

School District of the Menomonie Area

# FIELD HOUSE

COMMUNITY ED & RECREATIONAL SERVICES  
LEARN - PLAY - PARTICIPATE

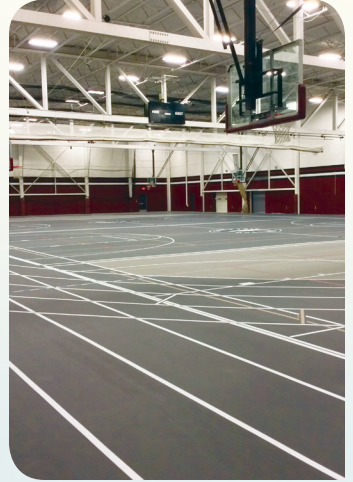


## 40 Years of Rec!

## Spring 2020 GUIDEBOOK

Enrichment | Sports & Recreation  
Aquatics | Fitness & Wellness

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## Contact Us

### MHS Field House

#### Staff

**Kale Proksch** - Director of Community Ed & Recreational Services

**Michael Jones** - Custodian

#### Location

MHS Field House - 1715 5th St West  
Menomonie WI 54751

(South parking lot entrance) Door #25

#### Office Hours

Regular Hours: Monday - Friday - 8:30am-4:30pm

Summer Hours: Monday - Thursday - 7am-4pm

#### Website

[www.msd.k12.wi.us](http://www.msd.k12.wi.us) - Look for us under  
Parents & Community

### Contact Info

Ph: 715-232-1197

Email: [mhsfieldhouse@msd.k12.wi.us](mailto:mhsfieldhouse@msd.k12.wi.us)

### Update Your Max Galaxy Account

Max Galaxy is the NEW online registration software program used by MHS Field House Dept. To update your account, login in at [mhsfieldhouse.maxgalaxy.net](https://mhsfieldhouse.maxgalaxy.net)

1. Click on My Account link in top right corner
2. Click on the edit my account link
3. On this page, you can change your account info, including password and personal info (name, address, phone, email, and emergency contact)

## WORK WHERE YOU PLAY!

Part Time Positions - We have a job for you.  
Stop by the MHS Field House and see us.  
Receive a FREE FieldHouse Membership!

- Personal Trainers
- Group Fitness Instructors
- Swimming Instructors
- Lifeguards
- Building Supervisors
- Sports Instructors
- Enrichment Class Instructors



# Where Everyone Can Play!

- Four full size basketball courts
- Indoor sport court surface featuring tennis, volleyball and badminton courts
- Indoor running track
- Weight Room offering free weights and circuit weight equipment
- Cardio Room offering cardio machine options and group fitness classes
- 25-yard pool features lap lanes, shallow end and diving well areas



## ADDRESS

MHS Fieldhouse  
1715 5th St W  
South Entrance Door #25

## PHONE

715-232-1197

## HOURS (Open Recreation)

Mondays	7pm-9pm
Thursdays	7pm-9pm
Fridays	6pm-9pm
Saturday-Sunday	1pm-4pm



Follow us on Facebook  
& Twitter @mhsfieldhouse

# Field House Pass and Membership Rates

## Passes

	Daily	7-Visit
Children(under 5)	Free/paid Adult	
Youth (5yrs- 17yrs)	\$3	\$18
MHS Student	Free w/ ID	
College (w/ID)	\$4	\$24
Adult (18yrs-up)	\$5	\$30
Military (w/ID)	\$4	\$24
Older Adult (Over 60)	\$4	\$24

## Membership

	School Yr (Sept-May)	Yearly (Sept-Aug)
Youth (5yrs- 17yrs)	\$25	\$35
College (W/ID)	\$45	\$55
Adult (18yrs-up)	\$55	\$65
Military (w/ID)	\$45	\$55
Older Adult (Over 60)	\$45	\$55
Family (2 Adults & children under 18)	\$105	\$115

Check at the front counter for a monthly drop-in schedule. Membership passes, student pass and/or daily pass needed to use the facilities. Schedule Subject to change depending on school district use. Call ahead to verify (715-232-1197). All Participants should enter the facilities through the Field House entrance doors on the South Side of the High School during Open Rec times.

- Children under 8 must have direct adult supervision. Children 12 and older are permitted in the fitness areas at any time.

## Membership Drive

Support Community Ed & Recreation, and your dedication to a healthier lifestyle by purchasing a Field House Membership! Yearly membership purchases during this month will receive a FREE Field House gift (1 per family) along with a FREE day pass to gift a friend or loved one. Once again there are two membership options including school-year, and yearly membership. Choose the best membership for your schedule and budget!

