



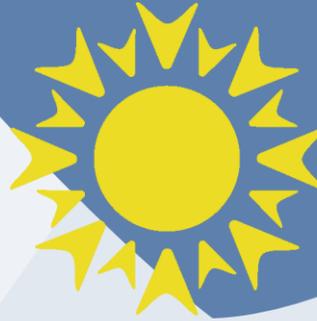
▶ SUMMER RECREATION PROGRAMS..... 1-4



▶ POOL INFORMATION...4-6



▶ REGISTRATION FORMS....7-8



# 2016

## Summer Rec Lancaster, Wisconsin

*The philosophy of the Lancaster Recreation program is to foster a positive, supportive atmosphere so that every child has a great summer recreation experience. Regardless of ability, every child deserves to be treated with encouragement and be given an equal amount of playing time. All participants should respect each other at all times. First and foremost, HAVE FUN! This year our program format has changed to weekly camps to prevent cross-over of programs.*



### Program Information

Please read program descriptions carefully as the format of some programs have changed to camp-style. After reviewing our summer recreation survey results, parents expressed an interest in a camp option. We are excited for the opportunity to provide a higher level of service, as well as, eliminate the issue of conflicting activities that prevent kids from participating in all programs offered.

The City and its employees are not responsible for lost or stolen articles. The City of Lancaster, Lancaster School District and other organizations allowing use of facilities do not provide hospital/medical insurance for program participants. Individuals are encouraged to obtain their own insurance prior to and for the duration of participation. Photos taken during activities may be used on the City website and promotional materials.

### Online Registration & Payment

The City of Lancaster accepts online registrations through our website via fillable form. Payment can be made on our website under Recreation Payments.

To register for programs:

1. Visit [www.lancasterwisconsin.com](http://www.lancasterwisconsin.com)
2. Select Forms on the left-side menu
3. Register up to 3 participants at a time
4. Note total fee and submit registration
5. Pay online under the Pay Online Tab on the top of the page and select Recreation Payments/  
or mail a check to: Lancaster Summer Rec, 206 S Madison St.

If you encounter any issues when registering for programs please give us a call at (608)723-3702. We will gladly assist you!

**Registration Deadline for all programs is Monday, March 28<sup>th</sup>**

- Late registrations for Baseball/Softball and Soccer will be accepted until April 8<sup>th</sup>, no t-shirt guaranteed. The late fee is \$20 per participant.

### SUMMER REC SCHOLARSHIP

Available to qualifying individuals



Summer Recreation Scholarships are available to qualifying individuals to defray the costs of participating in Lancaster's summer recreation and pool programs. More details and the application for this program are available at Lancaster City Hall, Schreiner Memorial Library, and at [lancasterwisconsin.com](http://lancasterwisconsin.com).



The City has selected Rustic Road photography for summer rec pictures. A portion of her proceeds will be donated back to the Summer Recreation program. Look for a greater selection of merchandise on the order form. Coaches will inform you when pictures will be taken.

# Summer Recreation Programs



## Concussion Information

As a Parent/Guardian of a child, it is important to recognize the signs, symptoms, and behaviors of a concussion. A concussion is an injury to the brain that changes the way it normally works and is caused by a bump, blow or jolt to the head or body which causes the brain to rapidly move back and forth. If your child athlete reports or shows one or more of the below symptoms, seek medical attention immediately.

**Signs Observed by Parents or Guardians:** Appears dazed or stunned, is confused about events, answers questions slowly, repeats questions, can't recall events prior/ after to the hit, bump or fall, loses consciousness (even briefly), shows behavior or personality changes, forgets class schedule or assignments.

**Symptoms Reported by Child:** *Difficulty thinking* clearly, concentrating or remembering, feeling hazy or groggy, *Emotional* irritability, sadness, nervousness, *Change in sleep habits*, drowsiness, trouble falling asleep, *Physical* headache (pressure), nausea or vomiting, dizziness, fatigue, blurry or double vision, numbness or tingling, sensitivity to light or noise, does not feel right.

