volunteer coaches are welcomed and encouraged to assist with groups.**

**Fee:** Residents \$24.00, Non-Residents \$48.00

**Note:** Times could change depending on the size of an age group.

No Meeting December 22 and December 29

**Must Register by Friday, November 8**

**Season Schedule:** Sundays, November 24 - March 8

|              |              |                     |
|--------------|--------------|---------------------|
| Boys & Girls | Pre K & K    | 1:00 p.m.-2:00 p.m. |
| Boys & Girls | Grades 1 & 2 | 2:00 p.m.-3:00 p.m. |
| Boys & Girls | Grades 3 & 4 | 3:00 p.m.-4:30 p.m. |
| Boys & Girls | Grades 5 - 8 | 4:00 p.m.-5:00 p.m. |



## 2020 Spring Soccer

Information for 2019 Spring Soccer will be released in late December.

Please check the Holmen Park and Rec website and virtual backpack for information.

**REGISTER EARLY! See page 3**

## Holmen Impact Volleyball – Spring 2020

Holmen Impact Volleyball is for girls in 5th, 6th, 7th and 8th grade interested in participating in a fun, family-like, competitive, learning-filled volleyball experience. Holmen Impact begins in the beginning of March with practices typically two times a week.

Teams joining Holmen Impact will be participating in the Great Northwest Volleyball League. Beginning in late March, GNVL organizes tournaments for seven consecutive weeks, ending with a League Championship Tournament (LCT), consisting of qualifying teams in each league. Each team will attend four out of the seven available weekends, as well as the League Championship Tournament, determined per team based on coach/player availability.

**Team Formation:** All girls will be placed on a grade level team based on skill after an independent evaluation.

**Coaching:** Coaching will be parent volunteers with volleyball coaching experience. Skill development, teamwork and mind set (flush it and "next" mentality, controlling your attitude and effort and respecting all aspects of the game will all be emphasized).

**Please indicate on your registration if you are excited about the opportunity to coach a Holmen Impact team.**

**Registration information will be posted in December/January.**



# Money Saving Coupons!

**SAVE \$10<sup>00</sup>**  
on a  
Heating Tune-up\*

**SAVE \$150<sup>00</sup>**  
on an Amana  
Gas Furnace Install\*

\*Not valid on Platinum Clean & Check.  
Coupon **must** be presented at time of service.  
One coupon per offer. No cash value.

Redeem coupon on day of install.  
\*Excludes new construction.  
One coupon per offer. No cash value.

Expires: 12/01/2019

Expires: 12/01/2019



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## Andy's Main Street Auto

604 South Main Street, Holmen | Monday-Friday 7am-6pm, Saturday 8-Noon  
**(608) 526-3131**



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\*Contact Altra for more information. Altra Jr. does not link directly to accounts at Altra. Federally insured by NCUA.

# ICE SKATING & SLEDDING

## Free Hockey Program for Boys and Girls

This is a free 3-session Try Hockey for Free Program for boys and girls who have never tried hockey and want to learn about our hockey program and try hockey for FREE.

Equipment and skates will be available to use at no cost.

**Session 1:** Sunday, September 22 2:30-3:20 p.m.  
 Monday, September 23 5:20-6:00 p.m.  
 Sunday, September 29 2:30-3:20 p.m.

**Session 2:** Sunday, September 22 4:00-4:50 p.m.  
 Tuesday, September 24 5:30-6:30 p.m.  
 Sunday, September 29 4:00-4:50 p.m.

**Where:** Onalaska Omni Center, 255 Riders Club Rd. Onalaska, Wis.

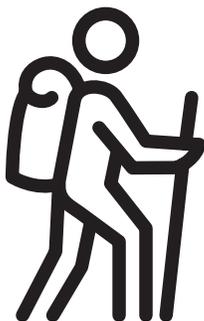
**If you would like attend our Try Hockey for Free Program, register at <http://www.tornadoyouthhockey.org/learn-skate/>**

**Contact** Kathy Wing at 608-780-6221 or learn2skate@tornadoyouthhockey.org for more information.



## Halfway Creek Trail

The trail features 3.4 miles of crushed rock surface that winds its way from Halfway Creek Park, along the creek bed, to the Holmen Waste Water Treatment Facility. As the trail weaves its way through the forest, five stunning new bridges allow bikers, walkers and runners to cross the creek multiple times along the trail. The Halfway Creek Bike Trail continues from the Waste Water Treatment Facility along Highway XX, using newly added shoulder extensions, to Midway where it connects to the Great River Trail. Additional information is available by contacting the Holmen Park and Recreation Department.



## Hockey and Ice Skating Contacts:

Onalaska Omni Center at (608) 781-9566  
Green Island Ice Arena at (608) 789-7199

**Tornado Hockey Hotline**  
Call (608) 791-9911

**Tornado Men's Hockey League**  
Contact Mark Thorn at (608) 786-3557

**Coulee Region Girls Hockey**  
Contact Vickie Wagner at (608) 783-0652



## Deer Wood Sledding Hill

Deer Wood Park, 500 Anderson Street has a lighted sledding hill located behind Field B. Heated restrooms are available at the Deer Wood Park Shelter.

REGISTER EARLY! See page 3 for Details.