**DATES:** Month of August & September

**LOCATION:** MHS Field House Front Desk, or Online at [www.msd.k12.wi.us](http://www.msd.k12.wi.us)

# SPECIAL EVENTS

## BADGES N' BUDDIES

*6 years and Older*

Kids join us at the Field House as we partner with the Menomonie Police & Fire Departments for some fun sports activities like; basketball, kickball and Volleyball. Enjoy a little friendly competition while getting to know the community helpers in your Menomonie community!

FieldHouse Gym | \$5 per kid  
Saturday | April 4 | 10am-11am

## SPORTS EXPO

Families come out and learn about the Youth Sports Offerings that are available to the Menomonie community! Each youth sports organization will have an informational table about their sport, registration dates, season and more.

Field House Gym | FREE  
Sunday | April 5 | 5pm-6:30pm

## THE GREAT CARDBOARD BOAT RACE

*8 years and Older*

Design, build, race, (and most likely) sink!  
Win the challenge to paddle your cardboard boat to the finish line! Boats may be crewed

by one person or by a two-person team; divisions for youth and adults. Awards will be given out for the fastest and most creative boats plus the most dramatic sinking.

FieldHouse Pool | \$10 per boat  
Wednesday | April 29 | 7pm-8pm  
Boat check in 6:30pm

## LEARN 2 RIDE

*4 years and older with an adult*

Is your child ready to lose the training wheels? Are you tired of running up and down the sidewalk? Learn easy, hands-on techniques to get your child riding solo on two wheels! This innovative approach includes balancing, gliding, pedaling. Participants receive instruction from volunteers and then practice what they've learned with the help of a parent or grown up on a closed course. Every participant receives helmet fitting, instruction and practice time. Participants must bring their own bike, helmet and an active, participating adult! This class is in Partnership with Mayo Clinic Health Systems, Menomonie Police Dept., and the Lions Club.

River Heights Castle Playground lot  
FREE, but must register before event  
Wednesday | May 6 | 5:30pm-6:30pm

## MAAC Youth Triathlon

Saturday, June 6, 2020 - [maacswimming.com](http://maacswimming.com)



# ACTIVE AGING ADULTS

## PICKLEBALL CLINIC

*Ages 50 and over*

Try something new and come out and learn Pickleball with your fellow community members! Pickleball is a low-net game, with a court size similar to tennis. The game is played in singles or doubles with a wiffle ball and paddle similar size to a ping-pong paddle.

FieldHouse Gym  
Members-FREE, Non-members \$5  
Monday | April 13 | 10am-11am

## RISE N' SHINE AQUACISE\*

*Ages 18 and over*

The early bird gets fit! Increasing blood circulation first thing in the morning leads to better focus and energy throughout the day; that is why Rise and Shine Aquacise is perfect for those needing an energy boost. Its low impact, water resistance training will help you increase flexibility, balance, and stamina. Maggie White Instructs. (No Class 4/10)

FieldHouse Pool  
Members-FREE, Non-members \$40  
M,W,F 3/23-5/15 | 6am-7am  
Free Drop-in Classes 3/2-13

## HAPPY HOUR AQUACISE\*

*Ages 18 and over*

Stressful day? Join us to alleviate the day's stress, have fun, and tone muscles. This cardiovascular workout will help you regain focus and destress all while offering you the physical and social benefits you crave. Ruth Ann Walleser Instructs. (No Class 4/10)

FieldHouse Pool  
Members-FREE, Non-members \$40  
M,W,F 3/23-5/15 | 6pm-7pm  
Free Drop-in Classes 3/2-13

## SENIOR STROLL

*Ages 50 and over*

Lift your mood and move your feet! Join Shine Nutrition, Senior Center and the Field House as we celebrate National Senior Health & Fitness Day and host our 1st annual Senior Stroll.

Location TBD  
FREE, but must register before class date  
Friday | May 29 | 9am



## Before you Dip Into the Pool

*(Frequently Asked Questions and Answers for Pool Use)*

**When should we arrive:** Please, no more than ten minutes before classes or open swim times. Please pick up promptly at the end of class or closing times. Instructors are unable to supervise the child(ren) outside of class/building times.

**What TO bring and NOT TO Bring:** Must provide own suit and towel. Proper swim attire required - no cut-offs, shorts and/or t-shirts. Long hair should be pulled back. The Field House is not responsible for lost/stolen items. No food or drink is allowed in the pool/locker rooms areas. (Water in a plastic bottle is acceptable)

**Locker Rooms:** Showers must be taken prior to swimming. Please provide own locks if using lockers, everything must be out at the end of the day. See front desk for monthly use. Children of the opposite sex may accompany a parent in the locker room if 5 years of age or under.

