



## ADULT BASKETBALL OPEN GYM 2014-2015

Open gym will be held:

**Mondays - FOR 18+ YEAR OLDS**

**Wednesdays - FOR 30 year olds & over ONLY**

**7:00 - 9:00 PM at Shattuck Middle School, 600 Elm St., Neenah - NORTH GYM.**

**OPEN GYM DATES:** (This schedule is listed on the below link and may change, due to school conflicts. Please check the site often or visit the cancellation line, to keep updated.)

<http://www.ci.neenah.wi.us/departments/parks-and-recreation/Adult-League-Sports/basketball-open-gym.html>

<b>MONDAYS</b>	OCTOBER	6, 13, 20, 27
	NOVEMBER	3, 10, 17, 24
	DECEMBER	1, 8, 15, 22
	JANUARY	5, 12, 19, 26
	FEBRUARY	2, 9, 16, 23
	MARCH	2, 9, 16
<b>WEDNESDAYS</b>	OCTOBER	8, 15, 22, 29
	NOVEMBER	5, 12, 19
	DECEMBER	3, 10, 17
	JANUARY	7, 14, 21, 28
	FEBRUARY	4, 11, 18
	MARCH	4, 11, 18
<b>NO OPEN GYM ON: (CHECK THE WEBSITE, FOR UPDATES)</b>		
<b>MONDAYS:</b> December 29, March 10		
<b>WEDNESDAYS:</b> December 24 & 31, Feb. 25		

**Cost:** \$2.50 per night. Pay at the gym, each night. Please bring correct change.

**Player Maximum:** 24 players on a first-come, first-served basis.

In case of a weather cancellation (snow storm), call the Park & Recreation Department for an update. Call 886-6068 (Cancellation Line) or visit:

<http://www.ci.neenah.wi.us/departments/parks-and-recreation/cancellations.html>

**-SEE BACK PAGE FOR PROCEDURES AND RULES -**



# FALL ADULT TENNIS LESSONS

FUN FOR ALL ADULTS AND OLDER  
ADULTS AGES 21+



This program mixes elements of the QuickStart Tennis play format along with traditional drills. Participants will grow confident in their abilities by being able to rally and have more control of their game earlier in their tennis experience.

**DATES:** Week of September 22– Week of October 13  
**SITE:** Southview Park Tennis Courts  
**LEVELS:** Tuesday/Thursday classes are beginner  
Monday/Wednesday class is Advanced/Intermediate  
**INSTRUCTOR:** Don Francart  
**TIME:** 6:00 – 7:00PM  
**FEE:** \$40.00  
**CLASS #:** Beginner T/Th 321602-B  
Int./Adv M/W 321602-C

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Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone (1): \_\_\_\_\_ Phone (2): \_\_\_\_\_

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

Participants Name	M/F	Birth Date	Class #	Fee

LIABILITY INFORMATION: You should be aware that Parks & Recreation programs involve an element of risk or danger for all participants and may cause serious injury, death, or property loss. The Neenah Parks & Recreation Department does not provide nor cover any medical or hospital insurance for participants in our programs. All persons participating in NPRD sponsored activities must provide their own insurance and assume risk of all injuries.

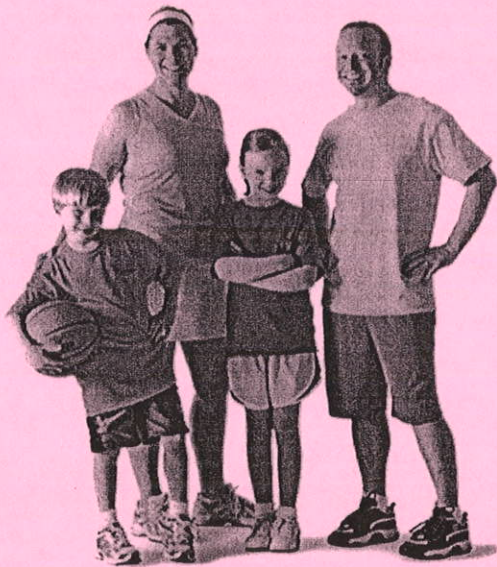
Signature: \_\_\_\_\_ Date: \_\_\_\_\_

I have read and understand the liability information listed above.

