

RECREATION ACTIVITIES IN MARCH, APRIL & MAY 2019



DECORAH PARKS & RECREATION



Like Decorah Parks & Recreation on Facebook

DECORAH PARKS & RECREATION OFFICE

PO Box 513
400 Claiborne Drive (City Hall)
Decorah, Iowa 52101
Telephone: (563) 382-4158
Fax: (563) 382-6525
Email: parkrec@decorahia.org
Web: <https://parks.decorahia.org>
Office Hours: Monday thru Friday, 8am to 5 pm

FULL-TIME STAFF

Andy Nimrod,
Parks and Recreation Director
Judy Syverson,
Administrative Coordinator
Erika Randall,
Recreation Superintendent
Scott Ihde,
Park Superintendent
Scott Vande Krol,
Campground Superintendent
Robin Sailor,
Park Assistant

PARK-REC. BOARD

Rich Gaard, Chair
Cindy Allbers, Vice Chair
Kathy Bakken
Jeff O'Gara
Shirley Vermace



Follow us on Twitter
@DecorahParkRec

CANCELLATIONS DUE TO WEATHER

...will be announced on Facebook, Twitter & <https://parks.decorahia.org>.

SPECIAL THANKS

... to the **Decorah Community Schools** for providing the facilities necessary for many of our programs
... to **Decorah Newspapers, Decorah Public Library, KDEC and KVIK** radio stations, **decorahnews.com, decorahnow.com, Winneshiek County Convention & Visitors Bureau, and Decorah Area Chamber of Commerce** for their promotion of Park-Rec. activities and events
... to our many sponsors and volunteers that help keep our participation fees affordable for all.

PICNIC SHELTER & WHALEN CABIN RESERVATIONS

We began taking reservations for picnic shelters and Whalen Cabin for the 2019 season on Wednesday, January 2, at 8:00 am.

Each **shelter reservation** within the Decorah Parks System covers a 6-hour time period and costs \$10. Reservations for Monday thru Thursday must be made and paid for 24 hours in advance; reservations for weekends must be made and paid for by 5 pm the Thursday before the desired weekend. This is a reservation fee, not a user's fee. Shelters not posted with a reserved sign may be used on a first come, first served basis.

Whalen Cabin, located in Phelps Park, may be rented at the following rates: \$40/time slot--11am to 4 pm or 5 to 10 pm; rental for all day is \$55. Key must be picked up and rental agreement signed by 5 pm Thursday if a weekend rental, 24 hours in advance if renting Monday thru Thursday. Fees are non-refundable unless canceled two weekdays in advance. Scout troops may use the cabin at no cost, however reservations must be made in advance.



REGISTER ONLINE

Go to <https://parks.decorahia.org> and click on the **Online Registration & Activities Info** button. Credit and debit card payments are only accepted online. We are still accepting registrations by mail or in person at the Park-Rec. Ofc. but you must pay by check or cash.

For future reference, the online release dates for our quarterly brochures are:

Date	Brochure
August 15	Sept, Oct & Nov
November 15	Dec, Jan & Feb
February 15	Mar, Apr & May
May 1	June, July & Aug



DECORAH COMMUNITY GARDENS

Parks and Recreation will again have community garden plots available across the dike near the Decorah Community Prairie. Garden plots are 20' x 20' (400 sq. ft.)

Rental requests will be taken in the Park-Rec. Office beginning Monday, April 1. A rental agreement must be signed and payment made when reserving your plot. Additional information will be available in March on <https://parks.decorahia.org> and in the local media.



POST-PROM PARTY

Please consider financially supporting Decorah's Post Prom Party hosted by CREW volunteers. This is a fun, free, safe event for students following the DHS Grand March and Dance on Saturday, April 13

Mail your donation payable to:
CREW, c/o Decorah Park-Rec,
PO Box 513, Decorah, IA 52101

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CHECKS PAYABLE TO "DECORAH PARK-REC. DEPT": \$10 service charge on all returned checks. Send form and payment to Decorah Park-Rec. Office, PO Box 513, Decorah, IA 52101. **No receipts will be sent out.**

LATE REGISTRATIONS: For programs that include a team shirt, a shirt will not be guaranteed when registration is received beyond the program deadline. Late registrations for all programs will only be accepted in the Park-Rec. Office if space is available.

REFUNDS: Given only if program is canceled due to low enrollment, program is filled, or registrant cannot participate due to medical reasons.

TEAM ASSIGNMENTS: Children will be placed on teams in a random manner with the exception of children living in the same household who will be assigned to the same team if in the same age/grade division. Requests to "team up" children for carpooling purposes will not be granted. If you feel you have extenuating circumstances, you may fill out a request form at the Park-Rec. Office to be reviewed by our staff.