### FAQs

- *Grade level is your child's current grade level.*
- *Registration Deadline is Monday, March 28<sup>th</sup>.*
- *Late registrations for Baseball/Softball and Soccer will be accepted until April 8<sup>th</sup>, no t-shirt guaranteed. The late fee is \$20 per participant.*

## Baseball

The baseball and softball programs participate in the SWCL traveling league. This League consists of two divisions with all teams playing up to 15 games and the possibility to be in a playoff tournament at the end of the season. (Exception: Pony softball does not have a playoff tournament.) All practices are held at the City ball diamonds.

Boys Baseball				Fee \$35
Pony	3 <sup>rd</sup> – 4 <sup>th</sup> Grade	Tues & Thurs	6 – 7 PM	May 17- July 21
Minor	5 <sup>th</sup> – 6 <sup>th</sup> Grade	Tues & Thurs	6 - 9 PM	May 17- July 21
Major	7 <sup>th</sup> – 8 <sup>th</sup> Grade	Tues & Thurs	6 - 9 PM	May 17- July 21

Girls Softball				Fee \$35
Pony	3 <sup>rd</sup> – 4 <sup>th</sup> Grade	Mon & Wed	6 - 7 PM	May 9- July 13
Minor	5 <sup>th</sup> – 6 <sup>th</sup> Grade	Mon & Wed	6 - 9 PM	May 9- July 13
Major	7 <sup>th</sup> – 8 <sup>th</sup> Grade	Mon & Wed	6 - 9 PM	May 9- July 13

### Coaches needed!

**PONY:** The emphasis of this league is to teach the fundamentals of baseball/softball and learn the spirit of good sportsmanship.

**MINOR:** Coaches instruct advanced forms of baseball/softball by emphasizing team strategies, positioning, and how-to-type situations.

**MAJOR:** This league gives players an opportunity to improve their acquired skills.

## T-Ball: Boys & Girls 4K – K

This program includes improving skills of batting ball off a tee, fielding, catching, throwing and running the bases. *Rain location, Winskill gym.*

**4K: M-F, 4 – 5 PM (June 13 – June 17) at the City Ball Diamonds**

**K : M-F, 4 – 5 PM (June 20 – June 24) at the City Ball Diamonds**

**Fee \$15**

### Assistants needed!

## Pee Wee: Boys & Girls 1<sup>st</sup> – 2<sup>nd</sup>

The emphasis of this week long camp is to teach the basic fundamentals of baseball/softball and learning good sportsmanship. *Rain location, Winskill gym.*

**1<sup>st</sup> Grade: M-F, 4 – 5 PM (July 11 – July 15) at the City Ball Diamonds**

**2<sup>nd</sup> Grade: M-F, 4 – 5 PM (July 18 – July 22) at the City Ball Diamonds**

**Fee \$15**

### Assistants needed!

# Summer Recreation Programs



## Soccer

The success of this program depends on the volunteer participation of parents. If there are not enough coaches, there will be fewer teams! Coaching clinics and coaching materials are available. Please register to volunteer online!

Soccer League			Fee \$30
U7	K – 1 <sup>st</sup> Grade	The younger players (U7) will play games on Mondays in Lancaster with 4 vs 4 competition.	Practices begin in May, arranged according to coaches' schedules. Your coach will contact you with the schedule.
U9	2 <sup>nd</sup> – 3 <sup>rd</sup> Grade	Games will be played on Wed evenings and Saturdays beginning the week of June 13 <sup>th</sup> through July 29 <sup>th</sup>	
U11	4 <sup>th</sup> – 5 <sup>th</sup> Grade		
U14	6 <sup>th</sup> – 8 <sup>th</sup> Grade		

## Little Tikes Soccer: Boys & Girls 4K

This program teaches the fundamentals of soccer. Basic soccer skills will be taught to all participants. Participants must be prepared with socks and shin guards to participate.