**Spectators:** We ask that either you either sit in the bleacher or lobby areas. Children 8 yrs of age and younger must have an adult (18 & over) accompanying them, in and out of the water at all times.

**Pool Entrance:** Please use doors in the South park lot (Field House entrance #25)

Water Temperature: 80-82 degrees

## AQUATICS TRAINING

### DISCOVER SCUBA

*10 years and older*

Learn all about SCUBA diving and experience the thrill of swimming underwater with all the required SCUBA equipment. Participants will use actual equipment (all equipment provided) in the shallow pool. Under the guidance of a PADI scuba instructor get all your questions answered while experiencing the thrill of underwater. This is a great opportunity to expose yourself to Scuba Diving before committing to the certification training process. Bring a swimsuit and towel to class. Terry Nooner of St. Croix Scuba & Snorkeling Instructs. Youth Ages 10- 15 must be accompanied by a paying adult.

FieldHouse Pool  
Members-\$40; Non-members-\$50  
Tuesday | 3/31 | 6pm-7:30pm

## FITNESS SWIM

### NEXT LEVEL SWIM\*

*18 years and older*

This Class is a 7-week session open to all experienced swimmers wanting to improve overall fitness and swimming technique. Amy Leach Instructs. (No class 4/12, 5/24)

FieldHouse Pool  
Members-\$40; Non-members-\$50  
Sun & Thur | 4/5 - 5/21 | 7pm

### AQUA ZUMBA

*14 years and older*

Join us Monday Evenings and get a great workout in. Aqua zumba blends the zumba philosophy with water resistance into a low impact, high-energy aquatic exercise. This is one pool party you won't want to miss! Katie Johnson of Mayo Clinic Health Systems Instructs.

FieldHouse Pool  
Members-FREE; Non-members-\$40  
Mondays | 4/6-5/11 | 4:30pm-5:15pm

### H<sub>2</sub>O TO GO (SHALLOW WATER)\*

*14 years and older*

Looking to strengthen and tone muscles without compromising joints? Join us for a high-energy, shallow water exercise class

designed to combine strength training and cardio exercises to get you into shape. Tina Tharp of Mayo Clinic Health Systems Instructs.

FieldHouse Pool  
Members-FREE; Non-members-\$40  
Tuesdays | 4/7-5/12 | 6:15am-7am

### HIIT THE POOL\*

*14 years and older*

Need a great working in a short period of time? Join us in the pool for a high intensity water exercise class that will get your heart pumping and your muscles working. Tina Tharp of Mayo Clinic Health Systems Instructs.

FieldHouse Pool  
Members-FREE; Non-members-\$40  
Wednesdays | 4/8-5/13 | 4:30pm-5:15pm

### HYDRO BURN (DEEP WATER)\*

*14 years and older*

Test your limits and get your heart pumping with this challenging, high intensity, deep water workout. You must be comfortable swimming in deep water. Tina Tharp of Mayo Clinic Health Systems Instructs.

FieldHouse Pool  
Members-FREE; Non-members-\$40  
Thursdays | 4/9-5/14 | 6:15am-7am

## SWIM LESSONS

### PRIVATE/SEMI SWIM LESSONS

Does your child need one on one swim lessons to help them adjust to the water or grasp a specific stroke? Regardless of age or ability, we have lessons that are appropriate for all skill levels. Registration's will only be accepted after you fill out and return a PSL form to the Field House front desk. All lessons must be paid at the time of your first lesson. Ages 4 and over - Sessions start in October and run until Mid-May!  
\*All lessons are dependant on enough instructors.

**Private Lesson Fees** (1on1 Lessons):  
1 Session for 30 min - \$25.00  
6 Sessions for 30 min - \$80.00

**Semi-Private Lesson Fees** (2 or 3 students at similar levels - must register together):  
1 Session for 30 min - \$20.00/student  
6 Sessions for 30 min - \$50.00/student

## OPEN SWIM

### JOIN THE CLUB!

Swimming just got more exciting! Challenge yourself to the 100 Mile Club and swim, jog or walk 100 aqua Miles in just ONE YEAR! When you complete 100 miles in one calendar year you will EARN a free 100 Mile T-Shirt to proudly show your accomplishment! ALL AGES - FREE PROGRAM - Register at the front desk and we will help you keep track of your miles. Additional challenges will be ran throughout the year to help you meet this Goal. (Starts in September) Swim for Life!

### SWIM STRONG (LAP SWIM)

*8 years and older*

Stay fit, work on your technique, improve your endurance, and rejuvenate your mind and body while you swim your way to a healthier life! Circle swim on six-meter blue lanes. Kick boards, pull buoys, and pace clocks are available for your use. Two lane lines are also available during evening open swim times. Be sure to sign-up and join our 100-mile club!

