



Fond du Lac Recreation Department
85 Morningside Drive, FDL
920-929-2885 * www.fdlrecept.com

September Programs

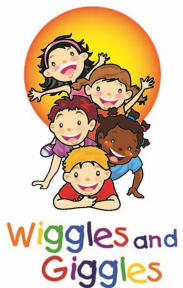


Cheer Clinic – Grades 5k – 5th – Come spend some time with the FDL High School Cheerleading Squad and learn everything you need to know! This clinic will consist of jumps & basic stunting as well as learning a “full routine.” The girls will perform their routine at the FDL High School Pink Out Football Game on September 27th. More information will be distributed at the Clinic

Mon-Thur, Sept 23-26, 5:30-7:00 p.m. \$30, Lakeshore Gym

3rd Annual Fondy Dance Clinic/Homecoming Parade – grades 1st - 6th – Join the FdL High School Dance team coach and members for this fun filled clinic which will focus on teaching a variety of kicks, leaps and turns to incorporate into a dance routine. Participants will improve coordination, gain flexibility and have the opportunity to walk with the HS Dance Team in the FDL HS Homecoming Parade.

Wed-Fri, Oct 9-11, 4:30 – 5:30 p.m., \$20, FDL HS Gym



Wiggle & Giggles – ages 2-5 with adult – Come and spend some time with Mrs. Carleen Dilling! Children will develop and improve motor skills, balance, coordination, and flexibility through activities that make them wiggle and giggle. Children will also grow socially and confidently while having fun and making new friends. The class includes group parachute games, dancing, singing, and tumbling. An adult must accompany and participate in each class.

Tuesdays, Sept 24, Oct 1, 8, & 15, 5:30-6:15 p.m., \$17, Rec Dept Classroom

Fond du LAX – Skills, Drills and Scrimmages – grades 3rd - 8th

Lacrosse is fast paced, great exercise, one of the fastest growing sports in Wisconsin, and we want you to be a part of it! All skill levels are welcome as we introduce the basics of the game to the Fond du Lac community. Learn the basics of how to throw, catch, cradle, shoot, and more. Participants will be divided into groups based on age and skill level and participate in skills and scrimmages each week. All participants must wear a helmet with mask, shoulder pads, elbow pads and gloves. This can be hockey equipment. We will have limited equipment available for kids each week.

Monday & Wednesday Sept 16th – Oct 23, 5:30 -7:00 p.m., \$20, Woodworth Football Field



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Fall Rec. Leagues

Coed Kickball – Gr. 3-5

Tues & Thurs

Sept 19 – Oct 15

Times: 4:00, 4:45, or 5:30p.m.

Location: McDermott Park



Coed Adult Kickball – ages 18+ League

Wednesdays

Sept 18 – Oct 23

Games begin at 6:00 p.m.

Coed Volleyball – Gr. 4 & 5

Mon & Wed

Sept 23 – Oct 21

Time: 4:00, 4:45, or 5:30p.m.

Location: TBD



Girls Volleyball – Gr. 6, 7, & 8

Tues & Thurs

Sept 12 – Oct 15

Times: Starting at 4:00p.m.

Location: Woodworth, Sabish,
Theisen, & Riverside

Women's Volleyball

Wednesdays

Oct 16 – Feb 26

Time: 6:00, 6:45, 7:30 & 8:15 p.m.

Location: Riverside Gym

Fall Adult Fitness Programs

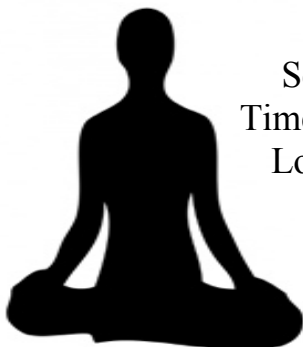
Yoga

Thursdays

Sept 12 – Oct 24

Times: 5:30-6:30 p.m.

Location: Theisen



Tuesdays

Sept 10 – Oct 29

No class Sept 17

Times: 5:30-6:30 p.m.

Location: Woodworth

Wednesdays

Sept 11 – Oct 30

No class Oct 16th

Times: 5:30-6:30 p.m.

Location: Sabish