*Rain location, Winskill gym.*

**M-F, 4 – 5:30 PM (June 27 – July 1) at Schacht Soccer Field**

**Assistants needed!**

**Fee \$15**

## Golf: Boys & Girls 3<sup>rd</sup> – 8<sup>th</sup> Grade

Participants will learn golf basics such as: proper grip, strokes and course etiquette from golf expert John Blanke. Bring your own clubs and balls. Private lessons are available with a staff member upon request and for an additional fee.

**M-F (August 1 – 5) at the Lancaster Country Club**

**3<sup>rd</sup> - 5<sup>th</sup> Grade, 8 – 10 AM**

**6<sup>th</sup> - 8<sup>th</sup> Grade, 10 – Noon**

**Fee \$35**

## Tennis: Boys & Girls 2<sup>nd</sup> – 8<sup>th</sup> Grade

Participants learn the basics of tennis, serving, receiving, scoring and rules to achieve success. Bring your own racket. Friday is a rain makeup day. Please remember to select Session 1 or 2.

**M-Th, Session 1 (June 20 – 23), Session 2 (July 25 – 28) at the High School Tennis Courts**

**2<sup>nd</sup>- 3<sup>rd</sup> Grade 9 – 9:50 AM**

**4<sup>th</sup> - 5<sup>th</sup> Grade 10 – 10:50 AM**

**6<sup>th</sup> - 8<sup>th</sup> Grade 11 – 12:30 PM**

**Fee \$15**

## Basketball: Boys & Girls 2<sup>nd</sup> – 8<sup>th</sup> Grade

This camp focuses on basketball technique instruction and scrimmages.

We will be practicing on dribbling, shooting and defending.

**M-F (June 13 – 17) at the High School Gym**

**2<sup>nd</sup> - 4<sup>th</sup> Grade, 8 – 10 AM**

**5<sup>th</sup> - 8<sup>th</sup> Grade, 10 – Noon**

**Assistants needed!**

**Fee \$15**

## Summer Recreation Programs

### Volleyball: Boys & Girls 3<sup>rd</sup> – 8<sup>th</sup> Grade

This camp emphasizes the fundamental skills and strategies of volleyball and scrimmaging.

**M-F (June 27 – July 1) at the High School Gym**

**3<sup>rd</sup> - 4<sup>th</sup> Grade, 8 – 10 AM**

**5<sup>th</sup> - 8<sup>th</sup> Grade, 10 – Noon**

**Fee \$15**

*Assistants needed!*

### Tumbling: 4K-8<sup>th</sup> Grade

This camp is designed to teach beginning tumbling. Under the direction of Haley Hentrich, former gymnast, participants will learn a variety of tumbling skills.

**M-F (July 11 – 15) at the High School Gym**

**4K – K, 8 – 9 AM**                      **1<sup>st</sup> – 2<sup>nd</sup> Grade, 9 – 10 AM**

**3<sup>rd</sup> – 4<sup>th</sup> Grade, 10 – Noon**      **5<sup>th</sup> – 8<sup>th</sup> Grade, 1 – 3 PM**

**Fee \$25**

### Children's Theatre: Boys & Girls 4K– 8<sup>th</sup>

Ann Dolan, Lancaster Community Theatre member, teaches theatre basics through vocal exercises, games, stories and movement. Children have fun together exploring characters and acting out situations. There is a short performance on the evening of July 29<sup>th</sup> to show case our talents!

**(July 25 – 29) July 25 & 26 at the Eckstein Building, July 27, 28 & 29 at the Youth & Ag Center**

**Session A: 4K – 3<sup>rd</sup> Grade 9 – 10 AM**

**Session B: 4K – 3<sup>rd</sup> Grade 10:30 – 11:30 AM**

**Session C: 4<sup>th</sup> – 8<sup>th</sup> Grade 1 – 3 PM**

**Fee \$15**

## Water Aerobics & Pool Fun Nights

### Swim Club: Boys & Girls 2<sup>nd</sup> – 8<sup>th</sup> Grade

The first Swim Club meeting will be held Sunday, March 20<sup>th</sup>, 2016 at 6:00 pm in the Senior Center, City Hall. This meeting will go over information for swim club and finding volunteers for home meets. Swimsuits will be available for purchase. Without volunteers, swim club will not be able to operate like previous years.

