

Programs requiring IMMEDIATE registration: Swimming Lessons & Youth Baseball



CITY OF RIVER FALLS
PARKS & RECREATION

ACTIVITY GUIDE 2016

Spring & Summer
Schedules,
Activities & Athletic
Associations

The River Falls Parks and Recreation Department welcomes you to our 2016 spring and summer catalog! This edition is packed with programs that will keep your child occupied throughout the summer with a healthy balance of recreation, entertainment, and fun.

If you have any questions regarding the information provided in this catalog, please call the Parks and Recreation Department at 715-425-0924 or email brundle@rfcity.org and we will be happy to answer them.

City Hall 222 Lewis St | River Falls, WI 54022
www.rfcity.org | 715-425-0924



PLEASE NOTE: There will be NO activities the week of July 4th

Published by the River Falls Journal

Welcome



Like us on FB- River Falls Park and Recreation. We will post information, updates and cancellations.

Phone: (715) 425-0924

The guide has been compiled with the cooperation and financial support of River Falls Parks & Recreation Dept. and participating advertisers.

Parks & Recreation Staff:
Cindi Danke, Recreation Coordinator
Brenda Rundle, Recreation Assistant

Park Facility Staff:
Irving Peskar, Parks Lead

Parks & Recreation Advisory Board:
Susan Reese, Chairperson
Jim Nordgren
Brandon Dobbertin
Brenda Gaulke
Dennis Zielski
Patricia LaRue

Spare copies are available at City Hall, the public library or the Journal office.

Online Registration! Begins March 14

We are excited to offer online registration for the Park and Recreation classes. It is user friendly & there are NO PROCESSING FEES! Check it out! GO TO www.rfcity.org and click on Parks & Recreation.

Cancellation Line 715.426.3422

For information pertaining to weather and other schedule changes!

Say Cheese!

For program promotion purposes, photographs may be taken of participants from time to time. If you do not wish to have your photo taken, please notify the photographer and/or class instructor. Photos may be used in publications and/or on the website.

Typo, Human Error, We Goofed?

Occasionally there may be an error in days, times, registration requirements or fees in the booklet. When such errors occur, our staff will do everything possible to correct the situation promptly. We thank you for your patience and understanding when these situations arise.

Parks & Trails

Maps of various Parks and trail systems in River Falls are available at the City Hall Parks & Rec office or at www.rfcity.org.

Shelter Buildings

Enclosed shelter buildings at Hoffman or Glen Park can be reserved after January 1. There is a \$30 fee, per side, with a \$50 deposit (only needed for alcohol permit) which is refunded after the activity date. Check city website for availability. Open shelters at Hoffman or Glen Park are on a first come, first serve basis or can be reserved for \$20. Call 715-425-0924 to reserve.

Overnight Camping

15 sites available with electric hookup. Water is available to fill tanks, but not at site. Bathrooms and 1 shower available. A dump station is provided free with your paid camping fee or \$2 without camping fee. Fee per night is \$15 and is on a first come, first serve basis. Campers are required to pre-pay as sites are checked daily for valid occupancy. The facility is open April 15 - October 15th.

City Information

For additional information about the city please go to www.rfcity.org

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- Parking Lot Striper • Trenchers
- Levels and Transit • And More



Event Rentals

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- Catering Grills
- Dance Floor
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HUDSON: 900 O'Keefe Road | Hudson WI 54016 | **715-386-2806**

Mon - Fri: 8am - 6pm • **Sat:** 8am - 4pm • **Sun:** 9:30am - 4pm

NEW RICHMOND: 121 W. North Shore Drive

| New Richmond WI 54017 | **715-246-2026**

Mon - Fri: 8am - 6pm • **Sat:** 8am - 4pm • **Sun:** 9:30am - 3pm

Registration Information

Ways to Register

By Internet/Online - Begins Monday, March 14, 2016

We are excited to offer online registration for the Park and Recreation classes. It is user friendly and there are NO PROCESSING FEES! Check it out! Go to: www.rfcity.org and click on Departments then the Park & Recreation link.

By Mail or Drop Off - Begins Monday, March 14, 2016

Registrations will be entered as received. Registration forms (see page 22) should be filled out along with a check and mailed to or dropped off at the City Hall (address on registration form). Forms may also be dropped in the drop box located in the parking lot in front of City Hall.

In Person - Begins Wednesday, March 16, 2016

Daily registration can be made from 8:00 am to 5:00 pm, Monday - Friday at 222 Lewis St. Payment for all activities is due at time of registration. We accept credit/debit cards in our office.

Refunds

You may cancel a class as long as it is at least two (2) business days prior to the beginning of each program. A \$5.00 fee will be retained to cover administrative and processing costs. Parks and Rec will refund the entire program fee when the program is canceled for insufficient enrollment. (A minimum of 8 students are required to hold a class.) If your cancellation causes the program number to fall below the required minimum, the refund will be contingent upon the vacancy being filled. No refunds will be given after the program begins.

Residency

A RESIDENT is any person who LIVES WITHIN THE CORPORATE CITY LIMITS of River Falls and receives a property tax bill from the City. This is not to be confused with a River Falls Area School District Resident. A NON-RESIDENT is anyone who lives outside the City Limits, for example in Troy, Clifton, Kinnickinnic or River Falls Townships or in other cities. Even if your mailing address is River Falls, this does not mean you are a Corporate City Resident.

Non-resident participants pay a higher rate than residents because non-residents do not pay property taxes to the City to help fund recreation programs. The non-resident surcharge is \$15.

Financial Assistance

If there is a financial hardship that would prevent your child from participating, please contact Cindi Danke at 715-426-3420 for scholarship information.

If you or your organization would like to donate to our scholarship fund, please contact Cindi Danke or simply mail a check payable to City of River Falls Parks and Rec that indicates "Scholarship Fund." Thank you for assisting local youth!

Questions

What if the class

I registered for is filled?

You will be notified and placed on the waiting list. You will be notified if a spot opens up.

Can I cancel a class?

Yes. You may cancel as long it is at least 48 hours to the start of the class. There will be a \$5.00 fee retained to cover administration and processing costs. No refunds will be given after a program begins. Please call or email us. You cannot cancel online.

What grade should

I register my child for?

Register for the grade they are currently in or just completed (i.e. the 2015-2016 school year) unless otherwise noted.





JUNIOR BOWLING

Hey kids, its time to join the fun!
SIGN UP DATES & TIMES

Wed. Junior League starts October 12, 2016
3:30 pm to 5:15 pm for ages 12-20 only
Sat. Junior League starts October 15, 2016
8 am to 10 am for ages 12-20
10 am to 12 pm for ages 6-12
Registration fee \$25 (includes sanction fee and shirt)

\$64 - 1st half fee due October
\$64 - 2nd half fee due January

Fees include:
Coaching, shoes, awards, end of year banquet

St. Croix Lanes RIVER FALLS
1153 N. St. Croix
715-425-2228
www.stcroixlanes.com

Summer Employment Opportunities

The River Falls Parks and Rec Department has positions available for:

- Tennis/T-Ball Instructors
- Gymnastics Instructors
- Lifeguards/Swim Instructors
- Camp & Preschool Leaders
- Softball & Baseball Umpires
- Soccer Instructors

Application Deadline: Early April, 2016

Call the Parks and Recreation Department at 715-425-0924 for more information. Applications available at www.rfcity.org/employment

Classes

Spring Art Classes

Led by Kidcreate Studio. These award-winning art classes allow kids to explore art in an environment full of giggles and grins. For more information about Kidcreate Studio visit www.kidcreatestudio.com Register through Parks & Rec. **Bring:** Nut-free snack and water bottle. **Location:** Hoffman Park enclosed shelter building. **Fee:** \$30 per child per class

Spring Time Candy Crafts (ages 7-10).....Friday April 15th, 9am-12pm (No school this day!)

What's the best part about spring? The candy, of course! We'll create a beautiful springtime scene made out of tons of "sweet" art supplies including frosting, jelly beans and marshmallow Peeps!

Don't Bug Me! (ages 3-6).....Friday April 15th, 1pm-3:30pm (No school this day!)

Back by popular demand! Did you know that 95% of all species on earth are insects? Learn cool facts about bugs while creating a bug filled snow globe.

Mother's Day Crafts (ages 4-9).....Saturday May 7th, 9am-12pm

They love you, hug you and make you brush your teeth! Show your mom how much you love her with a handmade gift! Create mom a beautiful handprint flower bouquet painting on a real canvas board. What a great keepsake!

Classes

Sam's Songs in the Park

Back by popular demand! Participants will sing, dance, and do other musical activities. This class is led by Sam Mathias, a UW-RF Music Education student who has a special interest in working with preschool and elementary aged children. This class received rave reviews last year! Choose one or both sessions.

Ages: 1-5 with parent (Baby siblings may attend for free.)

Date: **Session 1:** Mondays June 6, 13, 20, and 27 AND/OR
Session 2: Tuesdays August 2, 9, 16, and 23

Time: 10:00-10:45am

Location: Glen Park Shelter

Fee: \$20 first child plus \$5 each additional child

Firefighters Are Your Friends..... May 19

Come to the fire hall and enjoy a fire safety presentation, take a tour of the fire hall, sit on the trucks, and try on gear! Parents should accompany their children. Preregistration is required. Parents & Children of any age

Date/Time: Thursday, 6:00-7:00pm

Location: River Falls Fire Hall

Fee: None

Basic First Aid For Kids June 21 or 27

Learn the "basics" of what to do in case of an emergency from Members of the River Falls Ambulance, then take a tour of the EMS facilities, equipment and vehicles. Parents are encouraged to stay for the class, but do not have to. Fun for all kids ages 8-13! Choose 1 of 2 sessions.