# REGISTRATION FORM

**Mail to:** Holmen Park & Recreation Dept., P.O. Box 158, Holmen, WI 54636

**Drop-off:** Holmen Village Hall, 421 S. Main St., Holmen (24 Hour Drop Box Available)

**Family Last Name:** \_\_\_\_\_ **Parent/Guardian Names:** \_\_\_\_\_

**Address:** \_\_\_\_\_ **City:** \_\_\_\_\_ **ZIP Code:** \_\_\_\_\_

**Home Phone:** \_\_\_\_\_ **Work Phone:** \_\_\_\_\_ **Cell Phone:** \_\_\_\_\_

**Cell Carrier:** By listing your cellular carrier, you agree to receive important updates and cancellations via text message from the village of Holmen. \_\_\_\_\_

\_\_\_\_ **Resident:** Village of Holmen \_\_\_\_ **Non-Resident:** Township (circle one): Town of Onalaska Town of Holland Other

**Email:** \_\_\_\_\_ All checks must be payable to Holmen Park & Recreation

## 5 EASY WAYS TO REGISTER

- 1 On-Line:** Log-in now and follow the step by step instructions. You will then receive your receipt via e-mail. Charge cards only.
- 2 In Person:** Stop in at the Village Hall office, Monday through Friday 8:00 a.m. - 4:30 p.m.
- 3 Mail-in:** Mail your completed entry form with payments to: Holmen Park & Recreation Dept. P.O. Box 158, 421 S. Main St. Holmen, WI 54636
- 4 24 Hour Drop Box:** The drop box is located at the Village Hall entrance
- 5 Fax:** Fax registrations will be accepted on a 24 hour basis with Visa or MasterCard payment. Fax: (608) 526-4357

### Payment Method: (Check one)

- Check  
(Please make one check for total due, payable to Holmen Park and Recreation)
- Cash
- Gift Certificate
- Credit Card  
(circle) Exp. Date \_\_\_\_/\_\_\_\_  
Card # \_\_\_\_\_  
Card Holder Name: \_\_\_\_\_  
Signature: \_\_\_\_\_

| Participant's Name<br>(First, Last) | M/F | Birth Date | Age | Grade | Program Title & Level<br>(Code Number) | School | Shirt Size | Other Information<br>(notes, requests, etc.) | Fee |
|-------------------------------------|-----|------------|-----|-------|--|--------|------------|--|-----|
|                                     |     |            |     |       |  |        |            |  |     |
|                                     |     |            |     |       |  |        |            |  |     |
|                                     |     |            |     |       |  |        |            |  |     |
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|                                     |     |            |     |       |  |        |            |  |     |
|                                     |     |            |     |       |  |        |            |  |     |

Shirt Sizes: YS (6-8), YM (10-12), YL (14-16), AS (adult small), AM (adult medium), AL (adult large), AXL (adult extra large).

SIGNATURE OF A PARENT OR LEGAL GUARDIAN IS REQUIRED FOR YOUTH REGISTRATIONS.  
ALL ADULT PARTICIPANTS MUST SIGN BELOW FOR ADULT PROGRAMS.

*I hereby understand that my son, daughter or self is registered to participate in the programs stated on this sheet, sponsored by the Village of Holmen. In addition, I understand that this program, like all physical activity, has some inherent risk involved. Furthermore, my son, daughter, or self is in good physical condition appropriate for the stated activity, and I understand that participants must assume full responsibility for injuries incurred while taking part in these programs. No accident insurance is provided through the Village of Holmen. A doctor's release may be required after a serious illness, injury or hospitalization, before returning to the program.*

Parent or Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

YES, I would like to be a volunteer coach. Name: \_\_\_\_\_ Program: \_\_\_\_\_

REGISTRATIONS MUST BE FILLED OUT COMPLETELY WITH PAYMENT OR THE REGISTRATION WILL BE RETURNED.

|              |    |  |
|--------------|----|--|
| Sub Total    | \$ |  |
| Other        | \$ |  |
| Donation     | \$ |  |
| Total Amount | \$ |  |



# Thank You!

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

Please support these local businesses and thank them for their contribution to Holmen Park & Recreation.

***Special thanks to the Holmen School District for the use of their facilities over the course of the year.***

## CORPORATE PARTNERS



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First National Bank  
Games People Play  
Hilltopper Refuse & Recycling  
Holmen Business Association  
Lowman Family Dental  
Mayo Clinic Health System  
Pepsi Cola of La Crosse  
Premier Spine Health & Injury  
River Town Dental  
Winona Nursery

## CONCERTS IN THE PARK SPONSORS

Holmen Area Foundation  
Lowman Family Dental  
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WNB Financial  
MSA Professional Services  
Bluff View Bank  
Optical Fashions  
Hilltopper Refuse & Recycling  
Heritage Homes  
Moxy Salon & Spa  
First National Bank  
SciArt Studio  
Festival Foods  
King Furniture  
Johns, Flaherty & Collins, SC  
Holmen Rotary

## Park & Recreation Committee

The Park, Recreation & Library Committee meets the first Wednesday of each month at 5:00 pm at the Holmen Village Hall. The Committee administers, recommends and generally oversees the operations of the Parks, Recreation Programs & Library. Fees, programs, budgeting and park planning are some of the areas the Committee reviews during the year.

## Access to All

Persons with disabilities are invited to participate in any of the programs offered. We ask that participants requiring special assistance please indicate this on the registration form or call 526-2152 so we may make any necessary arrangements. Our area also has one of the best Special Olympics programs around.

Call La Crosse Area Special Olympics  
608-789-7596 for details.