



2024 Winter/Spring Recreation Activity Guide

Wisconsin Rapids Parks & Recreation Department
220 3rd Avenue South, Wisconsin Rapids, WI 54495

Website: parks.wirapids.org / Registration/Reservations: wr.activityreg.com

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

Find us on [Facebook](https://www.facebook.com/WisconsinRapidsParksRecreation): Wisconsin Rapids Parks & Recreation



NEW!!! Pilates and Yoga Classes

Instructor Jamie has come all the way from Phoenix, AZ and 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.

Sign up now for our Yoga and Pilates workshops to become familiar with upcoming class sessions! All classes on Saturdays. Pre-registration is required. *Must bring your own mat.*

Date	Time	Class
January 20	10-11:15 a.m.	Yoga Flow
January 20	11:30 a.m.-12:45 p.m.	Yin Yoga
February 10	10-11 a.m.	Pilates
February 10	11 a.m.-12:15 p.m.	Iyengar Yoga

Workshop Fees: \$20 Resident; \$25 Non-Resident

Upcoming Class Sessions (Saturdays)

Session 1: March 2, 9, 16, 23, 30, April 6

Session 2: April 13, 20, 27, May 4, 11, 18

Time	Class	Session
10-11 a.m.	Yoga Flow	1
11 a.m.-12 p.m.	Yin Yoga	1
10-10:45 a.m.	Pilates	2
11 a.m.-12 p.m.	Iyengar Yoga	2

Class Fees (for 6-class session):

Yoga - \$65 Resident; \$80 Non-Resident

Pilates - \$50 Resident; \$65 Non-Resident

Location: Centralia Center Classroom A/B

For more
details on these
classes, please
scan below!



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
January 3, 10, 17, 24	5:45-6:15 p.m.	Wednesday
January 31, Feb. 7, 14, 21	5:45-6:15 p.m.	Wednesday
February 28, March 6, 13, 20	5:45-6:15 p.m.	Wednesday
April 3, 10, 17, 24	5:45-6:15 p.m.	Wednesday
May 1, 8, 15, 22	5:45-6:15 p.m.	Wednesday

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; \$20 Non-Resident (45 minutes)

Dates	Time	Day
January 3, 10, 17, 24	6:20-7:05 p.m.	Wednesday
January 31, Feb. 7, 14, 21	6:20-7:05 p.m.	Wednesday
February 28, March 6, 13, 20	6:20-7:05 p.m.	Wednesday
April 3, 10, 17, 24	6:20-7:05 p.m.	Wednesday
May 1, 8, 15, 22	6:20-7:05 p.m.	Wednesday

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; \$20 Non-Resident (45 minutes)

Dates	Time	Day
January 3, 10, 17, 24	7:10-7:55 p.m.	Wednesday
Jan. 31, Feb. 7, 14, 21	7:10-7:55 p.m.	Wednesday
February 28, March 6, 13, 20	7:10-7:55 p.m.	Wednesday
April 3, 10, 17, 24	7:10-7:55 p.m.	Wednesday
May 1, 8, 15, 22	7:10-7:55 p.m.	Wednesday

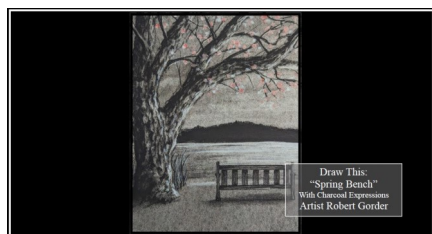
What to Wear?

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.

Charcoal Expressions Drawing Classes



January 25 Class



March 7 Class

Join Artist Robert Gorder of Charcoal Expressions as he guides you in drawing these beautiful works of art.

Pre-registration is required, and class size is limited. **Location:** Lowell Center Art Room at the Centralia Center

Date	Day	Time	Theme
January 25	Thursday	6-8:30 p.m.	"Reflection of Life"
March 7	Thursday	6-8:30 p.m.	"Spring Bench"

Fees: \$5 (Pre-Registration) + \$35 (due on day of class)

Upcoming Activity Reminders!

- T-Ball & Pitch Ball registration begins on Friday, March 1, 2024!
- Wisconsin Rapids Kraken Swim Club will be offering a summer swim team program! Watch for details!



Registration Info

Winter/Spring Registration begins on Wednesday, December 20, at 8 a.m.

Online registration at 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.





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 / wr.activityreg.com



Skate with Rowdy and the Riverkings

Monday, January 15, from 1-3 p.m. you can skate with Rowdy and the Riverkings at the Witter Park Ice Skating Pond! We have a few pairs of skates available for use and will have hot chocolate and cappuccino for sale! No fee to attend.



Soccer Stars

Class includes a variety of fun games and activities designed to develop soccer skills such as kicking, dribbling, passing and shooting, along with motor skills such as balance, foot/eye coordination, and running control. **Location:** Howe School Gymnasium

Dates	Day	Time	Ages
February 5, 12, 19, 26	Monday	5:45-6:15 p.m.	3-4
February 5, 12, 19, 26	Monday	6:30-7 p.m.	5-8



Fees: \$12 Resident; \$18 Non-Resident

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: 1st Floor Conference Room at City Hall (444 West Grand Avenue)

Date	Day	Time
March 1	Friday	9 a.m.-2:30 p.m.
April 19	Friday	9 a.m.-2:30 p.m.

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

Office Staff

Jake Klingforth, Parks & Buildings Superintendent
Dawn Desorcy, Recreation Supervisor
Samantha Lom, Seasonal Parks & Rec Coordinator

Volunteer Opportunities



Volunteers are always needed - especially for T-Ball and Pitch Ball coaching! If you are interested in volunteering with the Parks & Recreation Department, contact us at (715) 421-8240. Scan right for our volunteer application!



It's Back!! Flower Basket/Container Class

Welcome spring while spending some time in a cozy greenhouse and taking in all of the beautiful colors and aromas of summer! You'll learn helpful tips and plant your own self-designed basket or flower container. You'll need to bring a container and choose what type of flowers you need - either sun or shade - and you'll leave with a beautiful planting to enjoy all summer long. Pricing is based on the size of container you bring and the amount of plants needed to fill it. Instruction, plants, potting soil, and fertilizer is included. Classes held at Reeve's Greenhouse. (Must pre-register; no walk-ins.)

Pre-Registration Fee: \$3

Class Fees (payable to Reeve's on day of class, based on your planter size):

5 flowers - \$32

6 flowers - \$38

7 flowers - \$44

Date	Day	Time
April 14*	Sunday	1-2 p.m.
April 20*	Saturday	9-10 a.m.
April 20*	Saturday	1-2 p.m.

*Dates tentative based on weather - cross your fingers for spring when the calendar says it's here!!



Winter Pickleball League Registration Open!



Pickleball Ladder League (Ages 16+) All skill levels welcome! League play is on Monday evenings at East Junior High Fieldhouse. No partner necessary, players will be seeded according to skill level. Limited number of participants. League play begins at 6:30 p.m.

Dates: January 8-April 8

Fee: \$35



Lifeguarding Certification Classes (Ages 15+)

Prepare yourself for employment at the Aquatics Center for the summer of 2024 with American Red Cross Lifeguarding, First Aid/CPR/AED Certifications. Must be able to swim 300 yards non-stop, tread water for 2 minutes using only your legs, and pass a timed brick swim challenge (please note that pre-reqs are changing slightly in 2024). Classes are coming up throughout the year through the Parks & Recreation Department, Lincoln High School, South Wood County YMCA, Stevens Point and Marshfield YMCAs. Please check in with one of these organizations for upcoming classes.



A Great Gift Idea

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!