Time: 6:00-8:00PM

Location: River Falls Ambulance, 175 E. Cedar St.

Fee: None

Day Out at the Park!

Bring lunch, towel, sunscreen and swim suit for swimming at the pool.

Spa Day.....June 10

Soaks, scrubs, braids and polishes.

Ages: 6 - 10 years old

Date/Time: Friday, 9:00 am - 4:00 pm

Location: Glen Park Shelter

Fee: \$50 / City Resident Discounted Fee: \$35

Navigation Games

Orienteering is the skill of navigating as quickly as possible to find checkpoints using a map. I Know My Way, LLC, teaches navigation as both a sport and a life skill. Wear appropriate footwear, insect repellent and bring a labeled water bottle. Rain or shine, all classes meet at Hoffman Park enclosed octagon shelter. **Fee:** \$20

Ages: 10-15 years old

Dates: Monday June 13 or Tuesday June 21

Time: 9:30-11:30am

Ages: 16 – Adult (Bring a smart phone. You will receive directions for downloading an app a week before the class.)

Dates: Monday Aug 8

Time: 6:00-8:00pm

Butterfly Garden Class

Learn all about butterflies and how to help them flourish. Make a butterfly craft and plant some nectar plants and seeds, such as milkweed. For ages 6-9.

Date/Time: Monday, June 20th, 9am-11am

Location: Schoolhouse at DeSanctis Park

Fee: \$30 per child / City Resident Discounted Fee \$15



Sports Day.....June 10

Sports and games.

Ages: 6 - 10 years old

Date/Time: Friday 9:00 am - 4:00 pm

Location: Glen Park Shelter

Fee: \$50 / City Resident Discounted Fee: \$35

Youth Camps

Water Fun and Lawn Games June 24
 We'll learn and play classic lawn games such as bocce ball, bean bag toss, ladder golf, horseshoes, and croquet, and then play some water games and swim at the pool! Meet some new friends or sign up with a current friend. Wear suit and sunscreen. Bring a lunch.
Ages: 8-12
Day/Time: Friday, 11am-3pm
Location: Glen Park enclosed shelter
Fee: \$40 / City Resident Discounted Fee \$25

Jewelry-Making 101 July 11-13
 Use your imagination and our supplies to make different types of bracelets and jewelry: rubber band bracelets, friendship bracelets, T-shirt bracelets, and beaded masterpieces.
Ages: 7 and up
Date/Time: Monday - Wednesday, 1:00 – 2:30pm
Location: Glen Park Shelter
Fee: \$50 / City Resident Discounted Fee: \$35

ARTrageous Fun July 12, 14, 19, 21
 Through drawing, painting, songs, story time and movement activities your young child's imagination will soar!
Ages: 5-7 year olds
Date/Time: Tuesdays & Thursdays, 10:30-11:30am
Location: Glen Park Shelter
Fee: \$45 / City Resident Discounted Fee: \$30

Glow in the Dark Art July 14
 We'll make some Glow in the Dark crafts, sit around a "campfire," and eat a S'mores type snack.
Ages: 7-10
Day/Time: Thursday, 6pm-9pm
Location: Glen Park enclosed shelter
Fee: \$35 / City Resident Discounted Fee \$20

EVENING CLASS

CSI Camp July 26-27
Back by popular demand! Parks and Rec staff and a police officer will help older kids learn about fingerprinting and other crime scene investigation skills. Last year's activities will be repeated. Preference will be given to kids that have never attended this camp.
Ages: 9-12 years old
Date/Time: Tuesday and Wednesday, 9:00 – 11:00 am
Location: Glen Park Shelter
Fee: \$45 / City Resident Discounted Fee: \$30

Flag Football Camp July 25-29
 Come every day for a week to learn all about football. You will learn basic skills, drills and even play games.
Ages: 5 - 6 years old
Date/Time: Monday - Friday, 9:00 – 10:30 am
Location: Glen Park Green Space
Fee: \$55 / City Resident Discounted Fee: \$40

Crazy Park Fun Aug 5
 We'll hang out, play games, play at the park, and make crafts. Bring a lunch.
Ages: 6-8
Day/Time: Friday, 9am-1pm
Location: Glen Park enclosed shelter
Fee: \$40 / City Resident Discounted Fee \$25

Messy Art August 18 & 19
 Children can get messy on their own, so why not create art while doing it? Students will use their busy hands to turn messes into masterpieces using paints, glue, collage materials and more. Bring a white T-shirt.
Ages: 6-9 year olds
Date/Time: Thursday & Friday, 9:00 – 11:00am
Location: Glen Park Shelter
Fee: \$40 / City Resident Discounted Fee: \$25

Science/Explorer Camp August 15-17
 Let's explore River Falls together. Nature, science crafts, experiments, exploring the trails, let's do it all together! Bring "water shoes" to explore the river.
Ages: 5-7 year olds
Date/Time: Monday-Wednesday, 9:00 – 11:00 am
Location: Glen Park Shelter
Fee: \$55 / City Resident Discounted Fee: \$40

Grow to Learn Garden Camp August 16 or 18
 Come explore the garden and get ready to get dirty! Learn about where your food comes from and eat some delicious garden treats! We recommend coming with a hat, gloves (if you have them), water, and sun protection. Clothes and shoes may get dirty, so be prepared! Rain dates will be the following week.
Date/Time: Tuesday, 9am-12pm (1st-3rd graders)
Date/Time: Thursday, 9am-12pm (4th-6th graders)
Location: Grow to Share Garden at Hoffman Park
Fee: \$15 per child

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One-Day Camps

These one-day, two-hour camps are perfect for busy families! These camps will include crafts, games, activities, books, park play time and perhaps songs based on various themes. Themed costumes or outfits are encouraged, but not required. If there is more than one session, please only choose one, as activities will be repeated. *Snacks will be prepared and eaten. Please let staff know of any food allergies.

Location: Glen Park Enclosed Shelter

Fee: \$25 / City Resident Discounted Fee: \$15

- Fire Truck Fun! June 3
Ages: 3-6 years old Time: 9:00 – 11:00am
- Frozen Party - Session 1..... June 6
Ages: 3-6 years old Time: 9:00 – 11:00am
- Lego Mania! June 9
Ages: 6-8 years old Time: 1:00 – 3:00pm
- Angelina Ballerina TuTu Party June 13
Ages: 3-5 years old Time: 9:00 – 11:00am
- Father's Day Crafts June 17
Ages: 4-9 years old Time: 9:00 – 11:00am
- Ooey, Gooley Science Fun June 27
Ages: 5-8 years old Time: 1:00 – 3:00pm
- Pirate Party..... June 27
Ages: 4-7 years old Time: 9:00 – 11:00am
- Mermaid Tales June 28
Ages: 4-7 years old Time: 9:00 – 11:00am
- Frozen Party - Session 2 July 11
Ages: 3-6 years old Time: 9:00 – 11:00am

- Race Car Rally..... July 15
Ages: 3-6 years old Time: 9:00 – 11:00am
- Star Wars Activities..... August 1
Ages: 6-9 years old Time: 1:00 – 3:00pm
- Minute to Win It August 2
Ages: 8-12 years old Time: 1:00 – 3:00pm
- My Little Pony Party August 3
Ages: 4-6 years old Time: 9:00 – 11:00am
- Serving Up Snacks *..... August 4
Ages: 5-7 years old Time: 9:00 – 11:00am
- Serving Up Snacks *..... August 4
Ages: 8-10 years old Time: 1:00 – 3:00pm
- Monster Truck Rally August 15
Ages: 3-5 years old Time: 1:00 – 3:00pm



REGISTRATION BEGINS MARCH 14TH

Visit www.riverfallsgymnastics.com or call
715-425-6007 to register!

Summer Gymnastics Classes: June 6 - August 12 (No classes July 4 - 9)

Koalas (\$72)
(Parent/Child-18 months -3 years)
Class length: 30 min
Monday: 6:15pm | Wednesday: 9:30am
Thursday: 10:20am

Monkeys (\$93)
(3-4 years old)
Class length: 45 min
Monday: 4:30pm
Tuesday: 10:30am or 4:30pm
Wednesday: 9:30am
Thursday: 10:20am

Monkeys 4+ (\$93)
(4-5 years old)
Class length: 45 min
Monday: 5:30pm
Thursday: 9:00am or 4:30pm

Tigers (\$93)
(5-6 years old)
Class length: 45 min
Monday: 5:20pm

Tuesday: 9:30am or 4:30pm
Wednesday: 10:20am or 5:20pm
Thursday: 9:30am or 6:40pm

Dance (\$72)
(3-5 years old)
Class length: 30 min
Thursday: 10:15am

Twirl & Tumble (\$93)
(3-5 years old)
Class length: 45 min
Tuesday: 9:30am or Thursday: 9:30am

Beginner 1 (\$101)
(Ages 7 and up)
Class length: 55 min
Monday: 4:30pm or 6:05pm
Tuesday: 9:30am or 5:20pm
Thursday: 4:30pm

Beginner 1 9+ (\$101)
(Ages 9 and up)
Class length: 55 min

Wednesday: 4:30pm | Thursday: 9:50am

Beginner 2 (\$109)
(Advanced from Beginner 1)
Class length: 75 min
Monday: 4:30pm
Tuesday: 10:50am or 5:00pm
Wednesday: 11:05am
Thursday: 5:20pm

Beginner 3 (\$109)
(Advanced from Beginner 1)
Class length: 75 min
Tuesday: 9:45am or 6:20pm
Wednesday: 11:05am or 4:30pm
Thursday: 9:00am

Intermediate 1 (\$130)
(Advanced from Beginner 2)
Class length: 90 min
Monday: 5:50pm | Tuesday: 11:05am
Wednesday: 11:10am or 5:50pm
Thursday: 6:05pm

Intermediate 2 (\$130)
(Advanced from Intermediate 1)
Class length: 90 min
Monday: 4:30pm
Tuesday: 10:20am or 6:20pm
Wednesday: 5:30pm
Thursday: 10:20am or 4:30pm

Intermediate 3 (\$141)
(Invitation Only)
Class length: 2 hrs
Tuesday: 10:20am or 6:20pm
Wednesday: 9:00am
Thursday: 5:30pm

Boys Classes
Boys Only (4-6 years old)
45 min (\$93): Tuesday: 5:20pm
Boys Tumbling/Tramp (7-10 years old)
55 min (\$101): Tuesday: 6:10pm

SCHEDULE SUBJECT TO CHANGE.
Classes meet once per week.