Mail or drop off form and payment to:  
Neenah Parks & Recreation Dept., 211 Walnut St., Neenah, WI 54956  
OR Register online! [www.neenahgov.org](http://www.neenahgov.org)



Looking for a family-night activity OR a cure for gloomy fall nights and winter cabin fever??  
Come to this newly organized program sponsored by Neenah Parks & Recreation.



**Adult, Teen & Family**  
(14 & under must be accompanied by an adult)

Free **Open Gym**  
**Wednesday Evenings**  
**from 6:30 – 8:30pm**  
**Shattuck Middle School O.J. Gym**  
**600 Elm Street, Neenah**

**A site supervisor will be present.**

**Volleyball: Net will be set up, balls provided**  
**Basketball: Bring your own basketballs**

This is an open gym, NOT a practice sight for organized teams or competitive basketball.

All participants must wear gym shoes. No street shoes or stocking feet allowed.

No food or beverages (except water bottles)

Do not enter the school any earlier than ten (10) minutes prior to start time- 6:50pm.

**Dates: October 22, 2014 thru March 25, 2015**

***No Open Gym on Nov. 26, Dec. 24, Dec. 31, Feb. 25 or Mar 25***

In case of a weather cancellation (snow storm), call the Parks & Recreation Department for an update. Call 886-6068 (Cancellation Line) or visit:

<http://www.ci.neenah.wi.us/departments/parks-and-recreation/cancellations.html>

**PARTICIPANT CONDUCT**

- Players are responsible for their conduct at all times. Profanity, possession or drinking of alcoholic beverages or drugs prior to or during, unsportsmanlike conduct or making physical contact with another player of an intentional fighting nature (i.e. shoving, punching, etc.) will be cause for immediate ejection from the program by the Gym Supervisor. It may be cause for additional suspension to be determined by the Parks and Recreation Department staff.
- Ejection will constitute automatic temporary suspension from the next two scheduled Open Gym dates. Two ejections during the season will automatically result in suspension for the remainder of the season.
- The Neenah Parks and Recreation Department reserves the right to determine length of suspension for all participant misconduct.

*Creating Community Through People, Parks & Programs*

Neenah Parks & Recreation, 211 Walnut Street, Neenah, WI 54956 \* 920.886.6060 \* [www.neenahgov.org](http://www.neenahgov.org)



REGISTER  
ONLINE  
IT'S EASY!  
www.neenahgov.org



**GIRLS & BOYS AGES 5-12**  
*As of September 1, 2014*  
**SATURDAY, SEPTEMBER 13**  
(RAIN OR SHINE)

Sponsored by: Neenah Knights of Columbus, Neenah High School Football program and  
*Neenah Parks & Recreation Department*

**TIME:** Check-in and warm-up: Noon - 12:30 pm Event 12:30 pm  
**NO SPIKED or TURF SHOES - ONLY REGULAR GYM SHOES WILL BE ALLOWED!**  
**SITE:** Neenah High School Practice Football Fields (Next to tennis courts)  
**COST:** FREE - Must fill out attached form & return to Neenah Parks & Recreation by  
**REGISTRATION DEADLINE of Thursday, September 11.**

Age groups are broken down for competition in the following manner by age: 5 & 6, 7, 8, 9, 10, 11, 12. Participants will compete against those in their own gender (boys against boys & girls against girls) in punting, passing and kicking. Final scores will be based on distance & accuracy of all three events. Contestants ages 5 thru 11 use a *junior-size football* for the competition; contestants age 12 will compete with a *regulation size football*.

**NO SPIKED or TURF SHOES - ONLY REGULAR GYM SHOES WILL BE ALLOWED!**  
**Ages 8 thru 12 will advance to the Knights of Columbus District Event in October.**  
**Medals to all 1st through 3rd place finishers & ribbons to all participants.**  
**Door prizes at the end of the event.**

**Neenah High School football players & Knights of Columbus members will assist in warm-ups & scoring.**

FAX 886-6069, MAIL-IN OR DROP OFF FORM TO: NEENAH PARKS & RECREATION, 211 WALNUT ST., NEENAH, WI 54956 \* 886-6060.