**Fee \$25**

### Aqua Zumba

Come join instructor Krissy Custer, Certified Zumba Instructor on Mondays and Wednesdays from 5:15- 6:15 PM and Saturdays 10-11 AM.

**Fee \$5 per class**  
**\$100 for season**

### Fun Nights

Enjoy evenings of fun by bringing soft flotation devices under 5' length.

Sundays & Wednesdays from 6:30-8:00 PM **NO WATER GUNS OR PISTOLS ALLOWED!**



# Lancaster Swimming Pool Schedule & Fees

**Season:** Friday, June 10 – Saturday, August 27 (*tentative*)

**Open Swim Hours:** Monday-Friday 1:15 PM- 4:30 PM and 6:30 PM to 8:00 PM  
Saturday: 1:00-4:30 PM Sunday: 1:00-8:00 PM

**Lap Swim:** \$3.00 per session or season pass accepted.

Early Bird: Monday-Friday 6:30-8:00 AM Evening: Monday-Friday 5:15-6:15 PM

**Lil' Tot Pool:** Open during swim lessons and regular swim. Adults **MUST** accompany children.

**Daily Swim Fees:** Individual \$3.00

Value Book (10 Individual Day Passes) \$25.00

5 & Under FREE

Tot Pool FREE

**Season Pass:** Individual \$50.00

Family \$125.00

Family Pool Pass change: Babysitters may be added to a family pass for an additional \$10 per person.

**Pool Rental:** The pool may be rented to individuals or groups for a fee of \$100/hr. See Pool Manager for details.

**SAFETY FIRST**

Children age 6 & under  
**MUST** be accompanied by  
an individual 16 or older

The **pool closes** if lightning,  
thunder or severe weather  
warnings occur, or if the air  
temperature is below 68°

**Pool Phone: 723-2495**

## Swimming Program Descriptions

**Learn-to-Swim** offers something for everybody. A unique six-level instructional approach is unlike anything offered by other aquatic training programs. Plus our instructors are trained and certified by the American Red Cross, so swimmers of all ages and abilities are in good hands. The prerequisite for each level is successful demonstration of the skills from the preceding level, except for Novice (level 1) which has no prerequisite. Each level of Learn-to-Swim includes training in basic water safety and helping others in an emergency, in addition to the skills outlined below.

**Parent-Toddler Aquatics** - Developed for children 6 months to 5 years of age, parent-tot classes build swimming readiness by emphasizing fun in the water. Parents and children participate in several guided practices that help children learn elementary skills, including water entry, bubble blowing, front kicking, back floating, underwater exploration, and more!

**Novice (Level 1)** - Helps students feel comfortable in the water. Novice participants learn to enter and exit water safely; submerge mouth, nose, and eyes; exhale underwater through mouth and nose; open eyes underwater, pick up submerged object; change direction while walking or paddling; roll over from front to back and back to front with support; explore floating on front and back with support; explore swimming on front and back using arm and leg actions with support; and use a life jacket. Please note the novice class size will be limited due to age and all participants must be able to touch in 3 feet of water.

**Beginner (Level 2)** - Gives students success with fundamental skills. Beginner participants learn to enter water by stepping or jumping from the side; exit water safely using ladder or side; submerge entire head; blow bubbles submerging head in a rhythmic pattern (bobbing); open eyes underwater, pick up a submerged object in shallow water; float on front and back; perform front and back glide; change direction of travel; roll over from front to back and back to front; tread water using arm and leg motions (chest-deep water); swim on front, back, and side using combined arm and leg actions; and move in the water while wearing a life jacket.

**Advanced Beginner (Level 3)** - Builds on the skills in Level 2 through additional guided practice. Advanced Beginner participants learn to jump into deep water from the side; dive from kneeling or standing position; submerge and retrieve an object in chest deep water; bob with head fully submerged; rotary breathing in horizontal position; perform front and back glide using two different kicks; float on front and back in deep water; change from horizontal to vertical position on front and back; tread water using hand and leg movements; perform front and back crawl; butterfly-kick and body motion; and perform the HELP and Huddle position.