Day Camps
All Ages: August 15-19
Advanced Camp (Intermediate 1 and up)
August 22-26

Also offering Birthday Parties, Open Gyms,
Private Lessons and Competitive teams!

8234 945th Street, River Falls, WI 54022

Preschool Camps

Super Heroes Camp June 7&9 or Aug 8&9
Choose 1 session. It's a bird, it's a plane, it's a River Falls Super Hero! Let's marvel and fly into the exciting world of super heroes! Costumes, capes, masks and more-come and make projects, hear stories and pretend to be a super hero!

Ages: 3, 4 & 5 year olds
Date/Time: 9:00-11:00 am
Location: Glen Park Shelter
Fee: \$45 / City Resident Discounted Fee: \$30

Go, Trains! Camp June 14 & 16
Let's talk trains and do crafts, play games, and hear train stories. We'll have all around fun! Choo choo!

Ages: 3,4,5, years old
Date/Time: Tuesday & Thursday, 9:00-11:00am
Location: Glen Park Shelter
Fee: \$45 / City Resident Discounted Fee: \$30

Fancy Princess Tea Party June 21&23 or Aug 1&2
Choose 1 session. Have a "Happily Ever After" time as we enjoy fancy princess crafts, stories, activities, and dancing. You may dress up like a fancy princess and we'll have a tea party fit for a princess!

Ages: 3, 4, & 5 year olds
Time: 9:00-11:00 am
Location: Glen Park Shelter
Fee: \$45 / City Resident Discounted Fee: \$30

Oodles of Art July 12, 14, 19, 21
An age appropriate and hands on art class for preschoolers. Through drawing, painting, songs, story time and movement activities your young

child's imagination will soar!
Ages: 3 & 4 year olds
Date/Time: Tuesdays & Thursdays, 9:00-10:00am
Location: Glen Park Shelter
Fee: \$45 / City Resident Discounted Fee: \$30

Monkey See, Monkey Do July 18-20
Is your child curious? This class is designed around a funny little monkey! Each class will involve a Curious George story and related activities, along with park play time. Let's monkey around!

Ages: 3, 4, & 5 year old
Date/Time: Monday-Wednesday, 1:00-2:30pm
Location: Glen Park Shelter
Fee: \$45 / City Resident Discounted Fee: \$30

Fairy Camp August 8-10
We'll do fairy crafts, hear fairy stories, do a fairy walk, and build a fairy house! On the last day, you may dress up as a fairy.

Ages: 4-6 year olds
Date/Time: Monday - Wednesday, 1:00 - 2:30pm
Location: Glen Park Shelter
Fee: \$45 / City Resident Discounted Fee: \$30

Dinosaurs are Dino-Mite Camp August 11 & 12
Do you dig dinosaurs? Then this is the class for you! We'll read dinosaur stories, play dinosaur games, sing dinosaur songs, and do dinosaur crafts.

Ages: 3, 4 & 5 year olds
Date/Time: Monday & Wednesday 9:00-11:00am
Location: Glen Park Shelter
Fee: \$45 / City Resident Discounted Fee: \$30

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River Falls, WI
in the River Center Building



REGISTRATION FOR RIVER FALLS YOUTH FOOTBALL IS NOW OPEN!

The River Falls Youth Football Association exists for the purpose of teaching each child the fundamental skills and concepts of the game of football while having fun in a safe environment. River Falls Youth Football is for youth entering 1st - 6th grades in the fall of 2016. 1st/2nd graders will play flag football. 3rd/4th and 5th/6th graders will play tackle.



IMPORTANT DATES

WHAT: Registration Open
WHERE: www.riverfallsfootball.com
WHY: Registration is now open and can be completed online.
Registration deadline is May 12th.

Sport Camps and Clinics

Intro to Summer Wrestling..... June 17 or 23 or July 15
Learn and practice some wrestling basics with River Falls Wrestling Head Coach Kevin Black. Choose one or more session.

Ages: 5-9
Location: MMS lower level multi-purpose room
Day: Friday June 17 and/or
Thursday June 23 and/or Friday July 15
Time: 10:00-10:45am
Fee per session: \$20 / City Resident Discounted Fee \$5

Fighting Fish Baseball Free Youth Clinic..... July 16
www.fishbaseball.org

Join members of the River Falls Fighting Fish and get a chance to step on First National Bank of River Falls Field! It's always a hit. Don't miss it!

Ages: All are welcome
Date/Time: Saturday, 2:00-3:00pm
Location: First National Bank of River Falls Field,
Hoffman Park
Fee: None



Cheer Camp



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Wildcat Cheer and Stunt Camp..... July 25-28
RFHS Cheer and Stunt camp provides children a highly active endeavor in a non-competitive environment that fosters fun and the development of friendships. Campers will learn a variety of cheers, jumps and stunts. We will also play fun cheer games. Each participant will receive a River Falls Cheer and Stunt t-shirt. Parents are invited to attend a performance on the last day.

Date/Time: Monday-Thursday
Ages: 5-7 6:00-6:45pm \$35 in city limits/\$50 out-of-city-limits
Ages: 8 & up 6:50-7:50pm \$45 in city limits/\$60 out-of-city-limits
Location: Glen Park Shelter

Flag Football Camp..... July 25-29
Come every day for a week to learn all about football. You will learn basic skills, drills and even play games.

Ages: 7 - 9 years old
Location: Glen Park Green Space
Days: Monday - Friday
Time: 10:30 am - 12:00 pm
Fee: \$55 / City Resident Discounted Fee: \$40

Gymnastics Camp..... July 25-29
If you love to do gymnastics or want to learn how, check out this camp! We will be working on all 4 events: floor, vault, beam & bars. We will break all participants down into different skill levels: beginners (ages 7+) through advanced (Pre-team). We will be doing some fun games and activities as a group and will also break down into four levels for specific gymnastics skills. We will also be working on a performance through out the week which will be performed on Friday at 11:30 am.

Ages: 7-12 yrs old
Location: MMS Gymnastics Room
Time: 9:00 am -12:00 pm
Fee: \$90 / City Resident Discounted Fee: \$75

Co-Ed Recreational Basketball..... August 1-4
This is a co-ed recreational program that will focus on having fun while learning some fundamentals of basketball such as passing, running, dribbling, shooting, rebounding and more. Led by local high school and college staff, there will be an emphasis on building skills and strategy to help players understand the game, get some practice time, and play some scrimmage games.

Days: Monday through Thursday
Times: Ages 6-8.....5:30-6:30pm
Ages 9-11.....6:30-7:30pm
Location: Greenwood gym or outdoors (south side)
Fee: \$40 / City resident discounted fee \$25

Disc Golf..... August 15
Learn to play disc golf and keep score on the permanent course at Hoffman Park, then play the full 9 holes. Equipment and score cards will be available.

Ages: 12 and up
Location: Hoffman Park (meet at open shelter)
Day: Monday, Aug. 15
Time: 6:30-8:00pm
Fee: \$20 / City Resident Discounted Fee \$5

Baseball

Youth Baseball "Spring Training" May 2
 This is not a mandatory clinic, just an extra opportunity to get going on baseball skills for the children. **PLAY BALL!**

- Cub A:** Grades 1st & 2nd 6-7 pm
- Cub B:** Grades 3rd & 4th 7-8 pm
- Location:** Hoffman Park
- Fee:** \$3

Youth Baseball League May 24-July 28
 Register for the grade they are currently in or just completed (2015/16).

- Cub A:** Grades 1 & 2 (Mon. &/or Wed. Games)
 - Cub B:** Grades 3 & 4 (Tues. &/or Thurs. Games)
 - Pony:** Grades 5 & 6 (Mon.-Thurs. Games, 2x a week)
- Parents are asked to help in one of the following areas: Head or Assistant Coach, Plate or Base Umpire which consists of umpiring 3-4 times for Pony & Youth League, umpire 1-2 times for Cub League, Divisions A & B. Also needed are a limited amount of calling parents and scorekeepers. Parental participation is essential to the success of this program. Coaches will receive their team lists by middle of May & practices will begin soon after.