CHILDREN'S CONDUCT POLICY: Children are required to follow all set rules and guidelines for programs or activities. The use of foul language, fighting, or disruption of activities is prohibited. If acts of disruption occur, parents will be notified and further disciplinary actions will be discussed. Consequences of poor behavior may include time outs, temporary suspension, or revocation of participation privileges.

REGISTRATION FORM (or register online at <https://parks.decorahia.org>)

HEAD OF HOUSEHOLD/GUARDIAN - FAMILY INFORMATION

FIRST NAME		LAST NAME	
ADDRESS			
CITY		STATE	ZIP
HOME PHONE	WORK PHONE	CELL PHONE	
EMAIL ADDRESS, IF ANY			
EMERGENCY CONTACT NAME/PHONE IF DIFFERENT THAN ABOVE			

PARTICIPANT NAME	BIRTHDATE	GRADE	SEX	PROGRAM NAME	FOR SOCCER ONLY SHIRT SIZE: 6-8, 10-12, 14-16 OR ADULT S, M, L, XL	FEE

Program registrants assume full responsibility for any risk, implicit or direct, by participation in said activity or facility. You are advised the City does not provide medical insurance covering injuries to its participants.	TOTAL AMOUNT DUE
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WAIVER FORM: I, Parent or guardian of the entrant(s) listed above, waive and release any and all rights and claims for damages against the City of Decorah, Decorah Parks and Recreation and its employees, Decorah Community Schools, other sponsors and volunteers, for any and all injuries that may be suffered by the entrant(s) listed above in connection with the above registered activity(ies). I grant the Decorah Parks and Recreation Department permission to use pictures or videos taken of my child during participation in programs. I waive my right to inspection and compensation.

HEAD OF HOUSEHOLD/GUARDIAN'S SIGNATURE _____

YES! I would like to volunteer to coach my child's Soccer team.

Name _____ T-Shirt Size (circle) S M L XL XXL

RECREATION ACTIVITIES IN MARCH, APRIL & MAY 2019

The Great Inflate & Pancake Breakfast



Saturday, March 16

10:00 am to 2:00 pm

Decorah High School Gyms

Join us for our second annual inflatable event! Participants can bounce, climb, slide, and run through 7 oversized inflatables! This event features obstacle courses, a giant slide, toddler zone, and other inflatables provided by KidAgain Inflatable Fun Shows out of La Crosse.

Registration is taken at the event—waivers must be signed and cost is \$5 per participant. Observers are free.

The Decorah Lions Club will be providing a pancake breakfast from 10:00 am to 1:00 pm for a free will offering that will support the Tree Bank and reforesting Decorah's parks.

GREAT INFLATE SPONSORS

Deco Products
Gundersen Health System
The Family Table
Viking State Bank & Trust

SOFTBALL LEAGUES

for 16 years and older

MEN'S SLOW PITCH (Wednesdays)

COED SLOW PITCH (Thursdays)

Leagues run in the evenings from late May to early August on the city diamonds and teams are required to supply umpires according to the schedule. **Entry fee for each of the leagues is \$100/team** and includes softballs, field maintenance, administrative costs, and sales tax.

DEADLINE: WED, MAY 8

SOCCER LEAGUES

for grades TK/Kindergarten thru 7th

This program is held on **Saturday mornings, April 6 thru May 18. (no soccer April 20).** All players will be required to wear shin guards which Park-Rec. provides at the fields. Games will be played at Will Baker Athletic Fields and will not be made up if canceled due to weather.

Players are asked to pick up their schedule and team shirt at the Park-Rec. Office on Thursday, April 4, from 8:00 am to 5:00 pm.

PARENTS: *Two volunteer coaches are needed for each team. Park-Rec. staff will also assist with this program. If you can coach, please include your name and shirt size on your child's entry form. Volunteer coaches are not needed for the 5th-7th league.*

FEE: \$25 (includes t-shirt)

DEADLINE: FRI, MARCH 15



SOCCER SPONSORS

KINDER COED (5-6 YRS)

Deco Products Company
Gundersen Health System
Oneota Valley Family Eye Care
The Family Table

BOYS 1ST - 4TH

A & J Petersburg Agency
Deco Products Company
The Family Table
Winneshek Medical Center

GIRLS 1ST - 4TH

Deco Products Company
Dental Associates of Decorah
The Family Table
Winneshek Medical Center

COED 5TH THRU 7TH

Perry Novak Electric

PEE WEE COED SOCCER LEAGUE

for ages 3 and 4 years

This program is held on **Saturday mornings, April 27 thru May 18, at the Will Baker Athletic Fields.** All players will be required to wear shin guards which Park-Rec. provides at the fields. Games will not be made up if canceled due to weather.

