

Please visit [www.holmenwi.com/parksrecreation](http://www.holmenwi.com/parksrecreation) to register.



# 2021 Spring Programs

## 4k/K Soccer Academy

Format will be instructional, with modified game play focused on skill development.

### **BOYS & GIRLS Pre-K & K**

**Days:** Saturdays & Mondays

**Dates:** April 17—May 17

**Times:** Mondays:

Pre-K: 5pm-5:45pm, K: 6pm-6:45pm

Saturdays:

Pre-K: 9am-9:45am, K: 5pm-5:45pm

**Site:** Viking Elementary School

**Fee:** Resident - \$35 (T-Shirt & ball included)

Non-Res. - \$60 (T-Shirt & ball included)



**Register By:** March 19

\*Players must bring their own shin guards and soccer socks.

## Grade 1-4 Soccer

Teams play in the Tri-Rivers Soccer League against other local communities.

**REGISTER BY: March 1st**

**Dates:** March 23—May 23

**Times:** Practices—Tues/Thurs at either 5:15pm or 6:30pm

Games—Sat/Sun

**Site:** Fields @ Viking, Sylvan & Cedar Meadows

**Fee:** \$55

\*Must register online.

We are looking for coaches for all grade levels. Please indicate on your registration if you are interested in coaching.

## Grade 5-8 Soccer

Teams play in the Tri-Rivers Soccer League against other local communities.

**REGISTER BY: March 1st**

**Dates:** March 22—May 23

**Times:** Practices—Usually 1-2 per week, determined by coaches.

Games—Sat/Sun

**Site:** Fields @ Remington Hills, Countryside & HMS

**Fee:** \$80

\*Must register online.

We are looking for coaches for all grade levels. Please indicate on your registration if you are interested in coaching.

## Holmen Impact Volleyball

Holmen Impact Volleyball is for girls in 4th-8th grade interested in playing in a fun, family-like, competitive, learning-filled volleyball experience.

**Dates:** March 22—May 15

**Practices:** Teams will practice 1-2 times per week—days/times/site TBD based on gym availability.

**Tournaments:** Teams will play in the WIVL and travel to four tournaments throughout the season. Tournaments will be 1-2hrs away and played on Saturdays. Dates TBD.

**Fee:** \$125 for new players/players that need new jersey, \$95 for players using their old jersey from previous years.

**Register by:** March 15

## Yoga Morning Flow

Wake up the mind and body with this gentle flow of traditional Hatha/Vinyasa yoga where each movement is synchronized with breath. This class includes traditional asana (poses) and sequences: sun salutations, standing poses, seated poses and more. Whether you are a beginner or intermediate this will start your day.

**Instructor:** Elaine Bodin

**Days:** Wednesdays

**Time:** 8:00-8:45am

**Dates:** March 17—April 28

**Site:** Halfway Creek Park West Shelter (400 Walnut Dr., Holmen)

**Fee:** \$30

**Limit:** 7 per class

**Register by:** March 15

## Fit Seniors Plus

This class is not only for seniors, but anyone looking to start a new fitness program and for the experienced person. This class will consist of cardio for warm-up, joint mobility, flexibility, balance, stretching, and light strength training to build muscle while strengthening bones. The use of a chair and modifications are always offered.

**Instructor:** Elaine Bodin

**Days:** Wednesdays

**Time:** 9:00-9:45am

**Dates:** March 17—April 28

**Site:** Halfway Creek Park West Shelter (400 Walnut Dr., Holmen)

**Fee:** \$30

**Limit:** 7 per class

**Register by:** March 15