- Location:** Greenwood Fields
- Fee:** \$50 / City Resident Discounted Fee: \$35
 Additional \$15 for non-participating families.
- Deadline:** April 4, 2016**

Boys Mini Traveling Baseball early May
 Practices will begin in early May. Games will be 2x a week (Mon.-Thurs.) against nearby communities, Hudson & New Richmond. 1st Game - week of mid May.

- Ages:** Completing 7th & 8th grade
- Fee:** \$100 / City Resident Discounted Fee: \$85
- Deadline:** March 30, 2016**

****T-Shirts and friend requests provided for those who register by the deadline only! \$10 late fee after the deadline.**



T-Ball

T-Ball

Daytime T-Ball June 6 - July 20
 Led by Parks & Rec Summer Staff.

- Day:** Mondays & Wednesdays
- Time/Ages:** 9:00-9:50 am - 3 yrs. old
- Time/Ages:** 10:00-10:50 am - 4 yrs. old
- Time/Ages:** 11:00-11:50 am - 5 yrs. old
- Location:** Glen Park Field
- Fee:** \$50 / City Resident Discounted Fee: \$35
- Deadline:** May 20, 2016**

Evening T-Ball

Parent-coached. Parental participation with coaching, supervision and organization is essential to the success of this program. \$15 fee for non-participating families. Coaches will receive team lists and contact parents about the first practice. If you do not hear from a coach by June 1, check with the Parks & Rec office for team info.

- Location:** Greenwood Fields
- Fee:** \$50 / City Resident Discounted Fee \$35
- Deadline:** May 16, 2016**

Evening Pre-K T-Ball June 7-July 21
 For children that are entering Kindergarten in the fall of 2016.

- Days:** Tuesdays and/or Thursdays
- Time:** 6:00pm

Evening K T-Ball June 6-July 20
 For children that have completed Kindergarten.

- Days:** Mondays and/or Wednesdays
- Time:** 6:00pm

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Gymnastics

Summer Youth and Preschool Gymnastics June 6 - July 21

Location: Meyer Middle School Gymnastics Room

*Classes meet 6 weeks. No classes 4th of July week.

Rollers: 1 hour (1x or 2x per week)

Beginning level instruction for children that have completed Kindergarten and older. Basic skills for tumbling, vaulting, uneven bars, and balance beam will be done. No previous experience required.

Turners: 1 hour (1x or 2x per week)

Class is designed for students who have had beginning level gymnastics and can perform a forward and backward roll, cartwheel and headstand.

PRESCHOOL CLASSES

(1x per week)

Level	Day	Time
3 yrs.....	Mon	10:45 - 11:30 am
3 yrs.....	Tues	11:00 - 11:45 am
4-5 yrs.....	Mon	8:30 - 9:20 am
4-5 yrs.....	Wed	10:30 - 11:20 am
4-5 yrs.....	Thur	11:00 - 11:50 pm

Fee: \$45 / City Resident Discounted Fee: \$30

YOUTH CLASSES

(1x or 2x per week)

Level	Day	Time
Rollers.....	Mon/Wed	9:30 - 10:30 am
Rollers.....	Tue/Thur	10:00 - 11:00 am
Turners.....	Tue/Thur	9:00 - 10:00 am

Fees:

- \$35 (1x week) City Resident Discounted Fee
- \$60 (2x week) City Resident Discounted Fee
- \$50 (1x week) out-of-city-limits
- \$75 (2x week) out-of-city-limits

Chose 1x per week, please indicate which day.



River Falls Soccer Club

2016 Summer & Fall Programs



We are excited to offer programs for the 2016 season.

Our club now starts working with kids at the age of 4 with our Mini Kicks program and runs through 2nd grade. Our club has recreation programs for 3rd - 5th grade. Finally we have our highly competitive traveling programs for ages 8 years and older. The River Falls Soccer Club has paid professional trainers working with our athletes in many of our programs.

MINI KICKS

PREK - 2nd GRADE

Spring/Summer Season - 6 weeks
Starts: May 16, 2016 | Ends: July 9, 2016

Fall Season - 6 weeks

Starts: August 2016 | Ends: October 2016
PreK & Kindergarten: Saturday 8am & 9am
1st & 2nd Grade: 1 weekday and Saturday
BOYS Monday 6pm | Saturday 10am
GIRLS Monday 7:05pm | Saturday 11am

Players get Jersey, Shorts & Socks.
Professional trainers to teach basics of soccer and have fun.
Location: Golfview fields

RECREATION

3rd - 5th GRADE

Spring/Summer Season - 6 weeks
Starts: June 2, 2016 | Ends: July 14, 2016
Spring is for 3rd - 5th Graders

Fall Season - 6 weeks

Starts: September 10, 2016 | Ends: October 15, 2016
Fall Season is 3rd - 5th Graders
Practice 1 x per week and Game 1 x per week

Players get Jersey.
Spring Location: Glen Park fields
Fall Location: Golfview soccer fields

TRAVELING

7 YEARS & OLDER

2016 Spring/Summer Season
Starts in April & Ends in July
Registration closed - email for availability

2016 Fall Season

Starts in August & Ends in October
Registration opens last week of July

Boys and Girls welcome from River Falls and surrounding communities

Competitive & Exciting Atmosphere
Year round training available
Practice 1-2 times per week
Games 1-2 times per week

Home Fields: Golfview East & West
rfsoccerclub@yahoo.com

We encourage you to view our website to learn more about our programs and online registration tool: www.riverfallsoccer.com

Tennis

Evening Tennis Clinics June 13-July 28

Come once a week for 6 weeks! No class week of July 4th.

Location: MMS Tennis Courts

Ages 5-8 years old

\$40 / City Resident Discounted Fee: \$25

Monday Time: 5:45 - 6:30 pm

Tuesday Time: 4:45 - 5:30 pm

Wednesday Time: 5:45 - 6:30 pm

Ages 9-12 years old

\$45 / City Resident Discounted Fee: \$30

Monday Time: 4:45 - 5:45 pm

Tuesday Time: 5:30 - 6:30 pm

Adult Camp June 15-30

\$40 / City Resident Discounted Fee: \$25

Location: MMS Tennis Courts

Time: 6:30 - 7:15 pm

Days: W & Th

July Tennis Camps July 11-28

Come two days a week for three weeks!

Location: MMS Tennis Courts

Beginner Camp

\$40 / City Resident Discounted Fee: \$25

July 12-28 Time: 6:30 - 7:15 pm Days: T & Th

Intermediate Camp

\$45 / City Resident Discounted Fee: \$30

July 11-27 Time: 6:30 - 7:30 pm Days: M & W

Soccer

Spring Evening Soccer Clinics May 16-June 1

Come twice a week for 3 weeks!!

Location: Glen Park Open Field Space

Ages 3-4 years old

\$40 / City Resident Discounted Fee: \$25

Monday & Wed. Time: 5:00 - 5:45 pm

Monday & Wed. Time: 6:30 - 7:15 pm

Ages 5-6 years old

\$45 / City Resident Discounted Fee: \$30

Monday & Wed. Time: 5:45 - 6:30 pm

Soccer Camp June 14-30

Come every Tuesday and Thursday for three weeks!

Location: Glen Park Open Field Space

\$40 / City Resident Discounted Fee: \$25

Ages: 3 - 4 yrs Time: 9:00 - 9:45 am

Ages: 5 - 6 yrs Time: 9:45 - 10:30 am

\$45 / City Resident Discounted Fee: \$30

Ages: 7 - 10 yrs Time: 10:30 am - 11:30 am

Evening Soccer Clinics June 6 - July 20

Once a week for 6 weeks! July 25 & 27 may be rain make-up days.

No class week of July 4th.

Location: Glen Park Open Field Space

Ages 3-4 years old

\$40 / City Resident Discounted Fee: \$25

Monday Time: 5:00 - 5:45 pm

Wednesday Time: 4:15 - 5:00 pm

Wednesday Time: 6:00 - 6:45 pm

Ages 5-6 years old

\$40 / City Resident Discounted Fee: \$25

Monday Time: 4:15 - 5:00 pm

Monday Time: 5:45 - 6:30 pm

Wednesday Time: 6:45 - 7:30 pm

Ages 7-10 years old

\$45 / City Resident Discounted Fee: \$30

Monday Time: 6:30 - 7:30 pm

Wednesday Time: 5:00 - 6:00 pm



CLIMBING WALL PARTIES

Perfect for your next birthday party, youth gathering or team building activity.



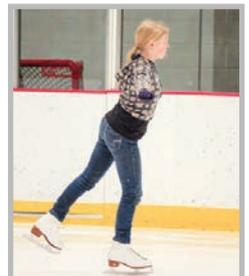
EQUIPMENT RENTAL

Rent bikes, rollerblades, lawn games, camping gear, cross country skis, snowshoes, and more.



KNOWLES MEMBERSHIP

Open this summer! Play volleyball, tennis, basketball! Get moving on the indoor track & cardio equipment! Bouldering wall now available!



SKATE SCHOOL

Whether you're interested in hockey or figure skating, come learn to skate at Hunt Arena. Registration opens Aug. 1.

view website for details | www.uwrf.edu/rsf | 715-425-4289

Swimming Lessons

SWIM LEVELS

Pre-Swim Classes • 30 Minutes

Parent/Child: For ages 1-3 with parent in water. Limit one child per parent. This 30-minute pre-swim class will help develop swimming readiness by leading parents and their children in water exploration activities with the objective of having fun and becoming comfortable in the water. The children will not learn any actual swim techniques.