**Intermediate (Level 4)** - Develops confidence in the skills learned and improves other aquatic skills.

**Swimmer (Level 5)** - Provides further coordination and refinement of strokes.

**Advanced Swimmer (Level 6)** - Refines the stroke so students swim with ease, efficiency, power and smoothness over greater distances. Areas covered are personal water safety, fundamentals of diving, lifeguard readiness, and fitness swimmer.

**Adaptive Swim lessons** - Adaptive and Adult swim lessons are available upon request for children & adults with special needs. See Pool Manager for details.

*Lesson cancellations are announced on WGLR and on the Pool's phone messaging system at 723-2495. Cancelled lessons will be made up on Fridays*

# 2016 Swimming Lessons Schedule & Fees

	LEVEL	SESSION DATES	DAYS	TIME	SESSION
	Parent- Toddler Class	July 11-14 & July 18-21	Mon-Thurs	5:00-5:45	3-P
NOVICE	Novice (Level 1)	June 13-16 & June 20-23	Mon-Thurs	10:00-10:30	1-A
	Novice (Level 1)	June 13-16 & June 20-23	Mon-Thurs	10:30-11:00	1-B
	Novice (Level 1)	June 13-16 & June 20-23	Mon-Thurs	11:00-11:30	1-C
	Novice (Level 1)	June 13-16 & June 20-23	Mon-Thurs	11:30-12:00	1-D
	Novice (Level 1)	June 13-16 & June 20-23	Mon-Thurs	5:00-5:30	1-E
	Novice (Level 1)	June 27-30 & July 5-8	Mon-Thurs	10:00-10:30	2-A
	Novice (Level 1)	June 27-30 & July 5-8	Mon-Thurs	10:30-11:00	2-B
	Novice (Level 1)	June 27-30 & July 5-8	Mon-Thurs	11:00-11:30	2-C
	Novice (Level 1)	June 27-30 & July 5-8	Mon-Thurs	11:30-12:00	2-D
	Novice (Level 1)	June 27-30 & July 5-8	Mon-Thurs	5:00-5:30	2-E
	Novice (Level 1)	July 11-14 & July 18-21	Mon-Thurs	10:00-10:30	3-A
	Novice (Level 1)	July 11-14 & July 18-21	Mon-Thurs	10:30-11:00	3-B
	Novice (Level 1)	July 11-14 & July 18-21	Mon-Thurs	11:00-11:30	3-C
	Novice (Level 1)	July 11-14 & July 18-21	Mon-Thurs	11:30-12:00	3-D
BEGINNERS	Beginners (Level 2)	June 13-16 & June 20-23	Mon-Thurs	9:00-10:00	1-F
	Beginners (Level 2)	June 13-16 & June 20-23	Mon-Thurs	10:00-11:00	1-G
	Beginners (Level 2)	June 13-16 & June 20-23	Mon-Thurs	11:00-12:00	1-H
	Beginners (Level 2)	June 27-30 & July 5-8	Mon-Thurs	9:00-10:00	2-F
	Beginners (Level 2)	June 27-30 & July 5-8	Mon-Thurs	10:00-11:00	2-G
	Beginners (Level 2)	June 27-30 & July 5-8	Mon-Thurs	11:00-12:00	2-H
	Beginners (Level 2)	July 11-14 & July 18-21	Mon-Thurs	9:00-10:00	3-F
	Beginners (Level 2)	July 11-14 & July 18-21	Mon-Thurs	10:00-11:00	3-G
	Beginners (Level 2)	July 11-14 & July 18-21	Mon-Thurs	11:00-12:00	3-H
ADV BEGINNERS	Advanced Beginners (Level 3)	June 13-16 & June 20-23	Mon-Thurs	8:00-9:00	1-I
	Advanced Beginners (Level 3)	June 13-16 & June 20-23	Mon-Thurs	9:00-10:00	1-J
	Advanced Beginners (Level 3)	June 27-30 & July 5-8	Mon-Thurs	8:00-9:00	2-I
	Advanced Beginners (Level 3)	June 27-30 & July 5-8	Mon-Thurs	9:00-10:00	2-J
	Advanced Beginners (Level 3)	July 11-14 & July 18-21	Mon-Thurs	9:00-10:00	3-J
INTERMEDIATE	Intermediate (Level 4)	June 13-16 & June 20-23	Mon-Thurs	9:00 - 10:00	1-K
	Intermediate (Level 4)	June 13-16 & June 20-23	Mon-Thurs	10:00-11:00	1-L
	Intermediate (Level 4)	June 27-30 & July 5-8	Mon-Thurs	9:00 - 10:00	2-K
	Intermediate (Level 4)	June 27-30 & July 5-8	Mon-Thurs	10:00-11:00	2-L
	Intermediate (Level 4)	July 11-14 & July 18-21	Mon-Thurs	9:00 - 10:00	3-K
	Intermediate (Level 4)	July 11-14 & July 18-21	Mon-Thurs	10:00-11:00	3-L
SWIM	Swimmers (Level 5)	June 13-16 & June 20-23	Mon-Thurs	11:00-12:00	1-M
	Swimmers (Level 5)	June 27-30 & July 5-8	Mon-Thurs	8:00-9:00	2-N
	Swimmers (Level 5)	July 11-14 & July 18-21	Mon-Thurs	11:00-12:00	3-M
ADV SWIM	Advanced Swimmers (Level 6)	June 13-16 & June 20-23	Mon-Thurs	8:00-9:00	1-N
	Advanced Swimmers (Level 6)	June 27-30 & July 5-8	Mon-Thurs	11:00-12:00	2-O
	Advanced Swimmers (Level 6)	July 11-14 & July 18-21	Mon-Thurs	8:00-9:00	3-N