Drop-in | Field House Pool  
Members-FREE; Non-members-\$2  
Mon, Wed, Fri. 6am-7am | Wed. 6pm-7pm

### GIVE IT TRI! (LAP SWIM)

*18 years and older*

Have you ever considered training for a triathlon, but weren't sure where to begin? These times are set aside for triathletes training for that BIG race. Get in shape, stay motivated, and reach your goals. Tuesday = (4 - meter blue lanes) & Thursday = (3 - yard black lanes)

Drop-in | Field House Pool  
Members-FREE; Non-members-\$2  
Tues & Thurs 6am-7am | 4/7-5/14

### RESERVE YOUR OWN LAP LANE (LAP SWIM)

*8 years and older*

Are you tired of sharing a lane or is it to full when you show up to swim. Now is your chance to reserve your own personal lap lane. Either choose from Tuesday mornings or Sunday afternoons. Choose a 30 minute time slot and have a whole lane to yourself and enjoy your swim workout. (No Swim 4/12)

Field House Pool  
Members-\$10; Non-members \$20  
4/5 - 5/17 | Tues 6am-7am & Sun 1pm-4pm

## AQUA WALK/JOG

*8 years and older*

Water walking/jogging is an easy, low-impact exercise that allows you to use the resistance of the water to tone muscles, while it supports body weight and reduces stress on joints and minimizes pain. Pool is heated and ADA accessible.

Drop-in | Field House Pool  
Members-FREE; Non-members-\$2  
M,W,F. 6am-7am | W 6pm-7pm

## DEEP WATER RUNNING

*8 years and older*

You may not be able to walk on water, but you can run in the pool. Continue to enjoy your running workouts whatever the outdoor weather conditions are. Any runner looking to increase their cardiovascular capacity minus wear and tear on muscles should jump on in. The water's fine! \*Water Belts Available

Drop-in | Field House Pool  
Members-FREE; Non-members-\$2  
Wednesdays | 6pm-7pm

## FAMILY SWIM

*All Ages*

Get together with your family and spend some quality fun time at the pool. Immediate family only, children must be under 18 and accompanied by adults. Adults must be accompanied by children. Children who are not potty-trained must wear an approved reusable swim diaper. These may be purchased from the Field House front desk or brought from home. (Family is deemed up to 2 adults and children under 18 living within the same household)

Drop-in | Field House Pool  
Members-FREE; Non-members-\$5  
Sundays | 4pm-5pm

## TEACH A CLASS



Share your knowledge, passion and interests with others.

Menomonie Field House is looking for Instructors.

Earn extra income while improving the quality of life in the Menomonie community.

*For More Information -*  
Visit MHS Field House on the Menomonie Schools website or call 715-232-1197.



## ZUMBA TONE\*

*Ages 14 and over*

This class combines targeted body sculpting exercises and high energy cardio work with Latin-infused Zumba moves to create a calorie torching, strength training, dance fitness party. Light weights enhance sense of rhythm and coordination, while toning target zones, including arms, core and lower body. Daisy Pignetti Instructs.

FieldHouse CR

Members-\$24; Non-members-\$40

Mondays | 4/6-5/11 | 5:45pm-6:30pm

## MAT PILATES\*

*Ages 14 and over*

Mat Pilates is a way to stretch and strengthen your body, primarily the muscles of the core, which span from your hips to your shoulders. Each week we will work through a series of exercises that is performed equipment-free, on the floor using an exercise or yoga mat. You will leave this class feeling whole and refreshed! Daisy Pignetti Instructs.

FieldHouse CR

Members-\$24; Non-members-\$40

Mondays | 4/6-5/11 | 6:45pm-7:30pm

## CARDIO ROTATION\*

*Ages 14 and over*

Calorie blasting workout to the hottest music! You will get a total upper and lower body workout while burning calories and fat. You will have so much fun jumping, kicking, punching and dancing that you won't realize what an awesome workout you will be getting. The moves are fun and easy to follow for everyone! Kalie Victorian of Shine Nutrition Instructs.

FieldHouse CR

Members-\$24; Non-members-\$40

Tuesdays | 4/7-5/12 | 5:45pm-6:30pm

## STRENGTH & TONE\*

*Ages 14 and over*

This class is great for anyone looking to tone their muscles and get a great workout in. Classes will include a variety of exercises using

hand weights, exercise bands and body weight. Each class will work a variety of muscle groups through various exercises. Modifications will be offered to meet the needs of all members and abilities. Kalie Victorian of Shine Nutrition Instructs.