Bubbles: (Pre-Level 1) This class is targeted for 4 & 5 year olds not yet in Kindergarten. They will learn to enter and exit the water independently, breath control underwater, and preparing them to confidently enter into Level 1. Parents do not attend with child in water.

Swim Classes • 45 Minutes

LEVEL 1: "Intro to Water Skills" - This beginning level is for 5 and 6 year olds who have completed Kindergarten, and up. They will learn to submerge head for 3-5 seconds, exhale underwater through mouth and nose, open eyes underwater and retrieve submerged object, float on front and back, explore arm and hand movements, swim front and back using arm and leg movements, and entering and exiting water independently.

LEVEL 2: "Fundamentals of Aquatic Skills"- This level is for children that have passed Level 1. They will learn to jump off side, exit on ladder, front and back glide, tread water, swim front and back using combined strokes, and swim on side.

LEVEL 3: "Stroke Development" - They will learn back and front crawl w/ arm action, Butterfly kick and body motion, diving from kneeling position, survival float, and change from horizontal to vertical on front and back.

LEVEL 4: "Stroke Improvement" - They will learn to perform shallow dive, perform open turns on front and back, tread water, front and back crawl, breaststroke, butterfly, backstroke, and sidestroke.

LEVEL 5: "Stroke Refinement" - They will learn survival swimming, perform rescue breathing, standing dives, front flip turn, back flip turn, front and back crawl, butterfly, breaststroke, sidestroke, and endurance swimming.

LEVEL 6: "Water Safety and Fitness Swimmer"- This class will be divided into two focuses. You will be learning to endurance swim and to perfect all your strokes. Also you will be focusing on many different personal water safety techniques. You will be tested on both. One test sheet is on your strokes and one test sheet will be on your water safety techniques.

8+ Beginning LEVEL 1&2: This level is for children that are ages 8 and older who have never had swimming lessons before or have a fear of the water. They will work on both Level 1 and Level 2 skills depending on their abilities.

Park & Recreation suggests taking one level of swimming per year. Classes are limited to 15. Must pre-register through Parks and Recreation. No registrations or money will be accepted at the pool. All sessions are based on an 8 day curriculum. If no rain outs, during summer sessions, the last Friday will be Family Fun Day from 10 am - 12:30 pm (all siblings and parents welcome). The pool closes if there is lightening in the area. When the weather is in doubt, please call the pool recording at 425-0933.



*All classes are 45 minutes long except Pre-Swim Classes are 30 minutes.

Program Fee: \$45 / City Resident Discounted Fee: \$30

Swimming Lessons at the High School Pool

Two week sessions, Monday -Thursday

Time	April 4-14	April 18-28	May 2-12
5:30 pm	Level 2 & 3	Level 2 & 5/6	Level 2 & 4
6:15 pm	Level 2 & 4	Level 4 & 3	Level 3 & 4
7:00 pm	Level 3 & 5/6	Level 2 & 4	Level 2 & 5/6

Swimming Lessons at the Glen Park Pool

Two week sessions, Monday - Friday

Time	June 6-16	June 20-30	July 11-21	July 25-Aug 4	Aug 8-18
8:30 am	Level 2 & 8+	Level 3 & 6	Lvl 4 & Lvl 1	Lvl 3 & Pre-Lvl 1	Level 1
9:15 am	Level 1 & 3	Level 2 & 4	Level 2 & 6	Level 1 & 3	Level 2 & 4
10:00 am	Level 3 & 6	Level 1 & 5	Level 3 & 5	Level 2 & 4	Level 1 & 3
10:45 am	Level 1 & 4	Level 2 & 4	Level 2 & 4	Level 1 & 6	Level 2 & 5
11:30 am	Level 2 & 5	Level 1 & 3	Level 1 & 3	Level 2 & 5	Level 1 & 3
12:15 pm	Pre-Level 1	Pre-Level 1	Pre-Level 1	Pre-Level 1	Pre-Level 1

Evening Swimming Lessons at the Glen Park Pool

Two week sessions, Monday -Thursday (Friday is rain make-up day).

Time	June 6-16	June 20-30	July 11-21	July 25-Aug 4	Aug 8-18
5:00 pm	Pre-Level 1	Pre-Level 1	Parent/Child	Pre-Level 1	Pre-Level 1
5:30 pm	Level 1	Level 1	Parent/Child	Level 1	Level 2

Guard Start

Date/Time: August 8-18, 8:00 - 9:15 am

Location: Glen Park Pool

Fee: \$65 / City Resident Discounted Fee: \$50

Class informs of water safety, the duties and responsibilities of a lifeguard. It builds a foundation of knowledge, attitudes, and skills in preparation. Must be 11-14 years old and passed Level 5 swimming to participate.

Glen Park Pool

Glen Park Open Swim *Pool: 715-425-0933*

Saturday, June 4th through Friday, August 26th open swim and the baby pool are available. Children four & under are free with a paid adult, & are required to be supervised at all times by an adult. Children in diapers are required to wear swim diapers. Children 10 and under must be accompanied by an adult at all times.

Times: 1:00 - 4:45 & 6:15 - 8:15 pm, Sunday - Friday
12:30 - 4:45 pm, Saturday

Daily passes: \$2.50 (\$1.50 after 5:00 pm)

Punch Cards: Ten punches for \$20 (see details on the right)

Glen Park Lap Swim

Ages: 15 - Adult
Time: 5:00 - 6:00 pm Every day
Fee: \$1.50 or pool passes

Family Fun Nights at Glen Park Pool

During this time you may bring toys (balls, floaties, diving rings, etc.) All children should be with a parent or guardian.

When: Sundays, Wednesdays & Fridays, from 6:15 - 8:15 pm
Fee: \$1.50 (Children 4 and under free w/paid adult.)



Rentals at Glen Park Pool

Have your birthday party or group gathering at the pool! You receive an hour of pool time all to yourself and 15 minutes after to change and shower. You may bring floaties, balls and other pool toys to play with. Available times are 9:30 am or 11:00 am on Saturdays and Sundays. Additional days available after swimming lesson sessions are over in late August. Call the Parks and Rec office, 715-425-0924 to schedule. The fee is \$50 for up to 15 people, or \$75 for 16-30 people.

NEW! Glen Park Pool Punch Cards

Ten punches can be purchased for \$20. The punches can be used for all open swim times and can be used for your own use or can be given as a gift. The City is not responsible for lost or stolen cards. There is no limit to the amount of passes purchased. Season passes are no longer available.

Punch cards may be purchased and picked up at City Hall, Monday through Friday, 8am-5pm or purchased by cash or check at the pool and mailed to you.

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JUNIOR 3-DAY GOLF CLINIC

Ages 6-14

June 28th, 29th & 30th

11:00am - 12:15pm

FEE: \$65.00 per person
payable by cash or check

Includes meal and a 9-hole voucher

Registration Begins Now

taylor@kilkarneyhills.com

715-425-8501

kilkarneyhills.com



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Adult Recreation

Pickleball 101

Pickleball is a cross between badminton, table tennis, and tennis. Members of the River Falls Pickleball Association (RFPBA) will demonstrate the game and teach the basics of the fastest growing sport in the USA. They will focus on the basic skills of serving, ground strokes, back hand, overhead volleys, lobbing, dinking, scoring, and the rules of play. Each person will have the opportunity to actively participate in learning all of the core skills of the game of pickleball while appreciating the healthy benefits from participating in a game of skill, strategy, and fun! Paddles and balls are provided, or you may bring your own. Max. 16 players. Register through Parks & Rec.

Ages: 12 to adult

Date: Wednesdays, May 4th, 11th, 18th, and 25th

Time: 6:00-7:00pm

Location: Glen Park Pickleball Courts

Fee: \$20

Fly Fishing Clinic

Sponsored and taught by volunteers from Kiap-TU-Wish Trout Unlimited. Instruction in: Casting, Knot Tying, Entomology, Fishing Strategies, and Wading Safety. If you have a fly rod, reel and line you're encouraged to bring it; otherwise these items will be available during the class. Waders or hip boots are recommended. Flies and leaders will be provided. Subway sandwiches, chips, fruit, coleslaw and cookies will be provided. Rain or shine! Register through Parks & Rec.

Ages: 12 to adult

Days/Time: Saturday, June 4th 1:00pm to 9:00pm

Location: Glen Park Open Shelter and Kinnickinnic River

Fee: \$20 (includes supper and guided fishing in the evening)

Adult Volleyball Leagues

Play for the Co-Rec League! Contact the Parks & Rec office to sign up your team. League rules can be mailed at team's request.

Summer: Starts Tues., June 2nd, 6:30 pm, 7:30 pm & 8:30 pm

Fee: \$60 *Make check payable to River Falls Volleyball

Deadline: May 1st

Fall: Season begins approx Sept. 22 w/open gyms
League begins week of Oct. 14th, Tuesday nights

Location: River Falls Academy

Fee: \$125/team

Deadline: September 3rd

Ultimate Frisbee League

Spring and fall leagues are available. Ultimate is a non-contact sport, enjoyed by any level of experience. The league consists of players who have played for years or completely new to the sport (Coed, ages 14 & up). All participants receive a jersey. Sign up as an individual or with a friend.

Dates: Sundays, April 3 - Oct 30, 4:00 pm (Off for Memorial Day weekend)

Fee: \$20.00/ person

Location: Greenwood Elementary & Meyer Middle School fields,
East Division Street, River Falls

Registration can be done on the web site at <http://www.rfultimate.org>

Men's Winter Basketball League

Basketball will begin November 5th with open gym for teams. To register your team, call the Park and Rec office at 715-425-0924.