Lesson schedule is tentative depending on the number registration. If session is full you will be notified as soon as possible to reschedule.

**FEE: Novice \$10.00, all others \$25.00**



# 2016 Pool Program Registration Form

Due March 28<sup>th</sup>

You may register & pay online at [lancasterwisconsin.com](http://lancasterwisconsin.com) **Forms**;  
Or complete Registration Form Below and mail to: Lancaster Summer Recreation, 206 S Madison St, Lancaster

Parent/Guardian Names: \_\_\_\_\_

Address: \_\_\_\_\_

City: \_\_\_\_\_

Zip: \_\_\_\_\_

Primary Phone: \_\_\_\_\_

Secondary Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Emergency Contact Name: \_\_\_\_\_ Emergency Contact Phone Number: \_\_\_\_\_

Swim Lesson Fees: Novice (Level 1) - \$10

Parent/ Toddler, Swim Club, and Level 2 through 6 - \$25

Participant's Name (First, Last)	Level	Session Code	Time	Age	Fee
Total Lesson Fees					\$

## 2016 Pool Pass Registration

\_\_\_ Family \$125 (\$10 Additional for each Babysitter)    \_\_\_ Individual \$50    \_\_\_ Value Book \$25 (10 Individual Day Passes)

**Please list names of family members on pool pass (Babysitter \$10 additional)**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

Pool Pass Fee \$ \_\_\_\_\_

**Total Pool Fees** \$ \_\_\_\_\_

**Fees payable to: City of Lancaster Recreation**

**Mail or drop off: Lancaster Summer Recreation  
206 S Madison St.**

## Parent/Guardian Liability Waiver

Undersigned as parent/guardian of the above named individual, understand that participation in the City of Lancaster Summer Pool Program, like all physical activity presents an inherent risk of injury. I further recognize that the City of Lancaster, the Lancaster Community Schools, and other organizations which allow use of facilities do not provide hospital/medical insurance. I hereby, agree to indemnify and hold harmless these organizations and their employees from and against any and all liability. I further understand that I am waiving any and all rights, claims, or causes for damage that I or my child may acquire against the above mentioned organizations.

Parent/Guardian Signature \_\_\_\_\_

Date \_\_\_\_\_