**PARENT/GUARDIAN**

FIRST/LAST NAME \_\_\_\_\_ HOME PHONE \_\_\_\_\_

STREET \_\_\_\_\_ CELL PHONE \_\_\_\_\_

CITY \_\_\_\_\_ ZIP \_\_\_\_\_ RESIDENT \_\_\_\_\_ NON RESIDENT \_\_\_\_\_

PARTICIPANT'S FIRST NAME	M/F	DATE OF BIRTH	AGE	GRADE	SCHOOL	CLASS #	ACTIVITY	FEE
						310401-A	PUNT, PASS & KICK	FREE
						310401-A	PUNT, PASS & KICK	FREE

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**ADULT SIGNATURE** \_\_\_\_\_ **DATE** \_\_\_\_\_

I have read & understand the liability information listed above.





# FALL FITNESS

Walk-in or mail in registration to NPRD, 211 Walnut St. Neenah, WI 54956 OR Register Online at [www.neenahgov.org](http://www.neenahgov.org)

## BELLYDANCE

(Open to 14+)

Share in the joy of movement and rhythm with Neenah's own Diana the Dancer. Belly dance is a low-impact dance form that helps one build strength, flexibility, balance, and cardiovascular health in a fun, laughter-filled environment. Anyone can enjoy belly dancing regardless of age, size, or gender. Learn to belly dance with no experience necessary in the Beginner series. If you've already been taking lessons, join us for intermediate-level classes. Wear whatever you'll be comfortable dancing in (yoga pants, t-shirt, and something to tie around your hips.) Intermediate students should bring a notebook, 3-yard veil, and finger cymbals (zils). For more information on classes or belly dance in general, visit [www.dianathedancer.com](http://www.dianathedancer.com)

**LOCATION:** Memorial Park, Appleblossom Shelter  
1175 Appleblossom Dr.

**DAY:** Wednesdays

CLASS #	LEVEL	DATES	TIMES	COST
<b>SESSION I - 7 Weeks</b>				
322425-A	Beginner	Sep. 10 - Oct 22	5:30 - 6:30PM	\$56.00
322425-B	Intermediate	Sep. 10 - Oct. 22	6:30 - 7:30PM	\$56.00
<b>SESSION II (7 weeks) No class Nov. 26</b>				
322425-C	Beginner	Oct. 29 - Dec. 17	5:30 - 6:30PM	\$56.00
322425-D	Intermediate	Oct. 29 - Dec. 17	6:30 - 7:30PM	\$56.00

## VINYASA FLOW YOGA

Rejuvenating flow yoga practice for ALL levels, which will indulge the physical body, emotions, mind, and heart. Comfortable clothing, yoga mat, and a large towel or blanket is recommended.

**LOCATION:** Memorial Park, Appleblossom Shelter. Instructed by Sue Houlihan RYT, CYT, CTA, CPT (Tuesday instructor) and Lea Ann Konizter - Schneider RYT, CYT, CTA, CPT. (Thursday Instructor)

CLASS #	DAY	DATES	TIMES	COST
<b>SESSION I - 7 Weeks</b>				
322405-A	TUE.	Sep. 2 - Oct. 14	6:30PM - 7:30PM	\$35.00
322405-B	THUR.	Sep. 4 - Oct. 16	6:30PM - 7:30PM	\$35.00
<b>SESSION II - 7 Weeks</b>				
322405-C	TUE.	Oct. 21 - Dec. 9 (No class Nov. 25)	6:30PM - 7:30PM	\$35.00
322405-D	THUR.	Oct. 23 - Dec. 11 (No class Nov. 27)	6:30PM - 7:30PM	\$35.00

## GENTLE YOGA-PILATES FUSION

Build strength and flexibility, improve your sense of balance, and stretch away stress! Wear loose comfortable clothing, bring a yoga mat or large towel and let yourself enjoy the experience. All skill levels are welcome, but this class is especially designed for beginners, the "less than flexible", and for those who need to be careful of health conditions or previous injuries. (Please let instructor know of any health/injury issues so she can assist you).

**INSTRUCTOR:** Diana Newago Knoke  
**DAY:** Mondays  
**TIME:** 5:30 - 6:30  
**SITE:** Memorial Park Appleblossom Shelter, 1175 Appleblossom Dr.

CLASS #	DATES	COST
322407-A	Sep. 15 - Oct 27	\$42.00
322407-B	Nov. 3 - Dec. 15	\$42.00

## PILATES

Pilate's method of body conditioning will strengthen and tone muscles, promote flexibility and balance, improve posture, unite body and mind advanced variations to receive a more challenging practice. Comfortable clothing, yoga mat, and a large towel or blanket is recommended.