Date: Play begins December 3rd, Thursday nights

Location: River Falls Academy

Fee: Inquire at River Falls Parks and Rec for team fees.

Deadline: October 1st

For a list and map of city parks, go to rfcity.org and click on Parks and Recreation

Hoffman Park Disc Golf Course

Did you know there is a disc golf course located at Hoffman Park? It's free and open to the public. For a course map and a list of rules, visit <http://www.rfcity.org/> and click on Parks and Recreation and then Adult Recreation.

Softball Field Reservations

The softball fields can also be reserved for your use with a \$10 per hour charge for lights. Call 715-425-0924 to make your reservation.

River Falls Area Hospital Classes

Check out the wide variety of events/classes at the RFAH. Spring and summer classes include Breast Cancer Support Group, Breastfeeding and Lactation Basics, Chicks with Sticks (golf), Childbirth Prep Express, Heartsaver AED and CPR Training, Heartsaver First Aid Training, Health Care Provider AED and CPR Training, New Brother/New Sister Class, Baby Café, Women's Health Night Out, and American Cancer Society: Look Good, Feel Better. *Some are free and some have a fee. For more information or registration please call RFAH Wellness Center at 715-307-6060.

The following are held in partnership between RFAH and River Falls EMS. These classes are held at River Falls Area Ambulance Service at 175 E. Cedar Street. Call 715-307-6060 to register.

Heartsaver AED and CPR Training

First time and refresher course in AED and CPR for community members.

Dates: June 2, August 11

Time: 6-10 p.m.

Cost: \$35 (first time) / \$20 (refresher)

Heartsaver First Aid Training

Description of class: First time and refresher course in AED, CPR and first aid, typically for people who work or volunteer with children, such as daycare staff, Scout troop leaders, etc.

Dates: June 16, September 8

Time: 5-10 p.m.

Cost: \$65 (first time) / \$25 (refresher)

Health Care Provider AED and CPR Training

Description of class: First time and refresher course in AED and CPR for health care professionals.

Dates: May 12, July 14

Time: 6-10 p.m.

Cost: \$75 (first time) / \$30 (refresher)



Community Education

Community Education River Falls School District. 818 Cemetery Rd., River Falls High School. Call us at 715-425-1830, ext. 3800
Please visit our www.rflearns.org or to register for spring/summer classes. You may also email us at monique.squire@rfsd.k12.wi.us

Featured Classes:

- Standup Paddle Boarding
- Intro to TRX
- Preparing Your Estate Plan
- Early Morning Lap Swim
- Basics of Your dSLR
- Writing Your Life Story
- Avoiding the Diabetes Epidemic with Real Food and many more!

Hunter Safety Spring Session

All students are required to obtain a Wisconsin DNR customer identification number before any hunter safety class and are required to provide it along with other personal identifying information to the instructor. Course registrants who are not yet 18 years of age must be accompanied by a parent or guardian who must attend the entire session the evening of registration. Registration will occur outside the school auditorium on a first come first served basis and be limited to the first 80 registrants. A fall session will also be available.

Coordinator: David Page

Ages: 12 and up

Dates/Times: Various dates, 6:30–8:30 pm

Location: Meyer Middle School

Fee: \$10 (non-refundable registration fee)

Register April 12th at 6:30 pm at Meyer Middle School Auditorium

River Falls Sportsman's Club Activities

Activities are free of charge and held at the River Falls Sportsman's Club, 1130 Rifle Range Road. Preregistration is required, at least a week before the start date, and can be done online at www.rfcity.org. Questions can be emailed to: rfsc@sbcglobal.net

For All Powder burning events:

All youth age 10 to 14 and youth under 18 without a Hunter Safety Certificate require a Legal Guardian to be present. Youth 14 and over with a Hunter Safety Certificate accepted without a guardian. Bring proof of certificate with you each night of practice.

Beginner Shotgun

Open to youth and adults interested in learning to correctly handle and safely shoot a shotgun in a trap shooting environment.

Please provide your own equipment and shells. Shells can be purchased at the clubhouse.

Dates: June 2nd, 9th, 16th and 23rd

Day: Thursdays

Time: Anytime from 5:30-7:00PM

Beginner .22 Rifle

A limited number of .22 rifles will be available for usage on training nights. All youth age 10 to 14 and youth under 18 without a Hunter Safety Certificate require a Legal Guardian to be present. Youth 14 and over with a Hunter Safety Certificate accepted without a guardian.

Dates: July 14th, 21st, and 28th

Day: Thursdays

Time: Anytime from 6:00-7:30PM

Beginner Archery

A limited number of Genesis bows will be available for usage on training nights. Open to youth and adults interested in learning to correctly handle and safety shoot a bow in a paper target environment. All youth age 8 to 14 require a Legal Guardian to be present. Youth 14 and over accepted without a guardian.

Dates: July 14th, 21st, and 28th

Day: Thursdays

Time: Anytime from 6:00-7:30PM

Beginner Pistol

Open only to adults 18 years and older interested in learning to correctly and safely handle and shoot a pistol. No one under 18 will be accepted. A limited amount of pistols may be available for usage on training nights. Limited to the first 10 individuals to sign up.

Dates: June 8th and June 22nd

Day: Wednesdays

Time: Anytime from 6:00-7:30PM

Limited to 10 individuals

Join us for, *Bring Your Dog to the Ballpark Day!*
Sunday, July 17th at 1:00pm

Fighting Fish vs Menomonie Eagles
at the First National Bank of River Falls Field!

More information will be available
this summer at www.fnbrf.com



1 FIRST NATIONAL BANK
of River Falls

Member FDIC

Events & Organizations

River Falls Community Theatre/ Prairie Fire Children's Theatre

Location: Doris Fuka Auditorium, River Falls High School

Fee: \$40/week; \$30 for additional children in family & RFCT members

Age requirement: Ages 7 – 18 **Must be able to attend all rehearsals and performances

Auditions: 12-2pm Monday, then some kids will be dismissed for the day.

Week 1 Show: **Snow White**

Dates: July 18 – July 23

Rehearsals are 12:00 until approx 4:15 every day.

Max. Cap.: 75

Performances: Friday, 7:00PM
Saturday, 2:00PM

Week 2 Show: **Pinocchio**

Dates: August 8-August 13

Rehearsals are 12:00 until approx 4:15 every day.

Max. Cap.: 70

Performances: Friday at 7:00pm
Saturday at 2:00pm.

PRE-REGISTRATION is required. Register through Park and Recreation Dept. Auditions will determine roles in the production. For more information, or check RFCT website: www.rfcommunitytheatre.org or email questions to: rfcommunitytheatre@gmail.com Your child may participate in both plays, but both fees must be paid.

NEW! Prairie Fire Children's Theatre (PFCT) Workshops

Each workshop is led by PFCT staff and runs 50-55 minutes in length. Children do not need to be registered for a play to take these workshops.

Location: River Falls High School Auditorium

Time: 9:00am

Fee: \$15 per class

Monday July 18th	Acting	ages 7-10
Tuesday July 19th	Acting	ages 10-13
Wednesday July 20th	Acting	ages 13-18
Thursday July 21st	Creative Dramatics	ages 5-7
Monday August 8th	Makeup	ages 7-10
Tuesday August 9th	Makeup	ages 11-18
Wednesday August 10th	Mime	ages 12-18
Thursday August 11th	Improvisation	ages 12-adult

River Falls Community Arts Base

www.riverfallscab.org • 715-425-7645 ext. 2109

CAB Spring Arts GALA

April 30, 2016 from 6-10 pm in the Ballroom of the Best Western Campus Inn. Local artists on display, silent auction, fine art raffle, delicious hors d'oeuvres, dancing to big band music.

Music in the Park

FREE live concerts all summer long on Friday & Saturday nights beginning Mid June -August in Veteran's Park at 7 pm

Community Barn Dances *Fun for the whole family!*

Held at the River Falls Academy upper gym every 3rd Saturday from October through April. For schedule go to above CAB website.

Time: Family Dances 7-8:30 pm, Advanced Dances 8:30-10 pm
Live music and caller teaches each dance before it starts.

Art on the Kinni

Juried art fair includes Children's Art Tent along the White Pathway and in Heritage and Veteran's Parks on September 10, 2016. More than 70 artists, musical groups and good food vendors!

Main Street Art Crawl

Beat the Christmas rush as more than 25 artists show/sell their work at Main Street businesses from 10am to 4pm on October 29, 2016.

Chamber Events

2016 Community Calendar

425-2533, www.rfchamber.org

River Falls Roots & Bluegrass Festival – April 8-10

Sixth annual music festival features beer & wine tasting, free music weekend with 50+ hours of foot-stompin' bluegrass, competitions, workshops and more!

Summer Car Cruze-Ins July 10 & September 18

View classic cars, rat rods and motorcycles while listening to favorite tunes from the fifties. Check out great deals at local retailers.

River Falls Days – July 7-10

Historic, city-wide celebration features the area's largest parade, 10K/2M/Kid's Fun Run, live music, fireworks and more!

River Falls Bacon Bash – September 17-18

Celebrate all things bacon at this festival featuring bacon-inspired food booths, cook-offs, pig-themed contests for the entire family, live music, microbrews, a marketplace and more!

River Falls Business Expo – October 22

Bring the family and enjoy fun activities, trick-or-treating, live entertainment and more while interacting with local businesses.

River Dazzle – November 25

Over 25 locations host the annual Chili Crawl. Enjoy an illuminated parade, holiday sing-along, live animals and visits from Mr. & Mrs. Claus.