FieldHouse CR

Members-\$24; Non-members-\$40

Tuesdays | 4/7-5/12 | 6:45pm-7:30pm

## GENTLE YOGA\*

*Ages 14 and over*

This class will be designed for both the beginner and for those who have been practicing yoga. We will move slowly and mindfully, concentrating on breathing and how our body feels in the various poses. Tina Tharp of Mayo Clinic Health Systems Instructs.

FieldHouse CR

Members-Free; Non-members-\$40

Wednesday | 4/8 - 5/13 | 5:45pm-6:30pm

## WOMEN ON WEIGHTS\*

Learn to lift weights the correct way! Women of all ages and fitness levels are welcome. This class utilizes free weights, body weight, resistance bands, weighted bars, stability balls and other weight room equipment to strengthen and develop muscles throughout the entire body in a fun, energetic group setting. Morgan Larson Instructs.

FieldHouse WTRM

Members-\$24; Non-members-\$40

Wednesday | 4/8 - 5/13 | 6:45pm-7:15pm

## STEP EXPLOSION\*

*Ages 14 and over*

High intensity step class utilizing the latest step choreography & turbo charged combinations for the ultimate step aerobics workout. Get ready to be invigorated as well as entertained! Morgan Larson Instructs.

FieldHouse CR

Members-\$24; Non-members-\$40

Thursdays | 4/9-5/14 | 5:45pm-6:30pm

**FITNESS CLASS WALK-IN RATE \*=  
WALK-IN CLASS FEE COST \$7 PER CLASS**

## **BALL PILATES\***

*Ages 14 and over*

Ball pilates focuses on improving back and core strength using the stability ball, and we will review how to choose a ball for each participant's height. The ball will *not* be used during the entire class, but the dynamic movements we do with them will increase the balance challenges and add additional resistance. You will leave feeling stronger and more flexible!

FieldHouse CR

Members-\$24; Non-members-\$40

Thursdays | 4/9-5/14 | 6:45pm-7:30pm

## **AM YOGA STRONG\***

*Ages 14 and over*

This class will be a blend of flow yoga and light resistance training activities to help increase strength and endurance Tina Tharp of Mayo Clinic Health Systems Instructs.

FieldHouse CR

Members-Free; Non-members-\$40

Fridays | 4/17 - 5/15 | 6:15am-7am

## **BASIC SELF DEFENSE**

*Ages 16 & over*

Join Menomonie Police Officer Aaron Bergh in this class that will focus on the importance and power of intuition, fear management, and basic self-defense techniques. Please wear comfortable clothing, as there will be some physical activity. Aaron Bergh of the Menomonie Police Department Instructs.

Field House WR

Members-FREE; Non-members-\$10

Saturday | 4/4 | 9pm-12pm

## **9th Annual Get It Dunn 5K + 1/2 Marathon** Saturday, May 16, 2020 in Menomonie

Register at: [getitdunnrun.com](http://getitdunnrun.com)

5K - \$30 (now thru 2/29/20) 1/2 - \$50 (now thru 2/29/20)

**GET it  
DUNN!**

**5K AND 1/2 MARATHON**

PRESENTED BY MIND OVER MATTER (M.O.M.)

## MENOMONIE IN MOTION COUCH TO 5K

*Ages 14 & over*

It's our 5th season and we want you to join us! The first class is March 9th from 5:30-7. After that, we'll meet twice a week for an hour (+ a weekend "homework workout").\* Not a runner? No problem! We focus on moving and fun. No matter where you are in your fitness, there is a spot for YOU in this class. Grab a friend and join us! You can do this! Let's take the first step together! Bring a yoga mat to class (or towel). Wear comfortable clothes appropriate for going outside and tennis shoes. Please DO NOT get new shoes before class. Simply wear what you have the first day and we'll discuss proper shoes.

\*Mark your calendar for May 16th when we'll do the Menomonie Get It Dunn Run. Thanks to Mind Over Matter, registering for this class automatically registers you.

Wakanda Elementary  
\$40 | Mon. & Wed. | 3/9-5/13 | 5:30pm-6:30pm

## MENOMONIE IN MOTION MARATHON KIDS

*Ages 5-13*

Over the course of 8 weeks, kids will run (or walk!) a marathon (26.2 miles!). They'll set goals, see their progress every step of the way, and earn rewards to celebrate their achievements. EVERY kid (ages 5-13) is welcome to join! No running or sports experience necessary, just a willingness to try and a desire to have fun and encourage all members of the club.

Wakanda Elementary  
\$20 | Mon. & Wed. | 3/23-5/13 | 5:30pm-6:30pm

## SPRING HIKE

*Ages 18 & over*

Get out and enjoy a morning hike at the School District Environmental Site. Expect natural surface trails, rolling terrain with a few steep hills and a moderate pace. Wear comfortable walking shoes (closed-toed) or boots. Bring a water bottle, extra layers and trekking poles (optional). Transportation included please meet at the High School Fieldhouse Lobby@8:30AM.