**LOCATION:** Memorial Park, Appleblossom Shelter. Instructed by Sue Houlihan RYT, CYT, CTA, CPT (Tuesday Instructor) and Lea Ann Konizter - Schneider RYT, CYT, CTA, CPT. (Thursday Instructor)

CLASS #	DAY	DATES	TIMES	COST
<b>SESSION I - 7 Weeks</b>				
322406-A	TUE.	Sep. 2 - Oct. 14	5:30PM - 6:20PM	\$35.00
322406-B	THUR.	Sep. 4 - Oct. 16	5:30PM - 6:20PM	\$35.00
<b>SESSION II - 7 Weeks</b>				
322406-C	TUE.	Oct. 21 - Dec. 9 (No class Nov. 25)	5:30PM - 6:20PM	\$35.00
322406-D	THUR.	Oct. 23 - Dec. 11 (No class Nov. 27)	5:30PM - 6:20PM	\$35.00

## ZUMBA

Zumba is a fusion of Latin and International music that creates a dynamic, exciting, and effective fitness system. It combines high energy and motivating music with unique moves and combinations. It is based on the principle that a workout should be "FUN AND EASY TO DO" allowing participants to stick with it and achieve long-term health benefits. For class wear comfortable workout clothes and bring a water bottle and a small towel.

**MON & WED INSTRUCTOR:** JACQUELINE BROWN

**TUES. INSTRUCTOR:** HALEY BIRR

**SITE:** MON. - TAFT ELEMENTARY, 133 S. Western Ave.  
TUE. - ROOSEVELT ELEMENTARY, 215 E. Forest Ave.  
WED. - HOOVER ELEMENTARY, 950 Hunt Ave.

CLASS #	DAY	DATES/LOCATION	TIMES	COST
<b>SESSION I</b>				
322420-A	MON	Sep. 15 - Oct. 27	6:00PM - 7:00PM	\$35.00
322420-B	TUE	Sep. 2 - Oct. 14	5:30PM - 6:30PM	\$35.00
322420-C	WED	Sep. 17 - Nov. 5	5:30PM - 6:30PM	\$40.00
<b>SESSION II</b>				
322420-D	MON	Nov. 10 - Dec. 22	6:00PM - 7:00PM	\$35.00
322420-E	TUE	Oct. 21 - Dec. 9 No class Nov. 4	5:30PM - 6:30PM	\$35.00
322420-F	WED	Nov. 12 - Dec. 17	5:30PM - 6:30PM	\$30.00

**SAVE** - SIGN UP FOR ANY TWO ZUMBA CLASSES IN THE SAME SESSION AND TAKE \$10.00 OFF YOUR TOTAL. DISCOUNT APPLIES ONLY TO MAIL IN OR WALK IN REGISTRATION

*Get Fit*





# FALL/WINTER DANCE LESSONS



Dance classes will be held at and taught by instructors at **Valley Academy for the Arts, 139 N. Lake St., Neenah.** Valley Academy for the Arts provides premier instruction in dance, music and the arts for children and adults at every level. The rewards and confidence achieved in the arts carry over to all aspects of a student's life.

- DATES:** Week of Sep. 15 - Week of Dec. 15 (break) resume week of January 5 to Dance Revue.
- REVUE:** At the end of the spring dance session, students will perform at Pickard Auditorium (Date TBD)
- COSTUMES:** There will be a charge for costumes for the dance performance. This is in addition to the class fee (est.\$40-\$45)
- CLASS FEE:** 45 Minute Classes - \$120  
30 Minute Classes - \$96