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Family Events & Activities

SPREAD YOUR WINGS

6th Annual "Wings of Spring" Bird Festival.....May 7

Sponsored by the St. Croix Valley Bird Club

As our feathered friends wing their way north from their southern wintering grounds, we celebrate their return with this FREE springtime event filled with activities for nature and bird enthusiasts of all ages and levels.

What: Bird identification, conservation tips, games, live raptors, guided walks and live bird banding demonstrations.

Where: River Falls City Hall and Kinnickinnic Pathway.

When: Saturday May 7, 2016 - Rain or Shine

8am: Early Bird Hike

11am: Children's story time with Heather Williams, owner of Fox Den Books

10-3pm: Ongoing bird-themed activities

Equipment: Bring your own binoculars if you have them. If not, the club has a limited number of binoculars and bird field guides on hand to share for the event. Please, no pets.

Touch-A-Truck June 18

A special opportunity to put your child up close and right in the drivers seat of more than 60 trucks and vehicles of all types.

Date/Time: Saturday, 10:00 am-1:00 pm

Location: RFHS Parking Lot, 818 Cemetery Road

Fee: None - Bring a food donation

Family Kickball..... July 12-August 9

A fun, non-competitive sport the whole family can enjoy! Teams will be randomly formed each day the program meets. Please indicate how many family members will participate. Meets five times. (Rain date Aug 16 if needed.) Register through Parks & Rec.

Ages: 6+ w/adult(s)

Location: Southwest field at Glen Park (near the water fountain)

Dates/Time: Tuesday evenings, 7:00pm – approx. 8:00pm

Fee: \$5 per family

Family Fun Day at Glen Park July 22

A summer tradition now bigger and better! A River Falls Fire Department pumper truck and the public library will be at Glen Park for some summer fun! Kids may want to wear a swim suit and bring a towel. No registration required.

Date/Time: Friday, 9:00-11:00 am

Location: Glen Park

Fee: None



Races, Runs, and Rides

Please contact the organizations directly for registration information.

First National Bank of River Falls April 30

"Treat Yourself to Wellness 5K"

www.fnbrf.com or visit their FB page

Tri-Angels 5K Walk/Run August 20

Kinni River Trout Trot September 10

Jenna Moon 612-600-1113 or Jennifer.moon2@yahoo.com

River Valley Trails September 18

www.rivervalleytrails.org/trek.html

Kinni Off Road Cyclists (KORC) July 23 & 24

www.kinnioffroad.com or visit their FB page.

River Falls Public Library Kirby Run.....October 22

www.riverfallspubliclibrary.org or visit their FB page



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Ezekiel Lutheran Church, 202 S. 2nd St., River Falls, WI

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1331 North Main St, RIVER FALLS Ph:715-629-7442
M-F 10am - 7pm SAT 10am - 5pm SUN closed

River Falls Youth Associations & Clubs

These are some other options in River Falls besides the Parks and Rec offerings listed throughout this activity guide. Visit each organization's website or call the phone number for information on registration dates, fees, deadlines, ages, and other details. This information is current and correct to the best of our knowledge as of printing time.

SPORT/ACTIVITY	ORGANIZATION	CONTACT INFORMATION	OTHER INFORMATION
Arts	Kinni Clayworks	www.kinniclay.com	Pottery classes and supplies
Baseball	River Falls Youth Baseball	www.riverfallsyouthbaseball.org	Traveling. Grades 4-9. Pre-tryout clinics/evaluations held early March
	Western Wisconsin Baseball Club	www.briangbaseball.com	For ages 8-15. Like us on FB (Western Wisconsin Baseball Club)
Basketball	River Falls Boys Basketball	rfhoops.blogspot.com or River Falls Youth Boys Basketball on FB	Fall/winter basketball - boys grades 1-8
	River Falls Boys Basketball School	rfhoops.blogspot.com or River Falls Youth Boys Basketball on FB or email coach at zac.campbell@rfsd.k12.wi.us	June/July mornings basketball skills for boys entering grades 3-9
	River Falls Girls Basketball	www.hooplikeagirl.com or River Falls Girls Youth Basketball Association on FB	Fall/winter basketball for girls grades 1-8
	Wildcat Girls Basketball Camp	www.hooplikeagirl.com or email coach at ian.sticht@rfsd.k12.wi.us	June/July morning basketball skills for girls entering grades 3-9
Biking	We Bike River Falls	www.uwrf.edu/webikeriverfalls/	Like us on FB! (We Bike River Falls) Monthly community rides
	Kinni Off Road Cyclists (KORC)	www.kinnioffroad.com/ or on FB under Kinnickinnic Off-Road Cyclists, Inc.	Try extreme mountain biking on our hand-crafted trails at Whitetail Ridge
Bowling	St. Croix Lanes	www.stcroixlanes.com	Bowling, parties and youth leagues for ages 5+
Children's Programs	Heartland Montessori	www.heartlandmontessori.org info@heartlandmontessori.org	Summer program for children ages 2 years, 9 months to 6 years
Football	River Falls Youth Football Assoc	www.riverfallsfootball.com	For youth entering 1st-6th grades in the fall
	UWRF Falcon Football Youth Camp	www.uwrfsports.com & click on "camps"	Non-contact. For youth entering 1st-6th grades in fall. 2 days in July 9am-3pm
	Wildcat Youth Football Camp	jason.wolf@rfsd.k12.wi.us	For students entering grades 3-8.
Gardening	Grow to Share Community Garden	www.growtoshare.org	Education for all ages/abilities, volunteer opportunities and plots for rent.
Gymnastics	River Falls Gymnastics Club	www.riverfallsgymnastics.com	Classes, parties and events year round for ages 18 months - 18 years old
Hockey	River Falls Youth Hockey Assoc	www.riverfalls.pucksystems.com/	Hockey for boys and girls ages 4-14
Ice Skating	UWRF Ice Skating	www.uwrf.edu/RSF/skateschool.cfm	Open skating, parties, and lessons are available



SPORT/ACTIVITY ORGANIZATION		CONTACT INFORMATION	OTHER INFORMATION
Music	Brickhouse Music	www.brickhousemusic.com	Music lessons, summer music camps and music supplies for kids and adults
Parenting	MOPS (Mothers of Preschoolers)	www.mops.org	Meets 1st and 3rd Tuesdays 9:15-11:15am at First Covenant Church
	River Falls Moms' and Dad's Group (RFMDG)	FB (River Falls Moms and Dads Group) or email rfmomsdads@gmail.com	Meets Wednesdays during school year 9:15-11:15am at Ezekiel
Running	Healthy Kids Running Series	www.HealthyKidsRunningSeries.org or hkrsRiverFalls@gmail.com or call Taren at 612-747-8433	5-week spring/summer running program for kids in Pre-K - 8th grade
Scouting	Cub Scouts	www.rfpack457.scoutlander.com or e-mail pack457@msn.com	For boys in grades K-5
	Girl Scouts	BeYourself.GirlScoutsRV.org	Girl Scouts River Valleys offers girl scouting for grade K and up
Soccer	River Falls Soccer Club	www.riverfallsoccer.com	Spring/Summer and Fall Sessions. Recreation and Traveling. Pre-K to High School
Softball	River Falls Girls Softball	girls-softball.net/RiverFallsWisconsinGirls-Softball or 1-800-872-0222	Like us on FB! (River Falls Softball)
Swim Club	River Falls Swim Club	www.riverfallsswimclub.org	For kids ages 6-18 that have passed level 3 swim lessons
Tennis	River Falls Tennis Camp	715-821-1063 or cassieerickson93@yahoo.com	Ages 10 to high school. July 25th- July 28th.
Track & Field	River Falls Rage	email_jen_keven@yahoo.com or call Keven at 715-821-6611	Ages 6-14. Meets Mondays and Wednesdays 4-5:30pm in June and July
Volleyball	River Falls Volleyball Club	www.riverfallsvolleyballclub.com	For girls grades K-12
	Volleyball Camp	www.precisionvolleyball.com	General skills summer camp for kids entering grades K-12
	Wildcat Volleyball Clinic	email Coach Kealy at rfvolleyballwildcats@gmail.com	4-day clinic for girls grades 1-8.
Wrestling	River Falls Youth Wrestling	www.riverfallswrestling.org	A fall/winter program for boys and girls in Pre-K to 5th grades

Spring/Summer Library Programs

Mini-Golf in the Library

Join us for this fundraiser for the River Falls Library Foundation, and have a great time playing through literary-themed putting greens. Reserve your tee time in advance, 715-425-0905, or by stopping in. \$10 per player, space is limited.

Dates: April 9

Time: 4-8pm

Poetry Open Mic

Everyone is invited to take advantage of this friendly, laid back opportunity to share with other like-minded folks. Call 715 426-3496 to reserve a spot or drop in.

Dates: Thursday, April 14

Time: 7 pm

Antiques with Mark Moran

Antiques appraised by an expert! Please call ahead to reserve your slot. Space is limited. There is a \$10 fee to hold your place. Contact Katie in the gallery, 715.426.3496.

Dates: Jun 25, 2015

Time: 10am-3pm



Annual Flower Show

Sponsored by the Library and the First National Bank of River Falls & Prescott. All entries are due by 6pm. Judging begins at 6:15pm. Categories include traditional, miniature, and River Falls Days theme. Cash prizes and ribbons for both adult and youth (14 and under).