School District Environmental Site  
Members-\$10; Non-members-\$20  
Tuesday | 5/12 | 9am-11am

## SOFTBALL CLINIC

*Grades 3rd-8th*

Join the High School softball coaches and team as they cover every aspect of the game of softball (defensively & offensively) and to recognize the importance of playing as a team. The clinic will put players through a series of exercises and drills in different areas of the game. Please wear appropriate clothing for practicing and bring softball glove, bat, helmet and shoes for outdoors & indoors if the weather is bad.

FieldHouse Gym  
School District-\$15; Non Resident-\$20  
Sunday | 3/29 | 12:45pm-6pm

## DROP-IN ACTIVITIES

### DROP-IN VOLLEYBALL

Come join other sports junkies for recreational "pick-up" games during open gym! Players of all skill levels are invited to participate. Drop in, get some exercise, have fun, meet new friends. Open courts for volleyball will be available for adult "drop in" play on Monday Nights at the MHS Field House.

Drop-in | Field House Gym cts 3&4  
Mondays | 7pm-9pm  
Members-FREE; Non-members-\$5

### DROP-IN BASKETBALL

Pick-up basketball at its finest! Come down and join the fun of "pick-up" style hoops. Teams will be broken down to 5-on-5 with a constant winner rotation. Players of all skill levels are invited to participate. Drop in, get some exercise, have fun, meet new friends. Open courts for basketball will be available for adult "drop in" play on Thursday Nights at the MHS Field House.

Drop-in | Field House Gym cts 2&3  
Thursdays | 7pm-9pm  
Members-FREE; Non-members-\$5

### OPEN BATTING CAGE

Open batting is open to anyone interested in developing or improving their batting skills. Children younger than 8 must be accompanied by an adult. Batting cage rules must be followed. Balls and limited supplies available for check-out; we encourage you to bring your own bat and helmet. All ages (Ends April 4th)

Drop-in | Field House Gym ct 4  
Saturdays | 1pm-4pm  
Members-FREE; Non-members-\$5

# SPORTS & RECREATION

## DROP-IN TENNIS/ PADDLEBALL

This is a great way for you to play and work on your game year-a-round. This is open to players at all levels to Drop in, get some exercise, have fun, meet new friends. Open courts for tennis will be available for "drop in" play on Sunday afternoons at the MHS Field House. All Ages (Ends April 5th)

Drop-in | Field House Gym cts 3&4  
Sundays | 1pm-4pm  
Members-FREE; Non-members-\$5

## DROP-IN INDOOR SOCCER

Bring your friends, neighbors and coworkers and join us! Drop in when your schedule allows. This is a great way to get in some fun and exercise before the weekend ends! All Ages (No drop-in 3/29, 4/12)

Drop-in | Field House Gym  
Sundays 3/22-5/17 | 4pm-5pm  
Members-FREE; Non-members-\$5

**Celebrate 40  
years of Rec!**  
**April 4-5**  
**FREE Admission**

## OPEN GOLF

Interested in developing or improving your swing? Come to open golf! Children younger than 8 must be accompanied by an adult. Golf net rules must be followed. Soft Balls available for check-out; please bring your own clubs - No Drivers. All Ages (Ends April 5th)

Drop-in | Field House CR  
Sundays | 4pm-5pm  
Members-FREE; Non-members-\$5

## SPORTS SKILLS

### PRIVATE LESSONS

Private coaching in sports skills, mental and physical toughness, as well as character. Lessons will be tailored to learner regardless of age, ability, and goals. Times will be arranged for the convenience of learner and coach. All lessons must be paid in advance of the first lesson. Contact us today! Ages 8-17 (Basketball & Tennis Skill offerings)

#### Private Lesson Fees (1on1 Lessons):

1 Session for 1 Hour - \$50.00  
3 Sessions for 1 Hour - \$80.00

#### Semi-Private Lesson Fees (2 or 3 students at similar levels - must register together):

1 Session for 1 Hour - \$40.00/student  
3 Sessions for 1 Hour - \$50.00/student

## Healthy Kids Running Series

HKRS is a fun, inclusive five-week running series for ages 2-14!  
Price \$35 (5 Races, t-shirt, race bibs, a sponsor race bag, and a shiny medal)

2-3 year olds = 50 yard dash

4-5 year old = 75 yard dash

K-1st grade = ¼ mile

2nd - 3rd grade ½ mile

4th - 8th grade - 1 mile

Sundays: April 26th, May 3,10,17 & 31  
at 3:00pm at River Heights Elementary.