CLASS #	DAY	CLASS	AGE	TIMES
310201-A	Mon.	Combo Ballet & Tap	3	11:30 - 12:15
310201-B	Mon.	Combo Ballet & Tap	4	4:00 - 4:45
310201-C	Mon.	Combo Ballet & Tap	5 & 6	4:45 - 5:30
310201-D	Mon.	Jazz	5 & 6	5:30 - 6:00
310202-A	Tue.	Combo Ballet & Tap	4	9:15 - 10:00
310202-B	Tue.	Ballet	7 & 8	4:15 - 5:00
310202-C	Tue.	Jazz	7 & 8	5:00 - 5:45
310202-D	Tue.	Tap	7 & 8	5:45 - 6:15
310202-E	Tue.	Lyrical	7 & 8	6:15 - 7:00
310203-A	Wed.	Combo Ballet & Tap	3	11:30 - 12:15
310204-A	Thur.	Combo Ballet & Tap	4	11:30 - 12:15
310204-B	Thur.	Combo Ballet & Tap	3	3:15 - 4:00
310204-C	Thur.	Combo Ballet & Tap	5 & 6	4:00 - 4:45
310204-D	Thur.	Lyrical	9&up	5:00 - 5:45
310204-E	Thur.	Ballet	9&up	5:45 - 6:30
310204-F	Thur.	Jazz	9&up	6:30 - 7:15
310204-G	Thur.	Tap	9&up	7:15 - 7:45
310204-H	Thur.	Jazz	12&up	7:45 - 8:30

**PLEASE NOTE**  
**REGISTRATION BEGINS:**  
City of Neenah Residents August 6<sup>th</sup>  
Non-Residents August 15<sup>th</sup>

----- WALK IN, MAIL IN OR REGISTER ONLINE [www.neenahgov.org](http://www.neenahgov.org) -----

GUARDIAN LAST NAME: \_\_\_\_\_ GUARDIAN FIRST NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_ CITY: \_\_\_\_\_ ZIP: \_\_\_\_\_

PRIMARY PHONE #: \_\_\_\_\_ SECONDARY PHONE #: \_\_\_\_\_

EMAIL ADDRESS: \_\_\_\_\_ Resident  Non Resident  Based on the city/town you pay taxes to.

PARTICIPANT'S FIRST NAME (last name if different than above)	M/F	BIRTH DATE	AGE	GRADE FALL	CLASS #	FEE
<b>TOTAL AMOUNT DUE</b>						

**ADULT SIGNATURE:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

I HAVE READ AND UNDERSTAND THE LIABILITY INFORMATION LISTED BELOW  
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**MAIL OR DROP OFF FORM AND PAYMENT TO:**  
 Neenah Parks & Rec. Dept., 211 Walnut St., Neenah, WI 54956  
 OR Register Online [www.neenahgov.org](http://www.neenahgov.org)





# REGISTRATION FORM

ONE FORM PER HOUSEHOLD

(Please Print Clearly)

GUARDIAN'S LAST NAME \_\_\_\_\_ GUARDIAN'S FIRST NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_ CITY \_\_\_\_\_ ZIP \_\_\_\_\_

PHONE (H) \_\_\_\_\_ (C) \_\_\_\_\_ (E) \_\_\_\_\_

EMAIL ADDRESS \_\_\_\_\_

(Your residency is based on what city/town you pay taxes to, not necessarily what your mailing address indicates.)

RESIDENCY: (Please check one) CITY OF NEENAH  NON- RESIDENT

YOUTH SPORTS CAMPS & OPERATION RECREATION (if purchasing for OpRec) T-SHIRT SIZE		
CHILD'S NAME	CIRCLE ONE	CIRCLE ONE
	YOUTH or ADULT	Small Medium Large X-Large
	YOUTH or ADULT	Small Medium Large X-Large

<b>OPERATION RECREATION ONLY</b>	DROP OFF TIME: _____	PICK UP TIME: _____
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SPECIAL CONSIDERATIONS (Medications, disabilities, etc.) \_\_\_\_\_

PARTICIPANTS FIRST NAME (Last name if different than above)	M/F	BIRTH DATE	AGE	GRADE FALL 2014	CLASS #	ACTIVITY	FEE

Add \$1 or more to your total → fees to help provide financial assistance for a City of Neenah resident unable to afford program fees. Thanks for supporting the SUNSHINE PROGRAM and your community.

<b>SUNSHINE PROGRAM MARK UP (optional)</b> → → → →	\$ _____
<b>TOTAL AMOUNT DUE</b>	\$ _____

 **WHERE DID YOU HEAR ABOUT OUR PROGRAMS?**  Leisure Connections Brochure  Website  E-Mail  Newspaper  Facebook  Word of Mouth  City Newsletter  Other: \_\_\_\_\_

ADULT SIGNATURE \_\_\_\_\_ DATE \_\_\_\_\_  
I have read and understand the liability information listed below.

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