Players are asked to pick up their schedule and team shirt at the Park-Rec. Office on Thursday, April 4, from 8:00 am to 5:00 pm.

PARENTS: *Two volunteer coaches are needed for each team. Park-Rec. staff will also assist. If you can coach, please include your name and shirt size on your child's entry form.*

FEE: \$20 (includes t-shirt)

DEADLINE: FRI, MARCH 15

PEE WEE SOCCER SPONSORS

Deco Products Company
Oneota Valley Family Eye Care
Perry Novak Electric
The Family Table

ACTIVE IN THE OUTDOORS

for grades Kindergarten thru 2nd



Join us right after school in the John Cline Gym on **Thursdays, April 4 thru April 25, from 3:15 to 4:15 pm.**

Kids will have the opportunity to play team building games and be outside too. Games may include scavenger hunts, capture the flag, three ball soccer, and much more!

If weather is not ideal for activities outdoors, they will be held inside. This program will not be held if school is cancelled or released early due to weather.

CLASS LIMIT: 20

FEE: \$15

DEADLINE: FRI, MARCH 29

RECREATION ACTIVITIES IN MARCH, APRIL, & MAY 2019

EASTER EGG HUNT

for 8 years and under

Sunday, April 7, 3:00 pm in Phelps Park. Children find plastic eggs filled with candy or prizes and all the egg hunters receive participation gifts at the close of the Hunt. The Easter Bunny will also be there so bring your cameras! **Registration must be made in person at the Park-Rec. Office.** Do not use the form on the inside cover. There is a signup sheet/waiver for this event at our office and each child who registers receives an official Easter Basket which is their ticket into the hunt.

FEE: \$3

DEADLINE: MON, APRIL 1

LIVE HEALTHY IOWA KIDS TRACK CHAMPIONSHIP

a free event for ages 7 to 14 as of 12/31/2019



This event will be held **Tuesday, May 14 4:30 pm, at the Decorah High School Track.** To register, go to <https://parks.decorahia.org> where you can register online directly or download a PDF

of the entry form to submit to the Park-Rec. Office. Preregistration is strongly encouraged, but late registration will be taken beginning at 4:00 pm near the track entrance on the day of the event.

29th ANNUAL DECORAH TIME TRIALS



This challenging mountain bike race on trails in the Decorah Parks System will be held **Saturday, April 27.** There will be 2 courses, the traditional full course (apprx 9 miles) and the spring course, (1/2 the traditional course). A Kids Time Trials will also be held.

Registration is the day of the race at the grass area across from the Dunning's Spring Park entrance.

For more information and registration forms, go to www.decorahmtb.com. Questions on the courses or event, should be directed to Rich Gosen at Oneota River Cycles (563) 382-0421 or rgosen@gmail.com.

INTRO TO TAEKWONDO



Taekwondo is a fun family activity and great for students of all ages! Under the instruction of Patricia Young with the American Taekwondo Association, kids will improve their coordination, balance, strength, and agility while adults will benefit from improved memory, balance, and flexibility.

Classes are held in the strip mall located at 308 College Drive, Suite #3 (next to Good Times Grills. Enter through the back door on south side of building.

Tigers: For 4 to 7 years – children are encouraged to register with a parent, but may also register by themselves.

Big Kids: For 8 years & older (including teens and adults)

PLEASE NOTE: After completing one session of Tigers or Big Kids, students need to register directly with Patricia Young and 4Kicks Family Taekwondo to continue their training (not at the Park-Rec. Office)

REGISTRATION FEES

Tigers: 1 child \$45 ~ 1 child, 1 parent \$60

Big Kids: 1 participant \$65 ~ 1 child participant, 1 parent \$85

REGISTRATION DEADLINE FOR ALL CLASSES WEDNESDAY, MARCH 6

Maximum of 8 child participants in Tigers class.
Maximum of 20 participants in Big Kids class

Class	Session Dates	Class Day/Time
Tigers	Mar 11-Apr 22 + Apr 29	Mon 5:00-6:00 pm
Tigers	Mar 12- Apr 23+ Apr 29	Tues 4:30-5:30 pm
Big Kids	Mar 11-Apr 22 + Apr 29	Mon 6:00-7:00 pm
Big Kids	Mar 12- Apr 23+ Apr 29	Tues 6:00-7:00 pm

Monday, April 29, is testing day for all classes. Tigers will start testing at 4:30 pm; Big Kids start testing at 6:00 pm.



MARK YOUR CALENDAR FOR MAY 1

May 1 is the release date of our summer brochure, and the first day you can register for summer recreation activities and swimming lessons, and purchase pool passes. Registration starts promptly at 8:00 am online at <https://parks.decorahia.org> and in the Park-Rec. Office. Credit and debit cards are only accepted online. Cash or check must be used when registering at the Park-Rec. Office.