To sign up, visit:

<https://healthykidsrunningseries.org/race-locations/menomonie-wi/>



## ADULT INTEREST

### ABC'S & D OF MEDICARE

*Ages 18 & over*

Are you new to Medicare, helping your parents with their Medicare or just plain confused about Medicare in general? You're not alone. Join us and learn the ABC's & D's of Medicare and take away the mystery, confusion and misinformation about Medicare. Bring your questions. Jeff Sauter Instructs.

FieldHouse Conf. Rm

Free, but must register before class date

Session I: Tuesday | 4/7 | 6pm-7:30pm

Session II: Monday | 5/4 | 6pm-7:30pm

### SOCIAL SECURITY: KEYS TO ENHANCING YOUR BENEFITS

*Ages 18 & over*

When it comes to navigating Social Security retirement benefits, the choices can be overwhelming. When should I apply? How much will I be taxed? Why do I need to think about this now? Social Security mistakes can be costly and lifelong. This workshop provides the guidance you need to sort through your questions and help ensure the choices you make are tailored to your needs. Jon Kroening of Synergy Retirement Planning Strategies, LLC. Instructs.

FieldHouse Conf. Rm

Members FREE Non Members \$10

Tuesday | 4/14 | 7pm-8pm

### LIVING WILL & HEALTH CARE POWER

*Ages 18 & over*

Participants will learn about the benefits of Healthcare Power of Attorney, Living Wills and other Advanced Directives to plan for disability and avoid guardianships. You will complete a valid Health Care Power (Living Will) during class under the guidance of Attorney James Krave, who has over 25 years of experience.

FieldHouse Conf. Rm

Members \$10 Non Members \$20

Tuesday | 4/21 | 6:30pm-8pm

### WHAT WILL RETIREMENT LOOK LIKE FOR YOU?

*Ages 18 & over*

Will I have enough to retire? Will my retirement income last? Are my assets protected? 44.9% of Americans ages 59 to 65 would run out of funds to pay for basic retirement expenses if they were to retire at age 65. Manage key risks all retirees face: Outliving their income, inflation, unpredictable events, market volatility, income taxes and rising healthcare costs. Turn retirement concerns into confidence. Jon Kroening of Synergy Retirement Planning Strategies, LLC. Instructs.

FieldHouse Conf. Rm

Members FREE Non Members \$10

Tuesday | 4/28 | 6pm-7pm

# PARTY WITH US!

Host your next birthday party at the MHS Field House. All parties include the use of the pool, Field House gym, and conference room during scheduled open rec times. Saturdays 1 pm-4 pm & Sundays 1:00 pm-4 pm. Please print off and mail in form located online.

# REGISTRATION INFORMATION

**Starting Monday, March 2, 2020 at 8:00 a.m. all programs listed in this brochure will be available for on-line, walk-in and mail-in registration.**

**ONLINE:** Go to [mhsfieldhouse.maxgalaxy.net](http://mhsfieldhouse.maxgalaxy.net). You can register and pay with a credit card through our secure website.

**BY MAIL:** Send in your registration form (found on adjacent page) and a check to the Field House office at 1715 5th St W., Menomonie WI. Make checks payable to SDMA.

**IN PERSON:** Visit the Field House office between 8:30 am and 4:30 pm, Monday–Friday. We are located at the Menomonie High School, south end of building.

- Payment is required for registration
- Confirmations will not be sent, but feel free to call us to confirm your registration.
- **Phoned in registrations are not accepted.**
- **IMPORTANT NOTICE:** Please remember when using on-line registration, the client should be the name of the person participating in the activity. If you enter your name on the client screen, you will be registering yourself for the activity.

## REGISTRATION FEE

Program fee discount on a number of classes when you sign-up and have a Field House Membership (FHM) Individuals who have bought and paid for a yearly membership to the MHS Field House for the 2019-2020 year. All individuals must first fill out a membership form at the MHS Field House office or online before classes begin including district staff and MHS students.

## LATE FEE

All participants who are not signed up prior to the start of class will be assessed a late fee of \$10 per registration. **Don't forget to register early!**

## CLASS CONFIRMATIONS

When you register online, you will receive an email confirmation. For all other registration methods, Field House Dept. does not send class confirmations. Assume you are in the class and that it will be held at the time and place indicated. We will contact you by email if there is a change. Please list an up to date

email address so we can reach you if a class is cancelled. Community Ed assumes no responsibility for reaching those who do not provide an email address.