Dates: Dates to be announced

Time: Entries by 6 pm

Kiddie Parade

Cutest parade in town, and certainly the shortest! Registration begins at 10am on the south side of the building, parade steps off at 10:30 a.m. Fun dress-up categories for kids. Fun and prizes for all. Games and activities will be provided by River Falls 4 Children (RF4C); petting zoo provided by Fantasy Corral on the library lawn from 10am-noon.

Dates: Jul 9, 2016

Time: 10am-12pm

Adult Summer Library Programs

Why should kids have all the fun? The library will have a wide variety of programs this summer that will offer adults of all ages the opportunity to explore new interests, meet new people, and connect with the community. Don't forget about the PRIZES! Stop into the library and fill out book review slips, play summer reading Bingo, test your knowledge with one of the weekly activity sheets or show up to any of the adult programs and you can be entered to win fabulous prizes.

Book Discussion Groups for Adults

Books can be requested and checked out through the MORE consortium, or participants can bring their own copy. Titles and meeting locations for the year will be selected by the group. Discussions led by a library staff member. No sign up is required. For more information contact Heather Johnson at 715-425-0905 ext. 660

2nd Tuesday Book Discussion Group

April 12, May 10, September 13

(June, July & August will merge with Book Club in a Bar)

Time: 6:30 pm

Location: TBD each month

Books & Beans Book Discussion Group

April 19, May 17, June 21, July 19, August 16, September 20

Time: 10:30 am

Location: TBD each month

YA for Adults Book Discussion Group

April 20, May 18, September 21

(June, July & August will merge with Book Club in a Bar)

Time: 6:30 pm

Location: Junior's Bar & Restaurant, Garden Room

2016 Library Summer Olympics for Adults

Let's kick off the adult summer reading program with an All-Star program: the 2016 Library Summer Olympics for Adults. This program is free and is for adults ages 18 and up. Friends and family are encouraged to come and cheer on their teams. Prizes will be awarded in each event.

Date: Monday, June 6

Time: 6:30 pm - ?

Friday Fit Lit Club

Meet at the library every Friday morning at 6:30 am in the Main Level Meeting Room for a program that exercises your mind and body. For more details, contact the library. **Time:** 6:30 am

Sports Movie Night at the Library

Come to the library this summer to watch an all-star line-up of sports themed movies. Movies are free and open to the public. **Time:** 6:00 pm

June 8: McFarland, USA (PG)

July 13: Hoosiers (PG)

August 16: Rudy (PG)

Coloring for Adults

Come and see what the coloring craze is all about! Designed for adults, but school-age children and teens can attend WITH a parent. All supplies are provided. It's free and open to the public. Coffee and a light snack provided! No registration required.

Dates: May 25, June 22, July 27, August 24, September 28

Time: 6-8 pm

Book Club in a Bar

Join the library for lively and engaging literary conversations at local River Falls bars, breweries and wineries. A great way to meet new people and sit outdoors (weather permitting) discussing books! Ages 21+

Bleachers: A Novel by John Grisham (2003)

Date: June 15

Time: 6:30pm

Location: Rush River Brewing Company; 990 Antler Ct. River Falls

The World's Strongest Librarian: A Book Lover's Adventures by Josh Hanagarne (2013)

Date: July 21

Time: 6:30pm

Location: Belle Vinez; W10829 875th Ave, River Falls

The Book of Speculation: A Novel by Erika Swyler (2015)

Date: August 18

Time: 6:30pm

Location: Lazy River Bar & Grill, 115 W Walnut St, River Falls

Foreign Film Series

Six Mondays featuring award-winning international films. Free popcorn!

Dates: July 18, 25, August 1, 8, 15, 22

Time: 7 pm

Youth Summer Library Programs

Youth Summer Reading Program

We will have an independent reading program as a main component of our summer reading program. Kids from birth to 12th grade will have a chance to read, earn prizes, and participate at any level they choose. Our theme for **2016 is On Your Mark, Get Set, READ!** which has focus on sports and fitness.

Dates: June 8-August 21

Wednesday Programs

All of our Wednesday programs are large-group performances or activity sessions. All programs are scheduled at 10:30am, and will take place in the lower level meeting room unless otherwise noted.

Wed, June 8: Jason Huneke – comedy juggler

Wed, June 15: Hillbilly science comedy show

Wed, June 22: Mad Science of Iowa

Wed, June 29: TBD

Wed, July 6: Remarkable Reptiles

Wed, July 13: Traveling Lantern Theater's *Vladimir Goes for the Gold!*

Wed, July 20: TBD

Wed, July 27: .. Randy's Rocking Reading Pep Rally music show

High School Book Discussion Group

Group members select books, receive a copy to keep. 2nd Tuesday of each month.

Dates: April 12, May 10, June 14, July 12, August 9, September 13

Time: 4-5 pm

Middle School Book Discussion Group

Group members select books, receive a copy to keep. 1st Tuesday of each month.

Dates: April 5, May 3, June 7, July 5, August 2, September 6

Time: 4-5pm

4th & 5th Grade Book Discussion Group

Group members select books, receive a copy to keep. 3rd Tuesday of each month. Group does not meet during the summer.

Dates: April, 19, May 17, resumes September 20

Time: 4-5 pm

1000 Books Before Kindergarten

This is an independent program that allows you to track books read to your baby or toddler with the goal of reading 1000 books together by the time they start Kindergarten! Requires registration.

Date: Anytime! Register at the children's desk to get started

Time: Done at your own pace. Read every day.

Place: Anywhere you want. Check in at RFPL for periodic incentives and with any questions

In the Gallery

SEW COOL! The Quilt Show

This annual quilt exhibit is always a favorite, bringing warmth and color to those cold late-winter days.

Dates: March 13 – April 10

THESE KIDS ARE GOOD! The annual all-school art show

Hundreds of colorful and creative pieces by area students. What fun!

Opening reception 2-4pm Sunday, April 24

Dates: Apr 21 – May 28

Lego Afternoons (grades K-5)

We provide the Legos, you provide the imagination. Call to register; fills fast! Every other Monday.

Dates: June 13, June 27, July 11, July 25, August 8, August 22

Time: 4-5 pm

Family Story Hour

Come and experience an evening with stories, songs and literacy activities. Geared towards children up to age 5 but open to all. Usually held on the third Tuesday of each month.

Dates: May 17, June 21, July 19, August 16, September 20

Time: 6:00pm

Poolside Book Break

Tuesdays and Wednesday at Glen Park Pool during the lifeguard break. Books available for checkout. Regular admission prices apply.

Dates: June 7 through pool closing in August

Time: 2:30pm

Location: Glen Park Pool

Summer Story Times

Stories, songs, action rhymes, and lots of fun! Preregistration requested. Class sizes are limited. Registration begins May 31. Held in Children's Program Room.

Babytime (0-18 months & caregiver)

Dates: June 14 - Aug 2 (Tues)

Time: 9:30-9:50 am

Toddler Lapsit (18-36 months & caregiver)

Dates: June 14-Aug 2 (Tues)

Time: 10:45-11:15 am (new time!)

Preschool Story Time (3-5 years old)

Dates: June 16 - Aug 4 (Thurs)

Time: 10:30-11:15 am or 1-1:45 pm



Parks & Rec Registration Form

River Falls Parks and Recreation Registration Form
 222 Lewis St. Suite #221 ~ River Falls, WI 54022
 715-425-0924 ~ www.rfcity.org

PAYMENT INFORMATION

Total amount enclosed \$ _____
 Check # _____ Cash \$ _____
 *Checks payable to RF Parks & Rec.

Credit Card Type: (Circle one)

Visa MasterCard Discover

Credit/Debit Card Number: _____

Card Expiration Date: _____ / _____

Name on card: _____

3 Digit Verification code: _____
(last 3 numbers on back of card)

Permission to charge your card: _____

Signature _____

Parent/Guardian Name: _____
 Address: _____ Apt. #: _____
 City: _____ State: _____ Zip: _____
 Home Phone: _____ Work/Day Phone: _____
 Cell Phone: _____
 Email: _____

Check one: Resident or Non-Resident (See page 3)

Township: _____

Activity	Level	Day/Dates	Time	Fee	Participant Name	Birthdate	Sex	Grade
							M F	
							M F	
							M F	
							M F	
							M F	
							M F	
							M F	

T-Ball and Baseball:

T-Shirt Size (include Coach): Youth: S (6/8) _____ M (10/12) _____ L (14/16) _____ or
 Adult: S _____ M _____ L _____ XL _____ XXL _____

Are you interested in being a coach or assistant coach for your child's team? Yes _____ No _____

If yes, Please indicate full name of coach: _____ Check One: Head _____ Asst. _____

One Baseball/T-Ball Friend Request: _____ Coach Shirt Size: _____

I hereby understand that those individuals registered for the program(s) stated on this form and myself as a parent or guardian acknowledge that each program, like all physical activities, involves an element of risk or damage for all participants and may cause serious injury, death, or property loss. I further recognize that the City of River Falls, the River Falls School District, and other organizations which allow use of facilities do not provide hospital/medical insurance for the duration of the program. Therefore, I hereby release these organizations and their employees of any financial responsibility due to injuries and damages received during program participation.

Parent/Guardian Signature _____ Date _____



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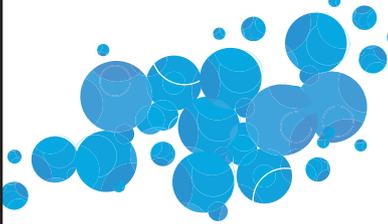
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