



F O R T • A T K I N S O N
PARKS & RECREATION

Fort Atkinson Parks & Recreation

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Fort Atkinson, WI 53538

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Fall Activities

FLAG FOOTBALL (Gr 5K-5)

Strap on the flags, get your play in the huddle and score the winning touchdown! Teams are coached by volunteer parents with help from the FA Blackhawk Football Team. Teams meet on Saturday for a partial practice, then play a game.

Due to timing, we will not be a part of the NFL Flag program this season.

Days: Saturdays **Starts:** Sept. 19 **Ends:** Oct. 10

Time: **Grade 4/5** - 9:00-10:45 a.m. **Grade K-3** - 9:30-10:45 a.m.

Location: High School Practice Fields (back of school)

Fee: Grade 4/5 - \$30 Grade K-5 - \$25 (+\$5 after Sept. 11)

Note: Volunteer Coaches meet 15 min. before the start on Saturdays & receive a lesson plan for the day along with a brief discussion on teaching techniques.



JR. POMS (Gr. 5K-5)

The Fort High School POMS Team will teach your daughter cheers and a halftime dance. The last week features a special halftime dance routine and cheers inside Blackhawk Stadium.

Days: Saturdays **Starts:** Sept. 19 **Ends:** Oct. 10

Time: 9:15-10:30 a.m.

Location: High School Wrestling Room (drop off at the front entrance)

Fee: \$25 - includes t-shirt (+\$5 after Sept. 11)



BASKETBALL

CO-ED OFFENSIVE SKILLS CAMP (Gr. 3-8)

Led by FA Girls Head Basketball Coach, Mike Rajsich, campers will be led in a variety of skills and drills to improve their offensive game!

Days: Saturdays **Starts:** Sept. 19 **Ends:** Oct. 17

Time: Grade 7/8 - 9:00-9:55 a.m.

Grade 5/6 - 10:00-10:55 a.m.

Grade 3/4 - 11:00-11:55 a.m.

Location: Municipal Building Gym

Fee: \$25 - includes t-shirt (+\$5 after Sept. 16)



GRADES 3/4 & 5/6 BOYS & GIRLS BASKETBALL LEAGUE

At this time, we are still evaluating what our options are. We hope to run our regular league, but may only be able to play Fort teams. Please watch our website, or visit our Facebook page for updates.

PEE WEE BASKETBALL (Ages 3-4-5)

This unique program blends our energetic staff, parents and their children for 4 days of a fun basketball experience. Our lead instructor shows parents how to best teach the proper skills for this age while utilizing age appropriate equipment. **Parent or Adult must participate.**

Dates: November 16, 18, 23, 25 **Time:** 4:00-4:45 p.m. **Max:** 20/session

Location: Municipal Building Gym **Fee:** \$20 (+\$5 after Nov. 1)

MINI DUNKERS (Gr. 5K & 1)

This 4 week course for both boys & girls will get you started in the right direction. Extensive ball handling and shooting skills will be covered at stations for the hour.

Days: Saturdays **Starts:** Oct. 31 **Ends:** Nov. 21

Time: 9:30-10:30 a.m.

Location: Fort High School Gym (Oct. 31, Nov. 7, 21)

Municipal Building Gym (Nov. 14)

Fee: \$25 - includes t-shirt (+\$5 after Oct. 16)



SMALL FRY (Grades 2-3)

Dribbling games, shooting contest, relays & obstacle courses are used to teach the skills of basketball each Saturday. Full court games will be introduced.

Days: Saturdays **Starts:** Oct. 31 **Ends:** Nov. 21

Time: 8:30-9:30 a.m.

Location: Fort High School Gym (Oct. 31, Nov. 7, 21)

Municipal Building Gym (Nov. 14)

Fee: \$25 - includes t-shirt (+\$5 after Oct. 16)

Volleyball

BOYS & GIRLS BANTAM VOLLEYBALL

(Grade 4-5-6)

Learn the individual skills of volleyball. Serving, setting, passing, and spiking will be covered with drills and contests to challenge and add to the fun! This is a great program for inexperienced 6th graders (1 year of less of volleyball).

Days: Mondays **Starts:** Nov. 9 **Ends:** Dec. 7

Time: 5:15-6:15 p.m.

Location: Municipal Building Gym

Fee: \$25 - includes t-shirt (+\$5 after Oct. 23)



BOYS & GIRLS SMASH VOLLEYBALL

(Grade 6-7-8)

Continue your instruction in volleyball, plus add more team strategies through game competition. 6th graders who have played volleyball for 2+ years may sign up for this program.

Days: Mondays **Starts:** Nov. 9 **Ends:** Dec. 7

Time: 6:15-7:30 p.m.

Location: Municipal Building Gym

Fee: \$25 - includes t-shirt (+\$5 after Oct. 23)

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WIDE WORLD OF SPORTS (Ages 4-5-Kindergarten)

What sport do you like? If you like them all or want to try them all, then Wide World of Sports is for you! Instructors will teach a new sport each week and include basic rules, simple skills, fun contests and kids will get to see all the equipment needed to play each sport. This is a very non-competitive atmosphere—with safe, proper size sports ball used. Sports include Baseball, Basketball, Flag Football, and Soccer. At the end of each class, kids will get to try on jersey and equipment (will be properly sanitized between each participant)!

Days: Wednesdays

Starts: Oct. 7

Ends: Oct. 28

Time: 3:45-4:30 p.m.

Location: Municipal Building Gym

Fee: \$20 (+\$5 after Oct. 1)

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FORT ATKINSON TRADITIONAL KARATE-DO (Age 5-Adult)

8 different classes depending on age and rank are offered on Tuesdays & Thursday at the Municipal Building Gym.

Pre-K classes (age 3 & 4) are not being offered at this time.

All classes are based on age and experience. For a full list of classes and times, check out our website or blue registration form in the Parks & Rec Office.

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SIGN UP ONLINE AT: fortparksandrec.com or complete the registration form below and return to Fort Parks & Rec.

Participant's Name: _____ Male Female Birthdate: _____

Address: _____ City: _____ Zip: _____

Phone Number: _____ School: _____ Grade/Age: _____

Email: _____

Name of Program(s) Registering for: _____

Shirt Size: YS YM YL AS AM AL

Flag Football - I am interested in being a Head Coach _____ I am interested in being an Assistant Coach _____