## COMMUNITY ED & FH POLICIES

For more information on Insurance Coverage, Cancellation, Refund, Course Withdrawal, Class Confirmation, Weather Cancellation, and Use of Facilities Policies, please visit our website at [msd.k12.wi.us](http://msd.k12.wi.us)

## OOPS!

We cancelled it because we didn't know you were coming! Sometimes excellent courses are cancelled when too many people wait until the last minute to register. Please avoid disappointment and try to register at least one week before the course starts.

**PLEASE NOTE:** Please register early. Decisions to cancel classes are based on enrollment and must be made 5 days prior to the class start date.

## TYPO, WE GOOFED

Occasionally, there may be an error in the days, times, registration requirements or fees. Thank you for your understanding should these situations arise.

## REFUNDS/CANCELLATION POLICY

If you need to cancel a registration, you must notify us at 715-232-1197 at least 5 business days before the class begins and your fee will be refunded. Full refunds will be issued for classes that are cancelled by Community Ed. Refunds will not be given within 5 business days of the start or after the class has started. This policy is necessary for us to provide the best customer service.

## INCLEMENT WEATHER

Check our website. If school is delayed, cancelled or let out early due to weather or any other reasons, all community education classes and Field House activities will also be cancelled as well.

## SAY CHEESE!

For program promotional purposes, photographs may be taken of participants. If you do not wish to have your photo taken, please notify the department.

# REGISTER NOW!

**INFORMATION:** (Please complete a separate form for each participant)

Check the box that applies to you:  Field House Member  Non-Field House Member

Participant's Name \_\_\_\_\_ Birth date \_\_\_\_\_  
Last First (required for youth)

Address \_\_\_\_\_ Apt./Unit# \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home # (\_\_\_\_) \_\_\_\_\_ Work/Cell (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_ Gender: Male \_\_\_\_ Female \_\_\_\_ T-Shirt Size: \_\_\_\_

**CLASS REGISTRATION: (Registration Deadline: 5 days prior to start of class)**

Course Title	Class Date	Class Time	Class Fee

Participant's Name \_\_\_\_\_ Birth date \_\_\_\_\_  
Last First (required for youth)

Address \_\_\_\_\_ Apt./Unit# \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Home # (\_\_\_\_) \_\_\_\_\_ Work/Cell (\_\_\_\_) \_\_\_\_\_

Email: \_\_\_\_\_ Gender: Male \_\_\_\_ Female \_\_\_\_ T-Shirt Size: \_\_\_\_

**CLASS REGISTRATION: (Registration Deadline: 5 days prior to start of class)**

Course Title	Class Date	Class Time	Class Fee
<b>TOTAL</b>			

I, the undersigned, do hereby agree to hold harmless and indemnify the Menomonie School District, their officers, agents, and employees, from any and all liability, loss, damages, costs, or expenses which are sustained, incurred, or required arising out of the actions of the undersigned in the course of participation in the program sponsored by the MHS Community Education.

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

**PAYMENT:**  Cash  Check *Make checks payable to: SDMA*

TOTAL: \_\_\_\_\_ **For Office use Only:** Date: \_\_\_\_\_ Amt Pd: \_\_\_\_\_

Mail \_\_\_\_\_ Walk-in \_\_\_\_\_ Chk# \_\_\_\_\_

**HELP US GROW:** How did you hear about MHS Field House?

Online  Word of Mouth  Newspaper  Other \_\_\_\_\_

School District of the Menomonee Area

## FIELD HOUSE

COMMUNITY ED & RECREATIONAL SERVICES  
LEARN - PLAY - PARTICIPATE



1715 5th St. West  
Menomonee, WI 54751

PRSR STD  
U.S. Postage  
PAID  
Eau Claire, WI  
Permit No. 203

### ONLINE REGISTRATION!

Forget the paper form  
and register online at  
[www.msd.k12.wi.us](http://www.msd.k12.wi.us)

Under Community Education

\*\*\*\*\*ECRWSEDDM\*\*\*\*

Local  
Postal Customer

# MHS Field House

[mhsfieldhouse@msd.k12.wi.us](mailto:mhsfieldhouse@msd.k12.wi.us) | 715-232-2606 ext. 7

## Open Rec.

- Mondays 7:00 - 9:00 pm  
Open Play volleyball courts 3-4
- Thursdays 7:00 - 9:00 pm  
Open Play basketball courts 2-3
- Fridays 6:00 - 9:00 pm
- Saturdays 1:00 pm - 4:00 pm  
Open Hitting batting court 4
- Sundays 1:00 pm - 4:00 pm  
Open Play tennis courts 3-4
- Sundays 4:00 pm - 5:00 pm  
Family Swim & Open Golf

Like us on  
Facebook  
& Twitter



Spring 2020  
**GUIDEBOOK**

